

INSIGHT

A relative term

In looking back at this past year, the importance of family in my life has never been more important. It started in March when my youngest stepson, Danny and his fiancé Makayla, brought a new life into the world, a little girl by the name of Summer. She is a precious little bundle of smiles who brings us joy, no matter if she is just visiting us in Maine, or we are babysitting Summer at her apartment in Hampton Beach, New Hampshire. I never knew there could be so many baby toys and devices for infants available until her parents showed up with them.

Then in April I was sworn to keep a special secret when my oldest stepson Chuckie decided to pay my wife Nancy a visit from Danbury, Connecticut for her birthday and brought along our then 3-year-old grandson, Leon. I vowed to keep the secret for a few days and took Nancy for a late dinner at a local steakhouse where she was surprised by the two of them.

They stayed with us for a few days, and we had a blast because we usually only get to see Leon and his 6-year-old sister, Olivia, several times a year.

In early September, both Olivia and Leon and their parents Chuckie and Casie came for a visit and during that time, we ate at a Chinese buffet restaurant, visited a carnival, went to the beach and then we all drove to the Maine Wildlife Park in Gray. Never having been there before, Maine Wildlife Park was a perfect outing for our family. We saw beavers and white-tailed deer, exotic birds, a Maine black bear, a cougar, a gray fox and a skunk. There were raccoons, a bobcat, a porcupine, a woodchuck and even a fish hatchery to feed fish.

Today in HISTORY

NOVEMBER 28

1520 – Explorer Ferdinand Magellan of Portugal reaches the Pacific Ocean after passing through the South American strait and becomes the first European to sail the Pacific from the east.

1775 – The Second U.S. Continental Congress meeting in Philadelphia formally establishes the Continental Navy.

1821 – Panama declares independence from Spain.

1895 – The first American automobile race takes place over 54 miles from Chicago to Evanston, Illinois spanning about 10 hours.

1925 - The Grand Ole Opry made its radio debut on radio station WSM in Nashville.

1943 – U.S. President Franklin Roosevelt, British Prime Minister Winston Churchill and Soviet Leader Joseph Stalin meet in Tehran, Iran to map out strategy for defeating Germany in World War II.

1964 – NASA launches space probe Mariner IV from Cape Kennedy on a course set for Mars.

The highlight of our visit certainly had to be standing just a few feet away behind a fence from a large Maine moose. Never having seen one before, I was amazed at how large moose are and that they eat tree leaves among other things.

The grandkids told us they would like to go back there again the next time they come to Maine for a visit, so that convinced me we had made a great choice for a recreational outing that day.

In late September, Nancy and I rented an SUV and drove to my high school class reunion gathering in Rochester, New York. It rained the entire way over from Maine to the New York State Thruway but once we arrived in the Rochester area, the sun came out and temperatures there were summer-like.

After seeing friends at the reunion activities, we drove to my Aunt Barbara's house for a visit and brought along a carrot cake with us. Aunt Barbara is now 86 and her daughter Robin and Robin's husband John were there that night too. I had been an usher at a wedding with Robin when she was a little girl and I hadn't seen her since. She was the flower girl at that same wedding.

To my surprise, Robin's siblings, my cousins Tracy and David, were also there that evening and I hadn't seen either of them for many years.

We had a wonderful visit and seeing Aunt Barbara made the entire trip worthwhile for me. I had lost touch with her over the years and re-establishing that family connection and having them meet my wife Nancy reinforced for me that family ties are indeed an important component of our lives.

Before leaving Rochester, we spent a Saturday with my cousin Mark, his wife Holly, and their daughter Adeline. It was a memorable visit as we got to taste Adeline's candied lemons and sample some of Mark's freshly made pickles. We also went to a large thrift shop, a bargain store and then traveled to Seabreeze by Lake Ontario to enjoy a meal at a place my father used to take us to when I was small. The restaurant is now called "Don's Original" but back years ago it was "Don & Bob's." Not much has changed since I first went there in the 1950s from the exact same menu board to the counter seats and the food there was the best we had eaten during the entire trip.

Returning to Mark and Holly's house, they showed us a spot in their front yard where they were able to observe and study a group of praying mantis insects over the summer. The creatures were fascinating, and they had given some of them distinct names. Before dying, one of the females had laid a sack of eggs at the end of the summer to perpetuate the species next year if they survive the winter.

All in all, this past year has proven to me how significant positive family members can be upon my life and why it's so critical for me to surround myself with them.

Inspirational Quote of the Week

"Showing gratitude is one of the simplest yet most powerful things humans can do for each other."

– Randy Pausch

I believe that the time we spend with family determines our well-being and survival in this world. Some of my family may now be gone, but the way I see it, my family's never in the past. I carry them around with me each day. <

~ Ed Pierce

ON THE SPOT

Of everything served on Thanksgiving, what is your favorite leftover food item for eating on the weekend after?

- "Pie, pie and more pie."
– Tommy Matthews
- "Gravy." – Brian Butler
- "Turkey sandwiches, but only mayo, lettuce, salt and pepper." – Rob Juergens
- "Jellied cranberry sauce and lots of sweet potatoes and creamed corn."
– Anne Glotchshuk
- "Turkey, stuffing and gravy."
– Jane Johnson Sullivan
- "Stuffing."
– Peggy Ingraham Timmons
- "Chinese take-out. I am allergic to turkey and can't stand eating cranberry sauce or anything with pumpkin in it." – Richard Y. Wickmer
- "Turkey legs and mashed potatoes and gravy."
– Chris Macklin
- "Spinach salad and homemade dinner rolls." – Deirdre Schulte
- "Pumpkin pie and green bean casserole." – Dean A. Smalley
- "My grandmother's pecan pie, my mother's apple-chestnut stuffing, roasted red onions and glazed carrots."
– Mitchell B. Robinson
- "Cranberry Bacon Green Beans, spiral ham or sweet potato casserole."
– Louise V. Snider
- "Brussels sprouts and hot turkey sandwiches."
– Isabella Mongon
- "I love my sister's leftover squash, her corn pudding is to die for and her scalloped potatoes are a special treat if any are left after our Thanksgiving Day meal."
– Oscar Kellner
- "Croissant and Sausage Stuffing."
– Lollie Gomez Nunez

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EDITORIAL POLICY

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Annual Everlasting Gratitude Wreath Program pays tribute more than 1,000 of Windham’s fallen heroes

By Ed Pierce
STAFF WRITER

Windham’s military veterans gave us our freedom and kept us safe during difficult times. They sacrificed for us, protected us, and defended our liberty during war and in peacetime. They all deserve our thanks for their courage, strength and dedication and supporting Windham’s Everlasting Gratitude Wreath Program is a great way to show respect for our local veterans.

The program was started by Sebago Gardens in 2013 and continues today under the leadership of American Legion Field-Allen Post 148 in Windham. Each Christmas season, the Windham Everlasting Gratitude Wreath Program provides wreaths adorned with red, white, and blue ribbons for placement on veteran’s graves in town.

Last year, more than 1,000 wreaths were placed in 24 different Windham cemeteries honoring the service of military veterans buried there. Some of these local graves of veterans date back to the Colonial Era and the Revolutionary War. The graves of Civil War, the Spanish-American War, World War I, World War II, the Ko-



American Legion Post 148 Auxiliary members gather during last year’s Everlasting Wreath Gratitude Program at Arlington Cemetery in Windham. From left are Pam Whynot, Gail Labbe, Lin Tanguay, Maryann Johnson. This year the wreaths will be placed on veterans’ graves at Windham cemeteries on Saturday, Dec. 6.
PHOTO BY DAVID TANGUAY

rean War, Vietnam, Iraq and Afghanistan veterans can also be found in Windham.

Starting in December, the Windham Everlasting Gratitude Wreath Program conducts a ceremony hon-

oring the contributions of local veterans and follows that up with the placement of seasonal wreaths adorned with red, white, and blue ribbons. The special ceremony is coordinated with the laying of wreaths at the na-

tional cemeteries across America and includes placing a large, decorated wreath at each cemetery entrance in Windham.

“We are still working with Libby Sawyer, the founder of the program. Although now the Legion Post does the funding and labor,” said David Tanguay, Post 148 adjutant, she still is the vendor for the wreaths. Bows were made by the American Legion Auxiliary Unit 148 on Nov. 13.

According to Tanguay, the bows will be placed on the wreaths at 9 a.m. Tuesday, Dec. 2 at the Sebago Garden facility on Architectural Drive in Windham, and volunteer help is always greatly appreciated.

“The wreaths will go out to the smaller cemeteries that week with Veterans of Foreign Wars Post 10643 and American Legion Post 148 staff support,” Tanguay said. “Arlington Cemetery with 350 veterans and Smith Cemetery with 210 vets will be done at 9 a.m. on Saturday, Dec. 6. Again, any support will be appreciated and volunteers to place the wreaths at the cemeteries will be briefed by Legion staff at each location/”

→ see **WREATHS** Page 17

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Taking the oath



Katie Cook, left, is sworn into office as an At-Large Windham Town Councilor at the Windham Town Hall by Windham Town Clerk Anthony Blasi on Wednesday, Nov. 19. Cook's victory in the Nov. 4 election was confirmed by an official hand recount of voter ballots conducted at Windham Town Hall earlier that day. Cook works as an IT and Litigation Support Manager and hopes to serve on the Town Council's Finance Subcommittee and possibly the Windham Energy Advisory Committee and the Windham Middle School Repurpose Advisory Committee if appointed to those roles. COURTESY PHOTO

Windham Town Council chooses leaders for next year

By Ed Pierce
STAFF WRITER

During the Windham Town Council meeting on Nov. 13, councilors selected new leaders for the coming year and approved appointments to the town board and committees.

Mark Morrison was elected to serve as Town Council chair, with Bill Reiner elected as Vice Chair and David Nadeau as Council Parliamentarian.

Morrison was first elected to the Town Council in 2020 and was re-elected to a three year At-Large term in 2023. He previously served as the Town Council chair from Nov. 2023 to Nov. 2024. He has lived in Windham since 1990 and works as a financial advisor.

Reiner has previously served as Town Council Vice Chair and represents Windham's West District. He was re-elected to the council in 2024.

Nadeau was re-elected to the council in an At-Large role in 2024 and has previously served as the Town Council Parliamentarian.

