

# Annual gathering in Raymond showcases American freedom for Darfurian immigrants

**By Nicole Levine**  
 STAFF WRITER

This summer, Raymond's Roberta "Bobbie" Gordon and her husband George once again opened their home to Darfurian immigrants for their annual July 4th celebration.

The Gordons have been hosting this gathering most summers on Independence Day since 2008. Bobbie currently runs an independent group that was started by her and her colleague Roberta. The group was originally funded by the National Council of Jewish Women to support Darfurian immigrants in helping them learn to speak English and to assimilate into American culture.

Through Bobbie's program, members speak locally to spread awareness and raise funds to help immigrants coming to the U.S. from Darfur. Through their efforts they have generated support and resources enabling them to provide stoves powered by the sun to Chad, where many Darfurians are living during the ongoing violence in Sudan.

In each annual celebration, Bobbie and George offer their guests traditional 4th of July barbeque food, books and toys for the children, and a place to gather for all Darfurians. Many of the guests in attendance bring tradi-



**Immigrants from Darfur join friends from America in celebrating July 4 with a picnic at the Raymond home of Bobbie Gordon, right. Gordon has been instrumental in helping Darfurians overcome obstacles to enjoy a new life in the United States.** PHOTO BY NICOLE LEVINE

tional side dishes that originated in their country. Together, the group plays games to learn English and sing American themed songs, while the children play in the lake.

Bobbie Gordon explained how her favorite aspect of this event is "everybody's exuberance and happiness" despite how the country of Sudan is currently in turmoil with tragedies occurring daily. Each of the immigrants in attendance have their own unique story in their journey to America.

"Look at the spirit, despite what is happening in the country right now," she said.

The atmosphere was incredibly welcoming and gracious. At one point, Arafah, an immigrant from Darfur, who now works as a mathematician, rushes up to hug her, both with smiles on their faces that stretch from ear-to-ear.

In an instant, it is clear to see the effect that the Gordons have had on so many individuals. Throughout the

party, many people kept coming up to her to express their gratitude for the influential environment she has been able to create and maintain.

One man in attendance named Abu, had immigrated to the United States from Sudan. He spent two years in Jordan, before coming to America, and has currently been here for eight years. He said that his first year in the U.S. was incredibly difficult for him. He did not speak English very well, and it was an entirely different and foreign culture.

Abu shared how that had all changed when he met El-Fadel Arbab, the Community Outreach Coordinator for the Fur Cultural Revival, and someone Bobbie Gordon had mentored. Following this introduction, Abu was introduced to the community of Darfurian immigrants right here in Maine. He discussed how this group significantly helped him feel more comfortable, and entirely changed his experience in the U.S.

When reflecting on what these July 4th celebrations mean to him, he said, "I feel like one of the people. I feel the freedom and the happiness."

Since 2003, it's estimated that 2.7 million Darfuri have been displaced from their homes in Darfur, a region

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# Mullins steps down from Chamber leadership role

**By Ed Pierce**  
 STAFF WRITER

As President/CEO of the Sebago Lakes Region Chamber of Commerce, Robin Mullins has poured her heart and soul into promoting the community and local businesses but as it's been said before, every good thing must eventually come to an end.

Mullins, who has led the chamber since 2019, will step down from her chamber position to focus on her new role as Marketing Manager for Octagon Cleaning & Restoration in Windham.

"Now seems like the right time to leave my chamber President/CEO role as I was offered a position too good to turn down," Mullins said. "It was hard turning down no more nights or weekends for a bit more money and a company car. What I love about my current role is all of the relationships I have built and the marketing I have done for the region. In my new position I will do what I love and continue to build and foster relationships, and instead of marketing hundreds of businesses in eight communities, I will be able to focus all of my efforts on just one company."

She said she has worked for Octagon before, so she knows the business.

"The coolest part is that it is a family business and my family," Mullins said. "My brother and sister-in-law,



**Robin Mullins is stepping down from her position as President/CEO of the Sebago Lakes Region Chamber of Commerce after five years.** FILE PHOTO

Robert and Kathy York, own the business and my dad, nephew and cousin all work there."

She grew up in Windham and graduated from Windham High School in 1986. Although she earned a degree in elementary education, Mullins has spent most of her career working for Hannaford Supermarkets in both retail and corporate en-

vironments. She worked 22 years at Hannaford and the company paid for Mullins to obtain a master's degree in training and development while giving her experience in every aspect of human resources management.

Mullins left Hannaford to spend more time with her family and then became the part-time HR Director for Octagon Cleaning & Restoration. She later joined the Sebago Lakes Region Chamber of Commerce as its part-time office manager and in 2019, Mullins assumed the full-time role as SLRCC's President/CEO. Her last day leading the chamber will be July 12.

SLRCC Board Chair Jonathan Priest said that Mullins has left an indelible positive stamp upon the chamber.

"I am excited for her in her new role, but I know we will all miss her boundless energy, her giant heart, and her passion for the people and businesses of our region," Priest said. "She has worked tirelessly during her time with the chamber to support our area businesses, grow our membership, expand chamber member benefits, boost attendance at our Business Breaks, and raise money for worthy causes like Feed the Need."

Priest said that her membership in various organizations like MAACE, the Gray New Gloucester Optimist Club and the Sebago Lake Rotary

Club allowed her positive energy, sharp mind and articulate voice to be seen and heard by business owners, state and federal representatives and community leaders. And, he said that Mullins attended many trainings and conferences to make sure she always had the most accurate and up-to-date information for the chamber board and communities she served.

For her efforts on behalf of the chamber, Mullins was honored last fall as the 2023 Maine State Chamber Professional of the Year.

According to Mullins, her family including husband John and daughters Cassidy and Ainsely, are proud of what she's accomplished during her time working for the Sebago Lakes Region Chamber of Commerce and excited about her new job.

The people are what Mullins says that she will miss most about working for the chamber.

"I have an amazing Office Manager, Denise Dyer. I will miss working with her every day. I will miss the SLRCC Board of Directors, especially our Board Chair, Jonathan Priest," she said.

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# INSIGHT

## A change of heart

When it comes to music, I know what I like and avoid listening to bands and singers I don't particularly care for. This has been the case for me since I was 9 years old and first tuning in to popular rock n' roll radio stations on a transistor radio.

Through the years I have developed my own musical tastes and musical dislikes and as I've gotten older, I rarely, if ever, have a change of opinion about those on the wrong side of my preferences.

Yet lately, I seem to have had a change of heart or a reversal of my personal feelings about some music.

Back in 1979, I was serving in the U.S. Air Force in Germany and was thrilled that the base exchange store offered many of the newest releases and at a discount for military members too. Every Friday, if I saved my money up during the week, which wasn't always easy as I was earning \$360 a month back then, I could find new albums priced between \$4.99 and \$7.99.

Soon I had built up quite a collection of vinyl records that included many new artists that I took great pride in introducing to my friends and some better-known bands and singers from the 1970s.

Before I had enlisted in the Air Force in 1977, like many other young adults my age, I had become a fan of the band Fleetwood Mac and considered myself fortunate to have included 1975's self-titled "Fleetwood Mac" album and the 1976 Fleetwood Mac "Rumors" album in my vinyl collection.

But being overseas and working long shifts, sometimes it was hard for me to keep up with music news from the United States. Therefore, in October 1979 I was shocked when a friend told me he had visited the base exchange store earlier that day and purchased Fleetwood Mac's newly released album called "Tusk." He asked if I wanted to join a group of friends at his apartment that evening to listen to the new album for the first time and I readily agreed as I hadn't even heard the band had been working on a new album.

But from the very first song he played on the "Tusk" double album, some of us were taken aback. It was music quite different from the "Rumors" album and I left that apartment that night saying that the new "Tusk" album would take some getting used to. Through the years it never happened for me, and "Tusk" became one of the Fleetwood Mac albums I never bought.

A few years before that in 1975, I had been driving in my 1974 Mercury Capri when a song called "Fooled Around and Fell in Love" by a singer named Elvin Bishop came on the radio. I wasn't crazy about the song the first time, the second, or the third time I heard it while driving. In fact, it seemed every time I turned on the radio, no matter what station I selected, it would eventually end up playing "Fooled Around and Fell in Love."

It was played so many times and in so many different places that I grew to detest the song and it became an automatic reflex action of mine that if the opening refrains of Elvin Bishop's "Fooled Around and Fell in Love" appeared on the radio, my fingers were ready to hit the buttons to choose another radio station. If I was shopping in a store and heard the song, I'd search immediately for the nearest exit.

By 2002, I would watch MTV on television to stay current with new performers and bands. Some of the newer singers and bands I enjoyed, while some just didn't do it for me. Such was the case with Avril Lavigne. I thought her voice resembled what I believed was close to sheer caterwauling. I just found her music irritating and all her hit songs sounded the same to me. I told some of my friends that in my opinion she was sort of a poor man's version of Alanis Morissette.

