

25th anniversary tribute recalls 9-11 accounts of heroism

By Ed Pierce
STAFF WRITER

It’s been a quarter of a century since the terrorist attacks on America on 9-11, but it’s something that continues to haunt many people locally and led American Legion Field-Al- len Post 148 to create an anniversary tribute and day of remembrance in Windham on Friday, Sept. 11.

Created and organized by Post 148 Second Vice Commander Yvonne Johnson, the gathering at the Wind- ham Veterans Center featured guest speakers, Windham public safety leaders and emotional stories of can- ine rescues and lost lives.

Johnson introduced Post 148 Commander Tom Theriault who described in detail events that led to nearly 3,000 Americans perishing in terrorist-hijacked flights used as guid- ed missiles to strike the World Trade Center Towers in New York City and at The Pentagon in Washington, D.C. while another hijacked flight crashed after passengers fought back over the

skies of Pennsylvania.

Windham Fire-Chief Brent Lib- by and Windham Police Captain Ja- son Burke discussed firefighters and police officers who gave their lives attempting to save those trapped in buildings struck by the terrorists.

In all a total of six Mainers died on 9-11 including one serving in the military at The Pentagon and five who were aboard planes that were hijacked that day.

During the tribute, K-9 officers and their police handlers from Wind- ham, Gorham and Westbrook stood by while Johnson related to the audi- ence the story of K-9 Trakr, a German Shepherd police dog from Canada who helped search for survivors at Ground Zero after the 9-11 attacks.

“Trakr was handled by Canadian police officer James Symington and helped locate Genelle Guzman-Mc- Millan, who was trapped under the rubble as the last living survivor from the South Tower 27 hours after the

➔ see **TRIBUTE** Page 4



Windham Fire-Rescue Chief Brent Libby rings a bell to remember firefighters who died attempting to save lives during the terrorist attacks on America on 9-11. Libby spoke during an event at the Windham Veterans Center on Friday, Sept. 11. PHOTO BY ED PIERCE

Steering committee recommends council rename recreation sites as ‘Windham Community Forest’

By Ed Pierce
STAFF WRITER

The steering committee overseeing the East Windham Conservation Area and Lowell Preserve has recommend- ed to the Windham Town Council that the sites be renamed as the Wind- ham Community Forest.

In January, town councilors es- tablished the East Windham Steer- ing Committee to guide the process of creating a vision and management plan for the combined parcels of the East Windham Conservation Area (700 acres) and the Lowell Preserve (300 acres) and to provide ongoing oversight of the maintenance of oper- ation of the sites. One of the tasks of the committee was to “seek public in- put and recommend a new name that unifies the shared character and use of property” which is jointly managed by the Town of Windham and Presump- scot Regional Land Trust.

The East Windham Conservation Area opened to the public in 2024, and Lowell Preserve opened in 2000. Committee members brainstormed potential names and included them in a FlashVote survey for Windham residents in August with Windham Community Forest receiving the most votes.

The preserved site is part of a 2,000-acre conservation corridor and



larger than any state park in South- ern Maine. A connecting 30-mile trail network links the Windham outdoor recreational sites with the North Fal- mouth Community Forest and Black- strap Hill Preserve owned and main- tained by Falmouth Land Trust. It is also the largest wildlife habitat, clean water, and recreational trail corridor in Greater Portland.

The Windham Town Council is ex- pected to approve the new Windham Community Forest name for the sites during its meeting on Sept. 22.

East Windham Conservation Area

With nearly 10 miles of multi-use trails and hilly and forested terrain, the East Windham Conservation Area is a mix of hardwood trees and offers sce- nic views of the White Mountains and Little Duck Pond with three main trails running throughout the property.

Funding to create the area was about \$3.7 million and included a \$1 million grant from the Land for Maine’s Fu- ture initiative. 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 dona- tions. A Land and Water Con- servation Fund federal grant for \$500,000 was obtained to pay for the infra- ➔ see **PRESERVE** Page 4

Windham approved a \$1.8 million conservation bond using open space impact fees and another \$400,000 raised privately from public dona- tions. A Land and Water Con- servation Fund federal grant for \$500,000 was obtained to pay for the infra-

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Before being reassigned from The Pentagon to a new duty assignment in the U.S. Air Force in 1981, I received word that I would be attending the Defense Information School at Fort Benjamin Harrison in Lawrence, Indiana.

It was a Department of Defense training site for enlisted military journalists from the U.S. Army, U.S. Navy, U.S. Air Force, U.S. Marine Corps, DoD civilians and the U.S Coast Guard. Never having been to Indiana before, I drove there in late August and upon arrival, I was assigned a room in the barracks and found out where DINFOS, the acronym for the Defense Information School, could be found nearby.

I quickly made friends in the barracks with three other U.S. Air Force airmen who were in my DINFOS class. Tim Wyatt and Chan Peter were both studying print journalism like me, and Rick Kern was going to become a broadcast journalist. Tim was from Texas, Chan was from New York and Rick was from Virginia.

Because I had my own transportation, the four of us would make the short drive to Indianapolis to go to the movies, go out for dinner or sometimes just to get away and explore rural Indiana. After two or three road trips to the countryside, I came away convinced that Indiana farmers worked some kind of magic to grow pigs as large as they did. Some seemed as large as Volkswagen Beetles from the highway.

Today in
HISTORY

SEPTEMBER 18

1769 – The first piano is built in North America by John Harris of Boston, Massachusetts.

1789 – Alexander Hamilton negotiates and secures the first loan for the United States.

1837 – The store called Tiffany & Co. is founded in New York City as a “fancy goods emporium.”

1851 – The first issue of “The New York Times” newspaper is published.

1870 – During an expedition to the Wyoming Territory, Henry D. Washburn observes the geyser there he names “Old Faithful.”

1927 – CBS radio debuts with a network broadcast carried by 16 radio stations in America.

1946 – Toy manufacturer Tonka Toys Incorporated is founded in Minnesota.

1947 – The U.S. Air Force is established as a separate military branch by the National Security Act.

1965 – The first episode of television show “I Dream of Jeannie” is shown on NBC-TV.

During the first DINFOS class, the instructor asked us all to write a 1,000-word essay about a television show and what we liked or disliked about it. The purpose was to identify the top writers in the group and have them serve as editors for four mock-up class newspapers.

After thinking about it, I chose to write my essay about the TV show “Dynasty,” not because it was my personal favorite, but because I could focus on the conflict between the show’s characters and the complex story plots. After reviewing all the essays from the class, four of us were singled out as editors and the remainder of the class were assigned to four separate teams under the direction of the editors. The teams were balanced out between experienced and novice writers, and I was directed to lead the first team as an editor.

Each weekday as military print journalists, we received training in how to conduct interviews, write articles and headlines and photo captions. DINFOS also provided us with lessons in how to design newspaper pages. Military broadcast journalists had separate DINFOS training for radio and television production. Some training sessions were combined between print and broadcast journalists when certain topics overlapped, such as journalistic ethics or involving media relations.

Over the next two and a half months, we had extensive training in reporting about military exercises and deployments, fatal military accidents, and military protocol. We practiced gathering details and turning that information into news stories.

As print journalists, each of us had to complete an assignment for the afternoon daily newspaper “The Indianapolis News.” My assignment was to cover a speech on Veteran’s Day in 1981 made by Herbert Allison, 99, one of the last surviving veterans in Indiana of the Spanish-American War. It posed a significant challenge for me.

As Mr. Allison was helped up to the podium to speak, torrential rain began to fall and his microphone failed. The speech was called off as the crowd gathered for the occasion ran to their cars. Soaking wet from being in the audience, I followed Mr. Allison to a tent nearby and asked someone from the Indiana Veterans Home if I could interview him for the newspaper.

They gave me a quizzical look and introduced me to him. I asked him what he had planned to say during his speech and he leaned in close to me and whispered, “I hope you all have a good day. Have a good supper.”

For the newspaper article, I focused on Mr. Allison’s military service in 1898, and his subsequent life working for a dairy and plugged in his quote at the end of the story. It was published with my byline the next afternoon.

The following week, my DINFOS team wrote enough articles to fill a four-page mock newspaper. Our top story covered a scoreless tie in a flag football game between two Army units assigned to Fort Benjamin Harrison. The most difficult part of this training for me was not being able to write articles for our mock newspaper. As an editor, my work was to edit articles produced by other military journalists, write the headlines and to design the newspaper.

On the next to last day of our training, all the teams attended a review of the mock newspapers by the DINFOS instructors. Our team’s newspaper received low marks for topic selection but was praised for accuracy and overall layout.

Two days before Thanksgiving, we graduated from DINFOS as military journalists, took one last group photo, said our goodbyes and exchanged contact information. I was headed to my new duty station in Arizona after a month off at home on leave.

At DINFOS, I learned that among military journalists, the pen is indeed mightier than the sword. < ~ Ed Pierce

ON THE
SPOT

If animals could talk, which species do you think would be the most annoying in your opinion?

“My dog!”
– Denise MacDonald Levasseur

•

“Rats.” – Julie Mallett

•

“Cats.” – Jennifer Jordan Elliott

•

“Ferrets.” – Lynda Holliday

•

“Probably a toss-up between chickens and geese.”
– Hannah Bannon

•

“Mosquitos.” – Cathy Whorf

•

“Ticks.” – Sharon Chamberlain

•

“Dogs! They rule the roost!!”
– Brenda Knott Slivinsky

•

“Cats are persistent when they want something and that truly can be annoying, especially early in the morning when I’m still asleep.” – Anne Glotchshuk

•

“Birds. They chatter all day long outside my windows.”
– Deirdre Schulte

•

“Lake trout. Just looking at photos of people holding large togue that they’ve caught makes me anxious.”
– Dean A. Smalley

•

“Nothing could be as annoying as the squirrels in my backyard.” – Shelley O’Rourke

•

“I knew this neighbor years ago who had a monkey that would jump on people and bite their heads. Now that’s annoying!”
– Chris Macklin

•

“Roaches and spiders.”
– Mia Potenzio-Ransey

•

“Beagles.” – Isabella Mongon

•

“Donkeys have always freaked me out.” – Rick Seacroft

•

“I’m allergic to cats for a reason and try to avoid them as much as possible.”
– Sarah Singer-Miller

•

“Turtles are always somewhat mysterious and so I would say them.” – David W. Tettley

•

“Geese. They also have bad tempers and will nip at you if provoked.”
– Roland C. LeMoyné

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Windham voters to decide outcome of two referendums on Election Day this November

By Ed Pierce

STAFF WRITER

Several significant issues will be decided by referendum in Windham on Nov. 3 and if passed will have lasting implications for town residents for years to come.

