

Windham varsity field hockey coach's passion for sport earns 100th career win

By Matt Pascarella
 STAFF WRITER

Windham varsity field hockey coach Cory DiDonato has always had a passion for field hockey. She returned to field hockey as a coach after playing in high school and college because she loves teaching players how to be strong young women and thrives in a competitive team atmosphere. She coached Windham's varsity field hockey team from 2003 to 2008, and after taking time off to have her son, returned in 2016. On Tuesday, Oct. 15, DiDonato earned her 100th career win as a Windham coach when her team took down Sanford 2-1 in a thrilling game.

"I come back every year because ... they are like daughters for me," said DiDonato. "I love them, and they give me the competitive drive. It's the best group of girls; a lot of them I've had in class as middle schoolers, and I've gotten to see them grow all the way up through (varsity). I come back every year because I enjoy spending every fall with them and I get to help hopefully mold them into good people who know how to work hard for something that they want."

DiDonato was an Educational Technician at Windham Middle



Windham varsity field hockey coach Cory DiDonato, center, celebrates her 100th victory as WHS defeated Sanford, 2-1, on Tuesday, Oct. 15. DiDonato has been the coach at Windham for 13 non-consecutive years and is incredibly dedicated to the girls and success of the program. PHOTO BY MATT PASCARELLA

School from 2003 to 2008. Since 2016, she's taught sixth grade English Language Arts and Social Studies at WMS. "She's the main reason I stuck with

it, and she really just pushed me to be the best version of myself," said Windham senior Zocia LaWind, who scored twice in the first quarter of the

Sanford game. "I think the main reason is she believes in each and every one of us with her whole heart, she
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Mapmaker uses artistic skills to help those in need

By Ed Pierce
 STAFF WRITER

A map can tell you where you've been, where you are, and where you're going and for one local mapmaker, his maps also are making a difference in the community.

Sam Merriam of Great Northern Docks in Naples comes from an artistic family and became interested in cartography, the art and science of representing a geographical area on a vintage-style map about 10 years ago. One of his brothers, Tom, is a wildlife artist and sculptor and another brother, Dan, is a watercolor artist.

"They have been an inspiration to me," Merriam said. "I've always enjoyed illustrations ever since I was a child, and art is a thing in my family."

While visiting Waterboro's Little Ossipee Lake in 2014, he decided to create a map through his work as President of Great Northern Docks and offer it to the public. He needed a place to distribute the map, and he found it at the Lakeside Market owned at the time by Sandy and Leo Binette.

"I went to them and wanted to get the maps out there," he said. "But I felt there would be no perceived value for them if they were free. I told them they can sell them, and they agreed. We set a suggested price, and they said they would donate 100 percent of sales from the maps to the local food



Sam Merriam, the president of Great Northern Docks, has been making maps of local lakes for the past 10 years. Proceeds from map sales have been donated to assist area food pantries. This month the proceeds from online sales will benefit hurricane victims in the south. SUBMITTED PHOTO

pantry. I thought it was generous and that set everything into motion."

Since then, Merriam has done the same thing for other local lakes and has produced maps for Long Lake, Brandy Pond, Sebago Lake and many others with proceeds from sales benefitting local food pantries in the Lakes Region.

"Every time I put a map out, I get requests for others I don't have," he said. "I'm up to 20 now and not ready to stop. It has given me such a sense of fulfillment."

Most of his maps are completed in the winter. He starts with paper and a pencil and then determines how his idea will lay out on the page.

"Sometimes the borders will be different and there will be different illustrations. I figure out to use the

art comprehensively with each map," Merriam said.

The maps also include text for information such as the names of islands or coves, and sometimes local roads.

"The whole thing is a piece of art," he said. "When it's all finished it's a piece of art to be put on a wall."

Each drawing is done by Merriam freehand with India ink and he sits and does a composite to put it all together as an 11 x 17 in a vertical and portrait type of presentation. It usually takes him about two to three weeks to complete each map from start to finish.

"They turn out, for the most part, to be mainly the vision I started with," he said. "Another of my brothers Seth is a graphic artist, and he helps me in the editing phase and the graphic design of making the maps."

His goal right now is to focus on making maps of the Sebago Lake region including Peabody Pond in Bridgton and Pleasant Lake in Casco. When those projects are finished, Merriam intends to wrap up local lakes and then move on to making

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INSIGHT

A matter of character

If you close your eyes and think about it, I am confident that you can come up with at least several influential people who contributed in a significant and positive way in your life through their guidance or example.

Whether it's a parent, a teacher, a coach or a mentor, we all have experienced a person who we can turn to for advice in making decisions and point out the differences between right and wrong when we are young. These situations leave an indelible imprint upon us which can become our moral compass when we eventually become adults.

This is called character, and that word comes from a Greek term meaning "I engrave." Our own character is something that is "etched into" us by the experiences that we go through in our lives. Character development continues throughout our lifetime and in my opinion, each day opportunities arise to do something to further build our character into something that others can try to emulate.

Here are three influential people who helped shape my life in a positive way.

I first met Giles Hobin when I was a sophomore in high school. He was a music teacher at the school I attended in Henrietta, New York and was unusual to me for a distinct reason. On the first day of chorus class, he didn't come across as authoritarian, rather, he made jokes and made his students feel comfortable and accepted. At the age of 14, Giles Hobin treated me unlike any adult had ever done before. He didn't talk down to me, was always upbeat and his love for music was contagious.

His class met three times during the week, and I eagerly looked forward to each session. There was always a great exchange of ideas and viewpoints in his classroom, and I was astounded to learn that although he was 50 years old, he liked to listen to the same music I did. Most of all, I came to value his positive outlook on life, and the fact that in every interaction I had with him, he treated me as an adult and not just another hopeless teen searching for a future.

Some 56 years later, I am still friends with other many students in that class and I'm confident that all of them will tell you the exact same thing – that Giles Hobin was the best teacher they ever had and a major positive influence upon their life.

Tech Sergeant Bill Crosland was an imposing authority figure for me when I served in the U.S. Air Force. He had served in the Air Force during wars in Korea and Vietnam and was now in charge of the department I had been assigned to in 1977. He was a strict and no-nonsense supervisor who had grown up on a farm in Georgia and had a pronounced Southern drawl when speaking.

Being rather headstrong and new to the military, I ended up in his office many times for being overheard complaining about certain jobs I was given, such as sweeping and mopping floors or picking up litter on our unit's grounds. To my genuine surprise, instead of yelling at me or admonishing me for my comments, Crosland took the time as a supervisor to explain to me why each of those unsavory tasks were important and fit into our unit's overall mission.

Later when I became a supervisor myself, I came to appreciate Crosland's approach and have used the same technique myself when I've had to counsel employees. He always treated people with respect and took the time to make sure that I knew that nothing I was sitting in his office for was personal. He also fiercely defended the people he supervised, and in my case, that meant a lot to have someone in a position of authority in my corner responding to the unit's First Sergeant or commanding officer.

Dr. Harry Lancaster was my first journalism teacher in college in 1971 and had started writing for newspapers in the 1930s. He offered me strong advice about what readers expected from newspaper articles, suggesting that anything beyond the "5 Ws" – Who, What, When, Where, Why – was non-objective. He offered strong criticism of my writing and day by day in his Journalism 101 class, I could see my own improvement in storytelling.


But what placed Lancaster on my list here was his dogged insistence to me that journalists are chroniclers of life and must remain impartial always. He detested grandstanding journalists tooting their own horn or marketing themselves. He disliked journalists who inserted themselves into stories or who offered opinions supporting one side or the other about stories they covered.

Lancaster believed great articles reported truthfully about the human condition and a situation's lasting implications for the future. He considered it to be a privilege to tell the stories of others. I often recalled him telling me that when I was covering a sporting event during my career and thinking I would have paid the newspaper I was working for to watch that game and then write about what happened.

Each of these individuals helped make me who I am today, and the world sorely needs more of them. <

~ Ed Pierce

Today in HISTORY



OCTOBER 25
1870 – The first U.S. trademark is awarded to the Averill Chemical Paint Company of New York City.

1917 – The Bolsheviks under Vladimir Lenin seize power in Russia.

1929 – Albert B. Fall, U.S. Secretary of the Interior, is found guilty of taking a bribe and sentenced to a year in prison and fined \$100,000.

1955 – The first microwave oven for home use is introduced by The Tappan Company.

1964 – The Rolling Stones make their first American television appearance on the Ed Sullivan Show.

1990 – Defense Secretary Dick Cheney announces that the Pentagon is planning to send 100,000 more troops to Saudi Arabia.

2001 – Microsoft releases Windows XP, which goes on to become one of the company's most successful computer operating systems.

ON THE SPOT

What is something you wish you had more of?

"Time with my grandkids."
– Julie Mallett

"Snow to ski and sled on."
– Brian Butler

"Time with my grandfather."
– Mike Pednault

"Patience."
– Denise MacDonald Levasseur

"Cowbell." – Alfred Traylor

"Time with loved ones before they passed."
– Courtney Tardiff

"Knowledge, it can't hurt."
– Tommy Matthews

"Time with my grandsons."
– Jen Shirley

"Funds to travel and make a dent in my bucket list."
– Stephen Signor

"Free time. Too much fun to have in Maine and never enough time. Looking forward to retirement soon."
– William D. Reiner

"More patience to deal with all the stupidity taking place in America today. Morals, values, and integrity have been replaced with convicts, greed, lies and deceit as demonstrated by people with authority. I truly fear for this great nation."
– Darrell Janoushek

"Time." – Sharon Taylor

"Money to pay my propane bill in the winter." – Anne Glotchshuk

"A sense for fashion. It's hard to wear jeans all the time."
– Deirdre Schulte

"Strawberry plants so I could enjoy strawberry jam all year long." – Isabella Mongon

"Photos from when I was a small child to show my kids and husband."
– Jude Orestes-Sanchez

"Video games or time for dirt-biking on the weekends."
– Benjamin Lee

"Tickets for Boston Bruins hockey games." – Dean Smalley

"Car keys." – Mitchell Robinson

"Time for hiking with my three dogs before they eventually died." – Rich Heaney



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Voters to decide Windham Town clerk position status

By Ed Pierce
STAFF WRITER

On Nov. 5, voters in Windham will decide if the Windham Town Clerk will remain an elected position or by the appointment of the Windham Town Council.

The issue arose earlier this year when Linda Morrell, who has served for more than two decades as Windham Town Clerk as an elected official, sent a memo to councilors explaining why she supports changing the position to one that is appointed.

“The Town Clerk’s position should have someone who has clerk experience and who can be dedicated to this full-time position, including night meetings, and working evenings and weekends during election time. As an appointed position you can advertise and have the ability to choose the best qualified candidate,” Morrell wrote in the memo. “If the clerk is elected, anyone in town is able to run, and you may only have one person running who could absolutely have no experience or have any idea of what goes on in the clerk’s office. You cannot require qualifications when electing a clerk. This position has many responsibilities and involves several different jobs, most of which are

state-mandated. Learning these jobs requires going to classes and workshops and repeating those classes due to laws and regulations continually changing. It takes two to three years to feel comfortable and knowledgeable in this position because there are so many things to learn and become familiar with. Elections are one of the most important things a clerk has to oversee, and you need to know what you are doing.”

During a council discussion in July, Morrell told councilors that she will retire someday and that the job is tremendously challenging, and she indicated that she only wants to ensure continuity and consistency for the Town Clerk’s office when she eventually departs the job.

In Windham, the elected town clerk position oversees Dog Licensing; Hunting/Fishing Licensing; Business Licenses and Permits; and Notary and Dedimus Service. The clerk’s office assists in Tax Collection/Auto Registration in collecting property taxes; assists in Tax Collection/Auto Registration in registering Autos, Boats, and ATVs; issues marriage licenses and has Welcome Packets available for new residents. The Town Clerk also ensures that customer service is

provided to the public in a courteous and friendly manner and supervises all elections conducted in the Town of Windham. The town clerk also is tasked with ensuring that all voter registration for Windham is handled in accordance with Maine Law and the Windham Town Charter.

At the Windham Town Council meeting on Aug. 20, the public was given an opportunity to express their thoughts about converting the position from an elected one to by appointment and a motion was discussed by councilors to place a referendum on General Election ballot for Nov. 5. A portion of the proposed referendum would have included language to amend the Windham Town Charter to grant councilors the ability to appoint and remove the Town Clerk on a vote of five members and to remove the Town Clerk position from provisions related to elected officials, essentially making the position by appointment of the council without a residency requirement.

CONTROVERSY

Town Councilor Jarrod Maxfield was not present for a vote on the issue on Aug. 20, and councilors deadlocked, 3-3 at that time, effectively killing the issue being sent to

a referendum on the ballot. But the issue was resurrected again during a special council meeting held on Sept. 3 as Windham Town Council Chair Mark Morrison said that a councilor can petition the Town Council chair to bring up the issue again if there is a substantive change from the proposed original language. During the Sept. 3 meeting Councilor John Henry, who had voted against creating a referendum on Aug. 20 had a prior commitment and was unable to attend the meeting. Both Councilor Bill Reiner and Vice Council Chair Nick Kalogerakis spoke during the special meeting, but each left before a vote to advance a referendum for the Nov. 5 election asking voters to determine if the town clerk position should remain elected or be changed to an appointed position. Councilors Maxfield, Brett Jones, David Nadeau and Morrison voted 4-0 to do that and it is on the ballot.

