

Windham student learning confidence through pageants

By Erin Rose

STAFF WRITER

Windham student Peyton Dore is learning to conquer the stage as she prepares to compete in the state’s Women of Service Pageant in March.

“I like playing dress up,” Peyton, 7, said when asked why she loves doing pageants. “It’s fun when I get to see the judges and my family” from the stage, including her dad, Troy, and 9-year-old brother Landon.

Kristin Dore, Peyton’s mother, explained that the duo decided to start competing in pageants at the encouragement of her pageant coach.

“Her coach, who is also the director of the pageant, Windham High graduate Morgan Wing, reached out and said ‘Peyton should do these!’” she said. “I figured she liked getting dressed up, so why not?”

Peyton entered the pageant world in January and has found success in the nine months since. She earned the Coastal Maine Women of Service Young Princess title at the local competition, held in Windham in August. That title guarantees her place at the state event and the potential chance to compete for national titles.

In addition to the overall competition, Peyton participates in a number of different optional categories that allow her to showcase beauty and fashion, including American Wear, Photogenic, Casual Wear, and Fitness. She most recently won titles in several of those categories as well.

In her most recent interview round, she was one of several contestants go through to determine who will take the crown, and Peyton’s judges have noticed how

she’s improved in the short time she’s being doing pageants.

“Mrs. Maine was one of her practice judges, and then was a judge at the recent pageant,” Kristin said. “She said it was night and day, that Peyton had improved so much.”

One of the titles Peyton won in the regional competition is especially meaningful.

“She also won Miss Congeniality,” Kristin said. “All the contestants vote on that. That means she showed what the pageant represents.”

Peyton, who is in second grade at Windham Christian Academy, is known to be helpful backstage, cheering up young-

→ see PAGEANT Page 4

Windham student Peyton Dore, 7, a second grader at Windham Christian Academy, won the Coastal Maine Women of Service Young Princess title in Windham in August and will compete in the Maine Women of Service Pageant in March. She is coached by her mother Kristin Dore and Windham High School graduate Morgan Wing, who was the International Women of Service Miss 2025. COURTESY PHOTO



Windham Historical Society’s Fall Harvest Festival combines local history with family fun

► By Haley Pal

SPECIAL TO THE WINDHAM EAGLE

The Windham Historical Society’s Fall Harvest Festival will be back for its fourth year from 10 a.m. to 3 p.m. on Saturday, Oct. 10 on the Society’s Village Green at 234 Windham Center Road in Windham.

The festival is always one of the biggest fundraisers of the year for the historical society, and it is packed with things to do for kids of all ages. At 11:15 a.m., the contests begin and start with relay races. Participants will be competing in the three-legged race, the potato sack race and carrying an egg on a spoon. The games are entertaining to watch, and the kids are very competitive while always maintaining the spirit of fun.

At 1 p.m., Windham Town Clerk Anthony Blasi will be judging at the annual pie-eating contest. There will be a scavenger hunt throughout the day and a contest where children guess how many peanuts there are in a jar. Prizes will be awarded to all the winners.

Bands will play live music from start to finish. The Lakes Region Strummers perform in the morning, the Windham Middle School 8th Grade Orchestra at 12:30 p.m. on the gazebo and in the afternoon, the swinging sounds of the Saco River Jazz Band will fill the air.



The Saco River Jazz Band performs during last year’s Fall Harvest Festival sponsored by the Windham Historical Society. This year’s Fall Harvest Festival returns from 10 a.m. to 3 p.m. on Saturday, Oct. 10 at the society’s Village Green at 234 Windham Center Road in Windham and offers games, prizes, live music, food, a scavenger hunt and tours of historic buildings at the site. COURTESY PHOTO

The Saco River Jazz Band, a group of volunteer musicians, will perform classic tunes from the “Big Band Era,” of the 1930s, 1940s, and 1950s.

The historic buildings that populate the Village Green will be open for tours. Tours of Historic Buildings located on the Village Green grounds will be conducted by Wind-

ham Historical Society members and will showcase The Old Grocery Store displaying authentic rural mercantile of the late 19th century, The Village School, a one-room schoolhouse with the historical society’s schoolmarm, Miss Hawkes (Paula Sparks) doing lessons, and The Hearse House where an old horse-drawn town hearse is

housed.

For the shoppers, a Maker’s Market of talented artists and a White Elephant Table of bargain treasures will share their wares. In addition, the village blacksmith, a stone cutter and a chainsaw artist will be demonstrating their trades.

Food for sale will include hamburgers, hot dogs, chips, and home-made desserts as well as Poppie’s Kettle Corn. The event is partnered with Windham Parks & Recreation who will have a booth and oversee some of the competitions and games.

At the Historical Society’s Info Booth, you can try on Colonial-pe-

riod costumes and get a photo taken as a patriot in honor of our country’s 250th birthday this year.

→ see FESTIVAL Page 11

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INSIGHT

A trip through time

It’s funny how hearing a song can bring me back to experiences in my life from years ago and open a floodgate of memories, but that’s what happened to me last week.

I was driving my car back home from the mechanic’s shop where it had received a new state inspection sticker and was impressed at how smooth it was handling after \$450 worth of repair work. I turned on the Sirius XM radio in the car and the song “You’re So Vain” by Carly Simon was playing.

Suddenly, I found myself sitting in the passenger seat of my friend Craig Podosek’s Volkswagen Beetle driving across the Panhandle of Texas on New Year’s Day in 1973 bound for another semester of college classes in New Mexico.

Craig was from New York state like I was and both of us had traveled home over the Christmas break from New Mexico to spend the holidays with our families. We had spoken by phone before Christmas Day, and he asked if I wanted to drive across the country and share expenses with him.

The two of us had become friends a year earlier when we were pledges for Tau Kappa Epsilon fraternity. For three months Craig and I were part of a pledge class that put in a lot of late-night walking after being dropped off a few miles outside of town as a gag or spent time dragging a fraternity cannon to football games. The pledges met a few times every week to study the fraternity’s pledge manual prior to our initiation test.

I learned that Craig had transferred to our college after attending a community college in New York state and was studying to become an accountant. Somehow, all the pledges in our class passed the initiation test and we were inducted into the fraternity in November 1971.

Four days after Christmas in 1972, Craig arrived at my parents’ home in Rochester, New York, and we started off for college. The two of us drove the Volkswagen that first day all the way to Dayton, Ohio. We spent the night there at Wright-Patterson Air Force Base where his brother was stationed.

The next morning, we got up and drove all the way to Joplin, Missouri where we found affordable motel rooms for the night. Along the way we talked about school, interesting college classes that we had taken, friends and family, and our career plans and hopes. We also tuned in to radio stations that discussed weather conditions, trying to find the best route to take to avoid being caught in a storm.

On New Year’s Eve 1972, we pulled into the driveway of our fraternity brother Jerry Joyner in Oklahoma City, Oklahoma, who was preparing a huge meal for us before his beloved Oklahoma Sooners were to play Penn State in the Sugar Bowl game. Oklahoma beat Penn State, 14-0, as the Nittany Lions played without leading rusher and future Heisman Trophy winner John Cappelletti, who had the flu.

We not only celebrated Oklahoma’s Sugar Bowl victory but also watched the ball drop on television in Times Square in New York City marking the arrival of 1973.

The next morning on New Year’s Day, Craig and I set out for New Mexico in the Volkswagen except this time we were tired and slightly hung over from all the New Year’s Eve festivities just hours before.

As we drove along I-40, most of the radio stations we were listening to kept mentioning that a massive storm was headed south into the Texas Panhandle with limited visibility and drifting snow. Both of us looked out to the north across the plains and could see the snow coming straight for us. We hoped that we could outrun the blizzard heading in our direction.

Since we knew what we were up against weather-wise, Craig suggested that we listen to some music and found a radio station from Amarillo playing popular hits. The station’s playlist coming out of commercials that day started with “Crocodile Rock” by Elton John and was followed “I Wanna Be With You” by the Raspberries and “Oh Girl” by the Ch-Lites. The fourth song, though, was brand-new and was the first time I had ever heard Carly Simon sing “You’re So Vain.”

I turned to Craig when the song was over and told him I thought it was a hit song if I ever heard one. As it turns out, “You’re So Vain” became the top song in America for three weeks later that month and went on to capture “Song of the Year,” “Record of the Year,” and “Best Female Pop Vocal Performance” at the Grammy Awards.

Fortunately for us, the Volkswagen was great on gas, and we didn’t have to stop again for fuel in Texas. We were able to outrun the blizzard, making it all the way across the state line to Tucumcari, New Mexico before having to fill up again. We eventually arrived back at the fraternity house at our college about 5 p.m. and were relieved to have completed the trip safely.

It’s a small snapshot from my life but hearing “You’re So Vain” instantly returns me to that time 54 years ago. < ~ Ed Pierce

Today in HISTORY

OCTOBER 2

1789 – George Washington sends proposed constitutional amendments, known as the Bill of Rights, to the states for ratification.

1870 – Rome is designated as the capital of Italy.

1924 – The Geneva Protocol adopts the League of Nations to settle international disputes.

1937 – Ronald Reagan makes his motion picture debut in a Warner Brothers film called “Love Is on the Air.”

1950 – “Peanuts,” the comic strip created by Charles M. Schulz, is published for the first time in seven newspapers.

1959 – “The Twilight Zone” airs for the first time on CBS Television.

1962 – U.S. ports are closed to nations that allow their ships to carry arms to Cuba and the transport of U.S. goods to Cuba is banned.

1967 – Thurgood Marshall is sworn in as the first African-American justice of the U.S. Supreme Court.

ON THE SPOT

What is a popular movie that others have enjoyed but you didn’t like?

