

Resident becomes living organ donor

► **By Andrea Elder-Bruns**

SPECIAL TO THE WINDHAM EAGLE

So, have you done anything ‘big’ lately? For one Windham resident, the answer is a resounding yes. That resident is Barbara “Billie” (Carlin) LaVallee, and if you met her, you’d likely have no idea what she has recently experienced and accomplished. Billie just donated a large portion of her liver to save the life of a person suffering from acute liver disease. This makes her a so-called “living donor.”

Most people are familiar with posthumous organ donation, where organs are harvested from a deceased person and transplanted into a recipient. But many are less familiar with the notion of donating an organ while the donor is alive. Billie agreed to share her story and her experience in hopes of raising awareness about this life-saving endeavor.

LaVallee, 54, grew up in Windham and has deep roots here. She and her husband, Dan, recently purchased a home and moved back to Windham. Billie works for the Transportation Security Administration (TSA) and as a dental hygienist. She has three adult sons and is active in corporate track and field competitions. She and Dan are enthusiastic travelers who share a strong interest in our National Parks.

Billie and I are lifelong friends, and

I know that Billie has done lots of noteworthy things in her life, but perhaps none quite as incredible as her choice to become a living donor. That said, Billie is adamant that her decision to do this does not classify her as a “hero.”

In fact, when that word comes up, she is quick to highlight that the real heroes in the realm of organ donation/transplantation are the individuals who persevere through daily pain and hardship while waiting in the hope of a donation to be available. She is also quick to mention the surgeons and medical staff whose skill and hard work make this whole process possible.

It was my idea to write this article, and I broached the topic knowing full well that Billie might initially resist. Visions of headlines about a local woman becoming “a hero” were repugnant to her. As Billie and I talked, though, it became clear that in sharing her story and her personal experience, her community could be made aware of the very notion of living organ donation, and of the life-changing possibilities it brings.

Billie credits a friend and former co-worker with inspiring her interest in exploring living organ donation.

“This friend spearheaded our of-



Billie LaVallee of Windham became a living organ donor when she voluntarily gave part of her liver to a stranger during a transplant operation at Lahey Medical Center in Massachusetts. She was inspired to become a donor by her husband, Dan, a cancer survivor. PHOTO BY ED PIERCE

“...fice’s participation in National Donate Life Blue & Green Day, which is celebrated every year in April,” she said. “We would wear blue and green that day to raise awareness about organ donation. Sadly, my friend became ill and in an ironic and tragic twist of fate, she died from liver disease.”

She was also inspired by her husband.

“Throughout his life he has worked hard to maintain a healthy lifestyle by religiously exercising, maintaining a healthy weight, eating well, etc.,” she said. “Despite his efforts he has been both unlucky and lucky in regards to his health. He is a cancer (unlucky) survivor (lucky) and had to undergo open heart surgery due to a congenital heart defect.”

Billie does not take her good health for granted.

“It is a blessing, and living donation was a way for me to give back. It’s not realistic for everyone though,” she said. “People give back in all sorts of ways, some give their time, money, knowledge,

→ see **DONOR** Page 10

Fundraiser rallies support for abused children

By Ed Pierce

STAFF WRITER

Bill Diamond of Windham isn’t about to overlook the issue of child abuse and child deaths while in state care in Maine and that’s why he created the nonprofit foundation called “Walk A Mile in Their Shoes” several years ago. On the evening of Sept. 5, supporters gathered at Erik’s Church in Windham and raised thousands to help the foundation continue its important work.

Diamond, a longtime State Senator and State Representative representing Windham in the Maine Legislature and a former Maine Secretary of State, said preventing child homicides and the abuse of children who are under the supervision or direct care of the State of Maine or who are or have been associated with the state’s Child Protective System is at the heart of what Walk a Mile in Their Shoes Foundation is all about.

“Donations are tax deductible and are making a difference in preventing the abuse and deaths of children in state care,” Diamond said. “We have brought much-needed accountability to the system that is failing our children. Momentum is on our side to help our most vulnerable children who are not being protected.”

He said that as of this past June, 2,573 children were in Maine state care and custody.



Auctioneer Stef Keenan was emcee for the Walk A Mile in Their Shoes Foundation’s annual fundraiser on Sept. 5 at Erik’s Church in Windham. He thanked each of the many sponsors of the event which were listed on two posters by the door. It raised thousands for the foundation which was created to reduce child abuse in Maine. PHOTO BY PATRICK COREY

“Maine has the highest rate of child abuse and maltreatment in the nation, in fact, Maine’s rate of child abuse is over twice the national rate,” Diamond said. “More than 54 children died in Maine care over the last two years and another 34 died in 2021, four in one month. I started working this serious problem in 2001 when 5-year-old Logan Marr was killed by her foster mother, Sally Schofield, who used 42 feet of duct tape to bind Logan in a highchair and then put her in the basement unsupervised. She tipped over and then suffocated slowly. We

discovered the department was failing children in many ways including not following required regulations pertaining to child safety.”

According to Diamond, this was during the administration of Maine Gov. Angus King and he since then the following three gubernatorial administrations, two Democrat and one Republican, have failed children as well.

“Children are dying at record numbers so we at the Walk A Mile in Their Shoes Foundation are committed to exposing the department’s

failed policies and pressuring them to change their policies and their continued mismanagement,” Diamond said. “We are volunteers, and we use the funds donated to us, every dollar, to reach out and build awareness among Maine citizens and policy makers about the problem and to build support for change.”

Foundation member Patrick Corey of Windham said that this is the second consecutive year that Walk A Mile supporters have held a fundraiser at Erik’s Church and about 150 people attended the event.

“The organization is doing a fantastic job, and the results speak for themselves,” Corey said.

Kenny Cianchette of Erik’s Church says he was happy to help the foundation by hosting the fundraiser.

“This is a justifiable cause to save kids,” he said. “The stats are going in the wrong direction and Bill Diamond has been pursuing this intently to help children across Maine.”

Diamond said that the foundation is starting to see concrete results and has made a difference in the short time since it was launched.

“Change has happened in only our second year,” he said. → see **FUNDRAISER** Page 4

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INSIGHT

In my wildest dreams

There's an old Kris Kristofferson song called "Please Don't Tell Me How The Story Ends," and for me, it perfectly sums up where I've been for the past 20 years.

Back in 2004, I had been living in the same one-bedroom apartment for almost a decade, had been single for 13 years and poured myself into work because I had very little else going on. At the age of 50, it was depressing to come home each time to an empty apartment without much optimism for the future.

Then my life was totally turned upside down. Some of my co-workers at the newspaper I worked for thought that I should try internet dating and asked if they could create a profile for me. I reluctantly agreed but after a negative experience, I pulled much of the personal details from my listing. All that remained listed my gender, my age and the city I lived in. I thought nobody in their right mind would answer that ad and my internet dating participation would come to an end.

Was I ever wrong. A woman living in the next town over sent me a note late in the month of May and asked how I could ever expect to get to know someone based upon the info that I had put out there on my listing. I answered her note with a lengthy reply about who I was, what my occupation was, and some of my likes and dislikes. I fully expected that to be the end of it and went back to my normal routine.

That evening, I received a reply, and it intrigued me. First, this woman could express herself in an email and she could spell correctly. I learned that she was an elementary school teacher and had moved to my area recently. We had similar tastes in music, food, politics, movies and a mutual love of ice cream.

Exchanging numerous emails, I learned that she had been divorced after 23 years of marriage and had three grown sons. She was originally from Burlington, Vermont and had a college degree in education from the University of Vermont. I looked forward to each subsequent email from her, and one I received from her was the highlight of my day.

Before we ever shared photos of what we looked like, we had a few long telephone conversations, and I asked her if she would like to go out on a date with me. She thought that would be nice and agreed to meet me at a Friendly's Restaurant after work on a Thursday.

I pulled into the restaurant parking lot in my 1995 Pontiac Firebird and wondered how this would go. A few minutes later, a huge 1985 Ford Bronco pulled in next to me and this attractive woman stepped out wearing a handmade sign around her neck that read "Hi Ed."

It broke the nervousness of meeting for the first time and as we sat down at a table in the restaurant, I started to realize how much I like everything about her. She ordered vanilla ice cream, had sparkling blue eyes, lots of freckles and short hair. But the most important thing about her that I noticed was her incredible sense of humor and sense of sarcasm that matched mine perfectly.

Simply put, it was the best first date of my life and we made plans to do something else again soon. We spoke on the phone for the next four days, but on the fifth day, she told me that I probably wasn't going to want to date her anymore. She told me that she had found a lump in her breast and was going to have surgery for breast cancer.

Being a cancer survivor myself, I did my best to reassure her that she would be OK and that I wouldn't give up on her so easily. Over the following weeks, I spent a lot of time at her apartment bringing her vanilla milkshakes and making sure that she would be OK. I went with her to her radiation and chemotherapy treatments. And I met her youngest son, Danny, who spent several weeks with her that summer to assist as she recovered from her surgery.

The longer I knew her, the closer I felt to her. She has three brothers and a sister, and one of her brothers, Rick, lived nearby and had played guitar for a band I liked in the 1980s called "Dr. Hook." Meeting him for the first time, he asked me to rattle off how many Dr. Hook songs I could name, and he also asked me if my hair was real. I laughed as I had never been asked previously if my hair was my own, and it certainly is.

By that Christmas in 2004 she had moved in with me and brought along her dog. We were married on June 11, 2005, and our life together has now included homes and jobs in Florida, New Hampshire and Maine.

It's said that love makes your soul crawl out from its hiding place and that rings true for me. I am perhaps the luckiest man ever to have found Nancy. < ~ Ed Pierce

Today in HISTORY



SEPTEMBER 13

1788 – The Constitutional Convention decides that the first U.S. federal election for president is to be held in February 1889.

1935 – Aviator Howard Hughes, Jr., of Houston, sets a new airspeed record of 352 mph with his H-1 airplane.

1948 – Margaret Chase Smith of Maine is elected to the U.S. Senate and is the first woman to serve in both houses of the U.S. Congress.

1949 – The Ladies Professional Golf Association of America is established.

1959 – The Soviet Union's Luna 2 becomes the first human space probe to reach the moon.

1970 – The first NYC Marathon is held and NYC Fireman Gary Muhrukke wins the race.

1977 – The first diesel automobiles are introduced by General Motors.

1988 – Forecasters report that Hurricane Gilbert's barometric pressure measured 26.13 and is the strongest hurricane ever recorded in the Western Hemisphere.

Inspirational Quote of the Week

"A goal is not always meant to be reached. It often serves simply as something to aim at." – Bruce Lee

ON THE SPOT

If people suddenly got paid for bad behavior, what habit would make you a fortune?

- **"Spitting."** – Jay Binnion
- **"Facebook!"** – Michelle Ackley Allain-Newton
- **"Swearing."** – Connie McInnis Polomski
- **"As a candidate I can neither deny or confirm any of those (insert multiple curse words here) actions."** – William Reiner
- **"Cursing when upset."** – Julie Mallett
- **"Cursing... lol."** – Christopher Bowker
- **"Definitely talking too much for sure."** – Cheryl L. Page
- **"Impulse buying."** – Stephen Signor
- **"Speeding, probably. Or being like three minutes late for work. These two things might be related."** – Emily Anne Morey
- **"Overeating."** – Dean Smalley
- **"Being lazy when it comes to yardwork."** – Mitchell B. Robinson
- **"Smoking too much."** – Richard Heaney
- **"No matter how hard I try, I'm never on time for anything."** – Isabella Mongon
- **"Not sleeping enough and a strong desire for eating fast food and junk food."** – Deirdre Schulte
- **"Addicted to playing Candy Crush on my phone."** – Shelley O'Rourke
- **"Shopping."** – Chris Macklin
- **"Working out excessively."** – Mia Potenzio-Ransey
- **"Forgetting to take off my makeup when going to bed at night."** – Jude Orestes-Sanchez
- **"Staying on the computer way too long looking up upcoming cruise vacations or trips."** – Tawny Lamabe-Punto
- **"Twirling my hair."** – Melissa Carter



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Community invited to attend Windham Raymond Middle School groundbreaking ceremony

By Lorraine Glowczak
STAFF WRITER

A milestone is approaching as the community prepares to break ground on a project that will shape the future of education. At 9 a.m. Saturday, Sept. 21, the groundbreaking ceremony for the new Windham Raymond Middle School will be held at 61 Windham Center Road in Windham.

