# Raymond ice skating rink preparing to reopen at Sheri Gagnon Memorial Park

## By Dina Mendros

STAFF WRITER

Public ice skating is back in Raymond. After several years on hiatus, residents can once again lace up their skates and enjoy a favorite winter pastime at the newly reopened rink in Sheri Gagnon Memorial Park.

The rink, overseen by the Raymond Parks and Recreation Department, was first created in 2021 on the park's baseball field under then-Raymond Parks and Recreation Director Joseph Crocker. COVID restrictions, warmer winters, and an expanding slate of Parks and Recreation programs kept the rink closed in recent years. But the demand for a place for public ice skating in Raymond never went away.

"It was popular enough that people kept asking when it would return," said Raymond Parks and Recreation Director Riley Silvia. "I think people are super excited about it this year."

This winter, the rink has been relocated to Sheri Gagnon Memorial Park's basketball court at 63 Mill St. in Raymond, and was chosen for its



Workers put together a public skating rink on the basketball courts at Sheri Gagnon Memorial Park in Raymond last week. The rink will be opened once staff determine that the ice is safe and solid enough for public skating. COURTESY PHOTO

benches, sturdier infrastructure, and easy access to parking. Measuring 85 by 50 feet, the rink was assembled last week through a town-wide effort.

Parks and Recreation staff worked alongside Raymond Public Works, Raymond Fire and Rescue Department firefighters, and other Raymond town employees to put up

boards, install a liner, and fill the rink with water. The final step, which is waiting for the ice to freeze, depends upon the weather.

Raymond Public Works Director Nathan White said that his team was eager to pitch in. "

Anything to do with helping the public, helping another department

- that's what we're here for," he said. "We do everything from roadwork to maintenance to putting ice rinks up. Any time you can do something that brings the community together, that's what we're here for."

The rink is named in recognition of Sebago Lake Boat Rentals, which → see ICE RINK Page 44

# Windham Town Council establishes sewer rate for North Windham wastewater system

### By Ed Pierce

During the final Windham Town Council meeting of the year on Dec. 9, councilors established a sewer rate for the new North Windham Sewer District, setting the amount at \$16 per cubic feet per month based upon usage effective April 1, 2026.

Windham Town Manager Robert Burns said that this initial rate is offset by Tax Increment Financing funding, and the rate could eventually decrease as more businesses in North Windham start using the sewer system.

"We have put in a terrific amount of time doing research and analyzing our budgets and trying to project into the future the operational costs in conjunction with the water district for this facility," Burns said. "Recognizing that at initial startup the plant will not be anywhere near full capacity or even at half capacity. We will be subsidizing some TIF funds to keep those rates affordable for our busi-

Still under construction, a new wastewater treatment facility is being built on the grounds of Manchester School in North Windham. It was approved by voters in 2023 and is expected to remove 25,000 pounds of nitrogen and phosphorus pollutants each year being dumped by septic



Members of the Windham Town Council listen to a presentation about Freedom of Access Act rules during a meeting at Windham Town Hall on Dec. 9. From left are Councilors Katie Cook, Maggie Terry, David Nadeau and Mark Morrison. PHOTO BY ED PIERCE

systems into the aquifer and watershed. The installation of sewers is expected to stimulate significant economic growth in Windham and lead to development in the area by industries and businesses not willing to locate here because of associated septic system issues and costs.

Through an agreement between RSU 14 and the Town of Windham, in exchange for locating the new wastewater treatment site at Manchester School, the town has created four new playing fields for youth sports at the school. RSU 14 will also be able to shift its wastewater treatment operations at Windham High School to the new facility.

The new North Windham Wastewater Treatment facility will use Membrane Bio-Reactor technology with innovative drip dispersal and will be the first system to use drip dispersal of this scale in Maine. This technology is designed to improve the quality of local groundwater and local waterways, and was selected for its reliability, flexibility, and cost effectiveness.

Burns told the council that the TIF subsidy is \$6 per cubic feet per month and amounts to more than \$1 million in TIF funds.

Councilors also awarded \$1.2 million to Wyman & Simpson, Inc. for the town's portion of \$607,250 in

general obligation bond funding for replacing Varney's Bridge on William Knight Road in conjunction with the Maine Department of Transportation. Seven bids were submitted to replace the bridge, which was originally built in 1950.

During a MaineDOT inspection six years ago, issues were found with

bridge's concrete abutments, and reduced the allowable load to 3 tons, making it not possible → see **SEWER** 

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PRSRT STD

Page 14

# A whisker wonderland

In putting up this year's Christmas tree, one ornament caught my attention and brought tears to my eyes. It was a small silver frame containing the photo of a beloved family pet who although she is no longer with us, can certainly not be forgotten, especially during the holidays.

Gracie became part of my family by accident. She was a companion to the husband of a woman who worked for the same newspaper in Florida that I did. The husband had cancer and had died, and the woman was flying to New Jersey the day before a hurricane was about to strike our city in October 2004. She said she was allergic to cats and was going to take the cat to the animal shelter and leave her there before her flight.

At the time I was single and had no pets, so I thought I'd take Gracie home and avoid her going to a shelter before a storm hit. She was 3 years old at the time and was quiet, gentle and loving. She was grey with tiger stripes and had beautiful blue eyes. Every day when I came back to my townhouse after work, Gracie was there waiting for me and slept at the end of my bed at night.

I bought her a package of rolling plastic balls with small bells inside. In the middle of the night, I stepped on one of them and it broke, but to my amazement, Gracie picked up the bell in her mouth and brought it to me. After that she

would play fetch with the bell if you threw it across the room.

Then I met Nancy and the following spring we were married and she moved to the townhouse, bringing her part-Corgi dog, Hunter, who didn't care for cats.

To keep them apart, we put up a baby gate at the base of the stairs to the second floor, and it worked for a while until Hunter spotted Gracie one day sitting on one of the steps. He jumped over the gate and chased Gracie into our upstairs bedroom. Returning home from work, I saw the baby gate was down. and there were no animals to be found on the first floor.

I ran upstairs and saw Gracie sitting on top of Nancy's dresser peacefully. Seeing the dog charging up the stairs after her, Gracie had darted under the bed, only to be pursued by Hunter who was crawling sideways after her. But Hunter was too wide and he was lodged sideways under the bed frame. All I could see of him was his tail wagging from underneath the bed. I lifted the bed frame off him and returned him downstairs and reattached the gate. From time to time after that, Gracie would sit on the stairs and make sure Hunter would see her. He would bark and she would run away as sort of game between them.

When Hunter died, we had moved to a larger home and adopted a rescued female Pembroke Welsh Corgi named Abby. Like her predecessor, Abby liked to chase and growl at cats, so she stayed at one end of the house, and the baby gate separated her from Gracie on the other end. Gracie didn't seem to mind very much and would sleep in the sun all day on the bed or sitting next to me as I worked in the adjacent room on the computer. At that house, Gracie developed an odd habit of sitting under the bathtub faucet and licking the drips after someone took a shower.

Eventually I accepted a job offer and we all drove to New Hampshire from Florida. Gracie rode in a cat carrier in the back seat, separated from Abby by a stack of blankets. Both pets were sedated for the trip, and it didn't seem to faze them.

Gracie always seemed happy when the Christmas season arrived because it meant she could play with ribbon used to wrap gifts and she had her own Christmas stocking which Santa filled with assorted cat toys and treats.

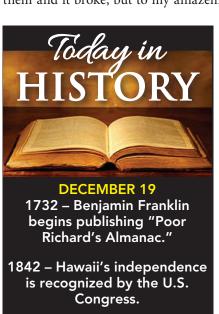
After Abby died and we moved to Maine, Gracie didn't know what to make of our new puppy, a lab mix named Fancy. Gracie was apprehensive of yet another housemate but appreciated that Fancy was housed in a dog crate when Nancy and I went to work and she had the run of the entire house without a baby gate up.

Eventually Fancy and Gracie became friends or at least they came to tolerate each other. Nancy has a photo of the two of them sitting together in the same chair in our living room.

In September 2017, Gracie wasn't eating much and we made an appointment at the veterinarian to see if anything could be done to help her. Nancy waited

in the car as I went into the house to put her in the carrier to visit the vet. I found Gracie on the floor by the bathroom, and she had died at the age of 16.

I once read somewhere that the greatest gift we can give a pet is our love but the greatest gift they leave us with is their memory. < ~ Ed Pierce



1843 – Charles Dickens'
"A Christmas Carol" is first
published in England.

1871 – Corrugated paper is patented by Albert L. Jones of New York City.

1903 – New York City holds a lavish dedication ceremony for the new Williamsburg Bridge across the East River.

1917 – The first games of the new National Hockey League are played with five teams making up the league in Toronto, Ottawa, Quebec, the Montreal Canadiens and the Montreal Wanderers.

1957 – Meredith Wilson's "The Music Man" opens at the Majestic Theatre in New York City and runs for 1,375 shows.

1972 – Apollo 17 splashes down in the Pacific Ocean ending the U.S. Apollo program of manned lunar landings.



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Kendra Raymond, Erin Rose,
& Lorraine Glowczak



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# ON THE

# What holiday treat should be available all year long?

"My Mom's Peanut Butter Balls." – Steven Haycock

"Fruit cake for sure."

– Stephen Signor

**"Egg Nog."** – Dennis Dubay

"Terry's chocolate oranges." – Jessica Farwell

"Little Debbie Christmas Tree Cakes." – Scott Esmond

"Smiling Hill Farms egg nog. No, the Hood stuff won't do."

**"Banana cream pie."**– Bill Reiner

Randy Pratt

"The good will toward our fellow friends." – Tommy Matthews

"I'd say, keep the holiday treat only at Christmas time. It makes it more special!"

– Morgan Peters

Mariah Carey's Christmas song." – Paul Bellefeuille

**"Fudge."** – Julie Mallett

"Cadbury Mini Balls."Lisa Copp DeFosse

"Empathy." - Pam Wilson

"Colorful light displays."

- Rob Juergens

"Peppermint Mocha at Dunkin should stay all year." – Chris MacDonald

"Peanut Brittle, Creamsicle fudge and Divinity candy." – Dean A. Smalley

"Zachary Christmas Spice Gum Drops." – Mitchell B. Robinson

"Gingerbread." – Chris Macklin

"D l: / NA NA: - D l

"Dunkin's Merry Mint Bark Iced Coffee." – Deirdre Schulte

"Medjool dates. So good." – Laurie P. Aaron

"Peppermint bark, mincemeat pie and Hickory Farms cheese platters."

– Anne Glotchshuk

"Ribbon candy and italian Christmas cookies."

Kelsey Bellows



# Lessard named interim assistant town manager in Windham

## By Ed Pierce

STAFF WRITER

Amanda Lessard will serve as interim assistant town manager for the Town of Windham until a permanent candidate can be hired by the Windham Town Council.

Windham Town Manager Robert Burns appointed Lessard to the role last week. Lessard had been serving as Senior Planner/Project Manager for the town.

Burns became the first person to hold the position of Assistant Town Manager for Windham with his appointment to the role in December 2021 and was named Windham Town Manager by town councilors when Barry Tibbetts stepped down from that position June 30.