The first referendum modifies the Windham Town Charter to scrap the annual town meeting on a Saturday in June where the municipal budget is discussed and voted on by residents and instead changes municipal budget approval to a public vote held on Maine Primary Day on the second Tuesday in June. This would coincide with the RSU 14 school budget vote for Windham voters.

Since the town charter was adopted and the town council form of government was put in place in 1975, public participation at the Windham Annual Town meeting has dwindled to around 150 residents out of more than 12,000 registered voters in town over the past two years.

During Windham Town Council meetings for several years, councilors discussed the legal aspects of making a charter change with the town at-



On Nov. 3 voters in Windham will decide the fate of two referendum issues. The first is a proposal to scrap the annual town meeting and replace it with balloted voting, while the second is a proposal to purchase WMS for \$1 and spend up to \$19.5 million to convert it to town offices and community center. SUBMITTED PHOTO

torney. They learned that to make a change to the charter, an amendment was needed and it is required under Maine law to propose an amendment through a formal process that includes public notice, public hearings, and ultimately a vote by town residents at a regular or special election.

Another alternative for the council would have been to form a charter commission of appointed or elected citizens who would research the existing charter, potentially comparing it to those of other municipalities, and drafting a proposed amendment.

After lengthy discussions, council-

ors chose to increase public participation voting on the municipal budget through an amendment that moves away from an in-person town meeting to a balloted referendum vote and also raising the threshold requiring voter approval for offbudget spending from \$25,000 to \$500,000. Councilors say this would give the council flexibility in presenting either a single upordown budget vote or departmental line items.

In May, Windham Town Council Vice Chair Bill Reiner said he supports the charter amendment.

“While I love the tradition of the

Town Meeting, its method has outlived its usefulness,” Reiner said. “Because of that I fully support the efforts being made by the council to enact the potential for change and the ability to bring this Charter Amendment before the people for their consideration and vote. Lastly, and equally important in my mind, is that this discussion and potential change was initiated by input from the public on how they want the town to operate.”

Reiner said that raising the threshold requiring voter approval for off-budget spending will allow the council

→ see REFERENDUMS Page 6



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Kenny is an advocate for our community since 2017 helping raise over \$500,000 for over 20 organizations located in, or supporting, district residents and is endorsed by the late Bill Diamond’s wife and daughters, Jane & Karyn, Tom Tyler, Gary Plummer, the late Pat Moody, and many others.

Please vote Kenny For Senny on November 3!

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PRESERVE *Cont. from page 1*
structure improvements at the site.

In June 2022, Windham residents voted during the Annual Town Meeting to allow the town to enter a partnership with Presumpscot Regional Land Trust to purchase and conserve 661 acres near Little Duck Pond in East Windham. The project acquired the forested acreage for recreational opportunities in Windham while also adding 1,545 feet of undeveloped water frontage on Little Duck Pond, the 150-acre Deer Wintering Area for hunting, and Atherton Hill.

The site includes Atherton Hill, which at nearly 600 feet, is the largest hill in Windham. It also features 2,000 feet of frontage along Little Duck Pond and 1,500 feet of pristine headwater streams that lead to Forest Lake, Highland Lake, and onto the Presumpscot River and an excellent wild brook trout habitat. Lowell Preserve, a 300-acre site owned by the town and for which the Presumpscot Regional Land Trust holds a conservation easement, is adjacent and includes an additional five miles of multi-use trails. The area offers programming opportunities for school and afterschool groups and create an accessible one-mile trail for people of all ages to walk, push a stroller, and bike to visit Little Duck Pond.

Lowell Preserve
With eight miles of trails, ranging from moderate to difficult, through scenic forest, Lowell Preserve offers 308 acres to explore with interesting forest views, topography, and geology. The views change with the seasons as some areas are dominated by evergreen hemlock while beech, maple, or oak are more prevalent in others. There are both permanent and intermittent streams within the preserve that run in the valleys of the gradual hills. Unlike many other preserves, rocks are plentiful ranging from exposed ledges to smaller exposed stones to large glacial boulders in interesting granite formations near the trails.

It is a diverse network that accommodates multiple outdoor recreational activities, from hiking and mountain biking to horseback riding and use by ATVs. The McIntosh Brook runs through the preserve and there are many areas with gradual inclines. <

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Pat Moody Foundation to hold Second annual Gala

By Matt Pascarella
STAFF WRITER

Last year the Pat Moody Foundation held its first gala to fundraise for youth sports, student athletes and the community. It was such a success that the members of the foundation decided it should be an annual event and the Second annual Pat Moody Foundation Gala will be held in Portland from 5 p.m. to 10 p.m. on Saturday, Oct. 10, at Keeley’s Banquet Center.

“The goal of the gala is to bring awareness to really anyone and everyone that the Foundation exists, what the values of the foundation are, and of course to raise money so it can continue giving back the way it does,” said Volunteer Organizer Ashley Merrill. “The response from everyone afterward was incredible, and that’s when I knew this couldn’t just be a one-time event. Every ticket, sponsorship, auction bid and donation gets us closer – and ultimately allows the foundation to say yes to more people who need it. It’s really just one night that helps make possible the work the foundation and its board are doing throughout the entire year.”



Members of the Pat Moody Foundation gather during the first annual gala held at Keeley’s Banquet Center in Portland on Sept. 6, 2025. Pictured are Sherma Moody, left, Chad Pulkkinen, Tyler Graves, George McCrillis, Jedidiah Merrill, Geoff Grigsby, Tracey Lydon and Todd Hamilton; middle: Jeff Duquette. This October the Pat Moody Foundation will hold their second annual gala to raise money to help fund scholarships, youth sports and community needs. SUBMITTED PHOTO

The money raised goes right back into the community. The Pat Moody Foundation awards thousands of dollars in scholarships each year, finds ways to support athletes such as helping with equipment or participation costs. The foundation also steps in when a

family is facing a loss or hardship or simply needs someone in their corner. Something very important to members of the Pat Moody Founda-

tion is that community doesn’t end at Windham’s town lines. They want to be able to reach beyond the immediate community. They want other communities to be involved, both in supporting the foundation, but also to know that the foundation is there to support them.

During last year’s gala, Merrill set a goal of raising \$25,000, and that goal was surpassed, as they raised nearly \$30,000. They’ve upped the goal and are hoping to raise \$35,000 during the Second Pat Moody Foundation Gala.

This year the theme is “After Hours Masquerade – For the Love of the Game.” While there is a lot of meaning behind the night, they also want it to be fun. Dress up. Bring a mask or make one when you get there. Bring your friends. Bid on something you’d absolutely love to have. Laugh. Stay late. Enjoy yourself.

The gala is not just a fundraising opportunity, but a chance to bring people together and to show them

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→ REFERENDUMS *Cont. from page 3*

to approve purchases up to a \$500,000 limit without going to a town-wide vote for approval.

“This falls in line with surrounding towns,” he said. “The current limit of \$25,000 no longer provides for emergency operations or acquisitions in a meaningful way.

Councilors chose to put a ‘Charter Amendment’ method before voters which can be used when a specific existing section of the charter is desired to be changed and the change proposed will not drastically affect the charter in its entirety.

At this year’s Annual Town meet-

ing in June, Windham Town Council Chair Mark Morrison said that the low participation of voters at the town meeting shows why a charter amendment is needed to change the budget process to a public vote by secret ballot like the annual RSU 14 budget vote every spring to increase participation.

Those who oppose the charter amendment say that voters are being asked to cast their ballot without full information or fully understanding complex or legal language contained in referendums about what they are voting on.

The other referendum issue that Windham voters will determine in November is whether the town

should purchase Windham Middle School for \$1 once it is vacant in the fall of 2027 and repurpose the facility into a Community Center and housing town offices and the Windham Public Library there for up to \$19.5 million by issuing general obligation bonds for the project.

Repurposing the school for use as a community center, including the costs of design, engineering, professional services, site preparation, construction, renovation, operating costs, and other improvements and furnishings as may be required in connection with the project. The proposal includes appropriating up to \$2 million of the town’s fund balance as the Windham Town Council deems reasonable and necessary to reduce the borrowing amount and directly pay for costs of the project.

The existing Windham Middle School building first opened in 1974 and was intended for a capacity of 483 students. That number has grown in the past 52 years to 650 students and some sixth graders being housed for classes at the adjacent Field Allen School, which was built in 1949.

In November 2023, a plurality of voters in the school district, which encompasses Windham and Raymond, approved a referendum to build the new Windham Raymond Middle School with about 77 percent of construction costs paid by the Maine Department of Education’s Major Capital Construction Program. The total project budget to construct the new school is estimated at about \$171.5 million, with the state funding \$131.7 million of that expense and residents

of Windham and Raymond paying the remaining \$39.8 million.

As part of the referendum in November 2023 to obtain \$131.7 million in state funding for the new middle school, RSU 14 voters agreed that the existing Windham Middle School could not be used as a school again, since the state had already contributed funding for substantial repair costs over decades of the building’s use and the school does not have a fire suppression system.

A 20-member Middle School Repurpose Advisory Committee looked at ways to best use the soon-to-be vacated school building and found that the basic structure of the school was sound and that it offered 80,000 square feet of available space, the committee looked at the existing town buildings with long-term replacement costs and short-term maintenance, parking improvements and repair costs and decided that a number of municipal services could be relocated to the site for a fraction of the cost of renovating or replacing current buildings.

Windham Town Manager Robert Burns says although the benefits of the Windham Middle School Repurposing Project come with a cost, in the long run it will be cost-effective for the town.

He said this proposal would move Town Hall offices there, along with Windham’s Social Services Office, which houses the Windham Food Pantry, the Windham Public Library, Windham’s Medical Loan Closet, and create a Community Center.

“This building represents an opportunity for us to move forward,” Burns said. <

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Volunteers sought to help others through traumatic events

By Erin Rose
STAFF WRITER

The Traumatic Intervention Program of Greater Portland (“TIP”) is searching for new volunteers, and Windham resident and current TIP volunteer Richard MacLaughlin can attest to how rewarding it is to help people going through dark times.

“Every time there is a call, I know I am going to help someone through something difficult,” MacLaughlin said of his year with the organization. “It helps me keep my problems in perspective.”

