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Windham High graduate brings high school swing dance back for second year

By Masha Yurkevich

STAFF WRITER

While having a way of dealing with stress is important for everyone, it is especially important for the high school age. Greta Paulding, a 2023 Windham High School graduate, found swing dance to be her way of not only coping with stress, but also noticed improvements physically, mentally, and socially.

This is the second year that Paulding has served as president of the Windham Swing Dance Club, a group she founded. When she left for college in the fall of 2023, she decided to join a swing dance club for an extra-curricular activity and found that she not only enjoyed it, but also noticed improvements in her life mentally, physically, and socially. She decided to bring the idea back home when she came to Windham for summer break and started a high school swing dance club, open for incoming high students, current high school students, and recent graduates.

Paulding blocked off the Windham Town Hall gym on Wednesday evenings between 7 and 9 p.m. during the summer to hold her swing dance club.

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Members of the Windham Swing Dance Club perform a line dance during a recent Windham Swing Dance Club session at the Windham Town Hall Gym. COURTESY PHOTO

State alliance provides guidance for private roads

By Dina Mendros

STAFF WRITER

Private roads are prevalent throughout Maine, especially in the Lakes Region. They are so commonplace in Windham and Raymond that both towns have resource pages on their town websites providing information about how to form a road association, references to state statutes regulating such roads as well as how to get in touch with the Maine Alliance for Road Associations. The alliance, known as MARA, provides a wealth of information on road associations from how to form them to helping provide solutions for individuals and associations when problems arise.

MARA is a nonprofit corporation with a volunteer board of directors. It was formed in 1998 by Betsy Connor Bowen. "The alliance," according to the MARA website, "is an online volunteer-sponsored community in response to the need to disseminate information to property owners who wish to form road associations for sharing maintenance costs of private ways under the continually evolving."

MARA board member Andrew "Sandy" Allen says the organization helps members deal with "the challenges in common that face the people living along private roads in Maine, whether they belong to an informal road association, or a statutory road



Thomas Pond's Terrace Road is a privately maintained road off Route 302 in Raymond and administered by a road association for sharing costs of plowing, grading and upkeep. PHOTO BY JIM BUNTIN

association, or a nonprofit corporate road association. Allen says they are concerned with road maintenance and sharing of expenses, understanding the laws that apply to road associations, and state laws.

He says they often have neighbor disagreements, and differences of opinion that we need to resolve to move forward with our maintenance in harmony and have a need for resources and answers to questions about the state laws that are now in existence."

"MARA," Allen said, "is formed to help answer questions that road association members might have and to provide perhaps some solutions to those problems that they might face."

Maine's road association statutes go way back stemming from archaic statutes having to do with private ways, MARA board member Roberta Manter said.

"Private ways were roads that were laid out at the request of an individual whose property was not yet connected to the public road system. Through changes in legislation and court cases it got to a point where the statutes didn't apply to anything anymore," she said. "Many people from lake associations and some other people went before the legislature and said, 'look right now these statutes don't apply to anything but it would be very useful if you just reworded it so they would apply to private roads rather than these private ways.'

"Although informal road associations may be successful for some owners, MARA favors the more formal 'Statutory' structure permitted by the Private Ways Statute," according to the alliance website," Manter said. "This statute offers road association governance through democratic processes, cost-sharing that is enforceable, and gravel road maintenance that is sustainable and environmentally friendly."

Statute 23, sections 3103 through 3106, lays out how statutory road associations are formed and run. It also covers what happens when a private

road property owner neglects to pay required fees for road maintenance, which can involve civil ac-

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Let the laughs begin

Back in the 1970s, I spent a good deal of time going to the movies and despite the lack of reclining stadium seats, Dolby surround sound, personalized concierge concessions and \$18 tickets, I survived the experience.

I would attend midnight showings on weekends, drive-in marathons, and Saturday afternoon double-features. On most excursions to the neighborhood theater, I could buy a movie ticket, a Coke and a large popcorn combined for less than \$10.

Recently I was asked about my favorite films from the 1970s era. I told them it was a very good question because it's hard for me to pin that down as I watched so many movies in theaters during that time. Off the top of my head, I rattled off "A Clockwork Orange," "Rocky," "The Godfather," "American Graffiti," "Bound for Glory" and "Carrie," but having more time to think about it, I might have answered differently.

Comedies have always appealed to me and the 1970s produced some of the very best which I vividly recall 50-some years

At the old Serf Theatre in Las Vegas, New Mexico in January 1972, I watched "Kelly's Heroes," an action caper set in World War II. I typically didn't associate Clint Eastwood and Telly Savalas with a comedy, but Donald Sutherland was hilarious and so were Don Rickles, Carroll O'Connor and Gavin McLeod. I was amazed at how much I laughed during this movie about a

group of GIs trying to extract Nazi gold bars from a bank behind enemy lines in France. It was also the first time I remember seeing Donald Sutherland on the big

While visiting home over Christmas Break from college in December 1972, I watched "What's Up Doc?" at the Lowe's Theater in Pittsford, New York. Ryan O'Neal, Barbra Streisand, Kenneth Mars, and Madeline Kahn are part of an insane screwball plot involving identical plaid bags, stolen Top Secret classified documents, a valuable jewel collection and a bunch of igneous rocks. It's a madcap whirlwind ride through the streets of San Francisco and contains an assortment of oddball characters including Sorrell Booke (who went on to play Boss Hogg on television's "The Dukes of Hazzard") and John Hillerman (Higgins on TV's "Magnum P.I.").

The night that "Blazing Saddles" debuted in February 1974, I was watching it with friends at the Highland Theater in Albuquerque, New Mexico and couldn't stop laughing. Harvey Korman, Cleavon Little, Gene Wilder and Madeline Kahn were perfectly cast in this classic directed by the legendary Mel Brooks. Former NFL football star Alex Karras as Mongo cracked me up too. The scene sitting around the campfire eating beans remains one of the best things that I've ever seen while attending a movie in my lifetime.

I didn't know anything abut "Slap Shot" when I saw it at the Coronado 4 movie theater in Albuquerque in April 1977. Starring Paul Newman as the coach of a losing minor league hockey team in West Virginia, the film becomes even funnier once the general manager, played by Strother Martin, adds the three "Hanson" brothers to the team. They inject craziness into a team going through the motions of a losing season. Between hockey fights and brawls before the puck is even dropped during their games, the Hansons inspire the team which is on the verge

In August 1978, I watched "Animal House" at a U.S. Army and Air Force Exchange theater on Drake Kaserne in Frankfurt, Germany. Serving in the U.S. Air Force at the time, this movie brought me back to my college fraternity days. I identify with Tom Hulce in this film as the new fraternity pledge as I was back in 1971. John Belushi, Kevin Bacon, Tim Matheson, Steven Furst, Bruce McGill, Mark Metcalf, Peter Riegert, Karen Allen, Verna Bloom and John Vernon all deliver excellent performances. It's non-stop laughs and remains one of those films I can watch today and find something new to laugh about. It still makes me chuckle to think about the toga party in this film.

The following week in August 1978 at the very same U.S. Army and Air Force Exchange theater on Drake Kaserne in Frankfurt, Germany, I watched "Foul Play" with Goldie Hawn and Chevy Chase. It's a wacky story about a kooky librarian who is being stalked by a strange cult looking to kill the pope who is visiting San Francisco. Hawn picks up a hitchhiker who slips something into her purse and dies but not before telling her to "Beware the Dwarf." That sets into motion a chain of bizarre events and she meets Chase, a detective who is investigating. Burgess Meredith and Billy Barty are also in the cast, but the scene stealer is Dudley Moore as an inept ladies' man who keeps showing up at inopportune times. I can laugh just thinking about some of the Murphy bed scenes with Noore.

The 1970s remains for me a Golden Age of classic films and a time when it was highly affordable to watch new movies at the theater. There were no screen flashes from smart phones lighting up the darkened theater. It was a different era and one I'd go back to in a heartbeat. < ~ Ed Pierce

Today in

AUGUST 15

1248 – Construction of the new Cologne Cathedral in Germany in the Gothic style begins with the laying of the foundation stone by Archbishop Konrad von Hochstaden.

1620 – The Mayflower sets sail from Southampton, England, with 102 Pilgrims aboard.

1824 - Freed American slaves establish the nation of Liberia on the West African coast.

1911 – The product Crisco is introduced to the public by the Procter & Gamble Company.

1914 – The Panama Canal is officially opened to commercial traffic as an American ship SS Ancon is the first vessel to pass through the canal.

1939 – The film "The Wizard of Oz" premieres in Hollywood, California stars Judy Garland.

1948 – CBS debuts first televised nightly news broadcast with anchorman Douglas Edwards.

1994 – The Social Security Administration becomes an independent government agency.

What's the best vacation you've ever been on?

"Just came back from Baxter State Park, never disappoints." – William D. Reiner

"In 2012. I took a vacation from alcohol. Longest and best vacation ever. Enjoying it one day at a time." – Bill Keller

"Nashville." – Tommy Matthews

"Student exchange experiences in Spain and France, which led to a college minor in International Studies that has since enhanced my work as a local classroom teacher and a personal passion for travel abroad and in the **USA."** – Rebecca Cole

"London, England and Glasgow, Scotland 1979." Anne Glotchshuk

"Waikoloa, Hawaii." Christopher Bowker

'25th wedding anniversary trip to Cape Cod. (We were living in Oregon at the time).

Julie Mallett

"Dominican Republic with my family in 2019. Best time of my **life."** – Mikha Brown

"Smuggler's Notch, Vermont." - Tawny Lamabe-Punto

"North Carolina's Outer Banks with the kids; beach, bikes, and endless good food."

- Francesco Paredon

"Took my 14-tear-old daughter on a cruise to the Bahamas when I got home from overseas. Spent an entire week with her - just the two of us. Great catching up, great bonding. Worth every penny."

Brian McCarthy

"When I went to Disney world for the first time in 2002."

Caryn Bicknell

"Family cruise to Alaska. Bears, eagles, glaciers, porpoises, great food, great company."

- Rob Juergens

"Australia and New Zealand." Stephen Signor

"Route 66 with my husband and our 69 Camaro."