Lessard had served as Windham's Planning Director from 2019 to 2024 when she joined Royal River Conservation Trust in Yarmouth as Conservation Director. She subsequently was rehired by the town and will now assist Burns in his duties on an interim basis until councilors appoint a permanent assistant town manager

As a town planner, Lessard was involved in everything from the creation of Windham's Comprehensive Plan, handling zoning issues, reviewing subdivision and commercial building plans to the development of the town's Open Space Master Plan.

As Planning Director, Lessard led Windham to partner with Presumpscot Regional Land Trust to purchase and conserve 661 acres near Little Duck Pond in East Windham. Called the East Windham Conservation Area, the project acquired the forested acreage for recreation-Windham also adding 1,545 feet of undeveloped the position. FILE PHOTO water frontage on

Little Duck Pond, the 150-acre Deer Wintering Area for hunting, and Atherton Hill. She helped Windham obtain a \$1 million grant from the Land for Maine's Future initiative for the project. In 2021, voters from Windham approved a \$1.8 million conservation bond using open space impact fees and another \$400,000 raised privately from public donations. A Land and Water



Senior Planner/Project Manager Amanda Lessard has been appointed to serve as interim Assistant Town Manager for million sewer and al opportunities in Windham until the Windham while Town Council can interview and ment project for hire a permanent candidate for North Windham.

instrumental and played a key role in the town's creation of a new \$40.4 wastewater treat-Voters passed a

authorizing the project after decades of proposals, studies, and ballot failures and once completed, a new wastewater treatment facility is under construction on the grounds of Manchester School, which will address environmental issues in North Windham by removing 25,000 pounds of nitrogen and phosphorus pollutants each year being dumped by septic systems into

Conservation Fund

federal grant of

\$500,000 also was

obtained to pay for

the infrastructure

improvements at

the site and it of-

ficially opened in

May 2024 as one

of largest unfrag-

mented forests in

the Greater Port-

2023 referendum

She also was

land region.

the aquifer and watershed.

The installation of sewers is expected to stimulate significant economic growth in Windham going forward and lead to development in the area by industries and businesses not willing to locate here because of associated septic system issues and costs. Through a special agreement between RSU 14 and the Town of Windham, in exchange for locating the new wastewater treatment site at Manchester School, the town has created four new playing fields for youth sports at the school this year.

Lessard also has been part of the development of a master plan for the South Windham/Little Falls Village area to bring more focus on what that area will look like in the future. That included adding more available parking in South Windham, the sale of the old South Windham Fire Station, bringing new commerce to the area, along with road improvements and new sidewalks.

Lessard became interested in municipal planning while working for the Maine Department of Transportation. She has a degree in geography and completed community planning classes at the Muskie School of Public Service at the University of Southern Maine. Lessard lives in Westbrook and is married and the mother of a son. <







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# Library Outreach program provides enrichment to seniors

By Erin Rose

For more than 50 years, staff members at the Windham Public Library have been working to ensure that residents of local senior facilities have adequate access to reading and other materials.

The Windham Public Library's Outreach Program, founded in the 1970s, allows seniors living at Unity Gardens, New Marblehead Manor, Little Falls Landing, and Ledgewood Manor to request books, DVDs, or other items from the library. Deliveries are made monthly, on the first Tuesday of the month.

Those seeking to participate in the library's Outreach program should reach out to Sally Bannen, Windham Public Library's Technical Services Librari-

an, who works with each person who requests materials to ensure that she provides a variety of items to suit their tastes. Fiction happens to be the most commonly requested genre of items requested, but the requests vary with the

"We've had folks request non-fiction, movies and even audio books," Bannen said. "I work with them to determine what they're interested in."

Bannen says that she spends a significant amount of time to ensure that the library's Outreach participants receive a variety of items, without repeats.

"I keep a database of everything I've brought them so I'm not repeating what they're getting," she said. "I try to find new authors that they may not have tried so I keep it fresh."

The participants also broaden Bannen's horizons, as they request items that she may not have considered pre-

"They're asking for things that I might not have heard of, so it enriches my knowledge" she said. "I love interacting with them."

The process begins when a resident of the senior facility reaches out to the library to state their interest. Bannen will then speak to residents making a request to determine what kind of items they would be interested in and what types of media they would like to receive. Once a month, she will then deliver the items to the resident, to be returned the following month.

Those seeking to participate are not required to have an existing library account, as one can be set up specifically for participation in the Outreach program.

Currently, the program is limited solely to those in the local care facilities, as Bannen runs the service alone without the help of volunteers.

"As much as we would love to, we have to keep it small," she said explaining that there are safety and liability concerns relating to both the participants and volunteers that require the Windham Public Library staff to be responsible for the deliveries.

The feedback from Outreach Program participants has been overwhelmingly positive, Bannen says, as the library's monthly deliveries provide residents with the opportunity to not only receive library materials, but also to interact with someone regularly outside of their local care facility.

"Not only are they folks who can no longer get out and about easily, or at all, but also I think they enjoy having an interaction once a month." Bannen said, "I check in with them, ask 'how's it going', and 'what's new' with them. "I have a special soft spot for older folks and making sure that they're able to get services that they need. It's hard when you can't get out anymore, so it's nice to be able to have a surprise once

Any residents of Unity Gardens, New Marblehead Manor, Little Falls Landing, and Ledgewood Manor who would like to join the library's Outreach program are eligible to receive library deliveries. To make a request from the Outreach program, they should call Bannen at 207-892-1908, Ext. 7. <



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# Pastor strives to keep church relevant for community

#### By Ed Pierce

STAFE WRITER

Rev. Brian Donovan of Raymond Village Community Church says that it's no secret that mainline churches are struggling and closing and to survive, he's accepted that his church is going to have to adapt to doing things in a new way.

Donovan joined Raymond Village Community Church two years ago and is faced with not only keeping the church afloat financially, but to grow and expand its congregation through renewed relevance and a sense of being part of larger spiritual movement.

"Two UCC churches in Maine closed just this last year," Donovan said. "As such, the people of Raymond Village Community Church (RVCC) have been trying to discover ways to be there for the community and remain open; because our faith is to follow God and be here for everyone who is looking for a non-judgmental, welcoming community."

He said that is the reason that the people of RVCC called upon him to lead them as their pastor and teacher.

""I have been with and served many churches over the years," Donovan said. "And though there are wonderful people in every church, I have never seen a community where everyone is loving and supportive of everyone else. They truly are living their faith, not just saying that they believe."

The Raymond Village Community Church building was constructed in 1878 and became chartered with the Congregational Society. At that time, it was part of a multi-church Presumpscot Union Parish. A vestry was added in 1960 and then later an addition was built for classrooms and office space. In 1986, the Presumpscot Union Parish dissolved, and the Raymond Village Community Church affiliated with the United Church of Christ denomination. Under the UCC affiliation, RVCC became a community church that draws its members from a variety of spiritual backgrounds and a wide spectrum of theological perspectives.

When Donovan was hired as RVCC pastor, he says that the original goal was to unify with another church in the local area.

"During my first year, I also served the wonderful people of the First Congregational Church of Gray," he said. "We discussed merging with this beautiful community; however, it did not feel right for everyone. After this first year, the RVCC tried a more direct approach with North Windham Union Church, which we faithfully tried to unify with over the last year. Sadly, this merger was not meant to happen for a variety of reasons."

Since that merger didn't happen, Donovan said the RVCC congregation has re-embraced its historic roots of a community church and has focused on community relevance and has seen many great things starting to happen.

"First, we started sharing our space for a minimal usage cost and below standard cost with Raymond Parks and Recreation, Age Friendly Raymond, and a Rwandan-based church just starting in this area," he

said. "These endeavors are being done to support both the community of Raymond and Christianity."

Along with that effort, RVCC is continuing to support school programs and the local food pantry with donations and trying out new ways to reconnect with the community.

"We have also begun looking at worship on not just Sundays or in different ways to engage people where they are, not just how it has been prescribed to all of us over the years." Donovan said. "We continue to support youth and provide them opportunities by seeking high school musicians, so, they have a chance to grow their talents in a safe and supportive way."

The church is also looking at having community movie nights, dinners, and mission engagements to help bring life to its faith and spirituality in the Raymond community.

"Finally, RVCC is a church open to and accepting of everyone's voice; so, we could do almost anything as long as it is faithful," Donovan said. "Yes, anything you bring to the community could be what we do over the next year."

But despite all these new initiatives and efforts, Donovan says RVCC is still facing a future where it may not be here as a church because it is financially struggling.

"More than funding support, we need you to join us in supporting one another, our community, and following our creator," he said. "We need you to try RVCC out again because we are trying church in a new way, a way that involves hearing your voice and meeting you where you need all of us. I hope you will join us as we explore our faith together in a new way."

RVCC will host a Traditional Family Friendly Candlelight Service at 4 p.m. on Christmas Eve, Wednesday, Dec. 24. Donovan said that everyone will be welcome to attend this special service and it will highlight the talents of the church's former and current student-musicians as well as featuring the vocal talents of two different soloists. <



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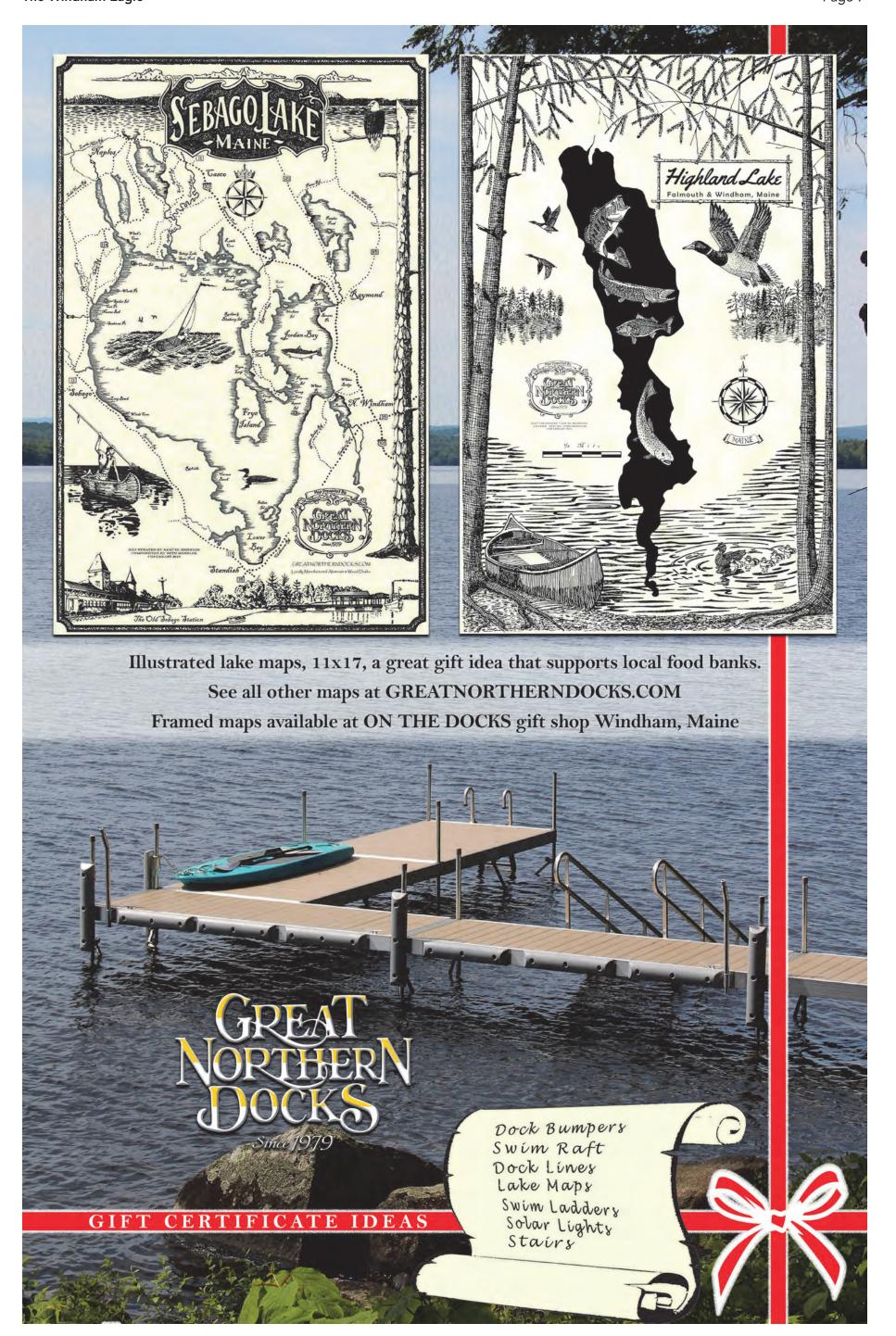
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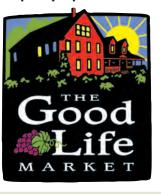
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# SALUTE TO SERVICE PROFILES OF THOSE WHO SERVE OUR COMMUNITIES

