

Windham High School brings the 1950s to life with the Grease musical



Windham High School's performance of 'Grease the Musical' kicked off their first weekend of performances with a fun, high energy show. Set in the 1950s at Rydell High, the show explores love, rebellion, and the complexities of high school life through the romance of Danny Zuko and Sandy Dumbrowski. Upcoming shows are on Nov. 21 and 22 at 7 PM and Nov. 23 at 2 PM at the Windham Performing Arts Center in the auditorium at WHS. PHOTO BY MYCHELLE KOUTALAKIS

By Masha Yurkevich
STAFF WRITER

As the days get shorter and colder, the Windham High School (WHS) Grease musical will certainly make you feel warm and energetic. Grease the Musical is a vibrant and high-energy show set in the 1950s at Rydell High. The show explores love, rebellion, and the complexities of high

school life through the romance of Danny Zuko and Sandy Dumbrowski. Upcoming shows are on Nov. 21 and 22 at 7 p.m. and Nov. 16 and 23 at 2 p.m. at the Windham Performing Arts Center. Ticket prices are \$15 for adults and \$13 for seniors and students. Tickets are sold only on show dates at the door of Windham High School Performing Arts Center door

one hour before show time. "There are 75 students working on this production, the largest group we have ever had, says Rob Juergens, Director of the show. "Although our stage is pretty big, it proved difficult to stage so large a group with set pieces as well. But we did it! It is amazing to see a stage full of students in larger dance numbers."

For Juergens, his favorite part of the musical was watching Sandy, Danny, the Burger Boys and the Pink Ladies develop their characters throughout the rehearsal process. "They developed unique personalities while also forging a group identity," says Juergens. The show is very fast-paced and
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Local teens coordinate successful food drive to support the Windham Food Pantry

By Erin Rose
STAFF WRITER

A Windham parent enlisted teens and members of the community for a food drive that raised more than \$500 to purchase food items for the Windham Food Pantry, along with collecting additional food donations from Windham residents. Angela Libby spent a little under two weeks collecting funds and donations, ending up with more than four shopping carts full of food for the food pantry. She assembled a group of teens from Windham High School to help with both collecting donations and with a shopping trip to Market Basket in Westbrook.

"I wanted to help, and I wanted my youngest daughter to be involved and see that there are people who are less fortunate than us" in the community, she said. "Having the kids hear about how many are in need, how many people come [to the Food Pantry], and what is available was really eye opening for them, which is exactly what I was looking for." Libby added that hearing from a food pantry volunteer that there are 38 families from the Windham Primary School seeking help from the community organization really hit home for the kids. "It was an eye opener for them,"



A group of WHS students shop for goods to donate to the Windham Food Pantry with funds raised over the course of two weeks. Front from left, Layla Pinto, Amelia Richards, Hazel Lundberg, and Audrey Libby. Back from left, Madi Valliere and Peyton McLean. SUBMITTED PHOTO she said. "They couldn't believe it. It's hard to realize what's going on in other kids' homes." Upon hearing about recent cuts to SNAP benefits, the mother of three daughters used a group chat from a group of teens who attended Homecoming together to reach out to par-

4 provided a perfect opportunity for the teens to visit the grocery store and pick up items from the donated funds. "We had a blast," Libby said, adding that the kids maintained organized carts to ensure that there was a variety of foods purchased and worked hard to remain under the \$500 budget. The community has also given to the effort, after a posting on the Windham Maine Community Board on Facebook. More than 15 people commented on the post, 138 liked the post, and it was shared 19 times. "People were pretty awesome," Libby said. "The majority of this community stepped up one way or another, whether it was with us or with another program." Colette Gagnon, who runs the Windham Food Pantry, echoes those sentiments, saying that the residents of Windham have gone above and beyond to help those in the community who are suffering from food instability. "They are generous like you can't believe," she said. The day off from school to honor Veteran's Day on Tuesday, November
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INSIGHT

Lost and found

Sometimes it takes reconnecting with old friends to realize how far we’ve come in life and how meaningful our journey has been because of people like them.

I first met Keith Gilstrap on the evening of Friday, June 10, 1977. I recall that date vividly because it was my first day of serving in the U.S. Air Force.

Keith took the bunk across the aisle from me in the barracks during our military basic training at Lackland Air Force Base in San Antonio, Texas and we became close friends. He enlisted in Georgia, and I took the oath in New Mexico. We were both young and ready to establish our careers once we were out of basic training.

The experiences we shared over the next eight weeks created a lasting bond that we share to this day. It was intense at times and mentally, physically and emotionally trying. We watched as some members of our basic training flight dropped out and we were determined not to let the same fate befall us. If one of us had a problem, we would put our heads together and figure it out for the betterment of those remaining in our flight.

Upon graduation, Keith and I learned that we would both be boarding a bus to take us to technical school at Sheppard Air Force Base in Wichita Falls, Texas. He was studying to become an aircraft mechanic while I was learning about Air Force communications systems.

Since both of us were married, during the first weekend we were there at Sheppard, we learned of some available apartments situated across the road from the back gate to the base. We both looked at them and rented one-bed-rooms next door to each other.

On the evening of Aug. 16, 1977, Keith and I were both assigned to the roof of a building at Sheppard and instructed to watch the skies for tornado formations that could potentially strike the base causing damage. To pass the time that night, I had brought along a transistor radio, and we listened to a news broad- cast reporting that Elvis Presley had been found dead at his Graceland mansion in Memphis, Tennessee.

In mid-October 1977, Keith and I said our goodbyes as we each had complet- ed technical training and were headed home on leave before traveling to our permanent duty assignments in the U.S. Air Force. I shook Keith’s hand and told him I was grateful for his friendship during basic training and technical school and hoped that someday our paths would cross again.

I spent the next three weeks in New Mexico before flying to Germany for my duty station there. Over the next eight years, I served as an Air Force journalist writing articles and serving as editor of a weekly base newspaper but had lost touch with Keith.

Days turned into months and then into years and decades. Somehow during frequent military moves back and forth to new assignments, then returning to college and newspaper jobs in New Mexico, Florida, New Hampshire and Maine, my basic training flight photo disappeared. In fact, the last time that I can recall seeing it was in the early 1980s when I was home in New Mexico visiting while on leave from Luke Air Force Base in Arizona.

Earlier this summer, I joined a Facebook group called 3723 BMTS, featur- ing flight photos of the Air Force’s 3723rd Basic Military Training Squadron at Lackland Air Force Base in the 1970s and 1980s. It had some, but not all, of flight photos of airmen like me during that time. Unfortunately, my flight’s photo was not among the group posted and it got me to thinking about Keith and wondering what had happened to him.

I searched for him online and found his name on a photo caption for a hunt- ing group in Georgia. I sent a message to the person who posted that photo and asked if he would pass my phone number to Keith, hoping it was him.

Two days later, I received a phone call from Keith, and we spent nearly two hours reminiscing. He told me all about his four years of military service and subsequent career as a civilian F-15 mechanic. He later became so good at his work that he led a rewiring project for F-15s for the U.S. Air Force.

He said he was proud of my journalism career after the military and asked what I missed the most about my time in the U.S. Air Force. I told him that I regretted misplacing my flight photo years ago and only had a few photos of my time in basic training.

Keith then informed me I had signed his basic training yearbook, and he texted me a photo of myself at age 23 in the barber shop waiting to have my hair buzzed off on the second day of basic training. I confirmed it was indeed my sig- nature and told him I never got a yearbook, so I had not seen that photo before.

The next thing he sent was a copy of my lost flight photo and it brought tears to my eyes.

My life is better because of friends I have made like Keith. < ~ Ed Pierce

Today in HISTORY

NOVEMBER 21

1946 – Harry Truman becomes the first US president to travel in a submerged submarine.

1952 – The first US postage stamp in 2 colors (rotary process) is introduced.

1961 – “La Ronde,” the first revolving restaurant in the US, designed by architect John Graham Jr., opens atop the 23-floor Ala Moana Tower in Honolulu, Hawaii.

1963 – US President John F. Kennedy flies to Texas and is assassinated the next day.

1964 – The Verrazano-Narrows suspension bridge opens in New York City, the world’s longest at the time.

1967 – Phillip and Jay Kunz fly a kite a record 28,000 feet.

1969 – US performs nuclear test at Nevada Test Site.

1976 “Rocky” directed by John G. Avildsen and starring Sylvester Stallone premieres in New York.

1989 Law banning smoking on most domestic flights is signed by US President George H. W. Bush.

ON THE SPOT

What is your favorite Thanksgiving tradition?

Watching the Macy’s Day Parade and then the Dog Show! – Melissa Carter

Saying my grandfather’s blessing. Sharing memories around the table. – Julie Mallett

Eating potatoes and stuffing. – Robert McFarlane

Leftovers. – Connie McInnis Polomski

Counting our blessings. The people may change around our table but there is always something to be thankful for. God is good. – Sharon Bickford

The way Gingy’s shrimp salad and grandson N’s sweet potatoes and pecans and Aunt H’s red cabbage and apples unite the family thru miles of space and generations of time. – Francesco Paredon

Doing the “Disguise the Turkey” coloring page with my kids. – Whitney Seitz Traylor

Watching football with my family. – David Atkinson

Hunting all day and coming home to a feast. – Glen Chadwick

Going through the newspaper and scouring websites for Black Friday sales. – Katie Richardson

Cooking with my mom and talking about how grateful we are. – Sandra Wake

After dessert, our family breaks out the board games. We share lots of laughs. – Erika Bragg

Once the meal is complete I turn on the Christmas music and start decorating. – Marika Tracy

Taking a nap. – Jeremy Gibson

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EDITORIAL POLICY

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Inspirational Quote of the Week

“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.”

– Marcel Proust



By Lorraine Glowczak

STAFF WRITER

Bloom said these findings inspire him to bring science outdoors in a meaningful way.



JSMS' outdoor education pilot program students bird watch as one of their recent activities. This program not only meets science standards and encourages life building skills, but the outdoor activities make learning fun and engaging. PHOTO BY LORRAINE GLOWCZAK

Outdoor education naturally encourages the core practices of science: asking questions, making observa-

tions, forming hypotheses, and testing ideas.

“You can certainly do that inside

Bloom said that this program is a work in progress, adding that he and the students are figuring out what works and what doesn't. "The students get to see that learning is a collaborative process. We're exploring, experimenting, and improving the program for next year."

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➔ **GREASE** *Cont. from page 1*

high energy, showcasing 50's style dancing and singing. Each act runs only 50 minutes, which makes for a short show.

"Set in Rydell High School in the 50's, the plot involves the complexity of relationships among students, focusing on Danny and Sandy," says Juergens. "Although the script provided is sparse, several companies offer additional songs from the movie that audiences are familiar with. The characters are wildly entertaining, and the songs and dances provide the audience with a blast of energy that have them leaving the show smiling and humming the tunes."