- Cheryl L. Page

"Italy, with my family last spring! Florence, Tuscany. Unimaginable beauty."

- Morgan Peters



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Kelly Mank Publisher Kelly@TheWindhamEagle.com



Melissa Carter Sales Manager/Designer Melissa@TheWindhamEagle.com









Dina Mendros, Kira Pilot, Matt Pascarella, Kendra Raymond, Masha Yurkevich,

& Lorraine Glowczak



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Pollutants, their impact and improvements take forefront at Raymond Waterways' Annual Meeting

► By Nancy Crilly-Kirk SPECIAL TO THE WINDHAM EAGLE

Many diverse topics were discussed during the Raymond Waterways Annual Meeting on July 19 at the Raymond Village Church, but those who attended remained committed to protecting and improving the water quality of Raymond's lakes, ponds, rivers, and streams and foster watershed stewardship in the community.

Guest speaker

While eroding soil still holds the top pollutant spot for Raymond's lakes, ponds, and streams, Raymond Waterways members took a deeper look during the meeting at the cumulative effects of water pollutants with Ali Clift, Education and Outreach Coordinator at the Cumberland County Soil and Water Conservation District, who was the main speaker. She presented a "YardScaping" workshop, explaining how landowners within a lake's watershed can improve their property to benefit themselves and lake health.

Clift said that a waterbody's "watershed" is all the land area that drains

Levi's



Individual lake watersheds combine with the watersheds of Crescent Lake and Raymond Pond and flow through streams into Panther Pond, part of the larger watershed of Thomas Pond and Se-bago Lake in Raymond. Watershed waste has the potential to carry soil, pet waste, herbicides, and pesticides into local waterways. COURTESY PHOTO

into that waterbody. It is much bigger than just the shoreline. Panther Pond itself, for example, covers 2.28 square miles, but its surrounding watershed encompasses more than 12 square miles of woods, homes, yards, farms, roads, and development.

She said that individual lake water-

sheds also combine, with the watersheds of Crescent Lake and Raymond Pond flowing through streams into Panther Pond, adding considerably to the 12 square miles, which are then part of the larger watershed of Thomas Pond and Sebago Lake. Moreover, water falling on any of this land has

the potential to carry soil, pet waste, herbicides, and pesticides into our waterways, which eventually lead to the Presumpscot River, and into Casco Bay and the Atlantic Ocean.

Waste pollutants

According to Clift, many people believe that dog waste in the woods, seemingly far from waterfront property and human activities, is harmless, or is comparable to wild animal waste. However, dog waste is double trouble for local lakes and streams because it contains high levels of coliform bacteria and nutrients that can be washed to nearby waters in the next rainstorm or attached to eroding soils. This can contribute to increased algal growth and elevated bacteria levels that require towns to close beaches and take other precautions to protect human health.

The Conservation District's strong recommendation is for all pet owners

- Scoop up pet waste
- Bag and Trash it
- Every. Single. Time.

Watershed Workshop Landscaping → see WATERWAYS Page 21

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ROAD Cont. from page 1

tion; and it describes how a notice of claim at the county registry can be attached to the land for unpaid fees which must be paid upon the transfer of the land

MARA is important because "many towns have more private roads than public roads," Allen said.

In Windham, about 115 miles of roadways, roughly half, are private roads, according to Town Manager Robert Burns. He says that figure, which is from 2021, includes roads which are totally private as well as roads with public easements. Of the 108 private roads, 95 have public easements which allow the town to provide winter maintenance such as snow plowing.

According to Allen, private roads are very prevalent in Maine in part because of their expense, an expense that often municipalities don't want to take on. When subdivisions are built, often the developer is responsible for building the road. Sometimes a town or city will accept a road as public and take on the expense for maintaining the roadway. However, even if a community had the will to do so, such roads would

have to be built to the municipality's standards, with shoulders, room for emergency vehicles, etc., and many private roads are not built to those standards.

To learn more about the Maine Alliance for Road Associations or become a member, go to the website maineroads.org. MARA's website has resources regarding private road state laws, guidance on how to form a statutory road association, templates for road association bylaws, a discussion forum where members can post questions and other members can post answers and more. In addition, to provide more information to its members the alliance holds an annual conference where attorneys, Maine Department of Environment Protection staff members and others hold workshops on specific topics like road maintenance and keeping roads environmentally friendly, liability insurance for road associations, conflict resolution,

This year's MARA conference will be held Oct. 4 at Maple Hill Farm Inn and Conference Center in Hallowell. To register or for more details, go to maineroads.org <





Great Falls Bridges to close for 45 days of repairs starting next week

By Ed Pierce

The contractor for the Maine Department of Transportation's Great Falls Bridges Project has announced the bridge linking Gorham and Windham will be closed for about 45 days starting next week.

Scott Construction Corporation of Portland will close Windham Center Road to complete the rehabilitation of Great Falls #1 and Great Falls #2 Bridges over the Presumpscot River for the MaineDOT. The closure starts at 7 a.m. on Monday, Aug. 18 and is expected to continue through Wednesday, Oct. 1.

The bridges are located about 0.5 miles west of River Road. The project was first detailed on MaineDOT's list of road and bridge projects in its annual Three-Year Plan in January 2023.

According to a recent MaineDOT study, the average daily traffic crossing the Great Falls Bridges between Windham and Gorham is 1,910 vehicles per day with about 8 percent of that traffic consisting of heavy trucks.

The scope of work for this bridge project consists of replacing the wearing surfaces on both Great Falls Bridges. The east and west bridges span the Presumpscot River between North Gorham and Dundee Ponds. MDOT officials say that replacing the wearing surfaces for the bridges will preserve the longevity of their existing decks and superstructure.

The actual bridge wearing surface replacement involves 350 feet of approach work, installation of guardrail transitions and flare terminals, and expansion joint modification. Workers will also install concrete coring connect to the bridge beams and remove a troublesome light pole that conflicts with the new guardrail plans.

The project's purpose is to improve the condition of the existing structures while preserving the existing deck and superstructure longevity of the bridges.

Scott Construction says it intends to minimize impacts to the traveling public and impacts to adjacent properties and utilities throughout the project and implement a cost-effective solution to fixing the bridge's wearing problem.

Maintenance of traffic during construction will be achieved by closing the bridges and detouring traffic to an alternate route.

All project work will use specific erosion control measures conforming to the latest version of State of Maine Department of Transportation Standard Specifications for Highways and Bridges and the Department of Transportation's Best Management Practices for Erosion and Sediment Control

Both Great Falls Bridges were built in 1970 and during its most recent MaineDOT inspections, each show signs of significant cracking and rutting on deck and surfaces.

The bridge site is located near the Great Falls Dam, one of the first sources of hydroelectric power in the Lakes Region of Maine.

Estimated MaineDOT funding for the Great Falls Bridges Wearing Replacement Project is \$500,000. <





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RSU 14 school district's Pre-K program expanding

By Dina Mendros

Maine's too-short summer is quickly coming to an end and before we know it, the new school year will begin. This year Raymond schools will welcome some new teachers, in particular a new music teacher at Raymond Elementary School after the retirement of Patti Gordon who taught in the district for 41 years. Another change for the 2025-2026 school year is the expansion of the school district's Pre-Kindergarten program.

Raymond Elementary, which houses students from Pre-K through fourth grade, has 258 students registered for the fall. Forty-four students are registered in the three classes of Pre-K at RES.

"Our Pre-K program has expanded across the district. With new community partners and the addition of a class at WPS, all families who registered for the Pre-K lottery have been offered a spot," said RES Principal Beth Peavey. "For the first time, all Raymond resident Pre-K students selected through the lottery will attend RES."

Pre-K is associated with many benefits to students. According to the U.S. Centers for Disease Control and Prevention website, "early childhood education interventions like pre-K are associated with increased kindergarten readiness as well as improved long-term academic performance." In addition, the website said, "the benefits of these programs and policies may also have implications beyond

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Raymond Elementary, which houses students from Pre-K through fourth grade, has 258 students registered for the fall. Some 44 students are also registered in the three classes of Pre-K at the school. FILE PHOTO

educational benefits. Universal pre-K fits into the growing conversation around the social determinants of health: improving outcomes for children and families by focusing on the places in which they live, work, learn, and play. Studies find that pre-K with parental support and engagement is associated with a higher rate of high school completion, more years of completed education, and higher rates of attendance in four-year colleges."

In line with the school's Pre-K expansion, Julie Raymond has been hired as the district's early childhood coordinator and will be based at RES. She previously worked at the Maine Department of Education where she was the Pre-K expansion consultant as part of its Early Learning Team.

With the retirement of Gordon,

Marie Jacques is the school's new music teacher. She formerly taught at Monmouth Memorial School. Other new teachers include Susan Ray who will replace Kirsten Chansky as the standards-based teacher; Kirsten Chansky will be the district math coach; and Susan Ray is joining RES from RSU 57 with experience as a literacy/numeracy specialist as well as in previous positions as a Title 1 coordinator/RTI (Response to Intervention) teacher.

Some RES teachers, while not new, will be moving into new positions. Sara Childs is moving from Grade 2 to be a Grade 3 teacher and Joy Goddard is moving from Grade 3 to be a Grade 4 teacher. There will also be

→ see **PRE-K** Page 6





PERFECT TIMING TO GET NEW GLASSES FOR BACK TO SCHOOL!

PRE-K Cont. from page 5

one less regular education classroom teacher

Peavey said that another change at RES is that "this fall, we'll be introducing new schoolwide expectations focused on: Be Safe, Be Responsible, Be Respectful, and Be Kind." This is a shift from the previous I-CARE rules she said and align with the overall RSU 14 district framework. "Since many RES students eventually attend Windham schools, having consistent messaging and expectations across schools is essential to support smooth transitions and a shared understanding of behavior expectations."

The school mascot will also change, Peavey said, from the Raymond Ravens to the Eagles "to align with the rest of the district."

Facility changes at RES include major HVAC construction. "Once completed, classrooms will have air conditioning, making hot fall and spring days much more comfortable for students and staff," she said.