Like Elvin Bishop and Fleetwood Mac's "Tusk" album, Avril Lavigne became just another performer on my personal dislike list, and you may think that's the end of the story.

But since I have redone my stereo system at home and started listening to vinyl and CDs from my personal collection again, something remarkable has happened.


I saw the "Tusk" CD in a record store for \$6.97 and decided to give it another listen. It's truly amazing music and I now consider it the best of all their albums. I'm lucky to own a copy of it.

A month ago, my wife Nancy and I were driving somewhere and "Fooled Around and Fell in Love" was playing on the radio. We listened to it, and we both agreed that it's an awesome tune.

Then last weekend I watched Avril Lavigne's performance of "I'm With You" during a televised concert in Glastonbury, England. Her voice was truly incredible, and I must admit I was wrong about her after all.

I suppose that one is never too old to have a change of heart when it comes to your musical tastes. < ~ Ed Pierce

### Today in HISTORY



**JULY 12**

**687 – Sir Isaac Newton's theory**  
**1862 – The U.S. Congress authorizes a new award for military members called the Medal of Honor.**

**1870 – The first rotary can opener with a cutting wheel is patented by William W. Lyman.**

**1933 – A minimum wage of 40 cents an hour is established in the U.S.**

**1954 – U.S. President Dwight D. Eisenhower proposes a new highway modernization program, with costs to be shared by federal and state governments.**

**1957 – The U.S. surgeon general, Leroy E. Burney, reports that there is a direct link between smoking and lung cancer.**

**1960 – Manufacturing began for the a new toy call the Etch A Sketch®.**

**1982 – The movie "E.T.: The Extra-Terrestrial" breaks box-office records by surpassing the \$100-million mark of ticket sales in the first 31 days of its opening.**

### Inspirational Quote of the Week

**"Competition strengthens character and reveals true potential" – Patti Smith**

## ON THE SPOT

**If you were stranded on a desert island, what's one thing you would want to have?**

"A boat." – Jonathan Priest

"Pandora and a device to play it on." – Christopher Wallace

"My friends!" – Ruthie Jackson

"My dog." – Kat Doughty

"My husband and our dog, Godfrey." – Julie Mallett

"A cat." – Alive Mains

"A library." – Francesco Paredon

"Something to read that keeps me sober, because you never know when a pirate ship will drop by with a bottle of rum." – Bill Keller

"Sunblock." – Christopher Bowker

"Music, music, music, regardless of the important items for survival, of course." – Shelley Worthing

"My Gibson guitar." – James Maddin

"#1 item - fire starter like flint and steel. #2 item - fishing spear." – Brian Butler

"A survival kit." – Jennifer Harmon

"Flashlight." – Steve Hatt

"My husband." – Janet Paul

"The Professor from Gilligan's Island. He was like the MacGyver of the South Pacific." – William D. Reiner

"A tent and malaria pills." – Lois Fuller

"Insect repellent." – Dean Smalley

"A machete and a hat." – David D. McCoombs

"My iPhone." – Mia Potenzio-Ransey

"Matches and signal flares." – Lane Marmol

"Water filter and a handsaw." – Jerry Greene

"Flashlight and extra batteries." – Audrey Marmol

"Food and water." – Jude Orestes-Sanchez



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# Applicant withdraws solar farm proposal in Raymond

By Ed Pierce

STAFF WRITER

An eight-month initiative by residents in Raymond to oppose placement of a commercial solar farm in their neighborhood has resulted in the applicant withdrawing the project from consideration.

In October 2023, Allen Solar LLC proposed installation of a 1MW ground-mounted solar power generation facility on a residential property in the Pulpit Rock Road and Twin Pines neighborhood near Thomas Pond off Route 302. It spurred a months-long controversy between the residents and the solar company, ultimately involving the Raymond Planning Board and the Raymond Select Board.

Allen Solar, LLC submitted the proposal to the Raymond Planning Board and sought permission to locate the Mainely Solar facility on Roosevelt Trail on a lot owned by Scott and Aimee Allen with access to the project area through a lot owned by Scott Allen using the existing Raymond Marine entrance to Roosevelt Trail. The project was to be situated on 17,817 square feet of land and the company wanted to occupy about 6.8 acres located within the town's Rural Residential District and portions within the Shoreland Zone, and Limited Residential/Recreation District.

The location itself is hilly, heavily wooded and filled with vernal pools, critical wetlands and streams that run

downhill directly into Thomas Pond. It would have required approval from the Maine Department of Environmental Protection and the U.S. Army Corps of Engineers for filling a small 325-square-foot wetland to support project access. The solar company planned to fence the property and proposed buffers and setbacks to be deployed to minimize visual impact.

Trees at the site were cut down to accommodate the proposed solar farm prompting project abutters to retain an attorney, and to file a complaint with Maine DEP regarding the clearing of trees inside of vernal pools and wetlands on the proposed project property.

Laurie Wallace, who lives next to the site said concerned residents discussed some of their objections to the project at the Raymond Select Board meeting in February and they voiced environmental concerns and placement of such a project in a residential neighborhood. The group requested a town moratorium on ground-mounted large solar projects but the select board said that was something for the Raymond Planning Board to do. During the Feb. 21 Raymond Planning Board meeting, board members requested more time to evaluate a minor change to the buffer for the project from 20 feet to 50 feet.

A vote during the March Planning Board meeting required that the applicant hire a landscape architect to

perform a visual assessment from the perspective of several abutters. That happened in mid-April and the architects promised that the report would be furnished to the applicant within a month. The Planning Board also voted to require third-party peer review of the project to verify or discredit the evaluations performed on behalf of the applicant. Attorneys for the Town of Raymond, the abutters, and the applicant eventually hammered out a mutually agreed upon statement of work.

In an effort parallel to the peer review, a petition was started by some of the solar project abutters which would modify the Town of Raymond's existing solar ordinance prohibiting commercial solar projects in the Rural Residential District and in Shoreland Zoning, effective July 2023. The petition received more than 500 signatures within 10 days, and it presented the Raymond Town Manager with those signatures on May 21.

Raymond residents had first approved a general solar ordinance in 2022 that allowed commercial solar arrays in residential zones. State law mandates that the proposed ordinance amendment must go before the public for a vote and because the petition was turned in too close to the town's annual meeting on June 11, it was not able to be added to the town warrants because of mandatory public meeting requirements and printing constraints.

In June, abutters received a letter from Raymond Town Manager Sue Look that Allen Solar LLC had withdrawn its application, citing costs associated with connections to CMP and for Raymond Fire and Rescue's requirements for a robust fire suppression system.

"We support energy sources other than fossil fuels. But placing a commercial solar farm in this sensitive ecosystem can ultimately do more harm than good," Wallace said. "The Thomas Pond watershed feeds directly into Sebago Lake, the source of drinking water for thousands in the Greater Portland region."

Following the developer withdrawing the project for consideration, the Raymond Select Board voted Tuesday evening to recommend a vote to change Raymond's solar ordinance to keep commercial solar arrays out of the rural residential district and shoreland zoning.

The public will be able to discuss the ordinance initiative at a public meeting on Aug. 13 at 6p.m at the Raymond Broadcast Studio next to Jordan-Small Middle School. Doors will open at 5:30 p.m. <

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# Dundee Dam gate failure could have lasting impact

**By Abby Wilson**  
STAFF WRITER

Dundee Park is a highly valued gathering space for Windham residents and the surrounding community. The park features sports courts, swings, a picnic area with outdoor grills, and a beach along the Presumpscot River.

This last attribute makes the park such a vital resource in the summer, but it is also the reason the park was closed last month.

In early June, the Dundee Dam which is a hydroelectric project on the southern end of Dundee Pond, experienced a gate malfunction resulting in

extremely low water levels. "I noticed that the river looked like there had been a three-day rain," said Mike Parker, a Windham resident downstream from Dundee Dam. "I went to find out where the mud was coming from."

Parker discovered that the pond levels were very low and during this investigation, the owner of the dam appeared and explained that the dam had malfunctioned.

According to Parker, he was concerned because the park is a public access point to the river. He noticed that putting a boat into the water would be

possible, but he said that it would be a nightmare because of the scramble from the water line.

"I visited the muddy exposure and walked it with a fisherman," he said.

The fisherman told him that the fishing was good because there were many fish in not a lot of water and while on site, he caught a couple of small-mouth bass.

"There has been a change for the worse," Parker said.

Michael Shaughnessy, the President of the Friends of the Presumpscot River, said the low water level now is troubling.

"It's like somebody pulled the plug on a bathtub," he said.

Shaughnessy confirmed that the dam owners went to make a scheduled repair on the upper gate, but the lower gate got stuck in the open position.

"All that sediment goes down and then shoots down the river," he said.

