

Pulkkinen becomes member of Saint Joseph’s College Athletics Hall of Fame

By Matt Pascarella
STAFF WRITER

Both Windham varsity boys’ basketball coach Chad Pulkkinen’s basketball teams have put up impressive numbers in the past couple years winning multiple state championships. He was Coach of the Year in 2024 and in March achieved 100 career wins. Pulkkinen’s latest honor came when he was inducted into the Saint Joseph’s College Athletics Hall of Fame at Saint Joseph’s College on Friday, Oct. 17.

“I never even thought it possible – it’s hard to be a hall of famer here, it’s a storied basketball program. It’s an honor to be a part of that Hall of Fame class,” said Pulkkinen. “It’s definitely something that my family can be proud of especially my parents and my brother and sister who were my biggest support growing up. I think sharing (this) with my family, my friends and teammates, that’s the thing that makes me the happiest.”

Each inductee was interviewed by someone who had had an impact on their time at Saint Joseph’s College. 1996 graduate and 2007 Saint Joseph’s College Hall of Famer John Wassenbergh interviewed him.

When Pulkkinen was around 10-years old, he would watch the men’s basketball games at Saint Joseph’s College and quickly found a friend in Wassenbergh. That friendship has lasted over 30 years. Wassenbergh coached him during the summer and watched him develop as a player. Pulkkinen looks up to Wassenbergh, but Wassenbergh said he also looks up to Pulkkinen.

“There are moments in your life that you just don’t forget; this’ll be one of them,” said Wassenbergh, in reference to the ceremony. I’ve known him since he was 10 years old. Chad is the epitome of hard work, perseverance, dedication, doing it the right way. He overcame two surgeries in his college career. He gives it his all every single time. He kept fighting (when injured), which is a testament to his character. I see his son today and it brings me back to the spitting image of a kid running around our gym when I was playing here. He came to every single game; I would throw him the ball during the layup lines and there was a great connection.”

In his freshman year at Saint Joseph’s College, Pulkkinen tore his An-

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Windham varsity boys’ basketball coach and Saint Joseph’s College (SJC) alumni Chad Pulkkinen, left, with previous SJC Athletics Hall of Fame member John Wassenbergh after Pulkkinen officially became an inductee into the SJC Athletics Hall of Fame at the college on Friday, Oct. 17. PHOTO BY MATT PASCARELLA

Windham residents can provide information to assist in emergencies with Community Connect

By Dina Mendros
STAFF WRITER

When disaster strikes, whether it be fire or a loved one having a medical emergency, providing important information about your property or other matters may be the last thing on your mind. Now, a new program that Windham residents and business owners can sign up for will provide that information for emergency responders ahead of time so they can know how best to enter a home, who to contact, and any special concerns.

“Community Connect is a secure online portal that connects directly to the software program we use for pre-planning, response and incident reporting,” Windham Fire Chief Brent Libby said. “Residents and businesses can create a login and submit information that may pertain to their property like contact information, specific access instructions, special instructions or information about the property or those who occupy the property like needs for the elderly, children, etc.”

Crews can access the information when en route or when they arrive on scene to assist emergency responders to provide good customer service and care, Libby said. “With this information added,” he said, “it can help



Windham firefighters respond to a chimney fire in North Windham last November. Under a new program called Community Connect, Windham Fire & Rescue crews can receive vital information about residents and the property during an emergency situation. Scan the code to the right to sign up. COURTESY PHOTO

provide piece of mind for property owners that we will have important information. It will also allow them to be notified if a call has been generated to their address.”

“Most specifically,” Libby said, “we are hoping it will help us to check in on elderly or home bound folks in critical weather events or other serious incidents. ... The goal being to assist those that may need

extra assistance in the time of a natural disaster or emergency.”

Community Connect is a brand new program for Windham so it’s too early to tell whether it will be received by the public. Libby said he’s hopeful many Windham property owners will sign up. He noted that participating in Community Connect is relatively easy and people can add as much or as little information

as they’d like.

To sign up, go to: www.communityconnect.io/info/me-windham and then it’s simply a three-step process which consists of first creating a free account by inputting an email address, phone number and address; then enter valuable information that can assist public safety personnel respond more effectively during an emergency; finally make updates to the account as needed so first responders are always prepared.

Whether one is a homeowner or a business owner, there is a variety of information that can be entered to increase chances of a positive outcome during an emergency.

For homeowners, information about who lives there and how to contact them, whether anyone has mobility issues or other medical conditions and information about pets can all be entered to an account to help first responders know

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INSIGHT

Tilting at Windmills

Like Don Quixote, I believe in tilting at windmills because sometimes persistence does indeed pay off.

A few days after Christmas in 1966, my father suggested that I get out of the house and do something fun instead of sitting around watching television. I had just turned 13 and was in the eighth grade at Carlton Webster Junior High School in Henrietta, New York when I decided to walk to Rush-Henrietta High School and attend the championship game of a varsity basketball Christmas tournament.

I stepped through the door of the gym and then stopped dead in my tracks. I could not believe that right in front of me on the basketball floor warming up for the game that night was the tallest human being I had ever seen in person. His name was Bill Smith, he was 6-foot-11-inches in height, and as I was about to observe, a very talented basketball player. He scored 35 points in that game and just a few months later, Bill led our high school to its first-ever berth in the New York Section V Basketball Championship Game.

Although Rush-Henrietta lost that game, I came away with a deep sense of pride for my school and town, and it kindled a lifetime love of basketball in me. As I got into high school, I continued to follow Bill Smith’s career. He went to Syracuse University and became one of only three players in Syracuse history to average more than 20 points a game in his career there. The Portland Trail Blazers of the National Basketball Association drafted him in 1971, and he became the team’s starting center, competing against some of the NBA’s finest big men including Wilt Chamberlain and Kareem Abdul Jabbar.

Today in HISTORY

OCTOBER 24

1795 – The country of Poland is divided up between Austria, Prussia, and Russia.

1901 – Daredevil Anna Edson Taylor becomes the first woman to travel over Niagara Falls in a wooden barrel on her 63rd birthday.

1929 – Investors dump more than 13 million shares on the New York Stock Exchange in what is known as “Black Thursday” and the start of the Stock Market Crash.

1940 – The 40-hour work week law goes into effect under the Fair Labor Standards Act of 1938.

1945 – The United Nations is formally established less than a month after the end of WW II.

1992 – The Toronto Blue Jays are the first non-U.S. baseball team to win the World Series.

2001 – The U.S. House of Representatives approves legislation giving police the power to secretly search homes, tap all of a person’s telephone conversations and track people’s use of the internet.

Just when his professional basketball career was taking off, Smith sustained a devastating knee injury. Medical technology back then was not as sophisticated as it is today and after just two NBA seasons, Smith was out of basketball and onto a different career and a new life as a husband and a father.

Through the years in my journalism career, I often thought about what a great player Bill Smith was and how fortunate I was to see him play in high school.

Then in 2000, the Section V Basketball Hall of Fame was created, and I eagerly awaited Bill being recognized with that honor. But it never happened. I watched as a few Rush-Henrietta players were inducted into the Hall of Fame and wondered when it would be Bill’s turn. In 2007, I nominated my own Rush-Henrietta coach Gene Monje for the honor, and he was inducted a year later.

I sat back and waited as the years went by and was disappointed that this honor was never presented to Bill Smith. The final straw for me came when his name was not on the list of inductees in 2021. It motivated me to correct that oversight so I tracked Bill down at his home in Oregon and asked if I could write a nomination for him.

He agreed to that but told me others had tried previously and suggested that it might be a lost cause. Unfazed, I pressed on, gathered data and facts, and sent in the nomination paperwork in June 2023. That fall the new induction class for the Hall of Fame was announced and once again, Bill’s name was absent. I sent an email to the director of the Section V Basketball Hall of Fame Selection Committee, and he informed me that Bill’s nomination was submitted six months after the committee had made its choices for the 2023 induction class. He agreed to hold Bill’s nomination paperwork for the next cycle, which falls every two years.

In the meantime, I encouraged Bill to remain confident and positive, hoping that 2025 was his year. We became good friends through this, and Bill was appreciative of my efforts in trying to obtain this honor for him. I told him I believed that many members of the selection committee were unaware of his basketball accomplishments because they hadn’t yet been born when he played and never saw him play like I did.

I didn’t have to be so persistent in Bill Smith’s case, but it was the right thing for me to do.

On Dec. 22, 2024, I received a phone call from the director of the selection committee, telling me that Bill Smith would be inducted on Nov. 1, 2025 into the Section V Basketball Hall of Fame’s Class of 2025. I called Bill immediately once I learned the good news and he told me it was one of the best Christmas presents that he had ever received.

Next weekend I will fly to Rochester, New York and join Bill, his wife Mary, and some of his high school teammates at his induction ceremony at the Rochester Institute of Technology’s Inn and Conference Center.

For all those individuals out there right now tilting at windmills, my advice is to keep it up, eventually things might work out, no matter what the cause is you are pursuing.

In the end, redemption is truly about righting a wrong, and in that pursuit, it’s really all about trying. <

~ Ed Pierce

ON THE SPOT

What scary movie would you recommend for other people to watch for Halloween?

“Anything by Alfred Hitchcock.” – Pam Wilson

•

“The Shining or The Lost Boys. Both 80s classics!” – Morgan Peters

•

“Last House on the Left.” – Ruthie Jackson

•

“The Shining.” – Julie Mallett

•

“Trick ‘r Treat.” – William Reiner

•

“The nightly news.” – Tommy Matthews

•

“Any movie with Vincent Price in it does it for me.” – Anne Glotchshuk

•

“A Quiet Place was really frightening.” – Mia Potenzio-Ransey

•

“Watching Drag Me to Hell was awesome. So was 10 Cloverfield Lane.” – Ron Dewitt

•

“I have two to recommend. One is called The Conjuring, and the other one is Slither. Both of those films creeped me out.” – Sarah Singer-Miller

•

“The Others starring Nicole Kidman.” – Mitchell Robinson

•

“Smile, Heretic, The Cabin in the Woods.” – Audrey Marmol

•

“Still trying to get over watching The Descent at the theater years later.” – Shelly MacMiller

•

“The original 13 Ghosts and 28 Years Later.” – Oscar F. Kellner

•

“Evil Dead II is a mighty good scary masterpiece.” – Richard Heaney

•

“The Conjuring and Sinister.” – Melissa Carter

Inspirational Quote of the Week

“Tolerance is the mindful capacity to love, respect, accept the differences that make people unique.” – Byron R. Pulsifer

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EDITORIAL POLICY

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By Dina Mendros

STAFF WRITER

In addition to the team's first-rate performance, several individual players stood out. Junior Mason Bragdon was the third highest scorer of the day; Maggie Soule, also a junior, placed fourth; and Colt Etheridge, who is only a freshman, came in fifth. "I've never seen anything like it," Ziegler said of Colt's performance, "where a freshman does that well, at least in the first tournament."



Members of the Windham High School Quiz Team who competed at a tournament at Gould Academy in Bethel Oct. 5 are, from left: front row - Mason Bragdon; middle row - Sage Bizier, Gavin Williams, Colt Etheridge, Ashlynn Cuthbert, Delia Tomkus, Maggie Soule, Gavin McGuigan, and Nick Davenport; and back row - Dom Braley, Landon Laszczak, and Alex Hilmer. PHOTO BY JOHN ZIEGLER

"We had a player who was the best player in the state and graduated three years ago," he said. After that, "my

goal was to rebuild,” and he has been doing that. He said he has been working the past couple of years to create a winning team, and he is hopeful his hard work will pay off throughout the season which ends around April. He said the club, that consists of about 24 members, has a good mix of upper and lower classmen, which should leave it in good stead for the upcoming

Ziegler said there are a wide range of students who participate in the Quiz Team. "We get a variety of students. You would think that the kids that you'd get would be the really nerdy kids. But we get a variety of kids that are good at all sorts of different things. We do get kids who are top of the class type of students who know a lot of things from their classes

→ see **QUIZ TEAM** Page 5

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HALL OF FAME *Cont. from page 1*

terior Cruciate Ligament. Less than a year later, he tore his ACL again in what he described as “extremely dark moments” for his first two years playing college ball. Being injured was a life lesson for him. It took away everything he loved. He said he thought it was the best thing for him because he looked at the game differently; he appreciated it differently, especially after the second injury.