“Everything Everywhere All at Once” – Julie Mallett

•

“Any of the Alien films. They are all terrible.” – David D. McCoombs

•

“Sister Act.” – Anne Glotchshuk

•

“Cats. I suggested to my friends that we watch it because we are Taylor Swift fans. They have never forgiven me. It was pretty bad.” – Deirdre Schulte

•

“Nighthawks.” – Ed Pierce

•

“Daddy Day Camp was simply dreadful. People raved about how good the original Overboard movie with Kurt Russell and Goldie Hawn was and I didn’t find one bit of it very funny at all.” – Dean A. Smalley

•

“Death on the Nile was very boring.” – Chris Macklin

•

“Paper Tiger. I went because I like Adam Driver who is in it, but that movie was a flat-out mess.” – Mia Potenzio-Ransey

•

“Spring Breakers. Didn’t care for Selena Gomez in it and my kids hated it too!” – Sarah Singer-Miller

•

“Friday the 13th is the worst movie I’ve ever seen at a theater.” – Audrey Marmol

•

“Anything with Adam Sandler in it.” – Jerry Greene

•

“When our kids were small, they asked me to take them to see 102 Dalmatians with Glenn Close reprising her role as Cruella De Vil. It was a waste of money and nowhere near as good as the first 101 Dalmatians movie.” – Rich Heaney

•

“All of the Dune films.” – Isabella Mongon

•

“Madame Web. Ranks right up there as one of the biggest bombs Hollywood ever released.” – Jude Orestes-Sanchez

•

“Any of the Harry Potter movies and Star Wars.” – Melissa Carter

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Time remains to enjoy 154th Cumberland County Fair

By Ed Pierce
STAFF WRITER

If you may have missed a chance to attend the 154th Cumberland County Fair because of last weekend’s nor’easter, there’s still time to experience all the fair has to offer by the time the annual event wraps up Saturday evening at the fairgrounds in Cumberland.

The schedule of events for both Friday and Saturday are filled with events sure to please just about everyone. There will be plenty to see and do including live music and entertainment, an array of livestock, food, and flower exhibits, carnival rides, a draft horse and pony show, candy making demonstrations, pig races, a truck pull, harness racing and fireworks to close out the fair on Saturday night.

Attending the Cumberland County Fair is a tradition that stretches all the way back to Oct. 7, 1869, when a two-day event was held on the grounds of what is now Greely High School. In 1874, the Cumberland Farmer’s Club moved the fair to newly purchased grounds in West Cumberland that included a fenced-in trotting park. By 1952, the fair was officially renamed the “Cumberland County Fair” and became a popular annual event at-



Despite all the rain last weekend, the 154th Cumberland County Fair continues from 8 a.m. to 9 p.m. daily through Saturday, Oct. 3 and offers plenty of live entertainment, livestock exhibits, food, rides, fireworks and fun for families at the fairgrounds, 196 Blanchard Road in Cumberland. COURTESY PHOTO

tended by thousands of Cumberland County residents each fall.

During the final two days of this year’s fair on Friday, Oct. 2 and Saturday, Oct. 3, the fair will be open from 8 a.m. to 9 p.m.

Scheduled events for Friday include the MSTTP Tractor Pull featuring Modified Big Rigs and Semi pulls; musical performances by singer-songwriters Ryan Halliburton and Henry Lowery, The World Famous Grass-

holes, and The Jack Fossett Band; magic and comedy from Joe Howard; the Nettie Loops Hula Hoop Experience; Sweepstakes Horse Memorial Pulls; and a Draft Horse and Pony Show.

Also on Friday, the fair’s Gillette Midway will be open for carnival rides weather permitting. There will be antique sawmill demonstrations, Maine maple sugar and syrup tasting, harness racing, antique hay press demonstrations, 4-H working steers, a 4-H dairy

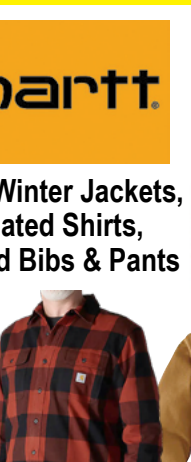
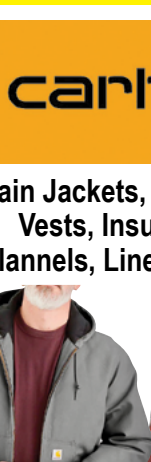
clipping contest, pig racing, cooking and crafting demonstrations, booths, vendors, and three-horse hitch distance pulls.

Saturday’s scheduled events include a pig scramble; farmer’s horse and ox pulls; MSTTP Truck Pulls; magic from Wes Wonder; a Kids Ox Pull; musical performances by 43 Degrees North, Dark Horse, Chase Jobe, Timothy James & Band, and Julia Gaggione. →see FAIR Page 13

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PAGEANT *Cont. from page 1*

er contestants and helping them get pumped to walk the stage, even helping them with their clothes and accessories.

“One of them didn’t want to put her cute shoes on, and her mom was trying to put cute ones I liked on,” Peyton explained. “I told her, ‘You’re just going to wear them for a couple

minutes and then take them off,’ and she started to wear them.”

“I was also telling her that her outfits were cute,” she added.

She also helps to get other kids energized before they take the stage.

“The little kids, if they’re in front of me, I try to get them excited so that they’re ready to get on stage” she said, adding that she wants to make sure “they’re not scared.”

Kristin says that Peyton’s actions are an example of how supportive the community is backstage at the Women of Service pageants.

“Everyone helps each other, even if you’re in the same group as someone,” she said. “It’s very helpful and very uplifting.”

One major component of the pageant is that each contestant must have a platform to provide service to their community. Peyton has chosen to pass out bags to homeless people in the area which includes granola bars, hand sanitizers, pretzels, gloves, and other small items.

“We did it in kindergarten and first grade as a fun project,” Peyton said, adding that they give out bags when they see people in need in the community. “I’ve kept doing it.”

Originally nervous when facing the competitions, Peyton is learning to embrace the stage, a skill that will help her as she enjoys dancing with the Maine Dance Center.

“I used to be scared, but then I get brave,” Peyton said.

“She’s very nervous when she goes out there and then she’s a whole dif-

ferent kid,” Kristin added.

The pageants provide a great opportunity for Peyton to be the competitor, as the family frequently attends sporting events for her brother. It also provides time for Kristin and Peyton to spend together.

“She’s always been the sideline sibling so it’s great to have her moment,” Kristin said. “When she won the Natural Beauty award, she was very happy, and said, ‘Momma, you did this with me’. It was a nice moment.”

“She knows that we’re going all over the place with her brother, and it’s nice to have her shining moment,” she said.

The Maine Women of Service Pageant is part of the International and American Women of Service Pageant organization. It is a 501c3 non-profit dedicated to empowering girls and women through a commitment to service, education and leadership development. The pageant has nine age divisions, ranging from girls as young as 5 in the Little Princess division to over 50 in the Classic division. For more information visit www.intl-womenofservice.org/maine <

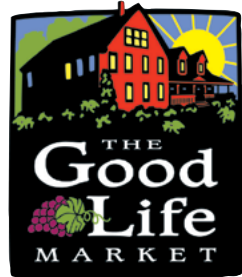


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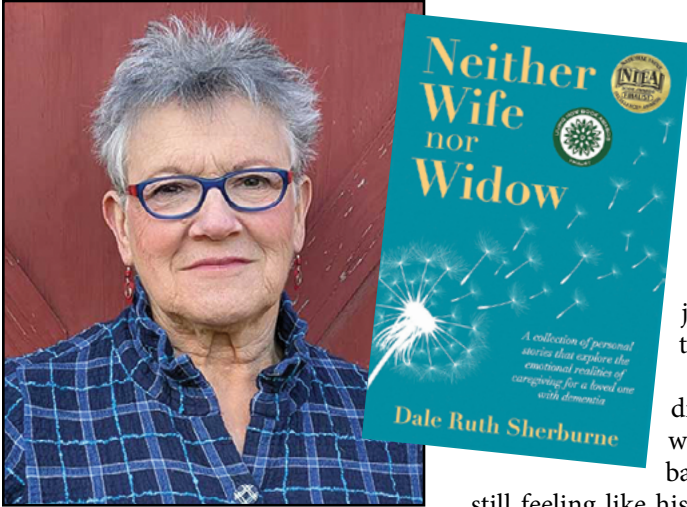
From Caregiver to Author: Sherburne to share her personal story at Windham Public Library

By Masha Yurkevich
STAFF WRITER

For more than 20 years, Dale Ruth Sherburne was a wife, mother and caregiver. When her husband, Russ, was diagnosed with early-onset dementia, her life gradually became centered around caring for him and supporting their family. Now, Sherburne is sharing that experience with others through her recently published book, “Neither Wife nor Widow,” and through speaking engagements focused on caregiving, loss and finding a new sense of identity.

Sherburne will bring her message to the Windham community during an upcoming appearance and discussion at the Windham Public Library. The event will take place from 6 to 7 p.m. Wednesday, Oct. 7. Attendees can participate in person at the library or by ZOOM.

A Maine native, Sherburne has spent much of her career working with children and families. She was a director of child psychology and special education before becoming a full-



Maine author Dale Ruth Sherburne will appear at the Windham Public Library from 6 to 7 p.m. Wednesday, Oct. 7 to discuss her recently published book ‘Neither Wife nor Widow’ about her experiences taking care of her husband, who had been diagnosed with early-onset dementia and how it led her to find a new sense of identity.

SUBMITTED PHOTO

time caregiver. Sherburne says the experience of caring for a spouse with dementia brought a complicated mixture of emotions.

“There was this jumble of emotions,” she said.

One of the most difficult parts was watching her husband change while still feeling like his wife. The experience left her in a position that did not fit neatly into the traditional definitions of either wife or widow.

“I wanted my husband,” Sherburne said, as she described the emotional conflict she experienced during those years.

That experience became the foun-

dation for “Neither Wife nor Widow,” which was published April 1, 2025, by Maine Authors Publishing. The 329-page paperback explores the caregiving journey and the challenges that Sherburne went through and that can come with losing parts of a relationship while the person you love is still physically present. The book contains 185 stories, each about one page long.

Each story begins with a quote and ends with an honest emotion, ranging from guilt and joy to frustration, anger and fear. The book is available in paperback and Kindle editions through the personal website of Sherburne, Amazon, Maine bookstores, and libraries.

Although the story is deeply personal, Sherburne hopes readers will see themselves in it, particularly people who have experienced the isola-

→ see AUTHOR Page 11

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Windham Trails Passport invites residents get outdoors

Fall is one of the best times to explore the outdoors in Maine, and Windham Parks and Recreation is giving residents an added incentive to hit the trails throughout October.