The water and sediment drain through the gate and into the old rocky riverbed which is used as a trout spawning area.

"Any kind of spawning activity has been decimated by this," said Shaughnessy.

→ see DUNDEE Page 6

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# Volunteers still sought for Loon Count on Sebago Lake

By Abby Wilson  
STAFF WRITER

Seeing a Common Loon is a joy to many, but there is one day each year when over 1,000 people set out onto Maine lakes to catch a glimpse of this majestic bird.

The Annual Loon Count takes place on the morning of the third Saturday of July each year. According to Maine Audubon, the project organizing entity, 1,600 volunteers help out during this 30-minute survey.

Information on the Maine Audubon website says that “observations recorded by our community scientist volunteers provide an excellent ‘snapshot’ of Maine’s loon population.”

Audubon volunteers are tasked to set out on a boat to count loons on various lakes in Maine. But who else is involved behind the scenes to coordinate volunteers and the other aspects of the project?

Brooke Adam, Marley Cloutier, and Anne Heissenbuttel are Loon Res-

toration Interns for Maine Audubon.

Cloutier is a recent graduate of the University of New England’s Animal Behavior program and enjoys the subjects of ornithology and geographic information systems.

A large portion of this job entails monitoring nesting loons on lakes, which is important for many reasons.

“We have seen an uptick in lead poisoning,” Cloutier said.

“Fish Lead Free” is an initiative that encourages fishermen to stop using

lead in tackle by facilitating exchange programs and delivering presentations. According to the Fish Lead Free website, “Lead poisoning is a leading cause of death for adult Common Loons in Maine.”

The Loon Restoration Interns assist nesting pairs of loons by installing rafts which help to mitigate challenges such as wildlife predation and boat wakes.

“There are two different types of

→ see **LOONS** Page 9

## IRENE R. MORRIS, 91



Irene R. Morris, 91, a longtime resident of Raymond, passed away on June 23, 2024. Irene was born on November 6, 1932 in Nyack, NY to Joseph and Elsie Rauh. After attending Spring Valley High School, Irene went on to get her nursing degree from Englewood Hospital School of Nursing. After graduating Nursing School Irene married Richard Morris in 1953. Together they raised their two sons.

After relocating to Maine in 1987, Irene became very active in her community. She was a very active member of The Casco Village Church, The Raymond Library, The Garden Club and Age Friendly Raymond.

She enjoyed spending time with her family, working in her garden, sewing, cooking and spending time with her husband at the beach.

She was a beloved wife, mother, grandmother, great grandmother and friend who will be deeply missed by all that knew her.

She is survived by her sons Jeffrey Morris and his wife Tracie, Mark Morris and his wife Mary, grandchildren Rebecca Randall and her husband Dan, Timothy Morris and his wife Katie, Heather Morris and Thomas Morris, and great grandchildren Nora Randall and Liam Randall.

*A Celebration of Life will be held at 6 King’s Grant Raymond, ME on July 27, 2024 @1:00pm.*

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**DUNDEE** *Cont. from page 4*

There have been serious environmental effects but also economic impacts. Shaughnessy voiced his concerns about the resources that Dundee Park provides to the community.

“That’s where the town gives swimming lessons,” Shaughnessy said. He also commented that with a recent drowning in Westbrook, we are all thinking about the importance of learning how to swim.

“It’s important to have access to swimming lessons in a state that has as much water, and as much wild swimming possibilities as we have here. It’s more important than learning to ride a bicycle,” Shaughnessy said.

The community will feel the effects at Dundee Park with swimming closed this summer. but the surrounding ecosystem will suffer long-term.

“Biologically it’s set back for years,” Shaughnessy said.

He is advocating for the town to conduct an environmental study to determine the lasting and expansive impacts.

“You need to have upstream and downstream remediation,” said Shaughnessy.

This survey would also determine future costs of infrastructure or programs that are needed for the park, river, and pond to get back to full biological health.

“If they just focus on filling it up and

think it will be just like it was and that won’t happen,” said Shaughnessy. “The major concern is the impact on the fisheries by virtue of the water level going down. Other wildlife will be impacted such as turtles, clams, and birds of prey. The biological life that was lake oriented has been destroyed. The silt is going down impacting the lower impoundment. It’s a lake and there’s lots of water over many acres, then it goes down and now it’s all dried mud. The things that can exist on the lake can’t exist in dried mud.”

The Windham Parks and Recreation Department website describes Dundee Park as “an attractive beach and picnic area with outdoor grills located in



**Concerns are high regarding the negative lasting impact on fish and other wildlife at Dundee Park due to a dam failure.** PHOTO BY MICHAEL SHAUGHNESSY

a picturesque and unspoiled site along the Presumpscot River.”

While the park reopened with a swimming ban on June 21, the future remains uncertain. Dundee Park may not currently be ‘picturesque and unspoiled’, but community support and environmental studies can help restore Windham’s favorite park. <

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**THURS., JULY 18<sup>TH</sup>, 3-10PM**  
3PM – Midway opens  
4PM – Canine Demos  
4-7PM – Karaoke  
6PM – Kiddie Parade  
8PM – Alex Roy Band *Alternative Rock*

**FRI., JULY 19<sup>TH</sup>, 3-10PM**  
3PM – Midway opens  
3PM – Blue Magic Band  
5-8PM – Car Show  
5:30-7:30PM – Talent Show w/Cash Prizes  
Registration 4:45-5:15PM  
8PM – Stone Broke Band *Country, Bluegrass*

**SAT., JULY 20<sup>TH</sup>, 8AM-10PM**  
8AM – 5K Run/Walk  
Free Toddler 50-yard dash – 7:45AM  
Register online or sign up race day 6:30-7:45AM  
8AM-4PM – Lions Yard Sale  
10AM – Grand Parade “Celebrate the 70’s”  
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11AM – Midway opens  
11AM-4PM – Scavenger Hunt  
11:30AM – Wanda Plummer Dancers  
1PM – Lake Region Community Theater  
2PM – 207 Rhythm Road Band  
*Country, Pop, Rock*  
4PM – Skillet Toss

5PM – Half Moon Jug Band  
*Folk, Pop, Rock*  
5-6:30PM – Sebago Lions  
Lobster Chicken BBQ  
6PM – Farmers Olympics  
8PM – Henry Lowery Band  
*Country, Blues, Rock*  
9:30PM – approx: FIREWORKS  
(Rain Date – Sun, July 21)  
10PM – Midway closes

**CAR SHOW**  
**FRI., JULY 19<sup>TH</sup>**  
**5-8PM**

**GRAND PARADE**  
**SAT., JULY 20<sup>TH</sup>**  
**10AM**

**FIREWORKS**  
**SAT., JULY 20<sup>TH</sup>**  
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# 'Christmas in July' Boat Parade a festive tradition

**By Ed Pierce**  
STAFF WRITER

Every Christmas, it's inevitable that someone wishes that the holiday spirit could last all year long. Here in the Lakes Region, the 'Christmas in July' Boat Parade in Naples has become a beloved tradition and revives the magic of the holiday season when it's most needed.

Launched by Naples resident Mark Maroon during the COVID pandemic as a safe way to bring people together to celebrate community, this year's parade is hosted by the Sebago Lakes Region Chamber of Commerce and the Naples Marine Safety Patrol. The boat parade will begin at dusk on Saturday, July 20 and turn Long Lake, the Naples Causeway and Brandy Pond into a festive occasion featuring holiday-themed lights and decorations.

Harbor Master Shawn Hebert of Naples Marine Safety said it's tough to know in advance how many boats will participate in this year's parade.

"The first few years we averaged between 48 and 62 boats," he said. "Last year we only had 18. We attribute that

to the amount of rain we received last summer. It is our hope we can get as many boats as we can to put on a great event."

Hebert said the parade is a fundraising event to the Naples Marine Safety Association with members donating their time and efforts to put this event on.

"All of the sponsorship donations and any donations raised help purchase needed equipment, tools or specialized training that we would not be able to obtain through our annual operating budget," he said. "This parade was developed during the height of COVID. It was a means of bringing members of the community together even when we needed to social distance. Over the years this parade has taken on a life of its own. We are seeing business participation, spectator participation on shore as well as ever increasing spectators watching the event from the shoreline, causeway or from a boat. In the midst of summer, this event brings people together, businesses prosper and just an overall feeling of joy."

According to Hebert, the long-term benefits of the event help bolster the local economy.

"We see spectators coming out early to the venue," he said. "Before they set up their seats, they are going to a local restaurant or ice cream parlor and even purchasing merchandise from local vendors. It is our goal for this event to help bolster our association's mission but to also bolster the local Naples economy."

Joanne Jordan is serving as a volunteer and committee member helping to organize this year's boat parade.

