

Windham shows outpouring of support for local hero Moody during basketball court dedication

By Matt Pascarella

STAFF WRITER

A night of mixed emotions spread around the basketball courts next to Windham's Public Safety Building on Sunday, Nov. 3 for coach, father, husband and Windham's most enthusiastic supporter, Pat Moody.

He was surprised when the basketball courts he championed for were officially named the "Patrick Moody Basketball Courts," while surrounded by members from Windham and nearby communities that Moody has had an impact on. Recently Moody received some difficult news that his cancer has returned, and he has been given just a few months to live.

People showed up at the event to show their love and support for Moody as the dedication to him was made through tears, applause and laughter.

"I love this town, and I love this sport," said Moody. "I don't know how many hundreds of people are here who I love also; it's very special," he said. "To come out here and have this dedication ... it basically just made my heart explode seeing everybody's faces here and all the love. 'Gratitude' isn't a strong enough word; It's just super, super special. It's too special for me to put into words."



Pat Moody is overwhelmed with the love and support from the town and his many friends at the dedication of the 'Patrick Moody Basketball Courts' next to the Public Safety Building in Windham on Sunday, Nov. 3. PHOTO BY MATT PASCARELLA

Moody's goal was always to give back to Windham basketball and do whatever possible to better Windham so people could enjoy the greatness he enjoyed growing up.

"He's had a huge impact across the community and the kids," said Windham resident Nick Davis. "He's inspired the next generation – just an

awesome guy, awesome friend."

Windham residents Tyler Graves and Windham High varsity boys' basketball coach Chad Pulkkinen wanted to do something lasting to honor Moody. He was a big part of the blue basketball courts by the Public Safety Building being built. Moody had wanted lights on the blue courts

and Pulkkinen and Graves, along with the help of various companies, organizations and donations, made that happen.

"He's been one of the biggest advocates for spreading basketball positivity throughout Windham and means so much to this community," said Windham graduate Josh Guite.

It was important Moody be surrounded with the love he's given everybody else; it was also important that his family see the impact and for them to feel that love. The event brought everyone together to lift Moody's spirits up and really showed the strength of the community.

"He's done a lot for the basketball community," said Windham resident Nicole Lewis. "We've known them for a long time, the Moodys are good people. As a community, everybody is here to support the Moodys as a whole – it's not all about basketball."

Pulkkinen said that Moody always believed in him at every stage of his basketball career, right through becoming the WHS varsity boys' basketball coach.

Graves and Moody met in the first grade. Graves was best man at Moody's wedding; Graves says he would do anything for Moody, just

→ see MOODY Page 6

WHS actors prepare to present 'Shrek the Musical'

By Masha Yurkevich

STAFF WRITER

The story of Shrek is a classic that everybody young and old love and enjoy and now a new musical version is coming to Windham High School.

Join Shrek, a repugnant green ogre monster, as he sets off on his quest to rescue a princess to get his beloved swamp back. The show "Shrek the Musical" will be offered at the Windham High School Performing Arts Center on Nov. 15, Nov. 16, Nov. 22, and Nov. 23 at 7 p.m. and at 2 p.m. Nov. 17 and Nov. 24.

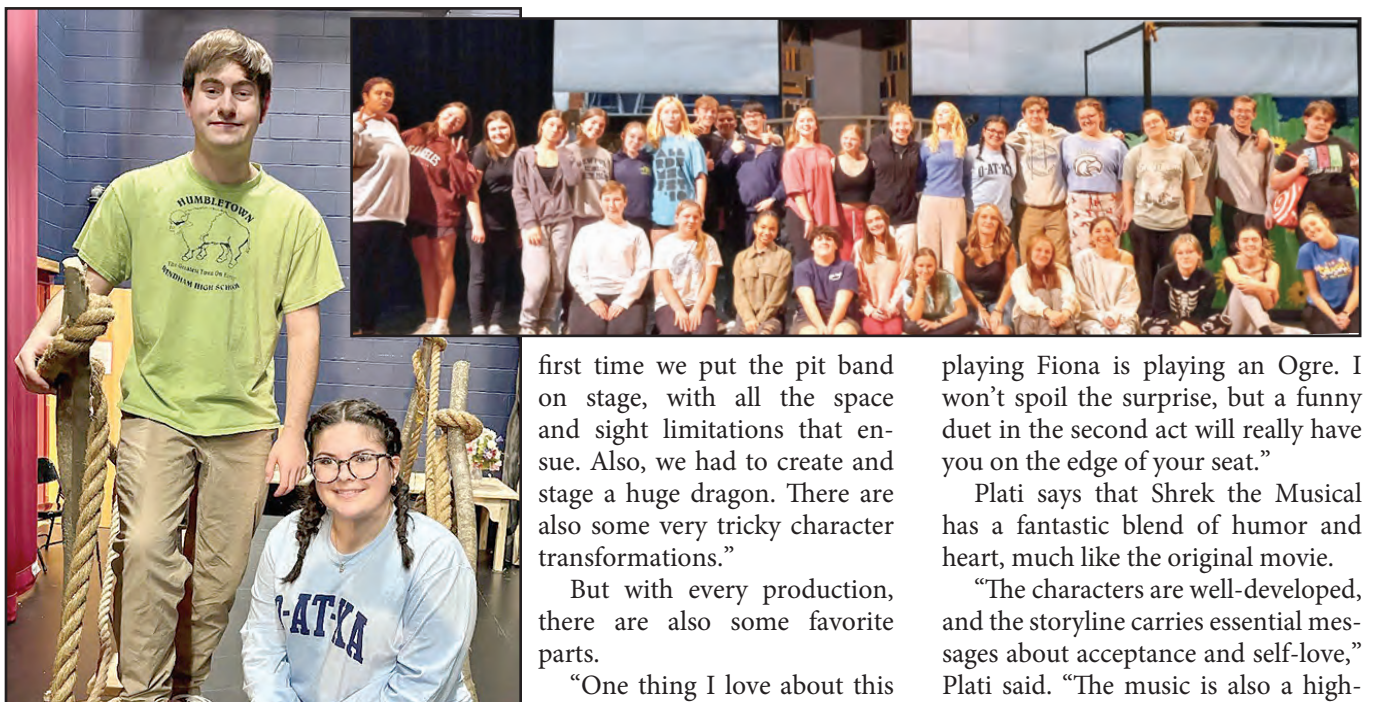
Rob Juergens is the director of "Shrek the Musical" and is responsible for the blocking and the overall production of the show.

"I have an awesome and highly skilled group of people doing choreography, music direction, costumes, props, set building, makeup, miscellaneous producer things (like organizing), and front of the house details," he says. "Mostly, I try to craft an overall vision so that all these elements meld together to make a consistent production."

Each production is different because they each have their own story.

Juergens said this show is very well known due to the success of the original Shrek cartoon.

"You do not want to duplicate Eddie Murphy, Cameron Diaz and Mike Meyers; but you also want to give the



(Above) Windham High seniors Molly Plati, right, and Stuart Gabaree, play Princess Fiona and Shrek in 'Shrek the Musical' opening Nov. 15 at the Windham High School Performing Arts Center and running through Nov. 24. (Right) The cast and crew gathers. SUBMITTED PHOTOS

audience some of the things they expect," he said.

Every production presents certain challenges that the producer has to face.