Jordan-Small Middle School in Raymond will also have a few changes this school year. The school which provides education for Raymond students in Grade 5 through Grade 8 will have some new teachers for its 180 registered students. Ben Ferguson will teach eighth grade English and Language Arts and seventh grade Social Studies; Shannon Lennon is an academic interventionist Ed Tech III; Marshall Maxsimic is a school social worker; and Andrew Wing is the Wellness teacher and JSMS athletic director, according to JSMS Principal Michelle Brann.

Rich Drummond also will teach

Rich Drummond also will teach Wellness along with Wing. The course will combine Health and Physical Education.

JSMS will also offer outdoor education for seventh and eighth graders this year as one of the school's Academic Enrichment courses.

RSU 14 school start dates are Wednesday, Aug. 27 for Grades 1 through 9, Thursday, Aug. 28 for students in Grades 10 through 12. Half of the RSU 14 Pre-K and kindergarten classes start on Tuesday, Sept. 2 with the other half starting on Wednesday, Sept. 3. <





Old-fashioned meal



The 12th Annual Faith Lutheran Church Lobster Bake was conducted on Sunday, Aug. 3 at the church in Windham and in a throwback to the past, lobsters and all the fixings were steamed on an old-fashioned wood fire on church grounds. From left. church members Karl Hartwell, Ted Deschambeault, Bill Galbraith and Eric Klein get ready to serve up the lobster feast to those who attended the event. The meal included lobster, corn on the cob, potatoes, coleslaw, blueberry cobbler, hamburgers and lemonade with proceeds to benefit the church's public service work. SUBMITTED PHOTO



The Windham Eagle Page

Sebago Cove Forest site offers scenic recreational experience

By Kendra Raymond STAFF WRITER

Nestled along the shores of Sebago Cove in Naples lies a pristine sanctuary. The Sebago Cove Forest was recently protected through a conservation easement with the support of The Open Space Institute (OSI) and Loon Echo Land Trust in partnership with Sebago Clean Waters, secured with the landowner Oani-SC, LLC.

The LELT website says that the property includes 362 acres in Naples with more than 2,500 feet of shoreline on Sebago Cove. The natural resources on the property are protected by a permanent conservation easement held by Loon Echo Land Trust. Conservation easements limit future development and ensure that working forests, farmland, clean air and water, wildlife habitat, and scenic beauty remain an important part of the regional landscape for generations to come.

"Sebago Cove Forest does not currently have any formal hiking trails or amenities and there is no off-street parking to access the property. It is our goal to develop trails and off-street parking. As is, the property is accessible to the public for hunting, fishing, and other low impact uses but there are no marked or signed trails," said Matt Markot, Executive Director of Loon Echo Land Trust.

Sebago Cove Forest is located near the 1,400-acre Tiger Hill Community Forest in the town of Sebago, also a LELT conserved property. The area is home to wildlife such as deer, moose, and otter. The area is open to backcountry hiking. There is a parking area, and maps are available.

The LELT website says that Tiger Hill Community Forest is home to hundreds of acres of rare wetlands, streams, and forest, and is owned by Loon Echo Land Trust on behalf of the community. It also provides access to the Northwest River via two hand-carry boat launches. The forest connects to other conserved lands owned by the State of Maine at Cold Rain Pond. Old woods roads make for nice woods walks.

Perley Pond is located within the forest. This 29-acre pond contains warm water fish species and is a natural habitat for various birds.

"One of the best ways to enjoy Tiger Hill is via canoe or kayak on the northern section of the Northwest River," Markot said. "The hand-carry launch for that is on the map. Otherwise, users are welcome to enjoy a backcountry experience at Tiger Hill – there are plenty of old woods roads and trails to explore but they are not signed and only a few are mapped."

Last fall, Markot said that construction of a new loop trail will begin this year including a nearby new off-street parking area

"This 2-mile loop trail will improve public access to Sebago Cove Forest, guiding visitors right to the shore of Sebago Cove," Markot said. "The trail will be accessible by car or boat. Our work goes beyond conserving land for wildlife and water quality. Supporting and directly providing access to the outdoors is at the center of our mission."

This came on the heels of LELT's multi-year fundraising effort which allowed it to purchase a conservation easement from the landowner, Oani-SC LLC, enabling LELT to conserve the



Sebago Cove Forest spans 362 acres with more than 2,500 feet of shoreline on Sebago Cove, which is part of Sebago Lake. The natural resources on the property are protected by a permanent conservation easement held by Loon Echo Land Trust and ensure that its scenic beauty will remain an important part of the regional landscape for generations to come. COURTESY PHTO

undeveloped forest land. While Sebago Cove Forest remains under private ownership, the easement permanently secured public access for hunting, fishing, hiking, and other recreational activities while prohibiting commercial and residential development and subdivision.

"The Lake Region has a long and proud tradition of public use on private land for hunting and fishing," Markot said. "We're proud to protect those traditional uses and enhance access for other recreational activities."

Conservation easements limit future development and ensure that working forests, farmland, clean air and water, wildlife habitat, and scenic beauty remain an important part of the regional landscape for generations

to come. LELT's conservation easement for Sebago Cove Forest will run with the land regardless of future ownership.

Sebago Cove Forest is an important addition to the region's network of conserved lands in the Lakes Region

because of its 2,500 feet of frontage on Sebago Cove, part of Sebago Lake. It is part of a large network of undeveloped forest land near Sebago Lake and home to countless wetlands, vernal pools, wild brook trout habitat, and deer wintering areas.

It is also within the traditional and unceded territory of the Abenaki, a member tribe of the Wabanaki Confederacy. The Abenaki First Nations of Odanak and Wôlinak maintain reservations along the St. Francis and St. Lawrence Rivers in the Canadian province of Quebec, where they sought refuge from colonial warfare in the Saco and Androscoggin River watersheds during the 17th and 18th centuries.

Visitors can park on the south side of Folly Road near the bridge over the Northwest River. There is a hand-carry boat launch just across the road.

You are required to observe posted guidelines regarding pets, trash removal, no campfires, daytime use, and respect for other visitors and wildlife.

For further details about Sebago Cive Forest and other Loon Echo Land Trust properties, visit www.lelt.org <





"We started off very small with is group of around eight people," says Paulding. "It was small, but the people who attended were loyal and would invite other people; we had a lot of fun. Coming back this year, we have grown to between 20 to 30 regulars and about 20 attendees each event."

Swing dancing is known for its energetic and playful nature, use of triple steps (three steps in two counts of music), partnerships and social interaction, variations of turns and spins, arm flourishes and the potential for acrobatic moves like flips and dips.

Since the club's inception, students from South Portland, Durham, and even students from New Hampshire have traveled to swing dance with the Windham Swing Dance Club.

"It was my anxiety that made me think about the friends that I had in high school and how many of them struggled with anxiety and depression," says Paulding.

Through her high school swing dance club, Paulding has created an environment where high school students can stay physically active, meet new people within their age group, and get out of their comfort zone in a place where they feel comfortable.

"Even people who are more introverted come to just check it out, people who do not expect that they would be dancers and end up falling in love with it just like I did," Paulding says.

After learning new dance moves each evening, there are also a few staples that show up, such as the line dance.

"We do certain dances to certain songs, and we do the line dance to the song 'Stuck like Glue' and everyone recognizes it from the first beat and they all line up to do the line dance. It is definitely a cardio workout, but it is so much fun," says Paulding. "It is easy to pick up but gives you a feeling of belonging because now you know the big group dance, which adds to the feeling of community."

Paulding also administers the club's social media account that is currently updated with photos, videos, and information. Their social media can be found on Instagram @windhamswing-

"Windham swing dance has fostered an excellent community. The runners of this show are fantastic teachers and have created a safe space to learn a new skill and get out of the house during summer break," said swing dance club member Devyn Doyle. "Swing dancing is not only fun and easy to learn, but it has also been a great opportunity to make new friends. I love Windham Swing Dance."

Other club members agree.

"Swing Dancing was truly the highlight of my summer. I got to learn, laugh, and dance with friends, and I now have a lifelong skill," says Iris



that Greta Paulding, the founder and president of the Windham Swing Dance Club, has been leading dancing sessions for high school students. (Right) Elsa Knowles dances with Judah 'Mitch' Paris. COURTESY PHOTOS

Hubbard, also member of the swing dance club.

While Paulding is going back to college next week, she plans on returning home next summer in May and continuing to run the club.

"My goal is to have a team of volunteers by next summer that know the moves and dances and can keep the club going for summers to come," says Paulding. "I see that it has made a positive impact, and I think that it would be worthwhile for it to continue." <





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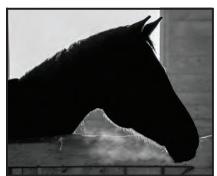
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The Windham Eagle Page 9

Agencies urge preparedness as hurricane season ramps up

By Ed Pierce

With Hurricane Erin lining up for an approach to striking somewhere along the east coast of the United States next week, Mainers are being asked to prepare in the event an Atlantic hurricane takes a turn for the Pine Tree State during the remainder of hurricane season which ends in November.

This year, the hurricane outlook from the National Oceanic and Atmospheric Administration (NOAA) forecasts the possibility of 13 to 18 named storms, with five to nine becoming hurricanes, and one to four of them powering into major hurricanes with winds greater than 110 mph. The normal Atlantic Hurricane Season has about 14 named storms, with about seven storms becoming hurricanes, and three of them major hurricanes.

Maine typically doesn't see many hurricanes, but in 2011 Hurricane Irene, which had been downgraded to a tropical storm, resulted in a disaster declaration for the state. In August 2020, the remnants of Hurricane Isaias blasted through Maine, and the Sebago Lake Region was one of the locations hardest hit with trees knocked down, power outages and six moored boats being beached in estimated 45 mph winds produced by the storm.

Over decades, several hurricanes

have severely impacted Maine. Hurricane Edna in 1954 created \$7 million in damage statewide. Also in 1954, Hurricane Carol left behind \$5 million in storm-related damage. Hurricane Bob in 1991 caused \$5.5 million worth of damage in Maine. Two other significant storms, Hurricane Donna in 1960, and Hurricane Gloria in 1985 also created significant problems for Mainers.