# **New Windham Deputy Town Clerk steps into her** role with enthusiasm and a commitment

# By Ed Pierce

Heather Legere may be the newest member of the Windham Town Clerk's staff, but she is keenly aware that her position as a Deputy Town Clerk is an integral member of the town's municipal team. At its core, the mission of the Windham Town Clerk's Office is to safeguard the integrity of governmental processes and Legere has accepted taking on that vital responsibility.

Among Legere's varied duties, she helps to administer town elections; issues business licenses; the town's dog registrations; the sales of hunting and fishing licenses; maintaining the town's vital statistics; overseeing state boat and automobile and ATV registrations; hunting and fishing licenses, issuing concealed weapons permits; and performing genealogical research. She also provides notary service; swears town officials into office; helps collect tax payments for the town; and can serve as the secretary for the Windham Town Council when needed.

To perform her job, Legere must be able to organize work quickly and set priorities. She's responsible for accuracy, timeliness and thoroughness of her work and must perform tasks in accordance with legal, procedural, and policy guidelines established by the state and the town. The Dep-

uty Town Clerk position requires strong customer service skills and that includes being able to stay calm and polite when dealing with upset customers, working under very busy circumstances at times, the ability to multi-task, exhibiting degrees of flexibility, and she's able to work with unexpected interruptions.

Legere says one thing that the public may not know about her job is that deputy town clerks can perform marriages and swear in notaries, to name a few, that are done free or by donation.

"All the donation money is saved for that year and then we shop for children at Christmas time with the help from Windham's Social Services," she said. "We typically shop for 25 teens and it's a big deal for us to continue. We have a few residents that will come in each time and have us keep their 'change' to add to our Christmas fund. We really do live and work in a wonderful community."

She was born and raised in Windham and graduated from Windham High School.

"I have lived here most of my adult life," Legere said. "Windham is my home. I take pride in serving our community and being able to work in the clerk's office helps me serve the community on a bigger scale."

For 18 years, Legere worked at Unum in Portland before joining the Tax Collection/Registration De-



Heather Legere has joined the Windham Town Clerk's Office as Deputy Town Clerk. She has worked for the past seven years in the Tax Collection and Registration Department for the Town of Windham and has lived for most of her adult life in Windham. PHOTO BY ROGER CROPLEY

partment for the Town of Windham seven years ago. She started her new duties as a Deputy Town Clerk within the past week.

According to Legere, the best thing about her job is the interaction with the residents of Windham.

"Windham is an ever-growing town, but when residents walk in and take the time out of their day to express their gratitude to us and say it is so nice to walk into the town office and be greeted and everyone is so

nice," she said. "It's nice to hear and be appreciated."

The most challenging aspect of Legere's job is understanding people.

"This is not a visit most people want to do," she said. "So, to do your job, you need to understand they are upset with the process and not you the clerk behind the desk. Yes, we have rules and regulations to follow, but we are here to help with the process, and we try our hardest to not let a customer leave without completing what they came here to get done."

Having only worked in the Windham Town Clerk's Office for a short time, Legere says it's difficult to pinpoint her most memorable moment so far.

"I don't have one specific moment, but I love how the town rallies around each other in times of need," she said. "We have seen it time and time again about how our residents do support each other."

Her family approves of her new position as Deputy Town Clerk.

"They love to have me close to home and working for a town," she

Legere says the most important thing that she has learned while working for the Windham Town Clerk's Office is basic.

"Every day is different, we see new things each day and continue to learn as a team," she said. <

## THIS SALUTE TO SERVICE PROFILE PROUDLY SPONSORED BY SHERMAN'S BOOK SHOP



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# A fond farewell



Longtime Windham Town Clerk Linda S. Morrell celebrated her retirement during a special party held at Windham Town Hall on Nov. 24. Morrell was honored for more than three decades of service to the community. Maine Secretary of State Shenna Bellows attended the festivities to present Morrell with the 2025 Lorraine Fleury Award recognizing and honoring an individual who has made a significant contribution to the election process and who exemplifies the qualities of fairness, experience, knowledge and service. Bellows praised Morrell for her knowledge and expertise and dedication to her work as town clerk. Morrell's final day of duty was Dec. 3. SUBMITTED PHOTO

SEWER Cont. from page 1

for construction trucks, dump trucks, garbage trucks, and other large vehicles to cross the bridge because of the weight limitation.

The bridge is a steel structure and scouring from the river has caused erosion where the bridge's concrete abutments contact the water. There has also been rusting on the steel supports which need to be replaced.

Bridge replacement work is expected to start this coming spring and be completed by summer 2026.

The council also awarded a disbursement of \$3,766 from the Substance Prevention Grant Program Fund to fund Windham Middle School's orchestra and choral student participation during the Trills & Thrills Music Festival in New Hampshire next spring. Councilor Maggie Terry questioned how the funding fits the criteria for a substance prevention grant but was informed that the program allows grants for healthy and positive activities. The Trills and Thrills Music Festival is a non-competitive, motivational, one-day mu-

sic festival for students attending elementary, middle school and high school bands, orchestras and choirs.

In other actions, the council voted to appoint Councilor Katie Cook as representative to the Natural Resources Advisory Committee, and the Master Fee Schedule pertaining to Shoreland Zoning application review

Councilors approved updating the town's Shoreland Zoning District fees to \$75 for clearing or removal of vegetation and the zoning review fee to \$250. Burns said that the fee changes are intended to better reflect the complexity and staff time involved in reviewing applications within the shoreland zoning districts, particularly those involving expansions of non-conforming structures and "greatest practical extent" determinations which often require moving structures away from the waterbody or wetland.

The council also received Freedom of Access Act training presented by Town Attorney Ben McCall of the Drummond Woodsum Law Firm and reviewed an informational handout regarding the upcoming sewer connection process in the new year. Windham Planning Director Steve Puleo briefed councilors about a new timeline for an updated 2016 Town Comprehensive Plan requiring changes mandated by the Maine Legislature's approval of LD 1751 requiring legal compliance, address housing affordability, and sustainable growth for the next decade. LD 1751 requires municipalities to adopt housing-friendly policies, including density allowances and streamlined permitting. <





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The Windham Eagle

# Nangle: You have new rights when canceling subscriptions

By Senator Tim Nangle SPECIAL TO THE WINDHAM EAGLE

As the holiday season arrives, many of us are thinking about gifts, family gatherings and ways to stretch our budgets at the end of the year. It's also the time of year when many of us sign up for free trials, holiday discounts, streaming bundles or app subscriptions - sometimes without realizing how long that we'll actually keep them.

That makes this season a good reminder to pause and take stock of our subscriptions.

Over the years, I've heard from many Mainers – and have run into the same problem myself— who shared the same frustrating story: signing up for a service online in seconds, only to discover that canceling it later required jumping through hoops. Phone calls during business hours, paperwork, certified letters or even being told you had to show up in person. These practices aren't accidents. Too often, they are designed to wear you down and keep money flowing out of your bank account long after you no longer want the service.

That's why I was proud to sponsor LD 1642 this past session, which passed the Legislature and is now law.

At its core, the idea is simple and fair: if you can sign up for a subscription online, you should be able to cancel it online. No tricks. No runaround. No pressure. Just a clear, straightforward way to say "no" to charges for a service you no longer use.

The new law strengthens Maine's consumer protection standards in several important ways. It requires clear disclosure of subscription terms before you enroll and affirmative consent before charging for automatic renewals. It requires advance notice before long-term renewals. And, most importantly, for many people, it guarantees that cancellation must be as easy as signing up.

The law also extends these protections to health club memberships, which have long been some of the most difficult contracts to exit. Many gyms allow people to sign up online or through an app but, until now, required members to cancel in person. Under Maine's new law, that practice

It's important to note that the law applies to subscriptions entered into or renewed on or after Jan. 1, 2026. That means this holiday season is a great time to review what you already have and sign up for new services or promotions with a clearer understanding of your rights.

If you're reviewing your bank statements and noticing subscriptions you

forgot about, starting in the new year, you'll have clearer rights and protections. If you're considering a holiday promotion or trial offer, you can sign up knowing you won't be trapped later. If someone gives you a subscription as a gift, you'll have the ability to cancel it easily if it turns out not to be

These are practical, everyday protections that help make life a little easier and help families keep more control over their own money. If a company doesn't follow the rules, Mainers have recourse through the Attorney General's Consumer Protection Division.

The Maine Attorney General's Consumer Protection Division offers free consumer information and mediation service which can help you navigate subscription or membership cancellation issues. You can call them at 207-626-8849, from 9 a.m. to noon Monday through Thursday.

You can also write to the Attorney General's office at Attorney General's Consumer Information and Mediation Service, 6 State House Station, Augusta, ME 04333

To file a complaint or request mediation, you can also fill out an online form at www.maine.gov/ag/consumer/complaints/complaint\_form.shtml.

As we head into the new year, I encourage folks to take a few minutes to review their subscriptions, ask whether they're still worth it and feel confident exercising their right to cancel when they choose. Consumer protection is about ensuring the marketplace is honest, transparent and fair. That's something worth celebrating this season.

I wish you and your family a happy, healthy holiday season, a Merry Christmas and a new year with fewer unwanted charges and more money in your pocket.