"This event is unique for this area. There are other boat parades around the country, but the Naples Causeway provides a unique opportunity for this to happen in fresh water with a beautiful viewing area that allows the boats to get up close to the crowds when going under the causeway or visiting one of the waterfront businesses," Jordan said. "The event is free for boaters to participate and free to watch. It creates a feeling of joy for both groups. We have been lucky to have talented music producers create a fun atmosphere for

the crowd while waiting for the boats to arrive and when the boats reach the crowd, everyone is excited, and everyone feels like a kid at Christmas."

She said anticipation for the parade in the community is always fun to watch.

"Every year the momentum builds. Many of our marina sponsors compete for the best decorated marina boat and some of the local shops and restaurants have started decorating their businesses with lights and trees and blow-up characters. Safety is key for this event so much of the committee's time is spent on route and boater safety. This year members of the Naples Marine Safety made up 800 packets with the information on the parade, and how to register, and dropped them in boats on Brandy Pond and Long Lake to encourage boaters to participate. Of course, letting the community be aware of when and where it is happening is key so they can enjoy the festivities and patronize our sponsors."

Jordan said staging a parade on the water is interesting and challenging.

→ see PARADE Page 11



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# BRIEFS

## Spaghetti Dinner

It Takes a Village 207 is offering a Christmas in July Spaghetti Dinner from 4:30 to 7 p.m. Saturday, July 13 at 175 Northeast Road in Standish. The event includes a 50/50 raffle and prize raffles. Bring an unwrapped toy for a free raffle ticket. The meal includes one serving of Becky's Rockin' Loaded Spaghetti, garlic bread, salad, dessert and drinks. Cost is \$13 per adult and \$8 for ages 12 and under. Text 207-322-7065 for to-go meals 24 hours prior. There will also be a Christmas cookie decorating station,

crafts and maybe Santa will make an appearance. See the It Takes a Village facebook page for more details.

## Flea Market

The Casco Village Church, United Church of Christ at 941 Meadow Road in Casco will host its annual "Open Air Fair/Flea Market from 9 a.m. to 1 p.m. Saturday, July 13. This year's event will feature vendors, a flea market, food booths, coffee and donuts, an auction board, a raffle calendar, and a flower sale. FMI, call 207-627-4282.

## Summer sale

A Naples Village Green Summer Sale is being sponsored by the Naples Historical Society from 9 a.m. to 3 p.m. Saturday, July 13. The rain date will be Sunday, July 14. A variety of vendors will be on hand to sell new and used items, crafts, plants, jewelry and more. Proceeds benefit the Naples Historical Society. FMI call 207-655-5994.

## Blood drive

The American Legion will host a Red Cross Blood Drive from noon to 5 p.m. Wednesday, July 17 at the Windham Veterans Center, 35 Veterans Memorial Drive. To donate, call 1-800-REDCROSS for an appt..

## Don Rogers Scholarship Dinner

The public is invited to attend the Don Rogers Scholarship Bean Supper on Saturday, July 20 at the Windham Veterans Center. The meal starts at 5 p.m. and proceeds go to Windham American Legion Field-Allen Post 148's scholarship fund for deserving local students. Cost is \$15 per person and kids under 12 are admitted for free. Meal includes a variety of beans, casseroles, salads, red hotdogs, rolls, brown bread, desserts, and beverages. The post's Auxiliary will conduct a homemade pie auction during the dinner with proceeds going to its scholarship fund. FMI, call 207-892-1306.

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→ **LOONS** *Cont. from page 5*

rafts” says Cloutier. One is made out of a wire type material, similar to a lobster trap and the other is composed of cedar.

The rafts are floating platforms that contain soil, moss, grass, and sometimes small trees like willows to encourage better nesting productivity of loon pairs.

Some rafts have an avian guard which gives them coverage from birds of prey like eagles, but also to provide shade.

For Adam this year’s loon count is actually my introduction into a career of ornithology.

“This is a really fantastic opportunity to get my foot in the door for conservation,” she said. “We rely on volunteers to know what the pair is up to. They tend to be the first people that tell us when a pair is nesting, when a pair has arrived, when a pair gets on the natural nest or on the raft. A lot of it is up to our volunteers because we’re only a small team and we have this nice network to help us cover lakes all across Maine.”

The 2024 Annual Loon Count is

scheduled for 7 a.m. Saturday, July 20. The interns will be helping to survey and coordinate for bodies of water including Sebago Lake- Maine’s deepest and second largest lake.

“Counting a lake the size of Sebago is a lot of work though as referenced by it only having been done twice in 40 years. Every year, the great challenge is to come up with the necessary number of counters,” says Brad McCurtain, the volunteer coordinator for the Sebago Lake Annual Loon Count.



With only two surveys to pull numbers from, there is not yet enough data to understand loon population patterns on Sebago Lake.

McCurtain says it is critical information right now as we’re trying to build a baseline of Sebago’s loon health and population.

“From there, the data can be studied, and we can better assess if what we’re doing now is leading to a growing, stable or declining population on the lake,” he said.

Cloutier said they still have a few spots left to cover on Sebago Lake. The lake has 49 survey areas and at least one

counter is required per area.

“We are grateful to have returning volunteers this year on Sebago Lake and to have new interested parties that are enthusiastic about coming out this month. We encourage people to volunteer, get involved- it’s great for the community too. You get to meet a lot of people doing this.” says Cloutier.

Adam said the count is open to pretty much anyone so long as they have a kayak, paddleboard, motorboat, or any way to get out on the lake and survey.

“It’s really wonderful to see how

many people really do care about the loons in our state. I sure did not know before I was involved in this project that there were this many people that really love loons and really want to see them succeed in Maine,” says Adam.

There are people that have been monitoring loons since the inception of the project in 1983. But new volunteers are encouraged.

To sign up for the Loon Count or to inquire about the volunteer needs of a lake near you, email the organizers at: [conserve@maineaudubon.org](mailto:conserve@maineaudubon.org). <

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→ CHAMBER *Cont. from page 1*

“But you know, as I think about it, I am not going that far away. I will still be in Windham. Octagon is a member of the chamber, so I'll still participate in chamber events. And all of those relationships I have will not go away. They will just change. Don't get me wrong, I do not wish water or fire damage on anyone. However, if it should happen, I know an amazing restoration company that can take care of anyone I have come to know and adore in my role as chamber President/CEO.”

Above everything else, Mullins says the thing she's learned the most about herself from her time working for the chamber is fundamental.

“I hate to sound like a broken record, but it is all about relationships. I have learned how much relationships mean and how the relationships I formed in the past continue to benefit me today,” she said. “I have always told my girls to be nice to everyone and to never burn bridges. You never know when someone will come back into your life and how you might need them or they you. So many of the people I have known from other roles in my life have proven to be extremely valuable in my chamber President/CEO position and will continue to be in my new role as Marketing Manager at Octagon Cleaning & Restoration.” <

# LETTERS to the editor

Editor,

I am writing to express my heartfelt gratitude to the Windham Police Department for their recent efforts in addressing the issue of speeding in our community.

Over the past few weeks, I have noticed a significant increase in police presence along River Road and other problem areas where speeding has been a concern. This proactive approach has not only made our roads safer but has also reassured residents like myself that our concerns are being taken seriously.

Speeding is a serious issue that affects the safety and well-being of everyone in our town. By stepping up patrols and enforcing traffic laws, the Windham Police Department has demonstrated a commitment to keeping our streets safe and protecting the lives of both drivers and pedestrians.

I believe it is important to acknowledge and appreciate the hard work and dedication of our local law enforcement officers. Their efforts do not go unnoticed, and I am grateful for their service to our community.

Once again, thank you to the Windham Police Department for their continued vigilance and commitment to public safety. Let us all work together to ensure that Windham remains a safe and enjoyable place to live.

~ Shonn Moulton, Windham

Editor,

After reading the letter by Donna

M. Costanza in the June 14 issue of your paper, I felt compelled to share my opinion on this matter. Last year, my daughter and family had stopped their car because the car ahead of them was making a left turn. The truck behind her (the driver had been tailgating them as well as texting) slammed into the back of their Kia.

My daughter, son-in-law, and our 11-year-old grandson escaped serious injuries, but their beloved dog named "Ayla" was in the far back compartment of the car and was not as fortunate. She died two days later from her injuries. The devastation from her loss this way was unbearable.

I wrote a poem about this horrible event-from Ayla's point of view- and have tried to spread it around. Local Police departments posted it on their Facebook pages, along with Ayla's picture.

Here it is:

"Ayla's Plea:

My name was Ayla,  
And this is my plea,  
Don't text or tailgate,  
Because it killed me....  
..... I was a good girl...."

I wrote this in the hope that it would be shared by many, and even if only one person out of a thousand will think twice before they text or tailgate while driving after reading it, sweet Ayla will not have died this way without a purpose.