After electing new leaders, councilors also made key appointments of Windham residents to fill vacancies on various town board and committees:

- Magnus Dunning to the Windham Board of Assessment Review for a three-year term
- Harold Inman to the Windham Public Library Board of Trustees for a three-year term
- Austin Coco to the Windham Natural Resource Advisory Committee for a three-year term
- Councilors also appointed David Joy, Tina Linsbeck-Perron, Amie Earley, Steve Clauson, and Lindsey Conrad to serve on the Forbes Park Neighborhood Ad Hoc Committee.
- Elizabeth McDougall was appointed to a three-year term on Windham Public Library Board of Trustees.
- Megan Potter received a three-year appointment to serve on the Parks and RecAdvisory Committee, and she also was named to serve on the Forbes Park Neighborhood Ad Hoc Committee. <



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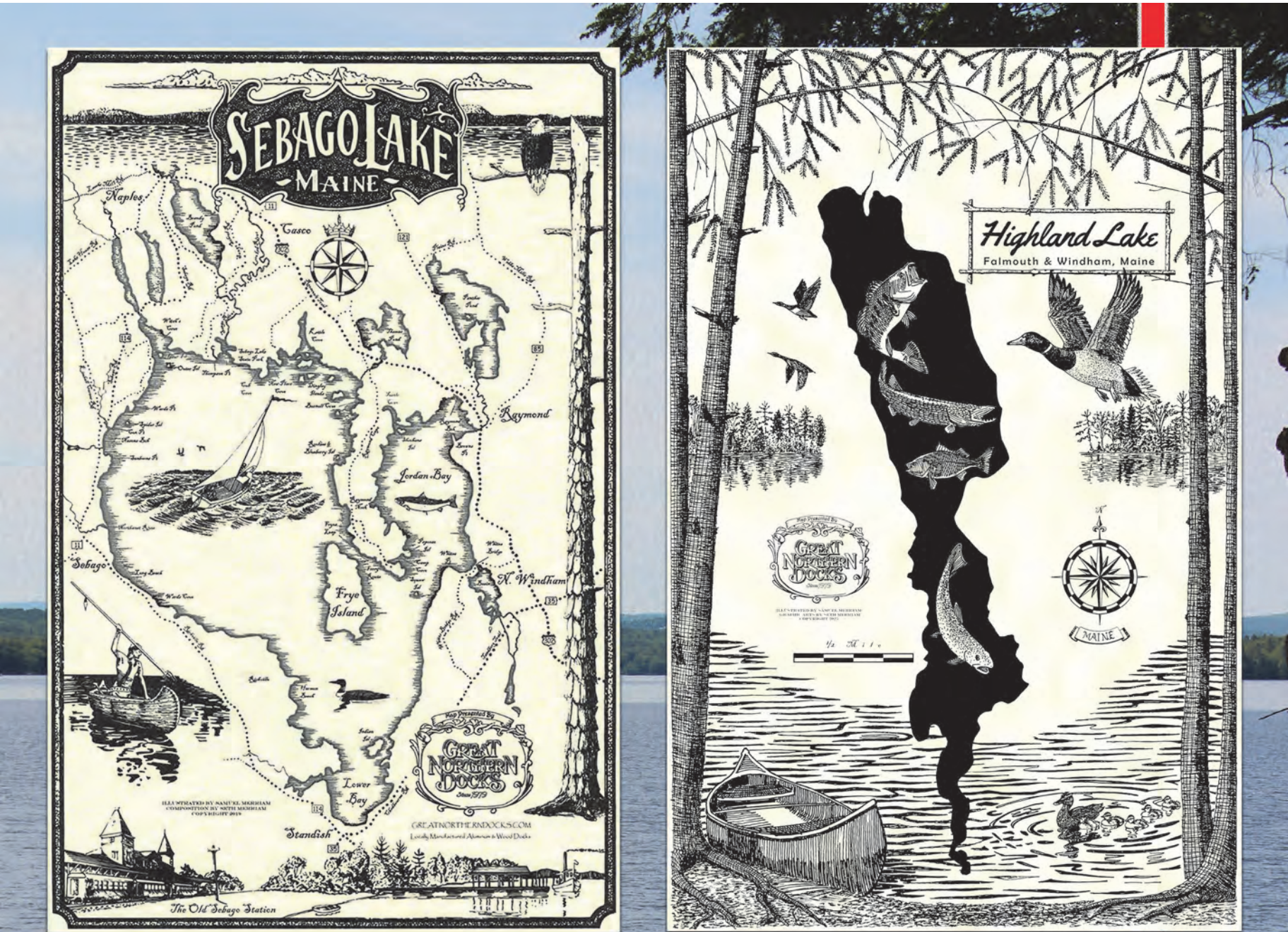
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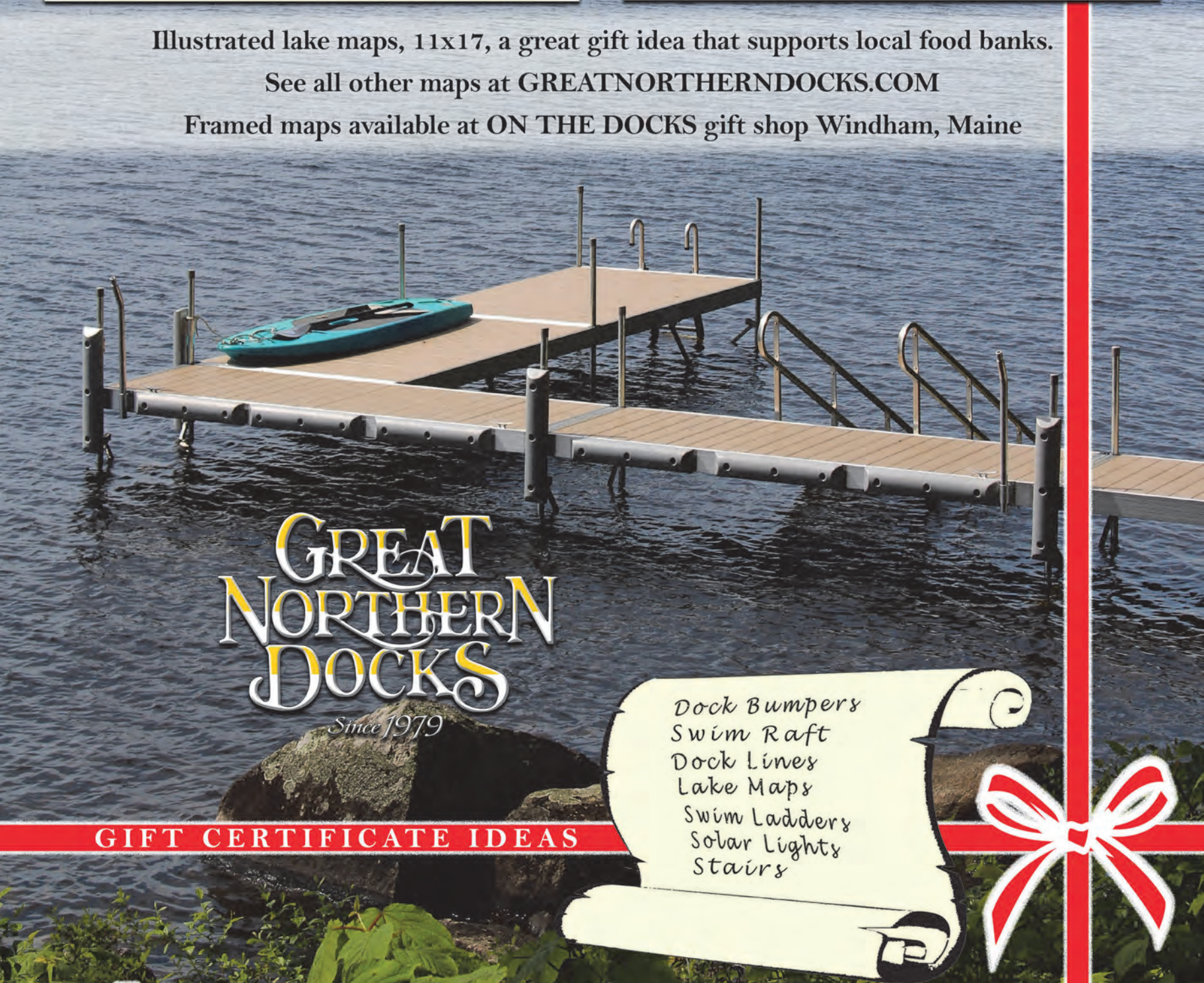
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Windham holiday celebration event nearing at WMS

By Ed Pierce
STAFF WRITER

The holidays are upon us once again and that means soon town residents will be able to attend one of the most popular seasonal events, when the annual Windham Holiday Celebration makes its return.

This year’s celebration will take place from 3:30 to 6 p.m. Sunday, Dec. 7 at Windham Middle School. The event is hosted by the Windham Fire & Rescue Department, the Windham Police Department, RSU 14 and the Windham Parks & Recreation Department.

The Town of Windham invites everyone to join them for an afternoon of spectacular holiday fun and cheer.

Families will gather outside the middle school at 3:30 p.m. for activities, refreshments and music and then at 4 p.m. Santa and Mrs. Claus will be picked up in North Windham by Windham Fire/Rescue, Windham Police Department and Windham Parks & Recreation and escorted to



A decorated Windham Fire and Rescue Department truck and a contingent of Windham Police officers will bring Santa and Mrs. Claus to the Windham Holiday Celebration event at 4 p.m. on Sunday, Dec. 7 at Windham Middle School. FILE PHOTO

Windham Middle School for the celebration.

Between 4:30 and 6 p.m., participants will make their way into the Middle School, entering through the front door, for more holiday activities, games, door prizes and a meet-and-greet with Santa and Mrs. Claus.

There will not be a holiday parade

this year, but participants will be able to see Windham Fire/Rescue and Windham Police escorting Santa and Mrs. Claus to the celebration.

Windham Parks & Recreation asks that in lieu of an admission fee, please bring a donation for Age Friendly Windham. Cash, new socks, new blankets or gift cards are perfect as gifts for Age Friendly Windham volunteer drivers. Go to agefriendly-windham.org for more details about this community organization.

Participants do not have to be present to win the door prizes at the holiday celebration at Windham Middle School.