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. <

Rated 4.8 Stars

as of 11/10/25

#### NOTICE OF ANNUAL MEETING

Windham Economic Development Corporation (WEDC) Monday, January 5, 2026 • 5:00 pm

> Windham Town Hall, Council Chambers 8 School Road, Windham, ME







207-221-5000

<sup>1</sup> Annual Percentage Rate as of 11/7/2025. Rates subject to change without notice. Not all

applicants will qualify for the lowest rate or be approved. Advertised rate is based on risk based & relationship pricing discounts. For more information, visit egcu.org/auto.

# NSB donates \$1,500 to Windham Neighbors Helping Neighbors

#### By Ed Pierce

**STAFF WRITER** 

Norway Savings Bank has contributed \$1,500 to the efforts of Windham Neighbors Helping Neighbors, a non-profit organization made up of Windham volunteers who provide one-time emergency assistance to Windham residents requiring immediate heating fuel.

In addition to offering emergency assistance, the organization helps individuals find and access long-term

The donation is part of NSB's "Hol-

iday Helping Hands" initiative that is providing an extra boost to many local nonprofits during the season of giving.

The mission of the Windham Neighbors Helping Neighbors is to provide one-time emergency assistance to Windham residents experiencing a critical need for fuel, help direct individuals to appropriate longterm resources, and promote a culture of neighbors helping neighbors.

It is a 501c3 nonprofit and was founded in October 2007 and is made up of Windham volunteers who have come together to provide one-time



emergency assistance to those Windham residents who require immediate heating fuel. It assists individuals who have fallen through the cracks and either don't qualify or are in a bureaucratic process waiting for assistance from other entities.

Neighbors operate on a lot of donations: labor, hours and ideas and funding through contributions of money and goods from concerned individuals and businesses. There is no charge to the recipients. This is as pure a neighborly venture as one could find. It helps people in need negotiate the system in place to provide assistance and during the inevitable waiting period, it provides immediate help networking. Many volunteers are involved including retirees, working moms, legislators and business owners.

Windham Neighbors Helping Neighbors is funded totally through

donations and 100 percent of funds received go directly to people in need.

To learn more about acquiring assistance or to offer support to the Windham Neighbors Helping

Neighbors organization, call 207-749-1336 or visit www.windhamneighbors.com.

Founded in 1866, Norway Savings Bank is a leading mutual banking and financial services company headquartered in Norway, Maine. It has received an "Outstanding" rating for three consecutive Community Reinvestment Act Exams from the FDIC. Norway Savings has also received the Best Place for Working Parents designation in 2022 and 2023 and was recognized with the "Best Wellness Employer – Gold Certification" for the fifth year in a row by Wellness Workdays. BauerFinancial has designated the Bank the "Best of Bauer" for earning and maintaining its highest 5-star rating for 34 continuous years.

For further details about Norway Savings Bank, visit www.norwaysavings.bank. <







#### WHAT IS A CLIMATE VULNERABILITY ASSESSMENT?

This is a plan that will identify climate hazards that Windham is likely to experience due to climate change; assess our most at-risk infrastructure, ecosystems, economies, and communities; and help prioritize projects and spending to improve our community's resilience.

ALL THOSE WHO LIVE, WORK, GO TO SCHOOL, **OWN A BUSINESS** OR PROPERTY IN TOWN ARE ENCOURAGED TO PARTICIPATE!









Scan the QR code or visit: www.surveymonkey.com/r/JRVRNBB



Together, we can ensure Windham's community and natural environment are healthy, safe, and thriving!







# **BRIEFS**

#### **Gift Tags**

Windham Public Library, 217 Windham Center Road in Windham, is the place to make the perfect gift tag for any of your holiday gifts. From 9:30 a.m. to 3:30 p.m. Saturday, Dec. 20, the library will have craft supplies set up in the Children's room so stop by throughout the day and design a festive gift tag. This event is open to anyone who would like to make a gift tag. FMI, call 207-892-1908.

#### **Holiday Assistance**

The Windham Food Pantry is offering programs for holiday help such as gifts for children and food baskets and for those who would like to adopt a child or a family for the holidays. FMI, call 207-892-1931.

#### **Winter Solstice**

A Winter Solstice Celebration will be conducted at 1 p.m. Sunday, Dec. 21 at the Unity Center for Spiritual Growth, 54 River Road in Windham. The Winter Solstice Celebration marks the Winter Solstice and Yule, the darkest night and the shortest day of the year. It will be an afternoon of sacred clearing, spiritual activations and luminous abundance. Vanessa Gates-Elston will guide a transformative Healing Source Activation Session to help



you align with Unity consciousness and awaken to the regenerative power and magic of the Winter Solstice. FMI, call 207-893-1233.

### **Sign Language Class**

Windham Public Library is offering an American Sign Language Class that will cover the basics of ASL communication with numbers and fingerspelling to start, then some common words and phrases in sign language, and participants will gradually move up to higher-level concepts at the pace of the group. The class will be held from 6 to 7 p.m. Monday, Dec. 22. FMI, call Ray at 207-892-1908, Ext. 5 or send an email to rmarcotte@windhammaine.us.

#### **Youth Lacrosse**

Registration for Windham Youth Lacrosse's 2026 season runs from Jan. 1 to March 1, 2026, and is open to any student in grade K to 8 in Windham, Raymond and the surrounding communities. To learn more about how to register and costs, visit windhamlacrosse.com

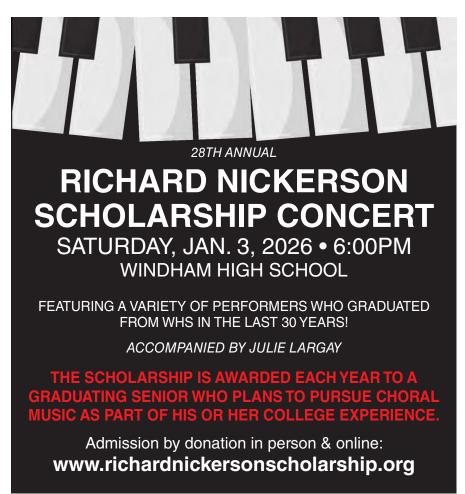


## **Clothing Closet**

The Casco Village Church, United Church of Christ at 941 Meadow Road in Casco, invites the public to shop at their "Clothes Closet" from 10 a.m. to 2 p.m. on the first and third Saturdays of every month. Clothing is available for everyone at great prices and there is always a table of free items. FMI, call 207-627-4282.

#### Play & Grow

Raymond Play & Grow is a play group designed for little ones between the ages of 9 months to 4 years. 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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# OND RAYMOND ROADRUNNER

**TOWN OF RAYMOND - DECEMBER 2025 NEWSLETTER** 



# **Town Clerk's Office Notices**

#### **HOLIDAY OFFICE CLOSURES:**

December 25th & 26th – CLOSED January 1st - CLOSED

#### **UPCOMING MEETINGS:**

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

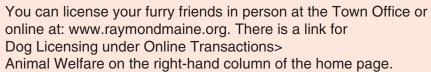
December 30th - Zoning Board of Appeals –7pm January 7th – Planning Board – 7pm January 13th – Regular Select Board Meeting – 6pm

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

# 2026 DOG LICENSES

# **REMINDER:** 2025 DOG LICENSES EXPIRE ON DECEMBER 31, 2025.

MAINE STATE LAW REQUIRES ALL DOGS OVER 6 MONTHS OF AGE TO BE LICENSED. Current dog license fees, without late fees are: \$6 for spayed or neutered dogs/ \$11 for unaltered



**DEADLINE FOR IS RENEWAL JANUARY 31, 2026** 

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

# *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

# **PUBLIC WORKS NOTICES**

#### **Trash Collection on Private & Camp Roads**

Please be aware that trash trucks will no longer travel down private or camp roads that are not properly plowed, sanded, and maintained. Due to their size and weight, these trucks are not designed to navigate narrow or poorly maintained roads.

If your road does not meet the required maintenance standards, trash will need to be brought to the nearest public crossroad for collection.

Thank you for your cooperation.

#### Trash & Recycling Collection Notes:

- Trash: Residents may place up to two (2) 32-gallon containers per week, with a maximum of 50 pounds per container.
- Recycling: Any container can be used for recycling, but must be clearly labeled.
- Pickup Time: Please have your trash and recycling out by
   7:00 AM on your scheduled collection day

Depending on staffing for the day, a truck may be designated for **trash only, recycling only**, or may be a **dual-sort truck**, where recycling goes on one side and trash on the other. If recycling is contaminated in any way (such as wet materials or items that should not be recycled) the entire load is placed in the trash side.

Contact Nathan White with any questions or concerns 207-653-3641

#### Winter Weather Advisory

If you have concerns or need to report hazardous road conditions, please call 653-3641 and speak with someone directly. **Do not email**, as messages may not be seen for 48 hours or more during inclement weather.

# Winter Sand & Salt Shed Open

Raymond residents are welcome to get small amounts of sand/salt in the small wooden shed on the right side just inside the gate.

Please respect the limit of two 5-gallons buckets at a time. The Sand and Salt Shed is located on Plains Rd (FL 89) & the gates are open from 7am-3pm, Monday-Friday.

All other areas & equipment remain off limits to the public. NOTE: The shed is closed during snowstorms for safety and to allow the plow truck traffic to move freely.



# 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





# OND RAYMOND ROADRUNNER

**TOWN OF RAYMOND - DECEMBER 2025 NEWSLETTER** 



# Polls will be open from 7am to 8pm at the Jordan-Small Middle School Gym (423 Webbs Mills Road)

ABSENTEE VOTING - The last day to request an absentee ballot is WED, DECEMBER 24th at 4pm. All voted absentee ballots must be received by the Clerk by 8pm on Election Day.

In-person absentee voting is now available at the Town Office. If you intend to take the ballot outside our office to vote it, you will need to complete a request form (available at the office).

\*\*Please check the website to confirm Town Office hours for any changes in regular hours due to Holiday closures.\*\* To request that an absentee ballot to be mailed to you call 655-4742 x124, during business hours. We must speak to each voter directly to process the request for an absentee ballot via phone. (Please note, this may not be the best option, due to the usual business of the Post Office for holiday mailings): Or, complete an absentee ballot application (you must sign the form) and submit it by:

★ Emailing it to: town.office@raymondmaine.org or faxing it to: 207-655-3024 or e

★ Mailing it to: Clerk's Office, 401 Webbs Mills Road, Raymond ME 04071 (not recommended for this election due to the tight turnaround time)

#### **BALLOT QUESTIONS**

#### **QUESTION A:**

Do you authorize the recall of Kaela Gonzalez from the position of Select Board?

#### **QUESTION B:**

Do you authorize the recall of Denis Morse from the position of Select Board?



Located at: Raymond Village Community Church, 27 Main St

# **Together on the Trail All Age Snowshoe Group!!**

We plan to meet on Fridays from 10 to 11:30AM, but based on the weather, the day might change.

We will be taking local trails this winter for 1-2 mile snowshoe walks. No experience necessary and we have snowshoes and trekking poles to borrow if you would like. Walks will be led by Registered Maine Guide Elena Glidden and are open to all experience levels and ages.

