

# Doctorate degree launches civilian Navy career for Windham High grad

By Ed Pierce  
STAFF WRITER

Sierra Yost is following her dreams and is surely bound for bigger things in life but right now she's relaxing with her family in Windham and enjoying some well-deserved time off before starting a new job in three weeks, working as a Material Engineer for the Naval Air Warfare Center Weapons Division in China Lake, California.

A 2016 graduate of Windham High School, Yost, 27, graduated as the 2020 College of Engineering's valedictorian at the University of Maine at Orono and then went on to earn a doctorate degree in chemical engineering at Penn State University. She was inspired to study chemical engineering after taking the AP Chemistry class there taught by former WHS teacher Lisa McClellan.

"I knew I wanted to do research and development as a chemical engineer, and a PhD makes you much more qualified to do so," Yost said. "I was able to take a lot of AP classes at Windham High, which prepared me for studying and understanding the material in my chemical engineering classes at UMaine and

Penn State."  
Yost said that while she was at UMaine, she was able to work at a paper mill co-op, focusing on Research and Development, which led her to decide that she wanted to get her doctorate degree.

"Additionally, I was able to do a research-based honors thesis while there, which taught me the basics of research in an academic setting," she said.

In 2021, Yost was awarded the Department of Defense Science, Mathematics, and Research for Transformation Scholarship. Recipients of the SMART award receive full tuition for up to five years, summer internships, a stipend and full-time employment with the Department of Defense after graduation. It was a unique opportunity which provided her with hands-on experience at one of the nation's most innovative Department of Defense laboratories and working under an experienced mentor while gaining



Sierra Yost, a 2016 graduate of Windham High School and the 2020 Valedictorian of the University of Maine Orono's College of Engineering, has earned a doctorate in Chemical Engineering at Penn State University. She will soon start a job as a Material Engineer for the Naval Air Warfare Center Weapons Division in China Lake, California. COURTESY PHOTO

valuable technical skills.  
"SMART is a scholarship-for-service program, so I owe four years as a DoD civilian to the Navy," she said. According to Yost, the biggest difference between her undergraduate studies at UMaine and her doctorate studies at Penn State were the things she learned about researching. → see **NAVY** Page 19

# Diamond leaves a legacy of exceptional public service and dedication to community

By Ed Pierce  
STAFF WRITER

There's an old saying that "to live in hearts we leave behind is not to die" and for Windham's beloved state legislator, educator and businessman Bill Diamond that expression rings true.

Diamond, 80, passed away Sunday, Aug. 31 after a hard-fought battle with cancer and the outpouring of kind words and sentiment for him and his family has been non-stop. Having spent more than 40 years in politics and service as Maine's Secretary of State from 1989 to 1997, Diamond leaves behind a legacy few will equal.

A lifelong Democrat, Diamond first ran for the Maine House of Representatives in 1976 as a write-in candidate and defeated Republican Barbara Strong. He won re-election for the seat in 1978 by defeating Republican Carole Bean. He won a third term in the Maine House in 1980 while running unopposed. In 1982, he beat Republican David Huber to win a Maine State Senate seat representing Windham, and he then defeated Republican Ken Cole in 1984 to win re-election before stepping down from the legislature at that time.

He grew up on his grandfather's



Bill Diamond of Windham, a longtime legislator, educator, business owner and child welfare advocate, has died at the age of 80. He co-founded Windham Neighbors Helping Neighbors to provide heat assistance to those in need, and the Walk A Mile In Their Shoes Foundation to end child homicide in Maine. FILE PHOTO

farm in West Gardiner and came to Southern Maine to study to become a teacher at Gorham State Teacher's College, earning a bachelor's degree and master's degree in education. He married his wife Jane in 1968, and the couple raised two daughters, Kristin and Karyn, in Windham and now have eight grandchildren. His actual

first name was George but preferred to be known by his middle name, William.  
Many students in Windham and Raymond will recall Diamond as their school principal or teacher. He taught from 1968 to 1986 in Windham schools and was the first principal of Windham's Manchester School. He

went on to lead Field-Allen Junior High School and Windham Middle School as principal and was Superintendent of Schools for Raymond. Diamond also served as superintendent and director of governmental relations for the controversial Elan School in Poland.  
His interests varied outside of politics and education. He earned a brown belt in karate and was the owner of the now-closed *Windham Independent* newspaper. He was also a long-time co-owner of AllMed Staffing of New England in Windham and owned a security business for many years in town.

Before becoming Maine's 45th Secretary of State in 1989, Diamond threw his hat into the ring in a bid to become governor in 1986 and then campaigned for the 1st Congressional District position in the U.S. House of Representatives in 1994, losing in the Democratic Primary.

In 2004, Diamond defeated Republican Joe Bruno of Raymond to win the Maine Senate District 12 → see **DIAMOND** Page 13

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INSIGHT

Scent O'Mental

It's kind of funny when I think of things I can remember vividly from my childhood more than six decades after they happened. In a way, our memory is comparable to a computer in which our brains capture sensory information, store it away, and then can bring it back to the forefront when needed. In my case, I have been blessed with a great memory and even in my advanced age, I can recall trivial and insignificant events from years past.

I happened to think of this the other day when I was shopping at the supermarket and was in the dairy aisle. Passing by the refrigerated cheese section, I recalled a certain type of cheese was the brunt of many jokes when I was a child. The pungent odor of limburger cheese smells terrible and was the source of an ongoing Three Stooges comedy routine on television. I can recall smelling it myself at school and remember how bad it was even though that was close to 65 years ago.

Despite the passing of time, I haven't smelled limburger cheese since, yet I can remember that experience and consider that to be truly amazing. As an adult I have never purchased limburger cheese and haven't seen it at any of the stores I have shopped in. It might be on the shelf there somewhere, but it isn't a commodity I would go searching for.

The arrival of every spring in Rochester, New York where I grew up is marked by the blooming of lilacs in Highland Park and the annual Lilac Festival. Our family used to go every Memorial Day Weekend to see more than 1,800 lilacs in majestic shades of purple and white at the event. Along with the visuals, one of the things I remember the most about the Lilac Festival was the sweet smell of the lilac flowers. It wasn't an overpowering aroma, but a pleasant one that captivated my senses, and one I still enjoy.

Today in HISTORY

SEPTEMBER 5

1774 – The first session of the U.S. Continental Congress convenes in Philadelphia, Pennsylvania. The delegates draft a declaration of rights and grievances, organized the Continental Association, and elect Peyton Randolph as the first president of the Continental Congress.

1881 – The American Red Cross provides relief for the first time for victims of the Great Fire of 1881 in Michigan.

1882 – The first American Labor Day parade is held in New York City.

1930 – Charles Creighton and James Hagriss complete a drive from New York City to Los Angeles and back to New York City all in reverse gear. The trip took 42 days using their 1929 Ford Model A.

1939 – The United States proclaims its neutrality during World War II.

1984 – NASA's space shuttle Discovery lands after its maiden voyage.

1989 – Chris Evert retires from professional tennis following a 19 year career.

Inspirational Quote of the Week

"No matter what people tell you, words and ideas can change the world."

– Robin Williams

My sense of smell is directly connected to my memory and it's more than recalling the odor of limburger cheese and lilacs.

Back in the 1950s and 1960s, my mother was a stay-at-home mom who did all the cooking for our family. When I was in first grade, she instituted something she called "Vegetable of the Day," introducing us to as many different types of vegetables as she could find, one at a time with each supper.

My younger brother and I were not allowed to opt out of this program. We were made to try each one of them we were served, and it has led to a dislike of the taste of many vegetables for me that persists to this day.

Under the "Vegetable of the Day" regimen, I recall eating asparagus, spinach, artichoke, broccoli, beets, carrots and cabbage. We also ate cauliflower, eggplant, corn, green beans, wax beans, kale, lettuce, collard greens and peas. Our mother prepared squash (both orange and yellow), rutabaga, radishes, green peppers, rhubarb, sweet potatoes, turnips, tomatoes, brussels sprouts, and zucchini.

But one afternoon when I was in second grade, I got off the school bus and raced home to hit up the cookie jar on the kitchen counter. As I entered our house through the back door to the garage, I caught a whiff of a smell that instantly turned my stomach.

Dear old mom was frying some parsnips in a pan on the stove for "Vegetable of the Day." The rank smell became indelibly imprinted upon my brain that afternoon and continues to strike fear in me even years later. The foul odor of fried parsnips also evokes having to sit at the dinner table and having to eat it.

My mother would watch us and our dinner plates to ensure that my brother and I consumed every last bite of her vegetables each evening, and I struggled mightily this time with her heaping serving of fried parsnips. I think the reason I remember eating those after six decades have passed is that when dinner was over and I was excused from the table, I stepped out into our backyard, and I remember being ill to the point of projectile vomiting chewed pieces of fried parsnips into the grass.

Once when I was serving in the U.S Air Force in Germany, I went to a local restaurant and was waiting for my meal to arrive when I began to smell something that I hadn't experienced in many years. Apparently, the couple dining at the next table had ordered and were eating fried parsnips, and that smell had wafted over to my table. Just like years previously, the smell started to make me feel sick to my stomach, so I got up from the table, left money for what I had ordered on the table and then departed quickly. Being outside and away from the smell, my stomach slowly seemed to recover.

Scientific research has shown that memories associated with smell carry more emotion than visual memories and that's something that I can certainly assert as fact.

Some of my childhood memories are directly linked to certain smells and I suppose one could say that fried parsnips are my personal kryptonite. <

~ Ed Pierce

ON THE SPOT

If you could instantly become an expert at something, what would that be?

"Parallel parking – I'm horrible at it, just ask my wife."  
– Rob Juergens

"Oh, easy! Playing the piano. Therapeutic when alone, popular in groups. Seems, like mastery of any instrument, magical."  
– Francesco Paredon

"AI."  
– Hilary Mansfield

"Yoga."  
– Linda Miller Ladd

"Paragliding."  
– Darrell Janoushek

"The ability to help people change their mindset; to become less angry, more hopeful, more tolerant of people with differing opinions, and ultimately heal the divide in this country."  
– Robin Mullins

"Reducing taxes."  
– Alfred Traylor

"Showing people that it doesn't hurt to volunteer."  
– Tommy Matthews

"Bringing peace."  
– Julie Mallett

"Interpreting Egyptian hieroglyphics."  
– Griphen Stone

"ASL (American Sign Language)."  
– Stephen Signor

"Medieval history."  
– Brian Butler

"Auto repairs."  
– Rick Seacroft

"Too many to list but if I had to pinpoint just one, it would probably be carpentry."  
– David W. Tettley

"Cooking."  
– Anne Glotschuck

"Aeronautics or surfing."  
– Dean A. Smalley

"Predicting the weather."  
– Chris Macklin

"Communicating effectively with others."  
– Mia Potenzio-Ransey

"Flying an airplane, genealogy, and writing a novel."  
– Jude Orestes-Sanchez

"Being able to learn to play many different musical instruments."  
– Mitchell B. Robinson

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# Age Friendly Windham prepares for free luncheon

By Ed Pierce  
STAFF WRITER

Age-Friendly Windham, a town-supported volunteer group that is working to build a multi-generational healthy community, is hosting a community luncheon discussing fire safety, fitness and how to avoid fraud for residents.