The department's Windham Trails Passport, running from Oct. 1 through Oct. 31, challenges participants to visit six parks, trails and preserves around town while enjoying some exercise, fresh air and fall foliage. The program offers a fun way for individuals and families to discover outdoor spaces they may not have visited before while working toward a prize.

Passport stations have been conveniently placed at Donnabeth Lippman Park, Lowell Farm Trailhead, Mountain Division Trail, Windham Community Park, Atherton Hill Trailhead and Black Brook Preserve.

Participants can download a Trails Passport or pick one up at the Windham Parks and Recreation office at Windham Town Hall. While visiting each location, hikers search for the passport station and use the stamp provided to mark the corresponding space in their passport. If the stamp cannot be located, participants can draw the image displayed on the passport station sign instead.

The six destinations provide a variety of ways to experience Windham's outdoor spaces.

Donnabeth Lippman Park, located at 18 Chaffin Pond Road, encompasses 123 acres in the heart of North Windham. Lowell Farm, at 47 Fal-



Windham Parks and Rec's Trails Passport challenge encourages residents to explore six local parks, trails and preserves throughout October while enjoying fresh air, exercise, fall foliage and a chance to win prizes. COURTESYPHOTO

mouth Road in East Windham, offers more than 300 acres of wooded land to explore.

The Mountain Division Trail provides a different experience with a paved route suitable for walking and bicycling that connects Windham with Gorham and Standish. Parking is available off Gambo Road.

Windham Community Park, at 373 Gray Road, offers additional recreational opportunities with basketball and volleyball courts, a skate park

and picnic pavilion. Participants can also explore the Windham Community Forest, originally two separate but adjoining preserves, Lowell Preserve (now Lowell Farm Trailhead) and East Windham Conservation Area (now Atherton Hill Trailhead) which are owned by the town and managed by Presumpscot Regional Land Trust. The community forest contains 10+ miles of trails and is part of an over 2,000-acre conservation corridor - larger than any state park in Southern Maine. Rounding out the challenge is → see TRAILS Page 13

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 ARTIST *Cont. from page 8*

cheaper brushes so you can't get the detail you want straight away slowed me down."

"You have to build it up slowly, and I've been enjoying that," he continued. "It pulls you out of yourself."

The self-taught artist tends to focus on one subject for a period, creating eight to 10 works to add to a series solely relating to that subject.

"Then I get too familiar with it and need to break off and do something else," he explained.

O'Connor's love of creating began through experiences with his grandmother, Margaret Moran, in Dingle, County Kerry, who made dolls from her home, later selling those dolls to tourists passing by when the movie industry blossomed in the area.

“My grandma was wonderful, and she was always creative,” he said. “She had a beautiful, old yellow cottage outside of town. Inside, she painted it all different colors.”

“She was jolly and fun to hang out with, and part of my job as a kid was to hang out with her so she didn’t fall,” O’Connor continued. “We would go to the beach a lot and collect shells, and she would make dolls from the shells.”

In 1970, the area around the Irish town was used to shoot Devid Lean's "Ryan's Daughter," and tourists began to explore, which gave Moran the opportunity to offer her creations.

"She spun up a little stall to sell her little shell dolls," O'Connor said. "Every morning she would bring them



Irish-born artist Christopher O'Connor, a former Windham resident, captures the beauty of Maine's environment, including a series highlighting the state's rugged coastline called 'Coastal Waters' and 'River Reflections' which shows scenes along rivers and waterways. He displays his artwork exhibitions at the Portland Art Gallery and the Artemis Gallery in Northeast Harbor. SUBMITTED PHOTO

out, and after a few hours they would all be sold out."

“She had a joy in making things,” he continued. “Being around that gave me a different perspective on what you could do.”

While O'Connor's preferred medium is oil, the complicated process related to curing and allowing the piece to fully harden means that acrylics have been his most frequent medium due to their convenience.

"My favorite is oil, but I've worked with acrylics for the last 14 years, because they dry fast," he said. "With oil, each painting is six months before it dries fully so those considerations are challenging sometimes. It gets a

skin in 7-10 days but takes six months to fully harden and then you can varnish it.”

"It's lovely but a pain," O'Connor said.

O'Connor left Ireland to pursue love across the ocean. He moved to Portland to join his now-wife, Sonia

Cook-Broen, an engineer and artist, 14 years ago. After living in Westbrook, the family moved to Windham at the start of the COVID-19 pandemic.

"It's really beautiful. I love Ireland very much, but the weather can get to you after a bit. The rain and the rain and the rain," he said. "I was having memories of Ireland over the weekend with the nor'easter. The weather is hard, but the reason I came over 14 years ago was my fiancé."

The family moved to Portland around Christmas last year, where O'Connor has a studio on the Eastern Promenade.

"I have no commute," he said. "I can get up in the morning and just start painting if I feel like."

O'Connor has two stepchildren, Matilda and Makai. Makai picked up art last year and O'Connor is excited to see his growth over time.

"He's quite phenomenal and he's working fast," he said.

Examples of O'Connor's work can be seen in person at the Artemis Gallery or the Portland Art Gallery. More information can be found on his website www.christopheroconnorpainting.com. <

Town of Windham



ABSENTEE VOTING

**ABSENTEE BALLOTS WILL BE
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NOVEMBER 3, 2026**

STATE PRIMARY & TOWN OF WINDHAM CANDIDATE/REFERENDUM ELECTION

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- 2) Calling 892-1900 to have a ballot mailed to you,
- 3) Have an immediate family member sign out your ballots
- 4.) Request online at:
<https://absenteeballotrequest.sos.maine.gov/>

IF YOU NEED TO REGISTER TO VOTE:

the Registrar of Voters is available at the Town Hall during regular business hours*, & at the polls on Election Day, Tuesday, November 3th from 7:00 a.m. to 8:00 p.m. *Please bring your I.D. and proof of residency. If your address or name has changed, you must update it before voting.*

**OUR LATE NIGHT WILL BE
THURSDAY, OCTOBER 29TH UNTIL 7:00 P.M.**

For your convenience you may deposit your absentee ballot envelopes in the Secure Ballot Drop Box at the Town Hall's front entrance, or bring them inside or mail them back to us using one postage stamp.

All ballots must be returned to the Clerk's Office no later than 8:00 p.m. on November 3rd to be counted.

Election Day voting will take place at the Windham High School, 406 Gray Road in the Auxiliary Gym. The polls will be open from 7:00 a.m. to 8:00 p.m.

*CLERK'S HOURS: Monday/Wednesday 7am - 5pm,
Tuesday 7am - 6pm & Thursday 7am - 4pm
Closed Friday

*For more info please call the Town Clerk's Office at 892-1900.
Thank you, Anthony P. Blasi - Town Clerk*



Kenny

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- ★ Protection of individual, constitutional rights, including ensuring that women & girls are not forced to unfairly compete against biological men.

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.

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➔ **AUTHOR** *Cont. from page 5*

tion that can accompany caregiving. “Caregivers are isolated,” she said. For Sherburne, writing became one way to make sense of her experience and to connect with people who may be going through something similar. She also wants to encourage caregivers to remember that their own lives and identities matter. One message she hopes people take away from her work is to “embrace yourself.” Sherburne also speaks about the importance of continuing to live while caring for someone else. During her own experience, she received advice that stayed with her: “You go live your life for you, and you go live your life for your husband.” The author’s appearance in Windham will give community members an opportunity to hear Sherburne discuss her book, her experiences as a caregiver and the process of moving forward after years of caregiving. Beyond her book and speaking engagements, Sherburne is also building an online presence. She has Instagram and Facebook pages where she shares her work and connects with readers. She also hopes to open a YouTube channel in the future, expanding the

ways she can share her experiences and her message. When she is not writing or speaking, Sherburne enjoys a quieter Maine lifestyle. She lives with her pets and enjoys nature, books, crafts. Those interests provide a contrast to the many years when caregiving occupied so much of her daily life. For Sherburne, however, the end of her caregiving role did not mean the end of her story. Instead, it gave her an opportunity to reflect on what she had experienced and use those lessons to help others with her book “Through Neither Wife nor Widow,” her speaking engagements and her growing online presence, Sherburne is continuing a conversation about caregiving that can often be difficult to have. Her story recognizes the complicated emotions that can come with caring for someone you love while also reminding caregivers that they should not lose sight of themselves. That idea has become an important part of the message she now shares with others. For those interested in hearing Sherburne speak about her journey firsthand, her Oct. 7 author appearance at the Windham Public Library will offer an opportunity to learn more about her book and the experiences that inspired it. <

➔ **FESTIVAL** *Cont. from page 1*

There will also be wonderful items up for raffle, including stunning photographs by Brien Richards, a limited edition print of Babb’s Bridge by Windham artist Patrick Corey, a gift basket from On the Docks, a \$50 gift certificate from Fire and Ice, and beautiful flowers from Roosevelt Trail Garden Center and Broadway Gardens. “It’s a perfect day to get out into the crisp autumn air,” commented Historical Society President Susan Simonson. “You can mix and mingle with other community members, have a bite to eat, and enjoy a nostalgic look back into Windham’s past. We encourage people to bring a chair or a blanket and stay for a while.” Earlier this year, the historical society conducted a capital campaign to seek donations for further renovation work on the Old Town House, which

was not only Windham’s original Town Hall, but also served as a school for many years, and is now the historical society’s headquarters building. The Old Town House building was remodeled more than 60 years ago to address cosmetic and structural issues with the building. At that time, a raised floor system was installed with a wood-framed suspended ceiling and wall paneling. It covered up some issues with the building but didn’t fit the ambiance of an 1833 structure. Planned renovation work as a result of the successful capital campaign will restore the original 19th century structure and create a building consistent with that era. Admission to the Harvest Festival is free and open to all with food, white elephant items, and maker goods available for purchase. In the event of rain, the festival will be held from 10 a.m. to 3 p.m. Sunday, Oct. 11. <



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Barbara Bagshaw: Your voice matters - Why showing up at the polls strengthens our community