Items you might want to bring include: water, a snack, hiking poles, and snowshoes. Make sure to dress in layers to stay comfortable through the walk and do not bring any pets.

# **RECreate:** Youth Program Design Lab Wednesdays from 5-6PM

In RECreate, middle school students take the lead in bringing fun ideas to life. From brainstorming event themes to planning budgets, marketing, and logistics, students learn what it takes to create and run a successful community program. Each participant becomes part of a youth planning team that designs a real event for their school—learning teamwork, problem-solving, and leadership along the way.

# **February School Vacation Camp**

February 16-20 from 8AM-5PM at RVCC

Open to children K-4th grades enrolled in RSU 14. Multiple daily breakout rooms to keep kiddos entertained. One special guest will visit the program and there will be one field trip. See RecDesk for complete details.

FEE: \$200/CHILD

## Winter Program Sign-ups!

Several programs are available for registration.

All ages! Ski trips, futsal, basketball, tennis, pickleball, toddler play groups and more!

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



# Holiday Trash Notice

NO TRASH PICK UP on CHRISTMAS DAY **DECEMBER 25th** 

Residents on Thursday trash route will need to hold their waste until the following week. There WILL be pick up on New Year's Day





# **NEWS/EVENT**

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

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

#### **Library Holiday Hours:**

December 24th - Closing at noon December 25th & 26th - CLOSED December 31st - Closing at 3pm January 1st - CLOSED

#### **Banned Book Group!**

First Wednesday, every OTHER month starting January 7th at 5pm!

The first month's selection is Sold, by Patricia McCormick. Lakshmi is a thirteen-year-old girl who lives with her family in a small hut on a mountain in Nepal. Though desperately poor, her life is full of simple pleasures, like playing hopscotch with her best friend from school, and having her mother brush her hair by the light of an oil lamp. But when the harsh Himalayan monsoons wash away all that remains of the family's crops, Lakshmi's stepfather says she must leave home and take a job to support her family. JANUARY MEETING IS ZOOM ONLY!

#### **Historical Fiction Book Club**

Thursday, January 9th at 1pm

This month's selection is *The Women* by Kristen Hannah. In 1965, nursing student Frankie McGrath joins the Army Nurse Corps in Vietnam, facing life-and-death situations and deep friendships, before confronting challenges of returning to a divided America.

## **Puzzle Competition**

Saturday, January 24th from 11am-1pm

Put your puzzle skills to the test! Must register for this event. There will be 5 teams of 3-4 people.

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

# Eagle SIPORTIES

# Second-period surge powers Trail Blazers to victory

## By Matt Pascarella

STAFF WRITER

The Windham/ Bonny Eagle/Westbrook Trail Blazers added another win to their record when they played Portland at the University of Southern Maine in Gorham on Saturday, Dec. 13. After a scoreless first period, the Trail Blazers found their groove in the second period when they scored four goals. They kept up the intensity to skate past Portland. 5-1.

During the game, the Trail Blazers outshot Portland 25-6 for total shots on goal.

'We're going to come out and play tough," said Trail Blazers coach Ben Haskell. "It doesn't really matter what the stats say because any team can have a good game or a bad game. In the first period I don't think we showed the attitude that we needed to and ... they weren't puck hungry. In the second period they realized they needed to work and they stepped it up. Defensively, we didn't allow many shots. After the first period we were retrieving pucks, we were moving the puck, we were skating a bit more and we got more scoring opportunities. (What needs work) is getting that chemistry down. We have six or seven freshmen and while they played together in middle school, it's a lot faster, bodies are a lot bigger now so it's getting that timing down."

The Trail Blazers hit the ice, working hard to be first to the puck. They had great defense and limited Portland's scoring chances. Trail Blazers intensity was solid, and they had multiple shots on goal, but nothing land-





(L to R) Windham junior Braeden Greeley hustles toward the goal with the puck during a boys' hockey game against Portland at the University of Southern Maine in Gorham on Saturday, Dec. 13. Bonny Eagle senior Colby Haskell moves quickly around his defender, keeping possession. PHOTOS BY MATT PASCARELLA

ed. After one period, the game was scoreless.

"I feel like in the first period we were slower jumping out," said Bonny Eagle freshman Alden McGivney. "In the second period we really ... put it to them. In the third period we slowed down but still put it to them. We have a young team, and I think the nerves of the game got to us in the first period. We gelled into the game more in the second period. I liked our passing a lot, I liked our communication in the second period; in the first period our comms were not there, but we had good communication in the second. 50-50 battles to the puck

(could use work). In practice it's been a bit slow and we're still getting used to it."

Roughly five minutes into the second period, Bonny Eagle freshman Logan Guay scored, assisted by Bonny Eagle senior Mason Caron. Moments later Caron scored backto-back goals. The Trail Blazers commanded the ice.

Bonny Eagle senior Colby Haskell scored. Trail Blazers Defense remained strong. "We figured out (in the second period) how to dangle through the kid and take it wide, get shots on net, just execute it," said Haskell. "We shot the puck quite a bit, more than we usually do and our physicality was on another level. Our passing and moving our feet (needs work)."

At the top of the third period, less than one minute in, McGivney scored. The Trail Blazers held off Portland for the remaining time and kept control of the ice. <

# Antipans Obinis/Maak



# **Avary Caiazzo**

**Age:** 12

Team: WMS 7th grade girls' basketball Coach: Darcey Gardiner

Parents' names: Anne and Nick Caiazzo

**Reason for selection:** Coaches say that Avary has been an absolute delight to get to know her and her spunky personality. She is outgoing, athletic, and polite to every person she meets. Her ability to interact

positively with teammates, coaches, and officials makes Avary a natural leader. She consistently works at improving every day by asking the right questions and she always wants to compete in practice and games. Throughout the season, Avary has proven to be a force defensively and on the boards. She is always coming down with rebounds or picking up steals. Coaches envision Avary getting better at basketball every day she plays and are excited to see what the future holds for her.



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(Top to bottom) Bonny Eagle freshman Alden McGivney passes the puck. Bonny Eagle senior Mason Caron is about to move the puck by an opponent.

# WHS grad continues giving back through coaching

# By Matt Pascarella

Windham High School 2023 graduate Alex 'Bob' Wing is just one of the many post-WHS athletes who have gone on to make contributions to the up-and-coming group of young athletes and to work to instill in them the values that they have learned throughout their time on various teams.

Wing has been coaching with his older brother, Andrew for three years at Jordan-Small Middle School and last year was the first year that he coached soccer, basketball and baseball solo. Bob Wing has worked at his family's restaurant, The Beacon, in Raymond since graduating.

"Andrew asked if he wanted me to give him a hand coaching the boys' sports at Jordan-Small Middle School," said Bob Wing. "I hadn't thought about coaching, but after I decided not to go to college, I thought it would be good for me to try something and see if I liked it. It's a lot of fun, (Andrew and I) talk a lot about how each team is doing, games are fun because we're doing it alongside one another – it's been really cool."

It's fun for Bob Wing to watch the kids he coaches grow and improve. He enjoys coaching the various teams at JSMS.

"I think Bob is a pretty good coach," said JSMS seventh grader Charlie Crowell. "He makes smart decisions. He tries to make the practices fun and the drills we run are usually fun. He makes jokes so the practices aren't super serious."

Playing for a variety of travel teams with all kinds of coaches let Bob Wing see many different coaching styles. That has helped him figure out how to approach his players and work out who he wants to be as a coach and



Coach Alex 'Bob' Wing, a 2023 Windham High graduate, celebrates with his basketball team during a game against Sacopee Valley at Jordan-Small Middle School in Raymond on Monday, Dec. 15. PHOTO BY MATT PASCARELLA

how he wants to approach coaching.

JSMS eighth grader Eli Delude said Coach Bob Wing is very good at keeping them on track but also knows how to keep it fun. He said his practices are always productive and no time is wasted.

"If you do not know exactly what you want to do right out of high school, that is not the end of the world," said Bob Wing. "Sometimes it takes some time to figure out what you want to do in life."

While there are many definitions for success Bob Wing defines it as being there to help people get to where they want to be, to help them make the right decisions.

Bob Wing may help out Windham's varsity baseball program this spring as an extra hand on the coaching staff.

"He lets us do scrimmages at the

end of practice so that's always fun," said JSMS seventh grader Brecken

Cressey. "He's a five-star retrograde coach and he's a fan favorite." <





# (Some critters get all the talent.)

Chameleons can change color, bag dinner with their tongues in 1/100<sup>th</sup> of a second, and move their eyes in opposite directions. Not to be confused with lazy eye—amblyopia—a condition that causes blurry vision. Approximately three percent of children under six have amblyopia. That's why it's important for infants to receive comprehensive eye examinations. Because what's cool in chameleons can lead to vision loss if untreated in people. GFVC: purveyors of fun facts and quality vision care.



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# Four tips to prevent holiday weight gain

1.) Allow yourself to indulge a bit. If you love your eggnog, for example, then drink your eggnog if it makes

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you happy. Just be mindful of the actual serving size you are drinking.

And, perhaps have one slice of pie



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- Becky Longacre, Nurse Coach -

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The holidays are filled with laughter, fun and indulgences. A party here, and impromptu friend lunch there. If we were still making most of our living by homesteading and homemaking (as we used to) it would all even out over the calendar year. The intake of calories generally would even with the output on average. But this is no longer the case in the developed world where we tend to make our living with our computer prowess and or presentation skills and can buy anything we want at the fully stocked grocery store down the road.

So, how can you enjoy your holiday season and still keep healthy? The answer, as with most things, is mind-

Here are some pointers on keeping a healthy weight through the holiwith the eggnog and not three!

- 2.) Keeping with healthy eating most of the time allows you to "afford" the indulgences. If you pay attention to what you are eating six out of seven days of the week and allow yourself a "cheat day" this goes a long way in sustaining a healthier lifestyle (instead of always being vigilant to the point where you set yourself up for binge eating due to extreme restrictions).
- 3.) Replace your meal with your indulgence. What did you just say, Becky? Yes, that is what I said! If you are at a holiday event and you know you want the chips and dip, the cake and eggnog, and the cocktail, then just accept that that will be your meal and let go of the idea that you "need to compensate by eating something healthy." Many people believe that after they eat "junk" they need to eat a salad on top of that to "reverse the bad eating." The problem with this way of doing business is it actually adds to your overall calorie count which increases weight gain. It does you no favors to eat more calories out of obligation to health. If you have indulged, enjoy every bite, every sip, every moment with friends and family. It is not one meal that will make or break your health. It is the overall eating pattern you have.
- 4.) Don't put all of your healthy weight eggs into the exercise-only basket. Some of my clients start out with the belief that they don't need to pay attention to their eating habits, and they can just chase all their calories with exercise to compensate. The problem with this is the math is usually wrong. How long does it take to walk off 1 piece of bread? About 20 minutes. That's not including the butter or jelly you have put on the bread. How long does it take to walk off a piece of cake? About forty minutes. And that's a standard serving size of a cake. Let's remember the eggnog too! How long does it take to walk off a standard serving size of eggnog? Another 40 minutes. Hopefully you have just learned that it is not a solid plan to depend only on physical activity to lose or maintain weight. That's the math of weight loss: calories in and calories out. Eighty percent (80%) of your weight loss or weight management will come from your eating patterns, not your exercise.