In the event a hurricane or tropical storm takes aim at Maine again this summer and fall, Maine Emergency Management Agency (MEMA) and the Cumberland County Emergency Management Agency (CCEMA) recommend some simple steps to be taken now to be prepared if it should bear down on Maine:

MEMA encourages everyone to take inventory of existing supplies in their homes and vehicles, replace or update any expired materials, obtain supplies that are essential in the event of a hurricane, and discuss emergency plans with household members.

"When any storm with strong winds hits Maine, the real danger is trees toppling onto buildings, cars, and powerlines," said MEMA Director Pete Rogers. "Our power grid is especially vulnerable, and any damage could ripple through our state. Maine residents need to make plans well ahead of any storm to prepare for long power outages."

He suggests that because hurricane impacts can be felt hundreds of miles inland, Maine families should create an emergency plan to decide how you will leave and where you will go if you are advised to evacuate. Those sites could include a friend's home in another town or a hotel. Choose destinations in different directions so that you have options during an emergency and if needed, identify a place to stay or the nearest evacuation center that will accept pets. Some emergency shelters only allow service animals.

Rogers advises to assemble supplies that are ready to go in the event of an evacuation. Prepare a "go-bag" you can carry when you evacuate on foot or public transportation and supplies for traveling longer distances if you have a car.

Supplies should include one gallon of water per person per day to last for three days, non-perishable food that does not require cooking, a manual can opener, medications, and a small amount of cash for when you need to purchase necessary supplies, fuel, or food.

Cell phones and other electronic devices should be charged in advance of a storm as power could be out for hours and days if a storm strikes Maine.

Pertinent financial and critical personal, household, and medical infor-

mation should be stored along with other important documents either in a safety deposit box, an external drive, or on the cloud online to make it easy to access during a disaster.

It's also helpful to review your homeowner's insurance policy prior to a natural disaster.

MEMA recommends bringing in all outdoor furniture, decorations, garbage cans and anything else that is not tied down that could become damage-causing projectiles during high winds.

Cumberland County EMA recommends keeping a full tank of gas if an evacuation could be a possibility. It's also helpful to keep an emergency kit in your car. Some emergency kit supplies could include jumper cables, flares or reflective triangles, cell phone charger, blanket, map, snacks and bottled water.

Additional hurricane preparedness and safety information tips are available by visiting MainePrepares. com or visit MEMA on Facebook, X, and Nextdoor. <







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SALUTE TO SERVICE PROFILES OF THOSE WHO SERVE OUR COMMUNITIES

Shift Captain leads by example at Windham Fire/Rescue

By Ed Pierce

STAFF WRITER

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

Ask Dan O'Connor and he'll tell you that there is no higher honor than to be given the responsibility to safeguard the community of Windham and he embodies that philosophy every day in his job as a Shift Captain for the Windham Fire/Rescue Department

O'Connor has worked for the Windham Fire/Rescue Department for five years and is responsible for conducting day-to-day operations of the department involving fire and rescue calls, training, and employee resources. It is a working supervisor position responsible for not only fire-rescue employees, but also fire department apparatus, and those assigned to fire stations on their assigned shift.

"I am expected to run routine calls and for large-scale incidents to take command of initial operations until resolved or command is taken by a fire chief," he said. "I enforce department policy, and I provide daily training for all members on and off shift in both Emergency Medical Services and fire-fighters."

Among his duties, O'Connor also works as a paramedic assisting the frontline ambulances and takes rescue calls that require a paramedic, and all other medics are being used for oth-

er emergency situations. He performs fire suppression activities as required including but not limited to, accountability, safety, suppression, ventilation, forcible entry, search and rescue overhaul, rehab, and assuming incident command when needed.

"I ensure all of the daily reporting is completed and perform EMS CQI, or quality control of EMS calls," O'Connor said.

As a shift captain, O'Connor participates in and oversees the periodic inspection and testing of protective clothing and other equipment worn by firefighters and plays a key role as part of fire prevention education programs throughout the community.

He is originally from Hanover, New Jersey and attended Whippany Park High School there.

"I studied industry specific educations in my previous career of automotive repair and received all my Fire/Paramedic through adult education services but at present I do not have a college degree. I will be completing that in the future."

While attending advanced training in Lewiston, an instructor suggested that O'Connor apply for an opening with Windham Fire/Rescue and he then interviewed for a position and was hired.

"The best thing about what I do is that every day the job has different challenges and calls can be similar, but they are never the same, so I am forced to solve different problems each shift,"



Shift Captain Dan O'Connor has worked for the Windham Fire/Rescue Department for five years and is responsible for conducting day-to-day operations of the department involving fire and rescue calls, training, and employee resources. SUBMITTED PHOTO

O'Connor said.

According to O'Connor, the most challenging aspect of his work with Windham Fire/Rescue is making accurate and timely decisions within a rapidly changing environment.

But his previous experience serving as a firefighter, paramedic, wildland fire fighter ICT 5, and engine boss trainee has helped him make sound decisions and rise through the ranks to become a Shift Captain.

"The biggest misconception people

may have about what we do is thinking that we have a lot down time," O'Connor said. "This department is extremely busy and when not on calls our crews are constantly training or studying to keep up with the enormity of tasks we are expected to perform with a high degree of success."

He says his most memorable moment working for the Windham Fire/Rescue Department was his very first day.

"On my first orientation day, I came in and immediately went on a complex call and the calls stacked up back-to-back all day long so it was a big eye opener and I knew I was going to be utilizing my skills," he said.

O'Connor's family is proud of him and his career in public safety.

"My children love to come say hello at the fire station and see all the apparatus and meet the crews," he said.

One thing that the public may not know about his job is that members of the Windham Fire/Rescue Department perform practical services for the community.

"We can assist the public without an emergency such as assisting with smoke detectors or evaluating the safety of a home," he said.

O'Connor emphasized that the important thing he has learned while working for the Windham Fire/Rescue Department is simple.

"Take on one thing at a time and do it well because there is always more," he said. <

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Annual Togue Fishing Derby approaching on Sebago Lake

By Ed Pierce

The Sebago Lake Anglers' Association is getting ready for its Fall Fishing Classic called the Annual Togue Fishing Derby on Sebago Lake.

The derby will be conducted from the Port Sebago Resort's Main Marina area on Saturday, Sept. 6 and Sunday, Sept. 7, on the weekend after Labor Day.

Organizers says that this is a community-based derby focused on families and children but experienced fishermen and guides with clients are welcome to participate.

Cash prizes will be paid to the top three places by weight in the event, as well as a prize for the biggest fish caught on Saturday, three prizes for any togue submitted in the togue lottery, and one prize for the smallest togue, caught by hook and line.

All Maine Department of Inland Fisheries and Wildlife rules for Sebago Lake apply. Only fish caught during the derby's legal fishing hours will count toward prizes from the event.

Start time is at 6 a.m. Saturday, Sept. 6 with the weigh-in time cutoff at 4 p.m. The start time means no lines in the water before legal start time. Starting time on Sunday Sept. 7 is 6 a.m., with the weigh-in cutoff at 2 p.m.

Only togue and pike are acceptable fish for derby contest purposes, and all anglers in the event must be registered in the Annual Togue Fishing Derby before starting to fish. Same-day contest registration is possible starting at 5 a.m. at the Port Sebago Resort Welcome Center or at the docks site only.

All persons fishing in a boat must be separately registered in the appropriate category: Adult 16 and over, child under 16 years of age. Entry fees are \$35 for

adults and \$15 for children under 16.

There will be one official weigh-in station at Point Sebago Resort docks, appropriately marked. It will be supervised by a trained Weigh Master who will adjudicate any discrepancies or misinterpretations. All anglers must select their best fish to be submitted for the official weighing.

Weigh station personnel will not weigh multiple fish to select the heaviest fish as that is the responsibility of the individual contestant. A courtesy pre-measurement station will be located on the docks area at Point Sebago Resort. Anglers are encouraged to pre-qualify their lake trout at this station so that there are no problems of oversized togue at the official check station.

Togue measured over 26 inches must be submitted by separate anglers with only one fish over 26 inches allowed per day per licensed angler.

Pike prizes will be awarded for first, second and third for the most pike caught. Anglers can only win prizes for pike. Derby organizers reserve the right to keep for inspection any fish that is attempted to be entered in the

derby.

Fish that derby participants don't want to take home can be donated to a local

church fish fry or to a food pantry. Receptacles will be marked and available to do that and a fish-cleaning station will be provided for anyone wishing to donate their catch.

Proceeds from the derby entry fees are used to pay out the prize money and to purchase Youth Lifetime Fishing Licenses for Maine children by the Sebago Lake Angers' Association.

An awards ceremony will be held on Sunday, Sept. 7 at Point Sebago Resort at the end of the contest.

Register for the derby at: Jordan's Store in Sebago, Hilltop Mini Mart Raymond, Point Sebago Resort Casco and at Naples Bait and Tackle II Naples.

Questions about the derby can be answered by Sebago Lakes Anglers' Association President Kevin Ronan at 207-838-4855 or 207-714-9075.





Tips for getting your children ready for a new school year

As summer winds down and the first day of school approaches, both children and parents can feel a mix of excitement and anxiety. A smooth transition back into the classroom takes more than just buying school supplies — it's about preparing your child mentally, emotionally, and physically for the year ahead. With some planning and encouragement, you can help set them up for a successful start.

• Establish a school routine early -One of the most helpful ways to prepare your child is to ease them back into a school-year schedule a week or two before classes begin. Gradually adjust bedtimes and wake-up times so mornings feel less rushed. Encourage consistent mealtimes and limit latenight screen time to promote healthy sleep habits.

- Create a positive mindset about school - Talk with your child about what they're looking forward to in the new year - whether it's seeing friends, trying new activities, or learning new subjects. If they express nervousness, reassure them that it's normal to feel that way and share your own positive school memories. Emphasize that challenges are opportunities to grow and that it's okay to ask for help.
- Get organized together Shopping for school supplies can be a fun and empowering experience for kids. Let them help choose their backpack, notebooks, and lunchbox. At home, set up a designated homework area

stocked with necessary supplies. This not only fosters responsibility but also creates a space that signals it's time to focus.