Some audience members will be familiar with the story and many of the songs because of the popular film adaptation from 1978, but there are some differences that make this ex-



The 'Grease the Musical' production brought 75 students together to perform, the largest group the WHS stage has ever seen. PHOTO BY MYCHELLE KOUTALAKIS

perience fun and engaging. The WHS production of Grease has a cast of 56 students and 15 students working on the technical aspects of the show, so it is one of the largest groups to be involved in a WHS show. Audiences for all three opening weekend shows topped 300 tickets for each show —

the back wall had to be opened, and the bleacher seats used to accommodate such large crowds on Saturday and Sunday.

Corey Brackett, a senior at WHS, plays Sandy in the musical. "For me, the hardest part of the show was doing the song 'Hopelessly Devoted to You' because not only is it a beautiful song, but it has been iconically performed by singers like Olivia Newton-John. I really wanted to do that song justice," says Brackett.

Brackett also shared that she really enjoys the wigs and costumes from the 1950s, but what is very meaningful to her is the journey of self-confidence that Sandy goes on.

"Some people will say Sandy changes for a boy. I think she is learning who she is and how to stand up for herself — to Rizzo and to Danny," says Brackett. "She goes from meek to self-confident."

and practice."

That work has paid off and now his favorite part of the show is the duet in 'You're the One That I Want', which is an iconic song for Grease fans.

The show sold out the first weekend, with over 1100 tickets sold. The audiences were cheering and applauding from the opening curtain to the final song. "Comments I heard included 'the best high school show I've ever seen', and 'better than Broadway'," says Juergens. "The atmosphere in the lobby after the show was electric as the cast and crew greeted their fans and families."

The community is strongly encouraged to attend a show and are promised that they will leave with a smile, humming the catchy tunes. Upcoming shows are on Nov. 21 and 22 at 7:00 p.m. and Nov. 23 at 2:00 p.m. at the Windham Performing Arts Center. <

June B. Hawkes, 91



June Beverly Meehan Hawkes passed from this earthly life on October 16, 2025. It is with conviction that her family is assured that she experienced great joy and peace as she joined her one true love and husband, Richard N. Hawkes, their son, Eugene, and their son-in-law John Hagar in heaven.

June was born on August 24, 1934, the second daughter of Lester H. and Florence Bell Meehan. When June was a toddler, the family lived on Windham Center Road across the street from the Hawkes farm. They moved to Duck Pond Corner in Westbrook where June and her siblings – older sister Nancy, younger sisters LaVerne and Sharon, and brother Glenn grew up and were educated in Westbrook schools. The girls attended a one-room schoolhouse for elementary school. As a young woman, June was the organist at Highland Lake Church. After graduating from Westbrook High School in 1952 and working in Portland for SunLife Insurance of Canada, June dated Richard Hawkes whom she had met as a toddler. They married on May 4, 1956. June and Dick then traveled from Maine to Tulare, California where Hawkes family relatives were residing. Until her death, June shared many, many fond memories of the time she and Dick had spent in California, and she stayed in constant touch with all the relatives out there.

After the birth of daughter Becky Lynn in California, Dick and June returned to Windham, living and working on the Hawkes farm alongside Dick's brother and sister-in-law, Frank and Florence. Born in Portland on October 2, 1959, son Eugene joined big sister Becky, June remained on the farm until December of 2023 when she needed the services of assisted living. She and Dick operated apple orchards, greenhouses, a cider mill, and logged family property on upper Nash Road and contributed to the Hawkes Roadside Stand operated by Frank and Florence.

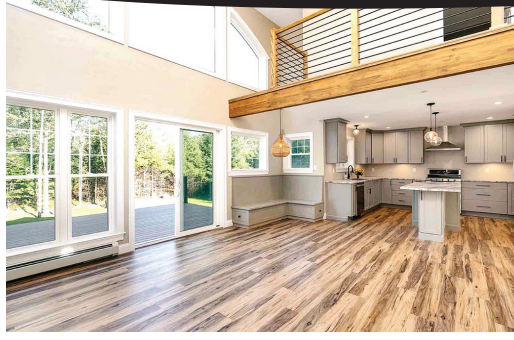
June and Dick were the first to plan and plant beautiful floral displays on each of the islands at the Rotary at the intersection of Routes 302 and 202. When Dick passed away, June single-handedly kept the huge greenhouses and the cider mill in operation and was for 25 years a valued member of the staff at Windham Public Library. She was a dedicated volunteer at church suppers and a huge contributor of baked goods, crafts, and floral arrangements with the Women's Fellowship of Windham Hill Church.

June was predeceased by her parents, her husband, Richard N. Hawkes, their son Eugene Hawkes, son-in-law John Hagar, and June's sister, Sharon Scammon. She is survived by her daughter, Becky Lynn Hagar of Windham, sisters Nancy Gowen and LaVerne Hustus of Westbrook and brother Glenn Meehan (Doris) of Windham. She is also survived by many in-law relatives in the Hawkes family whom she loved dearly as well as many, many nieces and nephews from the Hawkes and Meehan families.

The family is incredibly thankful to Lisa Brent, Wendy Loring (and Daisy), Sally Bannen, Doris Meehan, and Lea Hennigar for their continual care and companionship in June's final years of life. The support of these people encouraged June to walk outside, do craft projects and some helped with her favorite chosen activity of completing 300-piece puzzles, sometimes as quickly as in one day! You all brought her joy in a life that was difficult for her.

A CELEBRATION OF JUNE'S LIFE WILL BE HELD
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Windham resident looks to Shine with new album release

By Erin Rose
STAFF WRITER

A new star is on the rise in Windham and is looking to connect with audiences through his latest album.

Munye Mohamed, who goes by the stage name Shine, will be releasing “Aspirations 3” on Thursday, November 27. It marks the third and final installment of the series and is a culmination of the project.

“The vision is only getting better” the rapper said. “I’m trying to always progress.”

“Aspirations 3” follows two previous albums, “Aspirations” and “Aspirations 2”. Released in 2015, the initial album found incredible success on YouTube and amassed more than 1.6 million views on the video streaming site.

Shine spent more than a year working with an artist in California to craft the video for the album’s “Lifeless” track. He also spent a significant amount of his own funds to support the visual release, including renting a private plane and Lamborghini.

“It was a lot, but that’s what I have to do,” he said. “People are going crazy for the new video!”

The video features futuristic themes, including AI-generated content, and is meant to be looking towards Shine’s future success in life and the music industry.

“People have never seen anything like this in Maine,” Shine noted.

Admitting to making some mistakes in the past, Shine is looking to be an example for older teens as they transition into adulthood, pointing to alcohol as a contributing factor to poor decision-making.

“For young adults, I feel like alco-



Munye Mohamed, who goes by the stage name 'Shine' recently moved to Windham and is releasing his latest album at the end of this month. Here he is as featured in his music video for 'Aspirations' in 2015. SUBMITTED PHOTO

hol is a problem,” he said, adding that young kids struggle with their emotions but do not reach out for suitable help instead of using alcohol to cope. “My music, it’s for the people out there that have been through what I’ve been through.”

The shift away from that lifestyle even shows in Shine’s name, as he originally used the moniker “Moonshine”, but no longer wanted the tie to alcohol in his brand.

“As I moved out of a scene that included heavy drinking, I slowed down,” he said. “I don’t want to portray that image. I took out the moon, and now I shine.”

His upbringing experiencing poverty in Portland has helped shape his music and is empowering the artist to push and strive for better things.

“I came up from the projects,” he said. “I’m the people that people look up to. It’s not easy.”

The artists recently moved to Windham after spending his life in

Portland, seeking the peace and quiet of the community to lay down roots.

“Portland is a lot of noise, a lot go-

ing on,” he noted. “Windham is peace of mind.”

His high school English teacher encouraged him to compete in the Maine Poetry Out Loud competition in 2011, which started Shine’s journey to discovering the power of words. That competition even features in the music video for “Aspirations.” A two-year trip to Kenya then helped inspire the artist to shift into music.

“Africa got me on track and made me humble,” he said, adding that “the sky’s the limit.”

While pursuing music, Shine also works at the Oakhurst Dairy in Portland and recently graduated from the Northeast Technical Institute with a degree in HVAC.

Shine’s music can be found on Spotify, Soundcloud, and YouTube Music. The video will also be available on YouTube once released. <

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→ **DONATIONS** *Cont. from page 1*

“I wouldn’t be able to serve that many people if the town wasn’t as generous as they have been.”

“The food drive that Angela did with her daughters was really, really nice. And there are other groups doing things of all kinds,” Gagnon added.

The Windham Food Pantry serves over 325 families currently, with that number increasing almost daily.

“I get calls practically every day, saying they don’t have their SNAP benefits and would like to sign up for the food pantry,” Gagnon said.

-With the holidays speedily approaching, the needs have grown as

families look to fill their tables for those special meals. The pantry is working to build Thanksgiving baskets for those in need and has been able to complete baskets for the families who have requested them. Last year, the organization completed 70-75 baskets, while this year, they will be looking to fill “way more than 100,” Gagnon said.

“We’ve been able to fill all the baskets people have asked for, and I’m sure I will get more,” she added, noting that it is inevitable that more requests will come in as the holiday nears.

If people from the community are looking to help, the pantry benefits

the most from financial donations, as it is a member of the Good Shepherd Food Bank network, which allows participating food banks to purchase food in bulk for discounted rates.

“Monetary donations would be really, really nice,” Gagnon said. “If we have monetary donations, then we’re able to purchase more food for the buck.”

She also noted another organization, the Windham Clothes Closet, which is located downstairs from the food pantry at 377 Gray Road, is also accepting donations and helps residents in need of clothing. The pantry, which is open Monday through Thursday from 8 a.m. to 4 p.m. ac-

cepts donations and is looking for clean and lightly used or new winter clothes such as hats, gloves, jackets, boots, socks and ski pants as the weather turns cold.

Residents seeking food assistance can reach out to 207-892-1931 to schedule an appointment to visit the Food Pantry.