There were doubts from people that maybe it was time for him to stop playing, but this was motivation for him to fight harder and come back stronger than before. He loved playing for Saint Joseph’s College, and after returning had his strongest season in his graduate year.

He watched players like Wassenbergh and Carl Howell go overseas and thought maybe that could be him someday. Pulkkinen started a dream through them. After college, with his BS in business, he went to play for the Northampton Neptunes in the European Basketball League.

Almost all of Pulkkinen’s coaching style can be attributed to Saint Joseph’s College and the best basketball coach in Maine, Rick Simonds. He got a kickstart his freshman and

sophomore years when he was injured. Having Simonds his freshman year and Rob Sanicola his sophomore through graduate years really set him up with the Monk standards and traditions that he and his coaches work to pass on to Windham teams.

“I want Windham alumni to be proud and hopefully my experiences including failures and successes can help my current players,” said Pulkkinen.

Former Saint Joseph’s College men’s basketball coach Rob Sanicola said one word defines ever player over the course of their career; for Pulkkinen, that word is perseverance. Not just in his strong stats, but in the unseen battles and long rehabs. He kept pushing, rising and believing. He didn’t just play through adversity; he became the definition of how to overcome it. During his time as a Monk, he was a fighter, a teammate, and the heart of St. Joseph’s College basketball. Sanicola said this was a well-deserved honor and more than that, he’s proud of their friendship to this day.

“As coaches you’re constantly asking your players to come back as better versions of themselves,” said Windham varsity assistant boys’ basketball coach Geoff Grigsby. “Coaches have to work and come back a better ver-

sion as well. That may be Chad’s best quality, he’s never content with where things are; he works to be a better dad, husband, coach, business owner, better community member. His players respect him and want to do well for him and be like him. He worked even harder to come back from multiple knee surgeries and still have a great career and be the best version of himself in his last year here. There’s nobody that has better character than Chad.” <

Recent inductee to Saint Joseph’s College Athletics Hall of Fame and Windham varsity boys’ basketball coach Chad Pulkkinen in 2007 during the Eastern College Athletic Conference Championship versus Western Connecticut State University.

PHOTO BY SAINT JOSEPH’S COLLEGE ATHLETICS



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BTI grant expires for Windham and Raymond

By Ed Pierce
STAFF WRITER

For the first time in more than a decade, the communities of Windham and Raymond are without a federally funded Drug Free Communities grant to reduce youth substance misuse through prevention education, community supports and harm reduction.

The five-year grant funding for Be The Influence community coalition program expired Sept. 30 after having been renewed in 2020 after being awarded an initial five-year grant to operate the program locally.

Be the Influence is part of a Drug Free Communities grant working with all sectors in the community to reduce youth substance use. The focus of Be The Influence has been to provide prevention and education materials as well as provide various alternative activities, and options for youth, through the arts and other ways, changing policies and develop other strategies as part of an effort to ensure that students grow into healthy adults.

Through the years, Be the Influence created and implemented many youth engagement events in schools, local libraries and both communities including a community mural, a theatre group, PSA contests, media campaigns and changing policies by meeting with local legislators to discuss concerns about the effects of drugs on brain development.

It created and staged events such as “Jammin’ for Mental Health Through the Arts” and the “Family Fun, Fitness and Film Festival” to address everything from opioid addiction to student vaping to offering lock boxes to local families for prescription medications.

The BTI Coalition had been nationally recognized by the Federal Drug-Free Communities (DFC) Support Program and the Office of National Drug Control Policy (ONDCP) for its highly successful youth engagement with students and schools as well its “Arts in Prevention” series, “Jamming for Mental Health” programs, successful youth summits where students are able to discuss issues openly with their peers, and a “Clean Air Campaign” which tackled the topic of vaping by students.

During a Windham Town Council meeting on Sept. 24, Windham Town Manager Bob Burns informed councilors that BTI Project Director Patrice Leary-Forrey had submitted her resignation.

The Be the Influence (BTI) coalition formed in 2014 under former Project Director Laura Morris and successfully obtained a federal grant starting in September 2015. The coalition’s Opiate Task Force adjusted its Narcan training to hospitality vendors and community members through virtual venues and offering ongoing substance misuse classes online during the COVID-19 pandemic.

The coalition also partnered with the Windham Police Department and the Sebago Lakes Rotary Club to distribute a one panel brochure on CDC suggestions for reducing stress, and for safe storage of prescription drugs and providing local/regional resources for education and help through the school backpack program and take-out food vendors.

A new community coalition for the towns of Standish, Windham and Raymond was established in September 2024 as a joint venture between the three municipalities to continue and expand the mission of prevention of substance misuse in youth ages 13

to 19 years old.

Called the “Positive Pathways Community Coalition,” the group has applied for the Federal Grant Funds for Drug Free Coalitions (DFC) Notice of Funding. However, determinations and amounts of new funding awards nationwide have not yet been announced because of the federal government shutdown which began Oct. 1.

Positive Pathways Community Coalition (PPCC) members represent 12 different sectors including Youth, Parents, Businesses, Media, Schools, Youth Serving Organizations, Public Safety, Religious Sector, Civic Groups, Healthcare, Governing Municipalities, and Government Agencies of the Standish, Windham and Raymond communities. Meetings for the coalition are held on the second Wednesday of every month at 9 a.m. on Microsoft Teams.

For additional details about the Positive Pathways Community Coalition, or to join the coalition, call 207-804-6742. <

→ **QUIZ TEAM** *Cont. from page 3*

but we also get a lot of kids who just love knowledge, who just like to learn things. We want to be open to everyone who wants to be involved in it.”

To ensure he keeps a fresh supply of new blood coming, Ziegler actively recruits for members by visiting the middle school and talking with students there about the Quiz Team.

Colt Etheridge, the freshman who performed so well at the Oct. 5 tournament, said that’s how he learned about the club. When Ziegler visited his class “we did a practice match and I found it very fun ... the competition was really enjoyable.” He said he likes “learning stuff that I didn’t know even when I get the question wrong.” But when he gets the correct answer, “it feels nice to be right.” Etheridge said he’s having a lot of fun being in the club and plans to continue with it for the foreseeable future.

Sage Bizier is a sophomore who competes with the A team. She said she learned about the club from her father who teaches at the high school. “He said he thought I should try it out, so I did and I liked it.”

Sage said she wouldn’t describe herself as a trivia buff, but “I like to learn about random things.” In addition to learning about new things, Sage said “I like getting to know people that I probably wouldn’t have been able to know. ... I like that sense of community.” Also, she said, being part of the club is a lot of fun.

For those reasons and more, Sage said she would recommend that anyone thinking of whether or not to join the Quiz Team to give it a try. <

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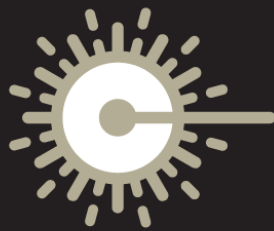
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Share the joy of giving with older adults this holiday season with the annual 'Be a Santa to a Senior' program

► **By Susan Sedenka**
SPECIAL TO THE WINDHAM EAGLE

While the trees outside are ablaze with colors and pumpkins and mums are the decor du jour, it's a bit of a stretch for some to begin thinking about the holiday season, but the staff and volunteers at Home Instead in Gorham are doing just that.

As we approach the season of giving, Home Instead will once again be calling on the residents of Cumberland County to help brighten the holidays for older adults who may be feeling isolated or alone through the much-loved Be a Santa to a Senior program, local community members can help spread joy by giving a special holiday gift to older people who might otherwise go without.

The Be a Santa to a Senior program has been successfully coordinated through the Gorham office of Home Instead for more than 15 years. It is truly a grassroots undertaking with support from local businesses, non-profit organizations, retailers, and volunteers.

Community members can take part by visiting one of the many Be a Santa to a Senior tree located at participating locations around the area. Each tree will be decorated with ornaments crafted by local Girl Scout troops and tags bearing the name and gift wishes of an older adult.

Shoppers can choose a tag, purchase the desired gifts, and return



The gift delivery team from the 'Be a Santa to a Senior' program offered by Home Instead of Gorham visits LedgeWOOD Manor last December bringing items to elderly residents. This year's program opens the first week of November. Pick up tags of needed items locally at Blue Seal and Chute's in Windham. COURTESY PHOTO

them unwrapped in a gift bag with the tag attached. Gift-givers are welcome to keep the hand-made ornament as a thank you.

Volunteers will collect the gift bags and deliver them to Home Instead where other community volunteers will check the bags and wrap the gifts. About 750 older adults will be on the receiving end of several thousand gifts, but more importantly, they will enjoy the warmth of knowing that they are not forgotten.

If you are interested in participating in Be a Santa to a Senior program this year, keep an eye out for the festive trees. They will be up at locations during the first week of November and tags will be available until they run out.

For further information about the

program, please contact Kathy Damon at Home Instead 207-839-0441.

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 - Home Instead – 502 Main Street in Gorham
 - Sebago Brewery & Tasting Room – 616 Main Street in Gorham
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Bagshaw: A government that forgets who it works for

► **By State Rep. Barbara Bagshaw**
SPECIAL TO THE WINDHAM EAGLE



– Rep. Barbara Bagshaw

Our state is at a crossroads. I’ve spent my time in Augusta standing up for your rights, our Constitution, and the principle that government exists to serve the people –not the other way around. Right now, the majority party controls the governorship, the House, and the Senate. With that level of power comes responsibility, yet what we’re seeing instead is unchecked spending and misplaced priorities. Too often, policies seem to favor those here un-

lawfully over Maine’s hard-working citizens who struggle daily to make ends meet. At the same time, lawmakers recently voted to remove the cap on how much municipalities can raise property taxes each year. For years, increases were limited to the rate of inflation. Now, local governments can raise taxes without limit – and many are doing just that. Property taxpayers should brace themselves; this could easily become an annual trend unless voters demand change at the ballot box. I come from a family of “Kennedy Democrats.” My parents and I still share many of the same values – fiscal responsibility, fairness, and belief in

opportunity for all. But what we see in Augusta today bears little resemblance to that tradition. The current leadership has drifted far from the principles that once united Mainers across party lines. Government is meant to be a vehicle driven by the people. Somewhere along the way, many in Augusta have forgotten that. They work for us, not the other way around. Recently, I attended a local school board meeting that reminded me how far off course we’ve drifted in education. It has become clear that too many school policies are written to protect institutions rather than students and parents. Legal advisors seem to hold more sway than families or educators. Even the Education Commissioner has acknowledged that “academics will have to take the back seat.” Unfortunately, Maine’s declining test scores confirm it. We need to get back to the basics – reading, writing, math, and science – and prepare our children to think critically and contribute meaningfully to society. Social and emotional programs can play a role, but not at the expense of fundamental learning. The federal government has even warned Maine that it must refocus on academics – yet little has changed. In the Legislature, I sponsored LD 252, a bill to withdraw Maine from the National Popular Vote Compact. This agreement, narrowly approved by the House in a prior session, would tie Maine’s Electoral College votes to the national popular vote – effectively

allowing large urban areas like New York or Los Angeles to determine Maine’s voice in presidential elections. Beyond the fairness issue, the Constitution is clear: Article I, Section 10 prohibits states from entering into interstate compacts without congressional consent. I believe this compact violates that clause. My bill to withdraw passed the House twice but failed in the Senate – by a single vote each time. That’s how close we came to restoring Maine’s independent voice. Elections have consequences. I encourage everyone to research the candidates on the ballot this fall – not just in state races, but local ones as well. We need leaders who remember that they are elected to represent the people, not to advance an ideology. The challenges ahead are real, but so is the opportunity to steer Maine back toward accountability, balance, and respect for the values that built this state. It is an honor to represent part of Windham in the Legislature. If there is any way that I can be of assistance, please contact me at barbara.bagshaw@legislature.maine.gov. My office phone number is 207-287-1440. You can find me on Facebook. To receive regular updates, sign up for my e-newsletter at <https://mainehousegov.org>. *The opinions in this column are those of the author. They do not necessarily reflect the opinions or views of The Windham Eagle newspaper ownership or its staff.* <

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Why diets fail and some tips for eating better

► **By Becky Longacre**
SPECIAL TO THE WINDHAM EAGLE

There is so much information out there about what is healthy and what is not! There are so many Gurus telling you to eat this and don't eat that and eat at this time and not at that time. To eat carbs. Not to eat carbs. To eat vegan. To only eat carnivore. How do you make sense of all this information?