Morrison said in September in an email that he supports making the position an appointed one after doing more than 20 hours of research about this issue.

“Our Clerk, Linda Morrell has been advocating for the town to change to

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→ **CLERK** *Cont. from page 3*

an appointed model going back to Manager Tony Plante five-plus years ago. She is not seeking reelection, and has one year left in her term," he said. "She wants the town to vote to change the clerk position to the appointed model and prefers to have the residency requirement removed which broadens the pool of candidates for consideration. We have a beloved clerk of 30-plus years advocating for the change to appoint. She is in the best position to know what is best for our town. We must listen to her and move this to the townspeople so they can do their own research and vote at the ballot during an election which will have the highest participation rate within a four-year cycle. Thus, the town decides with the broadest number of citizens participating."

According to Morrison, the elected

clerk is an antiquated model.

"Virtually every town over 6,000 residents has already changed to some version of appointed," he said. "The four remaining elected clerks in Southern Maine are taking action to change from elected to appointed. This is the direction Windham should go, not because we are 'followers' but because we value having the best people in place for the positions they hold."

RESEARCH

He said that during his research, he interviewed eight town clerks, and most had over 25 years of experience.

"All stated very clearly, the appointed model is the best for their town and for the integrity of the vote. The clerk needs to be a true professional given all their responsibilities," Morrison said. "An appointed clerk model seeks to fill the position

with a person who possesses a qualified skill set commensurate with their roles and responsibilities. The clerk is a department head responsible for election integrity and the collection of millions of dollars in fees. Those clerks operating in an elected capacity are advocating for 'appointment' over 'elected' as the best long-term model for their own towns. They see the limitations of 'elected' every day, firsthand and support change in their towns by moving to appointed. Each elected clerk said they want to move to appointed, over the next few years. When it comes time for them to leave or retire, their town will be in a much better position to fill the clerk vacancy by hiring based on merit with credentials and can choose from a broad pool of candidates and not limited by residency."

Councilor Nicholas Kalogerakis supports keeping the Windham Town Clerk as an elected position.

"My issue with appointing the clerk is I do not want to lose my right to vote on anything. The world and government are changing at a rapid pace, and we need to be careful with what liberties we are willing to give up," Kalogerakis said. "Our right to vote is a sacred part of democracy that people died for in order to have so I don't take it lightly even in our small town."

He said that although some councilors have said they don't want to hear the words "succession planning" again, he's going to have to keep saying it because the town has failed in preparing for key departures, such as in the Assessing Department, in Pub-

lic Works and now the Town Clerk's office.


"If we planned for it, we could have had a seamless transition and Linda, our clerk, could have had someone working alongside her for the last year," he said. "Mark Morrison did an in-depth interview with several clerks in neighboring towns. Most if not all of the clerks supported being appointed, according to his interviews. In my opinion, I can't imagine any clerks wanting to have to run for public election versus being appointed simply for job security purposes alone. Run for election every two years or be appointed once."

Kalogerakis said any elected official in any branch of government needs support and training when first elected.

"This is not abnormal, and we should be supporting the new Town Clerk in the same way," he said. "When we appoint a clerk versus electing a clerk are we to be naive enough to think they won't need training or support? They will definitely need it so why change? Simply put we should never be willing to give up our right to vote for anything. Nor should we think that a council of seven is better equipped to make a decision than the town as a whole."

The council could appoint a clerk that doesn't do well just as easily as it happens in an election, he said.

"Lastly, if we lose the right to vote and the council votes to appoint someone and it does not get the five votes needed, what then? Do we run the town without a clerk? I brought this up and it was not answered." <




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→ WIN *Cont. from page 1*

would do anything for us.”
 WHS Junior Varsity coach Lyndsay Stretch and DiDonato, along with other coaches, work well with the youth and the middle school programs. When there is consistency in the coaching staff, DiDonato has found it makes a big difference.

“Cory embodies dedication to the program,” said Stretch, who has been with the program since 2017 and has coached alongside DiDonato since 2021. “She has instilled in me the values of perseverance, community, and cultivating leaders off the field. Her lifelong passion for athletics has fostered incredible teams and athletes. She teaches them to dig deep, strive for excellence, and lead by example for the younger players. Cory’s nurturing spirit creates a family-like bond within the team. Each year she brings in a college coach to run the players through some of the top skills and drills being taught at advanced levels. I love how much the team loves this opportunity and it empowers them to believe they have what it takes to take their skills beyond high school.”

To DiDonato, 100 Windham wins means she got to spend 13 seasons with amazing young ladies who she’s gotten to see turn into fine young women. Hopefully this means she’s teaching them how to work hard for something and how good it feels when they finally achieve that goal.

“My goal was to take a program that ... hadn’t historically been strong and build them from the ground up,” said DiDonato. “Both times I’ve come back that’s been my goal; it’s much

more rewarding to take a program and teach kids how to work hard for something and not just be handed a winning program. Two years ago, when we made it to regionals, I talked about back in 2006 ... we won our prelim and we had a fire engine escort back, that’s how big of a deal it was to even make it to the playoffs ... it’s cool to see how far we’ve come and it’s because of them. They show up and work hard every day, so it’s definitely because of them.”

The past 13 years has taught DiDonato how to adapt depending on the team’s needs; some need a tough love approach, while others thrive under more compassion, but she always holds their feet to the flames to keep them motivated. It’s been incredibly rewarding for her.

The 100 wins is a testament to her teams and how hard they work. While DiDonato does put a lot of time into coaching and works very hard trying to make the team the best it can possibly be, it is her teams over the years who have earned 100 wins. Windham is ready to show people that they deserve to be in it, so they came ready to work. DiDonato wants to make it deep into the playoffs this year.

“A lot of us knew that it was coach’s 99th win before (Sanford) so we were really hoping we could push ourselves to do it for her,” said senior Grace Joly. “It was a really good motivator for us, we just went in as positive as we could and tried our hardest. I think we were all ecstatic for her, sometimes it’s hard for us to push ourselves to do everything we can, but when you’re doing it for someone else greater than us, it definitely helps.” <

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

Assistant Superintendent of the Year hails from RSU 14

By Ed Pierce
STAFF WRITER

In recognition of her efforts to advance equity, engage with the local community, and provide academic and social-emotional support to all students, RSU 14 Assistant Superintendent Christine Frost-Bertinet has been honored as Maine's 2025 Assistant Superintendent of the Year.

The award was presented to Frost-Bertinet during a meeting in Augusta on Wednesday morning.

Frost-Bertinet has served as the assistant superintendent in the RSU 14 Windham Raymond School District

since 2019. As part of her efforts to support staff and students, Frost-Bertinet implemented a pre-K program through a partnership with community providers.

She also led the allocation of COVID-19 relief funding for RSU 14, meeting with students, teachers and community members to distribute funds for projects ranging from facilities improvement to mental health support, and outdoor education.

A critical member of the school district's strategic planning work, Frost-Bertinet helped create an Equity Response Team to plan and provide

professional development for RSU 14 staff.

"Christine has continuously demonstrated strong leadership, providing guidance and support to students and staff members alike," said Eileen King, the executive director of the Maine School Superintendents Association, which presents the annual award. "By collaborating with other school districts in the region and community groups, she has worked tirelessly to ensure every student in her district receives a quality education."

She's a member of the Maine State Literacy Team and has served on Maine's Commission to Study Expansion of Public Preschool and Early Care and Education. Beyond the classroom itself, Frost-Bertinet has facilitated a group focused on addressing homelessness and affordable housing, which has led to greater cooperation between community support service organizations and area schools.

"From her swift action during the pandemic to her ongoing efforts in community development, professional mentorship, and maintaining robust district policies, Christine has consistently demonstrated the highest caliber of educational leadership," said RSU 14 Superintendent Christopher Howell. "Her problem-solving skills and dedication to optimizing



RSU 14 Assistant Superintendent Christine Frost-Bertinet was honored as Maine's 2025 Assistant Superintendent of the Year during a meeting in Augusta on Wednesday morning. SUBMITTED PHOTO

processes for the benefit of students and staff further underscore her exceptional qualifications for this recognition."

Frost-Bertinet also writes and oversees RSU 14 grants, supporting the district's administrative team with goal development, implementation, and progress monitoring, responds to the needs of families, partners with local organizations, supports the general business operations of the district, and serves as an instructional leader.

"The role of an assistant superintendent, like many leadership positions, includes a diverse range of tasks

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Please do not bring them to the High School. There is a secure Absentee Ballot Drop Box located at the Town Hall's front entrance for your convenience.

ELECTION DAY ACCESSIBLE ROUTE:

Anyone with mobility issues, please use our accessible parking lot located across from the tennis courts on Educational Way. This is the second parking lot on the right and enter Door #17. Please look for the Handicap Accessible Signs and our staff on site to help you if needed.

*Note: All other voters should enter the first parking lot off Educational Way and enter through Door #12.

Absentee Ballot Processing is scheduled to be held on 10/29,30,31 and 11/1. beginning at 8:00 a.m. and stop at 4:00 – 5:00 p.m. in conference room 1 at Town Hall. Processing will continue on Election Day at the polls.

For more info. call the Linda Morrell, Town Clerk, at 892-1900. Thank you.

VOTE

Kenny

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District 26

Casco, Frye Island,
Raymond, Windham
& Westbrook

Mainer.



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Dear Friends in Casco, Frye Island, Raymond, Westbrook, and Windham,

With the election fast approaching, I write this letter to ask for your support of my candidacy for the Maine State Senate. It would be my greatest honor to represent you as your State Senator.

Running for political office has been a test of patience because of today's divisive political climate. It is sad to see how negative the campaigns have gotten, peddling fear rather than inspiration, but it doesn't have to be that way. I believe we can work together in a civil manner avoiding personal attacks which do not reflect the welcoming and friendly people of this district. I promise to bring a positive attitude and a willingness to work together to the Maine Senate.

As the founder of Erik's Church, I have earned my credentials and am a respected leader in this community. The commitment we have made to support local nonprofits over the years is just one of the qualifying barometers of my candidacy.

My positions are clear: I support a woman's right to choose. I support gay marriage. I support small businesses and the hard-working men and women of Maine simultaneously, and I support the concept that we have a civic duty to our seniors and Veterans to operate the government within its means.

My commitment is to you, the hard-working people of Senate District 26. This election is not about social positions, as both my opponent and I are aligned on most of those, but rather on the problems Mainers are facing. Our cost of living and doing business in Maine has put us on a downward trajectory of bankrupting small businesses, over taxing working Mainers, and forcing our retirees to have to decide if it is time to sell their forever home to be able to pay the bills.

I have an economics degree from the University of Maine and I understand if we are to succeed, we need to make sure that the next legislature does not continue to overspend, which is certainly what happened over the past two years. Because of their reckless spending the state is now looking at a \$1 Billion budget shortfall. I look forward to stopping this out-of-control spending and get back to staying within our means.

Our healthcare has been overrun, childcare is expensive and too often unavailable, our infrastructure has been crumbling for years, education is falling behind while good educators are neglected, Drug and mental health issues continue to plague our people, utility costs continue to increase to benefit the wealthy on the backs of our working class. The Maine legislature has become more like Washington D.C. with power players, pet projects, and political party control overruling common sense.

As a lifelong Mainer who has learned the values of hard work from my family, especially my grandfather, I am the candidate who intends to break this vicious cycle. The honor of your support will weigh on every decision I make as I do what I believe is right for you, my constituents, regardless of political party or individual persuasions.

Thank you for your consideration.

Kenny J. Cianchette

Windham magnet fishing find amazes hobbyist

By Ed Pierce
STAFF WRITER

For the past five years, Colt Busch has been searching for sunken treasures through his skill as a magnet fisherman and on Oct. 13, he landed a historical object in Windham that amazed even the greatest of skeptics.

Busch, 41, was searching for items in the Presumpscot River near the old South Windham Fire Station with friends Frederick Hardy, Nick Wallace and Julie Easier when he hauled up a chunk of glass clumped in mud between several stones. The object was located at a depth of eight feet and had apparently been stuck there for some time.

Upon closer inspection, it turned out to be an intact Coca Cola bottle

manufactured in Portland in 1915, making it well over 100 years old.

“When I determined what it was, it kind of gave me the chills,” Busch said. “It’s always interesting to find historical items. The more historical they are, all the better.”

He has been magnet fishing as a hobby for the past five years after watching a video about how to do it. Magnet fishing involves the use of large and powerful magnets cast from the shore and then dragged across the bottom of a river or other body of water to attract and pull up any items that might be down there.

Working in maintenance for McDonalds, Busch said he tries to get outside to pursue his hobby whenever he can.



A group of magnet fishers found many objects while casting in the Presumpscot River in Windham near the site of the old South Windham Fire Station. An antique glass Coca Cola bottle encased in mud was one of the more interesting finds. From left are Colt Busch, Frederick Walker, Nick Wallace and Julie Easier. SUBMITTED PHOTO

To date, he’s hauled up more than 140 bicycles from local rivers and an assortment of other items including scooters, grocery carts, keys, and even a wheelchair. Several years ago, Busch found an antique gun in a river in Westbrook which was also more than a century old. That’s now displayed at the Westbrook Museum.

Taking metal out of the river helps improve the environment, Busch said. And much of the metal he retrieves while magnet fishing ends up being recycled.