Led by Scott McLean, Chair of the RSU 14 Middle School Construction Committee, and RSU 14 Superintendent of Schools Chris Howell, the event marks a major turning point in the effort to provide students with a state-of-the-art learning environment, one that has been years in the making.

"It is like we have won the lottery with this new school," Howell said.

The superintendent explained how RSU 14 became the lucky recipient of a building with phenomenally low debt.

"The board submitted an application to the Maine Capital Construction Program in 2017. The application highlighted undersized classrooms, overcrowding, structural issues in the classroom wing and an outdated heating and ventilation system. After reviewing all applications within the state, the school was ranked as number five on the list of schools to be approved for construction."

Howell said that each year the Maine Legislature designates a certain amount of funding for debt service toward Maine school construction. As older schools become too expensive to repair and/or the student population grows, the allocated funding provides the State of Maine with safer and better educational environments.

Upon receiving the state funding,

the school board of directors moved forward to approve the Middle School Construction Committee on March 24, 2021. The first meeting occurred the following day on March 25. McLean, a RSU 14 School Board member at the time, was appointed as the chair.

"I was appointed chair of the project during that meeting due to my experience with serving as Chair of the Facilities Committee for the RSU 14 Board of Directors and my experience as co-chair with Windham Town Councilor Dave Nadeau on the Shared Vehicle Maintenance Facility," McLean said.

There were several goals and objectives the committee wanted to accomplish.

"We looked to build a beautiful middle school that represents two communities that both towns would be proud of," McLean said. "We wanted to provide all future middle school students with the same opportunities for learning."

In addition to ensuring the new school meets current and future needs, McLean emphasized the importance of creating a lasting, impactful learning environment that will evolve with the community.

Howell echoed this forward-thinking approach by highlighting several key successes in the planning process.

"We have worked with an amazing architecture team who designed the building to meet our vision rather than giving us a cookie-cutter package for the school," he said. "Also, the State is allowing us to build one grade level larger than the original application, so we can now include universal Pre-K."

Howell also said that the Town of

Windham traded 10 acres of property at the building construction site for Andrews School located in South Windham and the five acres it sits on.

"This site will be used as a senior and family housing building," Howell said. "This is a Win-Win for everyone."

McLean agreed, saying that he has been extremely pleased with all the participants on this project.

"From Chris Howell to the fine folks on the architectural side, to the feedback meetings with RSU 14 staff members and students, I've been impressed with what they would like to see on the design of the building, and the many hours of the folks also serving on the committee."

McLean explains why he has always been a supporter of the new building.

"This project is 77 percent state funded and an opportunity for our community to get back some of our hard-earned tax dollars and invest it into our community. If the RSU 14 School Board would've rejected this offer, then we would've watched some of our tax dollars go toward another community's school and then we still have a Windham Middle School that would require roughly the same

amount of money required for renovations."

The district will move Grade Three students to Manchester School, giving Windham Primary School more space to expand the district's Pre-K program. Once the new school is built, Grade Five students at Manchester School will attend Windham Raymond Middle School.

The current timeline for completion and move-in for the Windham Raymond Middle School building is Fall 2027. At that time, Windham Middle School will become the property of the town of Windham and ownership of Jordan-Small Middle School will transfer to the town of Raymond.

McLean said he is very appreciative of everyone who has participated in this project.

"I'm grateful for the folks who volunteered on the committee, sacrificing many Thursday nights away from their family and friends to stay involved with this project," he said. "I have always loved working with passionate people, and I can't say enough about how thankful I am for everything that everyone has contributed to this process. It is truly remarkable." <

Windham Raymond Middle School

GROUNDBREAKING CEREMONY

Saturday, September 21st
9:00 a.m.
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*Proceeds benefit the work of the American Legion

FUNDRAISER *Cont. from page 1*

ond year of existence,” Diamond said. “The Director of the Office of Child and Family Services resigned last December, one day after we released our researched report revealing the broken culture in the Maine Department of Health and Human Services and the continual attempts to hide the facts of child deaths from the press and the public.”

Diamond said the state’s DHHS Commissioner resigned this spring which is a clear indicator that those in charge are eager to leave now that the facts about child abuse in the state are being uncovered.

“Maine’s independent Child Welfare Ombudsman has reported for the past four years that DHHS still does not make good decisions when it comes to placing children in safe environments,” he said.

Fundraising totals from the Sept. 5 event run well into the thousands are still being tabulated, but Diamond said that everyone associated with Walk A Mile in Their Shoes is grateful and appreciative for the support.

“It was a huge success, and the

funds donated will help us on our journey to build a system that better protects our children,” Diamond said. “Kenny Cianchette, the owner of Erik’s Church, not only donated his tavern and his time, but also helped to raise money along with the dedication and support of Chris Black from Nappi Distributors and Shaw Brothers Construction. I am so grateful to everyone who attended and supported our cause, and we are so pleased that we are making a difference for our vulnerable children.”



Longtime legislator Bill Diamond of Windham created the Walk A Mile in Their Shoes Foundation two years ago. The organization is starting to see results from its dedicated efforts to reduce child abuse and child deaths in state care. PHOTO BY PATRICK COREY

Event sponsors included Central Maine Power, Maine Beverage, K&D Countertops, Tonya DiMillo, Senator Brad Farrin, Senator Jeff Timberlake, Maine Energy Marketers Association, Casco Bay Ford, Moody’s Collision Center, Joe Bruno, Johnny Shucks, UPP, Baxter Brewing, Mitchell Tardy Jackson, Glenn Cummings and Leslie Appelbaum, Dick Roy, Hall Implement Co., Troiano Waste, Mark Irving, Valley Beverage, Rep. Kim and Phil Pomeleau, Allagash Brewing Company, Bill and Jane Diamond, and Shipyard Brewing Company.

Auctioneer Stef Keenan of Windham was emcee for the event. <

Collins joins colleagues to introduce bill expanding access to quality, affordable childcare

U.S. Senator Susan Collins joined a group of her Senate colleagues in introducing legislation to increase working families’ access to quality, affordable childcare. The Child Care and Development Block Grant (CCDBG) Reauthorization Act of 2024 strengthens childcare services, increases the supply of childcare providers, and improves the program to support families and providers in the pursuit of quality, affordable childcare.

High-quality childcare is essential to ensuring every child has a strong start in life, and the Child Care and Development Block Grant (CCDBG) program is critical to making high-quality care affordable and accessible for millions of families, said Save the Children Managing Director Domestic Policy Roy Chrobocinski.

“It would strengthen CCDBG by raising reimbursement rates to providers to better match the true cost of care, increasing the supply of childcare and quality of facilities, and supporting affordable childcare in rural America,” said Chrobocinski.

The CCDBG Reauthorization Act of 2024 builds on the historically bipartisan CCDBG program which has assisted working families with their childcare needs for over 30 years.

The bill has been endorsed by the First Five Years Fund, Save the Children, and the Early Care and Education Consortium.

“CCDBG reauthorization is long

overdue to modernize and make much-needed updates to the program. This bill will help increase access for more low-income families by providing states with greater flexibility, help ensure more providers will be reimbursed for the true cost of providing care and help address widespread supply shortages,” said Early Care and Education Consortium Executive Director Radha Mohan.

Specifically, the CCDBG Reauthorization Act:

1. Ensures parental choice by supporting working parents as they choose the childcare services that best suit their family’s needs.
2. Strengthens childcare services by moving states to a statistically valid and reliable cost estimation model for setting provider rates.
3. Provides funding to states to expand the supply and capacity of childcare providers, as well as to ensure that childcare facilities are designed and equipped to keep children healthy and safe.
4. Assists in-home and rural childcare providers by providing them with technical assistance, while also directing the Department of Agriculture to remove regulatory burdens that restrict the presence of home-based childcare providers.
5. Broadens community input in state childcare plan development.
6. Reduces duplicative regulatory burdens on childcare providers. <

Thank You!

Walk a Mile in Their Shoes is always amazed by the generosity shown by our patrons and volunteers.

Our fundraising event, **Be the Voice for Children Who Suffer Abuse and Death, An Evening to Rally Support for Maine’s Abused Kids on September 5, 2024** at Erik’s Church in Windham was a huge success.

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SPECIAL THANKS

Kenny Cianchette

Fundraising, securing sponsors, and Erik’s Church venue donation.

Chris Black & Sen. Brad Farrin

Securing sponsors.

Stef Keenan

Event host and auctioneer.

Patrick Corey

Event communications and marketing.

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Sen. Brad & Lynn Farrin

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Guest check in.

Roy Clark

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WALK A MILE IN THEIR SHOES

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Loon Echo Land Trust wins 'Love Maine Trails Month' Award

A Love Maine Trails Month Award of \$1,000 has recently been awarded to Loon Echo Land Trust (LELT) organization by the Maine Trails Coalition.

This award was given to five organizations that participated in the third annual Love Maine Trails Month (LMTM), which took place this June at trail locations across the state. It is a month of statewide events bringing people and organizations together to care for Maine's trails.

Loon Echo Land Trust organized three LMTM events at Crooked River Forest in Harrison, Rolfe Hill in Casco and Bald Pate Mountain in Bridgton. At one event, 11 volunteers pitched in to convert a snowshoe trail into a year-round trail at Crooked River Forest in Harrison. The new section of trail creates a loop that was used for the Fluvial 5K trail running race in August and can now be enjoyed by hikers and runners year-round.

During Love Maine Trails Month, approximately 57 miles of trail were improved, and 2-plus miles of new trails were built. Over 486 volunteers gave 2,800-plus volunteer hours to these projects with their labor being valued at \$93,805 based on the Independent Sector volunteer rate.

About 57 staff members and interns contributed 1,626 hours to stewardship projects this June. Participating groups included trail-maintaining organizations, trail clubs, land trusts, municipalities and community groups. Love Maine Trails Month draws visibility to the substantial resources and effort required to maintain trails we know and love in all corners of Maine.

LELT will be hosting two volunteer workdays at Bald Pate Mountain from 9 a.m. to noon on Friday, Sept. 13 and

Saturday, Sept. 21. No experience is necessary, and all tools and training are provided. Registration is required at lelt.org/events or by emailing Jon Evans at stewardship@lelt.org.

Loon Echo Land Trust, founded in 1987, is a nonprofit organization that protects land, ensures public access to the outdoors, and builds and maintains recreational trails in Raymond, Casco, Naples, Harrison, Sebago, Bridgton, and Denmark. The organization currently conserves over 9,300 acres of land and manages a 35-mile trail network across the Lake Region.

The Maine Trails Coalition (MTC) is a grassroots organization formed in 2019 to be a statewide voice for trail users, supporters, and advocates. With trails serving as a major component of the health of citizens and the outdoor recreation economy in Maine, it believes an inclusive statewide group dedicated to advancing trails will benefit communities and the people who live, work, visit, and play across the state. It catalyzes the collective impact of diverse representatives from governmental agencies, non-profit organizations, philanthropic foundations, health organizations, community groups, businesses, trail users, and advocates who collaborate to bring voice to Maine trails. As a central hub for these diverse interests, MTC is a resource for trail supporters seeking to bring trails to their communities, advocate for trails within the government, and improve the public's connection to and support for trails around the state.

FMI about LELT properties, events, or how to get involved, visit LELT.org or find them on Facebook. <



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WRAE empowers student to reach her career goals

By Lorraine Glowczak

STAFF WRITER

Adult Education and Family Literacy (AEFL) Week is celebrated each fall and highlights the achievements of students whose lives have been transformed through adult education programs. AEFL week honors students' dedication and success, raising awareness about the importance of lifelong learning within local communities.

This year, AEFL week is celebrated from Sept. 16 to 21 and Windham Raymond Adult Education (WRAE) shines a spotlight on WRAE adult learner, Patience Deah of Windham.

Deah was born in Liberia, West Africa until the Civil War broke out

in 1989. The war lasted nine years. It was during this time that Deah and her family became refugees in Guinea-Conakry, also in West Africa. Deah lived at the camp for 11 years.