The group will be hosting a training session for new volunteers at the Westbook Public Safety Building

from 6 to 9:30 p.m. on Wednesday, Oct. 14. The session will be the first of seven required trainings that are scheduled before volunteers are able to start taking calls and helping members of the community

“The training is five weekday evenings, one full weekend day and two half weekend days,” MacLaughlin said. “It’s excellent training. I felt competent to volunteer on my own after completing the training. The trainers are local and awesome. I am a better person for having attended this training.”

TIP’s volunteers are available 24 hours a day to help provide support and resources to people impacted by traumatic events, including fires, accidents or severe injury, suicide, overdose or sexual assault. The group’s team of 25 volunteers serve nine local communities, including Windham, Gorham, Westbrook and Falmouth.

“In the towns we serve, we meet with the first responders and make our services known,” MacLaughlin said. “Anytime one of the first responders, or sometimes a nurse from MaineMed, sees the need for a



Windham resident Richard MacLaughlin is a volunteer for the Traumatic Intervention Program of Greater Portland which is hosting a training session for new volunteers at the Westbook Public Safety Building from 6 to 9:30 p.m. on Wednesday, Oct. 14.



volunteer because someone is in distress, they contact our dispatch and we go to where they are. You can’t always tell how someone is doing until you get a chance to really check in with them.”

Pam Grant, the Director of TIP, said the organization covers 62 shifts a month.

“We are called in by the 911 system to support the survivors of a tragedy, as well as the first responders,” she said.

The volunteers provide four main areas of support. Emotional first aid helps provide a “calm, caring presence when it matters most,” MacLaughlin said. TIP volunteers also provide clear information, to help the impacted families “understand what’s happening and what comes next,” he continued.

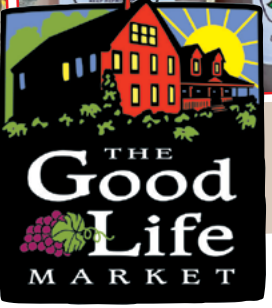
They also provide access to and information about resources that are

→ see TRAUMA Page 17



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Anglers reel in wins at Sebago Lake Togue & Pike Derby

By Ed Pierce
STAFF WRITER

For yet another year, Annual Sebago Lake Togue & Pike Derby has wrapped up a summer of fishing on Sebago Lake, creating lasting memories for participants and helping to fund a good cause.

The 11th Annual Sebago Lake Togue & Pike Derby was based at Port Sebago Resort's Main Marina area in Casco on Saturday, Sept. 12 and Sunday, Sept. 13 with an awards ceremony conducted at the conclusion of fishing on Sunday afternoon.

Hosted every year by the Sebago Lake Anglers Association, event organizers said this is a community-based fishing derby focused on families and children but experienced fishermen and guides with clients are always welcome to participate.

Cash prizes were paid to the top three places by weight in the event, as well as a prize for the biggest fish caught on Saturday, three prizes for any Togue submitted in the Togue lottery, and one prize for the smallest Togue, caught by hook and line.

All Maine Department of Inland Fisheries and Wildlife rules for Sebago Lake fishing applied with only fish caught during the derby's legal fishing hours counting toward prizes.

Participants did not have to fish in the derby both days, and they did not



Andries Elburg of Canton, Massachusetts, right, is awarded first place in the Togue category for an 11-pound 33-inch fish caught during the 11th Annual Sebago Lake Togue & Pike Derby by Bob Chapin of the Sebago Lake Anglers' Association during an awards ceremony on Sunday, Sept. 13. COURTESY PHOTO

have to be present to win a prize if a fish was legally entered and checked in by staff within the established time limits for the derby. Prizes for those who were not present during the awards ceremony may be picked up at Port Sebago Resort's Main Marina during business hours for 30 days after the derby.

Some of the fish that derby participants didn't want to take home were donated for an area church's fish fry, and a local food pantry.

During the derby, there was no

minimum length for togue and no bag limit on togue less than 26 inches. Anglers could possess one togue measuring 26 inches and above and derby participants did not need to fish on both days of the derby to qualify for prizes.

Among this year's prize winners was Andries Elburg of Canton, Massachusetts who took first place in the Togue category with an 11-pound 33-inch fish.

John Sailhamer of Canton, Mass. was second in the Togue category with

a 7.61-pound 30.75-inch fish. Sailhamer also won a prize for the largest togue caught during the derby on Saturday and was last year's Togue category winner.

Third place in the Togue category went to Jay McMahon of Canton, Mass. with a 7.29-pound 30-inch fish.

All three Togue category award recipients were fishing from Sailhamer's boat.

In the derby's Pike category, first place for the most pike caught was Devin Prue of Steep Falls with a total of five pikes. He also won first place in this same category a year ago.

Second place for the most pike caught went to Geoff Sparrow of Windham with one pike.

The winner of the Smallest Togue caught during the derby was Deane Gower of Standish, having caught one weighing in at .18 pounds. He also won the Smallest Togue caught during last year's derby and his company, Gower and Son Construction, is a top sponsor of the Annual Sebago Lake Togue & Pike Derby.

Proceeds from the Annual Sebago Lake Togue & Pike Derby are used to pay out the prize money for the event and to purchase Youth Lifetime Fishing Licenses for Maine children.

To learn more about upcoming events hosted by the Sebago Lake Anglers Assoc, visit their Facebook page. <

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RSU 14 Director of Community Connections prepares future community leaders

By Ed Pierce
STAFF WRITER

Helping students to reach their full potential and pursue their dreams beyond high school, nobody does it better than Lorraine Glowczak.

Now in her sixth year as the Director of Community Connections for RSU 14, Glowczak leads Windham High School's Senior Capstone Project Coordinator and is the Extended Learning Opportunity Coordinator at Windham High School and other projects across the district.

"I was told once by a fellow colleague that I am a dream maker. And I would have to say that assisting students through the Extended Learning Opportunities to explore and discover their dream jobs is by far the best thing about my job," Glowczak said. "That, and I love to connect with people from all walks of life, and it's been fun connecting with new people, businesses, and entrepreneurs in this and other surrounding communities."

In her position, Glowczak engages community members and local businesses in the schools to support student needs by providing opportunities to be involved with the school district in multiple ways. She collaborates with multiple stakeholder groups in productive ways, including administration, teachers, and PTA/PTOs, and she participates in local community networking organizations and com-

munity events.

Glowczak also uses print, social media and other communication tools to engage the community with the school system, develops and maintains ongoing relationships with area businesses and nonprofits willing to host students for volunteering, job shadowing, and internships, meets with students and assists them in the process of completing Capstone Project and ELO requirements. As an ELO coordinator, she's a point-of-contact for ELO students, teachers, and community mentors, internships, and job placements, including follow-up with supervisors and hour documentation. To go with that, she develops curriculum for students receiving elective credit as approved by ELO Team of certified teachers or principals and finds business partners to act as mentors for students for job shadows, internships, and volunteer opportunities.

"The most challenging thing at this point is trying to balance my work between the high school while also meeting the needs of the whole



Lorraine Glowczak is in her sixth year as the Director of Community Connections for RSU 14. She also serves as the Senior Capstone Project Coordinator and Extended Learning Opportunity Coordinator for WHS.

SUBMITTED PHOTO

school district," she said. "The biggest misconception is that I work only for the high school."

Glowczak grew up in Nortonville, Kansas with a population of about 700 located in the Northeast Corner between Atchison and Topeka in Kansas. She graduated from the University of Southern Maine with a Bachelor of Science degree in Leadership and Organizational Studies and has worked as a substitute teacher, and at several preschools.

"I worked for a STEM Enrichment organization as a workshop, after school program, summer camp, and preschool workshop instructor. I was also an Outreach Coordinator for RSU 14," she said.

She has a passion for writing and storytelling and that eventually led to her working as the Managing Editor of The Windham Eagle newspaper before she took a position with Be The Influence, a community coalition seeking to eliminate drug misuse in the community.

"My previous job was a work from home job, and I realized that I really enjoyed being with people more,"

Glowczak said. "As I was looking for a good fit for me, a friend suggested that I look for jobs as a community connector since she thought I did a good job doing that. So, when this job was announced I applied and was offered the job."

It turned out to be an excellent fit for her as Glowczak's congenial disposition and outgoing personality relate well with students and the local businesses she lines up to give students a taste of working in different professions. He businesses are grateful to be able to help and work with her.

"My husband is proud of my position here with the school district and what he loves most about my job is meeting my students at school events," she said.

According to Glowczak, many people aren't aware that RSU 14 offers extended Learning Opportunities for students.

"The public may not know that my position exists and, as a result, they do not know that they can reach out to me for volunteer needs and for job opportunity requests," she said. "I've learned so many things but one of the most important things I've learned is that most GEN Z students are more aware, knowledgeable, resilient, and enthusiastic about life than they are given credit for. Each generation offers some important contribution to society, and this generation is no different." <

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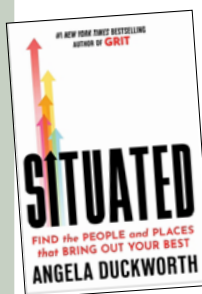
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WMS music program brings back mattress fundraiser

By Masha Yurkevich
STAFF WRITER

The music program at the Windham Middle School (WMS) is once again turning an everyday household purchase into an opportunity for students to perform, learn, and compete at an annual music festival. The school band and orchestra program will hold its annual Mattress Fundraiser from 10 a.m. to 4 p.m. on Sunday, Oct. 18 in the Windham Middle School gym.

The one-day fundraiser helps raise money to send WMS musicians to the Trills and Thrills Music Festival in Salem, New Hampshire, on the first Thursday in June at no cost to participating students.

Morgan Riley, band and orchestra teacher at Windham Middle School, started the fundraiser four years ago after the COVID-19 pandemic had significantly affected the music program at the school.

“We were recovering from the pandemic decimating our music program,” Riley said.

Once the program had enough students to attend a music festival again, Riley was approached by Custom Fundraising Solutions Maine about holding a mattress fundraiser. With the trip costing approximately \$120 to \$140 per student, Riley wanted to find a way to avoid placing another financial burden on families.

“For that reason, I agreed to try the Mattress Fundraiser,” Riley said.

Since then, the fundraiser has become a consistent source of financial support for the music program.

According to Riley, it has earned more than \$5,000 for the music trip each year and has helped students attend the Trills and Thrills Music Festival for free in recent years. Riley said the fundraiser works well because it is held in a single day and provides a product that eventually needs to be replaced by nearly every household.

“Everyone sleeps on a mattress, and every year a different set of community members need to replace their mattresses,” Riley said.