Donations of food and non-food items are accepted Monday through Thursday, from 8 a.m. to 4 p.m. Cash or check donations must be brought to the Town Manager’s Office, Monday through Thursday from 8 a.m. to 4 p.m. You can also mail checks payable to Windham Food Pantry to 8 School Road, Windham, ME 04062. <

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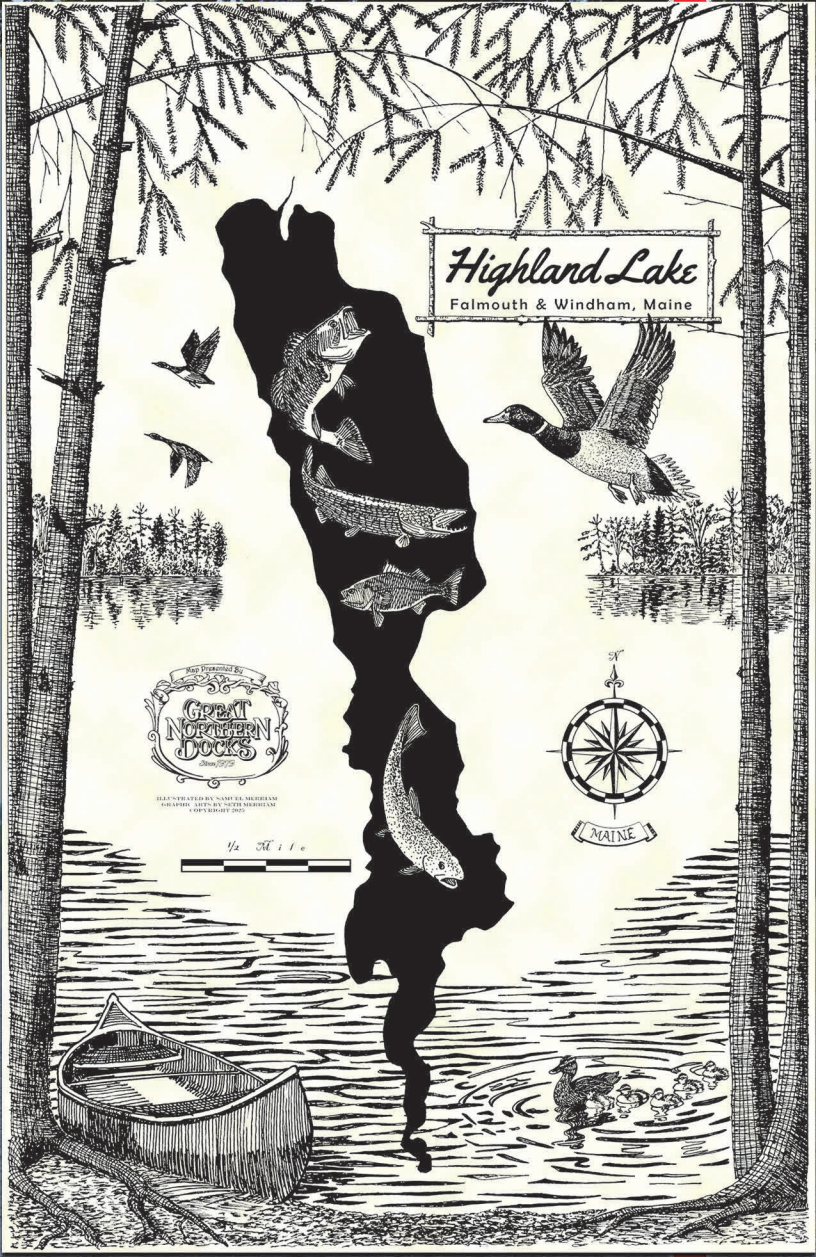
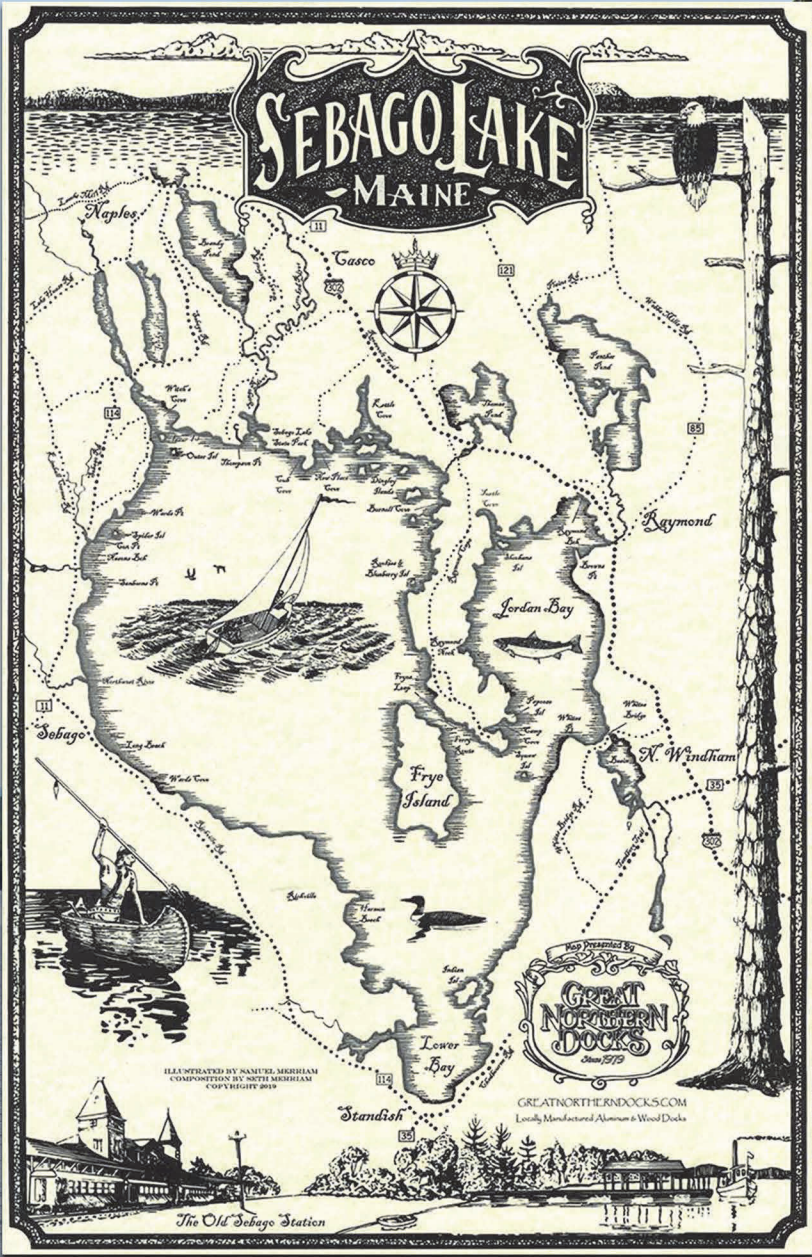
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Holiday
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THE IMPACT OF SHOPPING SMALL AND GIVING BACK DURING THE HOLIDAYS

As the holiday season approaches, communities across Maine and beyond are reminded of the powerful impact that comes from choosing to shop small and support local nonprofits. While big-box stores and major online retailers may offer familiar convenience, local businesses and chari-

table organizations provide something far more meaningful: a stronger, more connected community built on relationships, generosity, and shared purpose.

Small businesses continue to serve as the backbone of local economies, and during the holidays, their role becomes even more vital. Every purchase made at a neighborhood shop directly supports the people who live and work



in the community. These business owners sponsor youth sports teams, donate to school fundraisers, and show up when families face unexpected challenges. When residents shop locally, they help ensure these businesses can continue giving back in ways that uplift the entire region.

The economic impact of shopping → see LOCAL Page 12

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LOCAL Cont. from page 10

small is substantial. A significantly larger portion of each dollar spent at a small business stays within the community compared to money spent online or at national chains. This recirculation supports local jobs, strengthens town services, and contributes to a healthier and more resilient economy. Because the holiday season is typically the busiest shopping period of the year, those dollars help sustain small shops through the quieter winter months ahead.

Beyond the financial benefits, shopping locally offers a holiday experience that large retailers simply can't replicate. Small businesses provide personalized service, unique and handcrafted gifts, and a warm sense of connection that helps people slow down and enjoy the season. Whether it's a special piece from a local artisan, a book chosen with care by a neighborhood bookseller, or a certificate to a favorite café, these purchases carry a sense of thoughtfulness and local pride that make gift-giving more meaningful.

Just as important as supporting local businesses is recognizing the

→ see **LOCAL** Page 13





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Tim Nangle: Keeping our promise to Maine veterans

► **By Senator Tim Nangle**
SPECIAL TO THE WINDHAM EAGLE

Every November, we gather in town halls, American Legion posts and school gymnasiums to honor the men and women who served our country. We thank them for their courage. We talk about sacrifice, duty and service. These ceremonies are some of the most meaningful moments I've had the honor of attending as your State Senator. But as meaningful as those ceremonies are, gratitude is not measured in speeches or parades alone. It's measured in what we do — especially when a veteran needs help keeping a roof over their head.

That's why I've introduced a bill for the upcoming legislative session to make sure Maine veterans can stay in their homes and avoid falling into homelessness. It's called "An Act to

Keep Maine Veterans Housed," and its goal is simple: to strengthen the local partnerships that are already keeping veterans stably housed, especially at a time when federal programs are being cut or delayed nationwide.

This bill would stabilize and support the Veterans Flex Fund. This small, targeted program delivers precisely the kind of timely assistance that makes the difference between a veteran keeping their home or losing it. The Flex Fund is a collaborative effort led by Preble Street and the Maine Homeless Veterans Action Committee, which includes the U.S. Department of Veterans Affairs, the Maine Bureau of Veterans Services, Volunteers of America, Vets Inc., Bread of Life Ministries, and others. The Veterans Flex Fund is one of the most effective examples we have of federal, state and community partners

working together to make sure veterans aren't left behind when life takes a difficult turn.

Over the past few years, through my work in Augusta and the many conversations I've had across our communities, I've heard veterans describe how close the line can be between stability and crisis. Sometimes, it's a gap between jobs or an unanticipated rent increase.

Veterans are often reluctant to ask for help. Many will exhaust every other option before reaching out. By the time they get in touch with a service provider, they're usually facing a very specific barrier, such as a security deposit they can't cover, an overdue rent payment or a landlord who needs reassurance before offering a lease.

Those are the moments where the Flex Fund has proven its value. It's built for exactly these situations: small amounts of support that resolve the final obstacle keeping a veteran safely housed. And because it is administered by providers who understand both

the housing landscape and the needs of veterans, that help can be provided quickly.

Some have asked why the state should play a role if federal resources are inconsistent. My answer is simple: because these are Maine veterans. Because homelessness is often preventable with the right support at the right time. And because the consequences for a veteran losing stable housing are far greater than the modest investment it takes to help them keep it.

The Legislative Council approved my bill for introduction, with every Democratic member voting in favor. I wish that vote had been unanimous; supporting veterans is not a partisan cause, it is a commitment we all share.

When lawmakers return to Augusta in January, I'll be asking colleagues on both sides of the aisle to support this bill because keeping veterans housed is one of the most direct and effective steps we can take to honor their service and uphold a promise that should never be broken.

Our veterans stood up for us. Now it's our turn to stand up for them.

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

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

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SAMSUNG

Windham varsity boys’ basketball gear up for another high-energy, championship season

By Matt Pascarella
STAFF WRITER

A lot of the players trying out for the Windham varsity boys’ basketball team began preparing for the 2025-2026 season since before the fall season began. Windham has made themselves well-known as they’ve won back-to-back state champions in 2024 and 2025, and this naturally makes them a bit of a target with the regular season approaching. However, Windham is well aware of the hard work it takes to accomplish what they have previously and are more than up to the challenge. The team you see step onto the court during the regular season is different from the team that won the gold ball in March. Some of the same players are returning, but this new team is here to carve their own path, not defend an existing one.

“Every year is a brand new group, a brand new identity, and a brand new climb,” said Windham varsity boys’ basketball coach Chad Pulkkinen. “What we did before doesn’t guarantee anything now. “It just reminds us to stay humble, stay hungry, and focus on the day in front of us. We’re attacking this season the same way we always have with work ethic, togetherness, and a growth mindset.”