The basic equipment for magnet fishing includes grappling hooks to snag objects that are coming out of the water and powerful magnets, sometimes weighing more than several hundred pounds.

Safety is also a priority for Busch when he’s magnet fishing. He wears durable protective gloves when handling the magnets and makes sure his footing on the shoreline is firm.

“You just never know what you are going to find when you set out to do this,” Busch said. “Through the years I’ve found an old safe, old padlocks and one time I found an old picnic table.”

Finding this antique Coke bottle in Windham though was really a special moment for him.

“To still be intact after all these years is incredible,” Busch said. “To imagine it staying all this time in one spot with the river current rushing past decade after decade is mind-bog-

→ see MAGNET Page 10

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Windham east


Jane Pringle
House District 107
Windham west


Colleen Strickler
House District 104
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Senate District 26

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www.LakeRegionDems.org
Paid for and authorized by the Lake Region Democratic Committee, PO Box 1485, Standish, Maine, 04085, Maurie Hill, Treasurer.
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Fall Festival returning to Windham Primary School

By Masha Yurkevich

STAFF WRITER

Since 2016, Windham Primary School has been hosting the Fall Festival with the intent of having a safe event early into the school year that everyone could participate in. Featuring a fall theme, the annual event aims to involve staff, kids and the community and will be held this year on Saturday, Nov. 2.

Hours for the WPS Fall Festival are 1 to 4 p.m. Nov. 2 on school grounds with parking limited to the front of the Windham Primary School and the A House Playground lot. Many activities are at no cost and the entire family is welcome to attend and participate in events.

"We received great feedback the first year that we did this, and so we have pretty much stuck with the same formula," says Dr. Kyle Rhoads, WPS principal. "It has changed a little bit during the COVID years, but most of the activities that we have are ones that we had the first year; activities like face painting, scavenger hunt, pumpkin decorating, and the dunk bucket, which is \$1 for three attempts."

The Windham Parent Teacher Association (PTA) plays a big role in organizing and hosting the event. Rhoads said that PTA members offer a bake sale with some items that are free and some that you can purchase for a small price as a donation.

"We have a good core volunteer group that we divvy up the roles and responsibilities of getting ready for the Fall Festival, such as contacting someone for pumpkins, corn stalks, bales of hay, crafts, music, the selfie booth, and much more," says Rhoads.

One challenge that they have had in previous years is long lines of kids waiting for face painting, he said. To alleviate those long lines this year, event organizers have lined up some Windham High School cheerleaders that are going to help with the face painting.

According to Rhoads, there will also be a performance by one of the youth cheerleading squads at the Fall Festival as well as a story time reading offered by the Windham Public Library.

All children and families attending Windham Primary School are encouraged to attend this fun and exciting event, Rhoads said. It remains popular year after year because of its affordability, fun games and activities and great snacks. Because the Fall Festival takes place this year before Halloween, many activities involve pumpkins and are designed to embrace cooler weather that fall brings to Maine.

Students and their families who attend can connect with WPS teachers, staff members, school administrators and volunteers on hand for the event.

One of the annual highlights of the WPS Fall Festival is a dunk tank where current and former students will have an opportunity to watch Principal Rhoads get splashed in the tank.

But the said the underlying significance of the festival is that over the years it remains something that everyone can come out and enjoy in a spirit of togetherness.

"I feel that the original intent of the festival has stayed in the sense that we have kept it low cost and in a way that your entire family can come and both the young and old can have a blast," Rhoads says. "We invite WPS families to come join us for an afternoon of face painting, pumpkin decorating, scavenger hunting, and connecting with the school staff. It is so fun to watch the children enjoy this event and turn our school cafeteria into a pumpkin patch. I assure you that you will not regret coming and will leave with smiles and many new memories."

If you would like to get involved with the Windham PTA and follow their news and events, visit their website at: www.windhammainepta.org. There are many opportunities to volunteer and donations are always welcome. You can also join their public Facebook group page. <



Windham Primary School will hold its annual Fall Festival with fun games and activities for the entire family from 1 to 4 p.m. on Saturday, Nov. 2 at the school. SUBMITTED PHOTO

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- Nancy Argraves

"Barbara is the only common-sense vote for small business owners. She will help control the out-of-control spending and protect us blue-collar workers that are working 60 hours a week to try to make ends meet."
- Joe McNeely

"Rep. Bagshaw, I wanted to send you a note to express gratitude for inviting the Windham Boys Basketball State Champions to the State House this past spring to be recognized. Sometimes it's the little things that have the most impact in our community... Thank you for taking the time to honor their dedication & bringing attention to their success. It was a special moment they'll remember for the rest of their lives."
- Pat Moody

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MAP Cont. from page 1

a map of Casco Bay and eventually Moosehead Lake.

Among favorite maps that he's worked on so far is the one he did of Moose Pond in Bridgton.

"I love the way the antlers came out on that one," Merriam said. "It's long jagged splash art that I'm happy with. I also enjoyed a map I created of Yarmouth as it has an interesting shoreline."

Some of his maps have illustrations buried in them that you need to search to find the illustrations because you won't see them anywhere else.

"I created one where the border depicts the story," Merriam said. "Another was a lakebed with arrowheads. I enjoy hiding imagery in these maps, it's the art of entertainment and perpetuates the message of giving sub-

tlety. That would make art more purposeful. My aim is to create each map to have a positive impact."

Merriam also plays piano and admits that he's not the best artist or illustrator but is proud of what he's accomplished through his mapmaking.

"You have to take what you've got, and somebody will like what you do," he said. "Everybody's needed. If you help or inspire one person in a positive way, you're not wasted."

Artistic lake maps of local lakes produced by Great Northern Docks are available at local stores or by visiting www.greatnortherndocks.com/maps

From now until Oct. 31, for every map purchased all proceeds will be donated for hurricane relief to areas devastated by and Hurricane Helen and Hurricane Milton in the Southern United States. <

See sample of the Sebago Lake map design on page 13

MAGNET Cont. from page 8



A Coca Cola bottle manufactured in Portland in 1915 was discovered by a group of magnet fishermen in the Presumpscot River on Oct. 13. The bottle is now on display in Lewiston. SUBMITTED PHOTO

gling and to not have the glass broken is unthinkable."

When he first brought the bottle home after finding it, his wife and two daughters thought that it was an awesome feat, but his wife suggested that Busch needed to find a permanent home elsewhere for it.

"She really doesn't like piling up a lot of junk around our house," he said. Because the Coke bottle was underwater for over a century, it's kind of fragile and people he spoke with about it suggested keeping it in water to help preserve it.

"We took it to Mr. Drew and His Animals Too in Lewiston, and he agreed to keep it in water and display it there for us," Busch said. "Lots of people will be able to see it on display

there."

Choosing the Presumpscot River site in Windham was the idea of Busch's friends from Canada who were magnet fishing with him that day.

"They wanted to check out that particular spot and I'm sure glad they did," he said.

With so many bodies of water in the Lakes Region, Busch thinks he'll never run out of spots to search while magnet fishing.

"There are so many ponds, and lakes in Raymond that I've never even been to," he said. "When you do magnet fishing there is so much to explore. There are countless lakes, creeks, rivers, streams and the ocean which are all very close to us. I don't think I will run out of places to go anytime soon." <

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- Protected access to reproductive healthcare

EDUCATION

- Preserved 55% state funding for schools
- Supported programs to streamline teacher training and increase pay for educators
- Invested in Career and Technical Education

ENVIRONMENT

- Passed a bipartisan shoreland zoning bill to protect our lakes and save towns money
- Led park creation and conservation projects on the Windham Town Council

SENIORS

- Expanded targeted tax relief programs for seniors to help them stay in their homes

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HOUSING

- Invested over \$100 million to increase the supply of affordable housing
- Committed to continuing to work on keeping Maine an affordable place to live, for young people, families, and retirees

WORKING FAMILIES

- Fought for the creation of good-paying jobs in our communities
- Spearheaded a bill to study whether current workers' compensation payments in Maine are sufficient

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STATE SENATE

DISTRICT 26

Casco, Frye Island, Raymond, Windham and parts of Westbrook

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Oratory Contest to test student speaking ability

When asked after Ben Franklin left the Continental Congress, "What have you given us?" His response, "A Republic, if you can keep it." At the 105th American Legion National Convention held in August, one of the hot topics was the lack of education of our youth in the areas of civics and government with 85 percent of students unable to cite the three branches of government. Now, the American Legion's key youth programs of Boys and Girls State and the Oratorical Program are opportunities for our youth to be immersed in our form of government.

Since 1938, the Oratorical Competition has presented participants with an academic speaking challenge that teaches important leadership qualities, the history of our nation's laws, the ability to think and speak clearly, and an understanding of the duties, responsibilities, rights and privileges of American citizenship.

The American Legion Oratorical Program is a speech contest for students who welcome learning and for the student who looks for an academic challenge and an opportunity to gain scholarship funding, the Legion's High School Oratorical Scholarship Program is a natural fit. Students learn valuable information about our country's Constitution in a contest that has been held by The American Legion for more than 86 years.

The Field-Allen Post 148 in Windham and the American Legion National High School Oratorical Scholarship Program is once again underway. The program is a speech contest centered on the U.S. Constitution that provides



Participants in the Windham American Legion Field-Allen Post 148's annual Oratorical contest need to submit their application forms by Dec. 1. All local high school students in Grades 9 to 12 in public high schools, private schools, parochial schools, military schools and home-schooled are invited to compete in the contest. COURTESY PHOTO

winners with scholarship opportunities at all levels (Local-District-Department of Maine- National).

Contestants are asked to speak on a topic of their choice related to the U.S. Constitution for 8 to 10 minutes followed by a speech of about 3 to 5 minutes on a U. S. Constitution topic selected by the judges.

All high school students in Grades 9 to 12 in public high schools, private schools, parochial schools, military

schools and home-schooled are invited to compete in the contest.

Contestants initially compete at the local Legion 148 Post level, with winners then advancing to a District contest, with the winner at District advancing to the State Finals in February. The Department of Maine winner will represent Maine at the National Contest in Indianapolis in April 2025 with the National organization funding round-trip tickets and

lodging for both the contestant and a chaperone.

At the Post level, the winner will receive a \$200 cash prize. At the State level, the first-place winner receives \$1,500; second place \$500; third place \$300; and fourth place \$125.

Students who compete in the National Contest will receive at least a \$2,000 scholarship with the final competition winner receiving a \$25,000 scholarship.

The State Oratorical Contest for Maine will be held at 9 a.m. on Saturday, Feb. 8, 2025, at Thomas College in Waterville.

The Post and District Contests will be held in December and January, with dates to be determined.

In Windham, the Field-Allen Post 148 will need contest application forms submitted by Dec. 1.

For additional details pertaining to the Legion's Oratorical Contest in Maine, please contact your Guidance Officer at your school or the Field-Allen Post 148 Americanism Officer, John Facella at 978-799-8900 or visit the Post website at www.mepost148.org. You may also access info and entry forms at Department of Maine Headquarters at www.mainelegion.org <

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House District #107

About Mark Cooper

- Owner/President of LC Cooper Co. Inc. Building Contractors; 3rd generation family business
- Farm Owner/Operator, with wife of 41 years, Gaylene, Cooper's Maple Products, Greenhouse, and Royal Heritage Farm (American Aberdeen Cattle)
- Cumberland Farmers Club, Fair Director, and Livestock Superintendent., 8 years
- Maine Maple Producer Assoc., Director, 15 years
- Former Cumberland County 4-H Club Leader, 23 years
- Graduate of Windham High (1981) and UNH (1983)
- Father of sons, Craig and Eric; Grandfather of Brian and Reagan

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- **SUPPORT EXCELLENCE IN EDUCATION** – Prepare our children for success in whatever they choose - college, military, or careers in the trades.

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Mark Cooper for Legislature District 107
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Windham Middle School science teacher finds true calling as an educator

By Ed Pierce

STAFF WRITER

Pamela Mallard believes we're all here to contribute something unique and that deep within all of us lies a special gift. It's a philosophy that holds significance for Mallard as she found her true calling in working with students and now serves as a seventh- and eighth-grade science and math teacher at Windham Middle School.

For the past 20 years, she has taught at WMS and in all has been a teacher for 25 years, but it wasn't her first career.

"This is my third career. I was a bank manager, and then ran a pre-school/daycare center," Mallard said. "I know that I have found what I am meant to do. I believe statistics state that most people have three careers, and I am definitely a statistic."

In her role as a teacher, she creates lessons to engage WMS students in science and strives to help all students, no matter what ability, to be successful. That includes implementing the standards and curriculum of RSU 14, assuring every student receives an education that is valuable to their future, to make community connections in her class which allows students to learn about opportunities outside the classroom, and to develop relationships with students that make them feel cared for and that school is a safe and welcoming place for them to be.

"I have a program with Saint Joseph's College- under the supervision of Emily Leshner in which her students come and teach my students an exploration in science, Mallard said. "We then go to their college and experience the college science experience. I also prompt learning with community members, such as Adam Chasse, who has assisted the students in learning about energy and the balance of the environment. Experiences like this make it real for students."

She also shares professional knowledge with colleagues and future teachers and has taken on student teachers, sharing her expertise and having them share their innovative ideas.

For Mallard, the best thing about what she does is being with middle school students and witnessing their excitement about learning.