"This production has several obstacles," says Juergens. "This is the

first time we put the pit band on stage, with all the space and sight limitations that ensue. Also, we had to create and stage a huge dragon. There are also some very tricky character transformations."

But with every production, there are also some favorite parts.

"One thing I love about this production is the 'singability' of the musical numbers," says Juergens. "All too often you see a show, say 'wasn't that great', but then you don't find yourself humming any of the songs."

Molly Plati is a WHS senior and plays Princess Fiona in the "Shrek the Musical" production.

"My favorite part of playing Fiona is her spunk," says Plati. "Fiona is not an ordinary princess; she is sassy and funny but has a heart of gold. I love getting to bring her to life on stage. One of the biggest challenges I face

playing Fiona is playing an Ogre. I won't spoil the surprise, but a funny duet in the second act will really have you on the edge of your seat."

Plati says that Shrek the Musical has a fantastic blend of humor and heart, much like the original movie.

"The characters are well-developed, and the storyline carries essential messages about acceptance and self-love," Plati said. "The music is also a highlight, with catchy songs that go hand in hand with the entertaining dances. Our vibrant costumes and creative set make 'Shrek the Musical' a performance you want to attend."

WHS senior Stuart Gabaree plays Shrek and loves the humor of his character in how he interacts with the other characters in the show.

→ see SHREK Page 7

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INSIGHT

A time for heroes

As residents of the greatest nation on Earth, we eagerly await special and meaningful holidays to arrive every year. No matter if it's Thanksgiving, Christmas, or Independence Day, there are occasions where we take time to reflect on what these holidays mean and why they were created.

When I think of Veterans Day, I am drawn back to the time I spent in the U.S. Air Force at The Pentagon in Washington, D.C. and some of the individuals I had the opportunity to meet there. A few of them left their mark on the history books and are renowned for their valor and dedication to the cause of freedom, while others performed their duties in relative obscurity.

Each time I walked around the building, I would discover something I hadn't known about before, or run into someone who inspired other soldiers, sailors, airmen or Marines.

If I needed to deliver paperwork to the Joint Chiefs of Staff on a Saturday, I would pass by the office of General Lew Allen, a four-star general and the U.S. Air Force Chief of Staff at the time. He liked to work on weekends because it was quieter then and on at least three occasions he invited me in to have coffee with him.

He wanted to know what I felt about military service from my perspective as an E-3 Airman First Class and he would ask me what I thought about my military pay, how to keep good people in the Air Force and my thoughts about college basketball. His favorite team was the University of Maryland, and he showed me an autographed photo he kept in his office of then-Maryland coach Lefty Driesell.

He was kind and caring and I always felt he listened to what I had to say, even though he was a four-star general. After he retired from military service, he served as the director of the Jet Propulsion Laboratory and worked closely with NASA to make space shuttle missions safer after the Challenger explosion in 1986.

Once I had the opportunity to meet legendary U.S. Army General Omar Bradley, who maintained an office at The Pentagon until his death in 1982. He had been General Dwight Eisenhower's field commander for American soldiers during the invasion of Normandy on D-Day and rose to the rank of five-star general after World War II. He also was the first chairman of the Joint Chiefs of Staff.

I had met him one afternoon when he was leaving his office for the day. By then, General Bradley was in his late 80s and only came to his office every other month. He asked me where I was from and about my parents. When I told my father about my meeting the general, he said Bradley was one of the top generals he served under as a soldier in Libya in 1943.

In February 1981, I attended a ceremony in The Pentagon courtyard where U.S. Army Master Sergeant Roy Benavidez was awarded the Medal of Honor. He was given the honor for his courage in combat near Loc Ninh, Vietnam in 1968.

While part of a 12-man Special Forces patrol, Benavidez and his team were surrounded by a North Vietnamese infantry battalion numbering more than 1,000 troops. Caught off guard and armed only with a knife, he jumped from a helicopter some 30 to 40 feet off the ground with a medical bag and ran to help members of the patrol who were trapped. He joined his comrades who were under unrelenting enemy fire despite sustaining numerous wounds, Benavidez saved the lives of at least eight men.

During the battle, an NVA soldier encountered Benavidez and stabbed him with a bayonet. He pulled it out, drew his own knife, killed the NVA soldier. He later shot two more NVA soldiers with an AK-47 rifle he picked up while providing cover fire for members of his patrol who were boarding the helicopter. In all, Benavidez was treated for 37 different bullet, bayonet, and shrapnel wounds he sustained during the six-hour battle against the enemy.

Another time I was humbled to meet retired General Jimmy Doolittle, who inspired Americans during the early days of World War II by leading a daring air raid on the Japanese mainland in April 1942.

Doolittle commanded a group of 16 bomber crews who took off from the USS Hornet on a one-way mission to bomb Japan, after that nation had crippled the U.S. Navy fleet at Pearl Harbor in Hawaii slightly more than four months earlier. Each member of Doolittle's raid knew their planes didn't have enough fuel capacity to bomb the target and make it back safely, but they flew their missions anyway. Of the 80 airmen who participated in that mission, three died and 15 planes were lost. But Doolittle's raid demonstrated that the Japanese mainland was vulnerable to American air attacks and boosted America's moral at a dark time in U.S. history.

Each of us owes a measure of respect for the men and women who wear the uniform of the United States and the ongoing struggle for freedom. Honoring those who served on Veterans Day is the perfect way to do that. <

~ Ed Pierce

Today in HISTORY



NOVEMBER 8

1793 – The Louvre Museum in Paris, France opens to the public for the first time.

1864 – Abraham Lincoln is re-elected as the 16th president of the U.S..

1889 – Montana is admitted as the 41st state of the U.S.

1895 –While experimenting with electricity, Wilhelm Roentgen of Germany discovers the scientific principle involved with X-rays.

1950 – The first jet-plane aerial combat battle takes place as U.S. Air Force Lt. Russell J. Brown shoots down a North Korean MiG-15 during the Korean War.

1979 – U.S. Senators John Warner of Virginia and Mac Mathias of Maryland introduce legislation to provide a site on the National Mall for the building of the Vietnam Veterans Memorial.

1980 – Scientists at the Jet Propulsion Laboratory in California announce that they have discovered a 15th moon orbiting the planet Saturn.

ON THE SPOT

When you were a child, what was the best snack to find in your lunch box?

"Pretzels or peanut butter on celery." – Julie Mallett

"RingDings or Funnybones." – Janet Paul

"Never really box lunched it. Usually ate across the highway at the corner store or pizza shop." – William D. Reiner

"Potato sticks!" – Rebecca Cole

"A fresh apple and a pretzel rod wrapped in wax paper." – Lynne Latham

"My mom's chocolate chip cookies." – Rob Bridge

"I walked home for lunch. Had soup in a Thermos and fruit cocktail in another. Mom worked so I was a latch-key kid." – Valerie Livesay Luce

"A Twinkie, grapes or some Cheese Doodles." – Anne Glotchshuk

"Chex Mix." – Dean Smalley

"Sliced apples with caramel or some Mr. Salty Pretzel Sticks." – Benjamin Lee

"M mother would make me two slices of cinnamon toast and wrap it in wax paper for my lunchtime treat." – Deirdre Schulte

"Any type of fruit or my mom's frosted peanut butter cookies." – Shelley O'Rourke

"Leftover pizza." – Chris Macklin

"Raisins or Fruit Rollups." – Mia Potenzio-Ransley

"A box of Barnum's Animal Crackers." – Jude Orestes-Sanchez

"Necco wafers." – Tawny Lamabe-Punto

"Cheese Doritos." – Melissa Carter

Inspirational Quote of the Week

"America will remain the land of the free only so long as it's home of the brave."