No pets are allowed on school grounds, and no advance registration is required to attend the event. <



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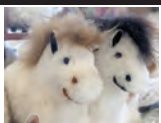
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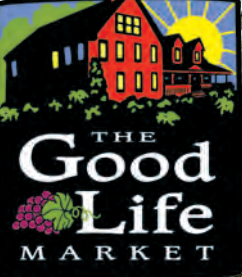
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Holiday baking sessions are a beloved tradition in many households. A family baking day during the holiday season is a great activity that appeals to loved ones of all ages, making a day spent in the kitchen an ideal way to bring multiple generations together under one roof.

There's no shortage of options when baking together as a family, but no treat embodies this season of baking more than cookies. Whether you're baking cookies for Santa Claus, bringing them along to a holiday party or simply whipping them up for some extra energy when decorating the tree, these "Ginger Cookies" from Lines+Angles are sure to please this December.

GINGER COOKIE RECIPE

Makes 48 cookies

- 1 cup packed brown sugar • 3/4 cup shortening
- 1/4 cup molasses • 1 large egg
- 2 1/4 cups unbleached all-purpose flour
- 1/2 teaspoon ground cloves • 1 teaspoon ground cinnamon
- 1 teaspoon ginger • 2 teaspoons baking soda
- 1/4 teaspoon salt • Granulated sugar, for rolling

1. Preheat oven to 375 F. Grease baking sheet with non-stick cooking spray.
2. In a large bowl, using an electric mixer on medium speed, beat brown sugar, shortening, molasses, and egg together until light and fluffy. Stir in all remaining ingredients, except granulated sugar.
3. Shape dough by rounded teaspoonfuls into balls. Dip tops into granulated sugar and place balls, sugar side up, on prepared baking sheet, about 3" apart.
4. Bake 10 to 12 minutes or until just set. Remove from cookie sheet immediately to wire rack to cool. Serve.

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Find your Perfect Christmas Tree Here!



Here are five helpful, practical tips to keep your Christmas tree healthy and fresh once you get it home to help ensure it lasts until the holiday:

- 1. Make a fresh cut at the base.** Before placing your Christmas tree in its stand, trim about half an inch off the bottom of the trunk. Even if the tree was recently cut, the sap can seal the original cut and block water absorption. A fresh, clean cut opens the pores so the tree can drink properly, which is the key to keeping it healthy and vibrant all season long.
- 2. Get it into water immediately.** Once the fresh cut is made, place the tree in water right away. Use a sturdy stand that holds plenty of water—at least one quart per inch of trunk diameter. This is especially important

during the first 24 to 48 hours, when a tree can take in a surprisingly large amount of water as it rehydrates.

- 3. Keep the water level above the base at all times.** Never let the water level drop below the bottom of the trunk. If the base dries out, the cut end can seal over again, and the tree won't be able to absorb any more water. Checking the water level morning and night is an easy way to ensure your tree stays hydrated.
- 4. Keep it cool and away from**

heat sources. Placement makes a big difference. Keep the tree away from fireplaces, wood stoves, radiators, heat vents, and direct sunlight. Heat causes the tree to dry out much faster and leads to quicker needle drop.

5. Avoid additives: plain water is best. Tree preservatives, sugar mixtures, or household concoctions don't improve freshness. Clean, cool water is all your tree needs to stay healthy and last throughout the holiday season and maybe even longer. <

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From keeping your loved ones safe to questions you should think about **this is your Senior Check-In Checklist.**

It can be difficult to tell how your aging loved ones are really doing at home when you don't live nearby. This guide will help you know what to look for when you are visiting with your long-distance loved ones.

Personal Health and Well-Being

- ___ Are they neglecting their personal hygiene?
- ___ Do you notice unkempt hair, dirty or lengthy nails, poor oral hygiene or body odor?
- ___ Are they wearing the same clothes repeatedly?
- ___ Do you see a significant change in their weight?
- ___ Are they eating a healthy diet/nutritious meals?
- ___ Are they repeating themselves? Do they seem lost or confused during regular conversations?
- ___ Do they still get out and do the activities they enjoy, or are they hesitant to leave the house?

Around the House

- ___ Is their home, that was once tidy, now being neglected?
- ___ Are things as clean as they used to be?
- ___ Do you see potential tripping hazards, such as cords, rugs or newspapers piled up in the middle of the floor?
- ___ Is there enough bright lighting inside and outside of the home as well as stairwells?
- ___ Is there a lot of unopened mail or unpaid bills piled up on the desk or counter?
- ___ Do they have expired or spoiled food in the refrigerator or pantry?

Overall Safety

- ___ Are they navigating the stairs OK, or would they benefit from more secure railings on both sides of the stairs?
- ___ Are they having trouble with mobility—getting in and out of bed, a chair or the tub/shower; on and off the toilet?
- ___ Do they lose track of their medications... or skip them altogether?
- ___ Do they repeatedly forget to turn off the oven or stove?
- ___ Has driving become an issue, especially at night?
- ___ Are there new dents or scratches on their vehicle?

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→ FESTIVAL *Cont. from page 1*

lar annual event. Turner, who died in January 2023, based his idea on an event that he participated in when he lived in Brewer.

This year, “Bob’s Tree” contains \$1,000 in gift cards contributed by the congregation. Last year’s winner of “Bob’s Tree” sent a note of thanks for winning that tree, explaining that she could not use all the wonderful gifts under the tree, so she gifted some of them to folks in need.

“It’s a gift that keeps on giving,” Fox said.

Tree sponsors will decorate their trees and then put gifts on and around the tree, many from their store or organization. Winners will receive the tree itself, with its lights and ornaments, all the gifts hanging on the tree, and all the wrapped gifts placed under the tree.

At each of the previous Christmas Festival of Trees events, the drawing winners took home everything from toys and gift items to kitchen supplies and jewelry. There’s always great excitement and anticipation when each Grand Drawing is conducted.

Admission to the Christmas Fes-

tival of Trees is free and everyone is welcome to visit the church and take in the sights of these decorated Christmas trees with the colorfully wrapped gifts underneath from the event’s tree sponsors. There will be drawing tickets on sale for 50 cents each. A bucket will be in front of each tree display and one ticket will be drawn for each tree at 4 p.m. on Sunday afternoon.

The winners do not have to be present for the drawing but will need to claim their tree and gifts by 4 p.m. Tuesday, Dec. 9.

Visitors will be able to stroll through a wonderland of whimsical trees, while you tap your toes to jolly music, catch up with friends, and feel that warm, fuzzy holiday spirit. Munch on delicious lunch and homemade baked goodies at the Fellowship Hall café and rumor is that Santa himself may pop in for a visit.

Event officials say that by participating, not only do you have a chance to win big, but you’ll also be helping to support the church budget and community mission projects, spreading joy where it’s needed most. Some Windham UCC mission projects include donations to the Windham Food

Pantry, helping the homeless, participating in the Sebago Lakes Region Fuller Center for Housing programs, and providing meals for local families in need at Thanksgiving and Christmas. The church’s charitable work also involves collecting donations for fire victims, hurricane victims and those affected by other natural disasters.

“We are grateful for all who will contribute to the festival this year along with those original companies who will join us again,” Fox said. “Other sponsors this year include Mr. Bagel, On The Docks, Windham Powersports, Barb Maurais of Tick BYTES, A Team Realty, New England Fitness and Athletics, The School House Learning Center, Fielding’s Oil & Propane, Cross Insurance-Portland, Beowulf Security Company, Downeast Appliance, RSVP, Beacon Pizza, Feelz Thrift Shop, Allied Real Estate and “Bob’s Tree.”

Windham Hill United Church of Christ is an Open and Affirming church, welcoming all who would come. The church was founded in 1743 and has been central to the life of Windham throughout Windham’s history as a town. <

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PLANNING BOARD

AGENDA HYBRID MEETING & WORKSHOP

Monday, December 10, 2025 • 7:00 PM

Broadcast Studio - 423 Webbs Mills Road and Via ZOOM

1. Call to order

2. Approval of Minutes: November 17th, 2025

3. New Business: SKETCH PLAN REVIEW

APPLICANT: Sebago View LLC submitted by Dustin Roma, D.M. Roma Consulting Engineers

LOCATION: Map: 005 Lot: 001 Zone VR Webbs Mills Road

DESCRIPTION: Sketch Plan Review for Proposed 46 Lot Subdivision on 56 acres. Subdivision will connect to both Webbs Mills Road and Honey Hill Lane.

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

4. Old Business - Workshop:

- Discussion and review of ordinance changes related to Banquet Halls
- Discussion and review of draft of Marijuana regulation

5. Staff Communications

6. Adjournment

JOIN ZOOM MEETING

https://us02web.zoom.us/j/83845922230?pwd=yDf19WaBHbNMamLIsShBmK33EW2aMY.1

Meeting ID: 838 4592 2230

Passcode: 2xjBHs

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Cleaning up for visitors



Members of the Sebego Lake Rotary Club pitched in and spent much of Saturday, Nov. 8 at the Windham Veterans Center raking and disposing of leaves, picking up trash and cleaning up the grounds of the Windham Veterans Center in advance of the annual Veterans Day observance there on Tuesday, Nov. 11. Club volunteers have made this an annual chore to pay respect for local military veterans and so that visitors to the Veterans Day observance every year will find the grounds neat and tidy. SUBMITTED PHOTO

➔ WREATHS *Cont. from page 3*

He said that thanks to the generous donations from local businesses and many members of the community, Windham’s American Legion Field-Allen Post 148 has been able to sponsor this popular program, but further donations from the public are needed to keep it viable.

“The Legion’s Everlasting Gratitude Wreath Program has zero overhead for expenses, and all donations to the program are used to purchase wreaths, ribbons, and hardware,” Tanguay said.

Each veteran’s grave in town will have a shepherd’s crock placed on it in December about 30 inches high to

hang the wreath on. These shepherd’s crocks allow volunteers to remove the wreaths easily when it is time to retrieve them rather than having to dig them out from under a pile of snow.

Fundraising for the Everlasting Gratitude Wreath Program began in July to raise more than \$6,000 every year to support the program and have funds available in September to pay for the wreath order.

Anyone wishing to donate to the Everlasting Gratitude Wreath Program may do so by sending a check marked “Legion Wreaths,” to Legion Post 148 P.O. Box 1776, Windham, Maine 04062. The American Legion is a Federal designated 501 (c) 19 organization. <

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Town of Windham’s Annual

RABIES CLINIC

The Windham Town Clerk’s Office & the Lake Region Animal Hospital will host their annual Rabies Clinic

SATURDAY, DEC. 6, 2025
8:30-10:00 am

in the Town Hall Gym, 8 School Road
SURROUNDING TOWNS ARE WELCOME TO ATTEND.
All dogs must be on a short leash & cats must be in a carrier.