"Patience was in the fifth grade when she was removed from her home," Cathy Giuffre-Renaud, WRAE Adult Basic Education Coordinator said. "Education was not provided to her while living at the camp, so she had a break in her education. She has been living and working in the world with a fifth-grade education for most of her adult life, until recently."

Deah eventually moved from West Africa to the U.S., making Maine her new home in September 2001. She and her two daughters moved to Windham in 2015, where she started her journey at WRAE the following year.

Upon arrival in Maine, Deah has been working long hours at jobs in housekeeping, manufacturing, and cooking to provide for her family. She currently works as a dietician at a nursing home and dreams of expanding her abilities in the service industry, becoming a chef at a high-end restaurant.

Her one day off a week is spent at WRAE learning the skills needed to attend a culinary school such as the one offered at Southern Maine Community College. Deah shares that the adult education program has improved her ability to contribute and be a more engaging member of society.

"I can now read, communicate better, pay bills online, write emails, help my children with their homework, and can better explain to my doctor about the health of my family," she said.

What may seem ironic to some is that Deah's first language is English.

"Although I come from a country that speaks English, we have different dialects and accents and speak much faster than Americans," Deah said. "I had to learn to slow down while talking so people could understand me."

The dialects between the two countries are severe enough that Deah is considered a foreign language speaker and takes English for Speakers of Other Languages (ESOL) classes. She hopes to one day earn her HiSET (high school equivalency tests) so that she can then go to college.

"Patience will soon be tested as a native speaker," Giuffre-Renaud said. "Together, we are going to keep going until we get there."

Juggling work, and family commitments with limited time for study along with financial constraints can make continuing education for any adult challenging. WRAE ESOL instructor, Shelley Goad points out that there are additional challenges for immigrants.

"Transportation is always an issue," she said. "Although some students have a license, most students have to rely on a ride from someone else. Childcare is a problem for moth-



Windham Raymond Adult Education Patience Deah is a dietician at a nursing home and is working with the program to become a chef at a high-end restaurant.

SUBMITTED PHOTO

ers who want to come to class. Entering a classroom can make some students nervous. Some have had very little schooling and don't know what to expect."

Goad explained that the students are tested to be placed in the correct class level so they will be with teachers who can focus on the specific areas they need.

She also pointed out that educated immigrants add to the workforce.

"When immigrants add to the workforce, they add money to the economy, which adds money to the pockets of the people in the community. They also bring new food, new music, and new energy when they bring their families here. They want the same things we do for our families. They want to work and are willing to put in time and effort to make a successful new life."

Deah, a single mom, wants the life of a chef and she believes she will accomplish this goal with the support of WRAE.

"Adult Ed has been like my second family when I face difficulties and challenges in Maine," she said, "They have helped me navigate through the challenges of being an immigrant and are preparing me to reach my dream of becoming a chef." <

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- Fresh Flower Workshops
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- Creative Art Glass
- You Too Can Paint!
- Woodblock Watercolor Printmaking
- Fall Felt Flower Bouquet
- Pebble Art
- Dough Bowl Candles
- Wood Signs

Dance

- Intro to Ballroom Dance
- Intro to Latin Dance (Merengue, Bachata & LA Salsa)
- Intro to Tango & West Coast Swing
- Line Dancing

Managing Money

- Business Basics
- How Money Works
- Invest for Success
- Adulting 101
- Identify Frauds & Scams
- Changing Jobs: Find Work that Fits
- College Savings
- Create an Estate Plan

Let's Get Physical!

- Online Via Zoom
- Barre Bootcamp
- Pumped Up Strength
- Human Reformer Pilates

North Windham Union Church

- Cardio Core & More
- Chair One Fitness
- Gentle-Moderate Mindful Yoga
- Intro to Mat Pilates

Windham Middle School

- Hatha Yoga

Windham High School

- Evening Indoor Walking

Kitchen Creations

- Baklava Bliss: Mastering the Art of Sweet Layers
- Apple/Pear Chutney & Fermented Potatoes
- Holiday Appetizers
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- Kombucha
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- Wok & Cleaver Bootcamp

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Age Friendly Raymond returns better than ever

By Kendra Raymond
STAFF WRITER

Editor's note: This is part one of a two-part series. The first part highlights the return of Age Friendly Raymond. Part two will feature AFR's accomplishments thus far, along with some heartwarming multigenerational connections.

Seniors in Raymond are fortunate to have access to the Age Friendly Raymond (AFR) program right at their fingertips. Returning from a long hiatus following the 2020 COVID-19 Pandemic, the program has re-emerged with a newly reimagined vision and more opportunities than ever.

Developed around 2018 to support the mature demographic, AFR operates as its own entity that works closely with the Parks and Recreation Department as well as the Town of Raymond.

Age Friendly Raymond Coordinator Debby Tarr is excited to get the program back on its feet.

"Our mission is to involve all ages and abilities to thrive, work, play, and do business. We are inclusive and respectful of all generations," said Tarr. "It is the hope of AFR to address the needs of every resident of Raymond in the future. "When our volunteer base grows, we will be able to be more active for more members of our community."

Tarr said that she is spearheading the effort now and is grateful for the assistance and support from Parks and Recreation Director Joseph Crocker and State Rep. Jessica Fay.

"I am slowly adding more volunteers, so if we hear of a need in our community, we can help," said Tarr. "Our goal now is to find more seniors who would be interested in what we are providing, as well as volunteers to help us make this happen!" said Tarr. "We are also looking into transporta-

tions options – which is a top priority."

The Age Friendly Raymond website details that "Raymond is a member of the AARP Network of Age-Friendly Communities, an affiliate of the World Health Organization's Age-Friendly Cities and Communities Program, an international effort launched in 2006 to help cities prepare for rapid population aging and the parallel trend of urbanization."

Tarr is busy in her role.

"I am a retired Raymond teacher, and after subbing for 6 1/2 years after retiring, I wanted to help our community in another way," said Tarr.

"In February 2024, a group of four of us met to start it back up."

On any given day, Tarr is bustling here and there, attending to the needs of Raymond seniors.

"I'm basically on my own right now, but

I'm picking up a volunteer here and there," Tarr said. "I just have to remind myself that this has only been up and running again for 6 months! I'm encouraged about what AFR has accomplished so far."

Crocker provides support for the program and is encouraged about its resurgence.

"The Parks and Recreation Department helps AFR with promoting existing programs and creating new ones," he said. "We have helped coordinate Bingo with Debby Tarr, the Age Friendly Raymond Coordinator, who runs the programs. We are looking to partner up to provide All Ages Bingo and a Senior Day Trip to the Fryeburg Fair."

Crocker and Tarr work in conjunction to develop AFR programs.

"Joe and I have been working closely together. He has his focus mostly on the younger ages, and I

→ see AFR Page 23



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Community and school leaders praise dedication and contributions of Windham Social Services staff

By Masha Yurkevich
STAFF WRITER

During the July Windham Town Council meeting, Rene Daniel, the town's General Assistance Administrator, and Colette Gagnon, Windham's Social Services Administrative Assistant, were recognized for their invaluable contributions to the Windham Food Pantry and the Windham Clothes Closet.

During the meeting, school and community leaders presented Daniel and Gagnon with a plaque commemorating their dedication and service to RSU 14 students. The gesture underscored the town's deep appreciation for their tireless efforts in fostering a caring and supportive environment. The pair has been instrumental in providing essential support to the community, both directly and through their collaboration with the local school district.

Colette Gagnon, Social Services Administrative Assistant, runs the Windham Food Pantry and oversees the Windham Clothes Closet. She takes donations, makes appointments for people to get food, oversees volunteers, makes sure the drive through is ready, and helps prepare Thanksgiving baskets during the fall and Christmas baskets during the winter. During the summer when farmers bring their produce to donate, it is Gagnon's job to sort all of it and store it, as well as any other donations.

"There are so many aspects to running a food pantry, you cannot even imagine," says Gagnon.

Gagnon taught in Westbrook schools for 37 years and after retiring, decided to volunteer at the Windham Food Pantry in 2013. After some time,



RSU 14 Board of Directors member Marge Govoni, left, presents Collette Gagnon of the Windham Food Pantry and Rene Daniel, Windham Social Services Director, with a plaque for dedication to the students of Windham during a meeting of the Windham Town Council last month. COURTESY PHOTO

when the position opened up, Gagnon decided to apply for it.

"With the start of the school year, there is more of a demand on the Clothes Closet as well as the Food Pantry. I have had social workers come down from the school to get things for certain children when they see that they have a need for clothing," says Gagnon. "I have also been having some parents calling and making appointments to go down to the Clothes Closet to get clothing for their children. I have also had many new families sign up for the Food Pantry."

The Food Pantry is always in need of certain items, such as toilet paper, paper towels, tuna fish, peanut butter, small cans of soup and small cans of beans. As for clothing, donations are welcome as long as they are in season.

"I am not taking any summer clothes, I am looking more toward fall clothing," she said. "We always accept bedding except for pillows due to federal regulations."

Gagnon also helps with the Katahdin Program at Windham High School,

which also has many families dealing with food insecurity.

Rene Daniel is the Windham General Assistance Administrator and also plays a role in Social Services Department of Windham. He says a typical day for him is hectic.

"There are individuals calling me for different questions, hoping that I can help," says Daniel. "I deal with mostly emergency situations, such as rental assistance when a landlord presents an eviction, or when seniors are in need of a certain service like a hospital bed or a wheelchair. Anything from birth to death, anyone can call me, and I can help them. If I do not have the answer, I will find the answer."

Daniel's says that his goal is for every senior in Windham to come to the Food Pantry once a month.

The Windham Food Pantry is open by appointment by calling 207-892-

1931 to receive food Monday through Thursday from 8:30 a.m. to 4 p.m.

"We are very lucky with our Food Pantry," he says. "We feel that we do what any food pantry should do," he says. "But it is not just us; this is the whole community working together to help each other."

Receiving a plaque for dedication and service was very humbling and a very pleasant shock to both Gagnon and Daniel.

"We feel that we do what any food pantry should do," he says. "But it is not just us; this is the whole community working together to help each other."

Gagnon said the award was totally unexpected.

"We were told that we needed to go to the Town Council meeting and on our way, we were thinking, 'what have we done wrong, what is going on,' so we were totally surprised when Marge Govoni presented it to us," Gagnon said. "Windham is a great community and very generous. Whether it is donation products or donating your time. And we are very appreciative of that."

Daniel has worked for Social Services in Gorham and Westbrook in the past and grew up in Westbrook.

"Westbrook is wonderful, but I have never seen a more generous, more giving, more resourceful people, that support us 100 percent each and every day," says Daniel. "Our job sounds difficult, but because of the people who live in Windham, it is a pleasure to do what we do." <

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- ✓ I support a woman's right to choose as a matter of law.
- ✓ Education must be focused on preparing our youth for life, and we must support great educators to do so.
- ✓ We must make childcare affordable and available.
- ✓ It is our civic responsibility to ensure that our seniors and veterans can maintain an enjoyable quality of life as they have given us incredible gifts

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CLERK Cont. from page 1

compassion, blood and through their vocations, as well as many other ways. For me it just so happened to be part of my liver. I have also been a lifelong blood donor and plan to resume blood donation after my required six-month deferral."

The process began with a phone call to the Lahey Medical Center's Transplant Program. This got the ball rolling and led to some initial blood work for her.

"I was also encouraged to apply for financial assistance through the National Living Donation Center (NALDC) which is a non-profit organization who often assists eligible donors with costs such as travel expenses, lost wages, and dependent care costs," she said. "For example, NALDC covered the cost of my husband's hotel stay postoperatively. It's also important to note that many employers have organ donation programs, such as mine, which paid me lost wages while I was out. In addition, donors are not responsible for any of their medical costs as the recipient's insurance plan covers the donor's expenses."

The work-up to be accepted as a live donor is extremely comprehensive. After the initial blood work came back favorable, Billie was scheduled for two days of tests at Lahey Hospital in Burlington, Massachusetts. The exams ran the gamut and included a chest x-ray, echocardiogram, stress test, abdominal MRI, a psych evaluation, a surgical evaluation and more.

The time from her acceptance to the actual procedure was less than three months.