– Elmer Davis



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Voters elect legislators, town councilors, RSU 14 board members and settle charter amendment

By Ed Pierce

STAFF WRITER

With the campaign season having come to an end, questions about local races have been answered and issues settled that were on the ballot in Raymond and Windham on Election Day, Nov. 5. These results are unofficial and were submitted to the newspaper by Town Clerk offices in Windham and Raymond.

In Windham, there were three candidates on the ballot running for two Windham Town Council non-partisan seats. Incumbent William D. Reiner was unopposed in seeking a three-year term representing the town's West District. He received 8,237 votes to return to the council.

Competing for an At-Large council seat for a three-year term were incumbent David Nadeau and former town council chair Clayton Haskell. Nadeau received 5,180 votes to Haskell's 4,510 to return for another term on the council.

A controversial Windham charter amendment proposing to convert the Town Clerk's position to one appointed by the Windham Town Council instead of one elected by town resi-

dents passed, 4,743 votes in favor of the measure to 4,705 opposed. The amendment eliminates residency in Windham as a requirement for qualified candidates seeking the job of the Town Clerk when the position becomes vacant. Current Town Clerk Linda Morrell has served in the position for more than two decades as an elected official.

The town clerk position in Windham 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.

Three candidates were vying for two non-partisan seats in Windham on the RSU 14 Board of Directors for three-year terms in Tuesday's election. Incumbent Jessica Bridges received 4,675 votes to return to the school board for another three-year term. She was first elected to the position which represents Windham in 2021.

For the other vacancy on the RSU 14 Board of Directors, Ginny Woodman received 3,864 votes to Frances Etheridge's 3,857 votes. Woodman will be sworn in for a three-year term on the school board representing Windham.

For Maine State Senate District 26 representing Windham, part of Raymond, Casco, Frye Island, and part of Westbrook, incumbent Tim Nangle of Windham, a Democrat, defeated Republican challenger Kenneth J. Cianchette of Windham. With 95 percent of precincts reporting, Nangle received 12,018 votes to Cianchette's 11,123 votes.

Cianchette received more votes, 7,325, than Nangle's 6,991 when votes from Windham and Raymond were combined, but Nangle's turnout in

Westbrook secured the election victory for him. In Westbrook, Nangle tallied 5,027 votes to Cianchette's 3,798.

Republican Incumbent Barbara Bagshaw won re-election to the Maine House of Representatives District 106 seat representing part of Windham over Democrat challenger Doris Poland. Bagshaw received 3,037 votes to Poland's 2,645 votes.

Three candidates were vying for the Maine House of Representatives District 107 seat representing part of Windham. Republican Mark Cooper won the seat with 2,427 votes to Incumbent Democrat Jane Pringle's 2,283 votes and Independent challenger Patrick Corey's 819 votes.

In Raymond, Republican Rolf A. Olsen, a member of the Town of Raymond Select Board, defeated Democrat Craig Messigner. Olsen received 1,584 votes to Messigner's 1,544 votes. Olsen will replace longtime incumbent Jessica Fay, a Democrat, who was term-limited.

Former state legislator Tom Tyler of Windham, an unenrolled candidate, ran unopposed and was elected to the Cumberland County Commis-

→ see ELECTIONS Page 14



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Two local churches take steps toward unification

By Ed Pierce
STAFF WRITER

North Windham Union Church and Raymond Village Community Church have started the process of uniting and will be doing it under the leadership of a veteran pastor in the Lakes Region of Maine.

Rev. Brian Donovan, 52, has led Raymond Village Community Church since last fall and now will administer and lead the spiritual life of both of the churches as pastor.

“The North Windham Union Church and the Raymond Village Community Church have decided to take a Faithful Journey together towards uniting as one Church,” Donovan said. “It is actually one of the core expressions of our denomination to both unite and be uniting, welcoming all people no matter who they are or where they are on their journey throughout life.”

He said that as his one-year designated term as pastor at Raymond Village Community Church was coming to an end, he began looking to find a settled position in the area.

“What I found is what most people probably know that the churches are getting smaller and smaller for so many reasons,” Donovan said. “Still, I found North Windham Union Church who was looking for a pastor and we discovered a new way forward together with Raymond Village Community Church since both of these wonderful communities could not support the full-time pastor they

wanted, and I feel God is calling me to be.”

Serving as a shared pastor for smaller churches is not a new concept for Donovan.

“When I returned to Maine last year from serving a church in Salem, New Hampshire, I found two communities looking for a one-year designated term pastor,” he said. “The First Congregational Church of Gray was looking to finalize their Open and Affirming declaration and Raymond Village Community Church was looking to unite with another community, which we found in North Windham Union Church. It was wonderful to complete both of these designated terms successfully.”

According to Donovan, the Faithful Journey of uniting North Windham Union Church and Raymond Village Community Church together will now be his whole focus.

“I am no longer serving the people of the First Congregational Church of Gray, right now,” he said. “However, yes for Raymond as we are all together in this beautiful ministry being created.”

Raymond Village Community Church and North Windham Union Church worship under the Maine Conference, United Church of Christ which has 143 congregations across the state.

Donovan has more than a decade



Rev. Brian Donovan will serve as the pastor of North Windham Union Church and Raymond Village Community Church which are uniting.

COURTESY PHOTO

of church and pastoral leadership experience and obtained a master’s degree in divinity from Boston University’s School of Theology. Prior to serving at Raymond Village Community Church, Donovan led churches in Waban, Massachusetts; Boothbay Harbor, and Salem, New Hampshire. He also is the chaplain at the Greg Wing of St. Andrew’s Village Nursing Home in Boothbay Harbor.

Before being called to the ministry, Donovan worked as a ceramic tile installer and a contracting company owner and operator. In 2011, he made the decision to become a pastor and study at Boston University.

“I was called to be a pastor at 13. But I did not listen until many years later because I was brought up Roman Catholic, a wonderful religion and one I honor still,” he said. “Yet, that faith was not mine for a number of reasons. So, I started a spiritual journey. I walked with many different faiths and religions throughout the years, Christian and non-Christian at times. I knew I was searching for a place where everyone is welcome. I finally found it at the United Church of Christ in Boothbay Harbor.”

He says that at the United Church

of Christ in Boothbay Harbor he saw their Open and Affirming statement and nearly wept as he knew that was the type of denomination that God wished him to lead.

“It’s a church where it doesn’t matter who you are or love or look like or any other human identity, you are truly welcome and loved,” Donovan said. “So, in my early 40s I started pastoring to communities and went off to seminary. I started at Andover Newton Theological and graduated from Boston University School of Divinity. After the seminary, which is intense if anyone is wondering, I passed all the steps to become ordained.”

Since stepping into his new role as permanent pastor of the unified churches, Donovan says he’s excited for the opportunity.

“I love the people. The people in these communities are kind, compassionate, compromising souls,” he said. “I have served many communities, and I can say that these souls are amazingly thoughtful of one another. Are there still bumps, yes, every faith community has them. But these souls are truly living into our faith to be one people, united and welcoming to all. I am reminded of this truth daily.”