Expectations will always be there

when a team has had a lot of success, but that credit goes to the players who came before this team. The goal for this team is to try to be the best version of themselves they can possibly be.

This year’s motto is ‘entitled to nothing.’ It’s a clean slate for every team at the start of this new season. Success comes from daily habits, not banners on the wall. Tough competition is not new in Class A South; it forces Windham to stay sharp and continue to grow.

In the offseason, the coaches of Windham varsity boys’ basketball challenge themselves just as much as they challenge their players. Pulkkinen and his assistant coaches George McCrillis, Geoff Grigsby, Noah Estey and Chris Sargent reflect as a staff on what worked and what didn’t last season. They provide honest feedback, and each try to improve individually before they start building a plan for the group they have coming in.

As coaches, they believe they have

to model the expectations they ask of their players; they can’t just talk about growth and improvement, they need to work toward it. Every coach on this team wants to be better than they were a year ago.

“Our job is to be ready to give this team the best coaching we’ve ever given,” said Pulkkinen.

The team graduated eight seniors last year, so there are some spots to fill in the upcoming season. Seven high-quality players will return and, in that returns a group with a lot of experience and character.

While the roster will be different, the strength of the team is their mindset, maturity and the standards these returning players bring. They understand the work and the culture and are ready to prove themselves. Juniors Landon Wyman and Luke Drott, and sophomores Sean Lebel and

➔ see **BBALL** Page 29



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SALUTE TO SERVICE

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Being able to make a positive difference is what motivates Windham Firefighter/EMT

By Melissa Carter
STAFF WRITER

Firefighter/Paramedic Theresa Hall has dedicated more than three decades to serving her community, building a career rooted in compassion, public service, and a commitment to helping others during their most difficult moments.

Raised in Raymond and a graduate of Westbrook High School, Hall did not initially plan on entering the firefighter/EMT service field. That changed in 1993 when she witnessed an accident and later questioned whether she had responded in the best way possible. Wanting to learn more, she enrolled in an EMT class, joined the Raymond Fire Department, and began what would become a lifelong dedication to emergency services.

When Hall moved to Windham in 2002, she applied and was hired and has been with Windham Fire/Rescue ever since. Her duties as a Firefighter/Paramedic include protecting the public from fire hazards, providing emergency medical care, and offering safety education to the community. Although the tasks of the job are broad, what matters most to her is the ability to bring comfort, emotionally and physically, to people experiencing a crisis. “I take pride in knowing that even brief interactions can make a meaningful difference during someone’s hardest day,” Hall said.

Hall acknowledges that the work comes with challenges, and for her, heights have always been among them.

“I am not a fan of ladders. The older I get the more I do not like heights,” Hall admits. This does not deter her commitment to serving the public and she responds wherever she is needed even if it makes her nervous. This attitude reflects the dedication and professionalism she brings to every call.

One aspect of the job she wishes the public better understood is the reality of staffing levels in a growing community. Many assume that a large number of firefighters and paramedics are always available, but Windham operates its two stations with a minimum of just five responders on duty each day. As call volume approaches more than 4,000 annually, the workload continues to grow. Hall emphasizes how essential the town’s per-diem staff, call company, live-in students, and mutual aid partners are in maintaining consistent emergency coverage. The department’s ability to meet demand relies heavily on teamwork and regional cooperation.

Throughout her years in emergency services, Hall has accumulated countless memorable experiences, but the moments that stay with her most are the conversations that happen in the back of the ambulance. “Patients often



Theresa Hall has been with the Windham Fire/Rescue team since 2002.
SUBMITTED PHOTO

share personal reflections during transport, offering insight into their lives during vulnerable moments,” Hall said. “These conversations have provided lessons and made a lasting impact that have helped shape my approach to both my work and the people I serve”.

Beyond her duties on calls, Hall plays an important role in training future emergency medical providers. She teaches EMT classes twice a year through United Training Center at Windham’s Central Fire Station. With Maine experiencing an ongoing shortage of EMTs, she considers it meaningful work to prepare new providers to enter the field. “Helping students gain knowledge, confidence, and skill is a responsibility I value,” Hall said. She views education as another extension of her commitment to public safety.

Hall’s connection to the fire service also runs through her family. Her father is a retired South Portland firefighter, and her husband, Steve, retired from the Portland Fire Department before becoming the Call Company Deputy Fire Chief in Windham. A nephew also serves with Portland Fire. With such strong family ties, her two children,

Jack and Grace, grew up immersed in the rhythms of the fire service lifestyle, viewing it as a natural part of daily life. “Over the years, our entire family has learned to balance schedules, holidays, and the unpredictable nature of emergency work, offering support for one another along the way,” Hall said.

Another aspect of Windham Fire/Rescue that Hall wants residents to know surrounds their live-in student program. The town currently hosts seven students enrolled in Southern Maine Community College’s Fire Science program. These students live in the firehouse while attending school, responding to emergency calls, training alongside career staff, and gaining hands-on experience that extends far beyond classroom learning. “Over time, they become an important part of the crew and contribute significantly to the department’s daily operations,” Hall said. “We couldn’t do it without them”.

Looking back on her career, Hall reflects on one lesson that stands above the rest: the importance of treating everyone with kindness and empathy. “Emergency calls involve people experiencing a range of emotions, and not every individual is calm or appreciative when responders arrive,” Hall said, “but I believe every call offers an opportunity to make a positive difference. I love my job, the people I work with, and I love the town of Windham. This is truly the greatest job in the world”. <

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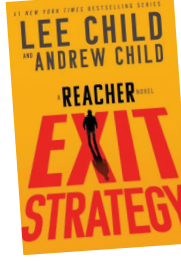


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Holiday concerts set by Lake Region Community Chorus

By Ed Pierce
STAFF WRITER

Some of the most beloved music makers in the Lakes Region of Maine are returning to the stage to perform in a concert of traditional holiday favorites.

Members of the Lake Region Community Chorus are preparing to appear during a joyous celebration of song that expresses the promise, hope and meaning of the season at 7 p.m. Friday, Dec. 5 and 3 p.m. Sunday, Dec. 7 at the Lake Region High auditorium in Naples.

Singing will be enhanced with instrumental accompaniments by Rusty Wiljer (percussion), Rick Gordon (flute), Jacob Kuvaja (electric bass), Adam Quincy (trumpet), Pam Ward and Brian Sprunger (guitar), Glen Jukkola (violin and six bell chime ringers). The concert will conclude with the singing of the Hallelujah Chorus with audience participation.

The chorus is directed by Jan Jukkola and Susan Stockwell and accompanied by Patrick Speckamp. This enthusiastic singing group is made up of 60 members from 12 surrounding towns who will present a varied program made up of traditional Classical pieces, folk songs, show tunes, medleys of hits by The Beatles and John Denver and more.

The chorus had its first meeting in February 2013 to discuss the possibility of forming a choral group in the Lakes Region. Then it was amazing at how quickly everything seemed to come together, and with Laurie Turley as its original conductor, chorus members performed their first public concert in June 2013.

Since that time, the original Lake Region Community Chorus group of around 36 singers has grown with each passing season, and now features some 60 members from 12 different communities, including singers from Windham and Raymond.

The LRCC is a community of voices joined together in song. Its purpose is to provide an opportunity for individuals with an interest in singing to share their love of choral music through regularly scheduled rehearsals that will culminate in community and outreach performances. It also strives to enhance each member's ability to sing by teaching vocal exercises and techniques and to en-

rich their choral experience by providing a wide variety of musical selections that will increase their knowledge and appreciation of choral literature.

With the generous support of Bridgton Academy, concerts are performed in the Twitchell Chapel on the Bridgton Academy campus in North Bridgton. Rehearsals are held on Monday nights at Twitchell Chapel. For the December concert, rehearsals start around Labor Day, and for the Spring concert, they start around the end of January.

Chorus members would like to thank Saphrona Stetson and Greg Watkins for all of their help and support and assistance at Lake Region High School. The

chorus also would like to thank their enthusiastic audiences and local sponsors for their support. Donations to help cover music and operating costs will be most appreciated.

Each concert is free but donations to help cover the expense of music and operating costs will be gratefully accepted.

If interested, come and join the Lake Region Community Chorus as they lift their voices in beautiful music and song for the public. This year's holiday concert is sure to kindle the Christmas spirit in everyone who attends.

Please visit lakeregioncommunitychorus.org for more details or call 207-647-2584. <

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→ **OUTDOOR** *Cont. from page 3*

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- Self-Directed and Lifelong Learner “Applies knowledge in new contexts”
- A Creative and Practical Problem Solver, “Frames questions, makes pre-

- dictions, and designs data/information collection and analysis strategies”
- A Responsible and Involved Citizen, “Demonstrates awareness of personal and community health, wellness, and the environment around them.”
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- A Clear and Effective Communi-

cator, “Demonstrates organized and purposeful communication in English and at least one other language. (i.e. journaling, the language of nature.)

For many students, it goes beyond curriculum and standards set by the state. They recognize that being outside blends learning with play while observing the natural world. Whether that is observing birds, trees, wind, or frogs hopping or singing at the Frog Pond, being outdoors and the lesson it teaches is beginning to take hold.

Seventh grader Carly Herman said that she finds the hands-on, outdoor activities makes learning engaging.

“The best part is going out and having fun,” she said. “Right now, we’re making a fire pit and building forts. When it gets really cold, the fire pit will help keep us warm and the forts will keep us dry during rain and snow while we do our observations and journaling.”

Classmate Jamar Banton agreed, adding that the outdoor journals the students keep while on their exploratory adventures have helped him notice things he never paid attention to before.

“When we sit and listen, we take notes on everything happening around us,” he said. “One time I heard

a buzzing noise, and it turned out to be a bee nearby. I even heard cars in the distance — sounds you don’t think about being in nature, but they’re there.”

While JSMS academics are the heart of this pilot program, Bloom said there is another component that is just as essential to the lives of JSMS students, and that is the art of playing.

“Twelve and thirteen-year-olds need to move their bodies and play together,” he said. “They’re learning social skills as much as science skills. Many kids today have packed schedules filled with school, sports, and evening activities. Add in the pull of cellphones, and there’s not much unstructured time outdoors.”

Outdoor education, he said, gives students space to breathe, move, collaborate, and reset.

As the pilot program continues, Bloom hopes this new initiative will become a model for future outdoor learning at Jordan Small Middle School, and hopefully the whole school district. For now, students seem more than happy to trade fluorescent lights for sunshine, textbooks for field journals, and worksheets for the rustle of leaves, and very soon, the snow beneath their feet. <



Cora Thibodeau



School: Raymond Elementary School
Grade: Third
Teacher: Mrs. Carolynne Bacon
Parents’ names: Ariana Perry and Michael Thibodeau
Student’s favorite subject (or activity) in school and why: “Art, because we get to make a lot of stuff. I also liked making monsters, and I made a baby dino.”
Reason for selection: Cora is an excitable, big-hearted, lovable, creative, and hard-working student and person. She has already come such a long way and is working hard at learning all she can in third grade. Cora is a great friend to her peers and is always there to lend a helping hand. I am very proud of her.