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



– Rep. Barbara Bagshaw
As your State Representative for District 106 in Windham, I have the privilege of listening to neighbors every day, at the grocery store, at local meetings, and through the messages you send. One theme comes through clearly:

people care deeply about the direction of our town, our schools, our costs of living, and the future we are building together. That care only translates into results when citizens participate. Voting is one of the most direct ways we exercise self-government. It is not about any single candidate or party. It is about ensuring that the people who make decisions in Augusta and beyond hear from the full range of voices in our community. When turnout is high, elected officials

of every background receive a clearer signal about what matters most to families here in Windham: property taxes, education quality, energy costs, public safety, and the everyday expenses that shape household budgets. Maine makes it relatively straightforward to cast a ballot. You can vote early, request an absentee ballot, or go to the polls on Election Day. Confirm your registration, find your polling place, and mark your calendar. Local clerks and the Secretary of State’s office provide the practical details; taking a few minutes to check them removes last-minute uncertainty. Bring a neighbor if it helps. Talk with young people in your household about why the process exists. These small acts reinforce the habit of participation. High participation also strengthens accountability. When more residents vote, representatives know they must answer to a broad cross-section of the district, rather than a narrow slice. That dynamic encourages careful listening and practical problem-solving over rigid ideology. It reminds everyone in public office that government derives its legitimacy from the consent of the governed—an idea as old

as our founding documents and still essential today. I have spent years in classrooms and community service. I have seen how engaged citizens improve outcomes in schools, local projects, and neighbor-to-neighbor support. The same principle applies at the ballot box. Your single vote may feel small, yet together those votes set priorities, fund programs, and shape the rules under which we all live. Whatever your views on the issues of the day, the most important step is to make them known through the formal process our system provides. Mark the date. Plan how you will vote. Encourage others to do the same. A community that turns out in strong numbers is a community that keeps its government responsive. It remains an honor to represent part of Windham. If you have questions about state services or need assistance navigating available resources, my office is here to help. Contact me at Barbara.Bagshaw@legislature.maine.gov or 207-310-0051. Thank you for caring about Windham and for taking the time to participate. State Representative Barbara Bagshaw represents part of Windham in District 106.

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

Grondin

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→ **TRAILS** *Cont. from page 7*

Black Brook Preserve, a 105-acre property on Windham Center Road owned by the Presumpscot Regional Land Trust.

The Trails Passport can be completed over several outings during October, allowing participants to explore the locations at their own pace. That also provides an opportunity to watch the landscape change as fall progresses and peak foliage colors arrive throughout the month.

Windham Parks and Recreation is encouraging participants to take photos during their adventures as well. Trail selfies and other photos can be shared on social media using the hashtag #wprtrailpassport, with the possibility of being featured on the department’s social media pages.

Those who complete the entire passport can submit it to the Windham Parks and Rec office at Windham Town Hall to receive a prize.

The challenge is part of the department’s ongoing effort to encourage residents to take advantage of Windham’s parks, trails and conservation areas. With destinations ranging from paved trails to wooded preserves, the passport also provides an introduction to the variety of recreational resources that are available without having to travel far from home.

The Windham Trails Passport runs from Oct. 1 through Oct. 31, giving residents the entire month to complete the challenge. Whether the goal is to get some exercise, spend time together as a family, enjoy Maine’s fall foliage or simply discover a new favorite trail, the program offers plenty of reasons to lace up a pair of walking shoes and see more of Windham this October.

No registration is required. All passports must be submitted by 4 p.m. Thursday, Nov. 5. Visit the events page at windhamrecreation.com to download your trail passport. <

→ **FAIR** *Cont. from page 3*

non & Friends; comedy juggling and dangerous stunts by Showtime Steve; and the fair concludes with a spectacular fireworks show around 8:30 p.m. by Central Maine Pyrotechnics.

Also on Saturday, fair visitors can watch a Rabbit show, view cooking and crafts demonstrations; farmer’s draft horse, mule and pony events, draft horse log twitches, a calf scramble, 4-H dairy and working steer shows, a youth poultry show, Quilts of Valor presentations, Sheep, Dairy, Swine, Goat and Beef livestock showings, antique sawmill demonstrations, midway carnival rides, booths, vendors, tours of the maple sugar house, and lots of tasty food to experience.

Visitors can stroll through exhibition barns filled with blue-ribbon vegetables, flowers, crafts and pies, cakes and other baked goods, and award-winning locally grown huge pumpkins. Or they can see up close the John Deere display of the latest

models of tractors. Theodore Googins of Gray is this year’s fair president with Lincoln Merrill of North Yarmouth as vice president and Jeff Steinman of Cumberland serving as vice president and treasurer. Elizabeth Tarantino of Cumberland is fair secretary, Mark Cooper, Sonja Nielsen and Richard Morrill, all of Windham, are serving on the fair’s Board of Directors with Cooper also overseeing the fair’s livestock area.

Admission to the 154th Cumberland County Fair is \$15 for adults with kids ages 12 and under admitted for free. Cash only is accepted for admission. ATMs are available at the gates. Gates open by 8 a.m. and buildings are open 9 a.m. to 9 p.m. Parking is free and no pets are allowed at the fair except for service animals.

The fairgrounds are located at 196 Blanchard Road in Cumberland.

To see the complete schedule of events visit www.cumberlandfair.com and you can also find them on Facebook for updates. <

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SALUTE TO SERVICE

PROFILES OF THOSE WHO SERVE OUR COMMUNITIES

Operations manager keeps Windham Parks and Recreation Department running smoothly

By Ed Pierce
STAFF WRITER

Jason Hanken is a problem solver and a big part of the continued success of the Windham Parks and Recreation Department. As the department’s Operations Manager, Hanken serves as the administrative hub and primary point of contact for Windham Parks and Rec.

“On any given day, I’m working directly with Windham residents to help them navigate program registrations, set up payment plans or scholarships, and answer questions about upcoming community activities,” Hanken said. “Behind the scenes, I provide daily operational support to our director and team. That includes handling requisitions, department billing, and financial recordkeeping, as well as ordering supply inventory and managing our registration database.”

He also coordinates reservations for the Windham Town Hall gym, meeting spaces, and park pavilions, while assisting with Dundee Park operations, department staffing, and events.

Hanken says the best thing about what he does is helping solve problems for people directly, whether that’s at the front counter or over the phone.

“Residents often reach out when they’re confused about a program, need help, or just have a lot of questions,” he said. “Being able to take the time to walk them through the process so they leave or hang up feeling totally confi-

dent and satisfied makes the job worthwhile.

The most challenging aspect of his job is wearing multiple hats and balancing two distinct speeds of the work.

“I’m juggling immediate, front-line customer service, answering phones, helping residents at the counter, and resolving day-of program questions, with focused administrative tasks like budgeting, purchasing, and facility scheduling,” Hanken said. “Learning to switch gears instantly so our residents get the attention they deserve without letting the behind-the-scenes operations slip is a continuous challenge, but it’s what keeps the job interesting.”

In his second year as Operations Manager, Hanken says the biggest misconception people may have about those who work for Parks and Recreation is that staff members just plan games and hang out at events.

“Behind the scenes, our office operates like a full-scale business,” he said. “The community sees the fun end result but they often don’t see the operational planning required to make it happen safely and smoothly: budgeting, purchasing, contracts, facility permits,



Jason Hanken has served for nearly two years as the Operations Manager for Windham’s Parks and Rec Department.
SUBMITTED PHOTO

staff training, and daily customer service. It’s a ton of logistics and coordination designed specifically so residents can show up, participate, and have fun without having to think about how it all came together.”

Hanken grew up in South Hiram and graduated from Sacopee Valley High. He attended Daniel Webster College in Nashua, New Hampshire, earning a degree in sport management. He completed his final credits at Saint Joseph’s College while completing an internship in the athletic department.

His career in recreation started under Linda Brooks years ago as a Summer Camp Director in Standish. From there, he spent several years in New Hampshire as the Assistant Recreation Director for Ossipee and then for Barrington, before returning home to Maine to work for the City of Lewiston.

“When I came back to Maine, I landed in Windham and got involved locally by volunteering on the town’s Recreation Advisory Board,” Hanken said. “That gave me the opportunity to reconnect with Linda and support the department from the community side. In Lewiston, I worked my way through

multiple roles, ultimately becoming the Recreation Superintendent, before taking a brief hiatus to manage a health care practice. When I saw the opening to work alongside Linda again, it was an easy decision. I was already very familiar with Windham, had great respect for the department, and knew firsthand how strongly this community supports its parks and recreation programs.”

He says the most important thing he’s learned while working for Windham Parks and Rec is that relationships and follow-through are everything.

“Beautiful parks and organized leagues are essential, but the real backbone of recreation is the trust you build across the community,” he said. “Whether it’s working alongside other town departments, supporting staff and volunteers, or helping a parent over the phone, consistent and transparent communication is what makes a department succeed.”

According to Hanken, his most memorable moment working for the department was when they dedicated the basketball courts at Windham Community Park to Pat Moody.

“Seeing him there, surrounded by what felt like the entire town turning out to support him and play basketball on those courts, completely confirmed I had made the right decision to come back to Windham,” he said. “It showed me firsthand the kind of community pride and heart this town has.” <

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A birthday tribute

Longtime American Legion Post 148 and VFW Post 10643 member Don Swander of Windham was surprised during the weekly Veterans Coffee event at the Windham Veterans Center on Sept. 23 with a celebration of his 93rd birthday and a tribute to his many years of support for local veterans including his 13 years as president of the Windham Veterans Assoc. Swander, right, received a plaque from current WVA President Tom Theriault which highlighted his contributions including the major capital expenditure fundraising to pave the WVC parking lot and for the support and construction of the Veterans Memorial Garden at the Windham Veterans Center in 2005. SUBMITTED PHOTO



Beckett Miele



Grade: 2 School: Windham Primary School
Teacher: Ms. Skylar Cambridge
Favorite subject(s) in school: Math
Parents' names: Scott and Karilynne Miele
Reason for selection: Beckett is a great example of a learner who follows the 3 Bees: Be Safe, Respectful, and Responsible. He follows staff directions and he tries hard to do his best inside and outside the classroom. In the hallways, he smiles and acknowledges everyone he passes. When a peer, substitute teacher, or staff member needs help, Beckett is always there to lend a hand and be respectful. His teachers are proud of his efforts to be safe at all times. Beckett is truly friends with everyone and makes everyone feel included.