All shots are \$15 per animal & payable by cash or check payable to Lake Region Animal Hospital.
The vet requires you bring your pets last proof of rabies vaccination, otherwise your pet will only receive a one (1) year shot instead of a 3-year shot.

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Town of Windham Active Transportation Plan

PUBLIC MEETING

& ONLINE SURVEY



WED, DEC. 3

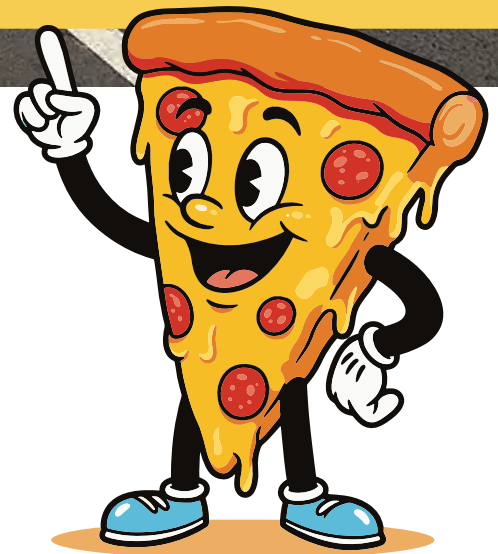
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Windham Town Hall

Council Chambers

8 School Road

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windhammaine.us/874/Active-Transportation-Plan

Bureau of Insurance advises consumers to prepare for changes to Medicare Advantage Plans

The Maine Bureau of Insurance advises Mainers enrolled in Medicare Advantage plans to prepare for changes in 2026.

Several health insurers are reducing the number of Medicare Advantage plans they offer in Maine or exiting certain areas of the state.

Insurance companies will notify members about changes, and affected members that receive a notice of termination should keep the document for their records.

Members enrolled in a Medicare Advantage plan that will not be offered in 2026 will remain covered under their plan through Dec. 31, 2025. While members of discontinued Medicare Advantage plans have 90 days from the date their plan exits the market to choose a new Medicare Advantage or Medicare Supplement plan, these members should enroll in another plan during the Annual Open Enrollment period, which runs through Dec. 7, to have coverage take effect on Jan. 1, 2026.

The Bureau of Insurance strongly encourages members of discontinued plans to select a new Medicare Advantage or Medicare Supplement plan by December 2025, since a plan selected in January 2026 will not begin coverage until February 2026, and a plan selected in February 2026 will not begin coverage until March 2026.

Before selecting a new Medicare Advantage plan, carefully review the

details of the plan. Members must make sure their doctors, other health care providers, and hospital are in the health plan's network, and check to make sure their prescription drugs are covered. Not all Medicare Advantage plans have the same networks of health care providers, and not all plans cover the same prescription drugs. Once that is complete, members should call 1-800-MEDICARE to sign up for the new plan.

Medicare Advantage plan members whose plans are not being terminated, but who wish to change plans, can choose another Medicare Advantage plan during the Annual Enrollment Period.

Members of discontinued plans may also select Medicare Supplement plans, which have no network restrictions and are accepted everywhere Medicare is accepted.

Those members enrolled in a discontinued Medicare Advantage plan have 90 days from the date their coverage ends to choose a Medicare Supplement plan without medical underwriting. If coverage ends Dec. 31, 2025, the affected member has until March 31, 2026 to select a Medicare Supplement plan without a medical history review.

If members decide to leave the Medicare Advantage market and return to Original Medicare with Medicare Supplement for 2026, members should also enroll in Medicare Part D prescription drug coverage. The

Bureau strongly advises members to choose a Medicare Supplement plan and a prescription drug plan during the Annual Enrollment Period.

Whether enrolling in a Medicare Advantage plan or Medicare Supplement plan, members are reminded to share information on their new health insurance plan with all of their health care providers.

Need help? Members can get free, unbiased help from the State Health

Insurance Program at the Area Agencies on Aging at 1-877-353-3771 or TTY: 711, between the hours of 8 a.m. to 4:30 p.m. Monday through Friday.

Members can also call 1-800-MEDICARE (Center for Medicaid and Medicare Services, part of the Federal Government) or TTY: 1-877-486-2048 for 24 hours per day, 7 days per week – once the Federal shutdown is over. You can also look online at www.medicare.gov/, using the “Find Plans Now” link. <

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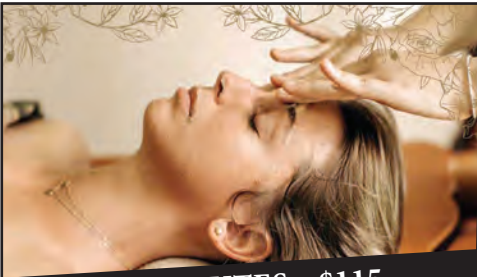
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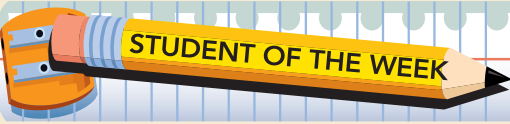


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Parents' names: Carley and John
Reason for selection: Zander has been trying really hard to follow the 3 Bees (Windham Primary School Rules). From Mr. Mitch – “Zander is one of the most unique, clever, and creative kiddos that I’ve had the pleasure of working with. His larger-than-life personality, and his natural ability to keep us laughing, is truly special. Mr. Mitch’s team is beyond proud. This kiddo deserves to be recognized and celebrated! From Miss Diggins – “Zander is a kid like no other; his creative and inventive mind is endlessly fun and fascinating to engage with. He is a sweet and caring kid to his core, with the biggest smile, who wants to make other people laugh. I’m so happy to celebrate how wonderful Zander is!”



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BRIEFS

Wreath volunteers

The Everlasting Gratitude Wreath Program’s work party to place the bows on the wreaths will be held at Sebago Gardens warehouse at the end of Architectural Drive Windham at 9 a.m. on Tuesday, Dec. 2. About 1,000 wreaths need bows. All are welcome to help. FMI, call 207-892-1306.

Painting Class

A free painting class focusing on watercolors will be offered from 2 to 4 p.m. Tuesday, Dec. 2 at the Raymond Village Library, 3 Meadow Road in Raymond. Registration is required. To sign up, call 207-655-4283.

Christmas Fair

North Union Windham Church, 723 Roosevelt Trail in Windham, is hosting a very merry Craft Fair from 9 a.m. to 2 p.m. Saturday, Dec. 6. There will be crafters, artisans, vendors and plenty of unique gifts, baked treats and candy. There will also be a silent auction, a soup and sandwich lunch, a professional holiday photo booth and a themed gift basket raffle. FMI, call 207-892-6142.

Rabies Clinic

The annual rabies clinic organized by the Town of Windham in partnership with Lake Region Animal Hospital will be held at the Windham Town Hall Gymnasium, 8 School Road in Windham, from 8:30 a.m. to 10 a.m. Saturday, Dec. 6. All immunizations for pets will be \$15 and dog registrations will be available for Windham residents. Cash or checks are accepted. All dogs must be on a short leash, and cats must be in a carrier. FMI, call 207-894-5900.

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

Decorations, Fresh Balsam Wreaths and Seasonal Arrangements, Jewelry, a Baked Goods and Cookie Walk, Homemade Take-out Foods, Fudge and Confections, and a visit from Santa Claus. FMI, call 207-892-8447.

Christmas Tree Fundraiser

From 10 a.m. to 3 p.m. Saturday, Dec. 6, Roosevelt Trail Nursery & Garden Center, 310 Roosevelt Trail in Windham, will donate 50 percent of all Christmas tree sales to Windham Cub Scout Pack 805 in its first-ever Christmas Tree fundraiser. Cub Scouts with Pack 805 will be assisting in holiday tree sales. There also will be wreathes and holiday plants available. FMI, call 207-893-2757.

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.

Winter Fair

Windham Raymond Pride is preparing for the holidays by hosting its 2nd Annual Winter Fair and Bake Sale from 11 a.m. to 3 p.m. Sunday, Dec. 7 at the Windham Town Hall Gymnasium, 8 School Road. The event will feature unique LGBTQIA+ and Allied vendors from across Maine, a delicious spread of sweets, and joyful holiday cheer. FMI, send an email to windhampride207@gmail.com

Breakfast with Santa

The Windham Lions Club is conducting a free “Breakfast with Santa” from 8 to 11 a.m. Saturday, Dec. 13 at the Windham Veterans Center, 35 Veterans Memorial Drive. The breakfast includes pancakes, sausage, OJ, milk, hot chocolate and coffee. Donations will be accepted. Children will be able to meet and have photos taken with Santa. FMI, call 207-776-0469.



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Windham resident's former career inspires retired detective to author police procedural novels

By Dina Mendros
STAFF WRITER

When Bruce Robert Coffin entered college, his dream was to be a writer. Unfortunately, a less than encouraging creative writing teacher squelched that dream, for a time. Instead, following in the footsteps of a relative, Coffin veered on a completely different career path. He became an officer with the Portland Police Department, eventually becoming a detective sergeant supervising homicides and violent crime. During his time with Portland PD, Coffin put his writing aspirations on the shelf.

However, after about 28 years on the force, Coffin retired and finally realized his longtime dream of becoming a writer. Using his police career as fodder, Coffin, 61, a Windham resident, has now published nine books, many of which feature a police detective as the protagonist.

His latest book, “Crimson Tide,” came out earlier this month. He is working on a second book in his Detective Justice Mysteries series, scheduled to come out early next year and a third is already planned which is set to be published later in 2026.

He’s thrilled with his second career, Coffin said, and loves the writing process.

“The most fun of this is actually sitting down and playing inside your imagination. There should be no other motivation,” he said. “I mean none of us is guaranteed successful publication, but if you enjoy the actual active writing, making things up, entertaining yourself and escaping from the real world, which is what readers do as well, writing might be right for you.”

Although it took him a while to realize his dream of becoming a writer, Coffin isn’t bitter.

“It’s certainly not what I imagined as a teenager that it would take this long but I think it’s worked out well because it’s about having a life, experiencing things in life,” he said. “The more that you have, I think the better you can be.”

Coffin says he feels fortunate to be having writing success now.