So, what's the take home message? Enjoy your holiday season, allow yourself to indulge a bit, allow yourself to even replace some of you usual eating with "naughty" food instead of "nice" foods, and look at the big picture. In the end, it will be your trends of eating and overall commitment to your health that will help you succeed.

May you enjoy your holiday season and may you be happy and healthy.

This article was brought to you by Becky Longacre, a Nurse Coach for Health Transformers LLC. Send her questions at becky@healthtransformersmaine.com or call her at 207-400-7897. Visit her website at www.healthtransformersmaine.com" Longacre is a Nurse Coach for Health Transformers LLC. Send her questions at becky@healthtransformersmaine. com or call her at 207-400-7897. Visit her website at www.healthtransformersmaine.com <

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

#### Editor,

At the Dec. 9 public hearing in Raymond, it was pointed out that several town employees have left (two town managers, two code enforcement officers, a finance director, at least) – all under past Select Boards, not this one. The person who began the current recall effort was a member of one of those Select Boards.

One allegation against current board members is divisiveness, but it's this recall effort that is clearly dividing the town – much like previous issues spearheaded by the same person.

It's also clear this recall was prompted by personal feelings about someone who was well-liked for various reasons. Not until his resignation was "evidence" of the alleged behaviors of the Chair and Vice Chair sought.

I hope people view the public hearing in its entirety. Since then, some who had signed the recall petitions have indicated they oppose this misguided effort that would overturn our free and fair elections.

Let's defeat these recalls.

~ Grace Leavitt, Raymond

#### Editor,

To the Congressional Delegation of Maine in Washington and to the entire delegation of the same in Augusta.

I'm urging you at both the federal

and state levels to look to a healthcare solution that will work for all Americans while keeping the costs down. The most evident solution out there now is a single-payer healthcare system administered by the government and taking out the corporate profit and high costs that most people in this country are dealing with.

There are several paths out there to this type of healthcare. All are financially feasible, and all provide healthcare to all people in this country. Healthcare providers overwhelmingly support this kind of system for their patients. Most countries use a system like this. It's long past time for the United States to begin taking care of its people.

Citizens, you can learn more about options at NationalSinglePayerHealth-care.com or here in Maine at Health-careforallMaine.org. Check out these and other websites. Contact your representatives at the state and federal levels. It's not just Congress that is letting things stay the way they are. We, the people, need to organize, join organizations, contact representatives, and never give up until true, affordable healthcare in the United States is available to all.

To keep America great, we need to keep Americans healthy.

~ Bill Keller, Windham

# A measure of respect



Windham Police Officers Mackenzie Conti, left, and Tricia Buck assisted with escorting the Wreaths Across America convoy to travel from Maine to Arlington National Cemetery in Arlington, Virgina. Wreaths Across America volunteers placed 265,000 wreaths on gravestones at Arlington National Cemetery in honor of U.S. military veterans buried there. The names of each veteran were spoken aloud while laying the wreath, to ensure they are never forgotten. The trip for Officers Conti and Buck began on Dec. 8 in Maine and wrapped up on Dec. 14 in Virginia. COURTESY PHOTO

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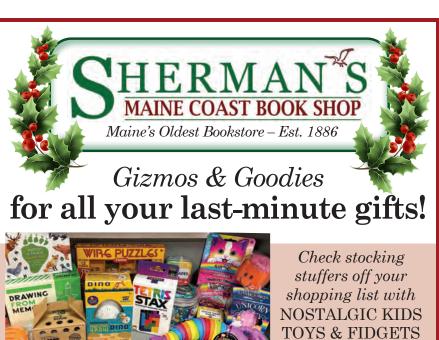
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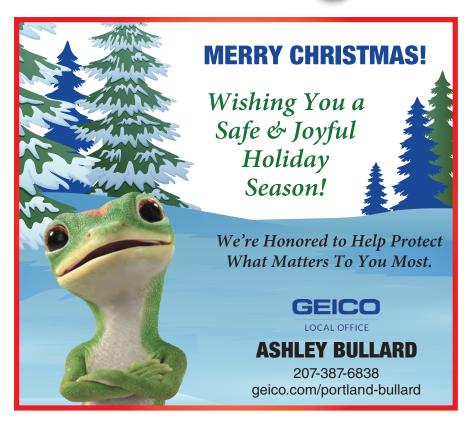
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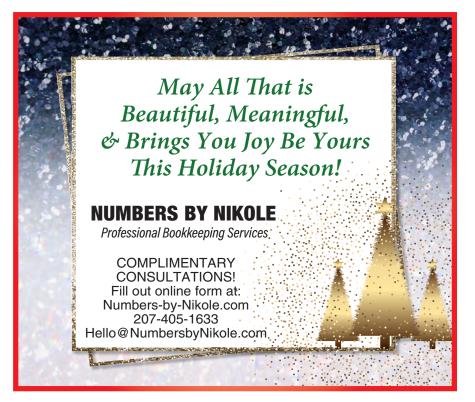




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# Fun Facts About Christmas You May Not Know:

- Origin of Candy Canes: Legend has it that a choirmaster in Germany in the 17<sup>th</sup> century gave them to kids to keep them guiet during long Christmas services. He shaped them to resemble a shepherd's crook.
- Rudolph the Red-Nosed Reindeer: Rudolph was created by Montgomery Ward as a promotional character for their holiday coloring books in 1939. The famous song and TV special came later.
- Santa Claus' Evolution: The modern image of Santa Claus, as a jolly man in a red suit, was popularized by Coca-Cola in the 1930s. Before that, Santa was depicted in various ways, including as a tall, thin man and even in different colors.
- Christmas Stockings: The tradition of hanging stockings by the fireplace comes from the Netherlands. According to legend, Saint Nicholas threw bags of gold down the chimney, which landed in stockings left to dry.

# Season's Greetings

THESE BUSINESSES SEND SINCERE WISHES FOR AN AMAZING HOLIDAY SEASON.

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# THE WINDHAM EAGLE NEWSPAPER

585 Roosevelt Trail, Windham • 207-894-3500 • The Windham Eagle.com



# Make it Merrier with these CHRISTMAS RECIPES

Gatherings undoubtedly make the holiday season more special, and food plays an important role during this festive time of year. Dessert might not be on the menu year-round, but a tasty post-meal treat certainly makes for a fitting ending to a holiday meal with loved ones.

#### CHOC. PUDDING & MIXED BERRY TRIFLE

Makes 8 Servings

1 1/2 cups sugar 1 1/3 cups all-purpose flour 2/3 cup unsweetened cocoa powder 1 teaspoon baking soda 1/2 teaspoon baking powder 1/4 teaspoon salt 3/4 cups strong brewed coffee 3/4 cups buttermilk 6 tablespoons vegetable oil 2 large eggs 1 teaspoon vanilla extract 2 tablespoons sugar

2 tablespoons cornstarch 2 tablespoons unsweetened cocoa powder 1/8 teaspoon salt 11/2 cups whole milk 1/2 cup heavy cream 2/3 cup good-quality milk chocolate, chopped 1 teaspoon vanilla extract 6 cups fresh raspberries 6 cups fresh blueberries Milk choc. shavings for garnish

#### **INSTRUCTIONS**

For the cake: In a large bowl, sift together the first 6 ingredients. Add the coffee, buttermilk, eggs, oil, and vanilla and mix until just combined. Transfer the batter to a parchment-lined baking pan. Bake at 325 F for 25 to 30 minutes, until a toothpick inserted into the cake comes out clean. Cool and then cut the cake into 2-inch pieces.

For the chocolate pudding: Whisk together the sugar, cornstarch, cocoa powder, and salt in a large saucepan. Gradually whisk in milk and cream. Bring to a boil over moderate heat, whisking constantly. Boil until mixture thickens, about 2 minutes - it will get thick very quickly. Remove from heat and whisk in chocolate and vanilla quickly. Continue whisking until smooth. Transfer to a bowl and chill, placing a piece of plastic wrap directly on the pudding to prevent a skin from forming. Chill until cold, at least 2 hours.

To assemble the trifle: Get out eight small serving cups (approximately 8 ounces). Place cake pieces, a bit of raspberries and blueberries at the bottom of each serving cup. Spoon chocolate pudding on top, spreading it into any spaces in the cake layer and smoothing the top so it is as flat as possible. Continue with the second layer of cake pieces, berries and pudding. For the third top layer, sprinkle only pieces of cake and berries and then garnish with shaved milk chocolate.





#### TOFFEE CHEESECAKE BARS

Makes 2 1/2 Dozen

1 cup all-purpose flour 3/4 cup confectioners' sugar 1/3 cup baking cocoa 1/2 cup cold butter cream cheese

1 14-ounce can sweetened condensed milk 2 eggs, lightly beaten 1 teaspoon vanilla extract 1 8-ounce package reduced-fat 11/4 cups milk chocolate English toffee bits, divided

In a small bowl, combine the flour, confectioners' sugar, cocoa, and baking soda. Cut in butter until mixture resembles coarse crumbs. Press in the bottom of an ungreased 13-inch x 9-inch baking dish. Bake at 350 F for 12 to 15 minutes or until set.

In a large bowl, beat cream cheese until fluffy. Add the milk,

eggs and vanilla; beat until smooth. Stir in 3/4 cup toffee bits. Pour over crust. Bake 18 to 22 minutes longer or until center is almost set.

Cool on a wire rack for 15 minutes. Sprinkle with remaining toffee bits; cool completely. Cover and refrigerate for 8 hours



## SWEET POTATO MERINGUE PIE WITH GINGER SNAP CRUST

Serves 8

FOR GINGER SNAP CRUST: 1 3/4 cups crushed ginger snaps 1/4 cup melted unsalted butter 2 tablespoons dark brown sugar 1 large egg white FOR SWEET POTATO FILLING: 2 pounds sweet potatoes 4 tablespoons butter 3 large eggs

3/4 cup dark brown sugar 2 teaspoons allspice 1/2 teaspoon ground ginger 1/4 teaspoon salt 1/3 cup evaporated milk 4 teaspoons fresh lemon juice 1 1/2 teaspoons vanilla FOR MERINGUE: 4 large egg whites 3/4 cup granulated sugar

<u>CRUST:</u> Preheat the oven to 375 F. In a bowl, combine the ginger snap crumbs, butter and brown sugar and mix well. Transfer to a 9-inch pie pan, and press into the bottom and up the sides with your fingers. Place another pie pan on top of the crust and press firmly. Bake until golden, 10 to 15 minutes. Remove from the oven and cool. Brush the crust with the egg white. Refrigerate, tightly covered, for one hour before using **SWEET POTATO FILLING:** Preheat the oven to 400 F. Place sweet potatoes on a foil-lined baking sheet and bake until very soft, about 1 hour. When potatoes are cool enough to handle, halve and scoop out enough flesh to measure 2 cups, discarding skin. While potatoes are still hot, add butter and mash until almost smooth; small lumps of potato should remain. Whisk together eggs, sugar, allspice, ginger, and salt. Stir in evaporated milk, lemon juice and vanilla. Gradually add egg mixture to sweet potatoes, whisking gently to combine. Pour the filling into the cooled pie crust.