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Candidate Forums

LEGISLATIVE CANDIDATE FORUM
Wednesday, Oct. 7 @ 6:00PM

SCHOOL BOARD CANDIDATE FORUM
Thursday, Oct. 8 @ 6:00PM

Streamed LIVE on Windham Cable Access and the Town of Windham's Facebook page

PUBLIC WELCOME to attend at the Windham Town Hall in the Council Chambers

Moderators: Barb Maurais & Gary Plummer

VOTER QUESTIONS CAN BE SENT TO:
CandidateNight@windhammaine.us
Questions used are at the sole discretion of the moderators

Windham Middle School Repurpose



A practical plan for easier access to services, more opportunities for all ages, and one welcoming place for community life.

REFERENDUM • NOVEMBER 3, 2026
Vote on the proposed Windham Community Center



WHY THIS MATTERS

More information

- 01

Expanded Recreation
A full gymnasium, auxiliary gym, arts and crafts room, kitchen, pickleball courts, playground, and flexible gathering spaces.
- 02

One Welcoming Civic Hub
Recreation, Social Services, Library, and Town Hall offices in one accessible, one-stop facility.
- 03

Long-term Savings
Consolidating three aging facilities due for significant renovations; focuses resources on one modern, efficient building and lowers ongoing maintenance costs.
- 04

Social Services Consolidated and Expanded
General Assistance, a more accessible Food Pantry, Clothes and Medical Closets, improved client spaces, and a covered canopy for six vehicles.
- 05

Bigger Library and More Offerings
More seating, computers, study areas, expanded collections, and an outdoor area for programming or reading.

A responsible investment designed to replace multiple, aging facilities and create a ONE-STOP SHOP for Municipal Services

\$19.5M

General obligation bonds and/or notes to finance the costs of rehabilitating the Windham Middle School for use as a community center.

Tax impact: 37 cents total mil rate increase over 5 years. Using \$2,000,000 in fund balance limits the average annual impact to roughly 7.4 cents — about \$33.30 annually on a \$450,000 home.

A practical plan for Windham

Centralized services. Better access. Stronger community.



WHY IS THIS BEING CONSIDERED?

The RSU is offering the building to the Town for \$1 per State Law. A Repurpose Committee was formed and determined a Community Center as the best use. Review of the numbers revealed a significant savings to renovate this existing building instead of building anything new. This building project will serve residents well into the future and reduce long-term repair and maintenace costs needed to continue services in the current facilities.

PARKS & RECREATION

- Before and After School Program, grades K–5
- Full and auxiliary gyms for sports, fitness, and dance
- Arts and crafts room; kitchen for cooking classes
- Flexible cafeteria and gathering space for dinners, events, and senior programming
- Rentable rooms with courtyard playground
- Outdoor pickleball courts
- Welcoming places to gather and build relationships

MUNICIPAL OFFICES

Bringing staff and services together can improve customer service, emergency coordination, accessibility, and provide public meeting spaces. The facility includes improved parking, modern elevators, and multiple ADA-compliant spaces for civic life.

SOCIAL SERVICES

- Walk-in refrigerator/freezer for self-service access, replacing multiple homestyle units.
- Ventilated storage; improved staging for large food pickups
- Covered canopy for food pick up; improved client spaces

LIBRARY

- Increased floorspace to serve Windham’s population
- Added Seating, computers, study, sensory, and infant areas
- Expanded space for Books and Library of Things
- Outdoor area for programming or reading

LONG-TERM COST SAVINGS

- Proposed Community Center: Guaranteed Maximum Project cost of \$18.75M for 92,104 sf
- Repairs/Renovation needs across current buildings: \$16M total — Library \$423,000, Social Services \$1.4M, Town Hall \$14.23M.
- Repairs/Renovations plus Comparable expansions: \$20M total — Library \$4.22M, Social Services \$2.04M, Town Hall \$14.23M(no Expansion possible).
- One modern facility means fewer properties to maintain, clean, and plow, while focusing resources on efficient operations.
- Town Council plans to sell or lease the current properties; generating revenue & Business Opportunities

More information • windhammaine.us/881/Community-Center



LETTERS to the editor

SUBMIT LETTERS BY TUESDAY AT NOON TO:
editor@thewindhameagle.com
or mail to: 585 Roosevelt Trail, Windham, 04062

TO VIEW THE WINDHAM EAGLE NEWSPAPERS'S EDITORIAL POLICY REGARDING LETTERS TO THE EDITOR GO TO:
WWW.THEWINDHAMEAGLE.COM/INFORMATION.PDF

Editor,
Re-elect Tim Nangle.

I have “bumped into” Tim Nangle on a few occasions while running errands in Windham where I have been a member of the community now for four years. He strikes one as an empathetic and unassuming neighbor as well as a hard-working state senator advocating for us constituents of his home district Senate 26 currently, and prior to that serving on the Windham Town Council for six years and as a veteran firefighter and paramedic for 25 years.

As we struggle to fill our tanks with obscenely high-priced fuel oil for the upcoming winter conflated by the administration’s tax and tariff policies and wars of choice, it’s never been more critical that we elect unselfish politicians of integrity like Tim Nangle to represent the interests of the hard-working citizenry of District 26 instead of pandering to big business and acquisitive oligarchs.

~ Jon St.Laurent, Windham

Editor,
Throughout my career in education, as a parent, and now as a grandparent, our public schools, our educators, and, most importantly, our students have

been among my very top priorities. That is why I am voting to re-elect Tim Nangle as our state senator in District 26. He has demonstrated time and time again a commitment to public education that matches my own. He has voted to continue 55 percent state funding, universal school meals, free community college tuition, and improvements to the funding formula. I am confident he will continue to support these and to be committed to working hard on our behalf. I have seen how much time he takes to listen to and speak with countless members of our community. His dedication and advocacy are reasons I hope you will join me in voting for Tim this November. His support for us has earned our support for him.

~ Grace Leavitt, Raymond

Editor,
I am writing in support of my friend, and former school colleague, Barbara Bagshaw, who is running for re-election to the Maine House of Representatives.

Barbara has always cared deeply about the town of Windham and the people who live here. She understands that serving in the State House means listening to her constituents, working hard on their behalf, and making

thoughtful decisions.

One issue that matters greatly to Barbara is keeping Windham affordable. People should not be priced out of the homes and neighborhoods they have worked hard to build. She approaches challenges with compassion, practicality, and common sense – qualities that have served her well as she has worked in Augusta.

I know Barbara will continue to work hard for Windham and represent our community with dedication and good judgment. I encourage the voters of District 106 in Windham to support her re-election.

~ Maria Clark, Windham

Editor,
It's been an honor to serve in Augusta these past two years as the State Representative for Raymond, Casco, Frye Island and part of Poland. Augusta does not need more people who only mean well. We need legislators with a heart for others and a working knowledge of business and economics. Kenny Cianchette fits that bill.

Kenny is a lifelong Mainer with a degree in Economics from the University of Maine. He has been successful in real estate and hospitality. He's had to make payroll week after week under

the rules coming out of Augusta, and he can competently read a financial statement. That combination is what you want when the state budget is on the table.

Believe me when I say we need Kenny’s intelligence, compassion, and understanding of numbers in Augusta.

I wholeheartedly support Kenny Cianchette as our next State Senator for District 26.

~ Rolf Olsen, Raymond

Editor,
I am proud to have Barbara Bagshaw as my state representative.

She is a hard worker, and she cares about her constituents in Windham. Who else canvases every house in their district/every other year?! Once I wrote Barbara a letter and the next day, she was at my door to discuss my concerns.

Barbara has integrity and she is brave. She stands up for her values in Augusta despite being in the minority every year. She speaks out to a wider community about illegal discrepancies secretly imposed on our district in Augusta. Her influence goes beyond our district-statewide and nationally.

Re-elect Barbara Bagshaw!

~ Brenda Mattson, Windham

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~ JoAnne, Waldboro, ME



PeoplesChoice raises more than \$6,000 to help end hunger

PeoplesChoice Credit Union recently concluded its annual Summer Sweepstakes benefitting the Maine Credit Union League’s Campaign for Ending Hunger, raising a total of \$8,650, with the hunger campaign receiving \$6,150.

To date, PeoplesChoice has raised just over \$19,000 for the Campaign for Ending Hunger in 2026.

The annual event brings a simple message to participating members with its “Win Big, Do Good” premise.

“It’s the kind of event that members can participate in and feel good about,” said PeoplesChoice Credit Union CEO, Luke Labbe. “Not only do they have a chance to win the \$2,500 cash prize, but remaining proceeds from the sweepstakes go directly to the fight to end hunger.”

This year, PeoplesChoice member “Amber” from Alfred was the big winner of the sweepstakes. “We’re proud to serve members who care as much about the community as we do, and that’s what makes an event like this so rewarding,” Labbe said.



PeoplesChoice Credit Union COO, Dan Dal-laire, right, and Director of Marketing, Jacob Ouellette, left, present Jennifer Burke, VP of Outreach & Strategic Initiatives for the Maine Credit Union League, with a check benefitting the Campaign for Ending Hunger after the credit union’s recent Summer Sweepstakes. SUBMITTED PHOTO

PeoplesChoice Credit Union, founded in 1963 and based in Saco, Maine, is a not-for-profit financial cooperative serving over 20,000 members across Maine. PeoplesChoice puts people first—always PeoplesChoice operates branches in Biddeford, Saco, Sanford, Wells, and a home loan office in Windham. <

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Inspirational Quote of the Week

“Never underestimate the difference YOU can make in the lives of others. Step forward, reach out and help. This week reach out to someone that might need a lift.” ~ Pablo

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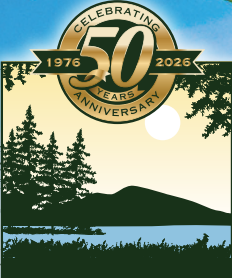
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The mail bonanza that wasn't

By Andy Young
STAFF COLUMNIST

I loved getting mail when I was young. “Mad Magazine” and “The Sporting News,” two publications I pored over at great length during my extended childhood, arrived periodically (pun intended) in the mailbox, as did the junk I’d sent for after collecting the appropriate number of

box tops from whichever cereal was offering cool (and free) stuff to loyal box-top-accumulators.