The pastor said the toughest or most challenging aspect about his job is not working 70 hours a week.

“I know that sounds funny, but it is hard to break away and be careful of your time when there are so many wonderful people to talk to and wonderful things to engage with,” Dono-

→see PASTOR Page 10

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→ **MOODY** *Cont. from page 1*

like Moody would do anything for anyone anybody else; and Moody is Graves' hero.

"He's been such a huge influence in my life and my daughter's life, wouldn't miss (this dedication) for the world," said Windham resident Tina Sabine. "He's been a coach to my daughter, he's been a friend. Our kids went to school together, he has a huge impact on everyone he comes in contact with."

It meant a great deal for Moody's family to see the love and support of everyone from Windham for Pat Moody.

Rod Moody, Pat's father, said it

was tremendous to see how many people love and support him.

"The only thing I can say is Amor Fati, it means 'love of one's fate' and it is a true testament of Pat's kind heart and paying it forward," said Pat Moody's wife Sherma Moody. "Every one of these people he touched in one way or another and it was just overwhelming for the family to see what a great community to be a part of, but also giving him the love and support he needs during this time."

According to son, AJ Moody, it means the world to him; Pat Moody really deserves this honor. His son said he's the best person and AJ Moody is very proud of his dad's journey that has become history.



Members of Windham youth basketball hold a welcome sign for local hero Pat Moody moments before he arrived for the official dedication of the 'Patrick Moody Basketball Courts' on Sunday, Nov. 3 next to the Windham Public Safety Building. Individuals from Windham and surrounding towns came out to show their appreciation and support for Pat Moody, who recently received a cancer diagnosis, giving him only months to live. PHOTO BY MATT PASCARELLA

"What this means to me is the community just loves and cares and every person in the community is so amazing," said Pat Moody's daughter, Hayleigh Moody. "All these people who came together and did this for my dad means the world to me. I can't thank anyone enough for all the love and support you guys did and how you made this become an actual thing. Ever since I was young my dad has been trying to figure out where can kids go to play after school and these courts came along and now that

they're under his name ... thank you so much, every one of you."

The Pat Moody Foundation was also created and raised more than \$5,000 on the night of the dedication. This is a new non-profit that will continue to support youth sports and activities in Windham as well as give a scholarship to a graduating student athlete who has shown dedication to community service.

To donate to the new Pat Moody Foundation, you can do so through Venmo at moodyfoundation. <

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Raymond Fire Rescue promotes fire safety to children during Fire Prevention Safety Month

► **By John Facella**
SPECIAL TO THE WINDHAM EAGLE

The Raymond Fire Rescue Department had a full month of activities in October to teach fire safety to children and adults in the community.

This year the department provided fire safety training for 262 children at the Raymond Elementary School, and another 83 at local daycare facilities and at the Raymond Village Library. The children at the school and the day cares all received a Halloween trick or treat bag with fire safety literature for the parents, including a card which parents can use to reinforce the fire safety messages that the children are taught.

A poster coloring event was held for the elementary school, and RES second grader Rosie Williamson was awarded a ride in a fire truck for her poster. The second-place winner was first grader Logan Nappi and the third-place winner was fourth grader



Gracelynn Bowley. An Open House was held at the Raymond Fire Department on Wednesday, Oct. 23 that was attended by 80 family members of students from throughout the community. Food was served, children got to try their hand at squirting water and CPR compressions, adults tried using a fire extinguisher, and safety information was available about lithium batteries and other issues.

Here are three fire safety tips for all families to consider:

- Check your smoke and carbon monoxide (CO) alarms monthly to be sure they are operating. Working smoke detectors save lives. Most detectors only have an operating life of 7 or 10 years – so check the instructions and replace outdated detectors.
- Make sure everyone knows where the meeting place outside is and that no one should stop on the way for anything or go back into a home for

any reason. Furnishings today burn very hot and fast.

• Everyone should close their doors at night to prevent smoke and flames entering bedrooms. If the smoke alarm goes off, and you cannot evacuate, keep the door closed, open a window, and throw things outside so the firefighters know where you are.

For all families with children, we ask that you review the fire safety videos that Raymond Fire and Rescue Dept. has posted online:

• For K-2 students, there is an under 6-minute video showing a firefighter suiting up, and why he is “not scary.” To view this video, go to: www.raymondmaine.org/content/suiting

• For 3 and 4 grades, there is an under 12-minute video which discusses kitchen safety, and how children should escape from their bedrooms at night if there is a fire. To view it, go to www.raymondmaine.org/content/kitchen-safety <

➔ **SHREK** *Cont. from page 1*

“I love imitating a Scottish accent, but I have to make Mike Meyers proud,” says Gabaree. “I also really like the themes that this show presents of being open to new things and stepping out of your comfort zone.”

This is a show that you certainly will not want to miss.

“I highly recommend everyone to come and watch the tale of how an outcast ogre goes on a mission to rescue a princess and ends up falling in love with her,” Juergens said. “First of all, we have a reputation for shows with high quality performance standards, and we will hit those again. Second, it is a hilarious show with many awesome characters. It is wonderfully memorable musically, and it is a guarantee that you will be humming these songs for a long time.”

Tickets for “Shrek the Musical” will not be sold in advance. They can be purchased at the door by cash or check; the cost is \$17 for adults, \$15 for students, children and seniors. Saturday, Nov. 16 is a special RSU 14 night, and all RSU 14 student tickets will be only \$10 then. <

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Windham Middle School Altitude teacher a positive role model for students

By Ed Pierce
STAFF WRITER

Lisa Anderson never forgot how instrumental that teachers were in her life and that from an early age, her mother thought her daughter should try and become an educator. Now more than three decades into her teaching career at Windham Middle School, Anderson strives to let her students know she believes in them and their potential in life.

Anderson is one of three teachers working with seventh- and eighth-grade students at WMS in an alternative pathway program called Altitude. Its daily focus is to help students by building strong supportive relationships to foster confidence and trust.

“We utilize community resources and community members to provide engaging opportunities inside and out,” Anderson said. “We also partner with Rippleffect which promotes youth development and leadership through adventure.”

She said the goal of this partnership is to challenge students in ways they may not be challenged in their daily lives within the traditional school setting.

“Learning is a lifestyle, not a class,” Anderson said. “Rippleffect programs help youth build confidence, develop critical leadership skills, strengthen relationships, and grow their appreciation for the outdoors through explo-

ration of Cow Island, the waters of Casco Bay, and the wilderness of New England.”

Prior to joining the WMS Altitude Program when it launched in the fall of 2022, Anderson taught Language Arts and Social Studies at the school.

“I have worked for 30 years at Windham Middle School, and this has been my second home and family,” she said. “The best thing about my job is the kids. They bring such energy and laughter to every day that I just want to keep coming back. I am given the opportunity to be a caring adult, make them feel important, and to help them see themselves as confident young adults. Middle school is hard, and some kids just need to know there is someone in their corner. Connecting with families is so important.”

Originally from Madison, Maine, she attended college at the University of Southern Maine where she earned a Bachelor of Arts degree in communication and graduated with a Coaching Certificate.

“I played soccer and softball in college and often held jobs in the sum-



Lisa Anderson has taught at Windham Middle School for more than three decades and now teaches seventh- and eighth-grade students at WMS in an alternative pathway program called Altitude. PHOTO BY ED PIERCE

mer working in recreation,” Anderson said. “My mom had always told me I should be a teacher. After graduating, I decided to volunteer in a middle school classroom, just to see what it was like. I loved it and knew immediately that’s where I wanted to spend my days.”