The “Aging at Home: Ready, Safe and Connected” presentation will be conducted from 11 a.m. to 1 p.m. Tuesday, Sept. 16 in the Windham Town Hall gymnasium on School Road in Windham. The cost is free, but donations will be accepted.

Erica Bell-Watkins, Windham Age Friendly Coordinator, says that during the luncheon, the American Red Cross will give a fire safety presentation and AARP will lead a discussion about home fitness. Representatives of Cumberland County Federal Credit Union will also give a presentation about fraud prevention.

The luncheon is sponsored by Age Friendly Windham, Windham Parks and Recreation Department, and Cumberland County Federal Credit Union. Others making important contributions to the luncheon are the Southern Maine Agency on Aging,

the Windham Fire-Rescue Department, and the Sebago Lakes Region Fuller Center for Housing.

“This is an opportunity to hear from multiple perspectives and different organizations about what to plan for as you age in place,” Watkins-Bell said. “We are hoping to provide options and resources to our aging population for what the best options are for them to age safely and comfortably in their homes.”

Back in 2019, Maine was designated as an Age Friendly State, joining many cities and communities across the globe who are committed to becoming more inclusive of people of all ages. Maine is part of the AARP Network of Age Friendly States and Communities and the World Health Organization’s Global Network for Age Friendly Cities and Communities.

Being designated as an Age Friendly state means communities such as Windham are encouraged to plan and implement strategies that best fit the assets and opportunities of their state and community, as well as embrace and assess multiple domains of livability.

According to Bell-Watkins, Age Friendly Windham is a diverse group

of dedicated volunteers working to help members in the community to live and age in place and is dedicated to maintaining the independence of our town’s residents and helping them thrive.

She said that its mission is to: Partner with local and regional organizations and volunteer groups to increase services and programs that make it possible for residents of all ages and abilities to live and thrive in Windham.

Provide activities geared toward keeping people healthy, active, and engaged in our community.

Advise the Windham Town Council about infrastructure and policy that will make it easier and safer for Windham residents to live in our community.

“Currently we have a transportation program, a disaster preparedness program, a “Lunch and Learn” series and work with several other departments on shared initiatives like technology access and education,” Bell-Watkins said.

Among new initiatives that Age Friendly Windham is planning include piloting a home safety check program, a window dressers program

to help install low-cost insulating window inserts that function as custom, interior-mounted storm windows for seniors, and a potential energy audit program.

All these current Age Friendly Windham programs and those coming soon are intended to help everyone in the community, regardless of age, to lead active, healthy, and engaged lives throughout their lifetime.

Across Maine, grassroots, age-friendly initiatives, formal members of the AARP Network and others following a similar path and are leveraging local assets to build community capacity addressing challenges such as accessible spaces, access to technology, food security, home repair, transportation, and social connections.

The best part about being associated with Age Friendly Windham for Bell-Watkins is rather simple.

“Age Friendly Windham is building a strong and more-connected community where people of all ages feel that they belong and their experience and talents are appreciated,” she said.

To reserve your spot go to [windhamrecreation.com](http://windhamrecreation.com) or call Age Friendly Windham at 207-892-4649. Please RSVP by no later than Sept. 9. <

## AGING AT HOME: Ready, Safe, and Connected

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# Tennis tournament to benefit local ALS support

By Ed Pierce  
STAFF WRITER

Tennis champion Pete Sampras wasn't thinking specifically about Windham when he shared his thoughts about the game, but a statement he once made describes an upcoming event here perfectly. "Tennis uses the language of life. Advantage, service, fault, love – the basic elements of tennis are those of everyday existence, because every match is a life in miniature," Sampras said.

Bill Gallant has been part of a group of up to 16 people playing tennis in Windham for more than two decades and along the way he's made plenty of friends on the courts at Windham High School but none more special than Phil Swan. Over the years, the two have become close friends and worked together at Sappi Warren before Bill's retirement.

A few months ago, Phil learned that he has been diagnosed with Amyotrophic lateral sclerosis (ALS), a rare neurodegenerative condition that results in the progressive loss of both upper and lower motor neurons that control voluntary muscle contraction, movement, and breathing. Prominent individuals who have lost their lives to ALS include baseball star Lou Gehrig and physicist Stephen Hawking.

Gallant and his tennis friends are a tight group, playing outdoors in the summer and indoors during the winter months, and they were shocked to hear about Phil's diagnosis.

"We all immediately wanted to do something to help Phil but he's an



Friends of Phil Swan are staging a tennis tournament on Sunday, Sept. 7 at Windham High School to assist ALS programs in Maine after Swan was diagnosed with ALS recently. SUBMITTED PHOTO

extremely proud man and wouldn't accept our help," Gallant said. "We wanted to hold a tennis tournament while the weather's still good to raise money to assist Phil with his treatment but wouldn't take any of it."

So instead of donating proceeds from a tennis tournament directly to Phil, the group decided to stage a tournament in Windham named for their friend and donate whatever is collected to a local ALS charity in Maine that offers advocacy opportunities, virtual support groups, and ongoing emotional support and logistical guidance for families impacted by ALS.

Sponsored by Windham Parks and Recreation, the Phil Swan ALS Tennis Tournament will be held at 9 a.m. Sunday, Sept. 7 at the Windham High School Tennis Courts and runs all day.

"Right now, we have 20 teams competing in the tournament," Gallant said. "It will be a mixed doubles tournament

and a double-elimination event."

A food truck will be at the site for those who want to come and watch the tournament.

"I guess I've known about ALS for a long time," Gallant said. "It's a terrible disease and now it's hit close to home and our friend Phil, whom I have known for 25 years."

According to Gallant, the game of tennis is a way of life for everyone involved with the Windham group.

"Tennis is a great sport," he said. "It brings the community together in an atmosphere of friendship and laughter. We have players of all ages, and we even have someone who plays who is 89 years old. It truly is a sport you can play all your life."

The group organizing the tournament to do something in their friend Phil's name is grateful to Windham Parks and Recreation for helping them with the tournament and to RSU 14 for the use of their courts for the fundraiser.

The entry fee for teams competing in the tournament is \$100 and there is still time left to enter and compete. To register, send an email to [bburnham2@hotmail.com](mailto:bburnham2@hotmail.com) or to [amyjuned@gmail.com](mailto:amyjuned@gmail.com)

"We are doing what we can because Phil is such a great guy and are hoping whatever we can raise from this tournament will help prevent this happening to anyone else," Gallant said. "Our tennis group is all about friendship and this is such a sad situation happening to our friend. We couldn't just stand by and do nothing." <



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# Cornhole tournament nears to raise funds for police dogs

Mainly Veterinary Dentistry in Windham has announced the date of the company’s inaugural cornhole tournament and fundraiser for the company’s Tooth Fairy Fund.

The Tooth Fairy Fund was created through the help and generosity of the local community. All donations benefit police K-9s, working dogs, and the pets of families who otherwise wouldn’t be able to afford dentistry.

The event will also be in memory of Brutus Keaten, known as “Bubbies,” who served as the company’s mascot since opening several years ago.

The Maine-based company will host the fundraiser at 1 p.m. Sunday, Sept. 14 at the Oxbox Beer Garden in Oxford. To register visit [bit.ly/MVD2025](https://bit.ly/MVD2025).

“We are excited to host our first cornhole tournament to raise funds for our Tooth Fairy Fund,” said Dr. Jennifer Keaten, owner of Mainly Veterinary Dentistry. “The event will also be a way for us to play in memory of ‘Bubbies’ who was my beloved dog who recently passed away and was the

official mascot for Mainly Veterinary Dentistry since I opened the practice several years ago.”

The Cornhole Tournament will be run by Real Wicked Events, which specializes in competitive cornhole tournaments and will feature a \$500 cash prize, plus a raffle and more.

IDEXX Laboratories, Tractor Supply and Purina have secured sponsorships to support the event. Sponsorships are still available at different levels ranging from \$100 to \$1,000. The entry fee for a two-person team is \$100.

Keaten said 100 percent of the net proceeds will be donated to Mainly Veterinary Dentistry’s Tooth Fairy Fund.

Mainly Veterinary Dentistry in Windham provides several dentistry services for cats and dogs and offers veterinary dentistry clinics for other veterinarian practices across Maine and New England.

Keaten, owner of Mainly Veterinary Dentistry, is a native of Fryeburg. She opened Mainly Veterinary Den-

tistry in Windham to serve cat and dog owners across Maine and New England. She received her undergraduate degree in biology from St. Michael’s College and veterinary degree from Iowa State and began as a vet technician working in preventive medicine and dentistry.

She continues to raise awareness and funds for the Tooth Fairy Fund to support police K-9s and working dogs, as well as families of pets who can’t afford dentistry services.

“The Tooth Fairy Fund helps address that 85 percent of cats and dogs over the age of 3 have some level of dental disease. It is important to support our local police and their K9s teeth because they are very important for their job and how they serve and protect our community. While many police K9s have pet insurance, it does not cover preventive cleanings, and many towns do not budget for this cost since it would cost more tax dollars. Our goal is to promote preventive dentistry for pets,” said Keaten.



Dr. Jen Keaten of Mainly Veterinary Dentistry in Windham has organized a cornhole tournament and fundraiser on Sunday, Sept. 14 at the Oxbox Beer Garden in Oxford for the company’s Tooth Fairy Fund to benefit police K-9s, working dogs, and the pets of families who otherwise wouldn’t be able to afford dentistry. The event is in memory of the late Brutus Keaten, known as “Bubbies,” who served as the company’s mascot. SUBMITTED PHOTO

Tooth Fairy

# CORNHOLE TOURNAMENT

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# Camp Sunshine appoints MaineHealth executive to Board

Camp Sunshine, an award-winning nonprofit in Casco, serving children with life-threatening illnesses and their families, has appointed Tamara StClaire, PhD, MBA, to its Board of Directors.

A nationally recognized health-care executive and innovation leader, Dr. StClaire brings more than 25 years of experience in commercial strategy, organizational growth, and health-care transformation to the Camp Sunshine community.

Currently serving as Chief Business Transformation Officer and President of Primary Care Delivery Services at MaineHealth, Dr. StClaire leads initiatives to build a value-based, advanced primary care model focused on accessibility, engagement, and cost-effective care. Her distinguished career has spanned roles in research, product development, corporate strategy, and executive leadership, including tenures at Roche, Xerox PARC, and multiple Silicon Valley startups.

“Dr. StClaire’s deep commitment to healthcare innovation and her proven leadership in patient-centered solutions make her an invaluable addition to our Board of Directors,” said Joanne Bean, President and Chief Executive Officer of Camp Sunshine. “Her unique perspective and passion for improving lives align perfectly with the continuum of care happening at Camp Sunshine and our mission of supporting children with life-threatening illnesses and their families.”