The short answer: You have to do what's right for you.

How do you know what's right for you? Here are some tips to help you get started on an eating pattern/ style/ plan that works for YOU, specifically. Let go of what your co-workers, your neighbors, your friends are doing and stick with what works for you.

Doing what others are doing even if it doesn't work for you, specifically, is why diets fail. To help yourself move forward here are some tips.

Ask yourself these 2 questions:

Are you diabetic or insulin resistant? Your doctor may have told you "you need to watch your blood sugar" or you may have heard the term "pre-diabetic" spoken by your healthcare provider. If either of these are true (you have diabetes or are pre-diabetic- AKA insulin resistant), it is very helpful to increase your protein intake, your vegetable intake and lower your carb intake. Aim for less than 60 grams of total carbohydrates per day. Why? Because in order to get access to your fat storage (if you are trying to lose weight or even if you are trying to maintain your weight) you must FIRST burn through your blood sugar and then you must burn through your stored glycogen (more sugar stored in your muscles and liver in longer chains). Once you have burned through these fuel sources, then your body can access fat stores. When you have diabetes, the time it takes to burn through these sugar stores is longer. Therefore, limiting your carb intake will help you get there quicker. Exercise will help you as well. Just going for a 20-minute walk after lunch will help you burn through some of those sugar stores.

The other way to burn through sugar stores is to practice intermittent fasting. This is when you adhere to an eating window and a fasting window. You can practice 14, 18, or 20 hours of fasting and eat for the remainder of the 24-hour day: 10, 8, or 4 (for example). Doing this will give your stomach and intestines a chance to fully empty. Guess what happens after that? Their sensitivity to being full increases over time. So, if you practice intermittent fasting for several weeks, you will naturally start to feel full sooner. This will help in reducing your overall calories.

If there is one food stuff that I call "bad" it is high fructose corn syrup. This highly processed sugar spikes your blood sugar fast and causes a fast drop as well. This fast drop in blood sugar is part of why your brain is "cued" to eat. Minimizing or eliminating high fructose corn syrup from your diet will help tremendously with blood sugar maintenance and therefore less overeating.

What makes you happy? Large meals or smaller meals throughout the day? Knowing this about yourself can help you decide to eat 2 larger meals throughout the day or 6 smaller meals

during the day. Whether or not this will work for you will be dependent on if you are being realistic with serving sizes and whether or not you take a hypoglycemic agent (diabetes medication). If it makes you happy to eat 6 smaller meals during the day, go for it! Just really, really, really pay attention to what a serving size is. Do not go out to a restaurant to learn about serving sizes. Restaurants tend to serve 3-5 what the recommended serving is. Read food labels and look up nutrition information on MyPlate.gov | U.S. Department of Agriculture to get a sense for portion sizes. If you want to eat 2 larger sized meals, that's fine too! Again, just be mindful about the

total calories you are consuming. In the end, being mindful of calories will help you stay on track.

The point here is to think about what is sustainable for you. If you are a grazer, be more mindful about grazing on plants like fruits, veggies, and nuts to make you happy. If you like 2 bigger meals for the day, still eat plenty of plants and lean protein like chicken and fish. Go for 100% whole grain wheat pasta and bread. And, drink more water than you think you need to. Truly, most of us are walking around pretty dehydrated and drinking water will help your health on so many levels (from reducing brain fog and muscle soreness to increasing your ability to

fight infections and heal wounds).

The common denominator of all of these tips in the end is: Mindfulness. Whatever you decide, however you choose to eat to get healthy, increasing your mindfulness will help you stay consistent. And consistency is what pays off in any health plan. Not intensity. Consistency.

Stay consistent, my friends. I will see you next time.

Columnist Becky Longacre is a Nurse Coach for Health Transformers LLC. Send her questions to be discussed in this column to: becky@healthtransformersmaine.com or call her at 207-400-7897. Visit her website at www.healthtransformersmaine.com <



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– Becky Longacre, Nurse Coach –

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Windham Middle School Spanish teacher instills language skills students can remember in future

By Ed Pierce
STAFF WRITER

Theresa McCabe believes that foreign languages are not just words. She thinks that they're different ways of looking at the world and understanding other countries.

In her role as a Spanish teacher at Windham Middle School, McCabe does much more than simply teaching another language to her students. She introduces them to other cultures and assists them in learning to communicate effectively.

"Middle school students are navigating one of the most intense periods of growth emotionally, socially, physically, and intellectually," McCabe said. "As a teacher, I put a lot of effort into helping guide them through this journey. I design lessons to help students grow as a whole person. We focus a lot on communication skills, working together toward a common goal, and broadening our world views."

Now in her fourth year of teaching at WMS, McCabe says building meaningful connections with students is by far the best part of teaching.

"These relationships create a foundation of trust that allows real learning to take place, not just academic growth, but personal growth as well. When students feel seen, heard, and valued, they become more engaged, more confident, and more willing to take risks in the classroom," she said. "As a teacher, being a consistent and supportive adult

in their lives, especially during the emotionally turbulent middle school years, can have a lasting impact far beyond the curriculum. These connections turn the classroom into a community, where students are not only learning a subject but also learning how to navigate life with empathy, resilience, and curiosity. Watching them grow, not just as students of language but as individuals, is both a privilege and a profound reward."

According to McCabe, the most challenging aspects of teaching involve managing the many different roles that teachers assume.

"Educators are no longer just responsible for delivering academic content, we're also guiding students through emotional struggles, offering consistent support, and helping them develop coping strategies during difficult times," she said. "We serve as advocates, mentors, and cheerleaders, often working to bridge the gap between home and school so students feel fully supported. Sometimes, that means helping meet basic needs that must be addressed before learning can even begin. The students who enter our classrooms in the



Theresa McCabe is in her fourth year of serving as the Spanish teacher at Windham Middle School and she says building meaningful connections with students is by far the best part of teaching. SUBMITTED PHOTO

fall are more than just learners. They quickly become part of our hearts, and we think of them as family."

McCabe says a common misconception about her work is that many people think of language learning as rote memorization and grammar translation, but it's far from how she teaches language in her classroom.

"I like to focus on having students use Spanish in sup-

ported, low stress activities like playing games, reading stories, and having conversations," McCabe said. "I have heard from so many parents that they studied Spanish for four years in high school and all they can do is introduce themselves. I want more for my students. I strive to ensure that students leave my class with the ability to actually communicate in Spanish. I focus on teaching them pertinent language skills that they can remember and use."

She grew up in Durham, Maine, and graduated from Brunswick High School before earning her undergraduate degree in Modern Languages (Spanish and German) from the University of Maine,

which included a study abroad semester at the University of Salzburg in Austria. She later returned to the University of Maine in Orono to complete her graduate studies, earning a master's degree in teaching.

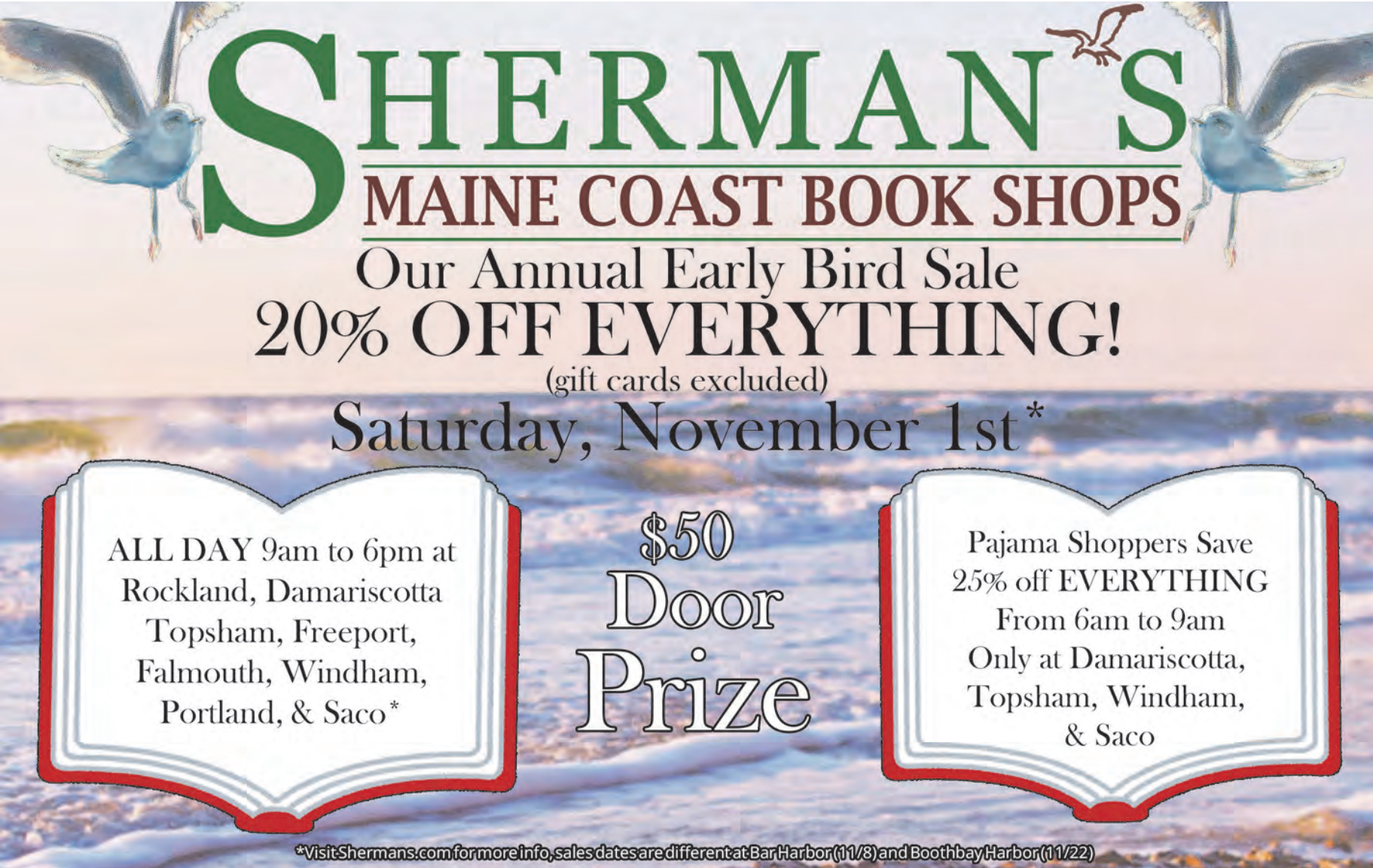
"While I studied languages formally, much of my language education happened through immersive experiences abroad," McCabe said. "To improve my Spanish, I spent a year living in Guatemala, volunteering with Safe Passage, a nonprofit based in Yarmouth. A few years later, I was awarded a Fulbright Scholarship and spent a year in Mannheim, Germany, working as an English teaching assistant. These experiences, living and working in real-world, day-to-day language environments, are where I truly refined my skills and reached fluency."

Before landing the job at WMS, McCabe taught Spanish at Massabesic Middle School for three years and prior to that, she worked as an Ed Tech for three years.

The most important thing McCabe says that she's learned while teaching at Windham Middle School is to approach each day as a fresh start.