"Witnessing the growth of kids is one of the most rewarding experiences," she said. "I stay in contact with students and love hearing about their lives and where their paths have taken them."

Teaching is not without its challenges as Mallard explained.

"When they say teachers teach with their heart, no statement is truer," she said. "I want to make every student to not have any personal struggles that make them feel less of a person. I have lost students and watched students lose loved ones. Sometimes to know



Pamela Mallard has taught seventh- and eighth-grade science and math at Windham Middle School for the past 20 years and also runs a 'Buddy Program' connecting WMS students with second graders at WPS.

SUBMITTED PHOTO

you can't make it better for them is tough. I realized all I can do is be there for them and their families and know how much I care for them. Secondly, it's challenging how to manage the time required to devise great learning experiences and blend it with my personal life. When they say a teacher never stops, even when leaving the classroom and it is so true."

Originally from Belchertown, Massachusetts, she went to college at Plymouth State University in New Hampshire and thought she wanted to be an accountant.

"I share this story with my students demonstrating how what we think we

want at 18 can definitely turn out to be something so different," Mallard said. "I married and moved to Maine completing my degree at the University of Southern Maine in communications and minoring in Education. I went to the University of New England and attended their teacher certification program. After starting to teach, I earned my master's degree in education at the University of Maine Orono, and I continue to study through seminars and courses, and am a firm believer in lifelong learning."

After teaching in another district, an opening occurred in Windham and a friend suggested that she apply.

"I was offered the position and have never regretted it for a moment, Mallard said. "I feel my colleagues are my family and I am truly cared for as a person. Windham is so kid-centered, and it falls in line with what I believe. The families in Windham make you feel appreciated and valued. The community of Windham is one of the best."

Among Mallard's most memorable moments at WMS is running a Buddy Program pairing up middle school students with second graders at Windham Primary School to mentor them in science.

"The connections my middle school students make with their little buddies is so rewarding," she said. "The ownership that develops in my students for their child is amazing." <

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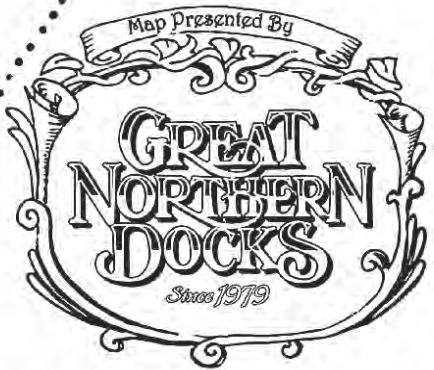
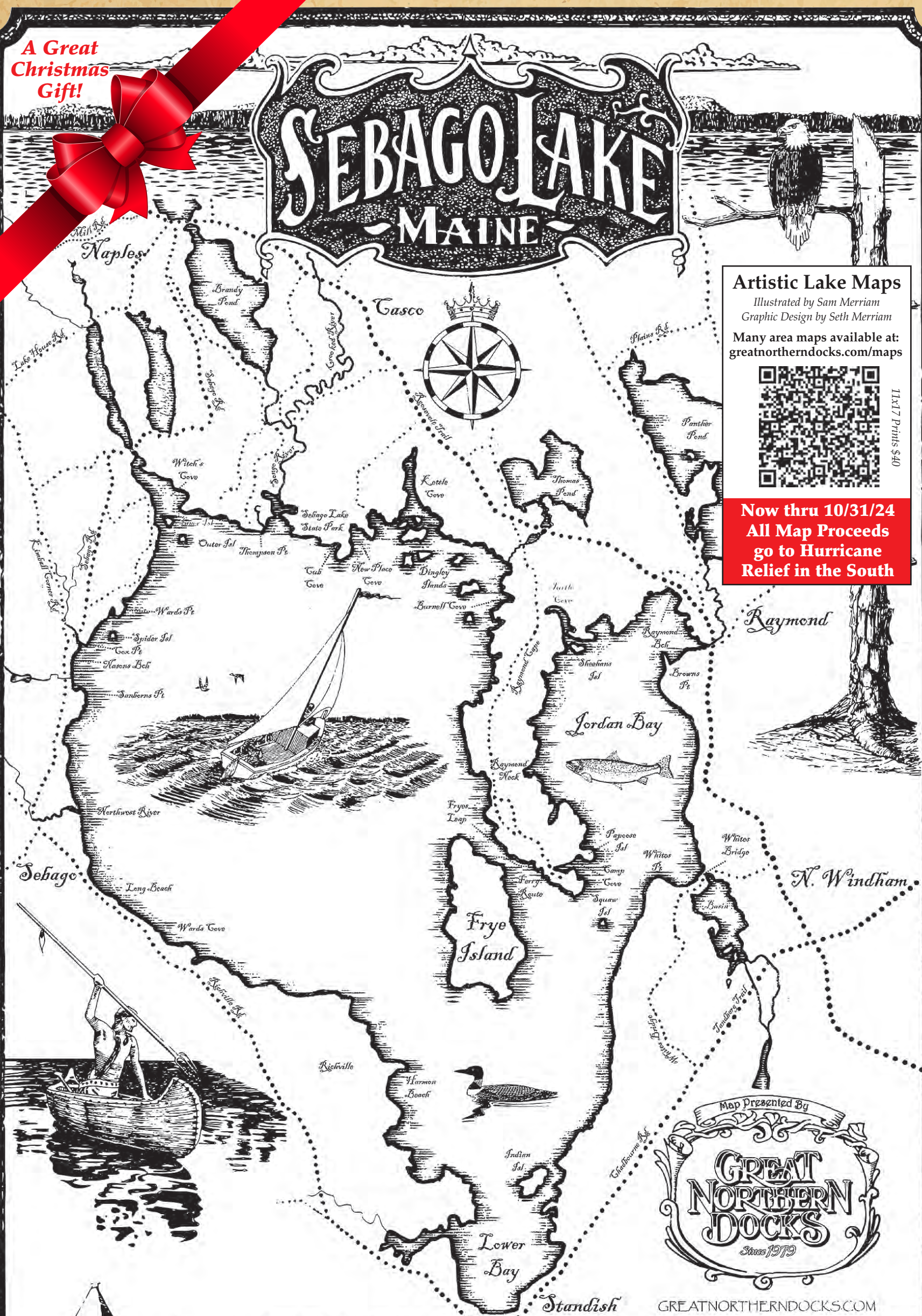
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The Old Sebago Station

AWARD *Cont. from page 6*

and experiences,” Frost-Bertinet said. “On any given day, I might spend time in a classroom alongside students and staff, sit down with a colleague to collaborate on a project, work on policies with board members, update a page on the website, work to support a parent with a concern, attend multiple zoom and in-person meetings, and stand in the lunch line with students at Windham High School to enjoy a meal prepared by our outstanding Nutrition Department. Each day is different and filled with both challenges and accomplishments.”

She joined RSU 14 after working as a teacher, a Teacher Consultant for the National Writing Project, a soccer coach, a cross-country coach, a track and field coach, a teacher leader, assistant principal, and a principal during her career.

Originally from Maine, she gradu-

ated from high school and earned an undergraduate teaching degree in English Secondary Education from West Chester University, a school outside of Philadelphia, before returning to her home state of Maine to teach at a middle school.

Having served as a teacher leader and school leader and supported multiple district-level initiatives in her two previous school districts, Frost-Bertinet said that she was growing increasingly interested in examining systems and working collaboratively to elevate schools in the service of every student and she is humbled to receive this award.

The Maine School Superintendents Association advocates for, represents, and provides professional development for superintendents across Maine, with a purpose of leading for equity, excellence and opportunity for all Maine students. <

BRIEFS

Food Drive

The 5th annual Maine Cabin Masters Meet and Greet Food Drive will be hosted from 1 to 4 p.m. Friday, Oct. 25 by Great Northern Docks, 1114 Roosevelt Trail in Naples. This event aims to help Mainers who are experiencing food insecurity. Bring non-perishable food items or cash donations. FMI, call 207-317-0921.

Church Supper

The First Congregational Church of Gray is hosting a Saturday Night Church Supper at 5 p.m. Saturday, Oct. 26 at the Parish House, 5 Brown St. in Gray. The event is handicapped accessible. Meals are \$10 each. Pay at the door. The menu includes a variety of casseroles and salads, baked pea beans and red kidney beans, red hot dogs, breads, desserts and beverages. FMI, call 207-657-4338.

Spooktacular Saturday Supper

The Casco Village Church United Church of Christ will host its "Spooktacular Saturday Supper" from 4:30 to 6 p.m. Saturday, Oct. 26 at 941 Meadow Road in Casco. This month's dinner will feature "Halloweenies," baked beans, casseroles, a cauldron of chili, homemade pies and desserts. Cost is \$12 for adults, and \$5 for children ages 8 and under. FMI, call 207-627-4282.

Halloween Party

ITAV207 will hold a Halloween Extravaganza from 3 to 6 p.m. Sunday, Oct. 27 at 15 Airport Drive in Liming-

ton. There will be 15 trunks and 14 inside booths, a costume contest, prizes, raffles, and a 50/50 drawing. For kids, Foxx Run Farm will have goats, the Bonny Eagle Robotics Team will have a robot, and Kona Ice of York County will offer free shaved ice, including dye free and sugar free.

Cancer Support

The Windham Cancer Support Group will conduct its regular monthly meeting at 6:30 p.m. Tuesday, Oct. 29 at the Windham Public Library. All survivors, caregivers and anyone affected by cancer are welcome to attend this confidential meeting. FMI, send an email to coppjanet@yahoo.com

Fall Craft Fair

Windham Christian Academy, 1051 Roosevelt Trail in Windham will hold a Fall Craft Fair from 9 a.m. to 3 p.m. Saturday, Nov. 2. There will be a variety of vendors and concessions available. FMI, call 207-892-2244 or email: office@windhamchristian.org

Watercolor Workshop

Suitable for any skill level, Kathleen Gerdes' watercolor workshop will be held from 1 to 4 p.m. Monday, Nov. 4 at the Hawthorne House, located at 40 Hawthorne Road in Raymond. The cost is \$45 per student, which includes the use of the instructor's supplies and materials. Anyone wishing to participate is asked to register in advance by emailing workshop instructor Kathleen Gerdes at gerkat214@gmail.com.

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Wireless Society of So. Maine to participate in statewide exercise

For four hours, beginning at 8 a.m. Saturday, Oct. 26, members of the Wireless Society of Southern Maine Emergency Communications Team, which meets monthly in Windham, will participate in a statewide drill to test their communications capabilities between various different sites throughout Cumberland County and the state.



Todd Rodgers of the Wireless Society of Southern Maine was a participant in last year's statewide emergency communications exercise in Maine. This shows the portable ham radio setup he used during the exercise. COURTESY PHOTO

The drill, known as the Simulated Emergency Test, or SET, is an annual exercise, sponsored by the American Radio Relay League, which encourages amateur radio operators from across the country to test their communications skills during a mock disaster.

During the SET, hams are required to quickly establish communications between various Emergency Operations Centers and exchange formal messages and traffic, which contain requests for supplies, medical information, or weather reports, or other information that may be of importance during a disaster. They do this via voice, Morse code, and digital two-way radio, on bands ranging from HF to UHF, as required.

"Similar to previous years, there's been statewide coordination for the SET, and Maine ARES and others have developed a plan that involves testing both amateur radio and EMA communications," says Tim Watson, the founder and President of the Wireless

Society of Southern Maine, which provides auxiliary communications support for Cumberland County EMA, as well as the National Weather Service. "The SET tests how we respond during large-scale disasters, where commercial infrastructure has failed. In these events, hams are often the only source of communications."

Ham radio operators have met the challenge of stepping up when needed in Maine.

"The hams in our club are a dedicated group," adds club Secretary, Brad Brown, of Waterboro. "Amateur radio has a long history of volunteerism. Sure, it's a hobby and there's some fun things that we do like lighthouse expeditions or competitive events like contesting, but so many like to stay sharp by providing support for community

events, and drills like this, so they'll be ready to offer their time and expertise when disaster strikes."

The Wireless Society of Southern Maine's Emergency Communications Team is participating in their 10th SET. After the event, the participants will do an assessment to determine how well they performed and look for areas to improve upon.

"There's always new things to learn and ways to improve," says Watson. "This year, we'll be integrating Winlink and other digital modes, which are among our more advanced tools for message transmission. Our goal is to deepen our understanding of their

capabilities and explore ways to enhance them for future use."

Amateur radios, also known as ham radios, require a special amateur license to use but offer distinct advantages over conventional GMRS radios. Many amateur ham radios are used for general communications among hobbyists, and are great for emergency usage, with the equipment being typically of better quality than average GMRS radios. On average most ham radios on the market have a signal range between 25 miles to 300 miles.