A trailblazer in the healthcare industry, Dr. StClaire is credited with numerous firsts, including the launch of the first end-to-end ACO solution, the first open-API sandbox for health plan developers, and the first equity investment into a healthcare startup by Xerox. Her accolades include being named one of Health Data Management’s “Most Powerful Women in Healthcare IT.”

With the addition of Dr. StClaire, the Camp Sunshine organization strengthens its commitment to innovation, excellence, and compassionate care.

Camp Sunshine continues to expand its Board of Directors with compassionate and visionary leaders who share a commitment to serving families in their most challenging times. Also appointed to the Board of Directors at the nonprofit’s recent annual meeting was D. Charles Houder, a seasoned



Dr. Tamara StClaire, Chief Business Transformation Officer and President of Primary Care Delivery Services at MaineHealth, has been named to the Board of Directors of Camp Sunshine in Casco. COURTESY PHOTO

real estate developer and the founder and managing principal of Haverford Development Partners LLC, based in Wayne, Pennsylvania.

The Camp Sunshine program offers unique experiences for children with life-threatening illnesses and their families. It also provides retreats combining respite, recreation and support, while enabling hope and promoting joy, for children with life-threatening illnesses and their families through the various stages of a child’s illness.

With decades of dedication and expertise, staff and volunteers or about 75 in each session put families at ease. Families can set their worries

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

Meeting other families who face the same issues, large and small, is a unique benefit of the Camp Sunshine experience. While attending one of the year-round sessions offered at Camp

Sunshine, families have an opportunity to enjoy a wide range of activities with up to 40 other families. Whether it’s reaching the top of the climbing wall, swimming in the lake, or enjoying a horse-drawn wagon ride during a winter session, there is fun for every member of the family.

For more details about Camp Sunshine, visit [www.campsunshine.org](http://www.campsunshine.org). <

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# Windham Lions Club offers a free ‘Touch A Truck’ event

By Ed Pierce  
STAFF WRITER

No matter what age you are, the opportunity to explore vehicles of all types with hands-on interaction fascinates us all and once again the Windham Lions Club will offer a free “Touch A Truck” in North Windham next weekend.

The 6th annual Windham Lions Touch A Truck event runs from 9 a.m. to 1 p.m. Saturday, Sept. 13 in the parking lot behind Hannaford’s off Route 302 in North Windham. Although admission is free, donations will be greatly appreciated as proceeds benefit a variety of Windham Lions Club programs year-round in the Windham community.

At this year’s “Touch A Truck” event, children and families will be able to climb into the cab of a fire truck, see the inside of a police car,

watch a police K-9 demonstration, explore land excavators, bulldozers, dump trucks, snow plows, cement mixers, and much more. There will be many large vehicles on hand from throughout the community for kids to inspect, climb into the driver’s seat, and honk the horn.

Free water will be supplied by Poland Springs to “Touch A Truck” participants and snacks will be available. Special ice cream treats will also be sold at the event, and a prize raffle will be conducted.

“As with all events we hold, all profits are returned to our Windham community,” says Bob Simmons of the Windham Lions Club. “One of our local businesses started us off with a gift to raffle off and others joined in. This added feature will hopefully help us to raise more money. Our intentions have always been that our Touch A



The 6th annual Windham Lions Club’s ‘Touch A Truck’ event runs from 9 a.m. to 1 p.m. Saturday, Sept. 13 in the parking lot behind Hannaford’s off Route 302 in North Windham. The event is free and area families are encouraged to attend and explore large vehicles with their children.

COURTESY PHOTO

Truck adds enjoyment to the children and their families that come to our event. However, the raffle could help us raise more funds as we try to help as many families as possible through our Adopt-A-Family program during the holidays as well as other activities

throughout the year.” Simmons said that members of the Windham Lions Club are grateful for the participation of Windham agencies and local businesses that have helped make this event possible.

“The Touch A Truck event provides a hands-on educational community event to see and touch the trucks and machinery used in the community and to meet the men and women who operate these machines,” Simmons said. “Participating vehicles will be displayed in a safe, supervised environment and it’s the perfect venue for exploring the machinery while learning about the people who build, protect and serve Windham.”

The idea for hosting ‘Touch A Truck’ staged by the Windham Lions

→ see TRUCK Page 18

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

# Senators discuss challenges facing childcare providers

State Senator Tim Nangle, D-Windham, and Maine Senate President Mattie Daughtry, D-Brunswick, met with childcare providers from Space to Thrive in Windham and Raymond during a beach day at Sebago Lake State Park last month.



ways to strengthen our childcare system.”

Space to Thrive is a nonprofit that serves families in Windham and Raymond through both early childhood education and school-age care. During the visit, providers spoke about work-

wages for childcare workers. All of these issues have created a major economic drain, costing Maine millions annually in lost productivity and revenue as childcare providers struggle with low pay and inconsistent state reimbursements, while families find it difficult to afford basic care.

Wage data cited from the U.S. Bureau of Labor Statistics’ Occupational Employment and Wage Statistics are

telling and reveal that the childcare sector nationally has become less competitive relative to other low-paying occupations when compared to a thriving and competitive labor market and it continues to be less attractive for potential workers.

In 2021, there were only nine occupations with median wages lower than those of childcare workers and

→ see **CHILDCARE** Page 11

Nangle and Daughtry heard directly from local childcare staff members about the challenges they face and the support they need to continue this critical work.

“It was a memorable day listening to the staff from Space to Thrive share their experiences,” Nangle said. “I walked away deeply moved by their dedication and concerned by the challenges they face. These jobs are essential, yet the people doing them are stretched thin and too often underappreciated. We owe it to them, and to Maine families, to keep looking for

force shortages, funding challenges and the importance of programs that support both educators and parents.

“What stood out to me was how much these programs mean to local families,” Nangle said. “The challenges are real, but so is the commitment of the people doing the work every day. What I heard from these childcare professionals will stick with me and guide my work in the legislature.”

Maine is facing an ongoing childcare crisis that is driven by insufficient supply of providers and facilities, high costs for families, and low

Makayla Mundwiller is from Washington, Missouri & is a recent graduate of Missouri State University with her Bachelor's in Child Life Studies.

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Courtney Brochu is a resident of Scarborough & is a recent graduate from Texas Women's University with her Master's in Child Life.

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THE ROOKIE MAMA

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► **By Michelle Cote**  
SPECIAL TO THE WINDHAM EAGLE



– Michelle Cote, Columnist

‘Tis that season of reading and “riting and ripping through kiddos” wardrobes as we inventory school clothes and check-list what fits.

I don’t know about you, but investigating what lies beneath, on top, below, and squished between all the garments in all the drawers of the bureaus makes for quite the bureau of investigation, indeed. And not a federal one.

Sorting through clothing in my household is nothing short of an Olympic sport. The tears, the emotions, the absolute refusals to part with faded pants that have knees holier than a church, too-small shirts that ride up for all the world to see one’s belly button – when the shirts were definitely not designed that way – and socks whose significant others have long since been rendered to an island of misfit socks and are worn beyond darning.

Darn it, indeed.

More tears, more emotions, more attachments to clothes that just don’t fit.

Last weekend, I forced a fashion show from my teen who insisted his pants still fit loosely.

One would think that, as an oldest, he’d handle the inevitable sizing up best.

But alas, no.

He posed, he strutted, he insisted that shirt after shirt, shorts after shorts, pants, the whole ensemble fit fine.

I had no choice but to teach him a lesson.

Steve Martin.

You may recall the classic scene that plays out in “Father of the Bride” in which his titular character insists on saving money by wearing an old, ill-fitting tuxedo from two decades earlier that fits him, well, as his daughter remarks – “like a glove!”

He poses, he struts – like my son had done – before a dusty attic mirror in his tux with too-short pants, crooning, “What’s new, pussycat?”

I pulled up this scene on my iPhone and showed my son, who rightfully remarked that any scene with Steve Martin is solid gold.

But the maternal point I made was that it was time to let go of some of his favorite clothes.

After all, he has three younger brothers.

As it turns out, breaking up with favorite threads is hard to do.

Letting go is emotional for me, too.

As I gently fold and place outgrown clothing from my youngest child’s wardrobe into storage totes, I regard them tearily as memories flood back.

When said shirts were once worn and loved by my oldest.

My second-born.

My third-born.

My last.

How did time pass so rapidly in too-fast-forward motion?

When did the switch flip off babyhood directly to strutting like Steve Martin before a mirror?

Time flies when we’re having fun, and apparently clothing flies too – Because ready or not, clothing sizes stay put while the kiddos keep on growing, and will eventually be handed to the next in Cote boy line.

So clothes keep on flying right to storage; I’m tossing them more rapidly than my athletic eldest can cause

pass interference and cling to what’s outgrown.

And so we’ll continue to focus on packing away the old; hand down to the next, so we can make room for what’s new. Pussycat.

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

**STORAGE TIPS FOR KIDS’ SEASONAL CLOTHES & HAND-ME-DOWNS**

Switching out kids’ clothes every season doesn’t have to be overwhelming. A few simple steps can help you stay organized, save money, and make hand-me-downs or donations easy.

- **Sort by size & season** – At the end of each season, pull out what no longer fits. Make piles: keep for siblings, donate, or recycle.
- **Wash before storing** – Clean clothes last longer. Stains set in over time, so run everything through the wash before packing away.
- **Use clear bins or bags** – Clear plastic totes or vacuum-sealed bags keep out dust and pests. You can quickly see what’s inside.
- **Label, label, label** – Write the size and season on each bin (“2T Winter,” “4T Summer”). Future-you will be thankful!
- **Get creative with storage** – Slide bins under beds, stack them in closets, or use high shelves. Hanging garment bags work great for coats and snow pants.
- **Donate right away** – If you’re not saving it, don’t let it pile up. Drop donations at local charities, shelters, or school clothing drives.

A little organization now saves headaches later—and gives those outgrown clothes a second life, whether for your next kid or another family who needs them.

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→ **CHILDCARE**

Cont. from page 9

in 2022, there were only five. Coming out of the pandemic, childcare jobs did not become more competitive when compared to any of other occupations or to other essential care and education occupations that require highly skilled work but paying lower wages.

Besides not being financially beneficial for many providers, childcare in Maine is becoming outlandishly expensive for families. A statewide survey recently indicated that a married couple in Maine with a single child is spending 11 percent of their family income on childcare expenses. The federal average for affordable childcare nationally is 7 percent of a family's income.

Childcare center owners in Maine are not currently able to raise wages without shifting costs to families and many of these parents are struggling to afford childcare and make basic ends meet. This has thrown the state childcare system into a crisis where many parents, including Windham and Raymond, are experiencing closures and ever-increasing waitlists.

A survey conducted by the National Association for the Education of Young Children has revealed that 85 percent of childcare centers in Maine face staffing shortages, with low wages being the primary impediment to recruitment.