"By offering students a clean slate each day, we send a powerful message: everyone deserves another chance," she said. "This mindset not only builds trust and resilience but also helps students learn accountability without shame. When we show patience and grace, we model the very qualities we hope to instill in them." <

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Recent Windham High graduate proudly planning second mission trip to Dominican Republic

By Masha Yurkevich
STAFF WRITER

It is far from easy to leave everything in your life and go to a foreign country to help people in need. Yet Noelle Denslow, a 2023 Windham High School graduate, is planning a second mission trip to the Dominican Republic with her church, The Refuge. This trip is planned for April 2026.

Denslow is one of 15 people who are planning on going to the Dominican Republic in 2026, and she is part of a handful of those who have gone before.

“It is nice to have a bit of experience,” says Denslow.

Her first trip was in the spring of 2024, which lasted almost two weeks.

As a church, The Refuge sponsors over 40 children at the church that they work with in the Dominican Republic. Every so often, The Refuge has a sponsorship Sunday where they raise money which all adds up to the experience so that when people from the mission trip go down to the Dominican Republic, they can share a meal with the children and worship with them.

“The children were just so happy,” says Denslow. “They did not seem to notice if they are off pitch, they just sang and worshiped at the top of their lungs. We also played games with the children and handed out flip flops for them to wear.”

The missionaries were able to talk with the families of these children



Noelle Denslow, a 2023 Windham High School graduate, will undertake a second mission trip to the Dominican Republic in April led by The Refuge Church in Windham. SUBMITTED PHOTO

through interpreters, as well as buy some food staples for these families or other necessities.

“Along with flip flops, we also had the opportunity to give these children something small like a pack of crayons, a doll, or a stuffed animal, something for these children to know that we cared about them,” says Denslow.

The mission team was able to visit

an orphanage with disabled children.

“We were able to go in and play with these children, talk with them, make them feel loved,” Denslow says. “We also did a prayer walk and gave out candy to children in the very poor neighborhoods to put a smile on their faces and offer prayer to anyone who needs it.”

Unfortunately, the weather during the 2025 trip did not cooperate and some of the plans that the mission team had did not go through; many roads were washed away and could not be crossed.

“For the upcoming trip in 2026, we picked a week that we hope will not be so rainy and we hope to do more in terms of a beach cleanup and helping people with home repairs,” says Denslow.

The Refuge also has an opportunity for individuals to sponsor a child with a monthly payment which is used for food, clothes, education, and school supplies for the child. Denslow has a sponsor child who she supports, and was able to meet with last year, and plans to see again this coming April.

“I have such good memories of the 2025 trip and so many joyful experiences that really made me want to go again,” says Denslow. “The first time I went, the things that we saw as a

team played a huge role in changing our perspective on how privileged we are in America and the resources that we have access to here. It was a life-changing experience for me. With some practice under my belt, I wanted to go again. The conditions that we saw down there makes you realize how much we have and how much we take for granted, and yet somehow, these children are still able to experience joy and still able to have a good time.”

This year, there are 15 people going from The Refuge. Their biggest goals are to help with home repairs and other physical labor, hand out basic necessities to their sponsor families, love for families and sponsor children, and just be the hands and feet, helping wherever help is needed.

If you would like to help support this mission trip, The Refuge has several fundraisers planned for the upcoming months. The Refuge is also collecting money through the Clynk bag bottle returns. For more information and to help support the mission team, please visit refugemaine.church. To sponsor a child, please visit www.connectmission.org. If you would like to support Denslow personally, you may do so at her venmo: [@Noelle-Denslow](https://www.venmo.com/Noelle-Denslow). <

Three Voices, One Goal:
LOWER PROPERTY TAXES



CLAYTON HASKELL
“When I served as Windham Town Council Chair from 2018 to 2019, I was proud that we lowered the mil rate to relieve the property tax burden. If re-elected, I intend to work closely and cooperatively with all councilors to find ways to drastically slow tax increases or to reduce taxes.”
(207) 831-1836



DEB DEVOU
“I’m a citizen not a politician. We cannot tax people out of their homes. There is power in unity, and we must come together to fix this.”
shiloh1227@aol.com



DESTINY JOHNSON
“Prioritizing academic achievement and refocusing on core principles will allow us to optimize the school budget, eliminating unnecessary allocations and providing Windham residents with considerable property tax relief.”
destinyjohnson1@icloud.com

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A lasting legacy



At the beginning of October, Maine Farmland Trust closed on the purchase of an easement on the 186-acre Halledge Farm in Windham, with support from Land For Maine’s Future. Until recently, this farm was one of the last remaining dairy farms in greater Portland, which was originated in 1941 by grandparents, Stanley and Mary Hall. Granddaughter Stacey and husband took over the farm upon the passing of her father, Russell Hall. They are the fourth generation to farm the land. This past spring, they made the decision to transition out of the dairy business and are currently raising dairy calves and are building out a beef herd as they figure out the next iteration of the farm. Stacey and sister, Kim Babb, who co-owns the farm, decided to protect the farm with an easement so it would remain a farm for future generations. The Halledge Farm easement also ensures the farm can stay in the hands of working farmers. With a residence, multiple barns, 2 silos, and manure area, the farm has extensive infrastructure to support a variety of operations. The Pleasant River, a tributary of the Presumpscot River, also runs through the property. ‘Being 20 miles outside of Portland, non-agricultural development pressure is increasing every day. We are so excited to protect our family’s farm so that it will live on, and our families and future generations will be able to enjoy the agricultural opportunities, beautiful views, strong hunting and fishing opportunities for many years to come,’ the sisters said. Shown are Stacey Webster, left, and Kim Babb. COURTESY OF MAINE FARMLAND TRUST



LETTERS to the editor

Submit letters by Tuesday at Noon to: editor@thewindhameagle.com or mail to: 585 Roosevelt Trail, Windham, 04062

Editor,

As an immigrant who arrived in Maine almost 20 years ago with little more than a suitcase, a flicker of hope, and a dream of a better and fair life, I've ultimately earned the profound honor of becoming a U.S. Citizen. That journey taught me the value of the rule of law. It's why, this November, I'll be voting yes on Question 1 to implement

voter ID requirements.

In an era of eroding trust in our institutions, Question 1 offers a straightforward safeguard: requiring photo identification for both in-person and absentee voting. This isn't about exclusion; it's about verification. Ensuring that every ballot cast comes from a registered voter preserves the integrity

→ see LETTERS Page 13



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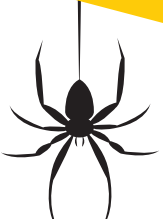


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LETTERS

Cont. from page 12

of our elections and amplifies the true voice of Maine's communities.

I believe that absentee ballots remain essential, especially here in Maine, where vast rural expanses, harsh winters, and demanding jobs can make polling places feel worlds away. Question 1 wisely preserves this access while bolstering security: mandating photo ID verification to prevent fraud.

These enhancements strike the perfect balance – secure without being suppressive. They ensure that voting remains a right for all eligible Mainers.

Secure elections will give us an opportunity to restore law and order in our State, trust in our government and ensure that true citizens' voices will be heard clearly. As someone who crossed oceans to embrace American freedom and lifestyle, I know firsthand how precious - and fragile - that trust can be. Please join me in voting YES on Question 1.

~ Vasily Vasilkov, Windham

Editor,

I am writing in support of Margaret “Maggie” Terry for Windham Town Council. Maggie has been a long-time resident of our community and has invested deeply in Windham both as a neighbor and as a business owner. She understands the challenges and opportunities facing our town because she lives them every day alongside the rest of us.

What sets Maggie apart is that she is a non-traditional candidate. She brings a fresh perspective, informed by her experience in business and her strong commitment to community. Maggie is

not tied to “business as usual.” Instead, she is ready to bring innovative, practical ideas to the table – ideas that will help Windham grow while preserving the character and values we all cherish.

Her campaign slogan, “Think outside the box,” could not be more fitting. Maggie recognizes that Windham’s future depends on forward-thinking leadership that isn’t afraid to look at new solutions, listen to all voices, and prioritize the long-term well-being of our town.

I encourage my fellow residents to join me in supporting Margaret “Maggie” Terry for Town Council. She has the energy, creativity, and commitment we need at this pivotal moment for Windham.

~ Heather York, Windham

Editor,

Last week, I tuned in to the RSU 14 School Board meeting. What I witnessed was deeply disappointing. On a topic as important and widely discussed as protecting girls’ sports and spaces, the board refused to even allow debate. Parents and community members provided respectful and passionate testimony, but their concerns fell on deaf ears.

This is not a healthy trend and reduces engagement overall. Open dialogue and transparency are the foundation of trust. Instead, our board chose avoidance, leaving parents and students unheard.

Destiny Johnson understands that protecting girls’ sports and spaces isn’t political. It’s about fairness and safety. She’s ready to bring courage, respect and real leadership to our school board.

Windham deserves a voice who will

listen and lead. I’m voting for Destiny Johnson, and I urge my neighbors to do the same.

~ Patricia Larochelle, Windham

Editor,

There are three big opportunities for positive change in this election.

First, to add truth, honesty and integrity with Voter ID while keeping absentee voting with a Yes on Question 1.

Second, we have the opportunity to put a neighbor's neighbor on the town council with Deb Devou for the Town Council of the North District and third, we have the opportunity to bring back sound reasoning and better protection for children with a vote for Destiny Johnson and Adam Zajac for School Board.

I always strive for due diligence in my civic duty of voting by researching candidates and issues. I've read all the Q & A in The Windham Eagle recently on the candidates. I've talked with multiple people including the candidates themselves and with people who

have opposing views from me. I’m a person that lives by logic, conscience and reason.

Voter ID will bring validity to absentee voting; it does not take it away. It's written to ensure absentee voting stays intact while adding a tool of accountability for honesty. Town council members have a difficult task and I commend anyone in that job but I think we can still do better. Deb Devou from the North District has the most to offer as a fresh voice with a listening ear for citizens. Both candidates for the South District will bring another business owner to the council. Deb will add balance as a listening ear for us little people in town. The school board needs new perspective to get back to core academics, family values and protection of our precious children. Destiny Johnson and Adam Zajac will bring this fresh and simple basics back in a world gone crazy. They support families and parents with a focus on basic education and core family values.

~ Kathleen March, Windham <

TOWN OF WINDHAM, MAINE

PLANNING BOARD

NOTICE OF PUBLIC MEETINGS

– SITE WALKS –

Saturday, October 25, 2025

- **8:30 AM** #25-17 209-211 Tandberg Trail Multifamily
Tax Map: 19C; Lots: 50C, 50D – Tandberg Trail
Major subdivision and site plan review.
Meet at 211 Tandberg Trail.
- **IMMEDIATELY FOLLOWED BY:**
- **ETA 9:15 AM** #25-23 Roosevelt Trail Commercial
Tax Map: 10A; Lot: 25A – Roosevelt Trail
Amended major site plan. **Meet at 243 Roosevelt Trail.**

– REGULAR MEETING –

Monday, October 27, 2025 • 6:00PM

Town Hall, Council Chambers, 8 School Road

- #25-1 Marigold Lane Subdivision
(formerly 250 Windham Center Road Condos)
Tax Map: 12; Lot: 52-A – Windham Center Road
Major subdivision and site plan review for a 6-unit residential development in 3 duplex buildings.
- #25-16 Meredith Woods Subdivision
Tax Map: 6; Lot: 38-E02– Meredith Drive
Major subdivision plan review for a 5-lot conservation subdivision.
- #24-29 Camping World Expansion Amendment
Tax Map: 15; Lot: 1A – Roosevelt Trail
Amended site plan and conditional use to add a dump station for the discharge of camper and RV wastewater.
- #21-17 Heights at Colley Wright Brook
Tax Map: 10; Lots: 23, 23-B, 23-C, 23-D, 23-E, 23-F, 23-G
Cooper Ridge
Amendments to subdivision plan for relocation of wells and septic systems, and lot 23-G property lines.
- #23-18 Windham Village Apartments
Tax Map: 70; Lot: 1-A01 – Stillwater Drive
Amendment to add a condition of approval regarding completion of improvements in lieu of a performance guarantee.

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

TAXFIGHTER

DEBORAH DEVOU

TOWN COUNCIL

AFFORDABLE CHANGE

for Windham



“I’m running for Town Council to bring some common sense and the ability to say “no” to the council. We must find ways to lower property taxes and rein in spending to needs vs. wants. Making Windham affordable again is my mission.