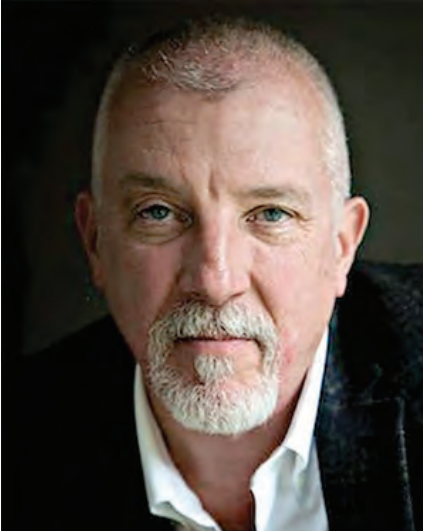
“In a lot of ways, I’m lucky that I waited until I was 52 to actually do this because I don’t know how I would have approached it as much as a young person,” he said. “I feel like this came at exactly the right time for me.”

He says his past experiences inform his books as Coffin writes police procedurals.

“You can write about procedure,” he said, “but I think without the experience having done it it’s harder to write the emotions that are associated with it.”

There is a lot of himself in his first series, Coffin said. The Detective Byron Mysteries are about a Portland police detective, just like he was.

In addition, he said, “I think all my characters probably contain elements of me. ... I think it’s impossible to write believable characters if you’re not revealing a little bit of yourself once in a while when you’re writing them. I think that was one of the things



Bruce Robert Coffin is a retired police detective who lives in Windham with his wife and has authored nine police procedural novels. His latest book is called “Crimson Thaw” and is available at Sherman’s Maine Coast Book Shop, Walmart and online at amazon.com among others.

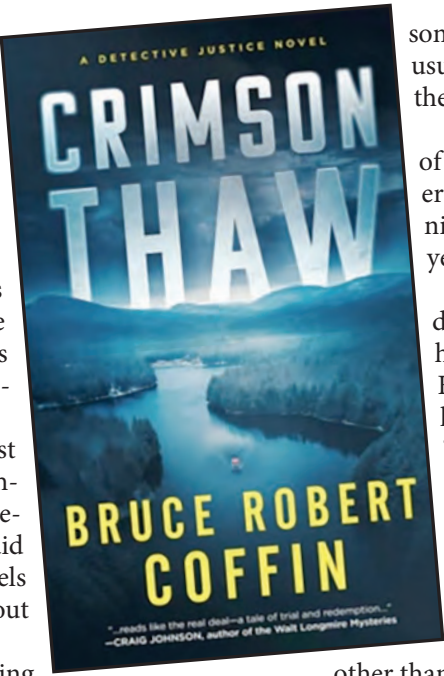
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to learn that it was okay to risk exposing your inner thoughts by putting them into the character that’s not you.”

Coffin said he reads a lot and has several authors he especially admires that provide inspiration.

One of his earliest favorites was another Maine author, Stephen King. He said reading King’s novels taught him a lot about how to tell a story.

As to his writing process, Coffin says he writes every day and always has a plan in mind for the plot of his books and that prevents writer’s block. When he does get stuck, he says he gets up and does



something else, and he usually finds answers then.

Coffin credits a lot of his success to his literary agent Paula Munnier and his wife of 40 years, Karen.

“I couldn’t have done this without her,” Coffin said of Karen. He calls her his muse and his “right hand” who he bounces ideas off and travels with him to speaking engagements. “She handles pretty much everything other than the writing.”

Despite putting his writing career on hold for decades, Coffin considers himself lucky to have his chance now. “I love this,” he said. “I plan to do this until I can’t do it anymore.” <

Windham Raymond Schools

RSU4

Equity and Inclusion

Whole Child

Translucide Skills

RSU 14 Core Beliefs

Student Engagement

Community Engagement

Staff Engagement

AT-A-GLANCE

Discussion topics are subject to change. Please check meeting agendas for the most up-to-date information.

RSU 14 BOARD OF DIRECTORS

Upcoming School Board Work:

- Annual Achievement Report
- Strategic Plan Update
- Manchester School State of the School Presentation
- District Audit Presentation
- Budget Calendar Review
- Windham High School Course of Study Review
- District LAU Plan Review

FINANCE COMMITTEE

Upcoming Committee Work:

- Audit Review • Capital Reserve Review
- Budget Infographics for Public Dissemination

POLICY COMMITTEE

Upcoming Committee Work:

- IGDJ: Athletic / Co-curricular Eligibility School Board Governance Policies
- BEA: Board of Directors Use of Electronic Mail
- BEAA: Standard Operating Procedures Guide of Communication with Public
- BEDH: Public Comment at School Board Meeting
- GBEC: Drug-Free Workplace
- GCC: Professional Staff Hiring
- GBO: Family Care Leave
- DN: Disposal of Surplus Property
- DJ: Bidding/Purchasing Requirements
- EBAA: Chemical Hygiene & Hazardous Materials
- ECB: Pest Management in School Facilities & School Grounds
- JLCB: Immunizations of Students
- JLCC: Communicable Diseases

SCAN HERE TO SEE BOARD MEETING AGENDAS, MEETING VIDEOS, BOARD MEMBERS, FINANCES, SCHOOL POLICIES & MORE

SCHOOL BOARD UPDATE

UPCOMING MEETINGS

All meetings are open to the public and subject to change.

December 1, 2025:

9:30 a.m. at District Office: Policy Committee

December 3, 2025:

6:00 p.m. at Jordan Small Middle School Gymnasium: Board Meeting

December 9, 2025:

9:30 a.m. at District Office: Finance Committee

December 15, 2025:

9:30 a.m. at District Office: Policy Committee

December 17, 2025:

6:30 p.m. at Jordan Small Middle School Gymnasium: Board Meeting

CURRICULUM COMMITTEE

• No meeting scheduled

FACILITIES COMMITTEE SITE

• No meeting scheduled

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Mastering decluttering before the holidays

As Thanksgiving approaches, it's the perfect time for families to begin decluttering their homes in preparation for the holiday season. Between gifts, decorations, and extra gatherings, living spaces can quickly become crowded, especially in households with children. Taking steps to organize now can reduce stress, create a calmer home environment, and make holiday preparations much smoother.

Starting decluttering around Thanksgiving gives families several weeks to tackle each room before Christmas arrives. Focusing on one area at a time, such as the living room, bedrooms, or playroom, which prevents the task from feeling overwhelming. By working in manageable segments, families can gradually clear out unwanted items while keeping daily routines intact.

For families with children, involving kids in the process is essential. Children often form attachments to toys, clothes, and other belongings, so guiding them through thoughtful decision-making can help them understand why decluttering matters. Encouraging children to sort items into categories such as Keep, Donate, Trash, or Relocate allows them to participate actively. Donating toys and clothes to local charities also teaches

children about generosity and helping others during the holiday season.

Focusing on versatile storage solutions helps ensure that what stays is easy to maintain. Clear bins, labeled shelves, and under-bed storage make toys, clothes, and seasonal items easy to access while keeping clutter contained. For younger children, low bins and hooks at their height encourage independence in keeping their own spaces tidy. Organizing items now also prevents the scramble of trying to find decorations or wrapping supplies when the holiday rush begins.

Decluttering before the holidays is not just about creating space, it can also improve the overall mood of a household. A tidy, organized home provides a sense of calm and makes it easier to focus on holiday traditions, cooking, and spending quality time with family. Starting this process around the end of November allows families to enjoy a less chaotic environment while decorating, hosting, and preparing for gift-giving.

One practical approach is to schedule short, consistent sessions each week rather than attempting a single marathon decluttering day. Spend-



ing 20 to 30 minutes a day or an hour on the weekend tackling a specific room or category can make the process more manageable and less stressful. Adding simple incentives, like music or a family treat, can make the task enjoyable for both adults and children.

Additionally, establishing limits on new items before and during the holiday season can help maintain the progress made. Encouraging gifts that are consumable, experiential, or educational, such as books, craft kits, or

baking supplies, reduces clutter while still creating excitement for children. By starting the decluttering process early, families can prepare their homes to welcome holiday guests, enjoy decorations without stress, and create space for the joy and traditions of the season. Gradual, consistent efforts now will pay off later, resulting in a home that feels organized, inviting, and ready for the holidays. <



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SHIRLEY BATCHELDER, 86



Winterhaven, FL. – We lost our precious Shirley Batchelder on Thursday, November 20, 2025 due to complications of pneumonia.

Shirley was born in Rumford, Maine on June 11, 1939. The daughter of the late Earland and Mary Bowie, she attended West Peru grammar schools and graduated from Stephens High School in Rumford in 1957.

In June 1988 Shirley married Robert Batchelder of Windham where she lived until she moved to Florida in 2018.

Shirley retired from her career at the Lewiston Post Office in 2002. In retirement Shirley worked as a caregiver for Home Partners in Scarborough. She absolutely loved her job at Home Partners for 10 years.

Shirley's hobbies included sewing, quilting, knitting, crocheting, and gardening.

She is predeceased by her son Wendell Whitehouse, Grandson Artur Morse, her sisters Dorothy Campbell, Priscilla Lee, and Sharon Jane, and her brothers Wendell Bowie, Robert Bowie Sr., and Earland Bowie Jr., as well as many nephews and nieces.

Shirley is survived by her daughter Debra Morse of Boston, Massachusetts; son Wayne Whitehouse of Jay, Maine; stepson Peter Batchelder of Windham, Maine; and 3 grandchildren, Steve Morse and his wife Amy of Auburn, Maine; granddaughter Teena Martinage and her husband Zack of Waterboro, Maine, and grandson Thomas Whitehouse of Waterboro, Maine and 8 great grandchildren - Wyatt, Tate, Princeton, Iauna, Leon, Camryn, and Aleena. She is also survived by brothers Melvin Bowie, Bennie Bowie, and Trudy Bowie, and her sisters Muriel Bachtel and Elsie Dill.

Services will be held Saturday, November 29 in Bartow, Florida.
A funeral service will be held in Maine at a later date.

HONOR *Cont. from page 1*

School in Texas, West Point in New York, Walter Reed Medical Center in Washington, D.C., Fort Devens in Massachusetts and at Aberdeen Proving Grounds in Maryland.

That experience qualified her to be a recipient of an Honor Flight from Maine.

“I was pleased to be able to go,” Morrison said. “I was greatly surprised to see how many people were at the airport in Bangor to see us off. I certainly didn’t expect that.”

Her son, Mark Morrison of Windham, accompanied his mother on the trip and says he is proud of what she has accomplished in life.