Daughtry is currently conducting a Statewide Child Care Listening Tour that includes stops at community childcare centers, public pre-K partnerships, Head Start programs

and nonprofit organizations across the state. The goal is to spotlight innovative solutions, identify gaps in service and elevate the voices of those most impacted by Maine's childcare crisis.

Along with the listening tour, parents, businesses and early educators are invited to complete a survey to share their childcare experiences at [www.tinyurl.com/supportkidssupportmaine](http://www.tinyurl.com/supportkidssupportmaine).

The insights gathered from the survey and the listening tour will help inform future legislation and policy aimed at expanding access to high-quality, affordable childcare for all Maine families, Nangle said. <



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# The secret(s) to good writing

► **By Andy Young**  
STAFF COLUMNIST

The 2025-2026 school year has begun, which means I'll again be trying to convince high school students of the importance of writing, and then attempting to help them become better at it.

But strong writing skills are beneficial to people of all ages, and with that in mind I've generously decided to share some vital writing tips with a select group, specifically the thoughtful readers of The Windham Eagle.

1. Proofread your writing carefully

ly and do it OUT LOUD! That way you'll avoid any awkward or repetitive sentences.

2. When you take a break, DON'T DELETE ANYTHING! Some of the best writing you'll ever produce will involve completing something you had started weeks, months, or years earlier.

3. Write early in the morning when your mind is clear, and drink 20 ounces of water (spiked with a teaspoon of vinegar) before you start.

4. Notice things around you and meticulously jot down what you ob-

serve. Ordinary events often make great writing material.

5. Essays on politics and current events have short shelf lives. Also: you'll never, ever change anyone's mind about any president, even with the most thoughtful, carefully researched, and reasonable writing.

6. Always Avoid Alliteration. Unless you think it looks or sounds cool. Then go ahead and use it.

7. Never plagiarize or use trite, overused cliches, like I just did on the previous tip.

8. Don't edit your first draft as you go, unless doing so helps control your OCD.

9. Don't assume your reader's attention span is (or readers' attention spans are) any longer than yours.

10. Don't assume that you're any smarter than the people who'll read your writing. But don't assume they're any smarter than you are, either.

11. Be aware of the audience you're writing for. Baby Boomers don't care about Kendrick Lamar, Megan Thee Stallion or Killer Mike any more than Gen Zer's do about Kate Smith, Perry Como, or Soupy Sales.

12. Keep in mind that a 1,000-word essay is pretty long. Twelve-hundred words constitutes a short story. Anything over that is technically considered a novella.

13. Sometimes it's best to write your opening and your conclusion first and then fill in the middle.

14. Always try to attempt to avoid using too many extraneous, superfluous, unneeded, redundant, extra unnecessary words in your writing.

15. Avoid using pompous, grandiloquent, pretentious, bombastic verbiage and utterances when simple, uncomplicated, straightforward, basic words and phrases will do.

16. Ask a friend, parent, child, employer, or hitchhiker you picked up to proofread your writing. (Note: this tip is not intended to be an endorsement of picking up hitchhikers.)

17. Ask someone you trust for feedback, but only if you're prepared to absorb honest feedback.

18. If you're having fun, you're probably working on a good essay. And even if it's not so good, who cares? You're having fun!

19. Journaling is great therapy. It's also a lot cheaper than regular therapy! <

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➔ **DIAMOND** *Cont. from page 1*

seat and won re-election in 2006, 2008 and 2010 before being term limited. Four years later in 2014, Diamond defeated Republican Kaile Warren to win the Maine Senate District 26 seat and subsequently won re-election to that position in 2016, 2018, and 2020.

As the cost of heating homes rose in the early 2000s, Diamond co-founded and served as president of Windham Neighbors Helping Neighbors in 2007, an all-volunteer effort which raised money to provide emergency heating oil to community residents in need. He also served as a board member for the Maine State Society for the Protection of Animals in Windham and Hospice of Southern Maine.

Before leaving political office in 2022, Diamond was known statewide as a staunch advocate for children and led Maine Senate investigations into prominent deaths of abused children whose families were relegated to the state’s child welfare system. In 2014, Diamond wrote a book about the subject called “The Evil and the Innocent.”

In 2023, Diamond launched the “Walk A Mile In Their Shoes Foundation,” a non-profit dedicated to preventing child homicides and the abuse of children who are under the supervision or direct care of the State of Maine or who are or have been associated with the state’s Child Protective System.

“Children associated with state care have been dying at record levels, in fact, as recently as 2021 a record number of children died, many were victims of child homicides,” Dia-

mond said at the time. “The chilling question is: How many more children must die before we make meaningful changes?”

He said he was first made aware of the issues affecting child homicide in Maine and the state’s child protection system in 2001.

“The problem has continued to persist over the past 22 years under four different gubernatorial administrations, Independent, Republican, and Democrat,” he said in launching the foundation. “The problems are not partisan based. They are the concern of all of us. This is the most important thing I’ve ever been able to do, nothing comes close.”

One of the purposes of the foundation will be to bring people from a variety of interests and backgrounds together to develop meaningful strategies for positive changes to protect children who are the innocent victims of a broken system and to work with the Department of Health and Human Services and the Office of Child and Family Services in a joint effort to improve the state’s child safety policies and practices and truly make a difference.

“We really don’t want to think about these children because it cuts deeply into our souls,” Diamond said earlier this year. “But we must if we want to help.”

In June, Diamond made his final public appearance at the 2025 Windham Summerfest Parade as he was honored as the Modern Woodmen of America’s Hometown Hero for 2025.

Funeral arrangements are pending. <



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# SMAA receives ‘Aging Innovations Award’

Southern Maine Agency on Aging is thrilled to announce that its Housing Connections pilot program received a USAging 2025 Aging Innovations Award, one of the highest honors presented by USAging to its members. Housing Connections, which helps older adults stay safely housed by connecting them with legal support, and other critical resources, was among 15 local aging programs to receive Innovations honors during USAging’s 50th Annual Conference and Tradeshow from July 20 to July 23 in Chicago, Illinois.

The 2025 USAging Aging Innovations & Achievement Awards, supported by Caregiving.com and Cumulus.care, recognizes Agencies on Aging that have found new and innovative ways to support older adults and family caregivers as they live in their homes and communities. “At USAging, we are proud to celebrate the exceptional accomplishments of the 2025 Aging Innovations & Achievement Awards recipients – especially as we mark the 50th anniversary of USAging and our Annual Conference and Tradeshow,” said

USAging CEO Sandy Markwood. “These award-winning programs exemplify the creativity, dedication and impact that define our Aging Network. They are not only improving the lives of older adults and caregivers today, but also shaping a stronger, more supportive future for aging in every community across the country.” Supported by several local corporate and foundation partners in Maine, Southern Maine Agency on Aging’s Housing Connections program addresses housing needs by helping individuals remain safely in their homes or navigate the search for new housing when needed.

Through a strategic partnership with Legal Services for Maine Elders, the program combines legal support and personalized resource navigation to prevent eviction, reduce housing insecurity, and improve quality of

life. By serving as a trusted connector between clients and community services, Housing Connections ensures that vulnerable individuals have access to stable, affordable housing and the support necessary to age with dignity and independence. “At a time when older adults are the fastest-growing segment of the homeless population, our Housing Connections pilot program is critical,” said Megan Walton, CEO of the Southern Maine Agency on Aging. “Too many people who’ve worked hard their whole lives are now facing housing insecurity simply because the cost of living has outpaced their resources and the supply of affordable housing hasn’t kept up. Through Housing Connections, we’re bridging the gap - connecting older adults to the legal, financial, and community supports that they need to remain safely housed. It’s a lifeline for those caught in the middle.” The 2025 USAging Aging Innovations & Achievement Awards honored traditional and new strategies in a range of categories, including caregiving, community planning and livable communities, health-social care integration, healthy aging, housing and homelessness, information and referral/assistance, intergenerational programs, nutrition, social engagement, and workforce development and volunteerism. <



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## Questions to ask in a job interview to impress employers

When preparing for a job interview, most people focus on how to answer tough questions. While that's important, asking your own thoughtful questions can make just as big of an impression. The right questions show you've done your homework, that you care about the role, and that you're thinking about long-term success—not just landing the job.

Here are some smart questions to consider asking during your next interview:

### 1. Questions About the Role

*What does a typical day look like in this position?*

This helps you understand daily expectations and whether the role matches your skills and interests.

*What are the biggest challenges for someone in this position?*

You'll get a clearer idea of the learning curve and how success is measured.

*How will my performance be evaluated?*

Knowing how success is tracked ensures you can focus on what really matters from day one.

### 2. Questions About the Team and Culture

*Can you tell me about the team I'd be working with?*

Understanding team dynamics is key to knowing if you'll enjoy the environment.

*How would you describe the company culture?*

This gives insight into the values, work style, and atmosphere of the workplace.

*How do team members usually communicate and collaborate?*

Learning about tools, meetings, and styles of communication will help you picture yourself in the flow of the workplace.

### 3. Questions About Growth and Development

*Are there opportunities for training or professional development?*

This shows you're thinking about long-term growth and not just the immediate role.

*What career paths have others in this position taken?*

Hearing examples helps you see if the company encourages upward mobility.

*How do you support employees in reaching their career goals?*

This question highlights your ambition and need for a workplace that invests in people.

### 4. Questions About the Company's Future

### ny's Future

*What are the company's priorities over the next year?*

This signals that you're interested in contributing to big-picture goals.

*How does this role fit into those goals?*

Understanding the connection between your work and the company's mission shows you're thinking strategically.

### 5. Questions About Next Steps

*What are the next steps in the hiring process?*

This shows you're eager, keeps you informed, and makes the closing of the interview feel natural.

### Tips for Asking Good Questions

- Avoid asking about salary or benefits too early. Wait until an offer is on the table or the employer brings it up.

• Tailor your questions. Use the job posting or research about the company to create questions that feel specific, not generic.

• Listen carefully. Sometimes answers to your prepared questions will come up naturally—if so, adapt and ask follow-ups.