I’d be honored to earn your vote.”

- Deborah Devou

EARLY VOTE

Through Oct. 30th

at Town Hall

ELECTION DAY

Nov. 4th, 7am-8pm

at Windham High School

Paid for and authorized by Deborah Devou • Shiloh1227@aol.com

- ✓ Cut property taxes & prioritize spending on needs vs. wants.
- ✓ Support policies that make Windham both business & family-friendly.
- ✓ Encourage balanced growth that helps make housing more affordable but respects our community's character & natural resources.

ABOUT ME:

- ★ Retired; Cumberland County Sheriff's Office, Corrections Officer
- ★ Earned “Officer of the Year Award” for distinguished job performance, devotion to duty, & dedicated service to the community.
- ★ Raised a son as a single mother.
- ★ Volunteer at my granddaughter's school (WCA) & local soup kitchen
- ★ Active in the Tree of Life Church

Ham radio operators to test emergency skills in state drill

For four hours, beginning at 8 a.m. Saturday, Oct. 25, members of the Wireless Society of Southern Maine Emergency Communications Team (WSSM-ECT), which meets monthly in Windham, will take part in a state-wide emergency communications exercise to test their capabilities across Cumberland County and beyond.

The drill, known as the Simulated Emergency Test (SET), is an annual event sponsored by the American Radio Relay League (ARRL), which encourages amateur radio operators

across the country to test their emergency communications skills in response to a mock disaster scenario.

This year's exercise will be part of a larger regional interoperability drill, focusing on testing communications between Amateur Radio and SHARES stations — a priority in building more robust emergency coordination between public and private response agencies.

Participants will exchange formal Requests for Information (RIs) and other traffic across a variety of systems and frequencies, while placing special emphasis on testing local capabilities within Cumberland County. The WSSM-ECT will evaluate VHF simplex, UHF repeater, and PACKET radio coverage, and explore methods for expanding local communications us-

ing relay points and portable nodes.

"This year's SET presents a great opportunity to evaluate how Amateur Radio can integrate with other systems during a disaster scenario," says Tim Watson, the founder and President of the Wireless Society of Southern Maine, which provides auxiliary communications support to the Cumberland County Emergency Management Agency (CCEMA) and the National Weather Service. "We're testing the assumptions we've made about coverage and resiliency and working to enhance our tool kit."

During the SET drills, amateur radio operators must quickly establish communications between Emergency Operations Centers (EOCs), shelters, and other key sites, and exchange formal messages that may include requests for supplies, medical status reports, or weather updates — the types of information critical to emergency response when conventional infrastructure fails. Operators use voice, Morse code, and digital modes, across bands ranging from HF to UHF.

"The hams in our club are a dedicated group," adds Brad Brown, WSSM's Secretary. "They take this work seriously. Sure, amateur radio is a fun and rewarding hobby, but many of us stay engaged in drills and support community events so we're ready when we're really needed. That's what it's all about — being prepared and being of service."

The 2025 drill will mark the 10th consecutive year that WSSM-ECT has participated in the Simulated Emergency Test. Following the exercise, the group will conduct a formal assessment to identify successes and areas for improvement.

"There's always something new to learn," Watson says. "This year, we'll be expanding our use of Winlink and PACKET radio, which continue to be powerful tools for transmitting structured messages over RF. We're always pushing to improve our readiness."

For more details about amateur radio, or the Wireless Society of Southern Maine, please visit <http://www.maineamradio.com>



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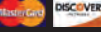
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Maine’s Public Advocate tackles community solar billing issues

Maine’s Public Advocate Heather Sanborn has contacted community solar companies operating in Maine after receiving complaints from community solar customers who are enrolled in alternative delivery rates offered by CMP and Versant.

“These customers did not receive the advertised savings promised by the community solar providers,” said Sanborn. “In some instances, customers ended up paying more than they would have without a community solar subscription.”

The most common alternative rates include CMP’s electric technology rate and seasonal heat pump rate.

In a memo to community solar providers, Sanborn notified the companies immediately to: Review all customer records to verify the chosen delivery rates, ensure that billing for solar credits is based on the accurate, customer-selected rates, and correct any discrepancies in past billing and issue refunds or credits for overcharges.

Sanborn notified the solar companies that failure to address and rectify this issue could result in the Office of the Public Advocate taking further action, including filing a request for investigation with the Maine Public Utilities Commission.

Sanborn is also urging consumers to review their utility bills carefully.

“Consumers should be aware of the delivery rates they signed up for,” she said. “If they are being billed at a higher rate, they should contact their solar company to request a refund.”

Maine consumers can also contact the Office of the Public Advocate directly at 207-624-3687 for help with understanding their bills. <

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For more information and to get started, please call Melissa at 207-894-3500 or email: melissa@thewindhameagle.com



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Text your contact info with phone and email to:
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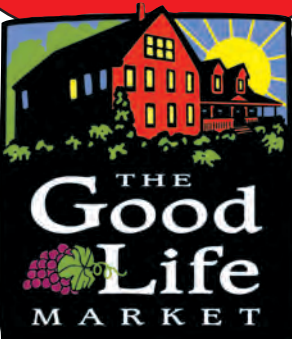
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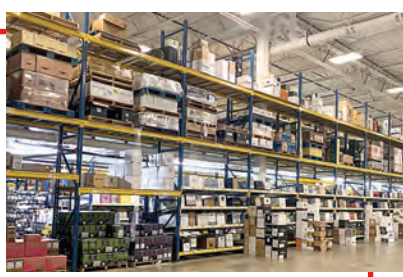
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615 Main Street, Gorham, ME 04038

MAIN STREET HALLOWEEN!

Friday, Oct. 31st, 5-8PM
on Main Street

JOIN THE COMMUNITY FOR A SPOOKTACULAR EVENING ON MAIN STREET FILLED WITH COSTUMES & TREATS!

PARKING & TRANSPORTATION:
Parking is available at the Sherri Gagnon Memorial Park. Shuttle buses will transport attendees to and from Main Street throughout the evening.

PHOTO BOOTH:
Capture the Halloween spirit at the RVCC Photo Booth, located at 27 Main Street.

ROAD CLOSURE:
Main Street will be closed to traffic from 5:00 PM to 8:00(ish)PM for the event along with Mill St. from Sherri Gagnon to Main.

Thank you in advance for safety and patience as this event can bring 1,000 or more people.

CANDY & MONETARY DONATIONS
for this Main Street Halloween event can be dropped off at the Raymond Village Library or at the Town Office.

Residents of Main Street in need of candy, contact Raymond Village Library.



NEWS/EVENTS

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

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

- RVL Book Club -

Wednesday, October 29th 5-6pm

Join RVL Book Club as they read and discuss *Go as a River*, by Shelley Read. Inspired by true events surrounding the destruction of the town of Iola in the 1960s, *Go as a River* is a story of deeply held love in the face of hardship and loss, but also of finding courage, resilience, friendship, and, finally, home—where least expected. This stunning debut explores what it means to lead your life as if it were a river—gathering and flowing, finding a way forward even when a river is dammed.

- Historical Fiction Book Club -

Thursday, November 13th

Join RVL this month for *Katherine*, by Anya Seton. Set in the vibrant fourteenth century of Chaucer and the Black Death, the story features knights fighting in battle, serfs struggling in poverty, and the magnificent Plantagenets—Edward III, the Black Prince, and Richard II—who rule despotically over a court rotten with intrigue. Within this era of danger and romance, John of Gaunt, the king's son, falls passionately in love with the already-married Katherine. Their affair persists through decades of war, adultery, murder, loneliness, and redemption.

- NEW! Journaling Club -

Beginning November 21st at 10am

Attendees will be given an essay, poem, or book excerpt to reflect upon. A prompt and time to write an entry will be provided and those who chose to share their writing will have an opportunity to do so. This is not a formal writing workshop and proper grammar is optional!

Call the library for more info or to register for any of the events!





RAYMOND TOWN OF RAYMOND

State Referendum

ELECTIONS

Election Day – Tuesday, 11/4/2025

Office Hours are Tuesday 8am-6pm and Wednesday through Friday 8am-4pm for any resident wishing to register to vote, to vote by absentee ballot in-person or to pick up an absentee ballot to take home.

The last day to request/receive an absentee ballot will be Thursday, October 30, 2025.

Voted ballots can be returned to the secure drop-box in front of the Town Office at any time before Election Day.

Residents may register and vote at the polling location on Election Day. You must provide proof of identity and residency. **RAYMOND'S POLLING LOCATION** is Jordan-Small Middle School Gym, 423 Webbs Mills Road. Polls are open from 7am to 8pm.

For more info. on the election or to view a sample ballot, visit:
www.raymondmaine.org

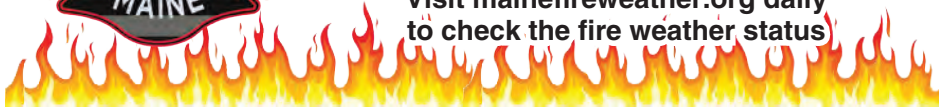
RAYMOND FIRE & RESCUE



OPEN BURN PERMIT NOTICE

Open burn permits are required in Maine. Due to the continued dry conditions and wildfire danger, Maine Forest Service will shut down the online permit site when the danger level is too high. The site will stay offline until conditions improve and wildfire danger moves below HIGH. This is NOT a burn ban and does not include those recreational campfires which do not require a permit under state law.

Visit mainefireweather.org daily to check the fire weather status



AROUND TOWN

RTP QuickRide!

Connecting you to appointments, shopping, work, and more!

Request a ride Mon-Friday 9am-5pm by calling 207-774-2666 \$3.00 per ride. Accessible for all!



Bring your littles to check out one of Raymond Village Library Story times!



They're always finding ways to make it exciting! Earlier this month they held Story Time Away & kiddos got to explore Pine Land Farms during the beautiful fall. They also had members of Raymond Fire & Rescue come to read a story and to show off the truck! It's always an adventure at RVL



ROADRUNNER

– OCTOBER 2025 NEWSLETTER

Town Clerk’s Office Notices

TAX BILLS:

1st half of the payment due 10/31/25.

UPCOMING OFFICE CLOSURES:

Tuesday November 11th – CLOSED for Veteran’s Day
Thursday November 27th – CLOSED for Thanksgiving Day
Friday November 28th – CLOSED for Day After Thanksgiving

UPCOMING MEETINGS:

Meetings are held at the Broadcast Studio
423 Webbs Mills Road or via Zoom

November 4th – State Referendum Election 8a-8p (see election notice)
November 17th (moved from the 12th) – Planning Board Meeting 7pm
November 18th – Selectboard Meeting - 6pm
November 25th – Budget-Finance Committee Meeting – 6:30pm

Agendas and Zoom links can be found on our website:
raymondmaine.org and clicking on the CALENDAR tab.

Seeking residents interested in serving on
the Board of Assessment Review!

This is a quasi-judicial board (like the Zoning Board of Appeals), appointed by the Raymond Select-Board, which considers property tax abatement appeals of decisions by the Board of Assessors and hardship appeals of decisions by the Municipal Officers. This Board traditionally meets on an as-need basis to consider appeals.

The Board is comprised of 3 regular members on staggered 3-year terms, and 2 alternate members also on staggered terms. THIS BOARD HAS SEVERAL VACANCIES AVAILABLE FOR BOTH REGULAR AND ALTERNATE MEMBERS.

Applicants must be at least 18 years of age & reside in Raymond.
No previous board experience is necessary, but an interest or knowledge of real estate appraisal, tax law or other legal areas, land use development, or planning is a plus.

Interested persons should submit application to the Board of Selectmen c/o Melanie Fernald, Town Clerk at 401 Webbs Mills Road, Raymond, ME 04071. Applications for consideration are available on the town website. *For more information about this board please contact Curt Lebel at 655-4742 x 151 for more information.*

FOR THE APPLICATION, VISIT WWW.RAYMONDMAINE.ORG



RAYMOND
PARKS & RECREATION

Located at: Raymond Village Community Church, 27 Main St

Pumpkins in the Park!