Bake for 20 minutes at 400 F. Reduce the heat to 325 F and bake until the filling is set around edges, but still jiggles slightly when shaken, about 20 more minutes. Remove from the oven and let cool slightly, about 30 minutes.

FOR MERINGUE: In a large bowl, beat the egg whites until soft peaks start to form. Slowly add the sugar while beating constantly. Beat until glossy and stiff peaks form, being careful not to overbeat the meringue. Preheat the broiler. While the pie is still warm, spread the meringue evenly over the filling, smoothing out to the pastry edges to seal. Place under the broiler and cook until the meringue is golden brown, about 1 minute.

# Holiday COLORING CONTEST



## CONTEST OPEN TO CHILDREN AGES 2-14. ENTRIES MUST BE RECEIVED BY MONDAY, DEC. 29

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 31, 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

## The Christmas Spirit Shines Bright in Our Community!

As the year draws to a close, we are once again reminded of the magic of Christmas – a season that lights up our homes, warms our hearts, and inspires us to give.

It's a time when the simplest of gestures can bring immense joy, whether it's the glow of holiday lights on a neighbor's porch, the laughter of children building snowmen, or the kindness of strangers sharing smiles in passing.

But beyond the twinkling lights and festive melodies lies the true essence of Christmas: the spirit of giving. This season, our community has shown what it means to come together. From food drives to toy collections or volunteers who quietly lend a hand to someone in need – every act of generosity reminds us of the power we hold to brighten someone else's world.



From all of us at The Windham Eagle, we wish you a Christmas filled with love, joy, and simple magic.

WE APPRECIATE YOU ALLOWING US INTO YOUR HOMES EACH WEEK AND LOOK FORWARD TO DELIVERING FOR MANY YEARS TO COME. THANK YOU!



585 Roosevelt Trail, Windham 207-894-3500 The WindhamEagle.com Follow us on Facebook The Windham Eagle Page 39

## As seen in the 2026 Community Calendar



## JANUARY 2026



					Snow Plowing/Hemoval • Sand	ing • Firewood & more
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A		IDHAM VETERANS CENTER ic Function Rental Hall	and the state of t	lew 1	2	3
35-Veterans Memorial		y the Hour or Day, up to 200 people  Il Dave @ 939-0892		No School Town Offices, Library Closed New Year's Day	No School	
4	5	6	7	8	9	10
	Windham Maine Adult Education Online Digital Photo Classes Start www.Windham.MaineAdultEd.org		Zoning Board of Appeals Site Walk 7:00AM Veterans Coffee 9-11am WVC RSU 14 Board of Directors Meeting	Parks & Recreation Pleasant Mountain Ski Program 2:00PM Library Board of Trustees Meeting 4:30PM Zoning Board of Appeals 6:30PM		
11	12	13	14	15	16	17
	Windham Raymond Adult Education ESOL and Enrichment Classes Start www.Windham.MaineAdultEd.org Planning Board Meeting 6:00PM	Council Meeting 6:00PM	Veterans Coffee 9-11am WVC VFW Mtg at WVC	SLRCC - Annual Meeting at Camp Sunshing		Library Closed
18	19	20	21	22	23	24
	No School WVA Meeting 6pm WVC Town Offices, Library Closed Martin Luther King Jr.'s Birthday		Veterans Coffee 9-11am WVC Red Cross Blood Drive 12-5pm WVC SLRCC - Business Break at Maine Mariners, Cross Insurance Arena RSU 14 Board of Directors Meeting			AL Bean Supper 4:30pm WVC
25	<b>1</b> 26	CHOCOLATE 27	28	29	30	31
	Planning Board Meeting 6:00PM	Council Meeting 6:00PM	Veterans Coffee 9-11am WVC DAV Mtg 6pm WVC			HOTP CHOCOLATE DAY





## The underappreciated quintet

#### By Andy Young

STAFF COLUMNIST

Not everyone needs or wants public recognition, particularly given the judgmental, often brutal scrutiny that comes with it. But if only for their own self-esteem, most human beings desire to be significant to someone or something that will confirm, at least to themselves, that they truly matter.

Were dates on the calendar human, they'd undoubtedly feel similarly. That's why the five most consistently overlooked, least-appreciated 24-hour blocks of time, the quintet falling between Christmas Day and New Year's Eve, need acknowledgement.

The weeks leading up to Dec. 25 involve, among other things, trees to trim, cookies to bake, parties to attend, packages to mail, gifts to wrap, holiday cards to send, eggnog (and/or similar libations) to imbibe, football games to endure, and mistletoe to stand under (or steer clear of, depending on who else is lurking in its vicinity).

By the evening of the 25th nearly everyone needs to come up for air. We're all holidayed out at that point, and as a result the calendar's next five days become collateral damage.

It's not fair that the 26th, 27th, 28th, 29th, and 30th of December are annual casualties of holiday season overload. Why should people care more about some random date in February, June,

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or November any more than they do about these five no-less-ordinary boxes on the calendar? Feb. 29, which only comes along every fourth year, gets more genuine appreciation than Dec. 26 to Dec. 30 do, combined, in a decade of decades!

It's time to stop ignoring these underappreciated days. According to Nationaldaycalendar.com, Dec. 26 is officially National Thank You Note Day, which makes perfect sense. The 26th has also been, since 1986, National Whiners Day. A Michigan Reverend, Kevin Zaborney, created it, hoping it would encourage people to appreciate all they have, rather than bemoaning what they lack, or focusing on whatever real or imagined shortcomings their existences entail.

Reverend Zaborney also created National Hugging Day, which occurs annually on Jan. 21. And despite an unavoidable COVID-related hiatus, the soon-to-be 40-year-old holiday is still a full-fledged "Day." However, would-be NHD embracers are urged to ask permission from any and all potential huggees before applying an affectionate clasp. It's more important than ever on National Hugging Day to respect the wishes of those who, for whatever justifiable personal reason(s), prefer to remain unsqueezed.

Dec. 27 is National Fruitcake Day. Laden with chopped candy, dried

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fruit, nuts, and occasionally spirits, fruitcake is popular with those trying to gain even more weight over the holidays. This can be accomplished either through direct consumption, or by securing two fruitcakes on each side of a weight bar and subsequently doing three sets of ten bench presses. This builds muscle mass, and remarkably quickly.

Dec. 28 is National Card Playing Day, Pledge of Allegiance Day (Congress officially recognized the pledge on this date in 1945), and National Chocolate Candy Day. President Woodrow Wilson was born on Dec. 28, 1856, 10 years after the day Iowa became the 29th state to join the union.

Not to be outdone by its immediate

predecessor, Dec. 29 is also a president's birthday (Andrew Johnson in 1808). In addition, Texas joined the union as the 28th state on Dec. 29, 1845, 364 days before Iowa.

Besides being New Year's Eve eve, Dec. 30 is National Bacon Day. It's also National Bicarbonate of Soda Day, which is convenient for those who've overindulged on bacon.

Every calendar year contains 52 weeks, but unfortunately The Windham Eagle only publishes during 51 of them. Next week will be Eagle-less, making it ideal for relaxation, or for trying something new.

Besides whining about fruitcake,





Grade: 12th

School: Windham High School

**Favorite subject(s) in school:** Windham Chamber Singers and English

Parents' names: Susan and Steven Brackett

Reason for selection: Corey Bracket exemplifies the balance between academic excellence and artistic leadership. Throughout her four years of high school, she has been a dedicated Windham Chamber Singer while participating in numerous theater productions, all while

maintaining strong academic performance. Most recently, she starred as Sandy in the high school production of "Grease." Beyond the classroom and stage, Corey demonstrates her commitment to caring for others through her work as a dependable pet sitter. Her reliability, compassion, and sense of responsibility make her ideally suited for her chosen path in nursing, which she plans to pursue after graduation. There is no doubt we will be hearing about the big things that Corey achieves in her lifetime.

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Tricia Zwirner, Agent

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## PLANNING BOARD MEETING

Wednesday, January 7, 2025 • 7:00 PM

Broadcast Studio - 423 Webbs Mills Road, Via ZOOM, & on YouTube

- 1. Call to order
- 2. Approval of minutes: December 10, 2025
- **3. New Business**None
- 4. Old Business

### Land Use Ordinance

- Banquet Halls a. Definition b. Allowable Uses c. Performance Standards
- 2. Outdoor Medical Cannabis Growing Operations -
- a. Adding Definitions
- b. Allowable Uses
- c. Performance Standards
- 3. Short Term Rentals a. Adding Definition and Parking Standards
- 5. Staff Communications
- 6. Adjournment

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.

For ZOOM link visit the website and click on calendar date.

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The Windham Eagle Page 41

## Simple tasks can protect home investments

#### **Submitted by Jonathan Priest** SPECIAL TO THE WINDHAM EAGLE



Shorter days and cooler weather make it tempting to curl up under a blanket and hibernate until spring. It's a good plan, but before the snow flies, cross

— Jonathan Priest these six home improvement projects off your list.

#### 1. Clean the gutters

The first snowfall of the season is not the time to learn your gutters are filled with debris or too loose to handle the weight of the snow.

Falling leaves can create a buildup, and when it rains or eventually snows and the snow melts, the water will need a clear path to run. Making sure you have clear downspouts has the same reasoning, so that debris does not build up.

Clean your gutters, or better yet hire a pro to tackle the job. While you're at it, look for areas where gutters are loose and may have torn away from the house. Reattach them using gutter spikes, brackets or hangers. Clean, well-secured gutters are essential to protect the foundation of your home and reduce the risk of basement flooding.

#### 2. Check smoke detectors

When you change the clocks to

standard time, change the batteries in your smoke detector. December is a great time to install new batteries as you are preparing your home for colder months. Remember, if your alarm chirps – a sign the battery is low – replace it, no matter the time of year. Once you've replaced the batteries, test the smoke detector: It's as simple as pushing the button to make sure the alarm goes off.

Don't ignore hardwired smoke detectors; many have battery backups and those batteries need to be replaced, too. You should also replace any smoke detectors that are over 10 years old. Alarms are constantly checking the air for smoke, and after 10 years, the effectiveness of the alarm may decrease.

#### 3. Hire a chimney sweep

A chimney sweep isn't just a character from Mary Poppins. These fireplace pros remove soot and creosote that build up in the chimney and pose a fire risk. A professional chimney sweep, certified through the Chimney Safety Institute of America (CSIA), will clean the chimney and inspect the entire fuel venting system for warped metal on the damper, cracked or collapsed flue tiles, cracks in the exterior masonry and other signs of fire damage. The National Fire Protection Association recommends an annual chimney inspection. A clean chimney makes it safer to build a cozy fire in the



winter; a chimney that has been swept not only helps prevent chimney fires but will also aid your fireplace to operate more efficiently as the smoke and other flue gases can exit the chimney more quickly.

#### 4. Perform furnace maintenance

Call in the pros before turning on the heat. Regular maintenance ensures that your furnace runs at peak efficiency. Without semiannual maintenance (in the spring before running the air conditioner and in the fall before turning on the heat), airborne allergens may get trapped in the filters, resulting in poor indoor air quality.