For further details about amateur radio, or the Wireless Society of So. Maine, visit www.mainehamradio.com <

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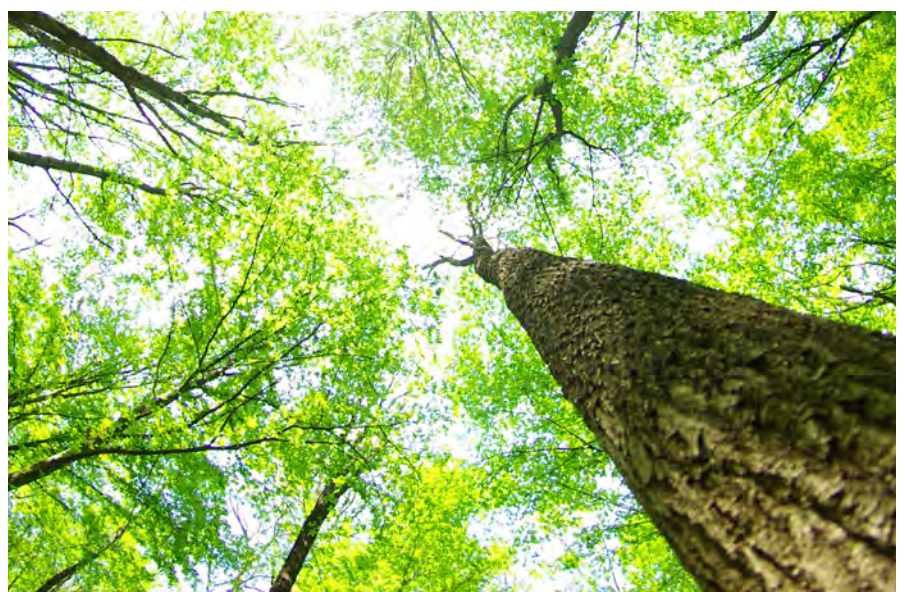

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A Local Guide to **FALL CAR CARE**



HOW TO CHOOSE TIRES TO BE PREPARED FOR WINTER DRIVING

Winter driving conditions can be harsh and unpredictable, making it essential to equip your vehicle with the right tires. Snow, ice, and slush can drastically affect a vehicle's performance, especially in terms of traction and braking. Choosing the right winter tires can make all the difference in ensuring a safer, smoother driving experience during the colder months. Here's how to select the best tires to keep you safe this winter.

Understand the difference between winter tires and all-season

The first step in choosing winter tires is understanding the difference between winter and all-season tires. Many drivers assume that all-season

tires are adequate for winter, but that's not always the case, especially in regions with heavy snow or icy roads.

Winter tires are specifically designed to perform in cold weather (below 45°F) and on snowy or icy surfaces. They have deeper treads and more sipes (tiny slits in the tire tread) to provide better grip on slippery roads. Additionally, they use a special rubber compound that remains flexible in freezing temperatures, allowing them to maintain traction on ice and snow. In contrast, all-season tires are a compromise between summer and winter tires and may not perform as well in extreme cold or snowy conditions. However, in milder climates where

winters are less severe, all-season tires can still be a sufficient option. They offer decent performance year-round and eliminate the need to switch tires seasonally.

Consider studded vs. studless

Next, you'll need to decide between studded and studless winter tires. Studded tires have metal studs embedded in the tread, which can help improve grip on icy roads. They're ideal for drivers in regions where ice-covered roads are common. However, studded tires can be



noisy and may cause damage to dry or wet roads. In some areas, they are restricted or illegal because of the potential road damage they cause.

On the other hand, studless winter tires use advanced rubber compounds

and tread patterns to provide excellent traction on snow and ice without the use of metal studs. They're a better choice for areas where icy roads are less frequent, and they provide a smoother, quieter ride.

Choose the right size

Choosing the right tire size is crucial for optimal winter performance. Refer to your vehicle's owner manual or the tire placard located inside the driver's door to determine the correct size. Using tires that are too wide or too narrow can negatively impact handling and safety. Winter tires are often slightly narrower than summer or all-season tires, which can help them cut through snow more effectively.

Invest in a full set

For the best results, invest in a full set of four winter tires rather than just two. Mixing tire types (such as installing winter tires on just the front or rear) can lead to inconsistent handling and compromise safety. A full set ensures that all four wheels have the same level of traction, which is essential for maintaining control, especially in slippery conditions. <

DID YOU KNOW?

Drivers undoubtedly have noticed their vehicles need less frequent oil changes than cars once required. The longtime standard oil change interval of once every 3,000 miles no longer applies, and that's thanks to the pivot away from conventional oil to synthetic oil. The molecular structure of synthetic oil and its ability to perform better at extreme temperature means drivers can now drive significantly longer distances between oil changes. In fact, Car and Driver notes that synthetic motor oils provide better startup performance and flow at temperatures down to minus-40 Fahrenheit and then endure extremely high temperatures without oxidizing, thickening or turning black. The reason synthetic oils need less frequent changes is that they can maintain their superior properties two to three times longer than conventional oils. Though each vehicle manufacturer is different and drivers are urged to consult their owner's manuals regarding synthetic oil change interval recommendations, it's not uncommon for modern vehicles to range between 5,000 and 7,000 miles before they need an oil change. Some synthetic oil manufacturers even note their products can last more than 10,000 miles. <

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A Local Guide to **FALL CAR CARE**



WHY REGULAR INTERIOR AND EXTERIOR VEHICLE WASHES ARE CRUCIAL IN WINTER

Winter months can be especially harsh on your vehicle, with snow, ice, salt, and grime accumulating and potentially causing long-term damage if not properly addressed. While it might seem counterintuitive to wash your car regularly during a season known for messy weather, keeping both the interior and exterior of your vehicle clean is more important than ever. Here's why regular washes in the winter months are crucial.

Preventing rust and corrosion

One of the biggest threats to your vehicle during winter is road salt. Salt is essential for melting ice and improving road safety, but it's highly corrosive and can cause significant damage

to your car's body and undercarriage. When left unchecked, salt and moisture can lead to rust, especially on the vehicle's metal components. Over time, rust can spread, causing structural weakness and reducing the lifespan of your vehicle.

Regular exterior washes, including a thorough cleaning of the undercarriage, help to remove salt, grime, and other contaminants before they can cause rust or corrosion. Special attention should be given to the wheel wells and other areas where buildup occurs.

Maintaining visibility and safety

Winter driving conditions often reduce visibility due to snow, slush, and dirt being kicked up by other vehicles.

A clean windshield, mirrors, headlights, and taillights are essential for maintaining visibility and ensuring that other drivers can see you as well. Salt residue and road grime can coat these surfaces quickly, significantly diminishing your ability to see or be seen on the road.

Regular washes will ensure that your headlights and taillights remain bright and clear, improving your visibility in poor conditions. Additionally, keeping your windshield free of streaks and dirt enhances your ability to react to changing road situations.

Protecting the interior

Winter can also wreak havoc on the interior of your vehicle. Wet, muddy, and salty boots drag in debris that can stain carpets and upholstery, leading to unpleasant odors and long-term damage. Snow and moisture left to melt inside the car can seep into carpeting, potentially causing mold and mildew growth. Rubber or all-weather floor mats are a great preventative measure, but regular interior cleaning is still necessary to keep your vehicle



fresh and protect your investment.

Preserving the vehicle's resale value

Consistently washing your vehicle in the winter helps preserve its exterior paint and interior fabrics, which directly impacts its resale value. A car that shows signs of neglect, such as rust, stained carpets, or faded paint, is less likely to fetch a high price when it's time to sell or trade it in.

In winter, your vehicle faces more environmental hazards than any other time of year. Regular washing, both inside and out, helps prevent damage from road salt, preserves visibility, protects the interior from moisture damage, and maintains the overall value of your car. <

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A Local Guide to FALL CAR CARE



TIPS FOR CHOOSING THE RIGHT VEHICLE

Choosing the right vehicle can be a daunting task, especially with the vast array of makes, models, and features available. Here are some key tips to help guide you through the deci-

sion-making process.

Assess your needs

Start by evaluating what you need from a vehicle. Consider the following questions:

How many passengers will you typically carry? A sedan might work for a small family, while a minivan or SUV may be better for larger families.

What type of driving will you do most? If you're primarily commuting in the city, a compact car may be ideal. For off-road adventures, a vehicle with all-wheel or four-wheel drive might be a better fit.

Do you need cargo space? If you frequently carry large items, travel, or need space for equipment, a larger SUV, crossover, or truck may be necessary.

Will you be towing? If you plan on towing trailers, boats, or other heavy loads, you'll need a vehicle with a robust engine and high towing capacity, such as a pickup truck or a large SUV.

Set a budget

Establishing a budget early on is crucial. Consider both the initial purchase price and long-term ownership costs, such as fuel, insurance, maintenance, and repairs. Some tips for budget planning include:

Determine your down payment and monthly payments if you're financing. Be sure these fit comfortably

within your financial situation.

Factor in fuel efficiency. Opt for a more fuel-efficient vehicle if you're concerned about long-term fuel costs, especially if you do a lot of driving.

Consider insurance premiums. The make, model, and age of the vehicle can impact insurance rates. Make sure to get quotes to understand how much the vehicle will cost to insure.

New, used, or certified pre-owned?

New vehicles come with the latest features and technology, and they typically include a manufacturer's warranty. However, they're more expensive and lose value faster due to depreciation.

Used vehicles are more affordable, but you'll want to ensure they are reliable by checking their history and condition. It's often wise to have a mechanic inspect the car before purchase.

Certified Pre-Owned (CPO) vehicles offer a compromise between new and used, as they've undergone inspections and come with warranties, making them a safer option than standard used cars.

→ see CAR BUYING Page 22

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CAR BUYING *Cont. from page 20*

Research and compare models

Once you've narrowed down your choices, compare different models based on reliability, safety features, and performance. Use consumer reports, expert reviews, and online resources to research:

- Safety ratings from sources like the National Highway Traffic Safety Administration or Insurance Institute for Highway Safety.
- Reliability ratings and customer satisfaction surveys.
- Performance reviews to understand how the vehicle handles in different driving conditions.

Consider future needs

Think about how long you plan to keep the vehicle and whether your needs may change in the near future. Will your family grow? Will you need more cargo space down the road? Opt for a vehicle that will still meet your needs in the years to come.

Test drive multiple vehicles

A test drive is crucial to see how the vehicle handles, its comfort, and whether it meets your driving style. Test multiple vehicles to compare driving experiences. Pay attention to:

• Visibility and comfort: Is the seating comfortable and adjustable? Can you see clearly in all directions?

• Handling and acceleration: How does the car respond when you accelerate, brake, or make sharp turns?

• Noise and ride quality: Consider the noise levels inside the cabin and how smooth the ride feels.

Evaluate technology and features

Today's vehicles come with a variety of tech features, from infotainment systems to advanced driver-assistance systems (ADAS). Some features to consider include:

• Bluetooth connectivity, navigation, and infotainment systems if technology integration is important.

• Safety features such as blind-spot monitoring, lane-keeping assist, and automatic emergency braking for enhanced safety.

Choosing the right vehicle involves careful consideration of your needs, budget, and preferences.

Be sure to also research the dealership you work with, whether large or small. Go in and meet the team to be sure you feel good about who you are working with and don't settle for pushy sales tactics. Also read reviews to be sure they are reputable and will uphold service after the sale. <

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WHY IT'S IMPORTANT TO HAVE VEHICLE CHECKOVERS YEARLY

Even if your car appears to be running smoothly, an annual inspection can identify hidden issues and keep your vehicle operating efficiently. Here are key reasons why having a checkover at least once a year is essential.

Enhancing safety

One of the most important reasons for annual vehicle inspections is safety. Regular checkovers help identify potential issues that may pose a danger on the road. During a comprehensive inspection, a mechanic will assess critical components like brakes, tires, suspension, and steering systems. These are essential for safe driving, and any defects or wear in these parts can lead to accidents if left unaddressed.

For example, worn brake pads can significantly reduce stopping power, and underinflated or worn-out tires can lead to poor handling and increased risk of blowouts. Regular inspections catch these problems early, ensuring your vehicle is in optimal

condition for safe driving.

Preventing major repairs

Many car issues start small and go unnoticed until they escalate into larger, more expensive problems. During an annual checkover, mechanics can identify minor wear and tear, leaks, or malfunctions before they develop into serious issues. Addressing these small problems early can save you from costly repairs down the road.

For example, a small oil leak might seem insignificant, but if ignored, it can lead to engine damage that could cost thousands of dollars to repair.

Maintaining vehicle efficiency

Regular checkovers ensure that your vehicle is operating at peak efficiency. Components like the engine, transmission, and fuel system must work together harmoniously for optimal performance and fuel economy. If any of these systems are out of balance, it can lead to poor fuel efficiency, sluggish performance, or noises.

A well-maintained vehicle typically consumes less fuel, helping you save money in the long run. For instance, keeping the engine tuned and ensuring that air filters, spark plugs, and oxygen sensors are in good condition can improve fuel economy.

Prolonging vehicle lifespan

Routine checkovers can extend the life of your vehicle. When parts are regularly inspected, cleaned, and maintained, your car is less likely to suffer

from breakdowns or wear out prematurely. Regular oil changes, brake checks, and tire rotations can help preserve vital components and keep your vehicle running smoothly for years.

Neglecting regular maintenance can lead to accelerated wear and tear on crucial parts, shortening your vehicle's lifespan. A well-maintained vehicle is also more likely to retain its value, which is especially important if you plan to sell or trade it in later. <



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POPULAR AFTERMARKET ACCESSORIES FOR WORK TRUCKS

Work trucks are often customized with a range of aftermarket accessories to improve functionality, efficiency, safety, and aesthetics. Here are some of the most popular aftermarket accessories for work trucks:

Truck bed accessories

- Bed liners: Protects the truck bed from scratches, dents, and rust, while offering a non-slip surface.
- Tonneau covers: Provides security for the cargo, protects it from the elements, and can improve fuel efficiency by reducing wind drag.
- Bed storage systems: Helps organize tools and equipment, with options like sliding drawer systems or modular toolboxes.