 Review academic skills - A little learning before school starts can help your

child feel confident walking into the classroom. Review basic math facts, reading, and writing. You can make it fun by playing educational games, reading together, or incorporating learning into everyday activities like cooking or shopping.

- Plan for healthy habits Good nutrition, regular exercise, and adequate sleep play a big role in academic success. Encourage balanced meals, limit sugary snacks, and keep kids active through outdoor play or sports. In the days leading up to school, ensure they're getting the recommended amount of sleep for their age.
- Address emotional well-being -New teachers, classrooms, and classmates can bring social and emotional challenges. Practice conversation starters for meeting new friends, and remind your child about kindness, patience, and inclusion. For young-

quick visit to the school or meeting the teacher before the first day can reduce anxiety.

• Stay involved from day one - Mark important school dates on the cal-

endar and make an effort to attend open houses, parent-teacher conferences, and school events. Showing interest in your child's education communicates that school is a priority and that you're there to support them.

RSU 14 school start dates are Wednesday, Aug. 27 for Grades 1 through 9, Thursday, Aug. 28 for students in Grades 10 through 12. Half of the RSU 14 Pre-K and kindergarten classes start on Tuesday, Sept. 2 with the other half starting on Wednesday,

Starting a new school year is a fresh chapter filled with opportunities to learn, grow, and make new memories. With thoughtful preparation and a supportive approach, you can help your child begin the year with confidence — and the skills they need to thrive both inside and outside the classroom. <





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Why a 30-minute summer walk is more than just 'good for you'

A half-hour walk on a warm summer day is often labeled as "good exercise." But that sells it short. It is more like a strategic tune-up for your heart, lungs, and body—a series of small but immediate upgrades that ripple through your entire system.

Heart: A Real-TimePerformance Boost

When you walk in warm weather,

your heart rate rises in a gentle, controlled way. This boosts circulation, delivering oxygen-rich blood to your muscles and organs. Unlike high-intensity workouts that spike your heart rate, a 30-minute walk encourages consistent cardiovascular engagement without strain. This builds

endurance and strengthens the heart muscle while improving blood vessel flexibility. Over time, these walks help regulate blood pressure and lower resting heart rate.

Lungs: Functional Expansion in Motion

Steady walking outdoors prompts deeper, more rhythmic breathing. Your lungs expand more fully, moving stale air out and drawing in fresh oxygen. This increases oxygen exchange efficiency, which means your body uses each breath more effectively. The warm air of summer can encourage relaxed airway dilation, helping improve breathing patterns—

especially for those who spend much of the day in air-conditioned, sedentary environments.

Body: Coordination, Mobility, and Recovery

Walking is not just about burning calories. It activates major muscle groups in your legs, hips, and core, and also engag-

es stabilizing muscles in your ankles and spine. This repeated, low-impact motion supports joint lubrication, improves posture, and reinforces balance. A walk in summer sunlight adds the benefit of natural vitamin D production, which supports bone health and immune function. The consistent movement also stimulates lymphatic circulation, helping reduce inflammation and aiding recovery from daily physical stress.

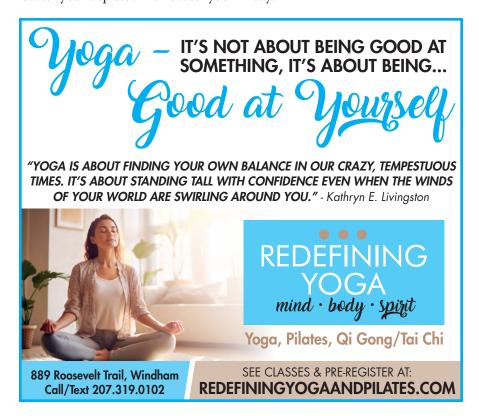
The Different Spin: Walking as a "Mobile Reset"

Think of your 30-minute summer walk as a traveling reset button. You step away from the static positions and repetitive motions that dominate the day. Your heart gets a smooth cardio boost, your lungs clear and refresh, and your muscles work in harmony. This is not a workout that leaves you depleted—it leaves you

better prepared for what comes next.

The Lasting Impact

One walk builds momentum. Taken daily, these half-hour sessions layer benefits: better cardio-vascular efficiency, improved lung capacity, and enhanced full-body function. You are not just staying active—you are giving your body a consistent, sustainable advantage. If you want stronger heart health, better breathing, and a more resilient body, a 30-minute summer walk is one of the simplest, most accessible tools you have—and you can start to-day.







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Italian Dinner

American Legion Field-Allen Post 148 is hosting an Italian Dinner to benefit the Everlasting Gratitude Wreath Program from 5 to 6 p.m. Saturday, Aug. 16 at the Windham Veterans Center, 35 Veterans Memorial Drive. The program purchases wreaths to place on graves of veterans each Christmas. There will be assortment of Italian dishes including lasagna, pasta and sauces, meatballs, green salad, garlic bread, desserts and beverages. Tickets are \$10 and kids under 12 eat for free. A 50/50 raffle will be held. FMI, call 207-892-1306.

Photo Contest

The Windham Parks and Recreation is conducting a Spring/Summer Photo Contest. Capture the magic of the season and enter your best shots in one of four categories: Family, Nature, Animals, and Town of Windham. Winners will receive fun prizes and even a custom item featuring their photo. The deadline to submit entries is Sept. 5. FMI, call 207-892-1905.

Author appearance

Maine author Shannon Parker will discuss her book "Love & Lobsters" from 1 to 2:30 p.m. Sunday, Aug. 17 at the Casco Library, 5 Leach Hill Road,

Casco. The presentation is free and sponsored by the Read Between the Spines Book Club. All are welcome to attend. FMI, send an email to mainerbtsbookclub@gmail.com.

Blood Drive

The American Red Cross monthly blood drive will be conducted at the Windham Veterans Center, 35 Veterans Memorial Drive from noon to 5 p.m. Wednesday, Aug. 20. Call 1-800 RED CROSS or visit the Red Cross app to make an appointment to donate blood. FMI, call 207-892-1306.

Charity Ride

KSU4KIN (Kickstands Up for Kids in Need) will have its first charity ride hosted by We Clothe Kids, a STEADFAST RC charitable mission starting at noon on Saturday, Aug. 30 and leaving from 375 Riverside St. in Portland. This ride is for those who remember what it felt like to head to school without a proper jacket or had to wear the same shirt three days in a row. Every dollar raised goes toward brand-new clothing for Maine children in need. No used hand-medowns. No charity overhead. Just fresh gear for kids who deserve better and supported by many area businesses. FMI, visit steadfastrc.com

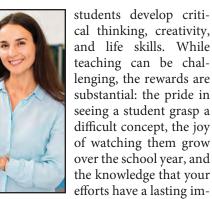
The rewards of working for your local school system

Working for your local school system as a bus driver or teacher offers more than just a paycheck — it provides a chance to make a lasting difference in the lives of children and in the community as a whole.

For bus drivers, each day starts with the op-

portunity to be the first smiling face a student sees before school and the last one they see at the end of the day. That daily connection helps set a positive tone and fosters a sense of safety and trust. School bus driving also offers competitive pay, benefits, and a schedule that matches the school calendar — including weekends, holidays, and summers off. Many districts provide paid training and assist drivers in obtaining the necessary licenses, making it a great career option for those seeking steady, meaningful work with flexible hours.

Teachers, meanwhile, have the unique privilege of shaping young minds, sparking curiosity, and inspiring lifelong learning. The role extends beyond textbooks — teachers help



pact. Teachers also enjoy a built-in community of colleagues, professional development opportunities, and the fulfillment of doing work that matters every single day.

Both roles share a common thread: they are essential to the success of the school system and the well-being of students. Whether behind the wheel or in front of a classroom, you become part of a team dedicated to supporting the next generation.

If you're looking for a career that offers stability, purpose, and the chance to truly make a difference, consider joining your local school system as a bus driver or teacher. You'll find that the rewards extend far beyond the workday — into the hearts and futures of the students you serve. <

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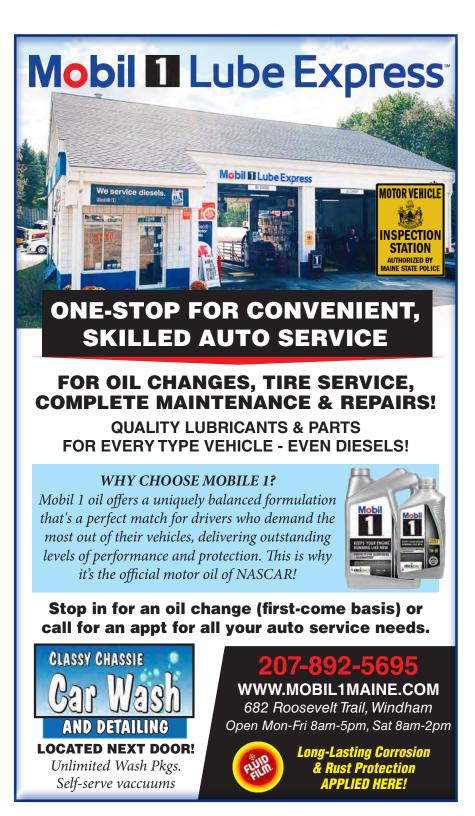
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Keeping up with the Joneses

By Andy Young



a grievance on behalf of Christian Wilkins, a defensive tackle who has been released by

The National Foot-

ball League Players

Association has filed

-Andy Young, Columnist the Las Vegas Raiders.

I have no interest in the brutal business of professional football or in the Raiders, who last time that I cared were calling Oakland home. I'm guessing Mr. Wilkins won't starve though, since \$84.75 million of the four-year, \$110 million contract he signed in March of 2024 was guaranteed.

What caught my eye was the reason for the grievance. The NFLPA contends the Raiders are attempting to void the contract of an injured player, an action that is not only reprehensible, but also against the rules.

Mr. Wilkins is currently physically unable to perform due to his slow recovery from surgery to repair a Jones fracture.