An interview is a two-way conversation. Asking strong questions isn't just about impressing the interviewer—it's about making sure the role and company are the right fit for you. When you show curiosity, initiative, and a focus on growth, you stand out as a candidate who's not only qualified but also invested in the future. <

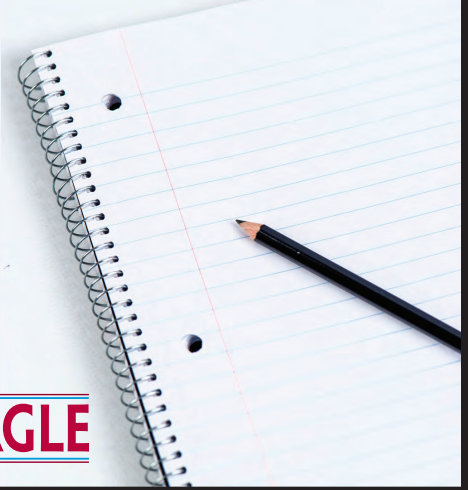
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THE WINDHAM EAGLE



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For more info on schedules and job specifics, please contact the Transportation Dept. at 207-892-1809



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HOLIDAY CELEBRATIONS  
& COMMUNITY EVENTS:

- ★ FAMILY TRIVIA NIGHTS
  - Halloween Trivia - Friday, October 17
  - Holiday Trivia - Friday, December 19
- ★ WINDHAM TRAILS PASSPORT
  - Monday, September 15 thru Thursday, November 13
- ★ INTERNATIONAL OBSERVE THE MOON NIGHT
  - Saturday, October 4
- ★ AUTUMN & WINTER PHOTO CONTEST
  - Enter by Sunday, April 5
- ★ TRUNK OR TREAT – Saturday, October 25 (PRE-REGISTRATION REQUIRED)
- ★ HALLOWEEN COSTUME CONTEST
  - Enter by Thursday, November 6
- ★ HOLIDAY CELEBRATION – Sunday, December 7
  - Families, businesses & organizations are invited to enter a float or vehicle in the Light Parade!*
- ★ NORTH POLE HOTLINE – December 10 & 11



DISCOUNTED TICKETS & PASSES:

- ★ CROSS INSURANCE ARENA
  - Disney On Ice - November 29 at 6:30pm
- ★ PLEASANT MOUNTAIN SEASON PASSES
  - Discount cost and details coming soon!

PRE-SCHOOL PROGRAMS:

- ★ CREATIVE KIDDIE CRAFT TIME
  - October 29 - Pumpkin Decorating
  - December 17 - “Gingerbread” Houses
- ★ CREATIVE MOVEMENT
  - Fall Session 1:  
Mondays, September 15 – October 27
  - Fall Session 2:  
Mondays, November 3 – December 8
- ★ KIDDIE GYM
  - Mondays & Wednesdays, November 3 – April 15



OTHER INFORMATION:

For the most up-to-date ways to learn about our programs, check our website, opt into our email notifications, request to receive our Senior newsletter by mail & follow us on Facebook.

Questions? Email us at: parks&recreation@windhammaine.us



YOUTH PROGRAMS:

- ★ TENNIS IN THE PARKS
  - Saturdays, September 13 – October 25 (Excl
- ★ KARATE FOR GRADES K-5
  - Fall: Tuesdays, September 2 – November 25
  - Winter: Tuesdays, December 2 – March 3
- ★ HIGH TOUCH HIGH TECH FOR C
  - Plant Lab Fun– Wednesdays, September 17
  - SuperPowers – Wednesdays, October 29 – D
- ★ DISCOVERY SCIENCE FOR GRAI
  - Mondays, October 20 - December 15
- ★ NO SCHOOL REC DAYS FOR GRA
  - October 10 – Pumpkin Valley Farm
  - November 26 – Maine MILL Museum
  - December 22 – PJ Day & Smitty’s
  - December 23 – Sparetime & Holiday Party at
  - December 29 – Happy Wheels
  - December 30 – Snow Tubing
- ★ PARENTS NIGHT OUT FOR GRA
  - Friday, December 5

MIDDLE SCHOOL PROGRAMS:

- ★ WMS EARLY RELEASE DAYS
  - Thursday, October 9 – Lunch & Movie at Sr
  - Wednesday, December 10 – Round 1 Bowling
- ★ PICKLEBALL – Thursdays, September 11
- ★ BABYSITTER TRAINING COURSE
- ★ RED CROSS CPR TRAINING – We

ADULT/ SENIOR WEEKLY PROGRAMS:

- ★ FITNESS FOUNDATION CHAIR F
  - Every Monday and Wednesday from 10:30a
  - Every Tuesday and Thursday from 10:00am
- ★ CRIBBAGE
  - Every Thursday from 1:30pm – 3:30pm

ADULT/ SENIOR  
MONTHLY  
PROGRAMS:

- ★ BINGO – Two M
  - from 1:00pm – 2:30p
  - September 8 & 22
  - November 3 & 24

# UPCOMING PROGRAMS/EVENTS

## FMI & TO REGISTER FOR ANY OF THESE PROGRAMS, GO TO:

WindhamRecreation.com, call 892-1905, or visit us at Town Hall, 8 School Rd

*NOTE: There are registration start & end dates for many of our programs.  
Registration will be allowed after the registration deadline if space allows.*



cludes 9/27)

GRADES K-3

– October 22

December 10

DES 4 & 5

ADES K-5

t Town Hall

DES K-5

RAMS:

nitty's

ng, Arcade & Maine Mall

l – October 16

E – Tuesday, October 7

Wednesday, October 15



Y PROGRAMS:

EXERCISE

m – 11:20am

– 10:50am



Mondays a month

om

• October 6 & 20

• December 8 & 22



★ CANDLEPIN BOWLING –

Once a month, Tuesdays 10:30am-1:30pm

• September 2 • October 7

• November 4 • December 2

★ THE CRAFT CIRCLE –

Once a month, Mondays 1:30-3:30pm

• September 29 • October 27

• November 10 • December 15

## ADULT SPORTS:

★ **ADULT PICKLEBALL** – Reserve a time at our indoor court, located in the Town Hall Gym, that best suits you & your teammates' schedules.

*Please call or log in to our website to reserve the court.*

★ **ADULT TENNIS** – Saturdays, September 6 – October 18

★ **ADULT BEGINNER PICKLEBALL LESSONS**

• Saturdays, Beginning September 6 - *Locations vary*

★ **COACHED PICKLEBALL PLAY**

• Saturdays, Beginning September 6 - *Locations vary*

★ **MEN'S 4X4 BASKETBALL LEAGUE**

• Thursdays, Beginning September 11 *Town Hall & Manchester Gyms*

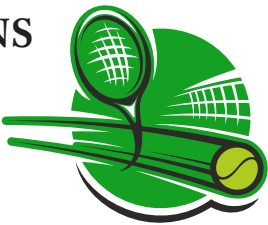
★ **ADULT PICK-UP BASKETBALL**

• Mondays, Tuesdays & Thursdays, September 15

*Windham Primary School & Manchester School*

★ **SUNDAY OPEN GYM** – Sundays, November 16 - April 26

• Basketball: 8:00-10:00am • Volleyball: 10:00am-1:00pm



## ADULT/SENIOR OUTINGS

★ **SEPTEMBER**

• Mystery Lunch – Wednesday, September 10

• Old Fort Western, Augusta – Monday, September 15

• Age Friendly Community Luncheon – Tuesday, September 16

• Cumberland County Fair – Tuesday, September 23

★ **OCTOBER**

• Desert of Maine – Wednesday, October 1

• Loon Mountain Fall Foliage – Wednesday, October 8

• Boston Trip 'Hamilton' – Sunday, October 12

• Good Theatre 'It Shoulda Been You' – Wednesday, October 15

• Mystery Lunch – Tuesday, October 21

• Turkey Dinner Train – Wednesday, October 29

★ **NOVEMBER**

• Strawberry Banke History of Thanksgiving – Saturday, November 8

• Mystery Lunch – Wednesday, November 12

• Thanksgiving Luncheon – Monday, November 17

★ **DECEMBER**

• Tuckaway Tavern Lunch NH – Wednesday, December 3

• Freeport Evening Shopping & Dinner – Thursday, December 4

• Christmas at Victoria Mansion – Tuesday, December 9

• Holiday Light Express – Wednesday, December 17

→ **TRUCKS** *Cont. from page 8*

Club came from an idea that former Windham Lions Club President Evelyn Brissette had a few years ago.

“I had done some research online and it seemed like ‘Touch A Truck’ would be a fun way to interact with kids and people in our community,” she said. “We also want our community to be aware that the Windham Lions Club does exist and with everyone’s help we can make life a lot brighter for those less fortunate.”

Brissette said that the Windham Lions Club staged its first ‘Touch A Truck’ in 2022 and since then, it has exceeded expectations in terms of participation and the Windham community’s willingness to help others.

According to Simmons, the Windham Lions Club works throughout the year to uplift the community, such as providing Christmas gifts for local students and families in need and contributing donations for worthwhile school activities such as

Odyssey of the Mind.

When Windham residents take an interest in their own community, and work together for a cause, they can make a significant difference, Simmons said.

All proceeds from this year’s Touch A Truck event, coupled with the annual Windham Lions Club’s Craft Fair in October, and money donated at the club’s annual “Stuff-the-Bus” event in November will go a long ways to helping those in need in Windham, Brissette said.

Since its inception, the Windham Lions Club has played a significant charitable role in the community, supporting a variety of causes and issues affecting the lives of residents.

Some of those include purchasing and manning Windham’s first rescue van in 1968; donations to the Windham Public Library; helping with expenses related to eye exams and eyeglass when they meet the Lions Club criteria; assisting with expenses related to hearing tests and hearing aids when they meet the Lions Club criteria; conducting RSU 14 eye screening with more than 5,000 students screened so far; sponsoring the “Student of the Month” program in local schools; Breakfast with Santa; Stuff-the-Bus with more than 10,000 pounds of food collected for those in need; supporting the Windham Veteran’s Center; and collecting used eye glasses and hearing aids. <

TOWN OF WINDHAM, MAINE  
**PLANNING BOARD**  
NOTICE OF PUBLIC MEETING

**Mon., September 8, 2025 • 6:00PM**  
Town Hall, Council Chambers, 8 School Road

- 25-16 Meredith Woods Subdivision  
Tax Map: 6, Lot: 38 E02 – Meredith Drive  
Major subdivision plan review for five residential lots.
- 24-25 Andrew School Redevelopment  
Tax Map: 37, Lot: 24 – High Street  
Major subdivision and site plan review for two residential buildings with a total of 17 apartments.
- 25-01 Dolley Farm Subdivision  
Tax Map: 5, Lot: 25 – River Road  
Major subdivision plan review for 21 duplex buildings with a total of 42 residential condominiums.
- 23-18 Windham Village Apartments Amendment  
Tax Map: 70, Lot: 1-A01 – Stillwater Drive  
Amendment to create a condominium development instead of apartments and to revise building elevations of four buildings.