She went on to obtain a master’s degree in education from the University of New England and worked for four years in special education teaching reading before moving to Windham and

applying for a job at WMS.

“I had four people at my interview and when they asked why I should be hired I told them I had important people during my years in school and it was my turn to give back,” Anderson said. “I was hired, and WMS has been my home and family for 30 years. I guess moms really do know best.”

Of everything she’s accomplished in her time as a teacher at Windham Middle School, Anderson says recalls several meaningful things to her.

“When I look back over the years, there’s a couple. One memorable time

for me was when my own sons went to Windham Primary School and my middle school students connected with their classrooms for a buddy program,” she said. “We partnered with them all year to foster a positive relationship in the community with our youth. The seventh graders naturally learned to be leaders. This was so special. Another was when I was part of a looping team with Ms. Mallard, we had our students for two years and we all became such a family. Learning was a lifestyle, not a class. These students have returned year after year, and it is so rewarding to have watched them all grow.”

At WMS, Anderson has always taught sixth- to eighth-grade students.

“I love this age group. However, I have also been a coach for over 30 years and have worked with 4-year-olds to 18-year-olds coaching soccer, basketball, softball, baseball, and swimming,” she said. “It’s so rewarding to teach kids that they can be strong, and that success comes with hard work.”

According to Anderson, the public needs to know that the work of teachers is about more than just academics and even she continues to learn new things every day.

“The WMS community has taught me that when kids know what to expect, they can make good decisions,” she said. <

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Here are a few popular picks this week...



The story of Harry Potter’s first Christmas at Hogwarts, joyfully illustrated in a heartwarming picture book sure to delight readers of all ages!



For fans of Sarah Morgan and Jenny Colgan, an enchanting romance about the magic of Christmas, the importance of family, and the joy of falling in love.



Two-time Pulitzer Prize winner Bob Woodward tells the revelatory story of three wars—Ukraine, the Middle East & the struggle for the U.S. Presidency.



A poignant young adult graphic memoir that follows one teen’s year abroad in Japan, as she seeks to reconcile both sides of her biracial identity.



Start your Christmas Shopping at Sherman’s!

Windham Public Work's leaf and brush disposal site closing date extended through Nov. 24

By Ed Pierce
STAFF WRITER

For yet another year, the Town of Windham's Department of Public Works is once again offering a free town leaf and brush drop-off site to dispose of leaves and brush material collected during fall residential clean-ups.

The self-service disposal site is available to residents only for the disposal of leaves and brush. It is conveniently located at the end of Enterprise Drive, off Route 302 (Roosevelt Trail), behind the self-storage building in North Windham. The site opened in October and will accept leaves and brush material from town residents for disposal before it closes for the season at 6 p.m. Sunday, Nov. 24.

Windham Public Works officials say that this program is strictly for the disposal of leaves and brush only. It requests that those participants using this free service separate the leaves from the brush, and then dispose of the material in the appropriate designated areas as the posted signs indicate.

When participants are transporting leaves in bags to the disposal site, Windham DPW asks that residents remove them from paper and plastic bags and then take the bags with them when they depart. Brush being disposed of should be no larger than 12 inches in diameter.

As a reminder, residents are not allowed to dump garbage, yard waste, or



Windham Public Works is offering a free town leaf and brush drop-off site for the disposal of leaves and brush only at the end of Enterprise Drive, off Route 302 (Roosevelt Trail), behind the self-storage building in North Windham. The site will close for the season at 6 p.m. Sunday, Nov. 24 PHOTO BY ED PIERCE

other items at the leaf and brush drop-off site. Windham residents should also be aware that leaves are not collected by the town in bags at the curb and should not be placed by residents in recycling bins.

Typically, about 600 cubic feet of material is collected at the leaf and brush disposal site each fall and then is turned into compost. Composting is the preferred method of leaf disposal locally as it does not require a burn permit as required in Windham and does not pollute the air.

Officials ask residents to adhere to the disposal rules so that town residents can continue to enjoy this service twice a year in the fall and spring.

If you are looking for a more envi-

ronmentally friendly way to dispose of leaves, you might consider turning them into compost. The technique of composting helps to reduce waste at the disposal site and serves to enrich soil with nutrient-rich organic matter.

If you choose this method, rake up the leaves and put them in a compost pile, then mix them with other green and brown organic materials like kitchen scraps and grass clippings. Over the winter, nature will

work its magic on the compost pile and in the spring, you will certainly have a supply of nutrient-rich compost to use when planting your garden.

Residents who have a mulching lawnmower can dispose of leaves by mowing over them. This method adds valuable nutrients to your yard as the chopped leaf bits will decompose quickly, returning nutrients to the soil and creating a healthier and greener lawn.

If you have any questions about the town's leaf and brush disposal services or need assistance, please call the Windham Public Works office, 207-892-1909, between the hours of 6 a.m. to 4 p.m. Mondays through Thursdays. <



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Town of Windham Public Notice

LEAF & BRUSH DISPOSAL

OPEN 24/7 TO RESIDENTS

EXTENDED CLOSING DATE!

ENDS: SUNDAY, NOV. 24th @ 6:00P.M.


WHERE: At the end of Enterprise Dr. off 302, behind the self storage building

This is for leaf and brush disposal only.

- Separate piles will be maintained for leaves and brush – PLEASE SEPARATE.
- Dispose of leaves and brush in designated areas ONLY (Please follow signs).
- Leaves must be removed from bags, please REMOVE them from the bags and TAKE THE BAGS WITH YOU.
- Leaf and brush disposal area is for Windham residents ONLY
- Brush must be less than 12" in diameter


For more information please call Public Works at 892-1909 or visit their website at www.windhammaine.us

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PASTOR Cont. from page 4

van said. "I think the next hardest part is finding ways to faithfully engage everyone in the community. We want to be that calming place of God's Love where everyone is welcome; but showing people throughout Windham and Raymond is the tough part before they come in and experience what God's love can really look like through us."

He says the united churches can expect love, care, and a warm welcome from him as pastor.

"I like to believe I am someone who will always listen and be here for anyone," Donovan said. "I also try to bring the Bible to life in ways that are relatable to our world today. Help us find the way forward as a community caring for the world while being aware of the imbalance our world has always had. I hope people see me as just another person in our community who loves them." <

Collins obtains \$37.5 million in low income home energy assistance funding for Maine

U.S. Senator Susan Collins, Vice Chair of the Senate Appropriations Committee, has announced that the State of Maine has been awarded \$37,567,435 through the U.S. Department of Health and Human Services' (HHS) Low Income Home Energy Assistance Program (LIHEAP).

LIHEAP is a crucial lifeline that helps low-income households and older Mainers on fixed incomes afford their energy bills, including those who use natural gas, propane, electricity, and home heating oil. LIHEAP funds can help households stay safe and warm in the winter by providing assistance with home heating bills, preventing energy shutoffs, reconnecting services, making homes more energy efficient, and repairing or replacing



Funding for LIHEAP assistance is administered for Windham and Raymond by the Opportunity Alliance of Portland. To learn more or to apply for help, call 207-553-5900 or 877-429-6884. COURTESY PHOTO heating equipment.