"I was accepted as a living donor shortly after my mid-February evaluations," she said. "I donated on May 1 and did not know the recipient at the time of donation."

The day of her surgery was very emotional as she was concerned about what a long day it would be for her husband and children.

"I believe that the waiting is the hardest part," Billie said. "I had it easy as I was going to have a long nap. I was also anxious as to what the outcome would be. Would sharing my liver



Billie LaVallee recovers from liver donation surgery at a hospital this past spring in Massachusetts. She later met the recipient of her donation and members of his family. SUBMITTED PHOTO

change the life of my recipient? I was prayerful. The surgery took place at Lahey Hospital in Burlington, Massachusetts. There are no liver transplant programs in Maine."

The surgery was about seven hours on a Wednesday, and she was released early the following Monday.

"The first couple of weeks were rough despite my pain being well controlled. I had a reaction to one of the pain meds and had some nausea and vomiting on postop Day 3," Billie said. "Imagine how little fun it is vomiting with a new incision that runs vertically from the thorax just below my belly button. Fortunately, that did not last long."

According to Billie, getting quality sleep was also a challenge.

"Getting out of bed and even rolling over were suddenly a Herculean feat. I also had an abdominal drain that was removed immediately before discharge from the hospital. The wound site from this drain was still discharging fluid and I would often wake up having soaked through the bandaging and my pajamas. Napping suddenly became an essential part of my existence."

She began walking, more like shuffling, in the hospital and continued upon returning home.

"The first day I slowly ambled about my neighborhood about one-quarter of a mile. After week one I was able to get out several times a day and began gradually increasing the distance and speed. She felt remarkably well and almost back to normal at about six

weeks, returning to work after eight weeks with restrictions not to lift anything above 20 pounds.

"At this point I had also begun to run again and by the end of July I was able to lightly return to competing with my corporate track and field team," she said.

The experience was what she expected.

"I was well prepared for the experience thanks to the wonderful transplant team at Lahey as well as my mentor and now friend, Lynn," Billie said. "Lynn has donated both a kidney and part of her liver and works for the National Kidney Donation Organization."

But despite being well prepared for the surgery itself, Billie said that the experience was humbling.

"I am so grateful to the Lahey Hospital and Transplant Program staff, my surgeons, and the entire nursing staff," she said. "I wish I had known a bit more of how losing your gallbladder can affect your digestion. Gallbladders are removed along with your liver donation. I took Pepcid, as prescribed, for 90 days postoperatively to alleviate acid reflux. I also learned to eat several smaller meals. I am happy to report that I am no longer having any issues."

As far as doing anything differently, Billie advises to have extra boxes of gauze and bandages on hand.

"Like I mentioned my incision site from my drain leaked for days and I ran out of dry dressings," she said. "One of my sisters came to the rescue and delivered a fresh supply. "If thinking about becoming a living organ donor, I would advise them to start with finding a mentor. I would be honored to speak with anyone who might be interested. Lynn was such a Godsend to me. We discussed the big stuff as well as the small little details that you may not feel comfortable asking a surgeon, like 'Will I get constipated?' or 'Will I be able to shower?' The answers respectively are: 'most likely' and 'not until just before you are discharged.'"

She says be prepared for lots of needles.

"While hospitalized, I had IVs in both arms, one in my hand, and one in the jugular vein in my neck," Billie said. "I also received heparin shots daily (to prevent blood clots). Fortunately I am much more afraid of spiders than needles. I would also encourage a potential living donor to have candid conversations with their family and loved ones. Family support is crucial."

Billie said she can't begin to convey the gratitude that she has for all those who have supported her on this journey and says thanks.

"Several people have suggested that I am a 'hero.' I adamantly disagree with this. I am however someone who has been blessed with good health, a loving husband, children, family, friends and community," she said. "Living donation is not possible without a team of real heroes surrounding you. I continue to think about the complexity of the surgery and the skills and competence of the surgeons. I recently found a video on YouTube and am awed with the intricate nature of the surgery. Interestingly, the liver is the only organ that regenerates."

Recently she had the opportunity to meet the recipient and his wife.

"It's so hard to describe the magic of the moment. I am ecstatic to share that Mark is doing remarkably well," she said. "He is resuming beloved activities such as going to camp and hiking in the woods. We have stayed in touch and text frequently. We also are planning another outing in a couple of weeks. His amazing wife is currently going through the work-up to be a potential living donor."

Her goal in sharing her experience is to raise awareness about the living donation process and the impact it can have on the lives of people like Mark.

"I am hoping for a domino effect," Billie said. "If I can inspire one person to be a living donor and they in turn inspire another, just imagine the number of lives that can be changed."

If you would like to learn more, Billie recommends checking out Donate Life America's website donatelife.net. Those wishing to contact Billie can email: barb.lavallee1@gmail.com. <

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Tim Nangle: Remembering 9/11, honoring first responders

► **By Senator Tim Nangle**
SPECIAL TO THE WINDHAM EAGLE



— Sen. Tim Nangle
On September 11, we honor the memory of all those innocent lives tragically lost that day twenty-three years ago. We also remember the bravery and sacrifices of our first responders, who, without hesitation, answered the emergency call. While we hope never to experience an emergency to that scale in our communities, when we do call 9-1-1, we are counting on someone being there to respond. The events of 9/11 put a spotlight on the critical relationship between our communities and first responders, the role they play and the short- and long-term risks they take to keep us safe.

I've spent my life dedicated to public safety, first, as a 9-1-1 dispatcher, firefighter, and a police officer. I became a paramedic in 1998 and worked in cities north of Boston. I moved to Maine almost 35 years ago and started a family while serving in the Portland Fire Department for 27 years. While at Portland Fire, I started a blood drive program called "Roll Up Your Sleeves and Remember," which was held on September 11. Because of this experience, I know how difficult and important is to ensure we have safely staffed, trained, and equipped personnel across police, fire, and emergency medical services so all can respond together. While some communities in my district rely on volunteers, all departments are struggling to keep services running with limited town, state and federal support.

Recently, there has been significant discussion about new federal

emergency response standards from OSHA. While improving safety for EMS personnel is a valid goal, these regulations must consider the unique challenges facing Maine's underfunded, volunteer-dependent departments. For example, Casco, with a year-round population of about 3,700 that swells to over 20,000 in the summer, could face severe challenges in complying with these standards. Chief Brian Cole of Casco Fire Rescue has raised concerns about the feasibility of meeting these requirements without additional financial support. Casco's department handles up to 900 emergency calls a year with a combination of per diem and volunteer staff and doesn't have the budget or staff time to implement these new regulations.

With already thin budgets and growing call volumes, our EMS departments are stretched to their limits. Any new federal regulations must support rather than strain these vital services. We've made some progress on these issues in Augusta, but we need bipartisan cooperation to allocate the necessary money.

Last year, we made a historic \$31 million investment in EMS to sustain at-risk services statewide, ensuring that rural and underserved communities continue receiving emergency medical care when they need it most. We secured funding for the Length of Service Award Program, offering benefits to volunteer firefighters and EMS personnel, and invested in fire training facilities to keep our firefighters well-prepared.

This year, we passed legislation to increase MaineCare reimbursement rates for EMS providers. This simple change would have brought over \$22 million in federal funding and allowed providers to be reimbursed for non-transport calls, vital to the

public, but costly to the local taxpayer. Despite being supported by lawmakers in both chambers, the Appropriations Committee did not fund the bill. I'm committed not to giving up because we must ensure our EMS departments have the resources they need to serve their communities.

In the next legislative session, I will continue to advocate for our first responders in Augusta and beyond, ensuring they have the money, tools, training, and support they need to do their jobs safely and effectively. Whether through increasing MaineCare reimbursements, improving pay and benefits for first responders, or

securing additional federal funding for departments, I remain committed to ensuring that no community is left without the emergency services they depend on.

As we honor all the lives lost on 9/11, let it also be a reminder of the tireless work of our first responders right here in Maine, who protect us every day, and how we must continue to support these essential services.

Contact me at Timothy.Nangle@legislature.maine.gov or call the Senate Majority Office at 207-287-1515. For updates follow me at [facebook.com/SenatorTimNangle](https://www.facebook.com/SenatorTimNangle), and sign up for my e-newsletter at mainesenate.org. <

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Windham Deputy Fire Chief dedicates life to safety, service and professionalism

By Ed Pierce
STAFF WRITER

Ask Windham Deputy Fire Chief Steve Hall about his profession and he'll tell you that firefighters never know what they will encounter on each call but proceed with the same level of commitment and service.

Hall leads Windham Fire/Rescue Department's call company, fire police, and junior firefighter programs. He assists with fire training including running the drill school for the new full-time hires and assists Windham Fire Chief Brent Libby with operations involving the call companies.

"I am also in charge of the recruitment and retention of the department," Hall said. "This is one of the hardest aspects of our job. Less people have the time commitment to give to the Fire/Rescue Department. I also have one weekend a month to be on call and in the town to provide support for the Fire/Rescue company."

He began his career in firefighting in Farmington, Maine in 1991.

"I was working as an electrician then. There wasn't enough work back then and would get laid off during the winter months," Hall said. "That is when I decided I wanted to pursue a career as a firefighter. I enrolled into the Fire Science program at SMMC. I graduated with an associate's degree in 1995 and moved to Windham and joined the call company.

According to Hall, he was hired by the South Portland Fire Department in 1996 and worked there for two years before joining the Portland Fire Department, where he retired as a Lieutenant after 26 years of service. But once you work in public safety, you become hooked, and Hall subsequently came to work for the Windham Fire/Rescue Department.

"The best thing about the job is working with a great group of like-minded professional firefighter/Emergency Medical Service workers here in town," Hall said. "When there is a major incident, we all come together to get the job done."

The most challenging part of his job is recruitment, he said.

"There are less people interested in becoming firefighter/EMTs," Hall said. "I have attended several different job fairs and getting people interested in the fire service is tough. It is a very big commitment. To become a firefighter, it takes at least 120 hours of classroom and hands-on training. Then to become an EMT it takes another 150 plus hours of training, hospital time, and then ride time with an ambulance service. This is a huge commitment for anyone especially if you have a family."

His own family is supportive of his career.

"My family understands what I do. My wife currently is a career Firefight-



Steve Hall started his firefighting career in 1991 and serves as Windham's Deputy Fire Chief leading the Fire/Rescue Department's call company, fire police, and junior firefighter programs.

SUBMITTED PHOTO

er/Paramedic with the Windham Fire/Rescue Department," Hall said. "My kids grew up with me not being home on holidays, birthdays, and weekends. We have always worked things around my schedule. Now we are working around my wife's schedule. It's a good thing we have a calendar on the wall at home. They also know that I may leave for a call anytime day or night."

One thing the public may not know about the Windham Fire/Rescue Department is that it has a junior firefighter program and at the age of

15 a person can join the Fire/Rescue Department and learn the skills to become a firefighter/EMT, he said.

For Hall, his most memorable career moment came when he was asked to give a speech to a new group of citizens during their swearing-in ceremony to become citizens of the U.S..

"I was asked to speak on my experiences regarding 9/11. I had gone down to Ground Zero a few weeks after the tragedy," he said. "I knew a Division Chief from New York who was working in Staten Island. A captain from the Portland Fire Department and I drove to New York to attend a few funerals for the fallen firefighters, and the Division Chief drove us down to Ground Zero for their nightly shift change. The devastation was more than anyone can imagine. The smells and the sound are something I will never forget. Over the next few months, we attended well over 50 funerals. It wasn't that we knew each firefighter, it was the fact that there were not enough New York firefighters available to attend these funerals because when they were off duty, they were digging on the pile at Ground Zero."

Great at instructing training sessions, Hall believes training is a major part of the job.

"I'm trying to pass on my knowledge and experience to the next generation of firefighters," he said. "Like they say, leave the job better than when you found it." <

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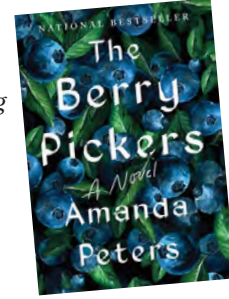
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LETTERS to the editor

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

Editor,

I'm pleased to write this letter of endorsement of Franny Etheridge for RSU 14 school board. Franny and her husband Christian are the proud parents of three children that attend Windham schools. Her commitment is to ensure all children get the quality education they deserve.