“The earnings she received as a Reservist, allowed her to save over several months so she could then open her own private consulting practice as a dietitian,” he said. “As an independent small business medical professional, she was able to contribute more to the family income budget with this move, while having much more control and flexibility with her schedule by setting her own hours

with three children at home. Additionally, her Reserve pay was steady and predictable, which further helped the family budget, especially during the early years as her consulting income at first was unpredictable. As a married working mother, this proved to be a huge benefit and the main driver for this professional change. It was all about balancing life’s responsibilities as a professional woman and mother. Being a mother first was her priority.

Of everything she got to see and do on her Honor Flight, Alola Morrison said that going to the Women’s Military Memorial was her favorite. She had been there previously, but the tour took her back there again.

“They had me come up front and I wasn’t aware that they had a presentation for me,” she said.

Her military story was officially entered into the Women’s Military Memorial. While on her Honor Flight to Washington D.C. from Bangor she had been interviewed and “her official story” by curator Britta Granrud was entered into the memorial’s archives. She was one of 77 veterans

from Maine and was the only female veteran on this trip.

During her flight to Washington Morrison confided that she was not sure she deserved the honor.

“I was never in combat, and I was never sent out of the country for active duty. I was a Medical Reservist who remained stateside my entire career,” she said.

But she was told because she was one of just a few women who served back in the 1960s, 1970s and 1980s when it was not common for women to serve in our military. As a Reservist, her contribution was important as she performed duties that full-time active-duty members needed while stationed overseas. She was part of a medical team that was available if ever needed and showed the way for younger women that a military career was possible. She is a role model for the younger women who are considering the military part-time or full-time and that it is possible to have a military career as a woman and as a mom. Young women need to know this, and they do because of stories like hers.

Before leaving Washington, Morrison said she was impressed at how many people, many of them children, came up to her and thanked her for her military service.

“That was really very sweet of them,” she said. “Before I left, I had no idea what to expect. It turned out to be one of the most amazing experiences of my lifetime.”

When her Honor Flight landed back home another special surprise awaited Morrison as her plane was met by a crowd of people that includ-



Alola Giffin Morrison of Windham was honored earlier this year as a qualified recipient of an Honor Flight to Washington, D.C. where she toured memorials and was honored by having her military story officially entered into the Women’s Military Memorial in Washington in person. COURTESY PHOTO

ed U.S. Senator Susan Collins, U.S. Representative Chellie Pingree and Maine Gov. Janet Mills.

She’s been a member of American Legion Post 148 for the past seven years and served three years as 2nd Vice Commander at the post. Her husband and one of her sons have passed away, but she remains the mother of Mark and a daughter Cheryl, a grandmother of five and a great-grandmother of three with two more on the way. <

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Maine DACF launches new statewide food access map

The Maine Department of Agriculture, Conservation and Forestry (DACF) has announced the launch of the Maine Food Access Map, a statewide interactive resource that helps individuals and families locate nearby food pantries, meal sites, school-based programs, WIC clinics, and other free or donation-based food assistance services.

"We know that too many Maine people struggle to find nutritious food, and the new Maine Food Access Map is designed to meet this real and growing need," said DACF Commissioner Amanda Beal. By consolidating the state's hunger-relief resources into one intuitive platform, we can help individuals and families connect more quickly.

The Maine Food Access Map is continually updated in partnership with local programs and community

organizations to ensure that it contains accurate and current information. It complements existing statewide directories, such as 211 Maine, by providing a comprehensive, interactive, location-based view of food assistance resources.

DACF encourages organizations that serve the public, municipal offices, libraries, schools, faith-based groups, nonprofits, and healthcare

providers to share the map to maximize access for residents.

The Maine Food Access Map can be accessed at: www.maine.gov/dacf/ag/ending-hungercorps/food-access-map.shtml

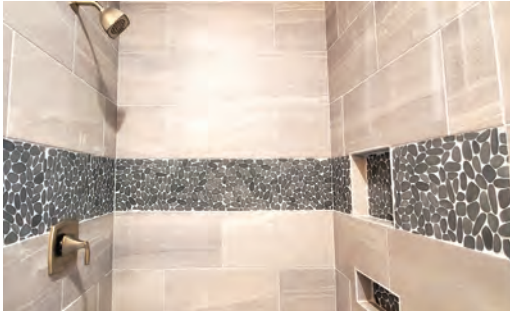
The Maine Food Access Map was created by the DACF Ending Hunger Corps team. Maine is the first state in the nation to commit by law to end hunger and is supported by a statewide strategic plan. As part of this effort,

Ending Hunger Corps strengthens the capacity of organizations working to increase food security across Maine. Ending Hunger Corps members work behind the scenes to help programs serve more people, more effectively.

Their work includes building and improving systems that support hunger-relief and financial security efforts, developing data tools and analyses, expanding volunteer programs, providing community education and outreach, and supporting special projects that enhance local food access. Together, their efforts create long-term, sustainable impact for communities across the state. <



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Lacrosse a major contributor to Windham graduate's life

By Matt Pascarella
STAFF WRITER

During Emma Yale's time playing varsity lacrosse at Windham High School, she scored 100 career goals, played in national tournaments and won national awards as well as succeeding academically and graduating in 2021.

She is now a 2025 graduate of Tufts University in Massachusetts with a major in architecture and a double minor in architectural engineering and entrepreneurship. She is currently working with a local architect as well as Optimum Construction and plans to start work on obtaining a master's degree in architecture next fall.

"I value the connections the sport brought me," said Yale. "From my best friends and mentors to the young athletes and families I now get to coach. It's really special to work with young girls and see their excitement for the sport. My favorite part in the relationships is being able to help them grow not only as athletes, but as people."

While playing for Tufts University, Yale helped her team win two New England Small College Athletic Conference championships and participate in two national championship tournaments.

"Consistently being a national championship contending team, I got to practice amongst and against some of the best players in the country. As a result I grew so much as a player," said Yale. The experience of going to a Final Four is really special. You get to celebrate the months of work you've put in



(L to R) Windham High School alumnus and Tufts University graduate Emma Yale looks to pass during a women's college lacrosse game at Tufts University in Massachusetts on April 25. Yale is working to become a licensed architect and aims to obtains a master's degree. PHOTO BY BRANDO PHOTOGRAPHY Yale holds the New England Small College Athletic Conference women's lacrosse championship trophy between parents Danielle and Bob after her university women's lacrosse team won the title at Middlebury College in Vermont on May 4. SUBMITTED PHOTO

while also preparing to play your best lacrosse. That environment pushed me to grow tremendously as a player and is something I'll always be grateful for."

During the summers, Yale stayed involved with lacrosse through coaching for the Maineiax Lacrosse Club. She coaches travel teams, skill sessions and is in the Top Flight program, a next-level training regimen for the state's most dedicated players. She also coaches individual lessons a few eve-

nings a week.

The perspective Yale has gained over the years helps her understand how to support her players and guide their energy toward what will make them better and more able to succeed. She makes it a priority to do the same and help them believe in themselves.

While at Tufts University, Yale made the Dean's List each year and was on the 2024 and 2025 Intercollegiate Women's Lacrosse Coaches Association academic honor roll.

According to Yale, film is a big part of college lacrosse and when she played for varsity girls' lacrosse coach Matt Perkins, that early exposure to film prior to playing at Tufts University was helpful.

Her advice to high school athletes who want to play collegiately is to be a sponge. She says that there's a lot to learn and the experience goes far beyond the field.

Yale's biggest piece of advice is to celebrate everything, from small wins to your teammate's successes as that fun kind of energy becomes contagious. She says that when you buy into shared success and take pride in your role, no matter what it is, you make yourself and your team better; you help create something much bigger than you.

When Yale was a freshman at Tufts University, a junior on the team named Scooter

tragically passed away. From her, Yale learned that even the smallest acts – listening, encouraging, celebrating or just showing up authentically can make a big difference on an individual's confidence. Yale says she strives to carry her spirit of fostering a connection forward in her own life.

"One of the major assets Emma brought to the team was the constant reminder of the spirit of the game," said former Tufts teammate and current Stanford graduate student Kate Mastrobuono. "It's easy in college athletics to lose a bit of perspective, but Emma always provided a lighthearted outlook and played with ease every day. Emma was an incredible lacrosse player, but even more importantly, she was a supportive, charismatic, and loyal teammate. I always valued going to her to ask questions about attacking dynamics. She was a selfless leader, always setting others up for success and putting the team first." <



Emma Yale of Windham, lower right-hand corner #22, celebrates with her Tufts University teammates after they won the New England Small College Athletic Conference women's lacrosse championship. PHOTO BY BRANDO PHOTOGRAPHY

ATHLETE OF THE WEEK



Alex McGonagle

Age: 12
Team: Windham Little League Swing Away 12U
Coach: Jason Sun
Parents' names: Marina and Patrick McGonagle
Reason for selection: Alex is one of the team's captains and a vocal leader. His booming voice exudes confidence and is infectious to the team. Alex excels as a dominating pitcher, is a complete vacuum playing the infield positions, and serves as the team's clean-up hitter, finishing the season batting .395. Alex is respected for his do-as-I-do attitude. He's that player that teammates can look up to as they work toward bettering their play. Alex takes being a team captain personally. With a young team of players looking up to him, Alex quickly learned that his words matter. Using his larger-than-life personality, he was always quick to say encouraging words to his teammates, especially when needed the most, after they've had a bad play, or at-bat.

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Open gym volleyball a hit for Windham Parks and Rec

By Matt Pascarella
STAFF WRITER

Windham Parks and Recreation’s open gym Sunday volleyball program has been running since 2015 and while there’s plenty of competition, the overall environment is one of fun, meeting new people and enjoying playing the game.

There are individuals of all ages and skill levels from all over southern Maine, and all are very welcoming. The games get pretty intense from time to time, but the atmosphere is always fun.

“I’ve been playing here at Windham for years,” said Standish resident Karen Macleod. “It’s one of my favorite places to play. It’s a great place to play, great people to play with; people are relaxed and allow you to play your own game. Everybody here loves to play volleyball so everybody here is looking for people to play with ... you don’t have to be here with a team; you can come here by yourself. The idea is to keep it even, keep it fun, let everybody play.”

Session one of open gym Sunday volleyball runs until Feb. 1. If you would like to get involved, you can purchase a season pass through Windham Parks and Recreation, register on their website or pay a \$9 drop-in fee for non-residents, \$8 for Windham residents. Participants must be age 21 or older.