The WMS gym will be transformed into a full mattress showroom during the fundraiser. Shoppers will be able to try different makes, models and sizes, including name brands such as Purple, Helix, Therapedic, and Beautyrest. After a purchase is made, the mattress can be delivered directly to the home of the customer. Customers can also request to have their old mattress removed.

At the festival, WMS seventh and eighth grade band and orchestra students perform for judges, who are often college music professors or retired band and orchestra teachers. Students receive specific feedback on their performances and receive a rating of “Good,” “Excellent” or “Superior.” Windham students have earned the highest rating, “Superior,” in two of the past three years.

The festival also gives students the



chance to watch other student groups perform before spending the remainder of the day at Canobie Lake Park. Riley said the experience gives students an opportunity to prepare and perform for professionals while receiving feedback they can use to improve their musical skills.

The Trills and Thrills festival also provides a team-building experience for the students, Riley said.

The program is already preparing for its next festival. Students are currently working on musical fundamentals and have begun preparing pieces for their winter program. In January, they will begin working on pieces for the festival and spring concerts.

This year, the Windham High School band and orchestra will also attend the festival for the first time, expanding the experience beyond the middle school program.

Students and their parents also help promote the fundraiser through word of mouth, texts, emails and social media. Students participate on the day of the sale as well, helping to attract attention to the event from the street. Riley encourages community members to support the fundraiser even if they do not have a child in the music program.

“Supporting the music program takes our full community and we are so thankful,” Riley said.

For Riley, the value of the festival extends beyond the ratings students receive. During the festival last year, both the band and orchestra received ‘Excellent’ ratings. Although students were disappointed after earning ‘Superior’ ratings during the previous two years, Riley said the experience provided an opportunity to listen to the judge’s comments, learn from them and use that feedback to improve.

More information about the Mattress Fundraiser is available through the Windham High School/Middle School Music Mattress Sale Fundraiser event on Facebook. <

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→ **GALA** *Cont. from page 5*

what they are actually supporting.

The money raised during last year’s gala was able to help with entry costs into basketball programs, clothing and uniforms for athletes, and the Pat Moody Foundation was able to provide almost \$15,000 in scholarships to area seniors who had shown up for their community while excelling in school academics and sports.

“The gala provides an opportunity where the community can gather to have a great evening while supporting the youth and that is something that Pat would have enjoyed,” said Pat Moody Foundation board member Tracey Lydon. “It also gives us all the opportunity to share our individual stories of Pat. We are so excited to see this event coming back for a second year after the support we received last year, and we can’t thank Pat’s friends and the community as a whole enough for all the support.”

Every sponsorship, every auction donation, every ticket sold, every person who bids and even every person who simply shares one of their posts

contributes to something much bigger, Lydon said.

“Pat was the type of person who showed up for people,” said Merrill. “This is our opportunity to keep showing up for people in his name. Our sponsors aren’t just putting their logo on a sign. They’re helping fund scholarships, create opportunities and allowing the Foundation to respond when someone needs help. We want our sponsors to feel like partners in what we’re doing, not simply donors.”

If you’d like to support the Foundation, but can’t attend the gala, the Pat Moody Foundation is looking for silent auction and raffle items. Reach out to Merrill or Lydon on the Pat Moody Foundation’s Facebook page.

Tickets are \$110 each and can be purchased directly through Merrill or any Pat Moody Foundation board member. They accept cash, check and Venmo. Tickets can be mailed or picked up in person.

Please send Merrill an email with any questions about the gala to: adsev23@gmail.com or reach out through the Pat Moody Foundation’s Facebook page. <

Nangle joins Emergency Medical Services Commission

State Senator Tim Nangle, D-Windham, has been appointed by Senate President Mattie Daughtry, D-Brunswick, to serve on the Maine Emergency Medical Services Commission, a newly established permanent commission charged with monitoring Maine’s emergency medical services system and recommending changes to strengthen it for the future. His appointment took effect at the end of July.

“EMS is the safety net people don’t think about until the moment they need it,” Nangle said. “I know firsthand that the quality of emergency care depends on the people, equipment, resources and coordination behind every response. Maine has outstanding EMS professionals, but many services are operating under real strain. I’m looking forward to bringing my perspective as a former paramedic and current policymaker to this commission and helping build a system that our communities can count on for the long term.”

Before entering public office, Senator Nangle spent 27 years as a paramedic. He has also previously served as a firefighter, police officer and 911 dispatcher.

The Maine Emergency Medical Services Commission was established through LD 245, “An Act to Implement the Recommendations of the Blue Ribbon Commission to Study Emergency Medical Services in the State.” The law grew out of the work of a Blue Ribbon Commission tasked with examining the structure, support and delivery of emergency medical ser-

vices in Maine and identified concerns about the long-term financial stability, oversight and resilience of the system. The Legislature found that some EMS entities were at immediate or future risk of failure, potentially leaving communities without adequate access to emergency medical care.

The permanent, 18-member commission includes lawmakers alongside representatives from Maine EMS, municipal and nonmunicipal ambulance services, practicing EMS professionals, dispatch centers, hospitals, municipalities, air ambulance services, EMS training programs, physicians and fire chiefs. The commission must meet at least quarterly.

As part of its work, the commission will assess current and future EMS resource needs and potential funding options; evaluate existing programs and initiatives; examine recruitment and retention of paid and volunteer EMS professionals; consider improvements to EMS data collection and system evaluation; and review how municipalities plan and provide ambulance and other transporting EMS services. The commission may also hold public hearings, workshops and other meetings to hear about challenges facing the system and potential solutions.

The commission is required to submit its first annual report with findings and recommendations to the Governor and the Legislature’s committee overseeing public safety matters by Jan. 1, 2027. Lawmakers may then introduce legislation based on the recommendations. <

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STEM education on rise in after school programs

Millions of people are concerned that artificial intelligence (AI) and other technological advances will take away the jobs people need to support themselves and their families. But a new study finds that many more afterschool programs are providing STEM (science, technology, engineering and math) education to prepare children and youth for the workforce of the future.

The study from the Afterschool Alliance, “Afterschool STEM Takes Off,” finds that 92 percent of parents of afterschool students now say their child’s program offers STEM learning, a significant increase from a decade ago. But access for students in rural communities and low-income families is lagging, and more than three in four children and youths whose parents want afterschool programs for them are not enrolled at all.

There has been a dramatic jump in parents reporting their children engage with STEM in their afterschool programs, from 69 percent in 2014, to 73 percent in 2020, to 92 percent, or 6.4 million students, today.

A majority of families today (54 percent) report that their children engage with STEM in after school programs at least two or three times per week. But parents with low incomes report significantly less frequency than parents with higher incomes.

Rural families also face barriers to accessing STEM in after school pro-

grams, with 88 percent of rural families reporting that STEM activities are available in their child’s afterschool program, compared to 96% of urban parents. Rural parents also report less tech and computer science in afterschool programs than urban parents.

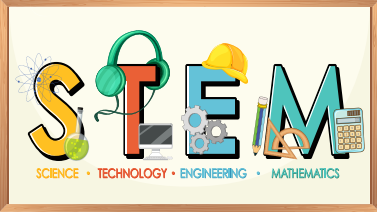
“STEM literacy is no longer optional. It’s the foundation of nearly every aspect of our world today. We’re counting on the next generation to ensure AI, and other innovations are used responsibly and in ways that improve our lives,” says Afterschool Alliance Executive Director Jodi Grant. “Afterschool is an optimal setting for STEM education because it creates opportunities for students to explore their interests and see how hands-on engagement with STEM can solve real-world problems outside the school day. We are thrilled with the tremendous uptick in afterschool STEM learning.”

Most parents agree this is important. Three in five (61 percent) report satisfaction with the STEM offerings in their child’s afterschool program.

Among the other report findings:

- There were increases in STEM in afterschool from 2014 to 2025 in every state.

- Parents of boys and girls report similar levels of access to STEM in their child’s afterschool program, but parents of girls prioritize computer science, technology and engineering less than parents of boys.



- Parents prioritize STEM, and specifically computer science, more as their children age.
- According to advocates, the following policy recommendations will continue the progress:
- Increase funding to meet the demand for afterschool and summer programs.
 - Ensure afterschool programs are included as partners in legislation focused on education and training in emerging STEM fields.
 - Increase targeted investments in computer science, technology and engineering offerings in afterschool pro-

grams.

- Increase investments in afterschool programs serving rural communities.

To learn more and read the full report, visit afterschoolalliance.org/AA3PM/landing.

“We need to continue the progress and, most of all, ensure that millions more children and youth can access afterschool programs and the STEM learning opportunities they provide,” Grant says. “As long as 22.6 million students whose parents want afterschool programs for them are missing out, we have urgent unfinished business.” < (StatePoint)

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→ **TRIBUTE** *Cont. from page 1*

towers fell,” Johnson said.

In 2008, seven years after the tragedy, Symington won a contest to clone the dog, resulting in the birth of five puppy Trakr clones in 2009, Johnson said.

She then presented pins and medals for the local K-9 and their handlers in memory of K-9 Trakr and New York Port Authority K-9 Sirius, whose remains were found in 2002 in the wreckage of the World Trade Center’s South Tower after his handler had been injured and hospitalized in the collapse of the North Tower.

“The valor of K-9 Sirius reminds us he will never be forgotten,” Johnson said.

Freeport Deputy Fire Chief Luke Vashon told the story of how the town applied for and was able to obtain steel beams from the collapse of

the World Trade Center towers.

Vashon said it took three years from the time Freeport applied to a dedication ceremony once the beams were transported to the town in September 2011.

The 9-11 memorial is at the Public Safety Building in Freeport, and everyone is welcome to visit, he said.

Major General Bill Libby of Old Orchard Beach was serving as commander of the Maine National Guard on Sept. 11, 2001, when the governor at the time, now U.S. Senator Angus King, sought his guidance about how to best keep the state safe on 9-11.

“Gov. King took swift action and closed the capitol,” General Libby told the audience at the 9-11 tribute event. “He activated the state’s Emergency Operations Center.”

He shared a story about the Maine Air Guard, who happened to be flying a mission that day over the New Jer-



A flag flown by members of Windham Fire-Rescue greeted guests attending an event at the Windham Veterans Center called ‘We Will Never Forget 9-11’ on Friday Sept. 11. PHOTO BY DAVID TANGUAY

sey coast. After the attacks, the crew was ordered to help refuel military aircraft over New York City.

“Our lives have changed significantly in reaction to the events of that day,” the general said. “During the wars in Iraq and Afghanistan, we lost 56 Mainers.”