"With home energy costs remaining high, this federal funding will help to ensure that Mainers have access to affordable heating as we approach the cold winter months," said Senator Collins. "LIHEAP funding provides critical relief to low-income families and older Mainers, helping them stay warm without the constant worry of choosing between heating their homes and covering other basic necessities."

Earlier this month, Senator Collins, along with Senators Jack Reed

(D-Rhode Island) and Lisa Murkowski (R-Alaska), led a bipartisan call for HHS to release LIHEAP funds as swiftly and at the highest level possible. Senators Collins, Reed, and Murkowski helped provide a total of \$4.1 billion for LIHEAP in Fiscal Year 2024, with \$4 billion through appropriations and \$100 million in Bipartisan Infrastructure Law funds.

LIHEAP is administered by states and accessed through local Community Action Agencies. Eligibility for LIHEAP is based on income, family size, and the availability of resources. Senior citizens and those receiving Social Security Disability or SSI benefits are encouraged to apply as early as possible, but applications will be open to everyone through spring of 2025 — or until the funding is exhausted.

Native American Maine tribes have been awarded \$1,434,237 in LIHEAP funding as well.

Funding for LIHEAP assistance is administered for Windham and Raymond by the Opportunity Alliance of Portland. To learn more or to apply for help, call 207-553-5900 or 877-429-6884. <

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

State Rep. Bagshaw receives 'Valuable Player' award



The October 2024 Maine Economic Research Institute (MERI) ratings are out, and several legislators received "valuable player" awards, including Windham's Barbara Bagshaw.

State Rep. Bagshaw received a 96 percent score on issues of concern and support for Maine businesses.

"With state government facing a projected \$1 billion shortfall, improving our small business climate needs to be a top priority," said Rep. Bagshaw. "A healthy workforce, successful businesses, and an improving economy will be important since raising taxes is not an option in this economy where people are struggling. The number of recent small business closures and resulting job losses are alarming and demand our attention."

The Maine Economic Research Institute's (MERI) mission is to improve Maine's business environment by providing objective information to enhance economic policy making and through improved public policy. MERI is an independent, private, not-for-profit corporation. MERI is focused on creating a healthy Maine economy, strong businesses, and quality jobs.

MERI is the only researched-based business organization tasked with the specific purpose of holding legislators accountable for the bills they consider, and for how they vote. MERI looks at the bad bills, as well as the good, to provide an accurate assessment of each lawmaker's voting record. Based on that record, each representative and senator receives a rating that tells you whether they supported Maine business – or not.

Bagshaw, a Republican, represents District 106 covering part of Windham. She was first elected to the position in 2022 and was re-elected Nov. 5.

Introducing VetCAT: Maine's First Cone Beam CT for Veterinary Dentistry!

DISCOVER HOW THE NEW VETCAT CONE BEAM CT AT MAINELY VETERINARY DENTISTRY BRINGS ADVANCED 3D IMAGING TO MAINE, OFFERING FASTER, MORE ACCURATE DIAGNOSES FOR YOUR PET'S HEALTH.

At Mainely Veterinary Dentistry, we're excited to announce a monumental advancement in veterinary care for Maine! We've just added the VetCAT Cone Beam CT, a state-of-the-art, mobile CT scanner that takes high-quality 3D X-rays right at your pet's table – and all in under a minute. This new technology is revolutionizing our approach to diagnosing and treating a wide range of conditions, providing faster, more accurate insights for your pets. Watch Video!

Why VetCAT Cone Beam CT is a Game-Changer for Your Pets

As the first veterinary practice in Maine to offer Cone Beam CT technology, we're proud to bring this advanced diagnostic tool to our local community. VetCAT allows us to capture detailed, 3D images of an animal's entire skull, not just the teeth. This comprehensive view means we can now spot issues that traditional X-rays might miss, such as sinus infections, ear problems, and even early signs of cancer.

Dr. Jennifer Keaten, owner and veterinarian at Mainely Veterinary Dentistry, explains the impact of this technology:

"Now we're not just looking at the teeth anymore; we're able to look at the whole head. We can see the sinuses, ears, and areas around the eyes, allowing us to diagnose a lot more problems that the owner might not have known about because our animals can't talk to us. One of my passions is preventive care, and this new machine is going to help our team better identify issues so we can address them and send the animal home even better than they were before."

Enhanced Diagnostic Capabilities Without the Need for Out-of-State Travel

Before the addition of VetCAT, pet owners seeking this level of care often had to travel to Massachusetts. This meant extra costs, longer wait times, and additional stress on both pets and their owners. Now, with VetCAT on-site, our team at Mainely Veterinary Dentistry can offer this advanced diagnostic option right here in Maine.

Jim Merritt, president of Dental Focus, Inc., the company that provided our VetCAT machine, underscores the benefits:

"This amazing new technology gives doctors the ability to roll right up to the table and diagnose significantly more pathology in about 20 seconds. In human medicine, people can tell the doctor where it hurts, but animals can't. This is another way we can better diagnose and treat health issues that owners might not even know about with their pets."

A New Era of Preventive Veterinary Care

Preventive care is at the heart of everything we do at Mainely Veterinary Dentistry. The VetCAT Cone Beam CT provides us with the data needed to catch problems early, ensuring better treatment outcomes and improving your pet's overall health.

For instance, oral health is directly linked to overall health. With VetCAT, we can precisely plan treatments for dental diseases, maxillofacial issues, and even cancer. In just 20 seconds, the machine captures over 600 images using low-dose radiation – allowing us to act quickly and safely.

Advanced Diagnostic Care Right Here in Maine

We're proud to be a pioneer in veterinary technology here in Maine, offering state-of-the-art care and compassion for pets across the region. The addition of VetCAT reflects our commitment to providing the highest standard of veterinary dentistry, making it easier for pet owners to access life-saving diagnostic tools locally.

If you'd like to learn more about our services or schedule an appointment, please browse our website. We're here to ensure your pet gets the expert care they need for a long, happy, and healthy life.

FACT: Early detection is key

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BRIEFS

Scouting for Food

Windham Cub Scout Pack 805 will be accepting donations for its annual food drive for those in need in the area from 9 a.m. to 3 p.m. Saturday, Nov. 9 at Shaw's in Windham. Anyone wishing

to participate can drop off non-perishable, shelf stable and unexpired food items and grocery gift cards.

Stuff-the-bus event

The Windham Lions Club's annual Stuff-the-bus event will be from 9

a.m. to 3 p.m. Saturday, Nov. 9 at Hanaford in Windham. All non-perishable food items collected that day will go to the Windham Food Pantry. They are also asking for cash donations to support the Windham Adopt-A-Family Christmas Program.

Pierce, U.S. Air Force veteran and the Managing Editor of *The Windham Eagle*. Patriotic songs will be performed by the Windham Chamber Singers. Winners of the VFW's annual Patriot's Pen and Voice of Democracy contests for students will be announced.

Poppy Program

The Annual Veterans Weekend American Legion Family Poppy program will be held Saturday, Nov. 9 and Sunday, Nov. 10 at several locations around Windham including at Shaw's, Wal Mart, Tractor Supply and Lowe's. Please accept a poppy in memory of a veteran. Donations are appreciated and will be dedicated exclusively to veteran support in the community.