Franny believes strongly on a child-centric approach to education which consists of:

1. Easy access to your child's curriculum and extracurricular activities.
2. Increase parental awareness on how to shape curriculum.
3. Keep political pressure away from decisions, the children's best interest is what should drive our policies.

I'm confident that with Franny on the board she will make a difference in making your children's education a success.

~ Michael Litalien, Windham

Editor,

I am writing this in support of Franny Etheridge for school board. Franny and her family moved to Windham several years ago from North Carolina. Once she arrived in Windham, she became active in the community and the school.

Franny volunteers with the Backpack Buddies program which helps provide food to the students over the

weekend. She has three children in the school system with the youngest going into First Grade. She was able to volunteer a couple days a week in two school systems on a regular basis. Over the years, Franny has attended school board meetings, but usually watches online. She believes that a strong academic foundation will help set kids up for a successful life.

Franny would like to increase transparency and parent involvement in their children's curriculum and extracurricular activities. She is for common sense solutions and open dialogue amongst parents, teachers, and students. She is a great neighbor and always willing to help you any way she can. For all these reasons, I believe Franny would be a great asset as a RSU 14 school board member.

~ Helen A Robinson, Windham

Editor,

I met Senator Tim Nangle last spring. As a psychotherapist and a member of the LGBTQ community in Windham, I am pleased and impressed by his record on gender-affirming care and LGBTQ issues in Maine. He voted to pass bill LD 227 in the 2024 session. LD 227 was ultimately signed into law and protects transgender and reproductive health care.

As a therapist who works with LGBTQ clients, gender-affirming care

is at the core about human rights and respecting each person as an individual. This allows each person to live their best life possible. People who have previously been denied such care often experience increased depression, anxiety and at times suicidal ideation. With appropriate gender-affirming care, people are happier, more productive and authentic members of our society.

Senator Tim Nangle believes that each person deserves the right to have that dignity and respect. This is why I am voting for Tim Nangle for Maine Senate.

~ Carlisle Blind, Windham

Editor,

"This summer I made a decision to run for RSU 14 School Board to help make a difference and give back to the town that has been my home for the past 21 years. I'm very grateful for all the support I received from family, friends and the Windham Republican Town Committee.

Recently my son suffered a catastrophic spinal cord injury. Again, I received a great deal of support. After much prayer and discernment, I decided to still move forward with my candidacy to affect positive change in our town. I sincerely believed it was

→ see LETTERS Page 15



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BRIEFS

Pot Roast Supper

Raymond Village Community Church, located at 27 Main St. is hosting a Pot Roast Supper on Saturday, Sept. 14. Orders will be taken for pickup between 5 and 6:30 p.m. The menu features pot roast and gravy, potatoes, green beans, carrots, a roll, and a brownie for \$10. Meals are hot and ready for take-out only. To order your meals call the RVCC office at 207-655-7749 before noon on Sept. 14 and leave a message with your name, number of meals and pick-up time. Or you can email the info to: office@rvccme.org with the information.

WVA Meeting

The Windham Veterans Association (WVA) will hold its annual membership meeting open to all American Legion Post 148, VFW Post 10643 and DAV members associated with the Windham Veterans Center at 6 p.m. Monday, Sept. 16. As members of these organizations, you are also members of the WVA and are a voting member at the annual meeting. Meeting topics include establishing goals and election of WVA Officers for the coming 2024-2025 cycle. This community notice is required by the WVA bylaws.

Cancer Support

The Windham Cancer Support Group will hold a caregivers-only meeting at 6:30 p.m. Monday Sept. 16 at the Windham Public Library. All individuals caring for those with cancer are encouraged to attend. FMI, email: coppjanet@yahoo.com

of Feral Felines is a nonprofit supporting abandoned cats in southern Maine with veterinary care, food, and housing. Sales help both the homeless cats and the community by reducing the numbers through trapping, neutering, and homing. FMI, visit www.feralfelines.net

Blood Drive

The American Red Cross will conduct a blood drive from noon to 6 p.m. Wednesday, Sept. 18 at the Windham Veterans Center, 35 Veteran's Memorial Drive in Windham. To schedule an appointment, call 1-800-733-2767.

Bean Supper

American Legion Field Allen Post 148 will offer a Bean Supper from 5 to 6 p.m. Saturday, Sept. 21 at the Windham Veterans Center, 35 Veterans Memorial Drive in Windham. There will be a 50/50 raffle and the menu includes beans and chili, hot dogs, salad, casseroles, coleslaw, potato salad, desserts and beverages. Tickets are \$10 and kids under 12 eat for free. Proceeds from the dinner will benefit the Legion's youth programs. FMI, call 207-892-1306.

Used Book Sale

The Friends of Feral Felines is holding a used book sale from 9 a.m. to 2 p.m. Saturday, Sept. 21 at the Westbrook Community Center, 426 Bridge St. in Westbrook. Friend

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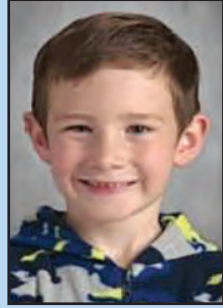


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STUDENT OF THE WEEK

Declan Potter



Grade: Second Grade School: Windham Primary School
Teacher: Mrs. Glanville
Favorite subject(s) in school: Math is his favorite subject because he can help out others with it. His teacher loves him helping the class.
Parents' names: Adam and Lisa Potter
Reason for selection: Declan follows the 3 Bees of our school which is Be Safe, Be Responsible and Be Respectful. He models for others how to act at school. A staff member describes him as a ray of sunshine because he is always happily smiling! He is eager to learn and always willing to help others. He especially helps in the cafeteria where he helps the staff keep things calm and orderly for his peers.

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION



LETTERS to the editor

→ **LETTERS** *Cont. from page 13*

important for me to run and that I would be able to follow through with that responsibility if elected.

However, while accompanying my son at rehab out of state, I saw the need to discern again about my candidacy. I have made the difficult decision to withdraw from the race. It was important to make this decision before the ballots were printed to avoid confusion for the voters. I didn't want to leave the election unless I felt confident there would be two strong new candidates to affect healthy change. It's my firm opinion that Ginny Woodman and Franny Etheridge will bring good virtues and character to the RSU 14 school board. They would make wise, rational and reasonable decisions.

Ginny is endorsed by the Windham Republican Town Committee. Franny is unenrolled in a party and due to that, not formally endorsed.

I stepped back from running to be

able to better meet my son's needs uncertain that I would be able to give my full efforts to our town. I encourage all those that would have supported me to vote for Ginny Woodman and Franny Etheridge for RSU 14 school board. I will be voting for them to bring strong collaboration within the community.

~ Kathleen March, Windham

Editor,

David Nadeau has served this town for many years on a variety of committees both appointed and elected. Several years ago, he and I served on the Comprehensive Planning Committee.

He always came prepared to add to the discussions and decisions that needed to be made by doing his homework and research on the topics under consideration. He was respectful in listening to the opinions of others and made his decisions based on facts and always with a mindset to focus on what was best for Windham.

He served with a sense of respon-

sibility and accountability. The committees he has served have given him a knowledge of this community, its needs and its ordinances that most of his peers on the council do not have.

Please consider giving him your vote for another term on the Windham Town Council.

~ Liz Wisecup, Windham

Editor,

Due to Representative Jane Pringle's abysmal voting record, I won't vote for her. With a little research, I discovered her words don't match her votes. I'm guessing she hopes you don't ask questions, as I did.

While Jane told me she is pro-life, I found out she not only voted in favor of one of the country's most expansive abortion laws, L.D. 1619, she co-sponsored the bill!

In 2023, the new law ended Maine's long-standing restriction of abortions after viability, making abortion of babies capable of living outside the womb legal, for any reason, right up until live birth. In other words, Rep. Pringle advocated and voted to allow abortion on-demand for late term, live babies at 40 weeks gestation. What happened to Dr. Pringle's Hippocratic

Oath – to do no harm?

Unconscionably, this bill also reduced the crime level for unlicensed abortionists performing surgical abortions from a felony to a low-level misdemeanor.

Since the landmark Roe v. Wade case, 51 years ago, my views have evolved due to advances in science, technology, and medicine. It is not 1973! We now know unborn babies have a heartbeat at 8 weeks gestation; babies feel pain at 12 weeks; and babies begin to smile and show human emotion at 24 weeks.

On average, 2,000 babies are killed by abortion every year in Maine. Complications from an abortion can include perforation of the uterus, cervical injury, failed abortion, infection, trauma, and long-term psychological damage.

Maine has 23 abortion clinics. They are all unlicensed, and there is no requirement for state safety inspections. With a national average of 1.5 abortion clinics per 100,000 women (ages 15-44), Maine stands at 9.5 clinics/100,000 women; the highest state average in the U.S.

Jane is too extreme for me.

~ Ann-Marie Grenier, Windham



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Early fall enrollment is up 9 percent at Maine’s community colleges, putting the seven colleges on track for another historic high enrollment this year.

Enrollment has been boosted by a Free College Scholarship that covers 100% of tuition and mandatory fees for recent high school graduates, an increase in the number of high school students taking early college courses, expanded hours with more nights and weekend classes, and increased capacity in popular academic programs that traditionally had waiting lists. The colleges are also seeing more returning and continuing students from last year’s record-breaking historic fall enrollment of 19,477 students.

As of Tuesday, early fall enrollment was 16,670 students, compared to 15,334 students on the same date last year.

“All of these factors are playing a role in ongoing strong enrollment at the colleges, and we couldn’t be more pleased that we’re able to offer more low- or no-cost educational opportunities to more students,” said David Daigler, president of the Maine Community College System (MCCS). “It’s also a reminder that the clock is ticking on the Free College Scholarship:

The high school class of 2025 is the last graduating class that qualifies for the free college scholarship, so we strongly urge all high school seniors to plan for a tuition-free college experience at Maine’s community colleges.”

The Free College Scholarship, which started in Fall 2022, was intended to re-engage people whose high school and early college experience was disrupted by COVID, particularly since most community colleges serve higher percentages of first-generation and lower-income students. Since it launched, MCCS has enrolled a total of 12,625 Free College-eligible students.

New this fall are seamless transfer agreements with both public and private Maine colleges. Under these new agreements, Maine’s community college graduates are guaranteed admission to 13 four-year colleges in Maine. Over the summer, MCCS signed new transfer agreements, one with the University of Maine System guaranteeing direct admission – without having to fill out application forms, write essays,

or pay application fees – to all seven universities in the University of Maine System, and individual agreements with six independent colleges guaranteeing admission to certain programs.

As more students complete their associate degrees at Maine’s community colleges, the number of transfer students going to four-year colleges is expected to increase. Already this fall, the University of Maine System is reporting a 39% increase in undergraduate transfer students.

Early fall enrollment figures do not include short-term workforce training students at Maine’s community colleges. More than 26,000 students have taken short-term workforce training classes since January 2022. Some of the students from those programs continue in certificate and degree pro-

grams, adding to the fall enrollment numbers.

Official fall enrollment figures are calculated on October 15.