He said that with each passing year following the terrorist attacks on 9-11, he has come to realize that the aftermath was equally as important as the attacks themselves when Americans unified as one to overcome the tragedies and rebuild their lives.

“I commemorate 9-11 every year but celebrate 9-12,” General Libby said. “We need to find the spirit of 9-12 again in this country.”

Windham Police Chief Kevin Schofield and Windham Fire-Rescue Chief Brent Libby placed a wreath in the Windham Veterans Center garden for the observance.

Members of Legion Post 148’s Honor Guard fired a 21-gun salute, and it was followed by the playing of

“Taps” by Post 148 bugler Randy Kitan and a benediction by Chaplain Cheryl Guddy of the Department of Maine American Legion. <



Maj. General Bill Libby, who commanded the Maine Army National Guard on Sept. 11, 2001, speaks at the tribute event. PHOTO BY ED PIERCE

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BRIEFS

Special Story Time

Raymond Village Library at 3 Meadow Road in Raymond is offering a free Story Time event for children of all ages at 10 a.m. Saturday, Sept. 19. The event will feature story telling and lots of fun. FMI, call 207-655-4283.

Bean Supper

The American Legion Field-Allen Post 148 will be hosting a traditional Bean Supper at the Windham Veterans Center at 5 p.m. Saturday, Sept. 19. The cost is \$10 at the door, and kids under 12 eat for free. There will also be a 50/50 raffle at the supper. FMI, call 207-892-1306.

Veterans Association Meeting

As proscribed by the Windham Veterans Association (WVA) by-laws, this is a 30-day public notice that the annual Membership Meeting will be held on Monday, Sept. 21 at the Windham Veterans Center, 35 Veterans Memorial Drive in Windham. All WVA members are encouraged to attend. This annual meeting will cover proposed changes to the WVA By-laws and will elect WVA Board Members for the 2026-2027 cycle. Copies of proposed changes to the By-laws are available at the Windham Veterans Center.

Tech Help

Free one-on-one tech help with experienced, computer-savvy library staff will be available at Windham Public Library, 217 Windham Center Road in Windham, from 3 to 4 p.m. Wednesday, Sept. 23. No reservations are needed and assistance with email, downloading applications, printing online pictures, navigating websites, laptops, eReaders, tablets, and more is offered at no charge. FMI, call 207-892-1908 ext.5.

Harvest Supper

The Casco Village Church, United Church of Christ will host its September "Harvest Supper" from 4:30 to 6 p.m. on Saturday, Sept. 26 at 941 Meadow Road in Casco. The meal will feature ham and potatoes, baked beans, roasted vegetables, cider, homemade desserts and ice cream. The cost is \$12 for adults and \$5 for children ages 8 and under. FMI, call 207-627-4282.

Chess Club

Chess enthusiasts meet from 10 a.m. to noon every Saturday at the Windham Public Library, 217 Windham Center Road, Windham. All ages and abilities are welcome. FMI, call 207-892-1908.

Golf Tournament

The Greater Windham Business Exchange is hosting a golf tournament fundraiser to raise money for the Sebago Lake Region Fuller Center for Housing on Wednesday, Sept. 30 at Spring Meadows in Gray. There will be a shotgun start with Aroma Joe's providing morning coffee and ending with a BBQ lunch and The Healing Tribe doing chair massage for all players. Back Swing Events will have a women's professional golfer conducting a putter challenge for donations and there will be raffle prizes from Lake House Tavern, Nappi Distributors, Crow's Nest, Windham Barber, Hailey's Kitchen, and more. Teams of four and green fees are \$550 with 100 percent going to Sebago Lake Region Fuller Center for Housing. Teams can register online at GWBE.org. FMI, send a n email to GWBE.maine@gmail.com.

Wild West Dinner/Theater

Windham's Wild West Dinner/Theater will be presented at noon and 5 p.m. at Faith Lutheran Church, 988

Roosevelt Trail in Windham on Saturday, Oct. 3. Tickets are \$25 and may be purchased by calling 207-749-9503.

Suicide Support

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

Clothing assistance

Cressey Road Christian Church, 81 Cressey Road in Gorham, offers a free clothing closet from 9 a.m. to noon on the first and third Saturdays of every month. Donations are accepted during closet hours. Volunteers are always welcome. FMI, visit www.cresseyrdcc.org

Raymond Food Pantry

The Raymond Food Pantry is open from 4 to 6 p.m. on the second Thursday of every month at the Lake Region Baptist Church, 1273 Roosevelt Trail in Raymond. Donations may be dropped off at the church. FMI, call Gary Bibeau at 207-655-6594.

Meals on Wheels

The SMAA Meals on Wheels program provides up to five meals for homebound participants each week. Volunteers and agency staff deliver meals four days a week. No deliveries are made on Wednesdays. Meals generally arrive are delivered either frozen or preheated based upon request. There is a suggested donation of \$3.50 per meal. FMI, call 1-800-400-6325.

LEGAL NOTICE

TOWN OF RAYMOND, MAINE
ZONING BOARD OF APPEALS
SITE WALK

Saturday, September 26, 2026 • 9:00 AM

You are hereby notified of the Raymond ZONING BOARD OF APPEALS will conduct a Site Walk at the following location **Saturday, September 26th, 2026 at 9:00 a.m.** regarding the information on the following application:

APPLICANT: Eric Kollman-Furnish
LOCATION: 90 Tenney Hill Road; Map 18/Lot 15
Zone Rural
DESCRIPTION: Administrative Appeal of Notice of Violation dated August 7th, 2026 in connection with cannabis cultivation on the premises.

The site walk will commence at 9:00 a.m. meeting at 90 Tenney Hill Road, Raymond

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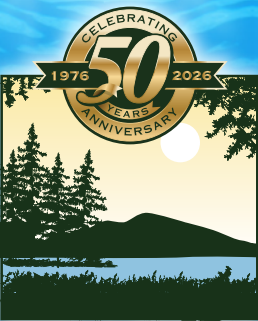
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Breathe Easier Together: Halotherapy During Allergy Season

Fall in Maine is beautiful, crisp mornings, colorful leaves, soccer games, apple picking and plenty of time outdoors. Unfortunately, for many families, it can also mean sneezing, congestion, itchy eyes, runny noses and that uncomfortable “stuffy” feeling that makes it harder to enjoy everything the season has to offer. Halotherapy can become a relaxing addition to your family’s allergy-season wellness routine. Halotherapy, often called dry salt therapy, uses a halogenerator to grind pharmaceutical-grade salt into microscopic particles and disperse them through the air of a Salt Room or Salt Cave. As you relax and breathe normally, those tiny salt particles travel through the respiratory system. Salt therapy has been studied as a complementary approach for respiratory conditions, and some research suggests it may support mucus clearance and respiratory comfort.

Why does salt make sense during allergy season? Allergies can leave the nose and airways irritated and congested. We already know that saline treatments are commonly used to help moisturize nasal passages and clear mucus, and allergy guidelines recognize nasal saline as a useful supportive treatment for allergic rhinitis. Halotherapy takes a different approach by allowing guests to simply sit back, relax and breathe in a controlled environment containing dry salt aerosol. For families, one of the biggest advantages is how easy it is to make halotherapy part of a routine. Rather than waiting until everyone feels miserable, scheduling a Salt Room or Salt Cave session once a week during

allergy season creates a consistent opportunity to relax, unplug and support respiratory wellness together.

And that family time matters.

Parents can settle into a comfortable chair while children relax nearby. There are no complicated treatments to perform, just time to slow down, breathe and enjoy being together, talk, plan, brainstorm, or jsut take a nap. For busy families juggling school, sports, work and weekend activities... even 45 minutes of quiet can feel like a reset. A weekly visit should be viewed as a wellness routine rather than a medical treatment schedule, research has not established once-weekly halotherapy as a proven regimen for allergies. Halotherapy also shouldn’t replace allergy medications or care recommended by your healthcare provider. Cleveland Clinic similarly describes salt therapy as a complementary option rather than a substitute for medical care. Because allergy season shouldn’t mean sitting on the sidelines. Halotherapy is sometimes described as being “like a toothbrush for your respiratory system.” It doesn’t literally scrub or clean your lungs, but the microscopic dry salt particles are inhaled into the airways, where they may help loosen mucus and support the respiratory system’s natural process of clearing mucus and airborne irritants. Breathe easier. Feel better. Enjoy more together. Make halotherapy part of your family’s fall wellness routine at Salt Spa Wellness in Windham.



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Brynne Manning



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Teacher: Mrs. Williams
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Parents' names: Aaron and Hannah Manning
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TRAUMA

Cont. from page 8

available to victims and survivors, including cleanup services and community support, MacLaughlin said, adding that the fourth includes helping protect the victims and their families from harm and hurtful comments, even if they are well-meaning.

The support is not limited to just the direct victims of the trauma, but also to those who may be in the background as emergency services personnel work to assist their loved one.

“We prevent what is called a second injury, the feeling of being abandoned by the system that is caring for their loved one,” MacLaughlin said. “A simple example of what I’m describing would be if someone and their spouse were in an automobile accident and one of them was severely injured or died. While the police, EMTs, firefighters, the first responders work on the injured one, the other may be left alone and without support. That’s where we come in.”

Sometimes, it can be difficult for those who provide care to people during traumatic events to separate themselves from the incident, but the group provides opportunities for supporting each other.

“We have monthly required meetings and part of that is speaking about difficult calls, sharing with the group and making sure members get whatever support they need,” MacLaughlin said. “I have a mantra – ‘This is to be with and help, not to carry.’”

A dedicated volunteer, MacLaughlin gives his focus to a single group at a time, having previously been on the Board of Directors for the Windham Youth Soccer Association and a member of the Sebago Lake Rotary Club.

“I saw a story on a morning news program about TIP and thought ‘I could probably do that,’” he said. “Within a week, I began the training.”

MacLaughlin has lived in Windham since 2005 with his wife Sarah and son Josh and works as a building contractor.

To learn more about TIPS or the upcoming trainings, visit www.tipgreaterportland.org.

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Seventy-six very long years

By Andy Young
STAFF COLUMNIST



Andy Young, Columnist

A study on centenarians conducted by the Chobanian & Avedisian School of Medicine at Boston University revealed there were 89,739 Americans aged 100 years or older in 2021. If they all lived in the same community, it would be America's 400th-largest city, bigger than Danbury, Connecticut; Ogden, Utah; and Bloomington, Minnesota, but not quite as large as Santa Fe, New Mexico.

However, America's total population when that study was released was 336,997,624, meaning a miniscule 0.027 percent of Americans, or about one out of every 5000, will live 10 decades or more. The chances of seeing 100 candles atop one's birthday cake are slender, but they're even longer for certain people.