Turkey Dinner

Highland Lake Grange will offer a drive-through dinner from 4 to 6 p.m. Saturday, Nov. 9. There will be roasted turkey, vegetables, stuffing, mashed potatoes, gravy, bread, cranberry sauce and cake. Cost is \$10 each. Please have the exact cost for meal(s) you want. No substitutions are available. No pre-orders, you drive up, pay and receive your meal. The Grange is located on the corner of Route 302 and Hardy Road in Westbrook near the Windham Town Line. FMI, call 207-233-7119.

Veterans Day Event

Windham VFW Post 10643 will host a free Veterans Day Observance at 11 a.m. Monday, Nov. 11 at the Windham Veterans Center, 35 Veterans Memorial Drive. The public is invited. Keynote speaker will be Ed

TRIAD meeting

The Gorham/Windham/Westbrook TRIAD will hold a meeting at 11 a.m. Wednesday, Nov. 13 at the Gorham Fire Dept. Training Room. The speaker will be from Caption Call, which is a program to help get phones for the hard of hearing. TRIAD is an organization of town law enforcement agencies, businesses, and seniors who inform seniors of events, available opportunities, and to protect seniors against crime and alleviate the fear of it.


Baked Bean Supper

American Legion Post 148 will host a Baked Bean Supper from 4:30 to 6 p.m. Saturday, Nov. 16 at the Windham Veterans Center, 35 Veterans Memorial Drive. Proceeds will benefit the post's Youth Fund. There will be baked beans, chili, salads, casseroles, coleslaw, potato salad and more. \$10 each. Kids under 12 eat for free. There will also be a 50/50 raffle. FMI, call 207-892-1306.

Girl Scouts

Girls in grades K to 3 and a parent are invited to explore Girl Scouts during a Girls Scouts New member Sign-Up Event at Raymond Elementary School at 5:30 p.m. on Wednesday, Nov. 20 sponsored by the Girl Scouts of Maine. FMI, call 888-922-4763.

STUDENT OF THE WEEK **Tobias Dupuis**



Grade: Seventh **School:** Windham Christian Academy
Teacher: Mr. Hagerstrom **Favorite subject:** Gym
Parents' Names: Eric and Cheryl
Reason for selection: Toby Dupuis is as well rounded a seventh grader as you will find anywhere. Besides consistently being on the honor roll, Toby is involved in many extracurricular activities. He plays on the Windham Christian middle school soccer team. He also is very involved in the performing arts, having acted in both school and community theatre productions. He is a first-year member of the LOL juggling team at school and has picked up the skill quicker than most beginners do. In his first performance with LOL he juggled both devil sticks and balls and is currently working to advance to club juggling. In class Toby is especially enjoying life science this year and has been a faithful contributor to the class terrarium. The truth is, though, that he excels in all academic areas, contributes valuable points in class discussion, and is kind to all.

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Even dumber than the lottery

By Andy Young
SPECIAL TO THE WINDHAM EAGLE



-Andy Young, Columnist

By Andy Young
Like nearly everyone in America who voted thoughtfully in this year's elections, I'm satisfied with some outcomes and less than thrilled about others.

At least I can look forward to a respite from the dozens of daily emails I'd been getting from Democrats, Republicans, special interest groups, temporarily motivated celebrities, lobbyists, and others pestering me for my money, my vote, or both. Another upside: campaign-themed ads have stopped filling the mailbox outside my home, meaning the junk mail I'll be getting for the foreseeable future will be limited to the familiar circulars that trumpet the weekly specials at local grocery stores, appeals from various charities, and inducements to buy products I either don't need or can't afford.

Thankfully I am not among those whose health returned to normal only after the campaigning had concluded. My blood pressure was approximately 100 over 70 when it was measured at the Red Cross back in early May, and it was virtually unchanged this past weekend when I stopped by the Portland Blood Center again to drop off another load of platelets for someone who currently needs them more than I do.

That my health was apparently unaffected by the just-completed election cycle can be attributed to three factors. The first, of course, was dumb luck, since I wasn't run over by a bus, bitten by a rabid animal, or stricken with any debilitating illnesses in the past 10 months.

The second was the conscious decision I made early this year to completely tune out every political pundit who makes their living pontificating about the election. Staying true to this self-pledge was made somewhat easier by not having a television in my home. However, I still had to make the effort to avoid using my computer to access any and all election-centric print, broadcast, or internet commentaries having anything to do with the popularity contest that decided who'd be America's 47th chief executive. But doing so was surprisingly easy. After all, I've successfully gone years without watching a single moment of the World Series, not to mention entire seasons of college and professional football. For a male of my vintage, tuning out politics was a breeze compared to that.

But the most significant reason election-related hypertension hasn't troubled me involves an epiphany I had some years ago, when I realized that giving money to any aspiring presidential candidate (or to either major political party) is even dumber than playing the lottery.

A Powerball ticket costs \$2. The chances of winning the grand prize are approximately 1 in 292.2 million. Some insensitive types have compared purchasing lottery tickets to flushing money down the toilet.

But at least lottery players have a chance, albeit an infinitesimal one, to get some return on their ill-advised investment(s). Americans remaining in touch with reality fully realize by now that the chances of an ordinary citizen impacting the presidential race with a financial contribution are exactly zero.

The previous sentence's key phrase is "ordinary citizen." If the contributor in question is Google, Apple, Amazon, a

large labor union, or a corporation that sells oil, tobacco, pharmaceuticals, alcohol, firearms, or some other scandalously profitable product(s), well, that's a well-fed thoroughbred of a different color.

Anyone considering a run for the White House in 2028 will be wasting their time if they come to me looking for financial assistance. The only difference between giving money to presidential candidates and flushing it down the toilet is that tossing it to the politicians won't clog up the plumbing.

And nearly all Americans agree Washington D.C. doesn't need any more of what clogs up plumbing. <

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ELECTIONS *Cont. from page 3*

sioner Board representing District 2.

Of the five statewide referendum questions in the election, four passed and one was defeated.

QUESTION 1: An Act to Limit Contributions to Political Action Committees That Make Independent Expenditures. Do you want to set a \$5,000 limit for giving to political action committees that spend money independently to support or defeat candidates for office? Approved statewide, 460,549 votes to 159,494 votes.

QUESTION 2: An Act to Authorize a General Fund Bond Issue for Research and Development and Commercialization. Do you favor a bond issue of \$25,000,000 to provide funds, to be awarded through a competitive process and to leverage matching private and federal funds on at least a one-to-one basis, for research and development and commercialization for Maine-based public and private institutions in support of technological innovation in the targeted sectors of life sciences and biomedical technology, environmental and renewable energy technology, information tech-

nology, advanced technologies for forestry and agriculture, aquaculture and marine technology, composites and advanced materials and precision manufacturing? Approved statewide, 338,218 votes to 279,606 votes.

QUESTION 3: An Act to Authorize a General Fund Bond Issue to Restore Historic Community Buildings. Do you favor a \$10,000,000 bond issue to restore historic buildings owned by governmental and nonprofit organizations, with funds being issued contingent on a 25 percent local match requirement from either private or nonprofit sources? Approved statewide, 319,753 votes to 301,985.

QUESTION 4: An Act to Authorize a General Fund Bond Issue to Promote the Design, Development and Maintenance of Trails for Outdoor Recreation and Active Transportation. Do you favor a \$30,000,000 bond issue to invest in the design, development and maintenance for non-motorized, motorized and multi-use trails statewide, to be matched by at least \$3,000,000 in private and public contributions? Approved statewide, 343,120 votes to 273,634 votes.