- Tailgate assist: Makes it easier to open and close heavy tailgates smoothly and safely.

Toolboxes

- Crossover toolboxes: Mounted behind the cab, these provide quick and secure access to essential tools and equipment.
- Side-mounted toolboxes: Offer additional storage without taking up bed space.
- Underbody toolboxes: Installed under the truck for extra storage.

Running boards and steps

- Side steps/running boards: Helps with easier entry and exit from the truck, especially for taller vehicles.
- Tailgate steps: Allows easy access to

the truck bed, making it convenient for loading and unloading.

Ladder racks and cargo carriers

- Ladder racks: Ideal for contractors, these racks allow for the secure transport of ladders, pipes, or other long materials.
- Roof racks: Provides additional storage capacity on top of the truck.
- Bed extenders: Useful for carrying oversized cargo that doesn't fit within the standard truck bed.

Lighting

- LED light bars: Increases visibility, especially for off-road or low-light conditions.
- Work lights/floodlights: Essential for working at night or in poorly lit areas.
- Backup lights: Provides extra visibility when reversing to improve safety.

Suspension and leveling kits

- Lift kits: Raises the truck's height, providing more ground clearance for off-road work and the ability to fit larger tires.
- Leveling kits: Balances the height between the front and rear of the truck.

Heavy-duty bumpers

- Off-road bumpers: Often made of steel, they provide better protection and allow for mounting winches or

towing equipment.

- Grille guards: Protects the front end of the truck, particularly useful for vehicles working in rugged or rural areas.

Winches

- A must-have for off-road or heavy-duty work trucks, a winch allows for towing or recovering stuck vehicles and equipment.

Performance enhancements

- Towing hitches: For towing trailers or other heavy equipment, different hitch types are available depending on the load capacity.
- Air intakes & exhaust systems: Improves engine performance, fuel efficiency, and horsepower.
- Upgraded brakes: For work trucks carrying heavy loads, stronger brakes improve stopping power and safety.

Interior storage and organization

- Seat Covers: Protects the interior from wear and tear, especially in tough working environments.
- Dash organizers/center consoles: Keeps tools, paperwork, and gadgets organized inside the truck.

Tire upgrades

- All-Terrain tires: Provide better traction for work trucks that often operate in off-road or rough terrain. <



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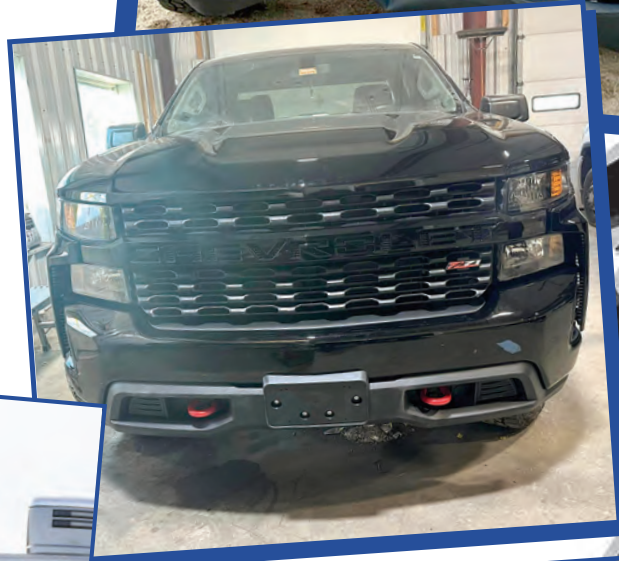
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Veterans thankful for support



David Tanguay, Windham American Legion Field-Allen Post 148 Adjutant, presents a certificate of appreciation to Wendy's Manager Christie Moody for her support of the Legion Post 148 Weekly Vet Coffee program by providing Wendy's Breakfast baskets with a variety of sandwiches to some 40 Vets at the weekly Vet Coffee at the Windham Vet Center on Oct. 23. Wendy's will be doing another breakfast for veterans on Dec. 11th as well. The kind gesture is greatly appreciated by members of Legion Post 148. PHOTO BY LIN TANGUAY

Evergreen CU plays disc golf to raise money to fight hunger

Evergreen Credit Union raised more than \$18,000 at its annual Disc Golf Scramble at Pineland Farms in New Gloucester earlier this month.

All proceeds from the event benefit the Maine Credit Unions' Campaign for Ending Hunger.

Some 19 teams conquered the Minuteman course at Pineland Farms and finished the day with raffles and competitions for disc golf memorabilia.

"We love planning this event year after year," said Cole Rowland, Evergreen's planning committee lead for the tournament. "It gets us outside and supports our communities. At the end of the day, what more could you ask for?"

Maine Credit Unions' The Campaign for Ending Hunger allows Maine's credit unions give back to their communities by feeding those in need with 100 percent of all funds raised for this campaign directly supporting organizations that fight food insecurity.

"Raising money for the Campaign

is vital to Evergreen's mission and purpose," said Jason Lindstrom, Evergreen Credit Union's President/CEO. "With our financial support, we can help many communities at once. That's what we're all about: people helping people."

The Campaign for Ending Hunger in Maine contributed \$1.2 million in 2023. Evergreen Credit Union is the 5th largest credit union in Maine, with over \$564 million in assets and five branches serving all of southern Maine.

Explore Evergreen's community impact at egcu.org/community. <



Evergreen Credit Union's Disc Golf Scramble raised more than \$18,000 for the Maine Credit Unions' Campaign for Ending Hunger. SUBMITTED PHOTO

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Fiddlehead School partners with Center for Ecology-Based Economy and Learning by Nature to develop climate-focused curriculum

Fiddlehead School of Arts & Sciences in Gray, one of the first charter schools founded in Maine, is proud to announce a new partnership with the Center for Ecology-Based Economy (CEBE) and Learning by Nature to develop climate-focused curriculum units for students in Grades 5 through 8.



This initiative is made possible through the \$750,000 in climate education professional development grants awarded by the Maine Department of Education, aimed at enhancing climate education across the state.

As part of this exciting initiative, Fiddlehead School will collaborate with CEBE to create engaging, hands-on curriculum units that teach middle school students the importance of ecological sustainability, environmental stewardship, and climate resilience. For younger students in Pre-K through Grade 4, Fiddlehead will work closely with Learning by Nature to provide teachers with the training and resources to incorporate the concept of "green schoolyards" into classroom work.

School officials say that this approach will connect students with nature and help them explore the outdoors as a vibrant, living extension of their learning environment.

"We are thrilled to deepen our

commitment to climate education and to partner with CEBE and Learning by Nature," said Jacinda Cotton-Castro, Founder of Fiddlehead School. "This partnership will allow us to engage our students with critical environmental issues at an early age, empowering them to become active participants in creating a more sustainable future."

This new climate-focused initiative aligns with Fiddlehead School's mission of nurturing curiosity, creativity, and a strong connection to the natural world, she said. Through these partnerships, the school will further develop its outdoor learning programs and deepen its focus on sustainability in education.

"Our outdoor learning programs are designed to bring the classroom into nature, fostering a deeper connection to the environment," said Seal Rossignol, Fiddlehead's Outdoor Learning Coordinator. "With these new partnerships, we're equipping our teachers with the tools to make green spaces a central part of our students' learning experience, while inspiring them to think critically about the world around them."

This innovative collaboration will expand Fiddlehead School's commit-

ment to climate-focused education and help build a generation of students who are environmentally conscious and prepared to address the challenges of climate change.

For further information and more details about this initiative or about Fiddlehead School of Arts & Sciences, please visit the school's website at fiddleheadschoo.org.



STUDENT OF THE WEEK

Cooper Lorenzen



Grade: 3 School: Windham Primary School
Teacher: Mrs. Paulus
Favorite subject(s) in school: Cooper likes Math because he likes to learn harder math like division. He also likes lunch and recess.
Parents' names: Gregory and Amanda Hoar
Reason for selection: Cooper is a wonderful student who daily demonstrates all those characteristics of an independent, interested learner. Eager to look beyond the 'what is happening' approach to classroom learning, Cooper wants to understand the 'why' of it all. He is kind and caring, willing to help others and to work a re-do when needed. He is active with Student Advisory and always volunteers to help with extra activities, such as reminding others to walk in the hallway and properly dispose of breakfast trash. He freely shares his ideas. Most importantly, Cooper is dedicated to showing the Best Effort in everything he does.

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<p>Large Variety Bags</p>  <p style="text-align: center; font-weight: bold; color: red;">\$11.99</p> <p style="font-size: small;">Our Reg. to \$12.99 30.18-78.24oz</p>	<p>Famous Labels! Ladies' Sleepwear</p>  <p style="text-align: center; font-weight: bold; color: red;">\$9.99 To \$16.99</p> <p style="font-size: small;">Gowns & Pajama Sets Values to \$40.00</p>	<p>Anchor Hocking 2-Pack Glass Pie Plates</p>  <p style="text-align: center; font-weight: bold; color: red;">\$3.99</p> <p style="font-size: small;">Our Reg. \$4.99</p>
<p>Soy Candles Assorted Harvest Scents</p>  <p style="text-align: center; font-weight: bold; color: red;">\$3.99</p> <p style="font-size: small;">Our Reg. to \$4.99 15.1-21.5oz</p>	<p>Nature Crackers 7 Flavors!</p>  <p style="text-align: center; font-weight: bold; color: red;">\$3.99</p> <p style="font-size: small;">Our Reg. \$4.79 5.5-8oz</p>	<p>Classic Games</p>  <p style="text-align: center; font-weight: bold; color: red;">\$9.99</p> <p style="font-size: small;">Our Reg. to \$13.99</p>
<p>Head & Shoulders Shampoo</p>  <p style="text-align: center; font-weight: bold; color: red;">\$2.99</p> <p style="font-size: small;">Our Reg. to \$4.99 6.1-11.2oz</p>	<p>Bayer Aspirin</p>  <p style="text-align: center; font-weight: bold; color: red;">\$2.99</p> <p style="font-size: small;">Our Reg. to \$4.99 24-50ct</p>	<p>Visit us in-store for even more great deals! BECOME AN ADVENTURER! Visit us @renys.com</p>  <p style="text-align: center; font-weight: bold; color: red;">Voted Best Bargain Store 13 years in a row!</p>

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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 am writing today in support of re-electing Barbara Bagshaw for State Representative, District 106.

I taught school with Barbara for 10 years. Because of her teaching experience, Barbara has insight into what it takes to achieve academic excellence. Barbara will continue to put forth bills that will allow for school choice. Multiple studies have shown that school choice increases the academic performance of public schools and can decrease our taxes as well. In addition, Barbara will act to protect parents' rights when it comes to their child's education and wellbeing.

I have seen the de-facing of Ms. Bagshaw's political signs around town. We all know who is behind the disrespect for other people's property. The smearing, lying and mislabeling of good people like Barbara Bagshaw is all the more reason why I am supporting her re-election.

~ Maria Clark, Windham

Editor,

I'm voting for Clayton Haskell for Councilman at Large. Good Stewardship for Windham (and, yes, for "my" pocketbook).

We don't need more "Visions for Windham's Future" nor "Price tag minus 'free money'" math. We do need someone possessing a practical

vision, a responsible plan, understanding of ramifications around that vision and, yes, a grasp of the cost of "free money." Common sense solutions require common sense – Clayton has it.

Clayton will spend our money as conscientiously as his own; he will be forthright and honest – no silly re-naming or re-dos of unpopular issues. No impressing us with his credentials, experience, accomplishments and superiority.

"Wise men speak when they have something to say; fools speak because they have to say something." (Plato or Aristotle I guess) and "Humility doesn't need to be noticed" (Ed Pierce in last week's Insight).

Clayton Haskell offers Integrity, Humility, Wisdom, Common Sense and Good Stewardship.

~ Lynda McDonald, Windham

Editor,

This past Sunday, October 20, I headed over to the gymnasium at the Windham Town Offices for a Candidates Forum. While I am a registered Democrat, I don't necessarily vote a straight ticket and was interested to hear from all who are running for office.

I learned a bit more about each candidate who participated during the hour-and-a-half moderated dis-

cussion. Candidates unable to participate were able to submit a prepared statement read by a person of their choosing and two candidates did just that, due to a scheduling conflict and illness. I am pleased to say spending this time inside a gym on a beautiful fall afternoon was worth it for me. I was especially appreciative to learn more about Patrick Corey, who is running as an Independent.

However, I was disappointed that not one of the Republicans running for office in Windham chose to participate, and I'm curious as to why. Respectful, productive, moderated forums amongst candidates are one of the bedrocks of our democratic process. I hope that in future election cycles no party makes that same decision.

Windham voters deserve better.

~ Kirsten Platte, Windham

Editor,

Jane Pringle and Tim Nangle have represented Windham well in the Legislature, working hard to make sure we have a government dedicated to serving all of us.

Whether it's health care, the environment, or affordable housing, they're doing their best for you. We are grateful for the job they have done, and for the opportunity to vote to re-elect them so they can continue the work they have started this term.

~ Bob & Marcia Wake, Windham

Editor,

Senator Tim Nangle has been working hard for all Mainers, including our veterans, in his past two years in the State Senate. I've been friends

with Tim for 10 years, and I've seen the way he cares about people and works to solve problems.