Windham Parks and Recreation’s Deputy Director Kelsey Crowe said this program used to be held at the Windham Town Hall gym, but demand grew so much that the program expanded and needed to be moved to the larger high school gym.

“These people are friendly,” said Westbrook resident Dave Peterson. “It’s fun, I get to see all these people; if you want to ... have fun, you play in a place like this. There are more competitive places to play, but I just like playing with my buddies.”

Scarborough resident Duncan Foster fell in love with the game a long time ago and has been playing since he was 19. Now, close to retirement, he plays in leagues at least three nights a week. He said these open gym Sunday games feature good players, and it’s a pretty good level. There are role models of setters, hitters and defense; you learn a lot every time you play.

“My husband and I are part of



Windham Parks and Recreation volleyball participant Karen Macleod of Standish gets to the ball in time during the open gym volleyball program on Sunday, Nov. 23. PHOTOS BY MATT PASCARELLA



Volleyball participant Dave Peterson of Westbrook sets the ball.

a league in Portland and there was someone there saying (Windham Parks and recreation’s volleyball program) was a really fun one,” said Brunswick resident Annie Turnbull who has been coming since January of this year. “I’ve been playing for three years now; we picked it up when



Windham resident Scott McPherson returns a serve.

we moved to Maine.” Turnbull said she likes the format of getting to play volleyball for three hours. This gives you more space and the opportunity to play with a lot of different people and practice different positions on the court. “The people really get into it,” said co-supervisor of the event and Windham Parks and Recreation per diem employee Jacob Chouinard. “It’s fun to see the competitiveness come out, a lot are former ath-

letes who played in high school and college, you can see that fun, competitive spirit brought back to them ... I think it’s great to stay active, that’s a huge piece of it. It’s a lot of fun for everyone; it’s a great thing for the community.” If interested, call Windham Parks and Rec at 207-892-1905 or visit windhamrecreation.com



Participant Fox Pfund Pulliam of Portland jumps while hitting the ball back over the net.



What's on your Thanksgiving plate?

67%
Will eat turkey on Thanksgiving

A 2024 Economist/YouGov poll found that turkey continues to reign supreme on the Thanksgiving dinner table. When asked what they'll be eating at Thanksgiving dinner, 67 percent of poll participants indicated they plan to eat turkey, making it the most popular food to find its way onto the dinner table for this popular holiday. Additional staples also remain wildly popular among Thanksgiving celebrants, suggesting that food is among the more sacred Turkey Day traditions.



When asked what they plan to eat at Thanksgiving dinner this year, participants noted some easily recognizable favorites:

- 56% Mashed potatoes
- 55% Bread or rolls
- 54% Pie
- 51% Stuffing
- 51% Gravy
- 40% Green beans
- 39% Sweet potatoes
- 38% Cranberry sauce
- 33% Corn



HAPPY Thanksgiving

from all of us at:



Tough to start, easy to finish

By Andy Young
STAFF WRITER



- Andy Young, Columnist

So how does one start a Thanksgiving-themed 600-word column on gratitude? The best place, I suppose, is at the beginning.

I'm thankful for having had parents and grandparents who loved me and cared enough to reward me when I deserved it but who also possessed the courage and character to rein me in when the situation warranted it. I'm also glad they had the patience and self-control necessary to not punish me every single time I deserved it.

I'm grateful for having a roof over my head, and for residing where it's not too cold in the winter or too hot in the summer. I also appreciate not being food-insecure and knowing I can safely drink tap water from any faucet in my home.

I'm thankful for my three healthy children, all of whom have already begun to make a positive impact on the world.

I'm grateful for my siblings, who thankfully don't hold grudges. I know for certain they will be there, if and when I need help. I'm also thankful for my extended family, which consists of cousins, uncles, nieces, nephews, and a few others I've designated. I'm also thankful no law specifies that families must consist solely of blood relatives.

I'm fortunate I don't live in a war zone or someplace plagued by disease and/or poverty. I also fully realize that the vast majority of my blessings are due to the utter coincidence of where, when, and to whom I was born, and I'm thankful I've never lost sight of that.

I'm blessed to live in an area free of terrorists and/or hate groups like Isis, Al-Shabaab, or the Ku Klux Klan.

I'm grateful for kind and generous neighbors who treat me like royalty, and who never ask for anything in return.

I'm thankful I learned the difference between "needs" and "wants" at a relatively early age.

I'm even more grateful that my

needs and wants are currently identical.

I'm thankful for having the privilege of working alongside individuals who are dedicated to helping high school students reach their full potential and are equally bound and determined to help their colleagues do so as well.

I'm grateful for every bright young person who enters my classroom each day at school and for the parents/guardians who've entrusted them to me and my fellow educators.

I'm thankful for my co-workers who've become friends, and for my friends who, by happy coincidence, are also my co-workers.

I'm thankful my home is fire-arm-free, and that my family has no desire or need for guns.

I'm thankful for attentive, considerate drivers who make traveling by bicycle a viable option.

While I'm grateful for all this and more, I'm equally thankful for countless things I don't have.

For example, I'm thankful I've never become dependent upon tobacco, alcohol, gambling, opioids,

caffeine, cell phones, or any similar potentially addictive scourges.

I'm thankful I haven't broken any bones or been concussed in the past decade. I'm also grateful I haven't contracted poison ivy lately.

I'm grateful I don't live anywhere near scorpions, fire ants, or venomous snakes.

I'm consciously appreciative of the complete lack of chronically miserable, mean-spirited, petty, vengeful, backstabbing individuals in my life. This includes family, friends, co-workers, neighbors, and, it seems to me, every random stranger I encounter.

I'm thankful I don't have chronic pain or any serious medical concerns at the moment.

I'm grateful for learning yet again that 600 words are nowhere near enough to list everything I'm genuinely thankful for.

But how does one finish writing a Thanksgiving-themed 600-word column on gratitude?

That's easy.

With the 600th word, of course! <



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Interior Design: Why it’s so difficult and why it matters

► **By Theresa Bouchard**
SPECIAL TO THE WINDHAM EAGLE



— Theresa Bouchard
TS Staging & Design

Interior design is often mistaken for the simple act of choosing a paint color or arranging furniture. In reality it is a sophisticated blend of creativity, spatial reasoning, psychology, and technical understanding. Many homeowners discover—usually once they begin a project – that designing a cohesive and functional space is much harder than it appears. So why is interior design so challenging, and why does it matter?

One of the biggest hurdles is the ability to *visualize* a finished space before any actual changes are made. Interior designers can mentally place furniture, judge proportions, anticipate how light will affect color, and imagine how textures and materials will interact. This type of three-dimensional thinking does not come naturally to everyone. Many people walk into an empty room and feel overwhelmed rather than inspired, unable to imagine how individual pieces will ultimately work together.

Interior design is also deeply tied to function. A beautiful room is not truly successful unless it supports daily life comfortably. Designers consider how people move through

a space, where they store belongings, and how each piece of furniture will be used. They think about balance, flow, ergonomics, and scale – details that often go unnoticed until something feels “off.” Creating a room that is both visually pleasing and highly functional is a delicate balancing act.

Another significant challenge is decision fatigue. Today’s homeowners face a staggering number of choices: endless paint colors, flooring materials, fabric options, lighting styles, furniture shapes, and hardware finishes. Without a clear vision or plan, these decisions quickly become overwhelming. What begins as an exciting project can spiral into frustration and second-guessing.

Design mistakes also tend to be costly. A sofa ordered in the wrong size, a rug that throws off the scale of the room, or a paint color that looks completely different from the tiny swatch can lead to expensive setbacks. This fear of making a mistake often causes homeowners to delay decisions—or rush into choices that



PHOTO COURTESY OF TS STAGING & DESIGN

don’t serve the space.

Before choosing any furniture or paint, a few foundational decisions can bring clarity to the entire process.

Start by asking: *How do I want this room to feel?*

- **Cozy:** warm tones, layered textures, soft lighting
- **Calming:** neutral colors, natural materials, minimal clutter
- **Classic:** symmetry, refined details, timeless fabrics
- **Open and Airy:** light colors, minimal furnishings, abundant daylight

Your desired mood becomes the anchor for all design decisions that follow.

Color psychology also plays a powerful role.

- **Blues and greens:** calming and restorative
- **Neutrals:** flexible and timeless
- **Warm tones:** inviting and energizing
- **Dark hues:** dramatic and grounding

Choosing a color palette early keeps the space consistent and prevents mismatched tones.

Functionality should guide every choice. Consider who will use the room and how it will be used. A family room, home office, or reading nook each demands different materials, layouts, and levels of durability. A room that looks beautiful but doesn’t support lifestyle needs ultimately falls short.

One of the most common design errors is buying furniture in the wrong size. Oversized pieces overwhelm a room, while undersized

→ see REAL ESTATE Page 36

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

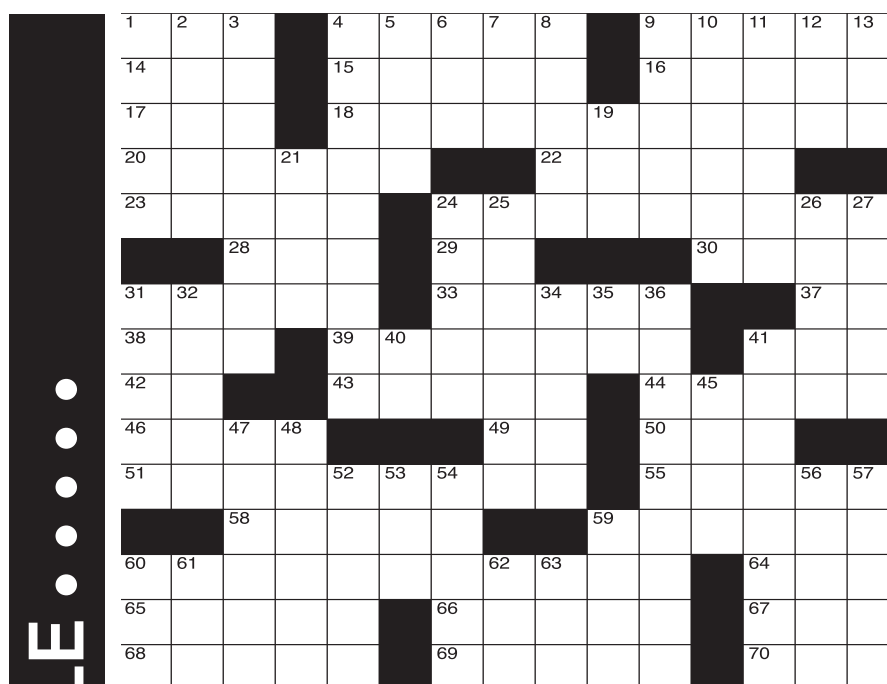
ALPINE	CYPRESS	LAKE	RAPIDS
ANIMALS	DECIDUOUS	MAPLE	REMOTE
AVALANCHE	EXPLORE	MEADOW	RIDGELINE
CLIMATE	FLORA	MOUNTAINS	SOIL
COASTAL	FOREST	OAK	STREAM
CONSERVATION	HORIZON	OASIS	VALLEY