Like, for example, those residing on death row.

Francis Clifford Smith was three

months shy of his 102nd birthday when he died this past June. He had been convicted of killing a security guard during a botched robbery in 1949 and was subsequently sentenced to death. The state of Connecticut set an actual execution date for Smith eight times. On each occasion he got a reprieve, although the last one came a mere two hours before he had been scheduled to be strapped into the electric chair.

At the time of his death, Smith was living at the secure nursing home to which he had been paroled. All told, he spent more than 76 years of his 37,187-day life incarcerated. That's a very long time, particularly if he didn't commit the crime he was convicted of, which seems likely to have been the case.

Frank Smith was hardly a model citizen. He was sent to reform school before he turned 12. Later, while doing time at a youth reformatory, he escaped and assaulted a guard in the process. That earned him a four-year

prison term. When he got out, he toiled as a numbers runner for some racketeers involved in illegal gambling.

On July 23, 1949, two men broke into the Indian Harbor Yacht Club in Greenwich, where they were surprised by Grover Hart, the night watchman. One or both robbers shot the 68-year-old, but before he died Hart told the police one of the burglars was wearing a bandanna, a bit of attire Smith was known to favor. He and his accused accomplice, George Lowden, were arrested for the crime, but Lowden subsequently made a deal, pleading guilty to second-degree murder and saying his partner did the shooting. Smith was convicted and sentenced to death.

Smith steadfastly maintained his innocence, and several post-trial developments suggested he was telling the truth. Lowden refused to testify at Smith's trial, and three years after the conviction, a Connecticut-born inmate serving time in an Alabama prison for armed robbery confessed that



he had been Mr. Lowden's accomplice and was the actual triggerman.

The State Police Major who had interrogated Smith after he was arrested became convinced of his innocence, but Smith's appeals were all denied. He never got another trial and was never exonerated, living out his remaining 76 years in confinement, eating meals that cost Connecticut taxpayers approximately \$3 per day. He was haunted by dreams of dying in the electric chair.

"It cooks you," he told interviewers on more than one occasion.

Connecticut no longer has a death penalty. Nor, for that matter, does Maine, but 27 states still do. Proponents of capital punishment accurately point out that state-sponsored executions eliminate the possibility of violent criminals reoffending, but those opposed to permanently dispatching convicted murderers have what many would consider a more compelling argument: there's no way of unkillng someone who's been put to death for a crime they didn't commit. <

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Fall turkey season offers plenty of opportunity for hunters

► **By Melissa Carter**
SPECIAL TO THE WINDHAM EAGLE

Maine’s fall turkey season is underway, giving hunters in the community nearly two months to head into the woods and fields in pursuit of one of the state’s most recognizable game birds. The 2026 fall wild turkey season opened Monday, Sept. 14, and continues through Saturday, Nov. 7. Maine also held its Youth Fall Wild Turkey Day on Sept. 12. As with all hunting in Maine, hunting is prohibited on Sundays.

Windham and Raymond fall within Wildlife Management District 21, which covers a large portion of southwestern Maine. The district includes communities such as Windham, Raymond, Gray, Casco, Naples and Standish. This district has high populations of turkeys which brings plenty of opportunity for success. Hunters may take up to five wild turkeys during the fall season and birds may be of either sex and any age. However, no more than two turkeys may be harvested by a permit holder in a single day.

The generous bag limit reflects just how far Maine’s wild turkey population has come. Turkeys, once ab-

sent from the Maine landscape, were successfully reintroduced beginning in the 1970s. Today they are found throughout the state and are particularly common in southern and central Maine. Flocks are commonly spotted crossing roads, feeding along field edges or wandering through backyards.

Fall hunting is considerably different from the familiar spring turkey hunt. During spring, hunters generally concentrate on calling breeding gobblers. By fall, turkeys are often traveling in flocks and are focused heavily on food. That makes scouting especially important. Hunters should watch agricultural fields, oak stands, field edges and wooded areas where turkeys can find acorns, seeds, insects and other food. Looking for tracks, droppings, scratched leaves and feathers can help reveal where a flock has been spending time.

Finding where birds feed, travel and roost may give hunters a better opportunity than simply walking through the woods hoping to encounter a flock. Getting fall turkeys to come within range often takes a little strategy. Hunters can use turkey calls

to imitate the sounds of birds trying to reconnect with a flock, including soft yelps, clucks and ‘kee-kees’, a call commonly associated with young turkeys. It starts as a thin, sharp whistle and often sounds like a pleading, lost child crying out for help. Young birds use this call to find their mother or the rest of the flock. If a flock has scattered, finding a safe place to sit quietly and call can sometimes encourage birds to regroup in the hunter’s direction.

Decoys can also help attract curious turkeys, particularly when placed in an open area where approaching birds can see them. Calling too frequently or loudly, however, can make wary birds suspicious. Often the best approach is to call sparingly, remain still and give the turkeys plenty of time to respond. Knowing where a flock regularly feeds or travels can make these techniques even more effective.

Hunters must have a valid Maine hunting license and a spring/fall wild turkey permit. Legal equipment includes certain shotguns and archery equipment. Maine also allows electronic calling devices for turkey hunting. Dogs may be used to hunt turkeys during the fall season, although their use is prohibited during the spring hunt.

There are several important restrictions. Hunters cannot use bait, participate in an organized turkey drive, use traps or shoot a turkey while it is in a tree. Legal turkey hunting hours run from one-half hour before sunrise until one-half hour after sunset.

Hunters should also pay close attention to where they are hunting. Much of Maine’s hunting takes place on privately owned property, and maintain-

ing good relationships with landowners is important to preserving access.

Asking permission when appropriate, respecting posted property, parking responsibly and carrying trash out go a long way.

Local hunters should be aware that special restrictions can apply to particular properties and designated areas. For example, the Sebago Lake Basin Area in Standish

and Windham is listed among Maine’s game sanctuaries and special-regulation areas. Hunters should check current Maine Department of Inland Fisheries and Wildlife regulations before choosing a location.

Every harvested turkey must also be registered, which is done online at no charge by visiting: <https://gametaggng.web.maine.gov/online/gametaggng/public/index.html>. In most circumstances, a harvested turkey must be registered within 18 hours.

Fall turkey season offers another reason to enjoy Maine’s changing foliage and cooler temperatures. Whether the goal is putting locally harvested meat on the table, introducing a young hunter to the outdoors or simply spending a quiet October morning in the woods, the season combines challenge with an opportunity that Maine hunters several generations ago did not have.

Due to the lack of fat, when cooking wild turkey, moisture is key. Brining or marinating the breast and avoiding overcooking can help keep it tender. It is excellent breaded and deep fried, slow-cooked, or used in soups, stews, and pot pies.

And unlike spring hunting, hunters do not have to wait for a gobbler to announce himself. In the fall, finding the flock is often half the adventure. <



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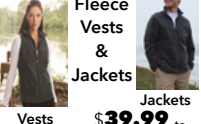
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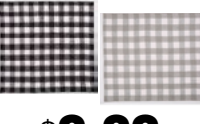
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Windham varsity golf secures win after a hard week

By Matt Pascarella
STAFF WRITER

At the end of tough week, where Windham’s varsity golf team played in three consecutive matches and only one practice, the Eagles faced Westbrook at Sunset Ridge, a par 35 course in Westbrook on Friday, Sept. 11 and Windham came out on top.

After nine holes, the two teams were tied at 6.5 – 6.5. The lowest five out of six scores are taken for the team total, junior Chase Gagnon’s score of 58 was not counted in the team total, but his score was used to break the tie against Westbrook’s sixth player, who shot a 65. In team stroke totals, Windham beat Westbrook 253-270.

“It’s been a rough week ... Monday was a holiday and we didn’t practice Friday,” said Windham varsity golf coach Adam Manzo. “I hadn’t seen the kids since last Thursday. They are a young group and it’s mostly freshmen and sophomores. So many of them have played so much golf up to this point that maybe a little golf fatigue is starting to set in. We’re already halfway through the season. Their attitudes have been good; we’re trying to win matches but also develop players. I think the fact that so many of the kid’s scores are so close right now is encouraging. Just to try to improve was our goal. We didn’t play great a week ago here when we played Gorham. They’re getting there, it seems to be a couple holes here and there that wrecked a couple rounds for some of the kids. Their attitudes have been great all year long; they’re really a great group of kids.”

During the match, Windham se-



(L to R) Freshman Stella Veilleux putts the ball into the hole during a prep golf match against Westbrook at Sunset Ridge in Westbrook on Friday, Sept. 11. Sophomore Hunter Pulkkinen watches as his ball soars through the air. Junior Chase Gagnon eyes the green before making his putt. PHOTOS BY MATT PASCARELLA

niors Wyatt Richards shot a 48 and he earned the team 1.5 match points; Matt Biggs shot a 49 and earned the team two match points.

“I was just trying to be consistent, play well and hit the ball straight – just play simple,” said Richards. “Slow it down and not swing out of my shoes and hit the ball very far. My drives looked pretty good off the tee shots, some of my putting wasn’t the best, some chipping needs work. I can take as a learning experience to not get in your head. You can just turn (the game) around like that, so you don’t want to get in your head.”

Sophomore Hunter Pulkkinen said he wasn’t ready this match. Last time against Gorham he shot a 46 at Sunset Ridge. He said his driver was dead straight, and his chipping game was good. Putting needs work. Pulkkinen said he needs to play smarter

on the 100-yard shots.

Pulkkinen shot a 50; freshman Stella Veilleux shot a 51 and also earned the team two match points, senior Braden Childs shot a 55 and Gagnon shot a 58. Windham earned an addition point to tie the match. <



Senior Matt Biggs chips his ball onto the green.

ATHLETE OF THE WEEK



Alanna Lewis

Age: 17 **Team:** Windham High Cross Country
Coach: Paula Pock
Parents’ names: Brandon and Nicole Lewis
Reason for selection: Alanna has taken on the role of team mom. She really pulls the freshman in to make sure they are part of the group. She really gets the team to bond and work together. She has also shown a lot of hard work. Her time during one of the first meets of the regular season has got to be multiple minutes faster than her time a year ago. The dedication she is putting in is paying off. Alanna brings unity to the team. She is everyone’s biggest cheerleader and is a great role model. She never avoids hard workouts and that has allowed her to drop her 5K times by minutes over last season.