This is the third academic year with the Free College Scholarship, which was proposed by Maine Gov. Janet Mills in early 2022 and enacted by the Maine Legislature a few months later. In July 2023, the scholarship was extended to the Classes of 2024-2025. Graduates in the Class of 2022 must enroll at a community college in the 2024-25 academic year, graduates in the Class of 2023 must enroll no later than the 2025-2026 academic year, the Class of 2024 must enroll no later than the 2026-2027 academic year, and this year’s high school seniors – the Class of 2025 – must enroll no later than the 2027-2028 academic year. <



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<p>10 a.m. – 3 p.m. Vendor Fair opens, White Elephant Sale begins, Village buildings open for tours, food booths open</p>	<p>10 a.m. – 2:30 p.m. Pumpkin-Decorating Contest begins—children are invited to decorate a pumpkin and possibly win a prize</p>	<p>10:30 a.m. – 11:15 p.m. Sebago Lakes Ukulele Association (SLUKES) perform on the Gazebo</p> <p>11:15 a.m. Relay Races begin</p>	<p>11:30 a.m. – 1:30 p.m. Antique Car Show featuring Model-A and Model-Ts</p> <p>Noon – 12:30 p.m. Windham Middle School Band performs</p>	<p>1 p.m. Pie-Eating Contest with Town Clerk Linda Morrell serving as judge</p> <p>1:15 p.m. Cornhole and Horseshoe Tournaments begin</p>	<p>1:30 p.m. – 2:30 p.m. Saco River Jazz Band performs at the Gazebo</p> <p>2:45 p.m. Pumpkin-Carving Contest winners will be announced</p> <p>Doors close at 3 p.m.</p>
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Apple picking in Maine: A Fall family tradition for all

As autumn arrives in Maine, the Sebago Lake Region transforms into a picturesque haven for outdoor activities. One of the most beloved fall traditions in this area is apple picking. Set against a backdrop of vibrant fall foliage, apple picking here offers an opportunity to connect with nature, enjoy the crisp autumn air, and experience the region's agricultural roots. With its cool temperatures and fertile soil, the southern Maine region is an ideal location for producing a variety of delicious apples.

Why Apple Picking?

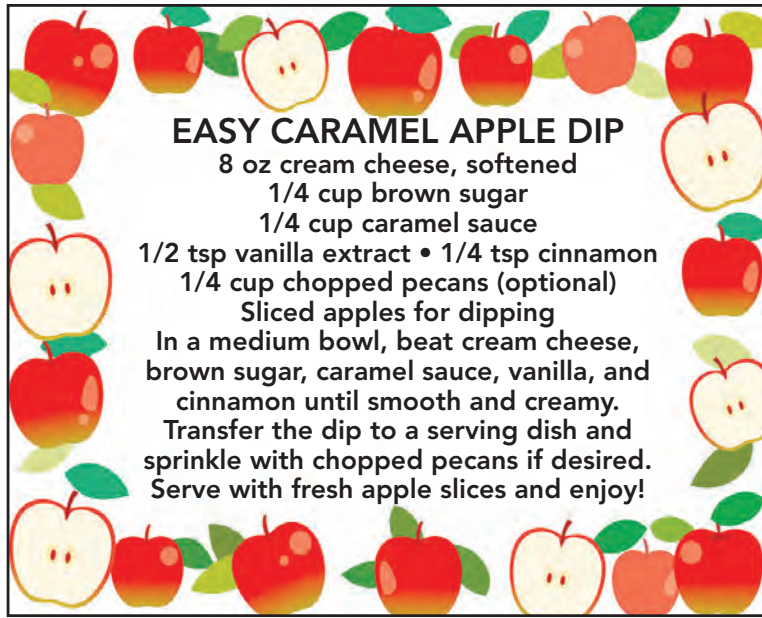
For many, apple picking represents more than just gathering fruit; it's a celebration of fall. The simplicity of wandering through an orchard, hand-picking apples, and tasting fresh fruit directly from the tree provides a break from the fast pace of everyday life. It's a wholesome, family-friendly activity that invites participants to slow down, savor the moment, and connect with the outdoors.

Maine is known for producing a variety of apples that cater to different tastes. Whether you prefer the tart crunch of a McIntosh or the sweet juiciness of a Honeycrisp, you'll find plenty of options to suit your palate. Many orchards in the region offer both popular apple varieties and lesser-known heirloom types, making it an exciting destination for apple enthusiasts.

Tips for a Successful Apple Picking Experience

To make the most of your apple picking adventure, here are a few helpful tips:

- Dress Appropriately: Autumn in Maine can be cool, especially in the early mornings and late afternoons. Dress in layers so you can adjust to the weather as the day warms up. Sturdy,



EASY CARAMEL APPLE DIP

8 oz cream cheese, softened
1/4 cup brown sugar
1/4 cup caramel sauce
1/2 tsp vanilla extract • 1/4 tsp cinnamon
1/4 cup chopped pecans (optional)
Sliced apples for dipping
In a medium bowl, beat cream cheese, brown sugar, caramel sauce, vanilla, and cinnamon until smooth and creamy. Transfer the dip to a serving dish and sprinkle with chopped pecans if desired. Serve with fresh apple slices and enjoy!

idea to bring your own reusable bags to carry your apples home. This not only helps reduce waste but also ensures you have a sturdy way to transport your bounty.

- Pick Carefully: When selecting apples, look for firm fruit without blemishes or bruises. Gently twist the apple upward to remove it from the tree—pulling too hard can damage the fruit and the tree. Be mindful of where you step, as fallen apples can attract bees or wasps.
- Plan for a Full Day:

comfortable shoes are a must, as you'll likely be walking over uneven terrain in the orchards.

- Check the Harvest Schedule: Apple varieties ripen at different times, so it's important to check which apples will be available when you plan your visit. Early-season varieties like McIntosh and Gala ripen in September, while later-season apples, such as Honeycrisp and Cortland, are often available into October.

- Bring Your Own Bags: While many orchards provide bags or baskets for picking, it's always a good

Apple picking is just one part of the fall experience in the Sebago Lake Region. Many orchards also offer activities like hayrides, corn mazes, and pumpkin patches, so plan to spend several hours enjoying the festive atmosphere.

- Store Your Apples Properly: To extend the life of your apples, store them in a cool, dry place. Apples can last for weeks if kept in the refrigerator or a cellar. Remember to keep them away from other fruits, as apples release ethylene gas, which can cause other produce to ripen faster. <



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7 signs your child might be experiencing bullying

With a new school year under way, paying attention to warning signs that your child may be experiencing bullying is important.

Bullying continues to be a major problem across the country. The National Center for Education Statistics reports that one out of every five students reports being bullied, although many people do not admit to it occurring, so bullying might be even more prevalent than statistics indicate. The primary reasons for being bullied include physical appearance, race/ethnicity, gender, disability, religion, and sexual orientation.

In the past, bullying may have ceased when students left school. But since the internet and digital devices provide round-the-clock exposure and access, bullying now takes place even after school hours through social media posts and texts. Students who experience bullying may be susceptible to anxiety, depression, sleep difficulties, lower academic achievement, and dropping out of school, says the Centers for Disease Control and Prevention.

Discovering the signs of bullying

early on may help students get the help they need. Parents and other adults may not be sure how to identify signs a child is being bullied. Here are seven signs that could indicate a child is being bullied.

1. Reluctance to go to school: Students being bullied may make excuses to stay home, such as saying they are sick. Frequent calls from the school nurse for early pickups also may occur.

2. Mood changes: Children may appear sad, moody, teary, or depressed more often than usual.

3. Changes in friendships: Loss or changes of friends could be signs of bullying. A reluctance to hang out in a once familiar social circle could signal bullying is taking place within that group.

4. Bad dreams or trouble sleeping: Bullying could cause worry at night or subconsciously while a child is dreaming, interrupting sleeping patterns.

5. Intense emotional reactions: Intense emotional reactions to school or social activities could be indicators that bullying is occurring. Although children may not always be able to ar-

ticulate their feelings, excessive emotions concerning certain topics may be red flags.

6. Signs of physical abuse: By and large a majority of bullying tends to lean toward the verbal and emotional. However, RaisingChildren.net, an Australia-based parenting website, reports bruises, cuts, scratches, torn clothing, or missing property might be indicators of physical bullying.

7. Withdrawal from devices: Students being bullied online or over social media may decide not to use mobile phones or gaming systems as frequently as they once did.

According to the Maine Integrated Youth Health Survey (MIYHS) from 2021, about 20 percent of middle and high school students reported being bullied on school property. Additionally, 15% of students experienced cyber-

bullying. These figures are in line with national trends, but they represent a serious challenge for Maine's schools.

One of the most important ways to address bullying is through open dialogue. Early intervention can prevent long-term psychological effects. Parents should regularly ask their children about their day, their friends, and any issues they might face at school. If a child feels comfortable discussing their problems, they are more likely to report bullying incidents when they occur.

Maine law requires that schools have policies prohibiting bullying, with clear procedures for handling incidents. Students and parents can report bullying incidents to school administrators, who are required to investigate and take appropriate action. <

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Eagle SPORTS

Windham High School varsity golf falls to Greely

By Matt Pascarella
STAFF WRITER

After Windham varsity golf opened its 2024 season with a big win over Westbrook, Windham traveled to take on Greely on Thursday, Sept. 5 at Val Halla in Cumberland. That's a par 36 course and although WHS turned in a strong effort, it lost, 10-3, to the Rangers.

Windham senior Joe Donnelly shot a 43, while senior Fiona Harmon shot a 44 and junior Nolan McPhail shot a 48. Sophomore Wyatt Richards earned 2 points for the team going 3-and-2 and shot a 51. Junior Davis Jordan shot a 50 and earned 1 point for the team, going all-square, meaning he and his opponent had an equal number of points.

"I think we did good, obviously the plug greens were a little bit of a curve ball, but I think we did alright," said Donnelly. "I personally played OK; the team played OK, but I think the plugged greens got us, but we'll come back and beat them next time. For me, posted off the tee pretty good ... we just had a little bit of approach shot issues, putting was fine, but we played OK. Chipping needs work."

Plugged greens create a bumpy surface on the course which often occurs through aeration during maintenance and helped WHS golfers during the Greely match.

"The course was in great shape," said Harmon. "I was struggling



(L to R) Windham senior Fiona Harmon chips the ball toward the hole at Val Halla Golf and Recreation in Cumberland on Thursday, Sept. 5 during a prep golf match against Greely. Senior Addison Profenno watches her ball soar through the air after teeing off. PHOTOS BY MATT PASCARELLA

off the tee a little bit, overall, I did well. My short game was pretty good, greens were aerated so it was kind of hard. Long irons and getting off the tee (still need work)."



Sophomore Wyatt Richards studies the positioning of his ball in comparison to the hole.

In total strokes, Windham was less than 20 strokes behind Greely, 220-238.

"We have notoriously struggled when we play at Val Halla," said Windham varsity golf coach Adam Manzo. "I think the match was closer than the score reflected. Many of the matches came down to the last few holes, half of the medal scores were all within three to five

shots, and while I do not think we gave them our best shot, this was an improvement for us at their course."

Both Davis Jordan and Wyatt Richards were able to come away with points in the five and six spot. Davis tied both match and medal and had an opportunity to win both on the last hole and Wyatt won both match and medal.

Manzo said each match in the top six matters, so he was happy that both Jordan and Richards were able to come away with some points for the team.

"Team score wise, our goal would be to be below 220," he said. "I do believe as the season goes on, we will be able to move in that direction with the ultimate goal of saving our lowest round for the Southern Maine Activities Association Qualifier in early October." <



Senior Joe Donnelly watches his ball after putting.

ATHLETE OF THE WEEK



Jack Arsenault

Age: 16 Team: WHS Varsity football

Coach: Matt Perkins

Parents' names: Jennifer and Jake Arsenault

Reason for selection: Coaches say that Jack is a teammate who is kind to all and goes out of his way to help anyone who is having trouble understanding their job. Jack is one of those kids who, every year, is a team-first guy. It's never about him, he's always about the team. Whatever he can do he'll do whether it's offensive line, linebacker – you tell him to play anything, he'll do it, he's that guy. He's going to give you everything he does; he's going to play and act with class. He's just a guy who is going to give everything. He's recognizable now because he's so consistent, his effort is relentless, he gives you everything he's got.

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Windham football battles, but falls in home opener

By Matt Pascarella
STAFF WRITER

In their home opener on Friday, Sept. 6, Windham's varsity football team left everything it had on the field in a game against Noble. The Knights pulled ahead early, but Windham wasn't about to get shutout – and they didn't. They fought hard but could not catch Noble and fell, 28-14.

"We had some injuries ... so it was on the fly, and we had a bunch of seniors who haven't been starters before who had to play; they're learning on the job," said Windham varsity football coach Matt Perkins. "That's the thing with us, stay positive, keep working, it's a long season and you got to win to get in the postseason. You can't pout and put your head down – it is what it is. Noble's a good team and has all their guys back from last year. Windham's hustle was great; near the end of the game, they didn't pack it in, they continued to battle. With the injuries we've got to see who's where, and what we've got to do to fix that situation. We got to clean that up and continue to execute from both sides of the ball."