FMI go to [windhamweb.legistar.com/Calendar.aspx](http://windhamweb.legistar.com/Calendar.aspx) or contact (207) 894-5960 ex. 2. Written comment may be submitted to the Board at [PlanningBoard@windhammaine.us](mailto:PlanningBoard@windhammaine.us).  
*Please notify us if you need accessibility accommodations.*

**Notice of Public Sale**  
**Wed., Sept. 17, 2025 @ 11am**  
*of the household items & contents*  
*of a storage unit belonging to*  
**CARYN COLLINS**  
**ROOSEVELT SELF STORAGE**  
627 Roosevelt Trail, Windham, ME

**Notice of Public Sale**  
**Wed., Sept. 16, 2025**  
**@ 1:00pm**  
*of the household items & contents*  
*of a storage unit belonging to*  
**JANET LITTLEFIELD**  
**ROOSEVELT SELF STORAGE**  
– BUXTON –  
724 Narragansett Trail, Buxton, ME

**Notice of Public Sale**  
**Wed., Sept. 16, 2025**  
**@ 1:00pm**  
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*of a storage unit belonging to*  
**PHILIP GALARNEAU**  
**ROOSEVELT SELF STORAGE**  
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724 Narragansett Trail, Buxton, ME

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**@ 1:00pm**  
*of the household items & contents*  
*of a storage unit belonging to*  
**NICHOLE ALLEN**  
**ROOSEVELT SELF STORAGE**  
– BUXTON –  
724 Narragansett Trail, Buxton, ME

**Notice of Public Sale**  
**Wed., Sept. 16, 2025**  
**@ 1:00pm**  
*of the household items & contents*  
*of a storage unit belonging to*  
**JUSTIN BERRY**  
**ROOSEVELT SELF STORAGE**  
– BUXTON –  
724 Narragansett Trail, Buxton, ME



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*~ Carrie B.*



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**NAVY** *Cont. from page 1*

“I was on the pulp and paper scholarship at UMaine, so my time was very paper focused, but at Penn State I focused on the sustainability of common consumer plastics by optimizing them for 3D printing after they have been used and chemical recycling,” she said.

While at home in Windham, Yost has been working on a few papers with her advisor and colleagues from

Penn State and she also went on a four-day trip to Iceland.

Yost says that she misses being close to friends and family here and says her all-time favorite teacher she had during all her time attending Windham schools is Jen Breton at Manchester School.

“She made learning really fun, even when we were doing more difficult work,” Yost said.

Her initial interest in science began at Windham High School.

“I loved the challenges the science classes offered, and I loved how much they loved science, it was contagious, so I have kept searching for positions and opportunities where I can do science that I am that excited about as well,” she said.

Yost’s eventual career objective would be to work in Research and Development in the pulp and paper industry.

“I did some of that during my time at UMaine, and really loved it,” she

said. “Beyond that, I would like to end up in New England, preferably Maine, with enough land for a small garden and some chickens and bees.”

In her free time, Yost is an avid runner, likes spending time outdoors and enjoys hiking, skiing, fishing and kayaking.

She is grateful for the role that her father, Rick Yost of Windham, and her mother, Marla Pettinelli of Lewiston, have played in encouraging her success. <

**Notice of Public Sale**  
**Wed., Sept. 17, 2025 @ 11am**  
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*of a storage unit belonging to*  
**WALTER DAVIS**  
**ROOSEVELT SELF STORAGE**  
627 Roosevelt Trail, Windham, ME

**Notice of Public Sale**  
**Wed., Sept. 17, 2025 @ 11am**  
*of the household items & contents*  
*of a storage unit belonging to*  
**AMBER DEGEN**  
**ROOSEVELT SELF STORAGE**  
627 Roosevelt Trail, Windham, ME

**Notice of Public Sale**  
**Wed., Sept. 17, 2025 @ 11am**  
*of the household items & contents*  
*of a storage unit belonging to*  
**JESSICA FANNING**  
**ROOSEVELT SELF STORAGE**  
627 Roosevelt Trail, Windham, ME

**Notice of Public Sale**  
**Wed., Sept. 17, 2025 @ 11am**  
*of the household items & contents*  
*of a storage unit belonging to*  
**DUANE GREENE**  
**ROOSEVELT SELF STORAGE**  
627 Roosevelt Trail, Windham, ME

**Notice of Public Sale**  
**Wed., Sept. 17, 2025 @ 11am**  
*of the household items & contents*  
*of a storage unit belonging to*  
**ADAM POWERS**  
**ROOSEVELT SELF STORAGE**  
627 Roosevelt Trail, Windham, ME

**Notice of Public Sale**  
**Wed., Sept. 17, 2025 @ 11am**  
*of the household items & contents*  
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**TAYLOR WESCOTT**  
**ROOSEVELT SELF STORAGE**  
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# LEGAL NOTICE

## TOWN OF RAYMOND, MAINE

### PLANNING BOARD

### PUBLIC MEETING

**Broadcast Studio - 423 Webbs Mills Road**  
**and Via ZOOM**

**Wednesday, September 10, 2025 • 7:00 PM**

You are hereby notified that the Raymond Planning Board will hold a meeting at the Raymond Broadcast Studio and via Zoom on **Wednesday, September 10, 2025, at 7:00 pm** on the following matters:

1. Board discussion with Town Attorney and Review of latest Draft of STR Ordinance
2. Review Draft of Marijuana Regulation Ordinance

**APPLICATION FOR AMENDMENT TO SITE PLAN REVIEW**

**APPLICANT:** Port Harbor Holdings I, LLC  
by Rob McSorley, Sebago Technics

**LOCATION:** Map: 051 Lot: 2 Zone C & LRR1  
1326 Roosevelt Trail

**DESCRIPTION:** Amendment to Site Plan Approved 10/09/2024; Finding of Fact Signed 10/23/2024

**APPLICATION FOR AMENDMENT TO SITE PLAN REVIEW**

**APPLICANT:** Sebago Solar LLC

**LOCATION:** Map: 005 Lot: 27 Zone VR 1  
Maisie Drive

**DESCRIPTION:** Amendment to Staff Review Site Plan Approved 11/04/2021; Revised 07/25/2023 Finding of Fact Signed 08/01/2023

5. Board discussion of rescheduling November 2025 Meeting ad Scheduling January 2026 Meeting
6. Workshop to discuss Banquet Halls

The meeting will be streamed in real time from the local Government channel. This live stream is also hosted on YouTube (<https://www.raymondmaine.org/content/live-video-streaming>), so make sure your computer or router/firewall does not block YouTube content.

**JOIN ZOOM MEETING**

<https://us02web.zoom.us/j/82850101237?pwd=DkOID2esJsSmbEbaxrwXStaTZIzdib.1>

Meeting ID: 828 5010 1237  
Passcode: 3jX9Eb

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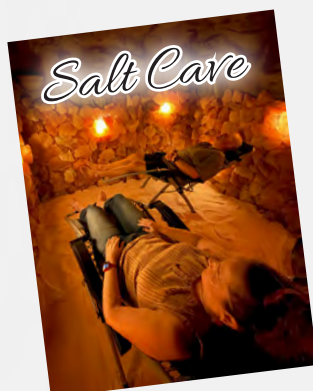
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LETTERS  
to the editor

**Editor,**

Please reference *The Windham Eagle's* Letter to the Editor from Anne Glotchshuk of Windham published on Aug. 15, 2025.

Thank you for supporting, in principle, "requiring identification to vote in an election." I appreciate that you are in favor of Voter ID.

The Voter ID referendum does include absentee ballot reforms but does not "scrap absentee voting." To ensure that ballots are securely distributed to the valid addresses of registered voters, the improvement requires voters to request a ballot each election cycle. Automatic absentee ballot mail-

ings are risky – people move, or sadly, pass away. You will be able to request an absentee ballot, to continue to vote absentee as you always have, and you will not lose that convenience.

The reform ensures one person, one vote – with verification and accountability. The intent is to fix a few flaws in the election process and ensure that your absentee voting experience is unchanged. Nobody but you can access your ballot, and the clerks get two days to accurately count the votes. All that goes away if somebody claims to be you and suppresses your vote by taking your good name.

Please vote Yes on Question 1. Voter ID and absentee ballot reforms together will secure Maine's elections.

~ Eric Colby, Windham

**Editor,**

Question 1 on Maine's November referendum ballot might seem like it's only about voter ID, but it's really about voter suppression.

Sure, one component includes more stringent ID requirements. But it also imposes significant barriers to voting that will impact hard-working, rural, aging, and disabled people the most.

For example, an elderly individual could not call their town clerk to request an absentee ballot by phone nor have a family member request one for them. Older and disabled people would be newly burdened by having to re-request an absentee ballot ahead of each election. Busy parents, rural residents, out-of-state students, and everyone working during voting hours would have fewer days to vote absentee.

Currently, 40 percent of Maine's population uses absentee ballots – with representation across political parties – and the process is statistically secure.

Maine values every voice and vote. Please join me in voting NO on Question 1 this fall.

~ Laurie Wallace, Raymond

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# WHS Cross Country team excels in season’s first 5K

By Matt Pascarella  
STAFF WRITER

Windham High School’s Cross Country team competed in its first 5K of the season during the Dan Dors Invitational at Lake Region High School in Naples on Friday, Aug. 29. Thunder and lightning delayed the race, but these athletes were ready to give everything they had.

In an effort to beat the rain, both boys and girls ran at the same time. Windham had a strong showing as the girls’ team finished second – only one point behind the first-place school – with a score of 31. The WHS boys’ team finished fourth with a score of 93.

## GIRLS

“There was a lot of adrenaline buildup because of the rain, thunder and lightning delays ... that kind of added to the excitement on the start line, starting with boys and girls running together,” said Windham senior Sydney Broadbent who crossed the finish line first for Windham and fourth overall, with a 22:37-minute time. “It was a really exciting way to kick off the season. It feels good to run as a whole team, you can run with the boys and pace with them. I think we did amazing ... for it being the first 5K this season.”

Windham senior Lila Stanley was second to cross the finish line for Windham, fifth overall, also with a time of 22:37.

Emma Fox, a senior, finished third for Windham, sixth overall, with a time of 22:40. Fox set a personal record for herself with this time.

Fifth to cross the finish line for Windham and 12th overall was



Windham seniors Sydney Broadbent, left, Lila Stanley, back right, and Emma Fox head down a hill during the Dan Dors Cross Country Invitational at Lake Region High School in Naples on Friday, Aug. 29. PHOTOS BY MATT PASCARELLA

Demetria Nicholas with a time of 24:54.

## BOYS

“We all did very good, we pushed ourselves,” said Windham senior Gavin Lawler who finished first for Windham, fifth overall, with a personal record of 18:45. “We had a meet two days ago as well, bouncing back from that was challenging. I had a good group to pace with, my teammates (junior) Mason (Bragdon) and (senior) Caleb (Saucier) with me. They pushed me as far as they could go and overall, I feel we did pretty good as a team. Running with the girls gave me more motivation to push further.”

Second to finish for Windham was Bragdon with an 18:56 time, seventh overall.

Saucier finished third for Windham, eighth overall, with a time of 18:58.

Reid VanDerburgh, a sophomore, finished fourth for the team with a time of 23:34.

Junior Morgan Willey finished fifth for Windham with a time of 24:15.

“We couldn’t do the course walk because of the weather,” said Windham Cross Country girls’ and boys’ coach Paula Pock. “Which I think a lot of the kids use to get mentally prepared. I told them to just trust it;

if this isn’t exactly where you think you should be right now that’s ok. They ... rolled with it, so I was really proud of them. They all did a great job pacing. I know a lot of the girls got personal records, and we weren’t really gunning for that at all, so now they have a lot of confidence for the rest of the season and can use that as a building block for their next meet.”