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WYSA opens season for sixth through eighth graders

By Matt Pascarella

STAFF WRITER

In the first games of Windham Youth Soccer Association's fall season, sixth through eighth grade teams Warren Mechanical and Wildwood Properties played at Gambo Field in Windham on Saturday, Sept. 12 as Warren Mechanical earned its first win of the season by a score of 8-1.

Warren Mechanical came out aggressively and scored multiple goals in the first and second halves of play. Wildwood Properties scored late in the second half to avoid being shut out.

“The focus in practice has been to try to teach some of the fundamentals,” said WYSA Warren Mechanical coach Jared Archilles. “Utilizing more of the width of the field needs work. We have a tendency to consolidate children in the middle of the field. Some of the things we worked on in practice that went well during game-play was spacing, trapping the ball, and communicating with one another. There’s always an opportunity to work on some of the fundamentals ... understanding where people need to be.”

Both teams came out with a lot of hustle and communication. Each team had solid defense, but Warren Mechanical's offense kept the ball in front of Wildwood Properties' goal for a large portion of the game.

Warren Mechanical seventh grader Riahanna Sayed scored during the first half. Following Sayed's goal, sixth grader Silas Arnold scored.

Wildwood Properties goalie and eighth grader Quinn Roina had a nice stop before the end of the half but at halftime, Warren Mechanical led, 2-0.

“It was exciting,” said Wildwood Properties seventh grader Avalyn Tweedie. “I could have definitely done better, especially in the second half of the game – if I can keep my stamina up that would be good. I think if we were able to get the ball up closer to their goal we would have had a chance at scoring more, but we had to play more defensively.”

The second half of the game was



(L to R) Windham seventh grader Trent Archilles holds back his defender during Windham Youth Soccer Association's season opener between Warren Mechanical and Wildwood Properties at Gambo Field in Windham on Saturday, Sept. 12. Seventh grader Riahanna Sayed will not be caught as she moves the ball closer to the goal. PHOTOS BY MATT PASCARELLA

intense for both teams. Warren Mechanical seventh grader Trent Archilles scored three goals over the course of the half. Both teams had very good defense, but Warren Mechanical's offense was in high gear. Sayed scored again. Warren Mechanical's seventh grader Esteban Cayetano scored twice consecutively close to the end of the second half.

"I scored a hat trick, and my team was passing a lot," said Trent Archilles. "We're just trying to get the team together; the team chemistry has been decent. The passing and communication went well. Defense (needs work); we need to spread out a little more."

Sixth grader and Wildwood Properties goalie Maverick Lucas posted multiple saves in the second half. Toward the end of the half, Roina scored to put Wildwood Properties on the scoreboard.

Sayed said everybody shooting

and communication went well. Not clumping up in the field needs work. Her goal was to win the game.

"We want to show them how fun it is and then we can start refining the skills as we go along," said WYSA Wildwood Properties coach Derek Hanrahan. "I saw a lot of communication between kids that potentially don't know each other, getting the

ball, stopping the ball, playing it. I saw some players out there that were making some nice moves. I think the team aspect needs some work, understanding the position of play, understanding the formation a bit better and getting more touches and more play will help them to stop the ball when they want to and pass the ball when they need to.” <



(L to R) Eighth grader Quinn Roina tries to stop the ball from going into the goal. Seventh grader Avalyn Tweedie stops the ball.

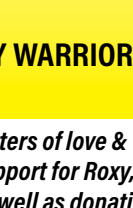


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REAL ESTATE & Home

More families are buying together

By Lisa DiBiase
SPECIAL TO THE WINDHAM EAGLE



— Lisa DiBiase, Broker/Owner
Landing Real Estate

The Lakes Region has a long tradition of multi-generational gatherings built right into its history. The camp on the lake with the grandmother’s bedroom on the first floor and the cousins taking over the screened porch; most people around here know that setup.

The Maine camp, the family cottage on the water, the big old farmhouse sitting on a few acres outside of town. These are places that were always designed, in some sense, for more than

one household to use. The difference we’re seeing in today’s market is that buyers want year-round setups, not just summer spots, and they’re coming to the Lakes Region specifically to find it.

The National Association of Realtors reported that 14 percent of home purchases in 2025 were multi-generational, and industry data suggests that close to one in five American households now include multiple generations under one roof. Gen X buyers, people in their mid-forties to early sixties, are leading this trend, and they’re not looking for just a seasonal gathering space.

They want a year-round setup and they’re thinking through the logistics the way you would place a small household’s day-to-day operations. The

Lakes Region properties that fit this tend to be the older camps and cottages that have been added onto over the decades, the farmhouses with a few out-buildings that could be converted into living spaces, or newer builds with finished lower levels and separate entries.

This also means they’re asking us different questions during showings. Does the garage have plumbing roughed in? Is there a separate entrance on that side of the house? Could the walk-out basement be finished into an apartment? How far is the second structure from the main?

Maine’s state law now makes this more workable than it used to be. Under legislation that has taken effect over the past couple of years, any single-family property in Maine can have at least one accessory dwelling unit added by right, meaning you do not need a special permit or a rezoning to build it, just standard building permits. That has changed the math for many buyers looking at a property and dreaming about what it could become. A two-acre lot in Windham, Raymond, or Casco that might have seemed too limited before now looks a whole lot better when you know you can build a second unit.

The properties I tend to show families who are buying together share a few features. Enough square footage or enough land that people genuinely have privacy when they want it. Separate entrances or the structural potential for them. Layouts where the kitchen and living spaces do not run through each other. And in the Lakes

Region, specifically, access to the water or trails, because a shared experience is why people are choosing to purchase multi-unit spaces.

I want to be clear, though: this kind of purchase requires more upfront conversation than a typical real estate transaction. There are things to work through around how the mortgage is structured, how the deed is titled, and what happens to the property if circumstances change. None of that is insurmountable, and I work buyers through it all, but it is not a simple single-buyer purchase, and planning ahead makes all the difference.

If this sounds like something your family has been looking for or talking about for years, we would love to join the conversation. The Lakes Region offers more options for this style of living, and Maine’s legal landscape has never been more favorable for making it work.

As I have said before, please call a local REALTOR for all your real estate needs no matter how big or small. We are trained professionals here to make your life easier. It’s best to surround yourself with the right team of professionals that can continuously give you the right advice for all your circumstances.

This article was brought to you by Lisa DiBiase, Broker/Co-Owner of Landing Real Estate. Lisa and her team proudly represent buyers and sellers across the Greater Portland, Lakes Region, and beyond. For all your real estate needs, contact Lisa at Lisa@LandingHomes-Maine.com or call (207) 775-SOLD. <

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ADUs opening new doors for Maine homeowners and buyers

Accessory Dwelling Units (ADUs) are becoming more and more common and especially in Maine. The Greater Portland Board of REALTORS® (GPBR) wants to ensure that homeowners and buyers understand the opportunities that can come with an ADU.

“As Maine works to address its housing shortage, ADUs are becoming an increasingly valuable addition to residential properties,” said Yvonne Myer, President of the Greater Portland Board of REALTORS®. “The benefits extend beyond creating room for family or guests. For many homeowners and buyers, an ADU can also provide rental income and today’s mortgage guidelines are being revised to increasingly recognize that value.”

Due to recent changes in state law, namely LD 2003 and LD 1829, municipalities are now required to allow ADUs in areas zoned for single-family homes, making it easier for homeowners to create additional living space while adding much-needed housing.

ADUs must be a minimum of 190 square feet and a maximum of 800 square feet, with only one permitted per lot. Owners must provide written verification to the town or city showing connection to adequate water and wastewater (septic or sewer) services. Other rules state that the ADU has its own entrance and should not have more than two bedrooms.

For a complete guide to all the things you need to know about ADUs for your particular address visit: maineaduguide.org. The Maine ADU



Guide is a collaborative initiative developed by the Greater Portland Council of Governments in partnership, Maine Department of Economic & Community Development municipalities and organizations across Maine.

Depending on the loan program and borrower qualifications, income from an existing ADU may be used to help qualify for financing on a primary residence. The Federal Housing Administration (FHA), Fannie Mae and Freddie Mac allow for up to 30 percent of the borrowers’ qualifying income to be derived from an ADU rental. In many cases, lenders may also consider rental income from ADUs located on eligible investment properties, helping investors leverage the property’s earning potential when purchasing or refinancing.

“Whether you’re considering building an ADU, purchasing a home that already has one, or investing in a prop-

erty with additional rental income, understanding your financing options is just as important as understanding the local zoning requirements,” said Myer. “Maine REALTORS® and their

lender partners can help determine how ADU income can improve your purchasing power in today’s market, or how it can benefit the resale of your home down the road.”

ADUs continue to become not only an innovative housing solution for multi-generational living arrangements, but they are also gaining in popularity as a smart financial tool for homeowners and real estate investors alike.

About the Greater Portland Board of REALTORS®: The Greater Portland Board of REALTORS® serves as a resource for local real estate professionals, advocating for policies that promote the right to own, use, and transfer real property. Through education and community engagement, we strive to uphold the highest standards of integrity and competency in real estate. <





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FOOD AND GAMES

THE WINDHAM EAGLE'S

Cooking Corner

Pumpkin Bread

No matter if you're sitting down on a Saturday afternoon to watch football on television or hosting a casual gathering with friends, the need for a tasty but healthy snack always seems to come up.

Here is a tried-and-true recipe for fall months that is sure to please just about everyone. It's not too sweet and it's perfect for entertaining or as an after-school treat for children.

Packed with flavor, this moist loaf is a dessert all on its own. It's simple to prepare and can be jazzed up with nuts, raisins or chocolate chips if desired.

INGREDIENTS

- Bread**

 - 1 cup of vegetable oil
 - 2 2/3 cups of granulated sugar
 - 4 large eggs
 - 1 15-ounce can of pumpkin purée
 - 2/3 cup of water
 - 3 1/3 cups of all-purpose flour
 - 1/2 teaspoon of baking powder
 - 1 teaspoon of baking soda
- 1 1/2 teaspoons of salt
 - 1 teaspoon of ground nutmeg
 - 1 teaspoon of vanilla extract
 - Sprinkle of powdered sugar (optional)

Glaze (optional)

 - 1 cup of confectioner's or glazing sugar
 - 2 tablespoons of butter, melted
 - 1 tablespoon of milk

INSTRUCTIONS

Preheat the oven to 350 degrees. Lightly grease two 8 1/2" x 4 1/2" loaf pans.