~ Maureen Mathieu, Westbrook

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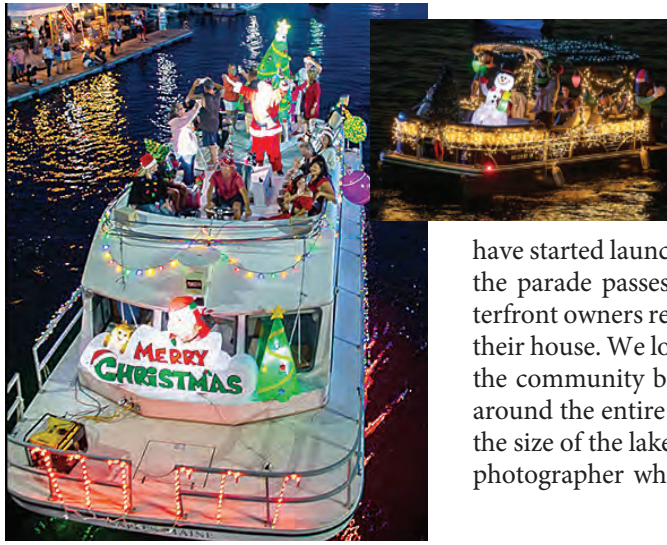
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**→ PARADE** *Cont. from page 7*

“Standard parades are able to close the streets and keep spectators in a safe viewing area,” she said. “We cannot close the waterway and the people who watch from their boats can create a challenge. We have not had any serious issues and have designated people along the route communicating with boat spectators.”

Friendly competition between the marinas makes the annual event special, Jordan said.

“One of our past marina boat winners is vowing to get the trophy back this year. After the parade some of the local kids will come up to me and tell me about their favorite boats,” she said. “Ice cream shops will tell me they had lines down the causeway while waiting for the parade. Restaurant owners on the waterfront say their patrons enjoy having prime seating for the parade while we have one restaurant sponsor



Participants easily find the holiday spirit during last year’s ‘Christmas in July’ boat parade. This year’s event will start at dusk on Saturday, July 20 and the parade route includes Long Lake, the Naples Causeway and Brandy Pond. SUBMITTED PHOTOS

not on the water who has sponsored every year just to support the community. People who own waterfront property have started launching fireworks when the parade passes by while other waterfront owners request that we go past their house. We love the enthusiasm of the community but know we can’t go around the entire shoreline because of the size of the lakes. Luckily, we have a photographer who volunteers to cap-

ture the boats as they approach the causeway so everyone can enjoy the work the boaters put into making this a great event.”  
The parade line-up for registered boats begins at 8 p.m. July 20 on Long Lake and the parade is sponsored by Captain’s Club members Brother Flecker’s, Dingley’s Wharf, Freedom Café, Naples Marina, and the Songo River Queen II.  
To view the parade route map or register a boat, visit the Sebago Lakes Region Chamber of Commerce website: [www.sebagolakeschamber.com](http://www.sebagolakeschamber.com). <

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# Eagle SPORTS



## WHS grad Gerry savors Miss Maine Softball honor

By Matt Pascarella

STAFF WRITER

Over the course of her four years as a Windham High School athlete, graduate Brooke Gerry accomplished a lot. She helped lead her varsity softball team to their first state championship in 2023, she's a two-time Gatorade Player of the Year, and has achieved 500 strikeouts, among many other accolades. On Tuesday, June 18 at Saint Joseph's College, Gerry was named 2024 Miss Maine Softball, the top honor for a prep softball player in the state. She will attend the University of Rhode Island to major in Kinesiology and plans to become an athletic trainer or a sports medicine physician.

"I feel so grateful and honored to be named Miss Maine Softball," said Gerry. "I've worked extremely hard to get where I am and I'm appreciative that the committee awarded me for my hard work and dedication to my craft."

The Miss Maine Softball honor is chosen each year by the Maine High School Softball Coaches Association and Edge Academy, a softball facility in Portland. It is awarded to the best senior softball player for this award. When statistics were compared from her regular senior season, Gerry's numbers were consistent. She can compete both offensively and defensively.

Over the course of her entire senior season, including the playoffs, Gerry allowed only 23 hits. She had 149 strikeouts. At the plate, she batted .533 with 32 hits and 22 RBIs.

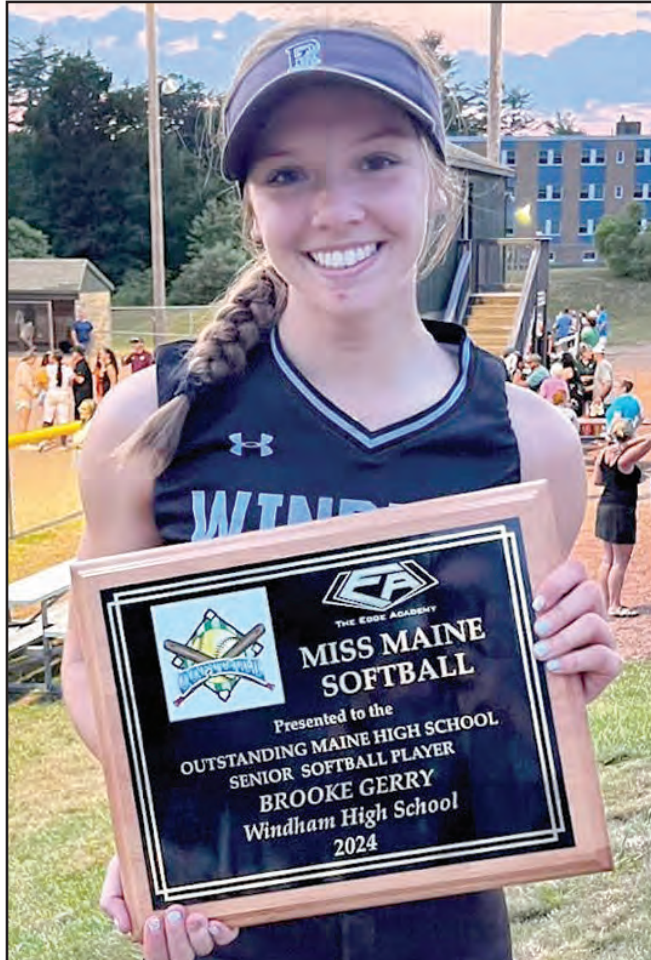
When Gerry looks back over the last four years, she realizes how much she's had to grow and how much she's learned through overcoming adversi-

ty. The challenges she faced made her stronger. She kept moving past obstacles in order to achieve her goals and she played within herself and with class. Gerry says that she is very proud of what she's accomplished.

At the age of 4, Gerry began playing softball and by age 6 was pitching. Softball has always been a big part of her life and the relationships she's made and the dedication to her teams have kept her going. She was able to play alongside her sister, for her mother, and with her best friend Ella Wilcox. Gerry was also coached by Fred Wilcox who believed in her and taught her so many life lessons; all this made Gerry love the game more.

"Beyond playing in the strongest division in the state - Southern Maine Activities Association, Class A, Brooke is easily one of the hardest working players I have ever coached," said Windham varsity softball coach Darcey Gardiner. "Any chance to get extra repetitions she takes, any chance to pitch to an extra batter in practice, she doesn't hesitate. Brooke truly goes into every practice wanting to get better and that work shows in a game no matter what she is doing."

Another thing that keeps Gerry going is the younger players that aspire to be just like her. She's driven to be



Windham High graduate Brooke Gerry displays her 2024 Miss Maine Softball award on Tuesday, June 18 at Saint Joseph's College after the Class A and Class B All-Star senior games. PHOTO BY RAQUEL GERRY

make unforgettable relationships with all of them," said Gerry. "I try to make lasting relationships with these athletes and explain to them how I was just like them when I was younger; hoping it will inspire them to work hard and continue with the game."

She attributes her successes to her hard work and dedication along with the support from her friends and family. There are a lot of people in her corner. She also wants to thank the people who wanted her to fail, because that lit a fire inside her and drove her to up her game.

"It's time to prove myself as a player and show that I'm ready for the next level," said Gerry. "College softball is a different platform and I have to work that much harder to earn time in the circle."

Gerry will play college softball for the University of Rhode Island starting this fall.

She plans to give back by giving lessons and eventually coaching softball in the coming years.

"Brooke is deserving of Miss Maine Softball because this award reminds me of dedica-

tion and the ability to strive for greatness and that's what I think Brooke did throughout her entire softball career," said teammate and Windham senior Stella Jarvais. "She has left a name for herself in the state of Maine for her career. She was able to go above and beyond just the game of softball by also positively impacting younger communities by all that she has achieved." <

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### ATHLETE OF THE WEEK



#### Kyla Harvie

Age: 16 Team: WHS varsity softball Coach: Darcey Gardiner Parents' names: Bryan and Stephanie Reason for selection: For the past two years, Windham High coaches have been lucky enough to witness Kyla's tremendous growth. She shows up every day and works hard to make herself and her teammates around her better. Kyla may not be the loudest in the bunch, but she has such a special ability to make the loudest plays.