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Holiday stress! Here's what to do

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

For many of us, the Holidays are wonderful: filled with family/ friend gatherings, goodwill, and gift giving. For some of us, the crazy schedule, family/ friend expectations, and social appointments may be taxing (introverts and parents: raise your hands!). So, how do you ENJOY the Holiday season WITHOUT stressing over it? Here are some tips:

1.) Act with intention. Remember the REASON for your holiday task. If it's spending time with family/ friends, remember the special connection you have with these people. Remember what they add to your life. You are connecting to them because you love and care about them, right? Operate from that place instead of "duty".

2.) Let go of tasks that serve no purpose. I ask my coaching clients this often: "Is this task moving you toward your goal?" Around the holidays, when our schedules are jam-packed with more social events, think about how you are spending your day. Is it benefitting your health/ wellness/ work/ family life? Or, is it a waste of your time? A great example of a wasteful time suck is scrolling on social media for hours on end. Ask yourself "What benefit does this task have?" and either let it go or keep it depending on your answer.

3.) Remember the self care. During the Holidays, people can get so caught up in doing, doing, doing



that they stress their bodies and minds right out. Then, they don't know why they are anxious, irritable, or even resentful! My challenge to you EVERY SINGLE DAY is to do something healthy and happy for yourself. Do 10 minutes of yoga, take that bubble bath with soft candlelight and healing music, eat your veggies, and talk nicely to yourself. Selfcare may mean hanging out with the guys or the ladies one night per week. Selfcare may mean reading quietly before bed. Selfcare may mean going for a walk out in nature. Identify what you need for selfcare personally and honor that in some way, form, or fashion every day.

4.) Don't sweat the small stuff. If something/ someone/ some situation is driving you crazy, ask yourself: Is this going to have any impact on my

life in 1 year? 5 years? Does this REALLY matter? Is this a necessary evil

(such as tax preparation?) or is this a petty irritation (example: they don't have the right tint of red decorations for my Holiday party). Keeping things in perspective goes a long way with stress management.

In the end, act out of self-love and respect. None of us are perfect! Do the best you can during this holiday season, enjoy your people, and take a breath. You're probably doing better than you think you are. May you be well and happy.

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

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BRIEFS

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The Windham Lions Club will conduct a “Stuff the Bus” event from 9 a.m. to 2:30 p.m. outside the Windham Hannaford Supermarket, 797 Roosevelt Trail in Windham on Saturday, Nov. 22. Non-perishable food items will be collected for donation to the Windham Food Pantry and cash donations will be accepted for the Windham Lions Club’s Adopt-A-Windham-Family Holiday Program. FMI- call 207-776-0469

Bean Supper

The final bean supper of the year hosted by Windham’s American Legion Field-Allen Post 148 starts at 5 p.m. Saturday, Nov. 22 at the Windham Veterans Center, 35 Veterans Memorial Drive in Windham. The meal will include a variety of beans, hot dogs, side dishes, and desserts. The cost is \$10 at the door, kids un-

der 12 eat for free. There will also be a 50/50 raffle. FMI, call 207-892-1306.

Grease

Come watch Grease presented by Windham High School at Windham Performing Arts Center, 406 Gray Road in Windham. Shows run Nov. 21 and 22 at 7 p.m and Nov. 23 at 2 p.m. Tickets are \$15 for adults and \$13 for students/seniors and are sold at the door – cash or check only.

Sign Language Class

A Sign Language Class is being offered from 6 to 7 p.m. Monday, Nov. 24 at the Windham Public Library, 217 Windham Center Road in Windham. This American Sign Language Class will cover the basics of ASL communication with numbers and fingerspelling to start, then some common words and phrases in sign language, and will gradually move up to higher-level concepts at

the pace of the group. For more details, call or email Ray Marcotte at the library’s Help Desk at 207-892-1908 ext. 5 or by email at rmarcotte@windhammaine.us. Transportation may be available from Age Friendly Windham. Call 207-892-4649 for details.

Christmas Craft Fair

St. Ann’s Episcopal Church, 40 Windham Center Road in Windham will host a Christmas Crafts Fair from 8 a.m. to 2 p.m. Saturday, Dec. 6. Events include a Silent Auction, handmade crafts and holiday decor, fresh Balsam wreaths and greenery arrangements, jewelry, baked goods and cookie walk, homemade take-out foods, fudge, confections, and a visit from Santa. FMI, call 207-892-8447.

Winter Craft Fair

The North Gorham Public Library will host a Winter Craft Fair and Book Sale on Saturday, Dec. 6 from 9 a.m. to 2 p.m. at 2 Standish Neck Road in Gorham. Also enjoy a raffle and bake sale to benefit the library.

Holiday Craft Fair

The North Windham Church at 723 Roosevelt Trail, will hold a Craft Fair on Saturday, Dec. 6 from 9 a.m. to 2 p.m. In addition to crafters, artisans, vendors, and baked treats, there will be a professional holiday photo booth, soup and sandwich lunch, and a themed gift basket raffle.

Raymond Play & Grow

Raymond Play & Grow is a play group designed for little ones between the ages of 9 months to 4 years. This program is the perfect place for children to explore, make new friends, and spark their imaginations. Parents and caregivers stay with their children, sharing in the fun while enjoying quality time together. It’s a wonderful way to connect, bond, and be part of your child’s playful discoveries in a safe, welcoming environment. Sessions are held from 9 to 11 a.m. Tuesdays at the Raymond Village Community Church, 27 Main St. . Registration is free for Raymond residents and \$2 for non-residents. FMI, call 207-655-4742.

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ZONING BOARD OF APPEALS

PUBLIC HEARING

Tuesday, November 25, 2025 • 7:00PM

Broadcast Studio - 423 Webbs Mills Road and Via ZOOM

You are hereby notified that the Raymond Appeals Board will hold a public hearing on Tuesday, November 25, 2025 at 7:00 p.m. to hear information on the following application:

APPLICANT: Performance Motor Sports LLC/
Matthew Cullins/Isaac Allen

LOCATION: Map 55/Lot 62 Zone Commercial

DESCRIPTION: Application for a Conditional Use –
Outdoor Sales

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/84181474498?pwd=LZpDUBwoqrkK23iUhJmfkmsMe5FKEE.1

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TOWN OF WINDHAM, MAINE

PLANNING BOARD

NOTICE OF PUBLIC MEETING

Mon., November 24, 2025 • 6:00PM

Town Hall, Council Chambers, 8 School Road

#25-23 241 Roosevelt Trail Commercial

Tax Map: 10A: Lot: 25A - Roosevelt Trail

Site plan review for a 4,980 square foot contractor services building with associated parking.

#25-16 Meredith Woods Subdivision

Tax Map: 6; Lot: 38-E02 – Meredith Drive

Major subdivision plan review for a 5-lot conservation subdivision with a paved minor private road.

#25-27 100 River Road Subdivision

Tax Map: 1; Lot: 8, 8-1, 8-2, 9– River Road

Major subdivision plan review for a 17-lot conservation subdivision with a new road built to public standards.

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.

Antibiotics: Never a definitive treatment for periodontal disease in cats and dogs

World Antimicrobial Awareness Week November 18-24

In a world where antibiotic-resistant infections are on the rise, it's critical to use these drugs only when truly necessary. According to the CDC, nearly 3 million multi-drug resistant (MDR) infections occur in the United States annually, causing 35,000 deaths. Globally, the World Health Organization estimates 700,000 deaths per year, with projections of 10 million if practices do not change. Overuse and misuse of antibiotics in both humans and animals are major contributors to this crisis, and some bacteria can spread between species.

Despite common perceptions, antibiotics are **not a cure-all for dental problems in pets**. Periodontal disease—the most common oral health issue in dogs and cats—occurs when plaque and bacterial biofilm accumulate beneath the gums, triggering inflammation. This leads to tissue destruction, bone loss, and pain. While antibiotics may temporarily reduce inflammation, they cannot penetrate the protective biofilm, providing only short-term relief. They may also disrupt the balance of normal oral and gut bacteria.

For lasting results, a **Comprehensive Oral Health Assessment & Treatment (COHAT)** under anesthesia is required. This may include scaling, root planing, or extraction of diseased teeth. In most cases, pre-treatment should focus on controlling pain and inflammation, not on antibiotics. Even when infection is present, antibiotics alone cannot cure dental disease—they must be paired with mechanical or surgical treatment.

Many pet owners worry about infection during or after dental procedures. While a brief bacteremia can occur during scaling, research shows it resolves within an hour and is no more significant than bacteremia caused by routine brushing, chewing, or flossing. Studies in people and animals demonstrate that prophylactic antibiotics do **not** reduce post-operative infection rates after major oral surgery. In human medicine, antibiotics are not routinely recommended for most dental surgeries, and extending antibiotic therapy can even increase infection risk.

Historically, prophylactic antibiotics were recommended for pets with orthopedic implants, heart disease, or immune compromise. Recent evidence shows that, in most cases, they are unnecessary. Only a small subset of high-risk cardiac patients—such as those with prosthetic valves or a history of infective endocarditis—might benefit from a single pre-procedure dose, a scenario extremely rare in animals. Similarly, prophylactic antibiotics are generally only indicated for pets with severe unregulated diabetes, primary immunodeficiency, neutropenia, or those receiving high-dose immunosuppressive therapy.

Veterinary guidelines emphasize **judicious use of antibiotics**. The American Association of Feline Practitioners, the American Animal Hospital Association and the American Veterinary Medical Association recommend systemic prophylactic antibiotics only for severely immunocompromised animals, those with certain systemic diseases, or pets with severe oral infections that cannot be completely resolved with surgery. Routine dental prophylaxis or post-extraction antibiotics are generally **not necessary**, and surgical management remains the

most effective treatment. Education is key. Studies show that clinicians—both human and veterinary—often prescribe antibiotics because they believe clients expect them. Clear communication about the risks, benefits, and alternatives helps guide science-based treatment decisions. Responsible antimicrobial stewardship protects both pet and public health.

When antibiotics are indicated, selecting the right drug is essential. Common periodontal pathogens may show resistance to certain antibiotics, so choices should be guided by likely coverage or, ideally, culture and susceptibility testing. For most routine cases, however, mechanical removal of bacteria through COHAT is sufficient, and antibiotics can often be avoided.

Some complex oral conditions, such as **feline chronic gingivostomatitis (FCGS)** or **canine chronic ulcerative stomatitis (CCUS)**, may occasionally require short courses of peri- or post-operative antibiotics. These situations arise when healthy gum closure is compromised, disease is extensive, secondary infection is present, or the pet is immunocompromised. However, research suggests limiting post-operative antibiotics to 3–5 days to reduce resistance, as these diseases are primarily immune-mediated. Pain management and immune-modulating therapies remain the mainstay of treatment.

Other severe oral diseases, including **osteomyelitis** or **osteonecrosis** of the jaw, may warrant longer courses of antibiotics, often in conjunction with surgery. Some pets benefit from anti-inflammatory medications or sedation to drain abscesses, which can reduce or shorten antibiotic use. Major jaw surgeries rarely require antibiotics beyond the procedure, except in high-risk or unusually prolonged cases.