Have your furnace inspected to make sure it's in good working order and change the filters.

Furnaces that are not cleaned at least once a year can wear out more quickly and can stop working.

### 5. Winterize water pipes

Data from the Insurance Information Institute shows that almost 30 percent of homeowners insurance claims were related to water damage and freezing. Make sure to drain outdoor water spigots and winterize water pipes to reduce the risk.

You can winterize water pipes by locating your hose bib shut-off valve, which may be in a basement or crawl space, and turning it off at the source. For extra protection, purchase a Styrofoam cover that attaches over the outdoor spigots to keep them from

These quick fixes can provide protection against the elements as temperatures drop. You may also want to shut off water to exterior faucets and drain sprinkler systems for extra protection against freezing pipes and water lines.

#### 6. Assess windows and doors

Heat lost through windows and doors can account for up to 30 percent of home energy use, according to the U.S. Department of Energy. To keep heat in the house, look for cracks or gaps in the exterior caulking, check seals around exterior door and add caulking or weather stripping as needed. While these DIY fixes can reduce heat loss, a professional energy assessment can provide additional insights into areas where you may be losing heat and recommend fixes. Call your utility company to ask about their services or get a recommendation for a pro.

This article was brought to you courtesy of Farmers Insurance agent Jonathan Priest, with an office at 57 Tandberg Trail, Suite 7, Windham and StaySafe.org. Call him at 207-893-8184 or email: jpriest1@farmersagent.com <



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PLEASE NOTE: FOOD AND GAMES FEATURE ALTERNATES WITH MOVIE REVIEW

THE WINDHAM EAGLE'S



Spiked Holiday Egg Nog

One of the more notable aspects of the holiday season is the reemergence of foods and beverages that might not be enjoyed at any other point during the year. Eggnog certainly falls into the category. hough it might not be broken out after December, the following recipe for "Eggnog" makes a go-to holiday season beverage. Makes 4 Servings

#### **INGREDIENTS**

6 egg yolks 1/2 cup confectioner's sugar 1 1/2 cups milk 3/4 cup light cream

1 teaspoon vanilla 1/2 cup whiskey or rum 1/4 teaspoon cinnamon 1/4 teaspoon nutmeg

#### **INSTRUCTIONS**

In a medium bowl, whisk egg yolks until light in color. Add confectioners' sugar and whisk together until fluffy. Set aside. In a medium saucepan over low heat, combine milk, cream and vanilla. Stir occasionally and gently heat for 5 minutes. Increase heat to medium and slowly bring mixture to a boil. Remove from heat.

Slowly incorporate milk mixture into eggs by adding a little at a time, whisking together constantly to avoid cooking the eggs. Continue to add the hot milk into the eggs and whisking until thoroughly combined.

Pour the combined mixture back into the saucepan and heat over medium heat, stirring constantly, until thick, without bringing to a boil, 3 to 5 minutes. Remove from heat.

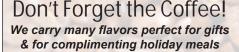
Allow mixture to cool for about an hour, then add to a jar with a tight-fitting lid. Add whiskey or rum. Refrigerate for 8 hours or overnight. When ready to serve, shake jar, add eggnog to serving glasses and top with cinnamon and nutmeg.

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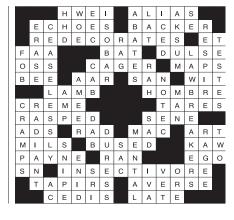


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#### LAST WEEK'S ANSWERS





## 15 18 20 21 30 31 35 42 49 CROSSWORD PUZZ **CLUES ACROSS**

- 1. Helps little firms
- 4. Political action committee
- 7. Allowed
- 12. Olivia Colman played one
- 15. Open
- 16. He had a notable lamp
- 18. Promotional material
- 19. Domesticated animal 20. Larry and Curly's buddy
- 21. The best ever
- 24. TV network
- 27. Checked for
- 30. Dry or withered 31. Expression of annoyance
- 33. Dash
- 34. Fifth note of a major scale
- 35. A secret clique

- 37. Partner to cheese
- 39. \_\_ school: where to learn healing
- 41. City in ancient Syria
- 42. Gasteyer and de Armas are two
- 44. Established practice
- 47. Thanksgiving side dish
- 48. District in Peru
- 49. It's becoming more prevalent 50. State in India
- 52. Measure of illumination
- 53. Raised platform 56. Japanese warrior
- 61. R.L. Stevenson novel
- 63. Transitory
- 64. Advanced degree
- 65. Fiddler crabs

#### **CLUES DOWN**

- 1. Prevent from seeing
- 2. Czech city
- 3. \_\_ and Andy, TV show
- 4. A young pig
- 5. Removed surgically
- 6. Covered with
- 7. Chest muscle (slang)
- 8. Nigerian City
- 9. Midway between south and east
- 10. A way to shut
- 11. Stop playing
- 12 Marshy places
- 13. Takes apart
- 14. Ten cents
- 17. A gesture of assent
- 22. Scent
- 23. Teletypewriter
- 24. General's assistant (abbr.)
- 25. Hillside

- 26. Taxi driver
- 28. Semitic Sun god
- 29. Town in India
- 32. Traditional rhythmic pattern 36. Fugitives are on the \_\_\_
- 38. Type of dance
- 40. Two letters, one sound
- 43. Having a strong, pleasant taste 44. Golf score
- 45. Mayhem
- 46. Drenched
- 51. River in northeastern Asia
- 54. Drug to treat anxiety (abbr.) 55. Part-time employee
- 56. A very large body of water
- 57. Aboriginal people of Japan
- 58. Millisecond
- 59. Forearm bone
- 60. Subway dweller
- 62. Royal Mail

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7	9		6					

#### HOW TO SOLVE:

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

### **LAST WEEK'S ANSWERS**

8	5	3	7	- Arres	6	9	2	4
7	9	4	3	2	5	6	quan	8
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occop	3	5	6	7	4	8	9	2

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Achieving personal health and fitness involves more than simple diet and exercise, it takes motivation and the dedicated support of a knowledgeable professional who understands you, and your needs, goals, and limitations. That's exactly what G45 Strength & Conditioning does, and its personalized services help individuals build functional strength, improve mobility, and enhance overall wellness.

Located at 4 South High St. in Bridgton, G45 Strength & Conditioning is owned and operated by Gary Colello, a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association as well as a Certified Nutrition Coach, Certified Wellness Coach, and Youth Exercise Specialist through the National Academy of Sports Medicine.

With G45 Strength & Conditioning, Colello offers Small Group Fitness Classes; Personal Coaching; Group Coaching; Virtual Coaching; Nutrition Coaching; Wellness Coaching; Athletic Performance Training for all sports; and Corporate Wellness. It can work with anyone anywhere virtually.

"G45 is built around functional fitness and long-term wellness, not just aesthetics," he said. "The core philosophy is to help people move better, prevent injuries, and build confidence."

Every program that G45 Strength & Conditioning creates is designed to

• Function First: Workouts mimic real-world movements – pushing, pull-



ing, lifting, rotating, balancing.

- Strength with Purpose: Training for life, not just looks.
- Mobility as Power: Joint health and movement quality are prioritized.
- Scalable for Every Body: Programs adapt for beginners, athletes, or those returning from injury.
- Community & Coaching: Expert guidance and accountability in a supportive environment.

"The focus is on creating sessions that mimic real-world movements, ensuring clients not only look strong but feel strong and capable in daily activities," Colello said. "Every program is designed to be scalable, making it suitable for beginners, seasoned athletes, and those returning from injury. Beyond workouts, G45 emphasizes injury prevention, joint health, and confidence through expert coaching and a supportive community."

According to Colello, he prioritizes quality over quantity, ensuring proper technique, safety, and sustainable progress.

"This isn't about quick fixes or trends, it's about creating a program that fits your lifestyle and delivers real, lasting benefits," he said. "When you train here, you're not just another member, you get direct guidance and accountability from me every step of the way. We help people find their way in health and fitness and find a path that's best for them."

Pricing varies but the most popular plan is our G45 Strength & Conditioning's fitness class membership. Customers can choose between 4 and 24 classes per month, and cost of the membership is between \$10 and \$13 per class based on the number of times you sign up to come to class. The drop-in rate is \$15 and Colello says G45's personal and group training, nutrition and wellness plans vary depending on length of commitment and how many times per week.

"The most important thing to know about this business is that it focuses on helping people build strength and mobility that truly matter for everyday life. It's not just about quick fixes or aesthetics, it's about creating sustainable fitness habits, improving movement quality, and empowering clients to feel confident and capable long term," Colello said. "The approach combines expert coaching, functional training, and a supportive environment to deliver results that last well beyond the gym. We emphasize quality over quantity, prioritizing

proper technique, safety, and sustainable progress in every session. Training is built around functional movement, mobility, and strength, ensuring clients improve real-life performance rather than chasing quick fixes or trends. The approach combines expert coaching with a supportive environment, creating programs that fit individual lifestyles and delivering lasting benefits."

He wants G45 Strength & Conditioning to be known for delivering functional fitness that improves real-life movement and strength and creating time-efficient, personalized training experiences that focus on mobility, injury prevention, and sustainable results.

"I was a two-sport athlete in high school, which naturally created an interest in athletics and coaching," Colello said. "I went to Plymouth State University for both my bachelor's degree physical education and Applied Health Fitness with a minor in Coaching and Gerontology and my master's degree in athletic administration. I have coached football at the varsity and college prep level as well as track and field and softball. Through all of this experience, after 12 years as Bridgton's Recreation Director, it was time for me to pursue my true passion and help people get healthy and support athletes get healthy and support athletes in their development in their respective sports."

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> ICE RINK Cont. from page 1

donated the liner to be used for it. The rink will be opened once staff determine that the ice is safe and solid enough for public skating.

According to Silvia, skating will be open daily from dawn to dusk throughout the winter, weather permitting. Residents can check the Raymond Parks and Rec Facebook page for updates on the rink's opening times and conditions.

The return of the rink reflects the Raymond Parks and Recreation Department's growth since its founding in 2020. Originally a one-person operation, Parks and Recreation now has three full-time and two part-time staff members. Silvia said that the expansion and popularity of programs has allowed the department to broaden its offerings.

Current programs include afterschool care, summer camp, youth and adult sports, while some new offerings are vacation camps in February and April, and RECreate, a youth program design lab. The Raymond Age Friendly program has also joined Raymond Parks and Recreation, along with Together on the Trail, a new walking program led by a registered Maine guide.

In September, the Parks and Recreation Department revived and then expanded the UCan 5K, which honors the legacy of Candace Woolston, a mentor in Raymond schools who passed away in 2012.

"This run is more than just a race," a post on the Raymond Parks and Recreation Department's Facebook page says. "It's a chance to rally together as a community and raise support for incredible local causes."

For Silvia, the return of the skating rink at Sheri Gagnon Memorial Park is just one more way to strengthen Raymond's sense of community.

"My goal is really just bringing the community together," she said. "That's something the town has been focusing on, not only children, which was our original focus, but all ages." <

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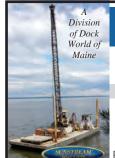
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