WEDNESDAY, OCTOBER 29TH FROM 5-6:30PM

\$10 per family

Raymond Parks and Recreation Department, in partnership with the Raymond Schools PTO, invites families to join us for a fun, family-friendly evening of pumpkin decorating at Sheri Gagnon Memorial Park. Families will have the opportunity to paint and decorate (no carving) a pumpkin together, adding a festive touch to our community’s Halloween celebrations. All decorated pumpkins will be displayed near the shuttle area on Halloween night for everyone to enjoy.

All Age Halloween Bingo!

THURSDAY, OCTOBER 30TH, RVCC FROM 6-7:30PM

Raymond Parks and Recreation is thrilled to partner with Age Friendly Raymond to present ALL-AGE BINGO at RVCC!

A fun night with prizes, snacks, and drinks.
Free entry to a raffle for a prize for anyone wearing a costume!

Rec & Roll Game Day!

SATURDAY, NOVEMBER 22ND FROM 1P-3PM

An afternoon of fun, laughter, and friendly competition with a variety of board games available for all ages to enjoy – from timeless classics to new favorites. Feel free to bring your own games to share and introduce others to something you love!

This all-ages event is a great way to connect with friends, family, & neighbors while enjoying some good old-fashioned playtime.

New! Play it Foward Gear Closet

Our new Community Gear Closet is here to help families share support one another to ensure every child has a chance to play, celebrate, and feel part of our community!

WHAT ARE WE LOOKING FOR?

- Sports gear that is still in great shape
- Gently used toys or games
- Holiday decorations to make spaces magical for kids

If you are interested in donating to Play it Forward, please email: riley.silvia@raymondmaine.org

Winter Program Sign-ups!

Several Winter programs are available for registration. All ages! Futsal, basketball, tennis, pickleball...

For a full list of Parks & Rec offerings or to register, visit: raymond.recdesk.com/Community/Program



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FULL-TIME FIREFIGHTER/EMT

The Town of Raymond Fire & Rescue Department is seeking a highly motivated, skilled, and community-focused individual to fill the full-time position of Firefighter/EMT.

This is an exceptional opportunity to serve and protect the residents of Raymond’s growing community. The department’s dedicated team provides fire suppression, emergency medical services, & fire prevention within our community.

This position works 24-hour shifts including weekends & holidays.

GENERAL DUTIES & ESSENTIAL FUNCTIONS:

The successful candidate will be a key member of the emergency response team, whose essential functions include, but are not limited to operations of apparatus, station maintenance & fire suppression.

Participate in all required training & education programs.

For more info, contact: Chief Bruce D. Tupper at 207-655-1187 or fill out application online.

PART-TIME BUS DRIVER WANTED

The Town of Raymond is seeking a Bus Driver for the Recreation Department. This position is responsible for safely transporting passengers to and from recreational activities and events. This part-time, per diem position requires a Commercial Driver’s License (CDL) and a commitment to ensuring the safety and comfort of passengers.

The successful candidate must have the ability get along with others in a professional manner and operate a passenger bus in a safe and courteous manner, adhering to all traffic laws and regulations.

The candidate must have a high school diploma program or equivalent, and a valid CDL Class B license with passenger endorsement with a clean driving record.

– Pay Range: \$20.00 to \$23.00 per hour –

Applications for Employment can be obtained by visiting the raymondmaine.org and clicking on ‘employment’ under the ‘general information tab’ or the Recreation Department at Town Hall. Completed applications should be sent to riley.silvia@raymondmaine.org.

To be considered for employment with the Town of Raymond applicants must complete the Town’s Application for Employment.

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Creative ways to use excess Halloween candy

What can be better than spending a day with friends, decked out in costume as you collect a mountain of sweet treats? Thanks to the growing number of Trunk or Treat events held throughout October, the candy often starts piling up long before Halloween night even arrives. By the time the big day is over, many trick-or-treaters are left with more sweets than they could ever eat. When October turns to November and Thanksgiving is on the horizon, few people want to be staring at a witch's cauldron full of chocolate bars. Rather than be wasteful and toss it out, there are plenty of creative ways to put that extra candy to good use.

- S'mores cookie: Turn miniature chocolate bars into a campfire treat with a cookie twist. Press premade cookie dough into a round cast iron skillet and bake until cooked throughout. Add chopped up pieces of chocolate and marshmallows on top, and place under the broiler a few minutes until melted and gooey. Slice up to serve or dig in with spoons.
- Confectionary pizza: Purchase

premade pizza dough or make your own. Bake the dough on a pan with no toppings. Afterwards, spread a layer of peanut butter or hazelnut spread on top. Then set up a fixings bar with various candies that others can add to their pizza slices. Options include chocolate candies, miniature pretzels, marshmallows, or gummy candies.

- Stained glass cookies: Turn hard candies (like Jolly Ranchers®) into works of art. Fill sugar cookie cutouts with hard candies in the middle. When the cookies bake, the candies will melt and then turn soft after cooling.
- Candy-topped brownies: Brownies are delicious on their own, but they're even better with some embellishments. Mix chopped caramels into the batter, or add other candies for flavor and fun.
- Candy bark: Melt down any chocolate you may have and spread it on a baking sheet. Sprinkle chopped up leftover candy on top and allow to cool. Break into pieces for a homemade chocolate bark.
- Hot chocolate toppers: Chop

up chocolate bars or candy pieces to sprinkle on hot cocoa for an indulgent treat.

- Trail mix or snack bags: Combine leftover candy with nuts, dried fruit, or cereal to create custom snack mixes for school lunches or road trips.
- Ice cream sundae bar: Use candy to top ice cream at a family gathering or small party. This turns excess candy into an interactive dessert experience.
- Candy-themed crafts: Glue or arrange candy to make edible art, jewelry, or holiday decorations (just be mindful of little ones who may eat them too quickly!).
- Freeze for later baking: Some candies, especially chocolate, can be

frozen and saved for use in cookies, cupcakes, or holiday treats.

- Gingerbread house: Save the candy in a zip-top bag for freshness and reserve for decorating gingerbread houses around the holidays.
- Birthday piñata: If there is a birthday on the horizon, use the Halloween candy to stuff the piñata.
- Donate: Various organizations will gather and ship leftover candy to troops stationed overseas or donate the goods to first responders, veterans and others.

It's fun to gather treats on Halloween. But when the collected candy is simply too much to eat, there are various ways to put it to good use. <



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Julia Grondin



Grade: 12th **School:** Windham High School
Favorite subject(s) in school: Environmental Science
Parents' names: Jennilee Martin and Kenneth Grondin
Reason for selection: Julia has shown tremendous growth over the past four years. A standout in Ms. Jen Dumont's JMG core program, she was encouraged to join APEX for math and science. Her curiosity flourished in Environmental Science with Ms. Stephanie Abrams, where she studied water quality and courageously joined an overnight field trip to the DownEast Institute. Inspired, she designed her own Extended Learning Opportunity, Exploration in Water Quality, further pursuing her passion. Julia now considers marine biology as a future career. She embodies Windham High School's vision: students "who wonder, explore, and achieve." The school is proud of her journey.

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Walk-ins welcome M 9am-4:30pm & F 9am-4pm at 13 Storm Drive, Windham
Our team works remotely T/W/Th 9am-4:30pm
State Farm support all other hours



Tricia Zwirner, Agent



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LEGAL NOTICE

TOWN OF RAYMOND, MAINE

ZONING BOARD OF APPEALS

NOTICE OF MEETING

Tuesday, October 28, 2025 • 7:00 PM
Broadcast Studio - 423 Webbs Mills Road and Via ZOOM

You are hereby notified that the Raymond Appeals Board will hold a meeting on **Tuesday, October 28, 2025 at 7:00 p.m.** to review and ratify Finding of Facts and Decision on the following application:

APPLICANT: Teresa Ellis, Dennis Martin & Lisa Martin
LOCATION: Map 78/Lot 62A Zone LRR 1
DESCRIPTION: Administrative Appeal of Permit issued July 22nd, 2025 to Sheena-Jo Randall and Jonathan Stickney for a 4 x 4 temporary platform with stairs to access Thomas Pond.

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/84382381010?pwd=Kyua1m4UXDaSGO3ykcQLfLabp5fYDr.1>
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BRIEFS

Beginner Mah Jongg

The Windham Public Library is hosting a Beginner's American Mah Jongg session from 1 to 3 p.m. Friday, Oct. 24. Join Mary Lou Tracy and other American Mah Jongg enthusiasts on the first and fourth Friday of the month in the library's Meeting Room. She is happy to teach those new to the game. All ages and abilities are welcome. The Windham Public Library is at 217 Windham Center Road in Windham. FMI, call 207-892-1908.

Church Dinner

The Casco Village Church United Church of Christ is hosting a "Hauntingly Delicious Saturday Night Supper" from 4:30 to 6 p.m. Saturday, Oct. 25. This month's supper will feature Baked Beans, "Halloweenies," a Cauldron of Chili, Casseroles, Salads, Bread, Beverages, and homemade pies and desserts. Come join us for some Halloween fun, food, and friends. The church is at 941 Meadow Road in Casco. FMCI, call 207-627-4282.

Cancer Support

The Windham Cancer Support Group will meet at 6:30 p.m. Tuesday, Oct. 28 at the Windham Public Library. The group welcomes anyone who is affected by cancer. FMI, send an email to coppjanet@yahoo.com

Preschool Storytime

The Raymond Village Library at 3 Meadow Road offers Preschool Storytime at 10:30 a.m. every Wednesdays. Children from ages 2 to 5 are encouraged to attend for stories, songs, and crafts. FMI, call 207-655-4283.

Suicide Support

The Alternatives to Suicide Support Group meets at 2 p.m. the second and fourth Tuesdays of every month at the Lake Region Recovery Center, 2 Elm St., Bridgton. FMI, call 207-803-8707.

Holiday Fair

Windham Hill United Church of Christ located at 140 Windham Center Road will hold their annual holiday fair on Saturday, Nov. 8 from 9 a.m. to 3 p.m. with lunch available starting at 11 a.m. There will be a silent auction featuring hundreds of dollars in gift cards, a 50/50 raffle, baked goods, handcrafted wood items, crafts, jams, stained glass, feline gifts, used books and more.

Craft Fair

The 33rd annual Windham Raymond Athletic Boosters holiday craft fair will be held on Saturday and Sunday, Nov. 8 and 9 from 9 a.m. to 3 p.m. at Windham High School. There will be nearly 200 vendors, pictures with Santa, crock pot lunches, and much more.

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Girls' Windham Youth Soccer Association Under-14 travel team wins Falmouth Fall Classic Championship

► **By Jen Bowie**
SPECIAL TO THE WINDHAM EAGLE

The Windham Youth Soccer Association Under-14 girls' travel soccer team won the Falmouth Fall Classic championship that went all the way to penalty kicks. Windham prevailed 3-2 at Falmouth High School on Monday, Oct. 13, a tremendous achievement for this very talented team.

A three-day tournament, Windham started off with a 3-1 win over Yarmouth, the defending girls' state champions. After losing a tight second game to Scarborough 3-2, they won game three with a 3-1 victory over Cumberland, clinching the first seed in their bracket.

They faced Pen Bay in the championship. It was a hard-fought battle that went scoreless through regulation and overtime, but Windham prevailed as the champion after coming out on top after five rounds of penalty kicks. This championship is well deserved in what is always a highly competitive tournament. These girls have been playing together since the under-9 league, and they have developed into an outstanding



U14 Falmouth Fall Classic.jpg - The Windham Youth Soccer Association under-14 girls' travel team celebrates after defeating Pen Bay 3-2 in the championship game during the Falmouth Fall Classic at Falmouth High School on Monday, Oct. 13. PHOTO BY JASON BOWIE

soccer team. They value teamwork, hard work and always want to put in the effort to get better.

"They have shown commitment

to developing skills, teamwork and play an impressive game of possession soccer," said the WYSA under-14 girls' soccer coach Jen Bowie.