What? You've never heard of a Jones fracture? Don't feel bad. Neither had I.

A Jones fracture occurs at the base of the fifth metatarsal bone, which is on the outside of the foot. It can be caused by the sorts of repetitive stress professional athletes, particularly large ones, put on their bodies, and recovering from surgery on it is difficult, since the bone has a limited blood supply. Numerous NFL players, including current stars Derrick Henry and Deebo Samuel, have sustained Jones fractures, as has basketball superstar Keven Durant and

more than two dozen other prominent NBA players.

What I want to know is who the Jones Fracture was named after. There are plenty of candidates, as "Jones" is the fifth-most common surname in the United States, behind only Smith, Johnson, Williams, and Brown.

It's natural to assume that the first to sustain such an injury was an athlete, given the constant stress they put on their feet. Could the original Jones fracture have been suffered by Sam or K.C. Jones, two key members of the dynastic Boston Celtics teams of the 1950s and 1960s? And if not one of them, how about Caldwell, Wil, Major, or Charles Jones, four large brothers who played basketball for Albany (Georgia) State University before launching NBA careers of varying lengths. It's not unlikely a basketball player was the first to suffer this particular injury since no fewer than 118 men (and at least 10 women) named Jones have played the sport profes-

But then, it could be one of the 145 Joneses who've played major league baseball, or one of the 352, including seven Mikes, five Davids, four Willies, three Rods, two Victors, a Buddha, a Pacman, a Deacon, a Too-Tall, a Spike, and a Tebucky who've played in the National Football League.



Could Shirley Jones have fallen off a stage while dancing in Oklahoma, Carousel, or The Music Man, or during a taping of an episode of The Partridge Family? Maybe John Paul Jones tripped while declaring "I have not yet begun to fight," during a memorable battle in British waters in 1779. Could it have been Davy Jones while on tour with The Monkees? Grace Jones tipping over when her hair got too heavy on one side? Carolyn Jones while performing a stunt as Morticia in an episode of the Addams Family? Terry Jones of Monty Python's Flying Circus? James Earl Jones while voicing Darth Vader? Tommy Lee Jones? Catherine Zeta-Jones? Quincy Jones,

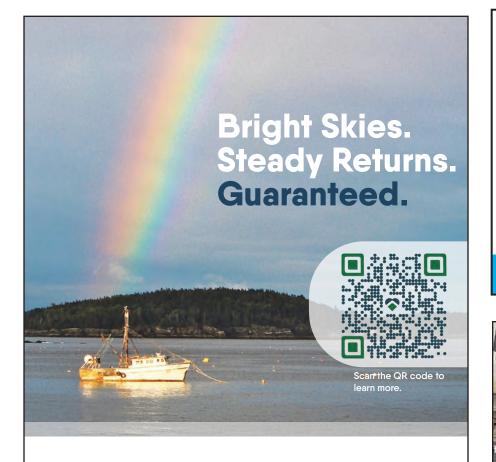
Okay. The Jones Fracture was named for ... drum roll ... Sir Robert Jones, a British doctor who first described the injury in 1902 after he himself sustained one while ... dancing!

or one of his daughters, Rashida or

Kidada?

So there. And shame on those of you who pooh-poohed the possibility of the Jones fracture originating with Shirley while she danced. <





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The Windham Eagle Page 21

WATERWAYS Cont. from page 3

Clift continued her program by giving explicit instructions on how everyone in Raymond can help maintain lake health and property values in

- Avoid using pesticides and herbicides.
- Take a soil test before adding any fertilizer, lime, or other plant care
- Create winding paths, rather than "straight shots" to lower areas, such as the waterfront.
- Use erosion-control mulch, which is available from local gravel companies, instead of commercial bark mulch or wood chips as its extra dense fibers help it stay in place, pre-

vent weeds, filter out some pollutants, and slow down water to prevent erosion encourage absorption.

 Consider reducing lawn areas in favor of adding more native plants, which are numerous and varied enough to thrive and beautify any landscape.

Here is a link to the Cumber-

land County Soil and Water Conservation District's Yardscape Program: https://www.cumberlandswcd.org/ yardscape

Bob French of Panther Pond, a champion for lake health around the state, raised his hand and summed up Clift's advice by saying, "Being lazy, I have found the easiest way to landscape is just to let nature take its course - the survival of the fittest. There's no need to reinvent the wheel with fancy landscaping. Native plants grow fine, without any help."

"That's the best advice of all," Clift said.

Other activities

Raymond Waterways members at the meeting also heard from various officers of the board reporting on the past year's activities:

A new program of hand removal of invasive milfoil from Sebago Lake's mond Waterways Board Members Pete Rowland, Ron Schanze and John Pritchett, as well as other volunteers in that neighborhood.

The first Annual Raymond Waterways Water Quality Report and executive summary for our lakes, edited by Environmental Officer, Steve Craine, is available on our website, raymondwaterways.org.

The continuation of the LakeSmart Program, a free, voluntary, and non-regulatory service that will evaluate your lakefront property and help you protect the lake by ameliorating erosion, is again available for signups on the raymondwaterways.org website.

The establishment of an experimental self-reporting kiosk at public

> boat launches in Raymond started in July to compensate for times when our Courtesy Boat Inspectors cannot be there to check boats for invasive plant fragments.

> Acknowledging the great contributions of three retiring board members, Marie Connolly, the treasurer and "collective

memory" of Raymond Waterways for several years; Angelo Conti, who oversaw the Courtesy Boat Inspection program for the last two years; and Jessica Fay, who handled membership lists and relations with local and state-wide organization. Wayne Eckerson, Raymond Waterways President, thanked all three of them for their great service.

Wayne also thanked the many, many 'IPPERS" - volunteer, trained, invasive plant patrollers on our lakes under the guidance of Sibyl French and Bunny Wescott.

John Pritchett and Ron Schanze, who have a home on Raymond Neck, were elected as new Raymond Waterways board members.

To learn more about Raymond Waterways, to make a donation, or to get involved visit their website at: raymondwaterways.org. You can also



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WATERWAYS



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I have discovered thru the process that I would be adding money to my monthly budget. We are retired and on a fixed income. We didn't have the funds available to proceed with this without their help. That helped us to be able install the heat pump system with **no upfront money**, which was a huge help to us. Not only that, but it also removed the need to pay for our propane to heat for our house. The cost difference was substantial. We actually save so much, that between the monthly finance payment, and the cost of the electric bill, we actually had more money for the month. WE WILL BE SAVING ABOUT \$110 A MONTH (OVER \$1300/YEAR).

And the best part, from the time we signed the contract to **installation, less than a week**. They had a good sized crew here.

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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SPORTS





Pickleball serves up low-impact exercise, plenty of fun, and a welcoming social scene in the community

By Matt Pascarella

STAFF WRITER

Whether you've heard of pickleball, played it or just been curious what it's all about, it's grown in popularity in recent years. Pickleball is a paddle sport with parts of tennis, badminton and table tennis. It's easy to learn and a great way to get exercise and meet new people.

Windham's Parks and Recreation Department is currently offering a four-week summer session and the group met at the Pat Moody Courts in Windham on Saturday, Aug. 9.

"I've been playing for four months now," said Gorham resident Lisa King. "It was really just to meet people, to get out of the house and do something a little different, that engages with the community and maybe meet people that I have something in common with."

Norma Ewing, a Windham resident, said pickleball is something she really looks forward to. She said it's a good workout. She chose to play because it was about doing something for her; Ewing was busy with work and loves sports; pickleball gives her a break to do something fun.

The objective of pickleball is to serve the ball, similar to a wiffle ball with a paddle similar to a table tennis paddle, return the serve, make sure the ball bounces twice and be ready, because depending on skill levels that ball can come at you really fast.

Windham pickleball coach and Gorham resident Dave Cousins started playing pickleball in the early 1990s. Prior to that he had coached tennis. He







(L to R) Windham resident Laura Page getting to the ball in time during a Windham Parks and Recreation pickleball lesson at the Pat Moody Courts in Windham on Saturday, Aug. 9. Community member Norma Ewing returns a serve. Darlene Haskell gets the ball back over the net. PHOTOS BY MATT PASCARELLA

said he always had pickleball as a base in the back of his mind. Cousins first began coaching pickleball in South Portland, but with low attendance.

Something happened around 2018 when his classes jumped from three or four people to 10 people. His attendance numbers continued to increase month after month; he was able to add another pickleball session and then another.

"I decided to play pickleball because I go to as resort in Florida and my friends played pickleball that last two times I went" said Windham resident Laura Page. "I want(ed) to learn to play. It's a low-impact sport and it's good for me. Everybody you play with is pretty understanding and nice."

During the pickleball lesson, Cousins is a very patient teacher and allowed his players to learn at their own pace, while having fun at the same time.

"It doesn't take a lot of classes to get

pretty good at pickleball pretty fast," said Cousins. "One of the reasons I got into pickleball was I found folks could pick the game up that much faster. My goal as a coach is to be coaching everywhere in Southern Maine and New Hampshire. I want to expand the territory out a little bit, but the bigger over-arching goal is to get as many people into a racquet sport as possible. All it takes is that first hour. In that first hour you start to discover ... there's strategy to this game. It's fast, it's fun, it's social. What's the selling point - socialization and low-barrier to entry. Easy to pick up, and then it makes you want to play more."

Windham resident Darlene Haskell said pickleball is great. She wasn't going to play because she thought it'd be too intense, but it doesn't have to be intense. Anybody can play, have fun and not get hurt.

Cousins said his group has improved a lot over the weeks of the session. The class gets a chance to play but then has someone who is looking out for them to tell them what they're doing great and what they can improve upon.

There is a place for everybody to

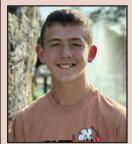
play, and Cousins said he wants to be the one who introduces pickleball, or another racquet sport, to as many people as possible.

Windham's Parks and Recreation Department will also offer fall and winter pickleball sessions; for more details, call 207-892-1905. <



Windham Parks and Recreation pickleball coach Dave Cousins explains how to improve Lisa King's pickleball game.