Clue: Container

Answers: A. kernel B. microwave C. golden D. bucket

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



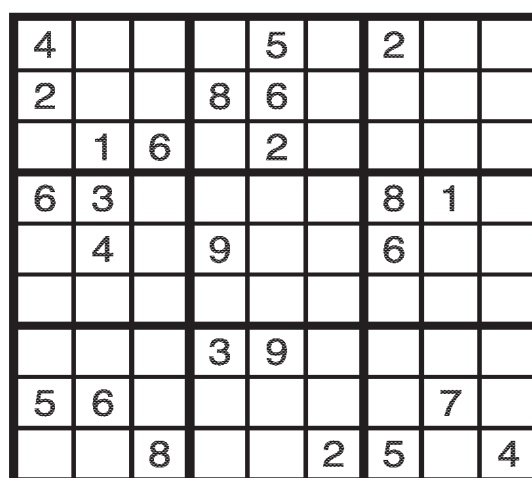
1. Defensive nuclear weapon
4. Moved back and forth
9. One-time coach of the Cowboys
14. Last letter
15. Cause to become less intense
16. Genus of tree bugs
17. Body art
18. Romance novelist
20. Be filled with love for
22. City
23. Make vivid
24. Horses
28. Mauna __, Hawaiian volcano
29. Atomic #18
30. Shortly
31. A type of prejudice
33. Whirls
37. Six
38. Old world, new
39. __ Hess, oil company
41. Talk
42. Not off
43. Begets
44. Cars need them
46. Computing architecture (abbr.)
49. Of I
50. Journalist, activist Wells
51. Takes apart
55. Lists
58. Positively charged electrode
59. Hard, colorless compound
60. Inflammation of the peritoneum
64. Trent Reznor's band
65. Simply dry fruit
66. "Ivanhoe" author
67. Google certification
68. French commune
69. Medieval circuit courts
70. Soviet Socialist Republic

1. Indigenous people of Mexico
2. Dietary supplement
3. Having a particular sheen or luster
4. Views
5. Academic Bill of Rights
6. Automobile
7. When you anticipate arriving
8. Beef or chicken intestine
9. Conspiracy
10. Blood disorder
11. Long-time NBAer Shawn
12. Time zone
13. US, Latin America, Canada belong to
19. Upton Sinclair novel
21. What a cow does
24. Cavalry-sword
25. Ancient Greek war galley
26. Stars
27. Rebukes
31. Billion year periods
32. Some are in a bottle
34. Tears down
35. Lethal dose
36. Humorists
40. Midwestern US state (abbr.)
41. Frameworks
45. Rocker Billy
47. More thin
48. Dog
52. Habitual repetitions
53. State of fuss
54. Uneasy
56. Chemical compounds
57. More cognizant of reality
59. A place to build
60. Exclamation that denotes disgust
61. Supplement with difficulty
62. Very slick
63. Hill or rocky peak

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.

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

SUDOKU



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BUSINESS SPOTLIGHT

When your phone cracks, glitches, refuses to charge or drops in the lake, there's a good chance the team at Cell Phone Medic in Windham has seen it before and fixed it faster than you might expect. The locally owned business, located at 824 Roosevelt Trail, has built a strong reputation for nearly two decades for repairing and restoring phones and tablets with precision and care.

Owner Glenn Thomas said the mission has always been to help people get more life out of their devices instead of replacing them unnecessarily.

At Cell Phone Medic, services range from cracked screens and battery replacements to fixing charging issues, virus removal and even data recovery. They work on nearly every brand and model and if they don't have the part they can get it.

If your device takes a dip or gets soaked in a spill, Cell Phone Medic is ready for action. "Liquid damage is one of the toughest calls. You can't just put your phone in rice and hope for the best," said Thomas. His technicians are trained to tackle water-logged or moisture-affected phones and tablets using specialized drying and de-contamination procedures to salvage data, fix corrosion on charge ports, and restore functionality whenever possible.

Cell Phone Medic also buys, recycles and restores devices, giving customers sustainable and affordable options to stay connected.

Think your phone is junk? Not tak-



ing a charge? Skip the hype of the latest phone model (what's so great about it anyway?) and the extra monthly fees, Cell Phone Medic offers an affordable alternative. They can refurbish your phone to like new condition or have phones and tablets in stock every day, providing you with the reliable tech you need without the unnecessary cost. Unlike big box stores, which only push new sales, Cell Phone Medic focuses on quality repairs and value to their customers, keeping your device, and your wallet, happy.

"We provide excellent cell phone and iPad options, so our customers don't have to buy a brand-new device every time something goes wrong," Thomas said. "We sell fully restored phones and iPads that come with a one-year warranty and offer the same high quality you'd expect from a new one."

Thomas said most clients stress that fast turnaround time is especially important. "Everyone depends on their phone now," he said. "People can't be without it for days, so our goal is to have a fast, same-day turnaround whenever possible."

That dedication to speed, quality and customer service has earned the business an impressive 1,300 five-star Google reviews. Many mention not only the quick service but also the care and attention shown by Thomas and his staff. "The feedback has been incredible," Thomas said. "Most of the big box cellular stores in the area trust us with their customers when they can't handle a repair. That means a lot."

The business also sells accessories such as durable CellHelmet cases, chargers and a line of custom-cut screen protectors from ProtectionPro, which is installed flawlessly on-site in about 10 minutes. "They're available in gloss, anti-glare or privacy versions, and they come with a lifetime warranty," Thomas said. "They're cost-effective, too at only \$29.99 or \$39.99 for the privacy option."

Thomas said what separates Cell Phone Medic from its competitors is commitment to their customers' needs. "We offer fair prices for high-quality service," he said. "Sure, we could buy cheaper parts like some others do, but we choose quality. That means we may not always have the lowest price, but we can price-match or even offer a used part as an option. Either way, we stand behind our work."

He added that his team always puts

the customer first. "We take the time to find the best option for the customer, not for us," Thomas said. "We double-dog dare anyone in Maine to find better reviews than at Cell Phone Medic."

The business has also carved out a distinctive brand identity built around its name and the tagline says it all: 'Your phone is in a war zone'. "We respect the troops on the battlefield and use that same mindset," Thomas said. "We go to great lengths to save your device. Around here, failure is not an option."

Since officially opening his shop in 2007, Cell Phone Medic has developed a reputation for dependable work, fast turnaround times, and a personal touch that's hard to find in the corporate tech world.

"Most of our customers are repeat customers," Thomas said. "They know we'll take care of them. We don't just fix phones, we build trust."

And remember, if you are in the market for a new cell phone or iPad, but don't want to spend an arm and a leg, go see Cell Phone Medic first. They offer A-grade restored unlocked phones and tablets that have been tested, have good batteries, and screens so you can save money without sacrificing reliability.

For more info. and to see used inventory visit www.cellphonemedic.com or call 207-956-9999. They are open Monday through Saturday 9:30 a.m. to 6 p.m. and Sundays 10 a.m. to 4 p.m. You can also find them on Facebook. <

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➔ REAL ESTATE *Cont. from page 33*

pieces make the space feel sparse or unfinished. Understanding scale and proportion is essential for achieving visual harmony.

Your preferred design style also shapes your decisions.

Some popular styles include:

- **Minimalist:** clean lines, simple forms, and neutral palettes
- **Transitional:** a blend of traditional and contemporary elements
- **Modern:** crisp lines, smooth surfaces, and functional furnishings
- **Contemporary:** trend-driven with bold art and innovative finishes
- **Traditional:** rich colors, symmetry, and timeless details

- **Farmhouse:** warm textures, rustic accents, and relaxed comfort
 - **Coastal:** breezy colors, natural fibers, and light finishes
 - **Bohemian:** eclectic patterns, plants, and layered textures
 - **Industrial:** brick, metal, concrete, and urban character
 - **Scandinavian:** warm minimalism with natural light and soft textures
- For many homeowners, weaving all these elements together is simply too much—and that’s where professionals make a difference.

Why Hiring an Interior Designer Can Be Essential

If visualizing your ideal home doesn’t come naturally, you’re far from alone. Designers exist to bridge

that gap. They can see possibilities you may never consider and anticipate problems before they arise. Instead of facing thousands of options, you receive curated selections that fit your budget and style. Designers also prevent costly mistakes by ensuring measurements, proportions, and materials are correct the first time. Most importantly, they help clarify and articulate your vision – even if you aren’t sure what that vision is yet.

Interior design is both an art and a science. Not everyone has the skills or time to create a cohesive, functional, and beautiful home – and that’s perfectly okay. By identifying your desired mood, color palette, and lifestyle needs, you can start building a space

that truly feels like you. But when the process becomes overwhelming, partnering with a designer ensures your home becomes intentional, harmonious, and uniquely yours.

If you’re preparing to sell your home or simply planning a refresh, TS Staging and Design is here to help. This year’s Eagle Choice Award winner for Interior Design/Home Staging, TS Staging and Design is located at 630 Roosevelt Trail, Unit 2, in Windham. Its local home staging and interior design team would be delighted to assist with any project that comes your way. We welcome the opportunity to bring out the best in your home and help you take the next step with confidence. Contact Theresa at 207-400-9393. <



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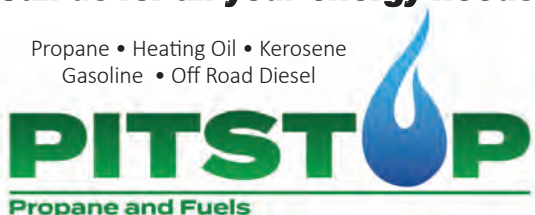
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