Both teams were scoreless in the first quarter.

In the second quarter, Noble made it to the 15-yard line, but Windham shut them down. Unfortunately, the Knights later scored and got the extra point. Before the end of the half, Noble scored again. Windham kept their heads up, and continued to work hard. At the half, Noble led 14-0.

"We put in work all week," said Windham sophomore Parker Sperry, who had 66 rushing yards in the game. "We lost a few players to injury. We need to prepare more and have our heads in a better place to get ready to go battle. Noble is a good team



(L to R) Windham junior Mason Arbour plows through Noble's defense on his way to the end zone during a prep football game at Windham High School on Friday, Sept. 6. Junior AJ Moody looks to receive a pass. PHOTOS BY MATT PASCARELLA

with really good players, just came up short. All of the guys, we didn't hang our heads ... we're all trying our best, we played as hard as we could."

The second half saw the Eagles taking the field fired up, if not more, than in the first half. Windham had possession at their 30-yard line. After a first down, they completed a pass to junior AJ Moody, and he hauled it into the end zone. Moody had 69 receiving yards in the game. The extra point was good, and Windham only trailed 14-7.

Noble scored another touchdown, but the game was not over, and Windham wasn't finished. Cheers from the sidelines could be heard of Windham players telling other Windham players "you are still in this" and "keep your head up."

On a first and 10, Windham sophomore Landon Wyman made it to Noble's 30-yard line for a first down. Later during that series on a first and goal, Windham senior quarterback Karl Longstreth crossed the goal line. Windham nailed the extra point and trailed Noble, 28-14.

"Offensively, we did really good –

we had guys on the line, on the tight end," said Longstreth, who had 124 passing yards against Noble. "We had a guy that broke, and we had guys that came and stepped up and we need people like that. We have guys that are pushing 100 percent every day and guys that are looking forward to a new opportunity. Little mistakes, penalties, off-sides (got in the way). We came in the end zone four times; it was just little penalties that kept us from getting a touchdown and another. We need to stay consistent; we have great coaches, and we need to believe in them and trust what they give us."

Despite their efforts, Windham couldn't get ahead and the Eagles finished with 116 rushing yards and 124 passing yards.

"People might ... look at it as not a great way to start the season, but it's just team building," said Moody. "Our team chemistry is getting closer and closer by the second, everyone on this team is a family. We don't care how the outcome is we care how we build off it. I saw how our defense really competed at the highest level they have this



Junior Karl Longstreth rushes toward the goal line.

week. Our offensive line ... pushed and left nothing in the tank. We're such a great team we're going to get greater and greater as the season goes on. We have seniors that are getting into the mix now, we have some freshman and, man we're going to go far." <



Sophomore Parker Sperry makes his way around his opponent.



Freshman Jordan Pastore and teammates stop a Noble rusher.

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→ AFR *Cont. from page 8*

have sought out seniors, because I knew the group used to run bingo at our senior housing building, Jordan Bay Place,” she said.

According to Tarr, AFR is starting bingo back up on Sept. 30 for seniors who would like to attend. Bingo will be held on the last Monday of the month from 5:30 to 7 p.m. at Jordan Bay Place on Levy Lane in Raymond and prizes are awarded.

Rev. Brian Donovan, Raymond Village Community Church pastor, is supportive of the revamped program.

“They are going to be doing some really great things. We will be holding All Age Bingo, which a lot of people are excited about,” said Donovan.

Tarr believes in inclusivity for all residents, so she created the All Age Bingo program for everyone to feel welcome. It runs from 6 to 7:30 p.m. at Raymond Village Community Church and started Sept. 11.

Some of the other programs offered by AFR include an age friendly garden and senior library hours. Tarr is also running a cribbage program



Jordan Bay Place residents Joan and Barbara gather for the arrival of a visit from Age Friendly Raymond volunteers. PHOTO BY DEBBY TARR

which has been meeting this summer. The group meets every other week for a couple of hours at a resident’s home. For upcoming dates, refer to the AFR Facebook page.

Looking ahead, Crocker says he is pleased with the exciting upcoming events.

“These programs will be available on our website,” he said. “The best way to hear about new offerings is to create an account on the Parks and Recreation website and click yes, to receive email updates.”

AFR will host a trip to Senior Day at the Fryeburg Fair on Oct. 1. The van will leave Raymond at 9:30 a.m. and leave the fair at 2 p.m. The trip is free for Raymond residents and just \$5 for non-residents. Register early as space is limited.

There are eight “domains of livability” highlighted on the AFR website. The program aims to determine the needs of residents while developing

appropriate programs to serve the community. These include outdoor spaces and buildings, transportation, affordable housing, social participation, respect and social inclusion, community life, communication and information, and community and health services.

Tarr is dedicated to the program and encourages community members to help if they are able.

“Please consider volunteering. Community service is so rewarding, and so appreciated,” she said.

To sign up for the AFR newsletter send an email to: agefriendlyraymond@yahoo.com

Volunteers are welcomed and there are many opportunities available. For more information about volunteering, just email the address listed above.

Visit the website at: www.agefriendlyraymonde.org or check out Age Friendly Raymond on Facebook.

To sign up for events such as Bingo and the Fryeburg Fair trip, visit Raymond Parks and Recreation at: raymond.recdesk.com <

ABUTTER NOTICE

TOWN OF RAYMOND, MAINE

ZONING BOARD OF APPEALS SITE WALK

Saturday, September 14, 2024 • 9:00 AM

You are hereby notified of the Raymond ZONING BOARD OF APPEALS Site Walk at the following location **Saturday, September 14, 2024 at 9:00 a.m.** regarding the information on the following application:

APPLICANT: Karen and Bill Burke

LOCATION: 36 Murch Landing Road; Map 74/Lot 6
Zone LRR2

DESCRIPTION: Administrative Appeal of Shoreland Zone Permit #2024146 for New Dock

PUBLIC HEARING

**Broadcast Studio - 423 Webbs Mills Road
and Via ZOOM**

Tuesday, September 24, 2024 • 7:00 PM

You are hereby notified that the Raymond Appeals Board will hold a public hearing on **Tuesday, September 24, 2024 at 7:00 p.m.** to hear information on the following application:

APPLICANT: Karen and Bill Burke

LOCATION: 36 Murch Landing Road; Map 74/Lot 6
Zone LRR2

DESCRIPTION: Administrative Appeal of Shoreland Zone Permit #2024146 for New Dock

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

JOIN ZOOM MEETING

<https://us02web.zoom.us/j/81257424530?pwd=xMzkDLK8FRmYTYhbRS21ZWsgaIqIKX.1>

Meeting ID: 812 5742 4530

Passcode: pAmP9n

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Meeting ID: 812 5742 4530

Passcode: 856784

Find your local number: <https://us02web.zoom.us/j/81257424530?pwd=xMzkDLK8FRmYTYhbRS21ZWsgaIqIKX.1>

ABUTTER NOTICE

TOWN OF RAYMOND, MAINE

ZONING BOARD OF APPEALS SITE WALK

Saturday, September 14, 2024 • 10:00 AM

You are hereby notified of the Raymond ZONING BOARD OF APPEALS Site Walk at the following location **Saturday, September 14, 2024 at 10:00 a.m.** regarding the information on the following application:

APPLICANT: Sheena Jo Randall

LOCATION: 32 Shore Road; Map 78/Lot 10
Zone LRR1

DESCRIPTION: Administrative Appeal of Notice of Violation dated August 7th, 2024 for Installation of a Dock and Shed without Permits

PUBLIC HEARING

**Broadcast Studio - 423 Webbs Mills Road
and Via ZOOM**

Tuesday, September 24, 2024 • 7:00 PM

You are hereby notified that the Raymond Appeals Board will hold a public hearing on **Tuesday, September 24, 2024 at 7:00 p.m.** to hear information on the following application:

APPLICANT: Sheena Jo Randall

LOCATION: 32 Shore Road; Map 78/Lot 10
Zone LRR1

DESCRIPTION: Administrative Appeal of Notice of Violation dated August 7th, 2024 for Installation of a Dock and Shed without Permits

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

JOIN ZOOM MEETING

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The mystery of the vanishing civility

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



- Andy Young, Columnist

I began last Saturday morning by refereeing three youth soccer games. The participants were second and third graders.

After each contest had been completed, several different spectators went out of their way to thank me for refereeing their child's (or in the case of people who look similar to me, their grandchild's) game. I really appreciate being appreciated, so just for fun I started counting the individuals whose kindness made me feel good. Alas, I lost track after the 10th person, since I didn't want to take off my cleats in public.

For the past decade or so I've been umpiring Little League baseball, and the post-game comments I receive are generally similar to those I get at soccer games. The players are a little

older (up to age 12), but by and large the respect for (and appreciation of) adults in general and officials in particular is consistently good. Occasionally, a coach becomes over-excited in the heat of the moment, but on those infrequent occasions he (or she) always apologizes afterward for temporarily letting competitiveness get the better of them.

I mention this because I've attended numerous soccer, baseball, hockey, football and basketball games involving older kids over the past decade-plus, and in several different area towns. The children participating in those contests are anywhere from five to ten years older than the players in the games I currently officiate, as are, one assumes, their parents. When I go to these events I watch, with a reasonably unjaundiced eye, the game, the athletes playing in it, the people in the crowd, and the officials. It probably comes as no surprise that what I observe there is radically dif-

ferent from what I see each week at the second and third grade soccer games.

The skills of high school players are significantly greater than those of their pint-sized compatriots, and because of that the level of play involves a good deal more aggressiveness. But the biggest difference between youth sports and high school sports is the behavior of some of the adults, which quite naturally trickles down to many of the youthful and impressionable players.

Suffice it to say that I don't see a lot of people going out of their way to thank the officials following pay-to-play travel team games, or after the conclusion of high school athletic competitions. I have, however, seen outwardly rational-looking individuals mutter or shout their disapproval throughout a game, then go out of their way to heap verbal abuse on referees and umpires afterward. The irony is that the vast majority of those people getting abused are far more accomplished at officiating youth sports than much-appreciated amateurs like me are.

Not every spectator at pay-to-play travel team games or high school athletic events foams at the mouth while directing comments toward officials (and occasionally coaches and/or players) that can't be published in



this or any other newspaper. After all, these aren't professional sports. There's no prize for winning any particular game aside from the satisfaction of outscoring that day's opponent.

The percentage of youthful athletes in Maine who'll ultimately get athletic scholarships is small. The number who'll ever make a living playing a sport professionally is far tinier.

Why, where youth sports are concerned, does civility begin vanishing as the participants age? When does this unattractive metamorphosis begin taking place? Who thinks supplanting unadulterated enjoyment with aggressiveness and antagonism is a good idea? And most mysterious of all, where do kindness, appreciation, respect and joy go after they've been supplanted by hypercompetitiveness?

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Eagle REAL ESTATE & Home

Brace yourself, bad contractor season has been extended

► **By Warren O'Shea**
SPECIAL TO THE WINDHAM EAGLE



— Warren O'Shea
Owner, O'Shea Builders

It used to be that “bad contractor season” started sometime after our beloved black fly and mud season, or at least that’s when the local news channels would tend to run their stories. The stories may have been popular during this time of year due to many Mainers starting to think of their projects, and clicks equals money. The recent story of a disabled woman in York County ripped off by a contractor lies outside of this scheduled norm. Have the media outlets decided it was hot enough to now put it in their agenda cycle? Did the failed Contractor Licensing bill LD1929 stir the pot enough, or are there just that many more contractors ripping people off?

The king of rhetorical questions says yes, all have some validity. It can be a challenge to get the news to run a story as they do not want to expose themselves to liability. They likely won’t run a story if the homeowner and contractor do not have a contract, and they may not run a story

unless the contractor violated Maine state law. In the case of the York County woman, the contractor asked for a deposit of 50 percent of the total project cost up front, where State law sets the maximum request of no more than 1/3 of the total project cost.

According to the Office of the Maine Attorney General, since 2018 the agency has received nearly 4,000 complaints related to contractor fraud with a total of \$12 million in losses. I personally know of one contractor who continues to advertise his services across multiple local social media platforms and community groups who has 15 complaints with the Better Business Bureau, 7 of which have been in the past 12 months. There are currently 24 complaints to the local police department, and it doesn’t help that law enforcement frequently lists these types of complaints as a civil matter rather than criminal, leaving the responsibility to the homeowner to seek restitution, usually in court.