THE WEIGHT OF THE WINDS



Robbie Sanicola

Age: 13 **Team:** WHS varsity basketball camp **Coach:** Chad Pulkkinen

Parents' names: Audrey and Rob Sanicola

Reason for selection: Robbie Sanicola made a lasting impression during Windham High School varsity basketball camp's week of practice, standing out

among rising seventh and eighth graders training alongside high school athletes. Robbie is a high-IQ player who sees the game at a mature level, playing the right way and always putting the team first. He consistently encourages others, offers guidance, and leads with positivity. With great size, off-ball movement, and three-level scoring ability, he projects as a major impact player at the high school level. A relentless worker who puts in the effort in the unseen hours, Robbie Sanicola is a name to watch for the future.





The Windham Eagle — Page 23

Seventh- and eighth-grade football off to strong start

By Matt Pascarella

While it was only the seventh and eighth grader's second Windham Youth Football practice of the season at Windham on Monday, Aug. 11, the team is coming together and getting ready for their upcoming season which begins later this month. For the seventh and eighth graders, their regular season runs through October and has the potential for playoffs.

"We're looking good," said Windham Youth Football seventh and eighth grade coach Lavon Mckoy. "(The team is) understanding, they're seeing the expectations. I have a great group of other coaches with me, so we set the tone and expectations right from the start. All the players have adapted and accepted what the responsibilities are."

Mckoy has been a coach for the program for nine years and wanted to get involved to help the kids and give back. He was fortunate to have a good high school career and played in college, so what made him get into coaching was his passion for football when he was playing as a kid and through his high school career. He says that he wanted to give back to his son and his son's teammates and friends and help them excel in the sport.

The challenge is what keeps Mckoy coming back. His coaches and him are

dedicated to helping their team succeed. They'll start the season with a group of kids that come from all different backgrounds. For Mckoy and his coaches, what they strive for is seeing their team excel and building confidence in themselves. When you give a player that little bit of confidence and they take it not just from the football field, but they might be able to gain confidence when they're out in the real world.



(L to R) Windham eighth grader Lewis Walker practices tackling during a Windham Youth Football seventh and eighth grade practice at Windham High School on Monday, Aug. 11. Seventh grader Kody Freese concentrates before throwing a pass. PHOTOS BY MATT PASCARELLA

For Windham seventh grader Kody Freese, this is his fifth year playing football. He likes scoring touchdowns; he likes all the players and coaches. Freese said it doesn't matter if you lose, because there's always the opportunity to come back and win. His goal is to one day play varsity football. He said his team is already like a family, he's been playing with most of the guys for a while. He's looking forward to the season.

"Windham Youth Football is a great program from start to finish," said Mckoy. "From the flag all the way up to eighth grade and a good feeder program into the high school to excel. We're all out here, a group of parents, who just volunteer their time because they have a passion for the game and

want to see groups of young men and young women build their confidence and get the abilities of the game to excel. I think we're doing a great job; our numbers are not where we want them to be, but we're going to do with what we have. Hopefully we build up players, so that when they get to the high school level, they are well-rounded individuals ... and potentially excel in college if they decide to go that

route "

It's less about wins and losses for Mckoy. His focus is more on character and confidence building. At the end of the season, he wants any one of his players to feel like they've accomplished something; not only physically, but seeing they have a lot to give mentally.

Lewis Walker, a Windham eighth grader, has been playing football since he was in fifth grade. He wanted to play because the teams are like family. Football has taught him that you've got to keep pushing, even when things get hard, you got to keep going. His goal is to make it to the National Football League. What's fun for Walker about playing is you get to build connections with people, you get to hit, everything about it.

Windham Youth Football is always looking for volunteers; if you are interested in getting involved send an email to: Wyf.eagles@gmail.com. <

and potentially excel in college if they decide to go that terested in getting involved send an email to: Wyf.eagles@gmail.com. <

(L to R) Eighth grader Ryder Mckoy throws a pass. Eighth grader Luke Russell catches a pass.







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This year marks the 90th anniversary of the Social Security Act, signed into law by President Franklin D. Roosevelt on Aug. 14, 1935. For nearly a century, this program has been a vital lifeline for millions of Americans - including right here in Maine.

Today, more than 67 million Americans receive Social Security. In fact, the program lifts 16.3 million people out of poverty every month. It's not just a benefit; it's a necessity. For 24 million Americans, Social Security

makes up the majority of their income.

Here in Maine, over 368,000 people receive Social Security. The average monthly benefit for a retired worker is \$1,816 - about \$21,788 annually. For a disabled worker, the average is \$1,451 per month. Without these benefits, nearly 40 percent of older Mainers would be living in poverty. Thanks to Social Security, more than 100,000 of our elderly neighbors are spared that fate.

Many of us have paid into Social Security our entire working lives. We've earned this. Yet changes underway at the Social Security Administration (SSA) are creating real barriers to access—just when customer service is already in crisis.

Now more than ever, we must not only preserve Social Security but strengthen it. The program is a promise – one that must be kept. On this 90th anniversary, let's recommit to ensuring that every American, regardless of age or income, can access the benefits they've earned.

~ Erica Bell-Watkins, Windham Editor,

Maine's elections are a point of pride, but we must ensure they're secure. Over 170,000 Mainers signed petitions to put a Voter ID law on the November 2025 ballot, far surpassing the 67,682 signatures needed. That shows a clear demand for stronger voter and election integrity. Requiring a photo ID, such as a Maine driver's license, is a simple way to verify voters and prevent impersonation, ensuring only eligible citizens cast ballots. That isn't radical – 36 other states already require ID at the polls. A 2023 national poll found 58 percent of voters support photo ID laws, reflecting trust in this common-sense measure. Maine's small-town clerks can easily implement ID checks, building on their excellent work. To ensure fairness, free state IDs would be provided to those without, so no eligible voter is left out. The 170,000 signatures are a resounding call to protect our democracy. Let's stop any pretense at the polls. Vote Yes for Voter ID to keep Maine's elections secure and trustworthy

~ David Brinkman, Windham

Editor,

I have no problem casting my ballot in favor of requiring identification to vote in an election. However, the public needs to be aware that this referendum also scraps absentee voting.

It is another lame attempt to suppress voting cleverly disguised as something that should make common sense to everyone, which is asking for identification.

If the partisan organizers of this effort were to put forward a referendum strictly for requiring Voter ID, I would probably support that. But I'm old, disabled, and casting my vote by absentee is convenient for me and I do not wish to lose that.

Every previous letter published in this newspaper has mentioned Voter ID but neglected to mention that it also does away with absentee voting. Vote no on this and make the organizers come back with a proposal that doesn't limit the public's ability to vote by absentee ballot.

~ Anne Glotchshuk, Windham

CAUTION **CAUTION CAUTION SCAMS**

Customer service scams often involve criminals setting up fake web pages and phone numbers to impersonate legitimate businesses. They buy online ads to appear high up in a search list and answer incoming calls pretending to be friendly customer service agents of a particular company. Perpetrators also send phony text and email messages and post on social media impersonating customer service for major brands. The next time you are looking for an organization's customer service number, log into your account if you have one or find it on a prior statement. If you go online to find it, be sure to type the company web address directly into your

browser rather than doing a search. If you've been targeted by a customer service scam, report it to the company involved through contact information on the company's official website. If you are a victim, report to local police or the FBI's Internet Crime Complaint Center (IC3.gov). Learn how to spot and avoid scams with AARP Fraud Watch Network™. Suspect a scam? Call our free helpline at 877-908-3360.



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The Windham Eagle Page 25

Commercial Real Estate is also a people business

By Larry Eliason
SPECIAL TO THE WINDHAM EAGLE



As a Commercial Real Estate Broker, my FO-CUS is to provide my clients with sound Commercial Real Estate advice. I specialize in Sales

Larry Eliason and Acquisitions Butts Commercial Brokers Representation for Sellers and Buyers and Commercial

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Landlords and Tenants. As a Seasoned Maine Licensed Real Estate Broker, I have developed a diverse set of skills by accumulating years of experience that include Sales and Marketing, Contract Negotiation, Due Diligence, Planning and Approval Process, Commercial Real Estate Financing and Commercial Broker

Opinion Valuation to name a few. I wanted to provide some basic Commercial Real Estate Terms to help Sellers, Buyers, Landlords and Tenants better understand what Commercial Brokers are looking at as far as Income, Expenses, Cash-Flow and Return on Investment in addition to the physical nature and condition of Commercial Real Estate.

Gross Potential Rent is calculated by taking the market rent of every unit on the property and adding them up. It is the maximum amount of money your property could make if it was 100 percent occupied, and every unit was making market rent.

The Vacancy Rate is a numerical value calculated as the percentage of all available units in a rental property,

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such as a shopping center or business park, that are vacant or unoccupied at a particular time.

Gross Operating Income refers to the result of subtracting the credit and vacancy losses from a property's gross potential income. GOI is also sometimes known as Effective Gross Income (EGI).

Repairs and Maintenance are the costs incurred with a real estate asset operating at its present condition. If a commercial building requires repairs, the cost to repair the damage is debited to repairs and maintenance expens-

Reserves for Replacements is an amount of money set aside in anticipation of building components or equipment like HVAC wearing out in a relatively short time and need to be replaced. Replacement reserves can be a mere accounting entry as a phantom expense item reducing net operating income each month, or it can be money deposited into an account and earmarked for replacements.

Property Management Fee is the operation, control, oversight, and accounting of real estate investments. Management is needed to monitor the property and offers accountability for collecting rents and reviewing expenses as they come along.

Net operating income (NOI) is a calculation used to analyze real estate investments that generate income. Net operating income equals all revenue from the property minus all reasonably necessary operating expenses.

The **Return on Investment** (ROI) or cash on cash return is a commonly utilized investment measurement

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in the real estate industry. Return on investment is calculated by taking the monthly or annual cashflow of an asset and dividing it by the total amount of money you invested into a property.

The **Return on Equity** (ROE) is a measurement of investment returns. ROE considers your total equity, including equity that has built up over time, and measures your cash-on-cash returns against that instead of your initial investment.