Tim has been there through the good and bad in my personal life as my friend, and he's also been there for my fellow veterans and me to get us the support we need. Tim has supported funding for Maine's veterans' homes to ensure that we have access to healthcare, and he supports continuing property tax relief programs that help vets stay in our homes.

Tim is someone who shows up and gets stuff done without seeking a lot of attention. When I served in the Navy, I worked as an electrician on a salvage and rescue ship. I wasn't above deck being seen, but I was always fixing problems to make sure the ship kept working so that we could play our role in the war effort.

Tim is the same way in the Senate. He may not be the loudest person in the room, but he is working constantly in the background, listening to the needs of our towns and our people and helping solve problems.

Tim is also a listener. He has come with me to a few veterans' ceremonies this year, and he doesn't just go to hand out donuts and take pictures. He goes to listen. I'm confident that he will bring the information he learned back to Augusta with him to help our vets even more.

We need more people like Tim who really care, really listen, and get the job done. Please join me in voting for Sen. Tim Nangle for re-election this November.

~ Allan Phinney, Windham

TOWN OF WINDHAM, MAINE PLANNING BOARD NOTICE OF PUBLIC MEETINGS

Monday, Oct. 28, 2024 • 6:30PM
 Town Hall, Council Chambers, 8 School Road

- Public hearing for 24-25 Andrews School Redevelopment
 Tax Map: 37, Lot: 24 – High Street.
 Plan review for 18 senior housing apartments.
- Public hearing for 24-21 Sebago Solar
 Map: 23, Lot: 4B-9 Maisie Road.
 Site Plan and Conditional Use for a ground mounted solar array.
- Public hearing for 24-30 Otterbrook Estates 3rd Amendment
 Tax Map: 11B; Lot: 15-1- Irving Lane. Subdivision amendment to remove one lot from the subdivision.
- Public hearing for 24-27 Code of the Town of Windham, Chapter 185, Shoreland Zoning Table of Land Uses. Amendments for compliance with Chapter 120, Land Use, Articles 6 and 8 and Chapter 240 Wireless Telecommunications Facilities, section 185-8.
- 24-31 Turning Leaf Heights
 Tax Map 14, Lot 9B – Turning Leaf Drive.
 Subdivision and site plan review for a multifamily development of 146 units.
- 24-28 Franklin Drive Subdivision
 Tax Map: 18, Lot: 26-2 – Franklin Drive
 Subdivision plan review of a four-lot subdivision for future commercial/residential use.

FMI go to windhamweb.legistar.com/Calendar.aspx or contact (207) 894-5960 ex. 2. Written comment may be submitted to the Board at PlanningBoard@windhammaine.us.
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Tips for trick-or-treating with kids for a safe and fun adventure

Trick-or-treating is a beloved Halloween tradition that brings excitement to kids of all ages. While it's an evening filled with costumes, candy, and fun, it's essential for parents and guardians to ensure it remains safe and enjoyable. Whether it's your child's first time trick-or-treating or they're seasoned pros, these tips will help make the night memorable for everyone.

Plan your route

Before heading out, plan a route that includes well-lit, familiar neighborhoods. Stick to areas where you know the houses are participating in Halloween festivities. Many communities also have designated trick-or-treating hours, so be sure to check those to avoid being out too late. Walking in familiar areas helps prevent children from getting lost and ensures that they only approach houses where it's safe to knock.

Safety in numbers

There's strength and fun in numbers! Trick-or-treating is more enjoyable and safer when done in groups. It's a great opportunity for kids to enjoy the night with their friends, and it provides added peace of mind for parents. Ensure that an adult or responsible older sibling is part of the group to keep an eye on everyone, especially younger children.

Bright and visible costumes

While Halloween is all about spooky fun, it's essential that costumes are visible in the dark. Opt for bright-colored costumes, or add reflective tape or glow sticks to darker

costumes to ensure your child is easily seen by drivers and other pedestrians. Flashlights are another great tool for visibility and can double as a fun accessory for your child's costume.

Comfort is key

When choosing a costume, think about comfort and safety. Avoid masks that obstruct your child's vision and choose face paint instead. Make sure costumes fit well to prevent tripping. Comfortable shoes are also a must, as trick-or-treating involves a lot of walking. Check the weather before heading out and layer costumes with jackets or sweaters if it's chilly.

Stay clear of traffic

Teach your children to always stay on the sidewalk or edge of the road in the dirt and use caution when crossing the road. It can be tempting to dart across the road to get to the next house, but this increases the risk of accidents. Remind kids to stop, look, and listen before crossing.

Have a meeting point

In case you get separated from your group, agree on a meeting point ahead of time. This could be a specific house, a landmark, or even a friend's home in the neighborhood. It provides added security, knowing that there's a designated spot to regroup if



needed.

Candy check

After trick-or-treating, go through your child's candy haul before they dive in. Look for any unwrapped or suspicious-looking treats and discard them. Be mindful of potential allergens if your child has food allergies, and if you're unsure about an item, it's best to toss it. While candy is exciting, encourage moderation to avoid sugar overload.

By following these simple tips, you can ensure that trick-or-treating with your kids is a safe, fun, and stress-free adventure. Halloween is a magical time for children, and with a little preparation, it can be a night full of excitement and happy memories!

For older kids that are too mature for trick-or-treating, here are a few ideas for a some fun and creativity:

Haunted house tours or haunted

forests

Older kids can handle scarier environments, and visiting a haunted house or exploring a haunted trail adds a thrilling twist to Halloween. You can either find a local haunted house attraction or create a DIY haunted space at home or in the yard, adding creepy decorations, fog machines, and spooky sounds.

Halloween movie marathon

Watching classic or newer Halloween-themed movies with friends can be both fun and spooky. You can add popcorn, candy, and some creepy lighting to enhance the atmosphere. Some suggestions are: Hocus Pocus, Goosebumps, The Nightmare Before Christmas, or even scarier options like Poltergeist or A Quiet Place for the brave-hearted.

Nighttime scavenger hunt

A Halloween scavenger hunt in the dark, using flashlights or glow sticks, can be thrilling. Include creepy items to find or have clues that lead to spooky surprises. Set up a neighborhood or backyard hunt with a Halloween theme. You can hide spooky decorations, candy, or Halloween-themed clues leading to a final prize.

Costume contest

Kids can show off their creativity by designing unique or themed costumes. Hosting a mini fashion show or contest adds friendly competition. Set up categories like scariest, funniest, or most original costume, and have small prizes for winners. It's a great way for kids to express themselves and have fun with friends. <

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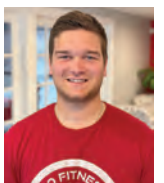
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SPORTS

Windham varsity boys' soccer tops South Portland

By Matt Pascarella

STAFF WRITER

For their final home game of the regular season, Windham's varsity boys' soccer went up against South Portland on Thursday, Oct. 17. It was Senior Night and Lukas Hammond, Garrett Crossman, Levi Hayman, Luke Cunniffe, Carter Engelman, Layth Jabbar, Zachary Noonan, Sam Rogers, Rory Good, Oliver Weatherby, Wes Theriault, Connor Gallant and Preston Stretch were each presented with a gift for their time and dedication to Windham athletics. After a hard-fought game, Windham emerged victorious with a 3-0 win.

"Today our first 30 minutes was the best we've played all season," said Cunniffe. "It's a game of runs, we went on a long run, they went on a little run, in the end we had the most runs, so that allowed us to get up in the game. We're still trying to get together and play a full 80 minutes; by postseason time, we will be there. Our ability to connect passes and counter quickly (went well), our defense is always so solid – yet another clean sheet. We work for each other and it's amazing to see. Playing a full game – if we're at our best, no one can stop us, but it's just playing the full 80 minutes."

The game began with two very strong defenses competing head-to-head. Windham seniors Sam Rogers and Cunniffe took several good shots on goal, but nothing got by the South Portland goalkeeper early in the game.

Roughly midway through the half, Cunniffe scored, assisted by junior Tyrie James. Windham senior goalie Lukas Hamond had several very nice blocks.



(L to R) Windham senior Luke Cunniffe fires a shot past the legs of a South Portland opponent during a boys' varsity soccer game on Senior Night at Windham High School on Thursday, Oct. 17. Senior Sam Rogers keeps his focus while possessing the ball. PHOTOS BY MATT PASCARELLA

At the half Windham led, 1-0. "South Portland definitely has some good players, they can press, they can put the ball in dangerous spots; they're a team that's right on the verge," said Windham varsity boys' soccer coach Jeff Neal. "They can possess the ball well, one of the things we were trying to do was push the tempo a little bit; when our team wants to press and push the tempo of the game, I do think our skillset is a notch or two better than (South Portland) can keep up with. That's what we try to do against everybody. We want to 100 percent make sure we are putting together a complete game, in three phases of the game, in all three parts of the pitch – it's been elusive, but this is the time of the year, we got to find it. Huge credit to the captains

and the seniors to come out here, it's an emotional night and be able to execute and come out with a win on your home pitch. We want to be able to dictate ... what's happening with the ball and be able to put teams under and not necessarily go forward all the time – you got to trust the players around you; you got to trust the system; you got to move the ball. When we did that, they had no answer. It wasn't straight down the middle of the pitch, it was a lot of let's use the real estate out, to the touch line, let's even try to play beyond the 18s (Penalty Box Line) to be able to drag some defenders out and serve some balls in – that's where some of our best opportunities came from."

In the second half, both defenses remained strong. However, Windham's offense would not stay silent.

After Cunniffe missed a penalty kick, moments later he capitalized on a ball bounce and got it past South Portland's goalie.

Hammond continued to stop scoring opportunities and blocked every one of the six shots that came at him.

With 12 seconds remaining, Cunniffe squared the ball to Rogers who shot it toward goal and found the back of the net.

"We were thinking about (South Portland from) last year when we beat them 4-0 in the playoffs; they were definitely up there for their end-game," said Rogers. "Things that went well was we did stay composed, we did a lot better at playing the wings, and balls into the box were good; we didn't hold onto the ball for too long which was good. If we continue to do that, we're going to make a deep playoff run." <



(Above) Senior Connor Gallant maneuvers around his opponent. (Right) Junior Tyrie James prepares to pass the ball.

ATHLETE OF THE WEEK



Zachary Noonan

Age: 17 Team: WHS varsity boys' soccer

Coach: Jeff Neal

Parents' names: Patrick and Marcie Noonan

Reason for selection: As a defender, coaches say that Zachary's been a huge leader organizing the WHS boys' soccer team's backline. They say that he's made massive strides in his confidence and in his play since last season. His talk and direction defensively have been a huge difference maker as the

team needed him to replace two All-State caliber defenders it lost to graduation last year. The coaches say that he has stepped up and filled that role in a big way.

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Sixth-inning surge helps Windham avoid shutout in Fall Little League against Westbrook

By Matt Pascarella
STAFF WRITER

Windham Little League's fall baseball team took the diamond with Westbrook at the Westbrook Little League Complex on Tuesday, Oct. 22 and Westbrook jumped to a big lead early, but Windham powered through. A small surge late in the game was enough to avoid a shutout for Windham, but not enough to surpass Westbrook's lead and eventual 10-2 victory.

"I saw everybody was moping their heads down and shrugging their shoulders and it's only the second ... inning," said Windham fifth grader Bronson Bassett. "So much more time we can come back in this game and everybody's moping - I was like 'this is fine, and we held them at 10.' I feel like we got to be more confident in ourselves, we just got a little anxious. We can't be having (a surge) in the sixth inning; we got to be more consistent with it - we got to have that burst of energy for the whole game. We just had to get the bat on the ball. We knew Westbrook was a good team and I feel like we just got to be more confident. Fielding went really well, but I do think we got to work on hitting; hitting was OK today."

Early in the game, Westbrook took a pretty hefty lead. They scored five runs in the first inning, and another five in the third inning.

In the third inning there was a hard-hit ball to Windham shortstop and fifth grader Charlie Moore who made the catch with super quick hands.

In the fourth inning, Bassett singled to center field and then Windham sixth grader Caitlynn Halladay hit a ground ball, but unfortunately both were left on base.

After a walk, Windham sent three batters back to the dugout in the fourth inning. Even when Westbrook got hits, Windham held them on base.

"I think my team did really great," said Moore. (Windham) kept up with the game; they didn't give up and when I scored that first (run) they kept their heads up and after that ... they scored more after me. I went from second to third and then home because the other team wasn't paying attention to the person on third, so I just had a chance to steal. Batting was good, contact was good, fielding was really good. We need a little bit more work (to make



(Clockwise from top left) Windham fifth grader Charlie Moore observes the infield after he catches a line drive during a fall Little League baseball game against Westbrook on Tuesday, Oct. 22 at the Westbrook Little League Complex. Sixth grader Kainen Pouliot fields a ground ball in the outfield. Sixth grader Bronson Bassett hits the ball into the air as he advances runners around the bases. Fifth grader Peyton Edwards runs to first base. PHOTOS BY MATT PASCARELLA

contact). Pitching was harder because the pitchers on Westbrook's team had some good curveballs, so you really couldn't keep up with them, like they're coming at you, so you stepped out of the box and then it curves right back in and you're like 'oh come on.'"

After two walks in the sixth inning, Bassett grounds into a fielder's choice, which eventually brought in Moore. Halladay singles on a ground ball and Bassett stole second base. After Windham sixth grader Kainen Pouliot singled, Bassett scored.