"They work hard to condition in the off season, but most importantly, they support one another and have fun." <

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SAMSUNG

Windham boys' soccer narrowly falls to South Portland

By Matt Pascarella
STAFF WRITER

Windham varsity boys' soccer played South Portland at Windham on Tuesday, Oct. 21 and it was the final home game of the regular season and also Senior Night; Tate Robinson, Daniel Hancock, Camden Patin, Zabdiel Cayetano, Dylan Crockett, Jack Henry, Braeden Smith and Aidan Difiore were each presented with a gift and, along with their parents, were thanked for their time and dedication to Windham Athletics. Windham fought hard but fell 2-1 to the Red Riots.

"Even though we lost today, we scored the first goal; we had a lot of energy and that's really the biggest difference I've seen," said Hancock. "The first half was a little emotional because it's Senior Night, second half we really settled in. It all started to go well with us putting in tackles and winning the 50-50 balls – it started creating opportunities. If we could score early and play a full 80 minutes instead of letting up after a goal, then we're going to be good."

Windham defense showed South Portland they were a strong team. While Windham started a little slow, they soon picked up their pace with multiple shots on goal, though nothing hit the net.

The Eagles pressured and got to the ball first. Offense was solid, but so was South Portland defense. 0-0 at the half.

Roughly 90 seconds into the second half, a pass from Crockett to Hancock found the back of the net to give Windham a 1-0 lead.

"I've always known we've had a lot of talent on the team, and a lot of chances bit-by-bit, they haven't all come together at times," said Crockett. "I've noticed we've been working really hard lately and getting a lot of momentum; I like what we're seeing at times. If we keep going this



(Clockwise from top left) Windham senior Jack Henry fires the ball between two opponents during a boys' soccer game against South Portland at Windham on Tuesday, Oct. 21. Senior Dylan Crockett keeps possession. Senior Daniel Hancock moves to get by his defender. Senior Camden Patin heads to the ball. PHOTOS BY MATT PASCARELLA

way, we're going to be a really tough team for people to beat, this loss is a learning lesson; it's only up from here. We're not the same team we were from last year; we have a lot of new people filling different spots, so the experience isn't there always. No excuses, one mistake can change the

game. We realized this could be our last game ever on this field and it motivated us to play harder in the second half. If we can keep it consistent, keep our rhythm going (in the postseason), we're going to be a really good team."

Moments later South Portland scored and tied the game, 1-1.

Windham defense remained strong. On a South Portland penalty kick, senior Tate Robinson had an excellent save. Windham Offense fired a shot that hit the crossbar.

Eagle intensity dipped a little in the final 20 minutes and that's when South Portland scored again.

"We were right there with South Portland for most of the game," said

Windham varsity boys' soccer assistant coach Nick Dubay. "They are coming together at the right time, which is a good thing to see," "Players are buying into their roles a little better than in the beginning; they see that the (season) is running out and things mean more. Our modus operandi is our own mistakes are killing us. We got to make sure our defense is locked in, which I think it was for 60 minutes tonight ... but couldn't play the full time. Offensively, I think we're getting there, we need to be patient and just make sure we finish our chances. Defensively, (we need to be) doubling down on marking and being tough out back." <

ATHLETE OF THE WEEK



Brandon Foster

Age: 12 Team: Windham Little League Swing Away Coach: Jason Sun

Parents' names: Jen and Adam Foster

Reason for selection: In the coach's preassessment of the team, he had a dozen shortstops, third and first basemen, but no catcher. Knowing Brandon was one of the older kids on the team, coaches assigned him with the catching role. Brandon accepted the challenge but provided fair warning that he had never caught before. In the team's first game, it was a tough first two innings, but he adjusted pitch-by-pitch and by the last inning, the team had found its catcher. Brandon has continuously been the embodiment of a team player, knowing he has to do his part for the team's success. Brandon is a walking, breathing, talking billboard; you can do anything you want if you put your mind to it. He is our number five hitter and hit the team's first homer along with three triples and three doubles. Every additional hit is icing on the cake.

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WHS Cross Country fares well in second-seven race

By Matt Pascarella
STAFF WRITER

Windham cross country’s regional and state competitions are on the horizon. For both the regional and the state competitions, only seven runners are allowed from each team. The second-seven meet is an opportunity for those that aren’t in the top seven to have one more meet before the end of the season. The second-seven meet, a 5K, was held at Sanford High School on Saturday, Oct. 18.

“They ran excellent today; we were all working on getting out a little bit faster today and trying to maintain that pace,” said Windham boys’ and girls’ cross country coach Paula Pock. “They all executed really well on that. (Half) of the runners got personal records, that’s how you want to finish. One thing they can improve on is using their momentum and their base that they built up and carrying that into next season will be really beneficial.”

GIRLS

Windham junior Alanna Lewis finished first for Windham and 17th overall with a time of 26:59.74 minutes, a personal record for her by a couple minutes.

“I think I did really well, switching a sport this year was really hard for me,” said Lewis, who used to play soccer. “Switching took a lot of confidence; I’m proud of myself for improving and my teammates have pushed me to do better; they’re confident for me. I started out in the back of the pack but have improved. I’m pretty proud of myself – probably my fullest push to finish.”

Lewis said this is one of the best courses they’ve run on, and their competition was pushing them the whole time, which helped her finish. She had



(L to R) Windham junior Alanna Lewis runs the course during the second-seven cross country meet held at Sanford High School on Saturday, Oct. 18. Junior Leana Robbins keeps a solid pace. Junior Morgan Willey heads toward the finish line. Sophomore Liam Moxcey competes in the last stretch of the race. PHOTOS BY MATT PASCARELLA

her fastest two-mile she’s done; pushing hard at her last mile is a goal for next year.

Leana Robbins, a junior, finished second for Windham and 19th overall with a time of 27:12.76, also a personal record for her.

BOYS

Junior Morgan Willey finished first for Windham and 49th overall with a time of 24:06.29.

Sophomore Liam Moxcey finished

second for Windham and 55th overall with a time of 25:13.26.

“I think I did ok, I definitely felt like I could have done better,” said Willey. “I felt like I could have pushed a little harder, but I was definitely more in my comfort zone than pushing my-

self. I think my form went well. The course was nice; I liked it a lot; this is my first time on it. My competition ... I could keep up with them. I am proud of how I did because I made it all the way through the season without giving up.” <

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That foreboding feeling

By Andy Young
STAFF WRITER



- Andy Young, Columnist

There are different degrees of adversity which human beings have to deal with from time to time. Stubbing a toe or hitting one's thumb with a hammer are, in the grand scheme of things, mild mishaps that most rational people can deal with. However, the severity of the aftermath can vary, given the circumstances. For example, a small hammer hitting an exposed thumb is

a temporary annoyance, but an inconveniently located foot getting pounded by a careless sledgehammer-wielder is a calamity. Losing one's phone or wallet can seem like the end of the world in the moment, although those sorts of things tend to work themselves out eventually. The same goes for certain physical setbacks, like sprained or fractured limbs. But some bits of ill fortune have lasting consequences, like domestic violence, divorce, natural disasters, or chronic and/or terminal diseases.

When something unfortunate happens to me, the first thing I do is honestly ask myself if I deserved it. For example, let's say an important appliance stops working for no apparent reason. If I've been unfair to someone, not alerted the cashier at the grocery store when she gave me more change than I was entitled to, or teased someone because they're a New York Jets fan, well then, I had it coming. However, if I genuinely cannot come up with a single reason why misfortune has befallen me, I begin quivering with anticipation, because I firmly believe that: A) over time, the breaks even up, and B) sooner or later karma, both the good and the bad variety, eventually impacts people judiciously. If I've been unlucky and there's no justification for it, I know for certain that something good is coming my way. An instance of this happened not long ago. My furnace had stopped working, which was four digits to the left of the decimal point worth of bad news. But I truly couldn't remember doing anything to deserve it, and lo and behold, a week later I got a call from the new bookkeeper for someone I had done business with, wondering why I hadn't cashed the substantial check they had sent three years earlier. The answer, of course, was I had never gotten it, so after double-checking



their records and apologizing profusely, they sent me \$3,000. A similar example: my car got a flat tire at a time that was extraordinarily inconvenient.

(Which begs the question: is there ever a convenient time to get a flat tire?) On that occasion I again searched my memory for reasons I might have merited misfortune but found none. Shortly thereafter, a local grocery store sent me a \$50 gift certificate for some silly contest I had long since forgotten entering. I haven't had much bad luck lately; in fact, the opposite has been true. Just last week I found a dime in the parking lot at school, and two quarters at the gas station when I was filling up my car. Then the next morning the New York Rangers wristband I thought I had lost weeks ago tumbled out of a clean shirt I was putting on. Why wristbands feel the need to hide inside larger articles of clothing while they spin in the dryer is anyone's guess, but the fact is they do so far too frequently for it to be coincidence. The only problem with this spate of recent good fortune: I've meticulously combed my memory but haven't come up with a single reason I deserve all of this good luck. And, as mentioned previously, in my experience the breaks ultimately always even up. Uh oh. <

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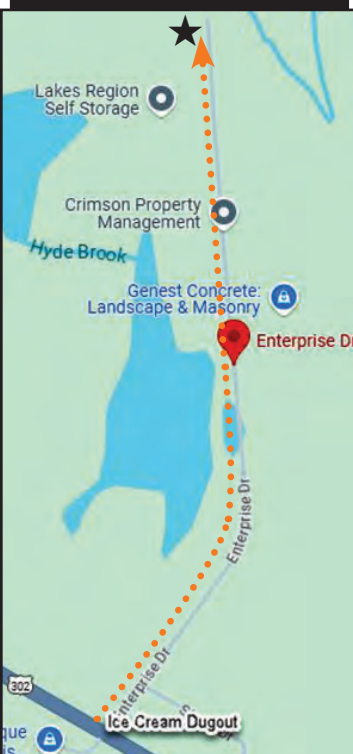
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Preparing to sell your home this fall: what you should know

By Richie Vraux
SPECIAL TO THE WINDHAM EAGLE



- Richie Vraux Pine Tree Realty



- Richie Vraux, Pine Tree Realty

Autumn is a powerful season for home staging because it naturally evokes a sense of coziness and nostalgia. With the right touches, you can showcase your home in a way that appeals to both the heart and the eye, helping it to stand out in a competitive market. Once inside, buyers should feel an immediate sense of warmth. Swapping lightweight summer throws for chunky knit blankets and adding accent pillows in earthy tones can transform a space. Area rugs can also soften hard floors and create defined spaces, especially in open floor plans. These subtle updates don't require a big investment but make rooms feel more inviting and ready for cooler weather.

Make your home cozy: When preparing your home for sale in the fall, it's important to highlight seasonal charm. Add cozy touches such as autumn-themed decorations, warm lighting, and inviting scents like cinnamon or pumpkin spice. These small details can help buyers envision themselves enjoying the home during the cooler months and create a welcoming atmosphere that sets your property apart.

First impressions: First impressions are everything to buyers. If

you're selling your home, you'll want to take the time to make the property shine. Beyond your home's high-level selling points, such as cost and location, buyers look for properties in which they can imagine themselves living. As the seller, this means making your home as appealing as possible during any open houses or showings. Nothing sells as well as a home that is clean, decluttered and elicits happiness. Getting your home ready to sell takes time and effort. If you're looking to prepare your house for the market, here are some tips that are sure to help.

Give your home a deep clean: From the baseboards to the tops of the ceiling fans. Consider calling professionals to ensure your home (and especially your carpets) are in pristine condition. You may also consider a fresh coat of paint to cover any scuffs or imperfections. Freshly painted walls cover the small imperfections and also smell fresh.

Declutter each room: Removing excess clutter can go a long way with buyers. If you are going to take those items with you to your new home, box them up and put them neatly in the basement against a far wall. Buyers understand that you are moving soon and expect to see your boxed up items. Consider giving items away to donation centers, disposal sites and consignment shops. For items you plan to keep in the home, try to avoid overstuffing closets and drawers. If you have a lot of stuff, consider renting a month-to-month storage unit.

Depersonalize: Buyers will imagine themselves living in your space. Removing some of your personal items, such as photographs and family heirlooms, will help potential buyers

ers visualize living there.