These days my mail consists primarily of junk, including periodic “special offers” from, among others, insurance companies, credit card purveyors, loan providers, landscapers, exterminators, and window-replacement companies, plus ads from local

supermarkets and appeals from various donation seekers, a few of whom might not be scammers looking for new suckers to bilk.

Last Wednesday afternoon the first thing I saw when I opened my mailbox was, predictably, weekly circulars from three local grocery stores. But underneath them were a postcard and three envelopes, two of which were actual letters written by actual people, with actual stamps on them! The third envelope contained a bill from Portland Water District, but that didn’t lessen my elation. I rarely get three pieces of real mail in a month, so getting three in one day was like winning the lottery!

Energized, I tossed the ads into the recycling bin and donned a pair of reading glasses so I could fully enjoy the unexpected mother lode of personal correspondence. I began with the postcard, which had a photo of Paris’s Arc de Triomphe on it. On the back was my friend Kevin’s entertaining and informative handwritten description of watching, from his observation post atop the Arc, traffic from 12 different avenues trying to merge onto (and exit from) France’s most dangerous traffic circle.

The postcard describing Europe’s foremost demolition derby training ground was merely the appetizer. Shifting my attention to the main course (the two letters), I prepared to tear one open when I noticed it wasn’t addressed to me, but to my son, who currently attends the University of Maine. Closer examination revealed something more troubling: a yellow sticker on the envelope’s lower right,

which read, “RETURN TO SENDER; UNABLE TO FORWARD.” Utterly deflated, I saw it had been postmarked 18 February 2026, meaning a letter I wrote to my son which he never received had just spent the previous seven months in postal limbo.

But the disappointment was just beginning. The second letter, also intended for my son, sported a “RETURN TO SENDER” label, too. The difference: this one was postmarked 9 September 2025, so it had spent more than a year in parts unknown prior to returning to its point of origin!

The United States Postal Service probably isn’t to blame for this snafu, since both envelopes containing the returned letters were unopened, and in perfect condition. I suspect the mix-up took place in the University of Maine’s mailroom, since my son was living in a dormitory there when I sent them to him. But at least I’ll have two interesting (and now historical) documents to give him the next time he’s home.

I cannot say enough good things about the University of Maine. One of my offspring earned his degree there, and another is scheduled to obtain his in just over a year. Both have gained a great deal from their experiences in Orono, although perhaps significantly, neither ever took a course in postal studies there.

I’ve written a check to pay the Portland Water District bill. I’m not sure where I’ll mail it from but I definitely won’t drop it in a mailbox where there’s even the slightest chance the contents will be routed through the University of Maine’s mailroom. <

Outstanding students

Ed Pierce, right, Managing Editor of The Windham Eagle newspaper, congratulates Windham High School student Sophia Atherton for completing a journalism internship this summer through an Extended Learning Opportunity offered by the school.



Atherton was one of four students giving presentations about their ELO participation at WHS on Tuesday. She wrote two stories for The Windham Eagle during her internship including one that appeared on the front page about a teacher who paints murals in the community and another about the collection of backpacks for students returning to school by a local club. Other students giving internship presentations at the event were Blake Grant (Lobstering), Aveiah Langston (Occupational/Physical Therapy), and Mason Bragdon (Electrical/Sabre Yachts). Students Gloria Veilleux and Kayjah Veilleux also completed gardening internships this summer but they were unable to attend the event.

PHOTO BY LORRAINE GLOWCZAK



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Maine’s Eviction Prevention Program reopens to new applicants

MaineHousing and Project Home, formerly known as the Quality Housing Coalition, have announced that the Maine Eviction Prevention Program has reopened for new applications.

The program provides rental assistance to eligible Maine households that have fallen behind on rent and are at risk of eviction.

To qualify, households must: Rent their primary residence in Maine;

- Be behind on rent and at risk of eviction;
- Owe no more than \$9,600 in past-due rent; and
- Have household income at or below 60 percent of area median income.

Full eligibility requirements, income limits, rent limits, and required documents are available on the Eviction Prevention Program page on MaineHousing’s website.

Eligible households may receive assistance with rent owed to their current landlord and, after past-due rent is resolved, up to 12 months of rental assistance. Total assistance may not exceed \$9,600 per eligible household. Payments are made directly to participating landlords.

Funding for the program is limited. Applications will be reviewed within program priority categories on a first-come, first-served basis. Applying does not guarantee assistance and MaineHousing may close applications when available funding is projected to be fully committed.

MaineHousing administers the program and provides funding and oversight. Project Home manages daily op-

erations statewide as MaineHousing’s contracted agent, including application review and applicant and landlord communication.

As of Sept. 21, households may apply online at mainehousing.org. Applicants who need help completing the online application or obtaining a paper application may contact Project Home. Applications may also be completed by telephone, with required documentation submitted afterward.

Applications will be prioritized in the following order:

- Eligible households that have received a summons and complaint for forcible entry and detainer;
- Eligible households that have received an eviction notice for nonpayment of rent; and
- Eligible applicants who pay more than 30 percent of their income toward rent.

Project Home must receive all required information and documentation before determining eligibility. If additional information is needed, Project Home will contact the applicant.

Applicants should know that once a complete application is submitted, it may take two weeks or longer for funds to be disbursed to the landlord.

Applicants who were previously denied because they did not submit required documentation or respond to requests for additional info may reapply. New applications will be considered based on the date they are submitted and will not be retroactively dated.

Because payments are made directly to landlords, landlord participation is

required. Full program details and application information are available on the Eviction Prevention Program page at mainehousing.org. <

LEGAL ADVERTISEMENT

RAYMOND SELECT BOARD

NOTICE OF PUBLIC HEARING

Tuesday, October 13, 2026 at 6:00p.m.

at the Broadcast Studio

423 Webbs Mills Road

The Raymond Select Board will hold a public hearing on Tuesday, October 13, 2026, at 6:00pm for the purpose of receiving public input on the proposed Tax Increment Financing (TIF) amendment to be included in the Town Warrant for a Special Town Meeting.

More information, and the complete text of related documents, is available online at www.raymondmaine.gov and at the Town Office.

LEGAL NOTICE

TOWN OF RAYMOND, MAINE

PLANNING BOARD MEETING & WORKSHOP

Wednesday, October 14, 2026 • 7:00 PM

Broadcast Studio - 423 Webbs Mills Road, and Via ZOOM

You are hereby notified that the Raymond Planning Board will hold a meeting at the Raymond Broadcast Studio and via Zoom on **Wednesday, October 14th, 2026 at 7:00 pm** on the following matters:

PUBLIC HEARING - MAJOR SUBDIVISION

APPLICANT: DM Roma Consulting Engineers
on behalf of Sebago View LLC

LOCATION: Map: 005 Lot: 1 Zone VR
Webbs Mills Road

DESCRIPTION: Application for a 50-lot Single-Family Major Subdivision.

PUBLIC HEARING - MINOR SUBDIVISION

APPLICANT: Sebago Technics on behalf of
Josiah B. & Cynthia Audet

LOCATION: Map: 011 Lot: 61 Zone RR
285 Webbs Mills Road

DESCRIPTION: Application for a 3-lot Single Family Minor Subdivision.

Copy of the submitted applications are available for review on the town website (www.raymondmaine.gov/agendas) after September 2, 2026 or at the Town Office (401 Webbs Mills Road) by appointment or during regular business hours.

WORKSHOP

Ordinance Updates to be in compliance with State regulation regarding ADUs and possible other Ordinance changes that may be needed.

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

SCAN HERE TO REGISTER IN ADVANCE FOR THIS MEETING OR GO TO:

<https://us02web.zoom.us/join/6PEz2joDSzOVq4eN1axNkg>

After registering, you will receive a confirmation email containing information about joining the meeting.



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Dylan Crockett of Windham making a name in boxing with ‘International King of the Ring’ win

By Matt Pascarella
STAFF WRITER

Windham graduate Dylan Crockett loves boxing. He’s fallen in love with the journey it’s taken him on, and Crockett is 100 percent in. Back in 2022, at the age of 14, he won his second “King of the Ring” title. Crockett has only continued to improve and compete in the past four years. Last month he traveled to Puerto Rico, where he won his first “International King of the Ring” Championship.

“Competing at the highest level has always been a goal of mine,” said Crockett. “Competing at the international level and being selected to represent team U.S.A means everything to me. It’s a blessing to be recognized to compete on this stage. My current goal is to compete in as many fights as I can and get as much experience as my team believes I need before I’m ready for the pros. Another goal of mine is to win and compete at as many national tournaments as I can because that is where I will get serious experience.”

Crockett had to take a two-year break from boxing due to frequent, chronic migraines.

Once fully recovered, he was ready to pursue his dream of becoming a world champion professional boxer. Since he officially stepped back into the ring, Crockett has been training six days a week, doing what it takes to make up for the lost time and pursue his dreams.

On Sept. 19, he fought in an invi-



Windham’s Dylan Crockett, right, with boxing coach Glenn Cugno after Crockett won his first International King of the Ring title at the San Juan Convention Center in Puerto Rico on Saturday, Sept. 19. SUBMITTED PHOTO

tational bout in Puerto Rico. Invitational means if you are fighting there, you were selected. Everyone who fought in this tournament happens to be a current or previous champion in their region and the best of the best were selected to fight there. Crockett fought a boxer from Columbia and won in three rounds.

“It honestly feels great to have accomplished something of this pedigree knowing how much time I’ve put

into this sport,” said Crockett. “The second I was declared the winner every single emotion hit me at once. I was so happy that it all worked out. All the late-night drives, extra training sessions, clean diet, and the sacrifices I’ve made it all became worth it.”

Crockett said this has definitely not been an individual journey and that his coaches and team have all helped to get him to this point. Coaches Glenn Cugno, Scott Frost and Allen Huntington have put an immense amount of time into Crockett’s career.

Cugno’s confidence in Crockett makes him believe there is nothing he cannot achieve. Crockett said he has been able to accomplish so much because of his team and family surrounding him. All this support is a motivator for him to keep going.