Whether it's diving for a game-winning catch in the outfield or skillfully running the bases, she has grown into our silent leader and lets her hard work do the talking. And of course, Kyla is a multi-sport athlete being a standout soccer player where coaches have witnessed her play with passion and see it from her every day.

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# Windham I girls' soccer upsets Freeport in big victory

By Matt Pascarella  
STAFF WRITER

Windham's girls' summer soccer team, known as Windham I, and made up of returning varsity players, played Freeport in a mid-season game at Windham High School on Monday, July 8. Windham was an incredibly cohesive unit and dominated the field to shut out Freeport, 6-0.

"I think that the team's communication and how well we connected our passing tonight helped us a lot," said Windham junior Marley Jarvis, who scored three of Windham's six goals. "Every game this summer we've managed to do a very good job at those two things, and I think that's what is helping us out with scoring a lot. The bond we all have with each other off the field as a team helps us so much when we step onto the field."

The goal of the summer soccer season is to come together and play as a group, it helps identify leaders among the team and allows athletes to play a variety of positions before preseason starts. The team is able to bond and really get to know one another. It's a laid-back atmosphere and while winning is nice, the goal is for athletes to improve themselves.

Despite the heat, Windham kept up their intensity for two halves. 55 seconds into the first half, Jarvis scored. A short time later, she launched a ball that found the back of the net.

Windham moved the ball well, communicated and had rock solid defense, which limited Freeport's chances significantly. The Lady Eagles commanded the field with multiple shots on goal and led 2-0 at the half.

"Our chemistry is definitely getting a lot better, especially as a team," said Windham junior Myla Vercoe, who scored in the second half. "We know each other's strengths and weaknesses, which really helps on the field with who can do what and having trust in our team with who can finish and make those goals. I've benefited [from playing summer soccer] a lot from becoming more self-confident ... through obviously practice and getting a lot closer with the team it's made me go out of my comfort zone and try new things and get new skills. I'm really excited for this upcoming season because we work so well together."

According to Jarvis, playing summer soccer helps her get extra touches on the ball and try new stuff before fall begins. It also gives her the opportunity to see how her opponents may play before the regular season starts.

In the second half, Windham kept the pressure on Freeport. They had multiple shots on goal early on and remained a strong team. Jarvis and Vercoe both scored; freshman Emily Wardwell followed, and sophomore

Isabella Vassoler knocked one in.

"We're off to a great start," said Windham varsity girls' soccer coach Deb Lebel. "I feel like kid's dedication ... they're trying things in the summer that they're afraid to do in the regular season. Here we're like 'make all the mistakes you want,' and it's really taken their game to another level. Tonight, we saw kids all over the place ... and that was fun to see. Our bench is going to be pretty strong this year. We're looking forward to the fall. Our switching fields went really well tonight; we're learning to not take those outside shots right at the goalie, we're putting them more on the six to give our teammates the opportunity to score rather than kicking it right to the goalie. A lot of [Windham players] have played together for a while, so they are communicating really well." <



(L to R) Windham junior Marley Jarvis fires the ball at the net in a summer soccer game against Freeport at Windham on Monday, July, 8. Windham sophomore Isabella Vassoler keeps the ball from defenders as she heads toward the goal. PHOTOS BY MATT PASCARELLA

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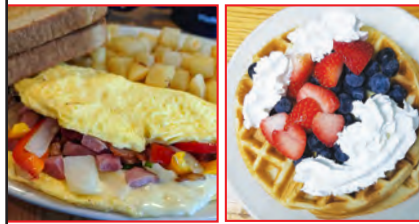
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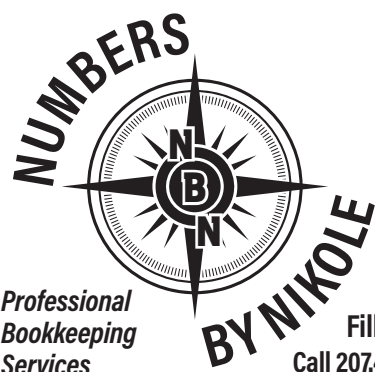
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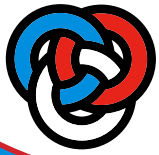
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# THE ROOKIE MAMA

THE ADVENTURES OF MOTHERHOOD



## WE ALL SCREAM FOR SUNSCREEN

► **By Michelle Cote**  
SPECIAL TO THE WINDHAM EAGLE



— Michelle Cote, Columnist

Lather up, friends; sun's out!

I was recently reminded of the generational divide between my children and me one sunny, sticky morning as we ventured beachward for a day, and I stopped at a local pharmacy to pick up sunscreen.

The tube I plucked off the shelf was a high-enough SPF, which was all that concerned me in a pinch.

But upon returning to my awaiting family minivan and tossing the tube to my boys, I read their horrified expressions and quickly learned the SPF acronym in the moment stood for Shocked and Pretty Frightened.

Sunscreen... cream.

In a squeeze tube like the olden days.

What's next, cassette tapes?

My boys have been so spoiled in the sunshine by the convenient spray applications their entire lives, they'd never experienced this sun protection in what I believe the traditional sense, experienced the glory of streaky NO-Ad whiteness in which '90s children slathered up, moments prior to the inevitable stickings-on of all the sand so we looked like breaded chicken tenders – happy chicken tenders – with smeared white faces splashing



gleefully in the sea with our sparkly pink pails and shovels.

According to the National Library of Medicine, the association between sun exposure and skin cancer was first discovered in the late 1800s, but the creation and commercialization of sunscreen didn't really burst onto the fun-in-the-sun sandy stage until the late 1970s.

Today, we know everyone's free to wear sunscreen.

Those of us who were teens a quarter century ago – Yikes! – will remember the informally dubbed 'Sunscreen song' by Baz Luhrmann which bestowed words of wisdom, commencement-speech-style, to the Class of '99 in spoken word which began – and ended – with a nod to sunblock.

Great tips beyond just frosted tips at the turn of Y2K, who knew?

But now that I have a troupe of fair-skinned mini-Cotes of my own, who rely on my husband and me for care and wellness beyond imploring they eat their veggies, we're keeping

sun protection at top of mind – and hats at top of head – so we can enjoy the outdoorsy lives in which we're immersed.

The American Academy of Dermatology (AAD) recommends varieties SPF 30 or higher that are water resistant with broad-spectrum protection.

Babies younger than six months old should be kept from the sun altogether.

The older circuit should use a lotion that screens out both UVA and UVB rays, applied to all skin not covered by clothing – so keep an SPF 30 lip balm at the ready for those lips – and reapply every two hours.

The FDA requires all sunscreens retain original strength for at least three years, so in the spirit of frugal living, shop end-of-summer sales and stock up on next year's haul.

As for sunscreen types, sprays are often preferred by parents – and apparently all of my kiddos – because of their ease of application, but they

are also available as creams, gels, and sticks too.

The best sunscreen's ultimately the one you'll reapply.

And after our Great Sunscreen De-bacle of 2024, it's back to sprays for days for us.

Remember – There's never any such thing as a 'healthy tan.'

Any excessive sun exposure is bad exposure.

This doesn't mean you can't enjoy our gorgeous outdoors with your family – Maine parks, poolside fun, gardens, lighthouses, trails, rivers, lakes and beaches await at the ready to welcome you warmly – often for free or at little cost.

Just remember to apply sunscreen generously and often to yourselves and your littles.

You only need an ounce, and you know what they say about an ounce of prevention.

During this month of celebrating independence, remember to not be independent from solid skin care.

Your future self will thank you.

And as my 10-year-old exclaimed moments ago, 'We all scream for sunscreen.'

Happy summer!

*Michelle Cote lives in southern Maine with her husband and four sons, and enjoys camping, distance running, biking, gardening, road trips to new regions, arts and crafts, soccer, and singing to musical showtunes – often several or more at the same time! <*

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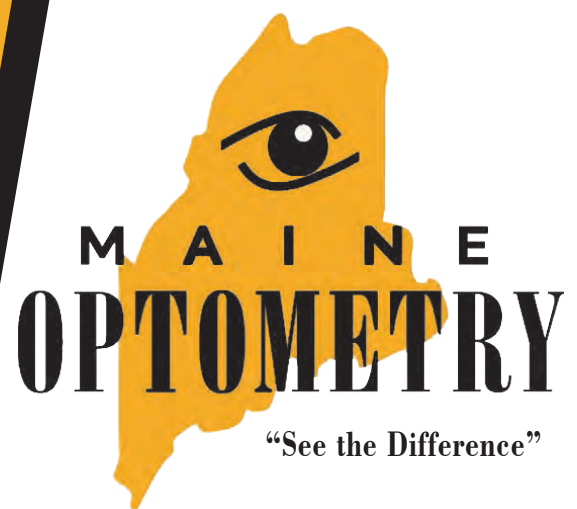


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# The best thing(s) about Newfoundland

► **By Andy Young**  
SPECIAL TO THE WINDHAM EAGLE

I often have trouble recalling names, but I clearly remember those of the two hikers my son and I encountered during our 11-kilometer trek along the Green Gardens Trail in Canada's Gros Morne National Park. We correctly assumed the other vehicle in the faraway parking lot was theirs, but its Nova Scotia license plates were misleading. The two women had flown into nearby Deer Lake from Toronto, then rented a car.