Ultimately, antibiotics are valuable tools—but they are **not a substitute for proper dental care**. Periodontal disease is best treated through mechanical removal of plaque, root planing, endodontic therapy, or extraction. Prophylactic antibiotic use should be reserved for rare, high-risk patients.

At Mainely Veterinary Dentistry, we prioritize both your pet's health and responsible antibiotic use. Regular dental check-ups, professional cleanings, and prompt attention to swelling, discharge, or persistent bleeding can prevent the need for antibiotics. Speak with your veterinary team about safe, effective treatment options for your pet's oral health. By combining professional care with judicious antibiotic use, we can protect pets—and the broader community—from the growing threat of antimicrobial resistance.

Takeaway: Antibiotics have their place, but most pet dental diseases require mechanical or surgical management rather than drugs. Responsible stewardship protects your pet and public health while ensuring that these life-saving medications remain effective when truly needed.

To schedule a consultation to evaluate your pet's dental health, call 207-481-8232 or book online at: www.mainelyvetdentistry.com.

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- ♥ **Tooth Restorations: Composite & Bonding**
- ♥ **Gingival Hyperplasia Resection** (when gum tissue overgrows & covers tooth)
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RAYMOND ROADRUNNER

TOWN OF RAYMOND - NOVEMBER 2025 NEWSLETTER

Town Clerk's Office Notices

UPCOMING MEETINGS:

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

November 25th – Zoning Board of Appeals – 7pm

December 9th – Select Board Meeting – 6pm

December 10th – Planning Board Meeting – 7pm

December 17th – Budget-Finance Committee Meeting – 6:30pm

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

2026 DOG LICENSES

2026 Dog Licenses are now available!

You can license your furry friends in person
at the Town Office or online at:

www.raymondmaine.org. There is a link for
Dog Licensing under Online Transactions>

Animal Welfare on the right-hand column of the home page.

DEADLINE FOR IS RENEWAL JANUARY 31, 2026

Renewals after this date will incur a \$25 late fee



THANKSGIVING HOLIDAY NOTICES

TRASH REMINDER: NO trash or recycling pickup on
Thursday, Nov. 27th in observance of the Thanksgiving
holiday. Residents on the Thursday pickup route will need
to hold their waste until the following week. There will not
be an alternate pickup date.

TOWN OFFICE HOURS: The Town Office will be closed for
the Thanksgiving Holiday on Thursday, November 27th &
Friday, November 28th.

May your holiday be full of
blessings, gratitude, love, and
an abundance of happiness!
The Town of Raymond wishes
you and your families a

Happy
THANKSGIVING



Employment

Opportunities

BUS DRIVER: 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.*

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, Maine, a growing community in the heart of the Lake's Region.
The department's dedicated team provides fire suppression, emergency
medical services, and fire prevention within our community.

*This position works 24-hour shifts including weekends and holidays.
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 and fire suppression.*

Participates in all required training and education programs.

FOR A COMPLETE JOB DESCRIPTIONS AND QUALIFICATIONS
PLEASE SEE OUR HOMEPAGE AT: WWW.RAYMONDMAINE.ORG

RAYMOND FIRE & RESCUE



OPEN BURN PERMIT NOTICE

Open burn permits are required in Maine.
Due to the continued dry conditions & 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 & wildfire danger moves below HIGH.
This is NOT a burn ban & 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**

Volunteers Needed

The Town of Raymond is
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 and 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 Rd, Raymond, ME 04071.
FMI about this board please contact Curt Lebel at 655-4742 x 151

FOR THE APPLICATION,
VISIT WWW.RAYMONDMAINE.ORG
OR SCAN THE CODE HERE



Age Friendly Raymond OFFICE HOURS!

Debby Tarr is available for
in-person appointments at the
Raymond Village Community
Church Vestry at 27 Main Street
on Thursdays from 10am-noon.

She can be reached at 207-655-4742 x 345

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RAYMOND ROADRUNNER

TOWN OF RAYMOND - NOVEMBER 2025 NEWSLETTER

Raymond's 4th Annual

CHRISTMAS LIGHT CONTEST

DECEMBER 12-14

FREE! Sign up as a contestant or simply participate by driving around & voting!

Scan QR code to access event page on Facebook

FMI: jackie@meservier / 207-749-6849

REQUEST FOR PROPOSALS (RFP) MSW & RECYCLING CURBSIDE COLLECTION

Sealed Bids Due: December 17, 2025 at 9a.m.

THE TOWN OF RAYMOND IS REQUESTING SEALED PROPOSALS FOR THE PROVISION OF MUNICIPAL SOLID WASTE (MSW) & ZERO-SORT RECYCLING COLLECTION SERVICES.

The Town seeks a qualified contractor to provide reliable, efficient, and responsible curbside and dumpster collection for designated municipal sites and residents.

The Town is open to considering alternative collection methods that improve efficiency, sustainability, or cost-effectiveness, provided all minimum service standards are met.

Sealed bids must be received at the Raymond Town Office, 401 Webbs Mills Road, Raymond, Maine 04071, no later than 9:00 AM on Wed., December 17th, 2025.

Bids may be delivered in person or mailed; no email submissions will be accepted. Bids will be opened publicly on Wed., December 17th at 10:00 AM at the Raymond Broadcast Studio, 423 Webbs Mills Road, Raymond, ME

Questions regarding this RFP should be directed to: Nathan White, Town of Raymond Public Works Director 207-653-3641 or email: nathan.white@raymondmaine.org

Visit: www.raymondmaine.org to view entire RFP



RAYMOND PARKS & RECREATION

Located at: Raymond Village Community Church, 27 Main St

Parks & Rec Apparel Fundraiser

OPEN THROUGH NOVEMBER 30TH at MIDNIGHT

From cozy vests & the best hooded sweatshirts to sporty backpacks & sweatpants, there's something for everyone — just in time for holiday gifting. SCAN THE QR CODE TO SHOP

FREE Rec & Roll Game Day

SATURDAY, NOVEMBER 22ND at RVCC from 1-3PM

We'll have a variety of board games available for all ages to enjoy. Feel free to bring your own games to share and introduce others to something you love!

Collage Making Class

DECEMBER 3RD at RVCC from 5PM-7PM

Ages 12+. No experience necessary. For this class we will be using different colors and textures in paper to create a landscape and/or "dream board". Materials will be provided, along with tea and cookies! **FEE: \$20**

Ticket to the North Pole - Kids Night Out

DECEMBER 19TH at RVCC from 5PM-8PM

Your child will enjoy an evening full of Christmas cheer with Polar Express-inspired games, crafts, pizza, hot chocolate and a cozy holiday movie, all while wearing their favorite pajamas! Open to kids in grades K-4. **FEE: \$30 PER CHILD**

Merry & Bright Family Night

DECEMBER 20TH at RVCC from 3:30PM-5:30PM

- Gingerbread house decorating competition (1 per family)
 - Fun family-friendly Christmas Bingo
- Voting for the best gingerbread house with prizes
 - Family Photo Booth **FEE: \$45 PER FAMILY**

Elf Workshop

DECEMBER 22ND at RVCC from 10AM-3PM

Bring your little elves to a full day of festive activities. From creating ornaments & playing games to decorating cookies & a pizza lunch! **FEE: \$60 PER CHILD**

Winter Program Sign-ups!

Several programs are available for registration. All ages!

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

NEWS/EVENTS

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

NEW - Journaling Club

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!

Journaling club will continue the 3rd Friday of every month

Watercolors with Kayley

Tuesday December 2nd from 2-4pm

Free watercolor paint class with Kayley. REGISTRATION IS REQUIRED!

Jewelry & Small Accessory Swap

Saturday December 6th from 11am-1pm

Want to donate, but don't want to attend? Feel free to drop of a limited amount of jewelry or small accessories December 2nd- 5th

Historical Fiction Book Club

Thursday, December 11th at 1pm

Join us this month for The Guernsey Literary and Potato Peel Pie Society, by Annie Barrows. As Juliet and her new correspondent exchange letters, Juliet is drawn into the world of this man and his friends—and what a wonderfully eccentric world it is. The Guernsey Literary and Potato Peel Pie Society—born as a spur-of-the-moment alibi when its members were discovered breaking curfew by the Germans occupying their island—boasts a charming, funny, deeply human cast of characters, from pig farmers to phrenologists, literature lovers all.

Annual Tree Lighting & RES Chorus

December 16th from 4-5pm

Join us as we get into the holiday spirit with our annual tree lighting. Singing starts around 4:30!

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

Thanksgiving COLORING CONTEST



GIVE THANKS

CONTEST OPEN TO CHILDREN AGES 2-14. ENTRIES MUST BE RECEIVED BY MONDAY, DEC. 1

Child's Name: _____ Child's Age: _____

Parent's Name: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Parent's Contact Phone: _____

Parent's Email: _____

Winner will receive a Gift Card to Sherman's Book Shop!

Contest entries will not be returned. Contest entries may be displayed or published in print and online by this newspaper. Children of newspaper employees are not eligible to win. Decision of judges is final. Winners' parents will be notified by phone and email by December 3, 2025.

MAIL OR DROP IN BLACK BOX ON BUILDING COLORING PAGE WITH COMPLETED ENTRY FORM TO:

The Windham Eagle Newspaper
585 Roosevelt Trail, Windham, ME 04062

→ **BBALL** *Cont. from page 15*

Boston Krainis are all returning; they have been in the varsity environment, learned what it takes and are ready for their turn. The time is now for them to make their impact.

Seniors AJ Moody and Tyrie James will be leaders on the court once again, just like they have been in previous seasons, along with junior Colin Janvrin, who played a major role in the success of last year.

“We just want to be together and as close as we can because we can be nothing without the (underclassmen),” said Moody. “The guys under us bring us up ... we’re relying on them how they’re relying on us. We just want to become a family and build our chemistry as soon as we can. No easy games in our league. Taking it one-day-at-a-time, trying to better ourselves; every day we’re going to get better and better; every team will not be taken lightly.”

James said as seniors and captains their job is to motivate underclassmen and have them give their all. The team has been bonding and spending time together on and off the court to strengthen that bond.

Janvrin said there are going to be



(L to R) Windham juniors and seniors tryout and prepare for the upcoming varsity boys’ basketball season at Windham High School on Monday, Nov. 17. Senior Tyrie James goes in from the paint. Senior AJ Moody slam dunks the ball. The regular season begins Friday, Dec. 5. PHOTOS BY MATT PASCARELLA

some tough games ahead, but they’ve got to battle through that adversity.

While they’d like to earn a third consecutive state championship win, it’s more important to prepare themselves to improve as the season progresses.

“Every program wants to win

championships, but we don’t start the season talking about trophies, we talk about habits,” said Pulkkinen. “If our habits are championship-level, the results will take care of themselves.”