“He has come back strong with six fights so far this year,” said Cugno. “His strong mindset and drive to succeed is what has gotten him to this point. He is a student of the game. He is always looking for ways to improve.”

Cugno is putting on an event on Oct. 24 at the Lewiston Armory called “Gritty in the City 3” where there will be a lot of great up-and-coming fighters. This will be a professional and amateur event with Crockett as the main event for the amateurs of this show. The doors open at 5 p.m.

“Being around Dylan has played a big part in my development,” said sparring partner and Lewiston resident Jamear Burton. “I met Dylan when he was around 14, and I’ve been able to watch him grow from a young boxer into the fighter he is today. He’s also constantly trying to learn. He picks up new techniques, studies the sport, works on his weaknesses, and then brings that into the gym. Winning an international tournament shows what that work can produce. I look up to Dylan a lot because he pushes me to be better, not just as a boxer but as a person. I’ve seen how hard he works when nobody is watching, and I’ve seen firsthand how talented he is.” <

ATHLETE OF THE WEEK



Miles Moreau

Age: 14 **Team:** Windham High Cross Country
Coach: Paula Pock
Parents’ names: Kellie and Jason Moreau
Reason for selection: Miles is the first one on the track to start the warm-ups. He is the one that we say our goal today is to run this distance and if people want to do a little more, he’s always going the extra mile, literally. He brings a lot of grit, but he also works well with his teammates and really pushes them, which is encouraging to see. He’s obviously a very talented runner and coaches look forward to seeing how he progresses over the season. Miles is the type of athlete that when told that we are doing six more hills, he automatically asks to do 10. He has a drive and passion for running and pulls the rest of the team up with his positivity and competitiveness.

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Windham cross country has good showing at meet

STAFF WRITER

BOYS

Chase VanDerburgh, a sophomore, finished 12th for Windham



A male athlete with glasses and brown hair is captured in a running pose. He is wearing a grey tank top with the word 'WINDHAM' printed across the chest and a white bib with the number '138'. He is also wearing black athletic shorts. The background consists of out-of-focus green trees and foliage.



PHOTOS BY MATT PASCARELLA

GIRLS

Eva Vancelette, a senior, finished 28th overall and sixth for the team in a 25:26.00 time. <

SCHOOL BOARD UPDATE

AT-A-GLANCE

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

RSU 14 BOARD OF DIRECTORS

Upcoming School Board Work:

- Safety Plan Vote
- Cell Phone Policy Check In
- New Middle School Transition Update

FINANCE COMMITTEE

Upcoming Committee Work:

- Monthly Revenue & Spending Review
- Capital, Debt & Major Projects Review
- Strategic Focus & Annual Review

POLICY COMMITTEE

Upcoming Committee Work:

- JLF- Child Abuse Reporting, Prevention, & Education
- GBM - Earned Paid Leave
- DIF - Fixed Assets
- EBCF - Use of Automated Defibrillators
- IKE - Promotion, Retention & Acceleration of Students
- ADAA - School System Commitment to Standards for Ethical Behavior

CURRICULUM COMMITTEE

Upcoming Committee Work:

- A Review of Balanced Literacy Playbook
- Middle-level Curriculum
- Math Review at WHS
- Gifted and Talented Programming

FACILITIES COMMITTEE

Upcoming Committee Work:

- No meeting scheduled

UPCOMING MEETINGS

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

October 5, 2026:
9:00 a.m. at Central Office:
Policy Committee
11:00 a.m. at Central Office:
Finance Committee

October 7, 2026:
6:30 p.m.
at Windham High School:
Board Meeting

October 14, 2026:
3:00 p.m. at Central Office:
Curriculum Committee

October 19, 2026:
9:00 a.m. at Central Office:
Policy Committee

October 21, 2026:
6:30 p.m. at
Jordan Small Middle School:
Board Meeting

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

Eagle

REAL ESTATE & Home

Beware of potential hazards in your home

By Richie Vraux
SPECIAL TO THE WINDHAM EAGLE



Just last week I had a wake-up call. My dryer was taking way too much time to dry my clothes and making weird noises, so I detached it from the wall to discover that my exhaust pipe was chock-a block full of lint. Wow, that could have created a potential fire. I always would take the lint from the lint trap every time I would change loads, but it was obviously not enough

Dryers cause 3,000 fires every year. The leading culprit? Lint. Remove it from the filter before each load of laundry. And, clean the vent tube that sends air outside every 6 months. Hire a service if you're not sure how. Replace your vent tube if it's an accordion-style because lint can build up in the folds. I replaced my hose from an accordion style hose to a straight metal

tube where lint can't get caught up as easily,

Gas Furnaces

A healthy furnace makes a little carbon monoxide -- a poisonous gas you can't see or smell -- that leaves the house through a vent. A poorly kept furnace is a fire hazard and can put deadly amounts of gas into your home. Change the filter regularly and keep the furnace area clean. A certified technician should check your unit every year, especially for cracks that you may not be able to see with the naked eye, as furnaces aren't the only source of carbon monoxide. Clothes dryers, water heaters, fireplaces, gas stoves, cars, grills, and lawn equipment all make it. Get to a hospital if you suspect carbon monoxide poisoning. Symptoms can seem like the flu. Install a carbon monoxide detector and properly vent anything that burns fuel inside. Never use outdoor equipment in your house.

Oil Fired Furnace – As with any fuel, maintenance is the key to keeping



heating equipment operating safely. Make sure you have your annual tune-up, a service technician will perform tests to make sure your heating equipment is working safely and correctly; if he spots an issue, he'll take care of it right away.

Space Heaters – It pays to get newer models, which have more safety features. Pick one that has a "UL" label, a safety certification that's recognized by the U.S. government. Make sure it's the right size for the room that you want to heat. Get one with a safety switch that turns the machine off when it's knocked over. Put it on a level surface away from areas where people often walk. If your space heater is tall, it gives the opportunity for your family pet to knock it over, creating a sure-fire hazard,

CO poisoning – Although both oil and gas combustion produce potentially dangerous amounts of carbon monoxide as exhaust, heating oil holds a big advantage when it comes to carbon monoxide detection: if an oil burner is not functioning properly, it will produce smoke – a natural warning to people in your home. A gas burner, on the other hand, will produce only colorless, odorless carbon monoxide; this makes a CO buildup harder to detect. If your oil furnace is producing black smoke or soot, contact your furnace company right away. This is a sign your equipment is not functioning properly and the potential for carbon monoxide poisoning exists. It's also critical to have tested and working carbon monoxide detectors in your home, and to know the telltale symptoms of CO

poisoning, such as headaches, nausea, dizziness and fatigue.

Electrical Safety – All electrical outlets near water should be protected by Ground-Fault Circuit Interrupters (GFCI). They are required in unfinished basements, garages, outdoors, and anywhere near a sink. They interrupt the electrical circuit if someone comes in contact with electrical energy. This prevents dangerous electrical shock.

You should also check for loose or frayed wires on all electrical devices. Make sure there are no electrical cords under rugs or across doorways. Do not put cords in areas where they can be walked on. Have an electrician check any plugs or outlets that feel warm. Do not overload outlets. Plug in only one high-wattage appliance per outlet. Check that you do not exceed the amount allowed for a single outlet. Use light bulbs that are the correct wattage. Make sure electric outlets are safe for children. Add outlet plugs or covers that prevent children from sticking items into the receptacle. Move furniture in front of plugs to prevent them from being pulled out. Many seem to know the basics when it comes to safety hazards in their home such as covering all outlets, sharp corners and locking up cabinets and poisonous chemicals.

Winter is usually time when most accidents happen. Don't become a statistic, be aware of your surroundings.

This article was brought to you by Richie Vraux, a Broker/REALTOR® with Pine Tree Realty of Maine, 76 Tandberg Trail, Windham. Richie has been a REALTOR® for more than 25 years. If you need Real Estate advice at any capacity, feel free to reach out to Richie at 207-317-1297 or richardjvraux@gmail.com. <

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BRIEFS

Peony Sale

Raymond Village Library, 3 Meadow Road in Raymond, is having a Peony Sale from 8 to 11 a.m. on Saturday, Oct. 3. All proceeds will benefit the Friends of the Raymond Village Library organization. FMI, call 207-655-4283.

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.

Clothes Closet Celebration

Casco Village Church United Church of Christ, 941 Meadow Road, is holding a Clothes Closet Celebration from 10 a.m. to 2 p.m. on Saturday, Oct. 3, Saturday, Oct. 10 and Saturday, Oct. 17. Come check out their vast selection of gently used clothing. Prices are low and some clothing is free. Refreshments will be served. FMI, call 207-627-4282.

Swap Meet

Windham Public Library, 217 Windham Center Road, is hosting a Swap Meet from 1 to 3 p.m. on Saturday, Oct. 3-to encourage the recycling of items. Clean out items you haven't used, let someone else find joy in them, and maybe find something new for yourself. This month's theme is children's costumes. All Swap items are donated and free for taking. Swap items must be clean and in good condition, gently

used but not broken, messy, or missing vital parts. Items can only be brought and taken during the Swap Meet hours. Any remaining swap items will be donated to local charities. FMI, call Sally Bannen at 207-892-1908, ext. 7.

Veterans Family Day

The Windham Veterans Association, American Legion, ALA, VFW and DAV will participate in the 3rd annual Veterans Family Day event at the Windham Veterans Center, 35 Veterans Memorial Drive, from 10 a.m. to 3 p.m. on Saturday, Oct. 3. There will be food, fun family things to do, live music, and an opportunity to socialize with fellow veterans. FMI, call 207-892-1908.

Turkey Dinner

Highland Lake Grange's drive-through only, roasted turkey dinner will be offered from 4 to 6 p.m. on Saturday, Oct. 10. There will be roasted turkey, vegetables, stuffing, mashed potatoes, gravy, bread, cranberry sauce and cake. The cost is \$13 per meal or two for \$25. Have exact cost for the meals you want. No substitutions, no pre-orders. You drive up, pay and receive your meal. The Grange is located on the corner of Route 302 and Hardy Road in Westbrook. FMI, call 207-233-7119.

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, at 2 Elm St., Bridgton. FMI, call 207-803-8707.