In a large bowl, beat together the oil, sugar, eggs, pumpkin, and water. Add the flour, baking powder, baking soda, salt, nutmeg, and vanilla, stirring to combine. Spoon the batter into the prepared pans. Sprinkle the tops of the loaves with powdered sugar. Bake the bread for 60 to 80 minutes, or until a cake tester or toothpick inserted in the center of the loaf comes out clean; and that same tester inserted about 1/2-inch into the top of the loaf doesn't encounter any totally unbaked batter. Remove the bread from the oven and cool it on a rack. Stir together glaze ingredients. Drizzle the glaze over the bread and cut into slices.

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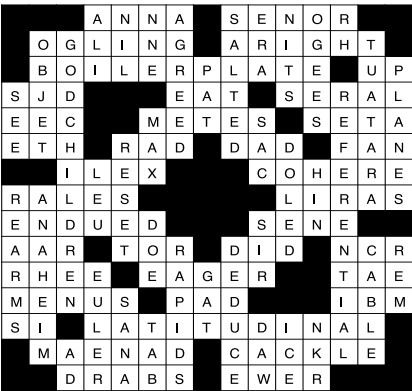
Reg. \$59⁹⁹-119⁹⁹ Closeout \$25⁹⁹-34⁹⁹

8" BREAD KNIVES

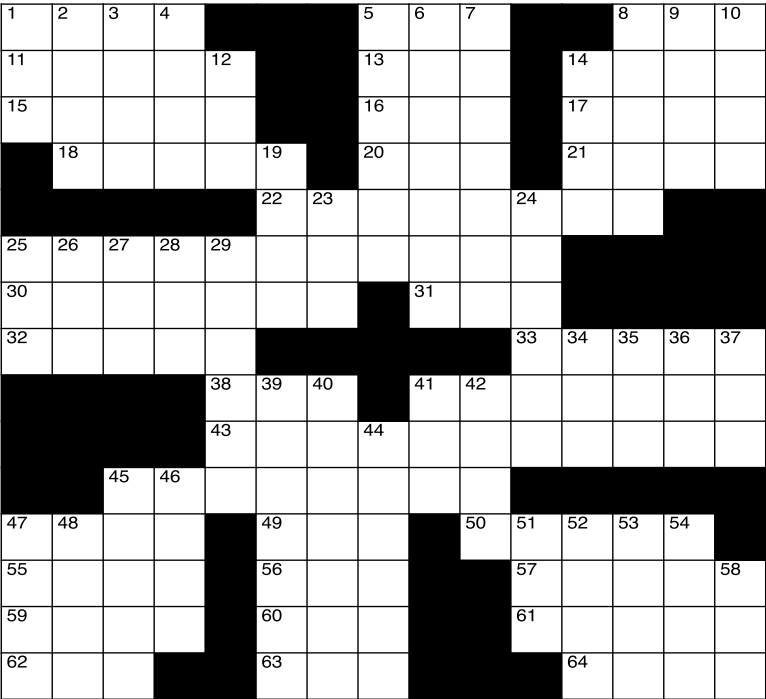
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LAST WEEK'S ANSWERS



CROSSWORD PUZZLE



CLUES ACROSS

1. Egyptian bull god

5. A young canine

8. North Carolina university

11. "Oddbod" actor Tom

13. Midway between northeast and east

14. A place to shop

15. Mysterious "Severance" family

16. Single Lens Reflex

17. Malaria

18. Informal loan organizations

20. Twitching

21. Holm oak

22. Willing to consent

25. In an early way

30. Stuck it out

31. Language in Ghana

32. Obtain

33. Ancient Greek currency

38. One point east (clockwise) of due north
41. Popular baseball movie

43. Group of islands

45. Church building

47. Ancient kingdom near Dead Sea

49. Late AC/DC frontman Scott

50. Spiritual leader of a Jewish congregation

55. Thick piece of something

56. Breakfast food

57. One mole of solute per kilogram of solvent

59. Ancient Greek City

60. Bitterly regret

61. Don't forget it

62. Dishonorable man

63. Affirmative

64. "___ and flows"

CLUES DOWN

1. Bridge-building degree

2. Expression of sorrow or pity

3. Lizard species

4. Turkish leader title

5. A way to bother

6. Blank

7. A fine, closely woven cotton fabric

8. Sports broadcaster Ian

9. Popular whodunit board game

10. Alkali flats mineral

12. Large African antelope

14. It's delivered most days

19. Satisfy

23. Water soaked soil

24. Of a past era

25. Chest muscle (slang)

26. Ribonucleic acid

27. Doctor of Education

28. Coffee receptacle
29. Where rockstars work

34. International airport in Connecticut

35. Russian river

36. It's used to make cabins

37. OJ trial judge Lance

39. A means to persuade

40. Short poem

41. A way to begin hostilities with

42. Multi-function radar (abbr.)

44. Joints

45. Blatted

46. Swedish rock group

47. Millisecond

48. ___ podrida: Spanish stew

51. Doctors' group

52. Trunk of a tree

53. Tattle

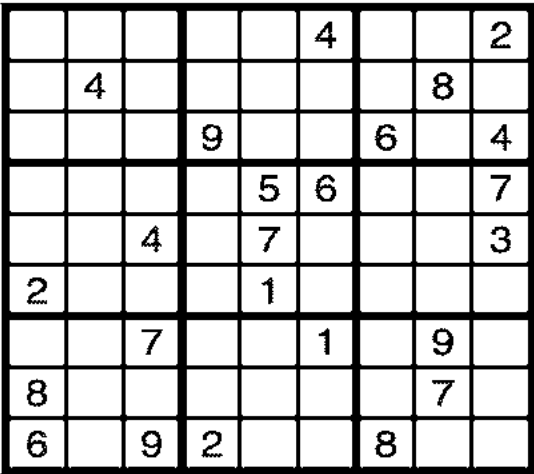
54. Metrical foot

58. ___ Angeles

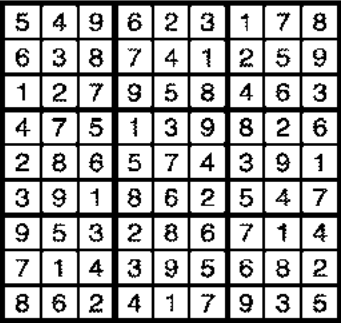
HOW TO SOLVE:

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.

SUDOKU



LAST WEEK'S ANSWERS



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For the woman who has been told, “Your labs are normal,” yet still feels anything but. Persistent fatigue. Brain fog. Digestive issues. Hormone concerns. A body that no longer feels familiar, and no clear explanation for why.

At Michele’s Health, functional health practitioner Michele Bradeen helps women move beyond symptom chasing and begin asking better questions. Her work is centered on identifying the patterns that may be contributing to chronic, unresolved health concerns and translating complex testing into practical, personalized next steps.

“I work with women who know something is off, even when they have not felt heard or have not gotten the answers they need,” Michele said. “My role is to listen carefully, investigate the whole picture, and help them understand what their body may be communicating.”

Michele is a Board-Certified Functional Diagnostic Nutrition Practitioner (FDNP), Certified Hair Tissue Mineral Analysis (HTMA) Practitioner, certified nutrition coach, and certified personal trainer. She combines functional testing with education and individualized nutrition, lifestyle, movement, and targeted-support strategies.

“Educating my clients about what their bodies are communicating through symptoms is a top priority,” she said.

Rather than using a one-size-fits-all protocol, Michele explores connections among digestion, immune function,

Michele's Health

detoxification, hormones, energy, mineral balance, and stress response. Her H.I.D.D.E.N. and D.R.E.S.S. frameworks help organize the investigation and shape realistic, step-by-step recommendations.

“The body works like an orchestra and must be viewed as a whole,” she explained. “If one part or system is off key, it affects the others.”

Depending on a client’s history and goals, Michele may use functional blood chemistry analysis and specialized testing, including MRT for food and chemical sensitivities; GI-MAP stool testing for digestive function, microbial balance, immune markers, and potential pathogens; HTMA for mineral patterns and metabolic trends; and metabolic, mucosal-barrier, stress, and hormone panels.

“The value is not just in running a test,” Michele explained. “It is in helping someone understand what the results mean in the context of her life, symptoms, and goals, and then supporting her as she puts a manageable plan into action.”

Her work is also deeply personal. Michele’s path into functional health began after a 12-year struggle with complex health challenges, including tick-borne illness, neurological symptoms, autoimmune concerns, vision issues, and brain fog. Although treatment addressed the

infection itself, she was left searching for ways to rebuild her health.

“That experience changed everything,” she said. “I know what it is like to feel frightened, exhausted, and discouraged after trying so many things. My own recovery led me to study functional health, nutrition and gut health, because I wanted to understand what my body needed and eventually help other women do the same.”

Today, Michele has additional training in tick-borne illness recovery after studying under Dr. Tom Moorcroft, DO, a former president of the International Lyme and Associated Diseases Society. She has a particular interest in supporting women navigating lingering, complex symptoms after Lyme or other health challenges.

What Michele’s Clients Say
Michele’s Health has received multiple five-star Google reviews highlighting the care clients’ experience through her personalized approach, clear explanations, and attentive support. One client, Katie, shared that after more than six years of searching for answers, working with different practitioners, and trying numerous supplements, Michele helped her begin finding clarity through the first round of testing.

“Her approach is entirely person-

alized,” Katie wrote. She also valued having “full access to ask her questions along the way,” adding that Michele “genuinely cares.”

Another five-star reviewer, Maryanne, described Michele as “always well prepared” and a “strong communicator” who explained test results in a way that helped her feel “informed and confident” in her care. She also said Michele made thoughtful recommendations without pressure and that she never felt rushed during appointments.

That feedback reflects the experience Michele aims to create: individualized attention, clear education, and ongoing support so clients can feel more informed and confident as they take the next steps in their wellness journey.

What clients find at Michele’s Health is not a quick fix or a generic plan. It is dedicated one-on-one guidance, clear education, and a practitioner who understands that meaningful progress is often built through small, informed, sustainable changes.

“If you have been dismissed, overwhelmed, or left wondering where to start, you do not have to figure it out alone,” Michele said. “I walk beside my clients as they learn to understand their bodies and take the next best steps forward.”

Michele’s Health offers a complimentary 15-minute Wellness Clarity Call. Learn more at micheleshealth.com or book a Wellness Clarity Call at: <https://app.biocanic.com/selfbooking/690e4615474f772fad1540db> <

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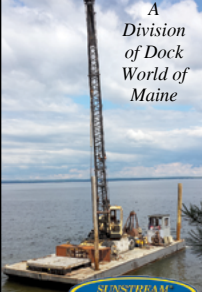
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