The regular season begins on Friday, Dec. 5 at Thornton Academy in Saco at 7:30 p.m. The first home game will be ‘Pat Moody Night’ and is on Tuesday, Dec. 9 against Sanford at 7 p.m. <



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Windham’s Card leads team to All-Star Flag Football win

By Matt Pascarella
STAFF WRITER

Windham junior Kiley Card has been playing flag football for six years. She originally wanted to play tackle football, but a girls’ team wasn’t available, so she joined the Maine Girls Flag Football league. She was selected to play on the All-Star team, and her team won the All-Star game at Deering High School in Portland on Saturday, Nov. 1, with a score of 27-21.

“I love the adrenaline rush from flag football,” said Card. “There’s constant pressure on you as a quarterback. I also like playing safety on defense and hearing the crowd get so excited when I intercept the ball. The friends that I’ve made from playing in this league is the best part of it all. It feels good to win altogether, as a team. They are a big part of what keeps me coming back. They make it fun.”

In 2020 the Maine Girls Flag Football league was formed. In the fall of 2022, they had 14 teams. They currently have over 160 girls spread over three divisions: elementary, middle and high school.

The All-Star teams are a combination of girls selected from various teams from the regular season. Coaches vote to nominate players; two teams are created per division. The All-Stars play a championship game putting the best of the league head-to-head.

“I drafted Kiley the year she became a freshman as I am a high school division coach,” said Card’s regular season Maine Girls Flag Football coach Ryan Campbell. “I got very



(L to R) Windham junior Kiley Card about to throw a pass during the Maine Girls Flag Football All-Star game at Deering High School in Portland on Saturday, Nov. 1. Card showing off her ring and team trophy after her All-Star team won the Maine Girls Flag Football All-Star game. PHOTOS BY CINDY RUSSELL PHOTOGRAPHY

lucky in the draft because the year prior, Kiley was the MVP of the middle school division. Kiley is one of the best players on the field as she can play all positions and at the highest caliber. She is a wonderful teammate and really bonds and connects with everyone around her. Kiley is the field general. She not only has to perform the play that I call into her but has to ensure her teammates are in their spots and ready and has to pull off the play successfully. Her natural athletic skills mixed with tenacity to win is the

perfect combination.”

Card’s team was down at the half but fought their way back and tied the game with three minutes left. Card executed a flawless drive to put her team ahead and get the ‘W.’

“In my brief time, one-week period with her, she’s a strong competitor. Selfless teammate and has all of the tools to be a very good quarterback; very polished footwork and throwing mechanics,” said All-Star coach Andrew Fischer.

Card is also a star softball and basketball player and has been throwing a ball her entire life. Flag football gave her the confidence to go out and be-

come a quarterback.

“I can read where the football is headed and intercept the play because I have experience tracking pop flies,” said Card. “In basketball, which I’ve been playing since the age of 5, I read the offense’s body language and watch their eyes so that I’m able to steal the ball, in the same way that I watch a quarterback when I’m on defense playing football.”

Card would like to play flag football next year and continuing playing in college.

“I was proud of myself,” said Card. “Getting a championship ring is something that I’ve wanted for years.” <

ATHLETE OF THE WEEK

Byron Dansereau

Age: 11
Team: Windham Little League Swing Away 12U
Coach: Jason Sun
Parent’s names: Julie and Mark Dansereau
Reason for selection: Byron was one of the team captains and is a walking billboard of keeping quiet and letting his work do all the talking. Byron excels in all three phases of the baseball diamond. Dominating pitcher, complete vacuum at shortstop, and the team leader in hitting. When he is at shortstop, he is the general keeping all infielders in their correct spots. As a coach, I don’t have to worry about anything getting by the shortstop side of the field. When he was on the mound, he gave the team a feeling of invincibility as he worked quickly throwing hard strikes. I believe being a team captain has made him more vocal, forced him to build a rapport with the team ... out there enjoying the game he loves.

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“WHERE CUSTOMER SATISFACTION DOESN’T HAPPEN BY ACCIDENT”

WHS seniors Ledbetter, Trainor sign letters of intent

By Matt Pascarella
STAFF WRITER

Windham seniors Neve Ledbetter and Abby Trainor have been inspiring each other on and off the lacrosse field their entire athletic careers. They became friends in eighth grade and have been succeeding ever since. They each signed their letters of intent at Windham High School on Friday, Nov. 14. Ledbetter will be attending Southern New Hampshire University to major in neuroscience and Trainor will be attending Fairfield University in Connecticut to major in business; both will play lacrosse.

“We knew right off the bat (as freshmen) with their work ethic what we had coming,” said Windham varsity girls’ lacrosse coach Matt Perkins about Ledbetter and Trainor. “What we didn’t know is in their sophomore years, we had some leaders who kind of struggled with (leading) and these two started to spearhead that leadership and their peers jumped onboard and helped them. They proved to us and each other anything is possible if you want to work your tail off. Last year, they elevated the program, they elevated the team, and the team really took care of each other and every kid felt like they were important. We’ve got one more season to go and I am very honored to be a part of it.”

Neve Ledbetter
Ledbetter started playing lacrosse in eighth grade and found it was a really good fit for her. This is when she met Trainor. The two played club lacrosse all through high school and Ledbetter continued playing because of Trainor’s encouragement.

When Ledbetter stepped on to Southern New Hampshire University she felt a real ‘at home’ vibe. The campus made her feel welcome and wanted.

It felt like a weight had been lifted off her shoulders to finally sign her letter of intent. It made her think of all her past accomplishments and felt really good to sign alongside Trainor. “Abby has been my ‘ride or die’



(L to R) Windham senior Neve Ledbetter, center seated, with parents Nikki, Don, brother Will, back right, and grandmother June Williams after Neve Ledbetter signs her letter of intent at Windham High School on Friday, Nov. 14. Neve Ledbetter will attend Southern New Hampshire University to major in neuroscience and play lacrosse. PHOTO BY MATT PASCARELLA Windham senior Abby Trainor, center, with parents Shannon and Jeremy and sister Addison after Abby Trainor signs her letter of intent at Windham High School on Friday, Nov. 14. Abby Trainor will attend Fairfield University in Connecticut to major in business and play lacrosse. PHOTO BY MARLEY JARVAIS

since middle school,” said Ledbetter. “She’s been someone I look up to and has been a huge leader to me throughout my lacrosse seasons. (Windham varsity lacrosse) paved a huge path ... they taught me how to be the person and player I am today. I wouldn’t be here without them, and my teammates especially have been super helpful.”

Ledbetter received the All-Academic Team award for maintaining a GPA of at least 3.5 for six semesters. She’s received the Dr. Richard Costello Memorial Award, based on leadership skills and captain characteristics.

She would like

to thank Trainor, Perkins, Vanessa Ludka, Rusty Babb and Lauren Kane from MaineIax Lacrosse as well as her friends, family and varsity girls’ soccer coach Deb Lebel.

Abby Trainor
As soon as Trainor stepped onto

the Fairfield University campus, it felt very welcoming. She thought the campus was full of life and very innovative.

She’s been committed to Fairfield University for a while, so finally signing felt awesome. For her to get to sign with Ledbetter was an even better feeling because of

their friendship. According to Trainor, it was important the two sign together to show each other that each of them had to rely on each other to get to this spot.

Trainor started playing lacrosse around kindergarten or first grade through Windham Youth Lacrosse. She played from third grade to the eighth grade in the youth program. She’s always loved the sport.

“All my teammates really push me every time I come into a new season,” said Trainor. “I became so much better (in high school) because of the coaches bringing me new plays and with the team being so heavy on offense and defense it helped me play at a higher level.”

Off the field, Trainor is part of the Spanish Honor Society and has participated in food drive donations and has given her time to reading to primary school students.

She would like to thank Coach Perkins, Babb and Ludka, as well as Ledbetter, Kane and her family. <



Windham seniors Neve Ledbetter, left, and Abby Trainor after signing their college letters of intent. PHOTO BY MATT PASCARELLA

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The penny’s end is just the beginning

By Andy Young
STAFF COLUMNIST

Nov. 12 marked the end of a 232-year era of American history. That was the final day the U.S. mint in Philadelphia produced any 1-cent pieces.

There are multiple reasons for the demise of the coin with Honest Abe Lincoln’s likeness on it. The most obvious: it was costing the government three cents to mint every penny it produced. It doesn’t take an economics major to figure out that it no longer makes sense to produce cents.

Some pragmatists have been advocating for the end of the penny for some time, pointing out the coin has zero purchasing power, and thus has become all but irrelevant. Penny can-

dy disappeared long ago, as did scales that provided both one’s weight and fortune for a mere one one-hundredth of a dollar. Today single pennies are virtually worthless; even amassing five of them won’t buy anything more valuable than a nickel.

The penny’s passing is sure to have an impact on other aspects of American life, including everyday language. “A penny for your thoughts,” an expression already on the decline, is likely a generation or two from utter extinction. The same goes for encouraging financial prudence with, “a penny saved is a penny earned,” describing expensive items as costing “a pretty penny,” and characterizing unwise spending as “penny wise, pound

foolish.”

The 1-cent coin’s discontinuance means eventual obsolescence for “See a penny, pick it up, all the day you’ll have good luck” as well, since it won’t be long before people stop carelessly, haphazardly, or absent-mindedly tossing pennies on the ground for good luck seekers to gather.

However, the second half of that old ditty’s disappearance (“See a penny, let it lay, you’ll have bad luck all that day”) is a blessing. Who knows how many innocent people have been



cursed with ill fortune due to their reluctance to pick up wayward pennies they’ve noticed, for fear of being seen doing so by random (and potentially judgmental) eyewitnesses?

Doing away with pennies isn’t unprecedented. When Canada stopped minting 1-cent coins in 2012, retailers throughout the Dominion started rounding all cash purchases up (or down) to the nearest nickel. And while Canadian pennies are still legal tender, good luck finding merchants who’ll accept them. Those looking to get value for Canadian one-cent pieces these days had best find a deserving charity to donate them to.

For serial penny-stashers wishing to cash in their treasure while it still has value, there’s good news: a five-gallon jug full of pennies contains between \$350 and \$450. Unfortunately, that amount won’t begin to cover the cost of hernia surgery, which they’ll likely need after attempting to lift a five-gallon jug of pennies.

The penny’s discontinuance won’t be the last alteration concerning America’s currency. Our Canadian neighbors (or neighbours, as they prefer) stopped printing \$1 bills in 1987, and discontinued minting \$2 bills nine years later. Why? Because \$1 and \$2 coins last far longer than paper money does, which lessens the need for (and cost of) minting new currency as frequently.

Some people have difficulty imagining a world without small bills, but others, mostly younger consumers, have been purchasing items virtually and/or electronically since the day they became virtually solvent enough to do so.

Cash may still be king in some households, but recent developments on the currency front suggest even more seismic changes loom on both the fiscal and linguistic horizons.