Assistant coach Julia Parmakian said Windham looked really strong it was nice to see them pushing each other. <



Senior Gavin Lawler keeps a good pace and finishes first for the Eagles during the Dan Dors Cross Country Invitational.



(Above) Senior Demetria Nicholas runs one of the final segments of the course. (Left) Junior Mason Bragdon heads for the finish line.

## ATHLETE OF THE WEEK



### Reese Hutchinson

**Age:** 17 **Team:** WHS Varsity Football  
**Coach:** Matt Perkins  
**Parents’ names:** Evan and Crystal Hutchinson  
**Reason for selection:** Reese is a kid that last year was really stepping up; his tackling was really great and really showed last year when we were not a great tackling team – he just got better and better. He was playing safety. We moved him to an inside back role, and he just really flourished, halfway through the year and beyond. He was a really big part of us turning things around; defensively he has a really good sense of the ball. He understands situations and understands what teams are trying to do. He’s really fast, he moves well. He’s absolutely progressed since freshman year. He has a lot of confidence with his strength and has drastically improved.”

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# Raymond's Casual Kicks adult kickball group provides physicality in a competitive and friendly environment

By Matt Pascarella  
STAFF WRITER

Raymond Parks and Recreation's Casual Kicks adults-only kickball group has had a very exciting and community-building six to seven weeks each Wednesday night. They've been playing competitive, friendly games of kickball for most of the summer as a way to get out and exercise, while making friends with members of the town.

The Casual Kicks group had their final summer game at Sheri Gagnon Memorial Park in Raymond on Wednesday, Aug. 27.

"Personally, growing up I was a big soccer fan," said Raymond Parks and Recreation Director Riley Silvia. "I wanted to do something ... everyone can do and something that's chill for adults because we do a lot of youth programs and we're trying to find something that adults can do and bring the community together during the summer. It's been a pretty consistent group of at least 20 to 25 people every week. I think people kind of came the first week and didn't know what to expect, and they were so happy to be here and wanted to return every week. It's a great community event to bring the town together."

The atmosphere was electric before, during and after the start of the game; everyone was mingling and having a good time. Since this was the final game of the summer, the group had a big cookout to celebrate the successful summer season.

"Some of our friends were joining and peer pressured us into joining and I'm so glad we did; it's been a blast," said Raymond resident Mandi Stevenson. "The whole family looks forward to Wednesday nights; the kids get together while we're here and



Raymond's Casual Kicks kickball group gathers during its last game of the season at Sheri Gagnon Memorial Park in Raymond on Wednesday, Aug. 27. The group has been playing adults-only kickball games during the summer and having a lot of fun through this Raymond Parks and Recreation-led program.  
PHOTO BY MATT PASCARELLA

my husband and I get to get a little bit of exercise and also a little bit of social life, which we don't normally get, so that's nice. I just want to mention how awesome Riley has been organizing this – she's been a rockstar for us."

Samuel Glidden, a Raymond resident, said he joined the kickball group as a way to stay active while being with friends and the community, while showing the kids the importance of an active lifestyle. For Glidden, it's been something he really looked forward to. He liked having that friendly, competitive spirit combined with community comradery and physical fitness.

"When (Riley) first brought it up, we were a little hesitant to do it because I'm 42, I'm going to hurt myself," said Raymond resident Derek

Milone. "Then everyone in the community said you got to do it, I signed you up. So, we said let's do it. It's been a great way to intermingle sport parents without being on the sidelines. It's enabled us to scratch our own competitive itch and also stretch muscles and break things. The kids love it too, it's almost like a juxtaposition, the kids get to watch us, and we get to have a little bit of fun."

Raymond residents want other members of surrounding towns to know that Raymond Parks and Recreation are a super welcoming group and the more the merrier; residents and non-residents are welcome to sign up. The department is working

hard to make sure that everyone, of all ages, are involved in something.

Milone says they are hand-over-foot improving the lives of Raymond residents.

"It's a great community to get involved in, it's a way to meet people," said Silvia. "We have such a great community around us and (Raymond Parks and Recreation) is a great way to gather together, and to meet people. I see it growing. I'm really glad we made this decision this year and kickball will continue in the future."

For more details about available programs, visit their website at [raymond.recdesk.com](http://raymond.recdesk.com) or call the Parks and Rec at 207-655-4742. <

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Hike for Austin

Same-day registration to participate in the Hike for Austin will be 7 a.m. to 11 a.m. Saturday, Sept. 6 at the Douglas Mountain Trailhead in Sebago. Proceeds will be donated to the Woodbury Family of Windham, whose son Austin, 18, has been diagnosed with Stage 3 Mature B-cell Lymphoma and is undergoing treatment. Snacks and water will be provided to hikers, and the first 50 hikers/donors will receive a free T-shirt inscribed “Summit for Austin.” FMI, or to donate, call 207-615-2433 or email: wobrien3006@gmail.com.

Team Puzzle Competition

Love putting together jigsaw puzzles and winning prizes? Sign yourself or a group of friends up for the Raymond Village Library’s puzzle contest. Up to five teams of three to four people

will compete against each other to see which team can complete a 500-piece puzzle first. The winning team will receive a \$25 gift certificate for a local business, per member. If you have a team already formed, great! If you have part of a team and need more members, we can help with that. If you want to compete but don’t have a team yet, the library can help with that too. Call the Raymond Village Library to sign up at 207-655-4283.

Baked Haddock Dinner

Our Lady of Perpetual Help Church, 919 Roosevelt Trail in Windham will offer a Fresh Baked Haddock Dinner from 5 to 6 p.m. Saturday, Sept. 13. The meal will be prepared by members of the Knight off Columbus Council 10020 and includes Fresh Baked Haddock, Homemade Mashed Potatoes,

Carrots, Rolls and Butter, Homemade Cole Slaw, Coffee, Tea and Punch, and a Homemade Dessert Buffet. The cost is \$14 for adults and \$6 for kids age 12 and under with a Pizza Dinner also available for \$6. FMI, call 207-857-0490.

Veterans Service Officer

Following renovations at the Windham Veterans Center Office, Maine Bureau of Veteran Service Officer James Burbridge is resuming office hours and appointments in Windham at the Veterans Center from 9 a.m. to 1 p.m. starting on the second Wednesday in September. To make an appointment, call 207 255-3306 or email: moblie-south.mbvs@maine.gov.

Historical Society

The Windham Historical Society continues to be available for inquiries and to visitors on Wednesdays from 9 a.m. to noon while its 1833 historic brick building on Windham Center Road undergoes major restoration/renovation. A banner on the lawn directs visitors to the parking lot between the superintendent’s building and the brick building and a flag on the yellow building on the Village Green indicates where to find the volunteers.

Upcoming events include the society’s open house on Saturday, Sept. 6 in conjunction with other area historical societies and the annual “Harvest Festival on the Village Green” on Oct. 4. The festival features free events, entertainment, and activities for the family. Watch for more details in upcoming ads. FMI, call 207-892-1433.

Decluttering and Transitioning

Jessie Graham, a life coach and consultant, will give a presentation from 1 to 3 p.m. Friday Sept. 19 at the Windham Public Library, 217 Windham Center Road, Windham about decluttering, organizing, and how to thoughtfully dispose of your possessions. Refreshments will be served. Participants may attend in-person or remotely by ZOOM, FMI, call 207-892-1908.

Blood Drive

American Legion Field-Allen Post 148 will conduct a Red Cross Blood Drive from noon to 5 p.m. Wednesday, Sept. 17 at the Windham Veterans Center, 35 Veterans Memorial Drive in Windham. Donors are asked to call 1-800-RED CROSS or visit the RED CROSS App to register to give blood at the event.

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# Preparing your home for fall: essential checklist

By Carrie Colby  
SPECIAL TO THE WINDHAM EAGLE



— Carrie Colby  
Allied Real Estate

Fall is the perfect time to get your home ready for colder weather. Taking care of small maintenance tasks now can save you costly repairs later and keep your home safe, warm, and efficient all season long.

### 1. Clean Your Gutters

Clogged gutters can cause water damage to your roof, siding, and even your basement. They're also more prone to rust and corrosion when filled with debris.

- Clear out leaves and debris.
- Install mesh gutter guards to keep them clean longer.
- Ensure downspouts direct water at least 3 to 4 feet away from your foundation.

### 2. Seal Up Air Leaks

Drafts drive up heating costs and make your home uncomfortable. According to the U.S. Department of Energy, sealing air leaks can save up to 20 percent on heating bills.

- Inspect and replace worn weatherstripping on doors and windows.
- Test with the “paper test” (close a door/window on a sheet of paper. If it slides easily, the seal is weak).
- Use a lit candle to detect drafts near frames (watch the flame flicker).
- Re-caulk gaps around windows, doors, and utility entry points.
- Consider upgrading to energy-efficient windows if drafts persist.

### 3. Inspect Your Roof

Your roof is your home's first defense against the elements.

- Scan shingles for cracks, curling, or missing pieces.
- Check flashing around chimneys, vents, and valleys for damage.
- Look for excessive shingle granules in gutters (a sign of wear).
- Make sure gutters and downspouts are flowing freely.

### 4. Protect Outdoor Faucets

Frozen pipes can burst and cause extensive damage.

- Shut off water to exterior faucets and drain the lines.
- Use styrofoam faucet covers if your faucets aren't freeze-proof.

### 5. Give Your Furnace a Checkup

Prevent breakdowns during the coldest months.

- Schedule a professional inspection before winter.
- Replace the furnace filter (do this every 1 to 3 months in season).
- Listen for strange noises or uneven heating—signs that service may be needed sooner.

### 6. Ready Your Fireplace

Even occasional use requires annual maintenance.

- Have your chimney inspected for creosote buildup (a major fire hazard).
- Hire a certified chimney sweep if necessary.
- Check the flue for cracks, blockages, or nests.

### 7. Inspect Wood Stoves

Wood-burning stoves provide great warmth but require vigilance.

- Examine stovepipes for cracks, corrosion, or loose joints.
- Clean the stovepipe regularly during heating season.
- Inspect the stove body and legs for rust or cracks.

### 8. Check Smoke and Carbon Monoxide Detectors

Fall is a great reminder to refresh these life-saving devices.

- Replace batteries and vacuum detectors with a soft brush.
- Test units using the test button or a smoke source (like a blown-out candle).
- Install smoke detectors on every level of your home, including the basement.
- Ensure you have at least one CO detector near sleeping areas.

**Pro Tip:** Do a quick walk-around of your property as well – look for cracks in walkways, loose handrails, and overhanging branches that could break under heavy snow or ice.