From the Office of the Maine Attorney General’s page on home construction and repair:

“While there are a great many competent, ethical home contractors in Maine, it is up to you, the consumer, to find one. Home contractors are not licensed or regulated by the State of

Maine. The old saying “Buyer Beware” applies. You should also keep in mind that the lack of state licensing allows the worst contractors to compete for your business alongside the best. The Attorney General’s Consumer Mediation Program ranks home contractors among the top three most complained about businesses every year.”

Doing your research when hiring a contractor is crucial for several reasons

- **Quality of Work:** Different contractors have varying levels of professionalism, expertise and workmanship. Research helps you find someone who has a track record of delivering quality results that meet your expectations.

- **Reputation and Reviews:** Checking reviews and testimonials from previous clients can provide insights into a contractor’s reliability, professionalism, and the quality of their work. This information can help you avoid contractors with a poor track record. Remember that the good contractors are working on getting your business right next to the bad contractors. It’s up to you to find the difference.

- **Credentials and Experience:** Ensuring that the contractor has the necessary licenses when required, insurance, and certifications required by the state is vital. Maine is among 15 states that do not regulate home

→ see REAL ESTATE Page 28

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Eagle PLEASE NOTE: FOOD AND GAMES FEATURE ALTERNATES WITH MOVIE REVIEW

FOOD AND GAMES

THE WINDHAM EAGLE'S

Cooking Corner

By Ed Pierce
STAFF WRITER

Ed's Simple Old Fashioned Bean Soup

As the weather gets a little chillier this fall, the last thing I want to do after work is spend time preparing a family meal. Through the years, I've found that crockpot and slow cookers can come in quite handy, and this recipe draws upon that simplicity to create a hearty meal easily that everyone can enjoy.

All these ingredients are relatively inexpensive and can be purchased at your local grocery store and can be assembled in the morning before you start your day. The end result produces this tasty bean soup that will be well worth the time you spend putting it together and it saves valuable time cooking after a long day.

INGREDIENTS

- 1 pound of dry navy beans (soaked in unsalted water overnight)
- 2 quarts of water
- 1 pound of chopped ham pieces
- 1 teaspoon of salt
- ½ teaspoon of black pepper
- ½ cup of chopped celery
- 1 chopped medium onion
- 1 bay leaf

DIRECTIONS

Drain water from navy beans and then place all the ingredients in a crockpot or slow cooker. Stir thoroughly.

Replace the crockpot or slow cooker cover and then cook on the low temperature setting for 10 hours or on the high temperature setting for 5 ½ hours.

SERVING

Remove and discard the bay leaf. Ladle the soup into soup bowls and serve with warm sliced bread or fancy dinner rolls.

Makes 2 ½ quarts of thick soup. Serves six.

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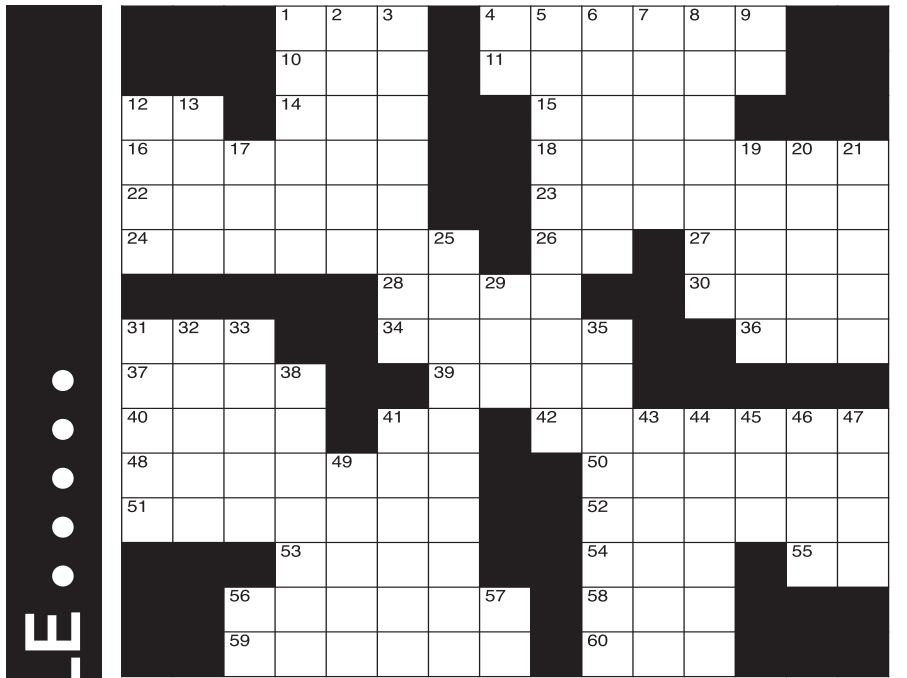


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S	A	D	E	R	O	D	E	D	S	A	N	E	



CROSSWORD PUZZLE

CLUES ACROSS

- 1. "60 Minutes" network
- 4. Train line
- 10. Go quickly
- 11. Straightforward
- 12. Canadian province
- 14. At any rate (abbr.)
- 15. Genealogy
- 16. Make changes
- 18. Utter repeatedly
- 22. In a way, turned up
- 23. Type of ship
- 24. Agents of one's downfall
- 26. Not out
- 27. Something to scratch
- 28. Round water pot
- 30. Refreshing green fruit (slang)
- 31. Promotions
- 34. Primordial matters
- 36. One-time world power (abbr.)
- 37. Source of illumination
- 39. The content of cognition
- 40. An Arab ruler
- 41. South Dakota
- 42. Gnawed at with teeth
- 48. Hawaiian island
- 50. Smaller
- 51. Of a single person
- 52. Rigid bracelet
- 53. Barbary sheep (Fr.)
- 54. Not even
- 55. Specific gravity
- 56. Engage in petty bargaining
- 58. Boxing's "GOAT"
- 59. Split between parties
- 60. Notable offensive

CLUES DOWN

- 1. A place to lounge
- 2. Skewed views
- 3. Peacefully
- 4. Commercial
- 5. Auxiliary forces
- 6. Large mollusk
- 7. Take out again
- 8. Sharp and forthright
- 9. Knight (chess)
- 12. Source of fiber
- 13. Flesh covering some birds' beaks
- 17. Energy
- 19. Night monkeys genus
- 20. Small, sharp nails
- 21. Pleasant-smelling liquid
- 25. Affirms one's hold
- 29. CNN's founder
- 31. Texans can't forget it
- 32. "Oppenheimer" actor Matt
- 33. Expression
- 35. Vessel
- 38. Lacking poetic beauty
- 41. Tall, swift and slender dog
- 43. Sports personality Michelle
- 44. Robber
- 45. Liquefied natural gas
- 46. Snakelike fishes
- 47. The most worthless part of something
- 49. City in Crimea
- 56. Bad grades
- 57. Reichsmark

SUDOKU

7	9	1	5		8	4	2	
6	4				3		7	
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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

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



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NONPROFIT SPOTLIGHT

Helping people, preventing fires through a full range of chimney services, and forging new relationships with customers is the mission of 1st Sweep Chimney Services.

Based in Windham, 1st Sweep Chimney is a full-service residential chimney company. It provides all masonry needs such as repointing, flashing and rebuilding tops, sweeps all types of flues, relines them with stainless steel liners while installing waterproofing and caps to prevent leaking.

1st Sweep Chimney services homes in all of Southern Maine, including right here in the Lakes Region, and is owned and operated by Dan Johnson.

“We take time to make sure our customers understand fully their chimney needs,” Johnson said. “The work is never rushed and is performed to the highest quality with before and after pictures. We will gladly offer references and proof of insurance.”

Fires and carbon monoxide leaks often start in chimneys that have not been cleaned or are neglected. Depending upon the buildup and use, Johnson recommends that chimneys should be inspected and cleaned at least once a year.

Johnson started his career more than 25 years ago as a mason tender and worked his way up to overseeing multiple crews and eventually starting his own business. He can expertly sweep your chimney, addressing any issues that are found in your fireplace,



1st Sweep Chimney Services LLC

wood stove or heating system.

The removal of creosote is one of the most important aspects of chimney sweeping. Creosote is an extremely flammable material and a byproduct of wood-burning fires. Creosote can accumulate in the flue, and that’s why it’s important to have your chimney inspected regularly.

A chimney inspection performed by 1st Sweep Chimney is the best way to get a complete picture of the overall condition of your chimney. Because many parts of the chimney are inaccessible and invisible to the naked eye, an examination by an experienced chimney professional can be used to inspect hardest to reach portions of a chimney’s interior and allows hidden problems to be uncovered and repaired before they create safety hazards for you or your family.

Sometimes even the most well-maintained chimneys can become damaged, Johnson said. A strong storm or another type of natural disaster can cause chimney damage, as can long-

term exposure to the elements, but 1st Sweep Chimney can repair your chimney promptly, properly and affordably.

Because 1st Sweep Chimney is a small local business, Johnson offers personalized and convenient service and strives to build long-term relationships with each customer.

“We are typically below our competitors on sweeping and chimney work and offer free annual inspections and estimates,” Johnson said. “We are trying to build a relationship with our customers. We try to encourage our customers to make sure their chimney is working safely ever year.”

According to Johnson, his business is customer-driven, and they call upon his experience and expertise to deliver a great experience. He says that 1st Sweep Chimney, leave each work site clean and spotless.

“We are told daily that our communication is outstanding. Every phone call, text or email typically is returned the same day,” he said. “We do not rush estimates or jobs making sure our cus-

tomers have clear expectations of the work being done. The best thing about what I do is I enjoy interacting with my customers, meeting new people and helping people,” he said. “I do each one like it’s my own home. I want my customers to feel when I leave that I’ve done the best job possible.”

Reviews posted online for 1st Sweep Chimney are exceptional.

“I was having a problem with a leak around my chimney and Dan came by in no time to address the problem. And guess what? After all this rain we’ve had not one drop of water! I would highly recommend 1st Sweep Chimney Services.” ~ Megan Brown

“I highly recommend 1st Sweep Chimney Services. I’ve used and recommend them on multiple occasions for centrotherm liners for high efficient gas boilers and furnaces, stainless steel liners for boilers and fireplaces. Best pricing around and always on time.” ~ Jimmy Mack

“Dan is the ultimate professional! He is very trustworthy and honest while going the extra mile for his customers! Being in this business for years has made him extremely knowledgeable! We can’t recommend him enough!” ~ Lori Latham

To book an appointment or for more details about 1st Sweep Chimney Services, call or text 207- 572-7449. You can also find them on Facebook under 1st Sweep Chimney Services. <

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➔ REAL ESTATE *Cont. from page 25*

contractors. I highly recommend getting the contractor's Certificate of Insurance directly from the insurance broker. Canceled COI policy documents can be forged to give the false impression that the policy is valid.. Researching their experience in the specific type of work you need helps ensure they are qualified for the job.

• Price Estimates: By researching and comparing estimates from multiple contractors, you can avoid overpaying and identify a fair market price for your project.

Avoiding Scams: Unfortunately, there are fraudulent contractors who may try to take advantage of unsuspecting clients. Researching allows you to recognize red flags and avoid scams.

• Communication and Compatibility: Finding a contractor who communicates well and understands your vision is essential for a successful project. Research helps you identify contractors who align with your communication style and project needs.

This article was brought to you by Warren O'Shea, the owner of O'Shea Builders LLC, Maine's most award-winning remodeling contractor. He has 35-plus years of residential remodeling experience. He is a certified home inspector and has been featured on HGTV, Food Network, and Maine Cabin Masters. He is a recipient of the Portland Police Department's "Citizen Award," and is a staunch consumer advocate. Warren has, and continues to, co-author articles for nationally distributed trade magazines. www.osheabuilders.com <

ON CAUTION CAUTION CAUTION C

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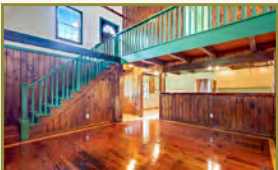
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