I for one am glad I won’t be around when expressions like “Some Venmo for your thoughts?” and/or “See some Bitcoin, pick it up, all that day you’ll have good luck” become commonplace in America’s lexicon. <

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REAL ESTATE & Home

The rise of the 'dumb home': Why more homeowners are turning away from high-tech living

► **By Carrie Colby**
SPECIAL TO THE WINDHAM EAGLE



Earlier this year I wrote an article about “smart homes”. The idea of a smart home has changed how we see our living spaces. It brings technology to make our lives easier. But, there’s a debate if it really makes our lives better or just makes things more complicated.

For more than a decade, tech companies and real estate marketers have championed the dream of the fully automated home—a modern haven where voice-activated lights, smart thermostats, cameras, and sensors work together to create seamless comfort. But in 2025, a surprising trend emerged: a growing share of homeowners are stepping back from the smart home revolution.

The same technologies once celebrated for offering convenience and control are now prompting a wave of reassessment. As everyday life becomes more digitally saturated, many Americans are reconsidering what kind of home environment actually feels restful, intuitive, and secure.

Despite their futuristic promise,

modern smart devices can feel overwhelming. They often require apps, updates, subscription fees, and a stable internet connection—elements that can turn simple tasks into complicated routines.

By contrast, traditional non-connected devices offer a kind of reliability that’s increasingly appealing. They work during power or Wi-Fi outages, aren’t susceptible to hacking, and rarely become obsolete due to software changes. A basic thermostat, for example, continues functioning regardless of internet connectivity—something many homeowners now see as an advantage rather than a limitation.

This shift is partially driven by digital fatigue. After years of living with listening devices, motion sensors, and screens in nearly every room, many people are finding the constant low-level presence of technology more stressful than soothing. For them, simplifying the home has become essential to restoring a sense of calm.



The cost of smart home living is another catalyst behind the movement. While the devices themselves can be expensive, the long-term financial burden is often greater: frequent software updates, inconsistent compatibility between brands, and short upgrade cycles all contribute to ongoing maintenance costs.

Real estate agents report that some buyers now actively avoid houses filled with smart gadgets, viewing them not as selling points but as potential headaches. A system that requires regular troubleshooting or replacement is increasingly seen as a liability, not an asset.

This reassessment isn’t limited to

gadgets—it’s influencing how homes are designed. According to Zillow’s 2026 Home Trends Report, mentions of “reading nooks” in home listings have surged 48 percent over the past year. Zillow interprets this rise as evidence of a growing desire for spaces dedicated to “unplugged relaxation,” where screens and automation take a back seat to quiet, analog comfort.

Meanwhile, landline phones—once considered relics of the past—are making a modest comeback, especially among parents looking to curb children’s screen time. While far from mainstream, their reappearance reflects a broader cultural questioning of constant connectivity.

The retreat from smart technology is not universal. In dense urban markets, buyers still expect integrated tech systems and often view them as adding significant value. Convenience features like smart security systems or

→ see REAL ESTATE Page 36

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PLEASE NOTE: FOOD AND GAMES FEATURE ALTERNATES WITH MOVIE REVIEW

FOOD AND GAMES

THE WINDHAM EAGLE'S

Cooking Corner

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

Creamy Sweet Potato Soup

This healthy and Creamy Sweet Potato Soup is naturally sweetened, loaded with vegetables, and can be made in 30 minutes to be served as a main meal (there's nothing like a hot bowl of soup to warm you up on a cold day) or a Thanksgiving starter!

Prep Time: 10 min. ~ Serves 4

INGREDIENTS

- 2 tablespoons butter

1 onion, diced

1 large carrot, diced

2 celery sticks, diced

1 tablespoon fresh garlic, minced

1 teaspoon fresh ginger, grated
- 3 cups chicken broth or vegetable stock

2 medium sweet potatoes, peeled and cubed into 1-inch pieces

1/4 cup heavy cream (optional)

salt and pepper, to taste

fresh tarragon (optional)

INSTRUCTIONS

Melt butter in a medium saucepan over medium-high heat. Add onion, carrot, and celery; sauté until onion is translucent.

Next, add the garlic and ginger. Cook for 1 minute more.

Add chicken broth and cubed sweet potatoes. Bring to a simmer and cover, reduce the heat to medium-low, and simmer for 20 minutes or until you can pierce potatoes with a fork.

Season with salt and black pepper to taste

Using an immersion blender, puree the soup until smooth.

Alternatively, pour the soup mixture carefully into a blender and puree. Stir in cream (optional) and serve.

Find the full recipe with variations, tips, and more:
www.jugglingactmama.com/healthy-sweet-potato-soup

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



CROSSWORD PUZZLE

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17				18						19				
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23						24	25						26	27
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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	
68							69						70	

CLUES ACROSS

1. Midway between south and southeast

4. Celebrations

9. Pulpits

14. Pin

15. Rare laughing

16. Parts of the circulatory system

17. Financial term

18. Pearl Jam frontman

20. Cores of vascular plants

22. Strong sharp smell or taste

23. City in S. Korea

24. One from Damascus

28. Short message at the end of an email

29. It cools your home

30. Towards the mouth or oral region

31. Intestinal pouches

33. Boys and men

37. The 12th letter of the Greek alphabet
38. Former CIA

39. A way to arrange

41. Body cavity

42. The Great Lake State

43. A type of seal

44. Stop for a moment

46. Ancient kingdom

49. Of I

50. White clerical vestment

51. Songs to a lover

55. Prices

58. Sun-dried brick

59. Where to park a boat

60. One who values reason and knowledge

64. Partner to feather

65. Sailboats

66. Actress Zellweger

67. Type of screen

68. Country singer Haggard

69. Puts together in time

70. When you hope to arrive

CLUES DOWN

1. An involuntary muscular contraction

2. PA transit system

3. Leaves a place

4. Sweet greenish fruit

5. Lends support to

6. Chap

7. Singer Di Franco

8. Water at boiling temperature diffused in the atmosphere

9. Asserts to be the case

10. Doctor (Spanish)

11. Auction attendee

12. Characterized by unity

13. Soviet Socialist Republic

19. Way to analyze video (abbr.)

21. Nonclerical

24. Tree resin

25. The academic world

26. Khoikhoi peoples

27. Infer from data

31. Arrives
32. Apart

34. Takes on cargo

35. Beloved Hollywood alien

36. Takes apart

40. Dorm official

41. Secondary or explanatory descriptor

45. Relating to wings

47. Speaker

48. Situated in the middle

52. Loop with a running knot

53. Alaska nursing group (abbr.)

54. Beloveds

56. Establish by law or with authority

57. Border river between India and Nepal

59. Millisecond

60. Revolutions per minute

61. They __

62. ESPN broadcaster Bob

63. A place to stay

HOW TO SOLVE:

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

LAST WEEK'S ANSWERS

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

SUDOKU

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

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

BUSINESS SPOTLIGHT

When most people hear the term wellness center, they imagine massage tables, yoga mats, or meditation rooms. But there's a hidden gem in Windham redefining what wellness looks—and feels—like. Located at 104 Tandberg Trail in Windham (in the same building as Mullens Driving School), Vitality Room offers cutting-edge, deeply restorative services using sound, light, color, frequency, negative ions, and energetic balancing. And the results? Their clients are raving.

You may already know their signature service: the Harmonic Egg® – a futuristic, private relaxation chamber that uses precisely calibrated sound and light frequencies to restore the body at a cellular level. There are only two Harmonic Eggs® in the entire state of Maine, and one of them is right here. People travel from hours away to experience it.

"It's 'egg day!' Twice a month, I drive 3 hours with my dog just to get to Vitality Room. After my session in the Harmonic Egg®, I feel mentally clear, emotionally grounded, and physically energized. These visits give my mind, body, and spirit everything they need so I can perform my best." – Vitality Member

Why does the Harmonic Egg® work so well?

The Egg delivers coherent frequencies—organized, harmonious vibrational patterns—that help the body shift out of stress mode and into



healing mode. Many clients report relief from anxiety, pain, inflammation, insomnia, trauma, and more—even when nothing else has helped.

But Vitality Room doesn't stop there.

Detox, Digest, and Heal—Without Water or Needles

One of their newest client favorites is the AO Infinity Foot Detox. Unlike traditional detox foot baths, this service is completely waterless. Instead, gentle megahertz frequencies are pulsed through the soles of the feet, encouraging circulation, lymphatic flow, and immune response. At the same time, an infrared vibrating waist belt stimulates digestive and detox organs.

"I was struggling with digestive issues, sciatica, and knee pain. I did the AO Foot Detox and then an Egg session focused on sciatica—and everything improved! My knee and digestion felt better immediately, and my sciatica was gone within 24 hours." – Package Holder

If you've ever been curious about acupuncture, but not the needles, the AO Infinity Wand may be the perfect alternative. This session blends

terahertz frequency, ionic gold/silver exchange, red and blue light, chakra stones, and acupoint energy work for a deeply personalized healing experience.

Every session begins with structured water, electrolytes, and calming therapeutic music. Founder Michelle Buck performs a gentle "neuro-reset" to quiet the nervous system before applying targeted terahertz energy to the body.

"I've been recovering from Bell's Palsy. I can feel the nerves in my face waking up when we use the wand. Combined with Harmonic Egg® sessions that focus on liver and nerve support, my progress has been remarkable. I leave buzzing from head to toe." – Pay-As-You-Go Client

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Vitality Room is also home to the brand-new AO Rain 2.0, a breakthrough negative ion shower—with no water involved! It feels like rainfall without getting wet.

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ronments like waterfalls or forests. The AO Rain delivers 1.4 million per cubic centimeter—up to 140x more than nature itself!

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"I struggle with chronic fatigue from my cancer treatment. The AO Rain helps me feel energized without more medication. Michelle said it charges my mitochondria in 20–30 minutes—and I can feel it!" – Membership Holder

The Story Behind the Space

Vitality Room opened almost two years ago after founder Michelle Buck left a high-stress, 16-year corporate career. Burned out and struggling with anxiety and depression, she found the Harmonic Egg®—and everything changed.

"The Egg eliminated my anxiety and depression and brought joy back into my life. Frequency healing is fascinating—there's so much potential to support the body. As I learn new modalities, I bring them in to help clients in deeper ways. Each service has a unique role in our healing journey." – MB

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➔ REAL ESTATE *Cont. from page 33*

app-controlled locks continue to appeal to city dwellers whose lifestyles revolve around efficiency.

But in second-home and leisure markets, the opposite is true. Buyers of vacation properties frequently seek refuge from the digital noise of everyday life, valuing simplicity and low maintenance over automation. In these spaces, a “dumb home” is often the real luxury.

Perhaps the clearest example of the shift is in the bedroom—traditionally a space for rest but increasingly cluttered with screens and devices. Today, more homeowners are carving out electronics-free sleeping environments, motivated by concerns about sleep quality

and mental well-being. For many, the ideal bedroom now includes no TVs, no voice assistants, and not even a phone charger within arm’s reach.

The movement away from high-tech living isn’t a rejection of innovation—it’s a recalibration. As technology continues to weave itself into nearly every aspect of daily life, homeowners are becoming more selective about where, when, and how they invite it in.

For some, the ultimate smart home is no longer the one packed with devices, but the one that offers something increasingly rare: clarity, calm, and the freedom to unplug.

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

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