Jennifer and Jennifer were two highlights of our just-completed trip to Newfoundland and Labrador that was memorable for all the right reasons.

Only some of Newfoundland's terrain is awe-inspiring; the rest is merely magnificent, spectacular, and/or breathtaking. From majestic mountains to lush forests to towering cliffs over-

looking fjords to barren, windswept landscapes with soil too windblown and inhospitable to support any sort of vegetation, it's not hard to imagine what the island looked like millions of years ago. Which, as we learned at the Johnson Geo Centre (located beneath the Cape Spear Lighthouse, North America's easternmost point), is because the landscape has indeed remained, for the most part, unsullied by humanity.

And much of humankind's impact on the island has been erased by the sands of time. Consider L'Anse aux Meadows National Historic Site on the northern peninsula. It wasn't until 1960 that archeologists began uncovering evidence there of the first Viking (and oldest known European) settlement in North America.

All along the Trans-Canada Highway, the Newfoundland portion of

which runs 928 kilometers (576.6 miles), there are enormous stacks of firewood which have been amassed for the coming lengthy winter. Some have clearly been there for some time, but no slithering intruders are lurking in those piles, since no venomous snakes exist on the island.

While Newfoundland may have a dearth of reptiles, there's no shortage of insects, and the best place to learn about them is the Newfoundland Insectarium in Reidville. The tropical butterfly garden alone is worth the price of admission. It seemed like a great place to meditate, and in fact there was a young man doing just that on the day we visited.

We could have spent a month hiking in Gros Morne but given limited time and even more limited outdoor engineering skills, we swapped our rustic campsite for three nights in a cabin with no electricity or running water, but windows equipped with bug-proof screens. Making that upgrade was by far our best decision of the trip. Three solid evenings of sleep was well worth 300 Canadian dollars.

But even without L'Anse aux Meadows, Signal Hill, Gros Morne, the Insectarium, St. John's, Cape Spear, Terra Nova National Park, Castle Hill, and the numerous other memorable sites we visited, the trip's highlight was unquestionably the people. It was Marcella, the indigenous interpreter at the Gros Morne Information Centre. It was Lloyd, the proprietor of the Insectarium, and Weston, his youthful, enthusiastic, and incredibly knowledgeable assistant. It was Valerie, the future ecological policy maker working at Gros Morne, who clued us in about the Bonne Bay Water Shuttle, a 15-minute water taxi ride from Woody Point to Norris Point that saved us an hour drive (each way). It was the gas station attendant along a remote section of the Viking Trail who wouldn't let us pay for the can opener he gave us, a vital item for two travelers with eight cans of soup they planned on using for campfire-heated meals, but no way to open them.

Jennifer was right when she said, "The best thing about Newfoundland is the people." <



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## Representation matters

► **By Tia Morrell**  
SPECIAL TO THE WINDHAM EAGLE



— Tia Morrell, REALTOR®  
Landing Real Estate

In today's competitive real estate market, having an agent who genuinely represents your best interests can make all the difference between a smooth, successful transaction and a stressful, regretful experience. It's not just about finding someone to handle the paperwork or show you properties; it's about having a dedicated advocate who goes to battle for you, ensuring that your needs and preferences are prioritized. Let's delve into why it's essential to have a real estate agent who truly represents you and upholds the highest ethical standards.

**True representation in multiple offer situations:** The real estate market can often be a battlefield, particularly in a multiple offer scenario. In such situations, it's easy to feel pressured into making offers far above the asking price, driven by the fear of missing out. However, a good agent will not simply push you to overextend yourself financially. Instead, they will strategically navigate the process, using their expertise to craft a competitive yet sensible offer.

An agent who represents you will analyze the market, understand the value of the property, and advise you on a reasonable offer. They should be skilled in negotiation, knowing when to stand firm and when to be flexible. This approach not only saves you money but also ensures that you don't fall into the trap of buyer's remorse.

**Ethical foundation and client-centric approach:** At the core of a stellar real estate agent's practice is

an unwavering commitment to ethics. This means always putting the client's interests first and being transparent throughout the transaction. Ethical agents will not manipulate situations for their gain or pressure you into decisions that aren't in your best interest.

The foundation of their practice should be built on honesty, integrity, and respect for their clients. They should provide you with all the necessary information, explain the pros and cons of each decision, and respect your opinions and choices. An agent who prioritizes ethics will foster a trusting relationship, making you feel confident and supported throughout the process.

**The importance of knowledge and expertise:** A proficient real estate agent must be knowledgeable about various aspects of the transaction, including appraisal means and financing. Understanding the appraisal process is crucial, as it ensures that the property is valued correctly and that you are not overpaying. Your agent should be able to interpret appraisal reports and advise you accordingly, ensuring the property is worth the investment.

Financing is another critical area where expertise is essential. A knowledgeable agent will help you navigate different financing options, understanding the implications of each and assisting you in securing the best terms. This includes knowing when to recommend mortgage brokers, understanding loan types, and being aware of any potential red flags in your financial agreement.

**The art of bluffing and honest feedback:** Bluffing, when used appropriately, can be a valuable tool in negotiations. An experienced agent will know how to read the room, understand the motivations of the other

party, and strategically use bluffing to your advantage. However, this tactic should always be used ethically and transparently, without misleading or deceiving anyone.

Moreover, honest feedback, particularly regarding inspection issues, is paramount. An agent who truly represents you will be upfront about any problems discovered during the walk through or inspection. They should explain the potential impact of these issues and help you make an informed decision about whether to proceed, negotiate repairs, or walk away. Honest feedback protects you from future liabilities and ensures that you are fully aware of what you are buying.

**All in all:** In the dynamic and often challenging world of real estate, having an agent who genuinely represents you can significantly impact your buying or selling experience.

Such an agent will go to battle for you, ensuring that your needs are met without unnecessary compromises. They will operate with the highest ethical standards, prioritizing your interests and providing transparent, honest advice.

Knowledgeable in appraisal and financing, adept at strategic bluffing, and committed to giving you honest feedback, the right agent will guide you through every step of the transaction with confidence and integrity. When choosing a real estate agent, look beyond the surface and seek someone who truly embodies these qualities, ensuring that your real estate journey is as smooth and successful as possible.

*This article was brought to you by Tia Morrell, a REALTOR® for Landing Real Estate in Windham. Call her at 207-317-1833 or send her an email at [tmorrell@landinghomesmaine.com](mailto:tmorrell@landinghomesmaine.com).*

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# ENTERTAINMENT

THE WINDHAM EAGLE PRESENTS...  
 A REVIEW OF AN IN-THEATER  
**MOVIE**  
 'A Quiet Place: Day One' (PG-13)

**By Matt Pascarella**  
 STAFF WRITER

*Runtime: 1 hour, 40 minutes*  
 "A Quiet Place: Day One" begins at the start of the problems witnessed in the first two movies. Samira has cancer and is struggling in hospice care. When a chance field trip into New York City gets cut short because of an unknown emergency occurring, Samira finds herself at the center of an evacuated city, but not out of harm's way. It's been discovered that noise attracts giant monsters. In her efforts to survive she meets Eric; can the two escape the city before it's too late? This third installment delivers in being more a fear-based thriller than a straight-up horror movie.



"A Quiet Place: Day One" stars Lupita Nyong'o, Joseph Quinn, Alex Wolff, Djimon Hounsou, Eliane Umuhire, Thea Butler and Elijah Ungvary.

Samira (Nyong'o) or Sam, is in a hospice center and, understandably, is not happy about it. When center director Rueben (Wolff) gives his support group the opportunity to see a show in New York City, Samira jumps on the chance. She brings her cat, Frodo, along.

Shortly into the show, Rueben tells Sam they need to leave because something is happening in the city. Sam gets on the bus and there is a giant explosion. She gets off the bus and the city is covered in a dusty smog. She's told to take cover.

People are screaming and then quickly disappearing. There's another explosion and this one knocks out Sam. She then wakes up in the theater with a man (Hounsou) covering her mouth and emphasizing she needs to stay quiet. Noises are attracting monsters that have destroyed the city.