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FOOD AND GAMES

THE WINDHAM EAGLE'S

Cooking Corner

Chocolate Banana Bread

Here's a handy variation that jazzes up ordinary banana bread and becomes a family favorite for its rich taste and moist texture.

Chances are your family already loves banana bread, so the addition of cocoa powder and chocolate chips enhance this treat making it a chocolate lover's dream dessert or snack. It can be sliced and served as a dessert after supper, as an after-school snack or even enjoyed for breakfast on a cool fall morning. Easy to prepare, it only takes just slightly more than an hour to make from start to finish.

INGREDIENTS

3 large ripe mashed bananas	1 cup of semi-sweet chocolate chips
1/2 cup of cocoa powder, and enough to dust the bread pan with	3/4 cup of sugar
1 cup of all-purpose flour	1/2 cup or 1 stick of butter, melted
1 teaspoon of baking soda	1 large egg and 1 large egg yolk
1/2 teaspoon of salt	1/4 cup of buttermilk or sour cream
	1 teaspoon of vanilla extract

INSTRUCTIONS

Preheat the oven to 350 degrees and spray a 8 1/2" x 4 1/2" loaf pan with cooking spray, then dust it with cocoa powder.

In a large bowl, whisk together the flour, cocoa powder, baking soda, and salt. In another large bowl, combine the sugar, butter, egg and egg yolk, buttermilk or sour cream, and vanilla until mixture is smooth. Pour the wet ingredients over the dry ingredients and stir until combined, then fold in the mashed bananas and the chocolate chips. Transfer the batter to the prepared baking pan and then bake until a toothpick comes out clean, about 60 to 75 minutes. Let cool at least 10 minutes before slicing and serving.

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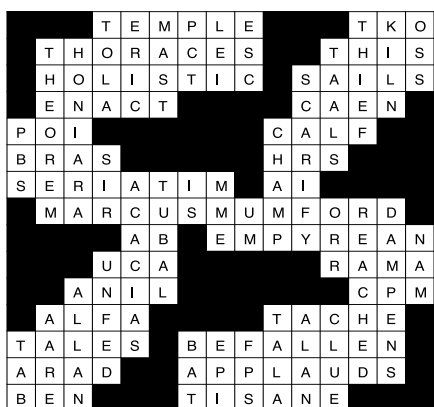
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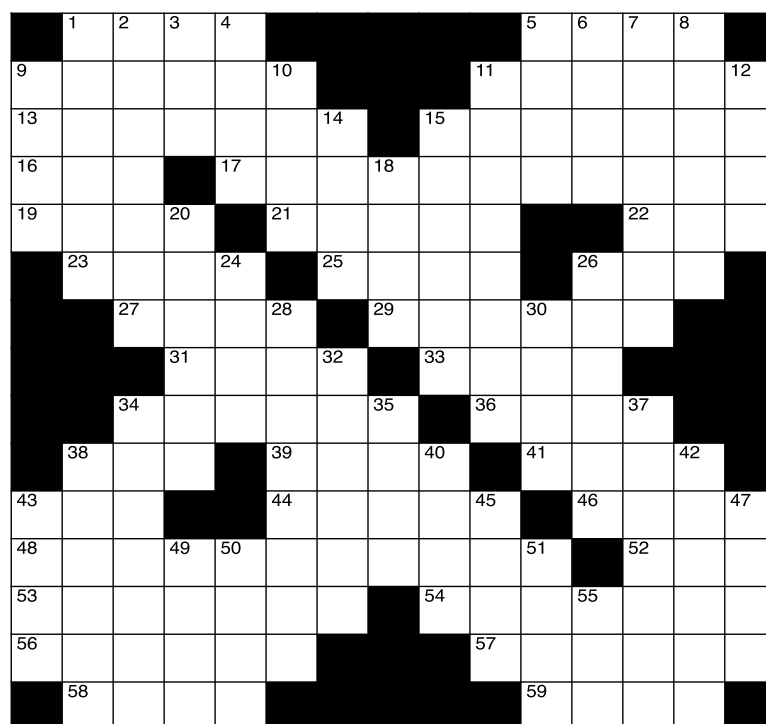
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LAST WEEK'S ANSWERS



.....CROSSWORD PUZZLE.....



CLUES ACROSS

1. Difficult	53. Blabbed
5. Coarsely ground corn	34. Looked through
9. A group of similar things ordered one after another	36. Rhode Island rebellion
11. Loved Romeo	38. A type of "cast"
13. Something to solve	39. One's duty
15. Pelvic areas	41. Where golfers begin
16. Informal debt instrument	43. Make a mistake
17. Ineffective	44. Semitic Sun god
19. A device attached to a workbench	46. Ancient Greek City
21. Related on the mother's side	48. Removed someone's head
22. "Fresh Prince of ___ Air"	52. A place to stay
23. Astronomer Sagan	53. Unwise
25. C. Utah city	54. Most unnatural
26. Turkey	56. "Dennis" is a notable one
27. Informal terms for money	57. Ointments
29. Awakens	58. Examination
31. Those who favored Prohibition	59. Leaked fluid

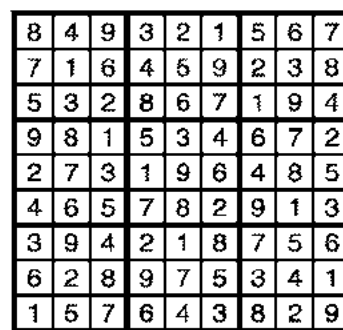
CLUES DOWN

1. Brave	28. Hydrophilic amino acid
2. A state of excitement	30. Nasal mucus
3. Jest at	32. Branch of U.S. Congress
4. Sandwich store	34. Swinish
5. Chapter of the Koran	35. Russian assembly
6. Dismounted from a horse	37. Grant an exemption to
7. Small vehicle	38. Set up in advance
8. Irrked	40. Satisfy
9. A disreputable man	42. Felt
10. Monetary unit of Samoa	43. Mild yellow Dutch cheese made in balls
11. A list of woes	45. Witnesses
12. Weight unit	47. Strong insects
14. Alone, single	49. Gasteyer and de Armas are two
15. Broadway legend Bernadette	50. One of an ancient people inhabiting Scotland
18. Monetary unit of Serbia	51. Cheerless
20. Worn by exposure to the weather	55. Unhealthy
24. A body of traditions	
26. Students seek one	

HOW TO SOLVE:

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

LAST WEEK'S ANSWERS



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

BUSINESS SPOTLIGHT

Convenience and providing each participant with a clean and fun community atmosphere is the goal of Zbon Fitness and the self-service gym helps you to prioritize your wellness, so every other part of your life benefits.

Located in Raymond at 1233 Roosevelt Trail, Zbon Fitness was founded in 2020 and is owned and operated by Zach Bonnevie. It is part of a growing business with locations in Turner, Yarmouth, Poland, South Paris, Lewiston, Warren, Brewer, Wiscasset and now Raymond. It offers 24/7 access to its gyms across the state, along with in-person and online personal training, a nutrition app and workout programs.

Zbon Fitness provides free weights, cable and plate loaded machines, cardio, clothing and supplements. Participants can join today online and get access instantly.

“The most significant aspect of Zbon Fitness is the community we’ve built. We’re a locally owned, Maine-grown company, and we work hard to make fitness approachable for everyone, regardless of their age, experience, or fitness level,” Bonnevie said. “What distinguishes us is that we combine the convenience of 24/7 access and multiple locations with the personal atmosphere of a neighborhood gym. We know our members, listen to their feedback, and continually reinvest in our facilities and communities. Even as we’ve grown, we’ve



remained focused on providing a welcoming, comfortable environment where people genuinely feel like they belong.”

According to Bonnevie, pricing for Zbon Fitness is highly competitive, especially when you consider the value included.

“Members receive 24/7 access, the ability to use all nine locations, quality equipment, convenience, and a welcoming environment without the overcrowded feel of many larger gyms,” he said. “We offer several membership options for individuals, couples, families, students, seniors, teachers, and members of the military. People can choose a plan that best fits their budget.”

Bonnevie has always had a passion for health and fitness for as long as he can remember.

“Growing up as an athlete showed me the positive impact that exercise can have on both physical and mental health,” he said. “I’ve also always found purpose in helping others, so personal training felt like the perfect path for me. That passion eventually

grew into opening Zbon Fitness. I’m incredibly grateful to do what I love and to provide communities across Maine with convenient, 24/7 access to fitness while helping create healthier communities.”

He says that Zbon Fitness is a local business built around helping people feel comfortable, supported and confident in the gym.

“You don’t have to already be in shape or know exactly what you are doing to belong here,” Bonnevie said. “Whether someone is stepping into a gym for the first time or has been training for years, our goal is to provide a welcoming environment where they can improve their health, build lasting habits and feel like part of a community. Our gyms are open 24/7, offer everything members need for a great workout, and have a laid-back atmosphere without the intimidation that can come with larger fitness centers. We want people to walk in, feel welcome, and enjoy coming back.”

Visitors to Zbon Fitness will find clean, well-maintained facilities, quality equipment, 24/7 access, and

knowledgeable personal trainers who genuinely care about helping members. The best measure of our quality is the feedback we receive from the people who use our gyms every day.

Reviews posted online consistently mention the cleanliness of Zbon facilities, the convenience of being open around the clock, the variety and quality of its equipment, and their welcoming atmosphere.

“Very convenient, 24-hour access, great equipment and never have to wait for machines.” ~ Ian C.

“Nothing but great things to say about this place! I usually struggle going to the gym as I have anxiety about going but most nights when I work out, I’ve had the place to myself. Not intimidating at all and has everything you need. Great location, 24/7 access, friendly staff and awesome personal trainers.” ~ Ashley K.

“Clean set up. Has all the equipment you need. The best part is it’s open 24/7. It’s a great local gym to support.” ~ Jack N.

Bonnevie said that the goal of Zbon Fitness is to provide more than just a place to exercise.

“We want every member to have a dependable, comfortable, and supportive place where they can work toward becoming their best,” he said.

To learn more about Zbon Fitness, visit zbonfitness.com or call/text 207-931-5140. Find them on Facebook under Zbon Fitness-Raymond. <



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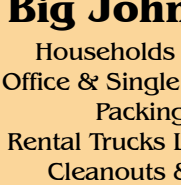
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