The Income Capitalization Rate, also known as the commercial real estate cap rate, is the rate of return used by Commercial Real Estate Investors to assess the risk and potential return of a property. Cap rates are usually expressed as percentages such as 10 percent as a return on investment using debt and equity. When comparing investment properties, capitalization rates are a commonly used benchmark for measuring returns.

As much as Commercial Real Estate is to review income and expenses, analyze leases and crunch the numbers to evaluate risk and determine return-on investment, Commercial Real Estate is also a people business. I believe that success in this industry is earned over time by building long-term relationships and being a valuable resource to your clients.

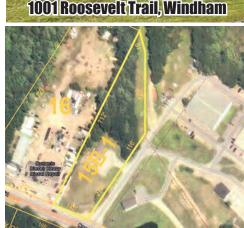
My service area is the Greater Sebago Lakes Region. I do go where a client needs me to travel sometimes, hours away from my home base. In the Greater Sebago Lakes Region, the property may be zoned commercial, however, it could also be a residentially zoned Multi-family or an Income Producing Property with Lakefront, a Sales and Service business like a Marina, a Waterfront Campground or other 4 Season Property with Lakefront amenities.

If you are looking to Sell, Buy or Lease Commercial Real Estate, I would greatly appreciate the opportunity to help you meet your Commercial Real Estate Goals.

This article was brought to you by Larry Eliason, Commercial Broker at Butts Commercial Brokers, 1265 Roosevelt Trail, Raymond, Reach out to him at 207-415-2112 or send an email: LarryEliasonBCB@gmail.com <







This building offers professional office space, a kitchenette, two ADA bathrooms and a large open concept work area. The lot offers 100' of road frontage on Rt. 302 with excellent visibility, exposure along with a large sign stanchion at road. The site is ideal for outdoor retail display and service, professional, medical and/or dental offices. A child daycare was the most recent use and many more uses are allowed in the C1N District. Offered at \$3,500.00/mo. NNN.



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THE WINDHAM EAGLE'S

By Angela Paris By Angela Paris

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Sausage Stuffed Jalapenos

The delicious combination of spicy, jalapeño peppers, tangy cream cheese, salty ground sausage, and gooey cheddar cheese makes these jalapeno poppers one of my go-to appetizers for backyard barbecues or game day!

INGREDIENTS

12 large fresh jalapeño peppers 8 ounces cream cheese softened ½ cup cooked and crumbled breakfast ¼ teaspoon smoked paprika optional sausage pork or turkey ½ cup shredded cheddar cheese

1 teaspoon garlic powder ½ teaspoon onion powder Salt and pepper to taste Food safe gloves for prep

INSTRUCTIONS

Preheat the oven to 375 degrees and line a rimmed baking sheet with parchment paper. I recommend you put on food-safe latex or rubber gloves before you start preparing the peppers. Cut the jalapeno peppers in half lengthwise, and carefully remove all the seeds and membranes with a spoon.

Then, rinse each half in cold water and pat dry with paper towels. In a medium-sized bowl, combine the room-temperature cream cheese, cooked sausage, shredded cheddar cheese, garlic powder, onion powder, and optional smoked paprika. Mix well until thoroughly combined. Add salt and black pepper to taste.

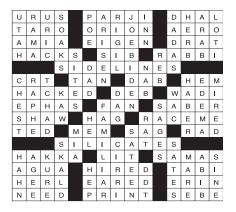
Use a spoon or your clean fingers to fill each of the jalapeno halves with the cream cheese and sausage mixture and then gently press it in. Place the halves on the parchment-lined baking sheet, spacing them out at least an inch apart for even cooking.

Bake the stuffed peppers in the oven for 20 to 25 minutes or until the peppers are tender and the filling is bubbling and lightly golden brown. Remove the baking dish from the oven and allow the stuffed jalapenos to cool slightly before serving.

Cooking Corner proudly sponsored by Mills & Co.



LAST WEEK'S ANSWERS





15 16 17 22 28 32 33 38 44 40 41 48 49 62 63 64

CLUES ACROSS

- 1. Airborne (abbr.)
- 4. Mother

CROSSWORD PUZZLE

- 7. The 17th Greek letter
- 10. Small indefinite quantity
- 12. Grandmothers
- 14. Semitic fertility god
- 15. Aba ____ Honeymoon 16. Bearded reddish sheep of
- So. Asia
- 17. Breezed through
- 18. Used of one who is overly conceited
- 20. Official document seal
- 22. Flight to avoid arrest
- 23. Records the brain's electric currents
- 24. NW Swiss city _
- 26. Slovenly persons
- 29. Hit lightly
- 30. Favoring social equality

CLUES DOWN

- 1. Form a sum
- 2. Plural of 37 across
- 3. Northeast by north
- 4. The mother of Jesus
- 5. Office of Naval Intelligence6. "Serpico" author Peter
- 7. A speed competition
- 8. A minute amount (Scott.)
- 9. Not new
- 11. Jailhouses
- 12. Eggnog spice
- 13. Most slick
- 14. 3rd largest city in Maine 19. An account of incidents or
- events 21. NYC's Insatiable Critic
- Greene
- 24. Uncovers
- 25. White aspen
- 27. Sacred Christian book
- 28. Gallipoli gulf
- 29. A tiny round mark

- 35. A metal-bearing mineral
- 36. Tennis barrier
- 37. Women's undergarment
- 38. Psychic object movement
- 44. An easy return in a high arc
- 45. More dried-up
- 46. Tears down (alt. sp.)
- 48. Military mailbox
- 49. Suffix for similar
- 50. Washbowls
- 53. Melanie Wilkes' husband
- 56. Late Show's Letterman 57. Reproduction of a form
- 59. Mild yellow Dutch cheese
- 61. Affirmative votes
- 62. Gives over
- 63. Pins
- 64. 1776 female decendant's org. 65. A lump of gum
- 66. Pen point

31. NY Times writer Crittenden

- 32. Side sheltered from the wind
- 33. Belonging to a thing 34. Catch in wrongdoing
- 39. Removes pencil marks
- 40. Cap with a flat circular top & visor
- 41. Humorously sarcastic
- 42. Iridaceous plants
- 43. A ribbon belt
- 47. Traipse
- 50. Common Indian weaverbird 51. Affirm positively
- 52. Smallest merganser
- 53. Advanced in years 54. Adam and Eve's garden
- 55. A sharply directional antenna
- 56. Father
- 58. Dentist's group
- 60. Mutual savings bank

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HOW TO SOLVE:

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

LAST WEEK'S ANSWERS

/ /
9 5

The Windham Eagle

PLEASE NOTE: THE BUSINESS SPOTLIGHT IS A PAID ADVERTISEMENT. TO HAVE YOUR BUSINESS HIGHLIGHTED CALL MELISSA: 207-894-3500

These days homes and businesses are evolving and changing as advances in technology help simplify life in the 21st century and J. Wolfe Electric is leading the way in bringing convenience, energy savings, and automation to where we live and work.

Based in Windham, J. Wolfe Electric provides a wide array of quality electrical services but also is on the cutting edge of 21st century technology offering expertise in everything from LED lighting upgrades to generators, security systems and smart home packages.

"We are tailored to the needs of our customers," said John Wolfe, a master electrician and the owner of J. Wolfe Electric. "We've been doing Phoenix Integration smart home upgrades for the past four years and have found it can seamlessly integrate all aspects of your life through one centralized system."

He says Phoenix Integration systems assist in enhancing a homeowner's experience by creating a seamlessly integrated smart home environment. That can include linking entertainment, lighting, blinds, heating and air conditioning and security all through one centralized access point.

"We believe with home automation and with it your possibilities are endless," Wolfe said. "Our company takes an enormous amount of pride on our reliability, our ability to com-



municate effectively, our integrity, and in performing quality work."

The benefits of adding smart home services through J. Wolfe Electric are designed to improve daily life and provide a user-friendly interface for numerous daily tasks. It can automate lighting systems for ambiance, energy efficiency, and convenience or install or integrate security cameras, alarms, and access control systems for enhanced safety and peace of mind. Smart home features can be extended to outdoor living spaces, including outdoor TVs, sound systems, and lighting. Integrating smart thermostats and other energy-efficient technologies can help reduce energy consumption.

Users can monitor their home or business remotely and receive alerts for potential security breaches. Or they can optimize energy consumption through use of automated lighting, temperature control, and other smart devices.

No matter what the needs may be, J. Wolfe Electric can create a home automation system that provides increased convenience to control all your home systems from one place, whether through a wall panel, touch screen, or mobile app on your cell phone. The installation of smart home features can also make residential or commercial properties more appealing to potential buyers.

With combined experience of more than 50 years among J. Wolfe Electric staff members, they possess the knowledge and experience required to handle any task and offer solutions to the most challenging situations.

"It's a unique business and we also handle all of the Town of Windham and RSU 14 school systems and fire alarms," Wolfe said. "We offer free project estimates, and our customer relationship is first and foremost to us as without our customers we would not be successful. We are one of the only electrical contractors in the State of Maine who truly offer fire alarms, security, access control, and video surveillance systems all designed, installed and programmed by us. Unlike many other contractors who bring in a sub-contractor to design and commission the system, when we install a system you stay with us even after commissioning with all service, inspection and monitoring needs."

According to Wolfe, the mission of J. Wolfe Electric is simple yet profound.

"We aim to deliver unparalleled electrical solutions that enhance safety, efficiency, and sustainability," he said. "We strive to exceed expectations in every project, and to contribute to the well-being and prosperity of the communities we serve."

Online reviews for J. Wolfe Electric are exceptional.

"These guys came out and worked in the dead of cold in the winter in an old barn and got the job done. It was of great value. John has a good crew of people working with him and they'll get the job done. This was a 100-amp to 200-amp upgrade with a sub panel and electric car charger install." ~ Jon D.

"Excellent customer service. Excellent workmanship. I will definitely use this pro in the future." ~ Andy S.

"John took care of all my needs. Super personable and reasonably priced." ~ Kathleen V.

To learn more about J. Wolfe Electric and the unique services it offers, call/text 207-632-8799 or visit jwolfeelectric.com and phoenixintegrations. com. Find them on Facebook under Jwolfe Electric. <

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