Repairs: Now is the time to fix the items that have been on your to-do list for years. Whether it's a leaky faucet, broken door handle or cracked windowpane, you want homebuyers to know that your home has been well cared for. You may want to consider hiring someone a handyman that will take care of those little things that the buyers will be looking for in your house. Let's face it, I am sure you are dealing with your new home and the changes you will want to take care of before you move into your new home.

Staging: You'll want to make your home as warm, welcoming and inviting as possible. Consider rearranging furniture to make rooms appear larger and installing new light bulbs to make them brighter. If you have a fireplace, make sure it is lit, and the logs are supplying you with a warm room. Buyers need to feel themselves in that room cozied up to a warm blanket and having the fireplace going while you are reading your favorite book, so they will take possession of this room.

Outside your home: Because curb appeal is so important, make sure that your outdoors looks as good as your inside does. consider placing fresh mulch, planting flowers and getting your lawn in the best shape possible. Mulch around your flowers and plants always make it look rich and well kept. Make sure the grounds have been cared for. Try and keep up with keeping the leaves off your grass. I know it is hard to do, especially during this season when the weather is uncontrollable.

When negotiating your price once you get an offer, it is much easier getting a better offer when you have a well-cared for house. In short, the better your house looks, the higher price you will get. Good luck and I hope your home sells fast.

This article was created by Richie Vraux Pine Tree Realty of Maine 76 Tandberg Trail, Windham. He has over 25 years experience helping buyers and sellers. If you need real estate advice, feel free to reach out to him at 207-317-1297 or send an email to: richardjvraux@gmail.com <

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FOOD AND GAMES

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Cooking Corner

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

Smoked Sausage Pasta

With peppers, onions, and garlic, this creamy pasta and smoked sausage dish is full of flavor. It's a one-pan meal that's perfect for busy weeknights.

Serves 6

INGREDIENTS

- 16-ounce penne pasta

2 tablespoons of olive oil

2 pounds sliced smoked sausage

1 diced onion

4 cloves minced garlic

1 diced red bell pepper

1 diced yellow bell pepper

1 diced green bell pepper

1 28-ounce can of diced tomatoes
- 1 cup of heavy cream

1 cup of chicken broth

2 teaspoons of dried oregano

2 teaspoons of dried basil

1/4 teaspoon red pepper flakes (optional)

kosher salt to taste

black pepper to taste

1 cup of grated Parmesan cheese

2 tablespoons of chopped fresh parsley

INSTRUCTIONS

Cook the pasta according to the package directions until al dente, then drain and set aside. In a large skillet over medium-high heat, warm the olive oil. Add the sliced sausage and cook for about 5 minutes until the slices are browned on both sides. Transfer to a bowl and cover with foil to keep warm.

Add the onion to the skillet and sauté for about 3 minutes until translucent. Stir in the garlic and cook for 1 minute until fragrant. Add the diced red and yellow bell peppers cooking for another 5 minutes until they begin to soften.

Add in the remaining ingredients, except for the cheese, and return the sausage to the skillet. Bring the sausage mixture to a simmer and let it cook for 5 to 7 minutes until the sauce slightly thickens. Add the cooked pasta and toss until evenly coated in the sauce. Stir in the grated Parmesan cheese and cook for 2 to 3 minutes until melted and the pasta is heated through.

Taste and add additional salt or pepper as needed.

Serve hot, garnished with fresh parsley.

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E	R	R			S	A	M	A	S		E	L	E	A
D	E	C	A	P	I	T	A	T	E	D		I	N	N
A	S	I	N	I	N	E		E	E	R	I	E	S	T
M	E	N	A	C	E				S	A	L	V	E	S
	T	E	S	T						B	L	E	D	



CROSSWORD PUZZLE

1	2	3				4	5	6				7	8	9
10			11			12				13		14		
15						16						17		
	18				19						20			
			21							22				
	23	24								25			26	27
28					29		30	31	32		33			34
35							36						37	
38			39	40		41				42	43		44	
	45				46					47		48		
			49							50				
	51	52				53	54	55				56	57	
58						59						60		61
62						63						64		
65						66						67		

CLUES ACROSS

1. Droop

4. Rested in a chair

7. Thai (var.)

10. Draw out wool

12. Coatis genus

14. Taxis

15. Beige

16. Supplementing with difficulty

17. Capital of Norway

18. A personal written history

21. Cologne

22. Australian flightless bird

23. Lowest freeman; early Eng.

25. 18th C. mathematician Leonhard

28. Cabinet Dept. for homes

29. Languages of Sulu islands

33. More scarce

35. Before

36. Swiss river
37. Actress & director Lupino

38. Edges

41. Thousand Leaves prefecture

44. Soldier hero of Spain El ____

45. Gains through work

47. To the front

49. I (German)

50. Price label

51. Barack's 1st lady

58. Drench with liquid

59. Child (scot.)

60. "Aba ____ Honeymoon"

62. Disappearing shade trees

63. Cricket frog genus

64. Union busting worker

65. A priest's liturgical vestment

66. Previously The Common Market

67. Upper left keyboard key

CLUES DOWN

1. Midway between S and SE

2. Genus of birds

3. Personal spiritual leader

4. Japanese rice beverage

5. Eared owl genus

6. Wood oil finish

7. Hyphen

8. Competently

9. Equal, prefix

11. Broad-winged soaring hawks

12. A collection of star systems

13. Be in accord

14. Links subject & predicate (linguistics)

19. Paddles

20. Asian river between China and Russia

23. Physicists Marie or Pierre

24. Excessive fluid accumulation in tissues

26. ____Dunlap, pageant title-holder
27. Made again

28. Norse goddess of death

30. A waterproof raincoat

31. Express pleasure

32. ____ Lanka

34. Radioactivity unit

39. Clay blocks for building

40. Linear unit

42. Conductor tools

43. Whale ship captain

46. Queen who tested Solomon

48. Good Gosh!

51. A gangster's girlfriend

52. Unstressed-stressed

53. Draw through holes

54. Old Italian monetary units

55. Musician Clapton

56. Ceremonial staff of authority

57. Fabrics of camels or goats

58. Large body of water

61. Basics

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

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

SUDOKU

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



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BUSINESS SPOTLIGHT

Everyone who brings their vehicle to Tinker Automotive Services leaves as a friend and the business values customer satisfaction, doing the job right the first time and delivering affordable repair costs above all.

Owned and operated by Levi Tinker since 2017, the garage moved to a larger location at 51 Tandberg Trail just over a year ago. The Tinker Automotive Services team of technicians strive to perform the highest quality vehicle repairs with courtesy, respect and expertise. They are trusted to never upsell you on repairs you don't need and always have proof to back up their reasoning for work needed.

Tinker Automotive can maintain and service your light truck, car, and SUV and offer everything from brakes to engine diagnostics, air conditioning service, general repairs, maintenance and much more.

Featuring five bays, Tinker Automotive also conveniently handles wheel alignments and along with performing state inspections for four-wheeled vehicles, the business also offers state motorcycle inspections and a complete line of affordable repairs and maintenance services for all types of vehicles.

"We're grateful to be able to serve this community and have made so many wonderful friends through the years," Tinker said.

His skills in auto repair began at a young age and have helped him earn a legion of devoted customers who rely

on Tinker's expertise and honesty in diagnosing and resolving troublesome auto issues.

“Even as a kid, I would go to the town dump to see if I could find a bike to fix up,” Tinkler said. “For me, it was so much fun to take a broken bike and get it up and running again. There was a sense of satisfaction and accomplishment in that. And there still is.”

Having worked in the automotive repair business for his entire adult life, Tinker worked his way up to owning his own repair shop through hard work, honesty and delivering exceptional results on time while ensuring customer costs are as low as possible.

Tinker takes pride in being able to explain the extent of the repair work required in understandable terms to his customers.

"I will take time to show people what the problem is and do my best to explain in a way they can understand," he said. "Unfortunately, in the automotive repair field, people are often taken advantage of, and we are adamant about not doing that. We never

upsell anything and we are straightforward and honest.”

Not only have they been an Eagle Choice Award winner for the past five years, but the outstanding reviews posted online are confirmation that Tinker Automotive Services is a preferred local choice.

"A big thank you to Tinker's Auto Service for taking the time to check my vehicle when I didn't have an appointment to do so. It concerned my A/C, and I was told if I have any more problems with it to call and they will be able to put it up on the lift to check further as the lift was already being used. I would recommend Tinker's to anyone that is having issues with a vehicle. They are wonderful to work with, and I appreciate the quick action they took to help me." ~ Janet Kimball Snow

"If I don't have my truck, my business comes to a screeching halt. Not only did Tinker's get my truck into their shop quickly, but they diagnosed and fixed the issue (front brakes, pads and rotors) that same day. Most shops would have done that over 2 days, but Tinker's worked

their magic and busted that sucker out in half that time! I'm truly appreciative of everything they do. From the great communication about what needs to be fixed, to the hard work that the mechanics do to make those repairs happen in a timely manner. Thank you all for being trustworthy, reliable, and honest, it's truly appreciated." ~ Michael Pressey

"We were referred to Tinker Automotive when our current mechanic retired. We were planning a long family road trip with our kiddos and wanted a thorough check of my vehicle before we hit the road. I immediately felt relieved by the fantastic customer service and great communication with everyone at the shop. When I needed to stop in with my kids, they had toys and treats to keep them busy and were all very kind. We had multiple issues with my vehicle that needed repair. The shop was thorough and very fair with their assessment and pricing. We feel that they went above and beyond to help us get on the road safely. It isn't often that you find a kind and honest automotive shop that is this great at repairs. We are happy to have found them and highly recommend to anyone in need of a good mechanic." ~ Lynnsey Flynn

Tinker Automotive Services assists its customers in maintaining safe and reliable vehicles, and offering the community honest, reliable, and exceptional service. FMI or to make an appointment, call or text 207-318-0342. Follow them on Facebook. <

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➔ CONNECT *Cont. from page 1*

what to look for when rolling out to someone’s home.

That same information can be entered for businesses but additional information like, where are the access points, are their elevators and other pertinent business features can be entered into their account. Information on whether there is hazardous material and the location of fire protection systems on the premises would also be helpful to those responding.

In addition to providing information for firefighters and/or paramedics, there is also a function that could help the public in the event of

more widespread emergency. “There is a notification feature that could be rolled out in the near future for emergency or regular public safety information notifications,” Libby said.

For those worried about the security of their personal information, Libby assured that “this is a secured website. It is (linked) with our secured website that we use for all out inventory, pre-planning, response and reporting system. When there is an incident at the location, it will show us that additional information is available through Community Connect.”

For further information or to sign up, go to the website www.communityconnect.io/info/me-windham. <

Social media ‘cloning’ scams

Fraud criminals are adept at copying people’s social media profiles to impersonate them. Indeed, Facebook reportedly shut down more than one billion fake accounts in the third quarter of 2024 alone. Criminals use cloned accounts to reach out to the actual person’s friend list for nefarious reasons: to fake a problem they need help with, to access sensitive information, or send out malicious links to the real person’s friends. Before accepting a friend request on your social media platforms, keep these tips in mind to protect yourself from scams. To make sure you are hearing from the person and not a clone of that person’s profile, double-check that you are not already friends with them. If not, reach out if you can to the person by phone, email, or text to confirm that the request is real.

Finally, adjust the privacy settings of your account to limit who can see your posts and your profile details. Info like your workplace, school, or hometown can all be used by scammers to build convincing cloned accounts and target your network.

Learn how to spot and avoid scams with AARP Fraud Watch Network™. Suspect a scam? Call our free helpline at 1-877-908-3360 and talk to a fraud specialists about what to do. <



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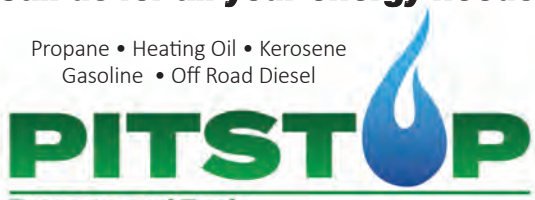


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