*This article was brought to you by Carrie Colby, a Broker with Allied Real Estate, 909 Roosevelt Trail in Windham. Call her at 207-232-5497. <*



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# PUZZLES & GAMES

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WORD SEARCH

D	B	C	G	T	Y	O	Y	D	Y	Y	L	E	N	N	E	K	Y	B	V
S	D	H	O	N	L	Y	E	P	L	Y	B	P	Y	O	D	S	I	D	P
G	S	E	Y	E	I	K	U	R	R	B	I	F	L	O	K	G	E	E	D
C	R	U	O	M	K	N	Y	V	E	H	K	Y	A	N	N	M	I	F	O
O	N	C	T	O	U	O	I	H	C	Y	N	P	H	U	O	G	M	N	N
M	S	S	A	E	S	N	A	A	D	V	P	S	B	H	R	L	L	S	A
M	E	E	S	S	E	V	V	B	R	L	A	P	R	E	P	O	P	H	T
I	N	R	F	U	I	T	C	K	I	T	U	E	G	O	I	Y	H	E	I
T	I	E	T	O	F	R	E	C	N	P	V	D	L	R	H	A	R	L	O
M	O	E	R	K	F	C	A	M	P	E	E	P	N	K	C	P	Y	T	N
E	R	C	C	M	M	T	V	Y	R	B	U	D	B	P	O	S	G	E	I
N	R	B	U	R	I	R	K	O	F	D	E	P	V	U	R	U	D	R	G
T	E	B	U	O	V	D	F	G	N	I	N	E	E	R	C	S	D	M	L
K	E	P	N	G	C	O	M	P	A	N	I	O	N	A	I	G	L	A	P
B	T	K	T	N	T	S	R	E	T	S	O	F	K	R	M	O	G	C	C
P	N	T	L	I	T	E	E	B	M	C	A	K	M	P	K	C	U	H	A
R	U	B	U	V	E	V	Y	C	H	U	L	E	O	S	C	M	R	G	P
S	L	M	D	O	I	A	D	O	P	T	I	O	N	H	G	I	N	Y	N
E	O	N	A	L	V	C	L	T	M	L	K	R	D	U	I	O	T	V	E
M	V	C	D	D	N	O	B	B	O	C	T	R	A	N	S	P	O	R	T

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

ADOPTION	COMPANION	MICROCHIP	SHELTER
ADULT	DONATION	NEUTER	SPAY
APPLICATION	FOREVER HOME	PUPPY	TRAINING
BEHAVIOR	FOSTER	RESCUE	TRANSPORT
BOND	KENNEL	SCREENING	VOLUNTEER
COMMITMENT	LOVING	SENIOR	

⊙ \* ✎ ☺ ☼ ~ ☾ ☿ ✧ ✨ ✖ ✎ ✚ ✎ ✎ ✨ ▲ ☾ ✨ ☿ ✨ ✎ ☿ ☾ ☼ ☼

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☼ ☾ ☼ ✨ ☿ ✎ ✎ ✨ ✨ ✨

Determine the code to reveal the answer!

Solve the code to discover words related to arts and crafts.  
Each number corresponds to a letter.  
(Hint: 26 = p)

A. 16 10 17 12 24 10 20

Clue: Drawing

B. 23 24 18 18 4

Clue: Creative interest

C. 22 25 16 4

Clue: Modeling medium

D. 2 14 26 26 25 13 9 2

Clue: Materials

Answers: A. artwork B. hobby C. clay D. supplies

LAST WEEK'S ANSWERS

W	U	S	H	U		S	T	O	O	G	E
N	O	T	W	I	T	H	S	T	A	N	D
A	L		I	D	E	O	L	O	G	U	E
B	F		M	E		B	U	N		S	O
S	E	S		S	P	A	R	E	S		N
D	A		A	I	N		S	A	C		A
		M	L	L	E			D	A	I	S
		D	U	A	D				R	A	I
A	I	R	M	E	N			H	O	N	E
T	P	A		N	O	R		H	U	B	S
O	T	I	S		H	A	L	E	D		S
M	Y		H	A		T	O	W		C	A
I	C		I	L	L	I	B	E	R	A	L
C	H	A	R	A	C	T	E	R	I	S	T
S	T	R	I	D	E			D	E	A	T



CROSSWORD PUZZLE

CLUES ACROSS

1. 007 Connery

5. Presides over meetings (abbr.)

9. Trefoil

10. Father of Paris

12. Asian nut for chewing

13. Machine gun from the air

16. The communion table

17. His razor

18. Father

19. Doctor of philosophy

22. Cologne

23. Black tropical Am. cuckoo

24. Diversifies

28. Razor author 14th C

31. Maple sugar fluid

32. A corp.'s first stock offer to the public

34. The premier bike race

42. References

43. Extremely high frequency

44. Actress Farrow

46. Not good

47. State of annoyance

48. S. China seaport

51. Bengal quince

52. Provide the means

54. A large and imposing house

55. Excessively fat

57. Spars

58. Former wives

59. Repeat

CLUES DOWN

1. Podetiums

2. Frankenberg river

3. Feel ill

4. 12th state

5. "Anything Goes" author's initials

6. Daily time units (abbr.)

7. Cagiva \_\_: motorcycle

8. Drug agent (slang)

9. Study of poetic meter

11. Ceremonial staffs

12. Russian pancake served with caviar

14. Supervises flying

15. Large Australian flightless bird

16. As fast as can be done (abbr.)

19. Before

20. Hall of Fame (abbr.)

21. Constitution Hall org.

24. Atomic #35

25. Ducktail hairstyle

26. Independent ruler

27. Oval water scorpion

29. Modern London Gallery

30. On top

33. Identicalness

35. 2002 Olympic state

36. Tease or ridicule

37. Arrived extinct

38. Opposite of begin

39. Ol' Blue Eye's initials

40. South Am. nation

41. Type of salamander

42. S. China seaport

44. Woman (French)

45. 007's Flemming

47. \_\_ Domingo

49. A French abbot

50. Gorse genus

51. An uproarious party

53. Point midway between E and SE

54. A waterproof raincoat

56. Spanish be

57. Of I

SUDOKU

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

7	9	6	4	5	1	8	2	3
5	1	2	9	8	3	4	7	6
4	3	8	7	2	6	1	9	5
2	4	5	3	6	8	7	1	9
3	7	1	2	9	4	5	6	8
8	6	9	1	7	5	2	3	4
9	5	3	8	1	2	6	4	7
1	8	4	6	3	7	9	5	2
6	2	7	5	4	9	3	8	1

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Located in the Windham Crossing Building, Suite 207, at 744 Roosevelt Trail in Windham, Free Your Mind Massage Therapy is owned and operated by licensed massage therapist Margaret Vaillancourt, and she offers Massage, Swedish Massage, Deep Tissue Massage, and Trigger Point Therapy to relieve chronic pain and tension and restore balance in the nervous system.

“At Free Your Mind Massage Therapy, my main goal is to allow clients to let go of the outside world while caring for their mind, body, and spirit,” Margaret said. “I have a thorough approach when working the muscles of the body and feel that much of our internal trauma can become trapped inside. I place a high priority on listening to my clients to better guide them toward an experience that nurtures their emotional and physical wellbeing.”

She says that massage therapy works wonders in relieving muscle tension that would otherwise restrict movement and increase pain. Massage therapy is not only good for relieving muscle tension, but it also helps boost flexibility.

Margaret sets high standards for herself, and the quality of her work is



thorough and thoughtful.

“I take the time to listen to my clients and their needs in order to customize each treatment plan,” she said. “I do my research and tweak things along the way. Many clients have said I have magic hands that are warm and gentle yet strong. I have worked with clients experiencing deep grief and they have expressed such gratitude during our time together. Knowing they feel safe in my presence means the world to me! It gives me great satisfaction to provide pain relief for the body, mind and spirit. I couldn’t imagine myself doing any other job, I just love it.”

With affordable pricing that is fair and a reflection of her work, Free Your Mind Massage Therapy draws customers from throughout the Lakes Region of Maine and the Greater Portland area.

“It is important to me to establish a relationship of trust with my clients. I want to become familiar with their lives so they can feel seen and heard,” Margaret said. “My studio is clean and orderly yet serene and inviting. I maintain a relaxing tone to my space to promote relaxation and comfort. When



**Margaret Vaillancourt, LMT, opened Free Your Mind Massage Therapy in Windham in June. She brings over 12 years experience and a gift for connecting the mind and body to bring peace and healing.** SUBMITTED PHOTO

you walk through the door, I want you to feel welcome, accepted and heard. I love coming up with treatment plans and assessing progress whether physical, mental or emotional. We will have open communication, and the client will set the pace. Above all, I want people to feel a sense of trust and know they are in a very safe environment.”

Open in Windham since June, Free Your Mind Massage Therapy is taking appointments Wednesdays and Sun-

days and later this month will expand to three days a week, adding Saturdays, with more to come in the very near future.

Margaret says that she’s been interested in holistic wellness for many years.

“After I began receiving body work, I learned just how deeply grief and trauma can be held inside us,” she said. “It was then that I decided to become a massage therapist so that I could bring that relief to others and 12 years ago, I graduated from New Hampshire Institute for Therapeutic Arts.”

After working many years in the Greater Portland area, she felt the time was right to open her own studio.

“Teaching people to feel comfortable in their own skin, to feel in control of their own body and mind, and to provide pain relief and all-around balance in life is a passion of mine,” Margaret said. Touch is very powerful and extremely healing in many ways. “I am a compassionate professional providing a high-quality service. My client list has grown through word of mouth. I am proud of the work I do and the feedback I receive.”

To learn more about Free Your Mind Massage Therapy or to make an appointment, send a text to 207-523-0577, visit Free Your Mind Massage Therapy on Facebook or book online at [www.vagaro.com/freeyourmindmassagetherapy](http://www.vagaro.com/freeyourmindmassagetherapy) or [mvaillancourtlmt.amtamembers.com](http://mvaillancourtlmt.amtamembers.com). <



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Margaret Vaillancourt, LMT & American Massage Therapy Assoc. Member

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### 3 THINGS TO KNOW ABOUT SCAMS

HERE ARE THREE IMPORTANT THINGS TO KNOW ABOUT FRAUD RIGHT NOW.

First, most scams today are often run by highly organized international criminal networks, not individuals acting alone. These mafia-style organizations use stolen money to fund abusive criminal activity around the world, including Southeast Asian fraud compounds that rely on human trafficking, forced labor, and torture. Fighting scams isn't just about protecting your life savings, it's also about cutting off funding to these inhumane and violent organizations.

Second, just as you take steps to protect your health or home, you can take steps to safeguard your finances. This means taking actions like blocking unknown callers, using strong and unique passwords for every account, enabling two-factor authentication on your online accounts freezing your credit, checking your credit report regularly, and shredding documents that contain personal information.

Third, if you do fall victim, report the crime, as fraud is notoriously underreported. Reporting isn't just about helping authorities catch criminals. It also helps expose the true scale of the problem and the need for fraud-fighting resources.

The AARP Fraud Watch Network recommends reporting to your local police to create an official record and to the FBI's Internet Crime Complaint Center at 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 and talk to one of our fraud specialists about what to do next.

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