"Fall ball is an experience you have older players playing with younger players and trying to develop kids who haven't played before," said Windham Little League fall baseball

coach Johnathan Bassett. "So, you're looking to the newer players to help them out. They're still learning the game ... so you're trying to get experience for everybody as you're looking toward the spring. The boys are consistently working hard at

getting better, and always supporting one another. Basic fundamentals skills and game situations for the younger players always need improvement, but with confidence and effort, it will come." <

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The forgotten decade

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

Ordinarily people like me (English-speaking heterosexual white males who don't practice a non-Christian religion) should be the last Americans to

complain about prejudice.

That established, I'm no crackpot conspiracy theorist, but it's becoming increasingly apparent one of my demographics is quietly being subjected to the worst type of discrimination.

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TOWN OF RAYMOND, MAINE PLANNING BOARD PUBLIC MEETING & WORKSHOP

Broadcast Studio - 423 Webbs Mills Road
and Via ZOOM

Monday, November 4, 2024
7:00 PM

You are hereby notified that the Raymond Planning Board will hold a Meeting and Workshop at the Raymond Broadcast Studio and via Zoom on **Monday, November 4, 2024, at 7:00 pm** on the following matters:

SKETCH PLAN REVIEW

APPLICANT: Brandon Chase by Andy Morrell – BH2M

LOCATION: Map: 004 Lot: 29 Zone LRR2/RP
Raymond Cape Road

DESCRIPTION: Sketch Plan Review for Proposed 11-lot Cluster Subdivision

WORKSHOP TO DISCUSS THE FOLLOWING PROPOSED ORDINANCE AMENDMENTS:

- LUO §300-10.3.10a - Extensions of Approvals and Permits
- Street Ordinance §5.5 Footnote 3 – Clarification of Reviewing Authority
- LUO §300-10.4.A.3 – Number of Hard Copies for Submission
- LUO §300-10.3.A.3.b – Number of Hard Copies for Submission
- Subdivision Ordinance – Article 5, Section 2.B – Number of Hard Copies for Submission
- Subdivision Ordinance – Article 6, Section 2.A – Number of Hard Copies for Submission
- Subdivision Ordinance – Article 7, Section 2.B – Number of Hard Copies for Submission
- SLZ §350-6.4 – Piers, docks, wharves, bridges and other structures and uses extending over or below normal high-water line of water bodies or within wetlands
- SLZ §350-6.2 Minimum lot standards and setbacks
- SLZ §350-6.2 B.(1) – Shore and Road Frontage
- SLZ – DEFINITIONS – add definition of DOCK
- SLZ §350-6.4 – Clarify the Dock Length permitted
- Addressing Ordinance – Amend size of numbers to 4" and they must be visible from the road

The meeting can be viewed via internet or on cable TV. 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),

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Copy of the submitted applications are available for review at: www.raymondmaine.org/content/planningboard-agenda after October 15, 2023, or at the Town Office (401 Webbs Mills Road) by appointment during regular business hours.

It's clear my age-alike peers and I are being victimized by an insidious plot. But who (or what) is behind it? The government? The Illuminati? The Russians? The Dallas Cowboys? Whoever they are, their plan has been diabolically effective.

In elementary school we were told that anyone could grow up to be America's president. George Washington and John Adams, both of whom were born in the 1730s, were proof of that.

As decades elapsed, a wide variety of straight white males (and occasionally their families) took up residence in the White House, including Thomas Jefferson, who was born in the 1740s; James Madison and James Monroe (1750s), and John Quincy Adams and Andrew Jackson (1760s). William Henry Harrison represented the 1770s, Martin Van Buren and Zachary Taylor the 1780s, and John Tyler, James Polk, and James Buchanan the 1790s. Millard Fillmore (1800) was technically born in the 18th century as well, but for this essay a given year's first two digits are the only significant ones.

The 19th century's initial decade saw the births of Andrew Johnson (1808) and Abraham Lincoln (1809), confirming what should have been obvious: the inherent fairness of having at least one American commander-in-chief born every decade. But then came a presidential-birth-free ten-year stretch, the eighteen-teens. Thankfully people born between 1810 and 1819 probably weren't aware of the historical injustice they'd suffered, given the nation's limited history at the time. But fairness returned with the 1820s (Ulysses Grant and Rutherford Hayes), and at least one future American chief executive was born in the 1830s (James Garfield, Benjamin Harrison, Grover Cleveland), 1840s (William McKinley), 1850s (Theodore Roosevelt, William Howard Taft, Woodrow Wilson), 1860s (Warren Harding), 1870s (Calvin Coolidge and Herbert Hoover),

1880s (Franklin Roosevelt and Harry Truman), 1890s (Dwight Eisenhower), and nineteen-aughts (Lyndon Johnson).

The nineteen-teens were teeming with future presidents (Ronald Reagan, Gerald Ford, Richard Nixon, and John F. Kennedy), and Jimmy Carter and George H. W. Bush were both born in 1924. The 1930s got skipped, but understandably, given the domestic (Great Depression) and foreign (rise of Hitler's Germany and Imperial Japan) situations during that particular decade. Presidents Clinton, George W. Bush, Trump and Biden were all born in the 1940s, and a youthful (during his presidency) Barack Obama was born in the 1960s.

But speaking for 1950s natives everywhere, where's our president?

It looks increasingly likely that when it comes to presidential births, the 1950s are destined to be snubbed, since neither Trump (1946) nor Kamala Harris (1964) qualifies.

The youngest 1950s natives will be 69 years old in 2028, when the leading presidential hopefuls will likely include Ron DeSantis (born 1978), Corey Booker (1969), Nikki Haley (1972), Pete Buttigieg (1982), Ted Cruz (1970), Bernie Sanders (1941), Gretchen Whitmer (1971), and J. D. Vance (1984).

At least the eighteen-teens (John Fremont in 1856) and the 1930's (Michael Dukakis in 1988) each got a major party presidential candidate. Not only has no 1950s native ever gotten the Republican or Democratic nomination, the only 1950s-born vice-president nominee was John Edwards, a man best remembered for cheating on his cancer-stricken wife. Can't our decade do better than that?

To my fellow 1950s natives, we've been hornswoggled. That fairy tale that claimed anybody can grow up to be president? Balderdash.

None of us ever had a chance.

Curse you, Dallas Cowboys! <



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Eagle REAL ESTATE & Home

Should you rent or buy?

► **By Richie Vraux**
SPECIAL TO THE WINDHAM EAGLE



- Richie Vraux, Pine Tree Realty

Should I rent or should I buy? There are many things to consider whether you rent or buy today.

The world has so many uncertainties so consider what will work best for you and your family.

Consider the 5-year plan: If you move around or travel a lot you might find renting to be a better option while those wanting to create roots in a single location will find buying to be a better choice. It is really a decision you want to choose wisely.

Consider the time and money needed to maintain a home: If you rent and something breaks or something doesn't work effectively, you can call your landlord to fix it.

But when you buy a home, you will be the one keeping up the maintenance of your home. It is always good to set aside money for a rainy-

day fund to have extra money when those issues occur, and yes, they always do.

Make sure you carefully weigh in on all the factors of renting versus owning.

Buying a home is a big commitment but can have many benefits. If you enter into a 30-year mortgage agreement, you have several tax benefits of buying.

Renting really has no tax benefits unless you work from home or similar work-related benefits.

Yes, you do have property taxes that need to be paid every year and don't forget insurance to cover any loss you may have, but I believe owning has many more benefits than renting.

Buying a home is typically best if you have a stable job and plan on remaining in your home for several years. Renting a home provided more flexibility. However, it can also result in higher costs as housing costs continue to rise.



This is because rentals are usually short term and have a 12 month window, or longer depending on yours or the landlord's situation. But at the end of your lease, there is no guarantee the rents may increase. It's always a crap shoot.

There is no current cap on landlords' fees, so you just never know.

On the other hand, unless you are in a variable rate mortgage or have a mortgage rate less than 15 or 30 years, it will stay the same until it is paid off. You will not have to pay taxes if you are renting, that is up to the landlord.

The cons of renting are your monthly housing costs are not stable year to year. You don't get to build equity with each rental payment. The landlord gets all the rental benefits here. In the rental market you do not have control whether the landlord sells the property. At that point you are under the gun to find a suitable

rental within a short period of time. Then you want to stay in the same school district for your children.

Renting is a good idea when you move out of mom and dad's home, and you are off to college, or your job makes you move from place to place.

Purchasing a home is the American Dream people always want, but some people don't want commitments and are certainly satisfied renting. Paying off a mortgage over 30 years is usually cheaper than renting but may not be the best choice for everyone.

Many factors in different markets affect affordability, making it difficult to determine which option will work best for you. Deciding to purchase a home is a personal choice that only you can answer.

If you need advice about choosing which way you should go, feel free to contact me.

This article was brought to you by Richie Vraux, a Real Estate Broker/REALTOR® with Pine Tree Realty of Maine, 76 Tandberg Trail, Windham. Call him at 207-317-1297 or reach him by email: richardjvraux@gmail.com <

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BUSINESS SPOTLIGHT

We all have several parts living within our minds that affect our lives. A good way to think of this is, “A part of me really wants to go to the party; but another part really wants to stay home and get ready for tomorrow.” Life events or trauma can drive our parts into extreme roles; but these internal parts can be helped to heal. The goal of *Inner Thoughts...* is to help clients become acquainted with these inner parts so they can understand their thoughts and actions and why different emotions arise at various times. This helps clients change their responses if they desire.

Located in Windham, *Inner Thoughts...* is owned and operated by Vary Fischer, a registered nurse certified in two types of psychological work. As a Certified Level 3 Internal Family Systems Practitioner, she helps clients approach inner turmoil; and as a Certified Grief Recovery Specialist, she helps people complete unresolved grief. These approaches are separate and not blended together.

“Using IFS, I help people understand their inner feelings,” Vary said. “Using GRM, I help people release their unrelenting grief. With each client, I am privileged to sit with them and hear their inner thoughts and needs and help them help themselves.”

Fischer & Associates began as a nursing consultation business. In 2018, Vary began expanding to incorporate



the psych work she was doing and actually decided that it needed its own division, thus, *Inner Thoughts...* a division of Fischer & Associates, was launched in 2021.

“I had always been interested in psychology. In two of my degrees, psychology is my undeclared minor. My belief is that mind and body work together, so while clinical nursing in the hospital setting, I always incorporated the psyche (the patient’s emotional state) into my plan of care,” Vary said. “In stepping down from clinical nursing, I began teaching, became a nursing home administrator, and travelled as a nursing consultant; but I really desired to help people with the psychological puzzles in their lives. I finally had an opportunity to study further and sought education in the Internal Family Systems model of



Vary Fischer is an RN, Certified Level 3 IFS Practitioner, and Certified Grief Recovery Method Specialist. SUBMITTED PHOTO

therapy. I completed preliminary IFS education, then did the three educational levels, and finally earned certification—allowing me to work as a Certified Level 3 IFS Practitioner. In doing this work, I realized that many clients found unresolved grief in themselves. I therefore sought education preparing me to help them process their grief, thus earned my certification as a Certified Grief Recovery Specialist of the Grief Recovery Method.”

Vary works in the Cumberland County area for clients who wish to have sessions in person or online, but also sees clients online across the country.

As an IFS Practitioner, Vary is a professional who helps people understand their inner parts and how they relate to the world around them. “The

practitioner may have varying backgrounds, mine is as a registered nurse, which gives me a sound understanding of the human body and how to care for it and conditions that can cause it to be in a less-than-optimal state,” she said.

As a certified GRM Specialist, she teaches that people often neglect and misunderstand grief. Per the Grief Recovery Institute, “Grief is the normal and natural reaction to loss of any kind. It is neither a pathological condition nor a personality disorder. However, we have been socialized to believe that these feelings are abnormal and unnatural.” Vary points out that, “Grief isn’t just when someone dies—it’s any time we experience a loss that causes an end of or change in a familiar pattern of behavior. That includes loss of pets, jobs, possessions, or moving from one location to another. In GRM, we teach that recovery means feeling better – claiming your circumstances instead of your circumstances claiming you. Loss happens to all of us at various times; and grief is a response to loss. However, grief is not a life-long sentence to sadness and low spirits. We teach people how to complete their incomplete grief.”

For more details about *Inner Thoughts...* a division of Fischer & Associates Consulting, call 207-572-1120, visit vfischerconsulting.com, or send an email to: vary@vfischerconsulting.com <

Vary Fischer, RN • Certified Level 3 IFS Practitioner • Certified Grief Recovery Method Specialist

Inner Thoughts...

A division of *Fischer & Associates Consulting*

Vary S. Fischer, RN—A.D.N., B.S.N., M.S.Ed.

Certified Level 3 Trained IFS Practitioner

Certified GRM Grief Recovery Specialist

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GRIEF RECOVERY METHOD

Grief is the most neglected and misunderstood experience. Awareness of grief does not equal recovery.

- Recovery means feeling better... claiming your circumstances instead of your circumstances claiming you.
- Grief is not only when one dies, it is also at the loss of pets, jobs, possessions, and moving locations.
- Loss happens to all of us at various times; and grief is a response to loss.
- Grief is not a life-long sentence to sadness and low spirits.
- People can resolve their incomplete grief.

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