Frodo runs away and Sam follows him. She stops short in front of some broken glass so as not to make any noise. TVs and radio are issuing warnings worldwide. After Sam's group leader is killed, she goes outside the theater to get supplies. Helicopters circle the city and say to seek shelter on water because the monsters can't swim.

People flood the streets. Lives are lost. Sam hides under a car with Frodo to stay safe. She later meets a man, Eric (Quinn) who follows her. She insists he stop following; he continues. The two eventually rely on each other for support.

Sam returns to the hospice center to get some of her things. She learns Eric has no nearby family.

Sam wants to go to Harlem to get pizza. Eric wants to go with her, but she doesn't want that. A while later she goes out on her own, walking through a once populated city that is now desolate, silent and crumbled. She ends up running into Eric. Sam is struggling and needs her medication.

There are very good, very intense subway scenes that will have you gasping and nervous. The lack of dialogue adds to the intensity of this movie. This is a not a typical creature feature.

Since I saw the first "A Quiet Place," I was instantly a fan of this unique and straightforward concept for a horror movie. I was slightly underwhelmed with "A Quiet Place: Part II," although it was still quite good. If you haven't seen the first two, I recommend it, but it's not necessary for the viewing of this prequel. This third installment was full of jump scares and had an emotional aspect to it that I was not expecting but improved these fear-based movies. The special effects were good, and I liked getting a closer look at the mysterious creatures. I found the character's confusion and panic with dealing with a completely new world relatable. I didn't find it particularly gory or violent, although there are a couple parts – there is a lot of darkness though. I would say this is not as good as the first one but better than the second one; see it on the big screen.

Two thumbs up.  
 Now showing only in theaters. <

**LAST WEEK'S ANSWERS**

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

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1	2	3	4		5	6	7	8	9	10			
11				12							13		
14								15			16	17	
	18								19			20	
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42			43		44			45					
46								47		48			
49				50	51				52		53	54	55
	56					57		58					59
				60				61					
											63		

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

**CLUES ACROSS**

- 1. Nasal mucus
- 5. Hairs on the back of a dog
- 11. Ones who build anew
- 14. Consume too much food
- 15. Praised
- 18. Provides weapons
- 19. Become less lively
- 21. Engine additive
- 23. Thought or suggestion
- 24. South Korean city
- 28. Midday rests
- 29. Expression of acidity or alkalinity
- 30. Group of rockers
- 32. Very fast airplane
- 33. One who is paid to do something
- 35. Buzzing insect
- 36. Monotheistic religion founder
- 39. Strong dark beer
- 41. Blood type
- 42. Square measures
- 44. Honorific titles in NW Semitic languages
- 46. Present
- 47. Afflict in mind or body
- 49. Duty
- 52. Municipality in Stockholm
- 56. In a normal way
- 58. Rode a bicycle
- 60. Charitable
- 62. Verandas
- 63. Uncredited

**CLUES DOWN**

- 1. No seats available
- 2. Russian river
- 3. A European river
- 4. Phrase
- 5. Idol
- 6. Keyboard key
- 7. Prefix indicating mutual
- 8. Kilometers per hour
- 9. Set an example
- 10. It's among the "Great" ones
- 12. VVV
- 13. Murdered
- 16. Icelandic poems
- 17. Seas
- 20. Famed cartoonist
- 22. Partner to "Ma"
- 25. Equal to one quintillion bytes
- 26. Speak incessantly
- 27. Disquiet
- 29. Parts per billion (abbr.)
- 31. Upper-class young woman (abbr.)
- 34. S. American plant
- 36. Monetary unit of Thailand
- 37. Regions
- 38. Baseball legend Yogi
- 40. Ancient Egyptian notion of spiritual part of humans
- 43. Fishing net
- 45. Tinseltown
- 48. MacBeth's wife was one
- 50. Took a spill
- 51. Adversary to pets
- 53. Town in Galilee
- 54. Secret racist society (slang)
- 55. About aviation
- 57. Longing or yearning
- 58. Hawaiian dish
- 59. Field force unit
- 61. Partner to "Pa"

**SUDOKU**

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

**HOW TO SOLVE:**  
 Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

**LAST WEEK'S ANSWERS**

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



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By combining multiple ancient practices into one service, The Harmonic Egg® uses a combination of light, sound, and vibration therapy to create a life-changing sensory experience. This private wooden resonant pod envelopes guests in a relaxing zero-gravity chair and uses the combined frequencies which are customized to your intentions.

The Harmonic Egg® allows you to tap into your body's own repairing energy and amplifies the positive signals through your body, while releasing the negative. It unblocks and rebalances your body's life energy to promote mental, physical, emotional, and spiritual healing and wellness.

Vitality Room came together when the founder, Michelle Buck, accepted that her "successful" career was working against her, appearing successful on the outside but dying and screaming for help on the inside. Her nervous system couldn't keep up with the fast pace of corporate demands, marketing trends, digital cookies, AI, increasing



expectations, and the pure chaos we've all experienced in the past 4 years.

On a journey seeking a better lifestyle, she stumbled upon a Harmonic Egg®. Her first experience triggered a mental and emotional shift that quite literally changed her life. Weeks later, she went to work researching what it would take to bring one of these magical energy pods to Windham.

What does an Ellipse® appointment look like at Vitality Room?

1. Enjoy a hot cup of herbal tea while you complete your intake forms in the Vitality Lounge.
2. Get vulnerable and, most importantly, be heard during your comprehensive consultation.
3. Your first session will always include an autonomic nervous system reset. This aims to remove fight or flight so your body can access its natural



**Michelle Buck is a Windham resident and founder/CEO of Vitality Room.** SUBMITTED PHOTO

healing abilities.

4. Relax in the zero-gravity chair inside of the Ellipse® for 50 minutes. Includes 40 minutes of consciously created music followed by 10 minutes of silence to begin nervous system integration.

5. Finally, replenish with an electrolyte beverage in the Lounge with a brief post-session discussion and after-care instructions.

Since opening in January, Vitality Room has been a part of numerous transformations. They've witnessed clients improve or completely heal from crippling anxiety, frequent headaches, alcohol addiction, sexual abuse trauma, childhood trauma, self-hatred, ringing in ears, depression, long-covid symptoms, grief, toxic overload, career decisions, ability to govern reactions, move through divorce, autism, anger, Parkinson's symptoms, Lyme symptoms, weight control issues, and so much more.

In addition to a most unique whole-body service, Vitality Room also offers a few items available for purchase to enhance your wellness journey at home. They carry Superieur Electrolytes, Therapeutic Music, Raw Silk Garshana Gloves for Dry Brushing, BioRay's NDF Heavy Metal Detox Formula, Silver Biotics Immune Support Oral Spray, and Gail Lynn's book "Unlocking the Ancient Secrets to Healing. Why Science is Looking to the Past for the Future of Medicine." Gail Lynn is also the inventor of the Harmonic Egg®.

In celebration of 6 months helping others become the best versions of themselves, Vitality Room is hosting an open house on Friday, July 19. The event is free of charge. They'll begin with a Ribbon Cutting from the Sebago Lakes Region Chamber of Commerce at 8 a.m. and the center will remain open to the public until 6 p.m.

Community members will have the opportunity to experience the Ellipse® with a FREE 10-minute demo on a first-come basis. Gifts, giveaways, refreshments, and deep discounts will be available to all who attend.

Experience the newfound mystery of ancient medicine practices for your body, mind, and spirit.

Schedule your private session online at [www.Vitality-Room.com](http://www.Vitality-Room.com) or call 207-894-5006. The center is open from Tuesday to Saturday 8:30 a.m. to 6 p.m. at 104 Tandberg Trail in Windham. <

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**CELEBRATION** *Cont. from page 1*

of west Sudan. Hundreds of thousands have sought refuge in refugee camps throughout Africa, after fleeing what has been called a campaign of ethnic cleansing and genocide directed at non-Arab groups in Darfur. Some have applied for and gone through the

legal process of becoming American citizens, settling here in Maine.

Zahra, another person the Gordons have mentored, talked about how her children have found success in the US. One has graduated from Bowdoin College, another is currently attending the University of West Virginia as a Division 1 soccer play-

er, and two are grade-school students at Waynflete Academy in Portland. Zahra said she is extremely grateful for the opportunity that she and her children have had since being in the United States.

As for future gatherings, Bobbie Gordon says she will be continuing her inspirational efforts, and has plans

to jumpstart a one-on-one teaching program for Darfurian immigrants to learn English and become acclimated to their new lives in Maine. Her group also plans to establish a curriculum for her lessons offered to Darfurian immigrants and is hoping to begin offering swimming lessons.

Gordon said that she believes volunteering to tutor and mentor immigrants is a great way to become one community, while encouraging Americans to find a way to help the cause in any way that they can.

Each individual attending this July 4th celebration in Raymond was radiating with positive energy. The magic of this event transcends cultural differences and has brought people together from another part of the world to appreciate the freedom that we have in the United States. <

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