QUESTION 5: An Act to Restore the Former State of Maine Flag. Do you favor making the former state flag, replaced as the official flag of the State in 1909 and commonly known as the Pine Tree Flag, as the official flag of the State? Failed statewide, 343,963 votes to 281,444 votes. <

Maine CDC encourages tick bite prevention this fall

AUGUSTA – The Maine Center for Disease Control and Prevention (Maine CDC) is urging all Maine people and visitors to take steps to protect themselves against tick bites when they spend time outdoors this fall.

Ticks remain active and some tickborne diseases continue to climb in number, with cases this October higher than at the same time last year for anaplasmosis, babesiosis, and hard tick relapsing fever.

Current year case counts for anaplasmosis, babesiosis, and Lyme disease are available on the Maine Tracking Network Dashboard. As of Oct. 14, the Maine CDC recorded the following number of cases this year:

- 2,544 cases of Lyme disease
- 888 cases of anaplasmosis
- 265 cases of babesiosis
- 19 cases of hard tick relapsing fever
- 4 cases of Powassan encephalitis

Adult deer ticks spread the germs that cause tickborne diseases in Maine and are active in the fall from late September through November. Deer ticks are commonly found in wooded, leafy, and shrubby areas, which may include areas around the yard.

The most common symptoms of tickborne disease include body aches, chills, fever, headache, and swollen lymph nodes. People who have Lyme disease may also find a bull's-eye rash somewhere on their body. If you experience any of these symptoms, talk to a health care provider and mention

any recent tick exposure.

Take these steps any time you go outdoors to help prevent tick bites:

- **T:** Take and use EPA-approved repellent. Use DEET, picaridin, IR3535 (Ethyl butylacetylaminopropionate), or oil of lemon eucalyptus on skin. Use permethrin on clothing only.
- **I:** Inspect your whole body for ticks daily and after any outdoor activities. Check family members and pets too.
- **C:** Cover your skin with light-colored long sleeve shirts and pants. Tuck pants into socks.
- **K:** Know when you are in tick habitat and take precautions in areas where ticks may live.
- **S:** Shower when you get home to help remove crawling ticks. Put clothes in the dryer on high heat for 15 minutes before washing to kill any ticks in your clothes.

The University of Maine Cooperative Extension Tick Lab offers tick identification for free and tick testing to Maine residents for a \$20 fee. Testing can take up to three days and should be used for surveillance purposes only, not for diagnosis. Finding a tick on you, even if it was attached, does not necessarily mean that it spread any germs to you. Find more information at ticks.umaine.edu.

To learn more about how to stay tick-free, visit the Maine CDC website at www.maine.gov/dhhs/meccdc

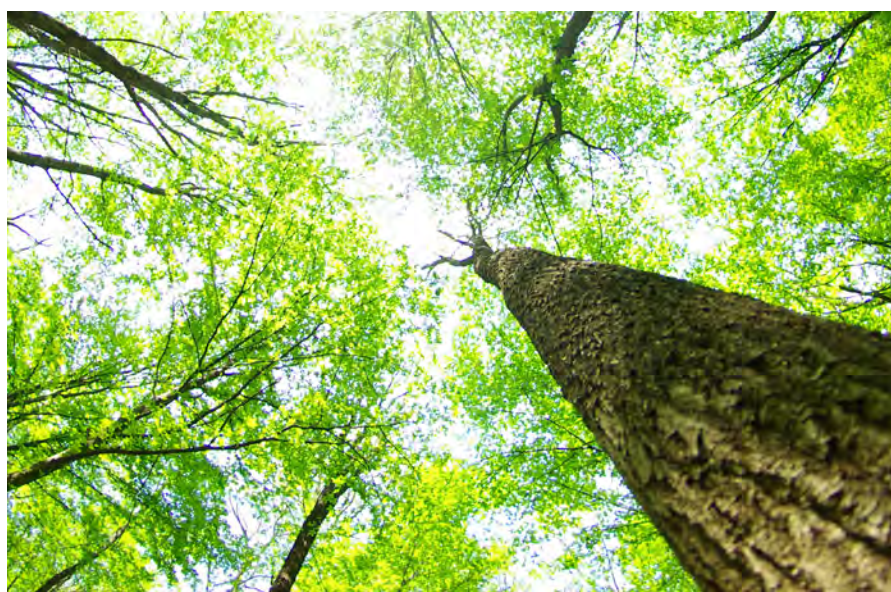
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Fall remains a great time to make garden improvements

By Kendra Raymond
STAFF WRITER

Now that the first frost has arrived and fall colors have mostly passed, area gardens are taking on a brownish-yellow hue. Fall cleanup is well underway and property owners are busy raking and trimming expired plant material from their gardens and yards.

Aside from the typical garden maintenance, fall can be a great time to work on improvements and projects that are often neglected during summer. Unseasonably warm temperatures provide the perfect conditions to prepare for next spring's growing season.

As a horticulturist, I recommend tackling a substantial list of projects as part of the fall clean up routine. This practice puts home gardeners ahead of the game.

Let's explore a few steps home gardeners can take right now to get a head start on spring gardening.

Weeding

Even though weeds are not actively growing or spreading, beware of latent weeds in your garden. A harmless weed can have a large root system or millions of seeds just waiting to spread. It's simple enough to pull the weeds and dispose of them away from the garden area. For pesky weeds, especially in large areas, you may want to consider laying black plastic or a dark colored tarp. Make sure to secure the material well with landscape pins or rocks. When spring arrives, don't be too eager to remove the covering. Leaving it on as long as possible will eliminate the chance of regrowth. At my place in Raymond, I am currently trying to smother a very aggressive shrubby area that contains invasives such as Barberry and Bittersweet.

Thinning

Perennials and shrubs can spread rapidly, and you can lose the once-manicured appearance of your garden. While some gardeners appreciate a natural look, keeping the plants under control is most always a good idea. Fall is a great time to neat up your garden beds and eliminate any overgrown plants that are aggressively spreading. We recently battled several gardens that were being taken over by Blue Flag or Siberian Iris, a native flowering plant that can spread into wetlands. The task was tedious and involved a lot of physical labor cutting the roots and lifting hundreds of pounds of plants out of the area.

Soil testing

Fall is an ideal time to get your soil tested if you suspect any deficiencies, and to make note of the acidity. The University of Maine offers a soil testing service where you simply request a kit, collect the sample, and mail it back in. Within a couple of weeks, you will receive a comprehensive soil analysis complete with recommendations. Once spring draws closer, simply amend the soil with the necessary nutrients, and your garden will be ready for a productive growing season.

Pests and diseases

The late season is the perfect time to reflect on your garden health over the past summer. Did you have any diseases such as powdery mildew, rust or black spot? How about pests? Did you notice a lot of grubs, Japanese beetles, or chewing caterpillars? Now is the time to start thinking about control methods for next season, because they are likely to return. Make note of the pests you encountered and take that with you to a local greenhouse or garden center where experts can help you find the products to protect your plants.

The website of the iconic publica-

tion the Old Farmer's Almanac offers a few additional ideas to supplement your fall garden clean up:

- Before it gets too cold, take care of your garden shed, pots, tools, and equipment.
- Turn off the water to the hose and drain it completely if you're in an area where leftover water could freeze.
- Pumps and fountains should also be removed, cleaned, and drained before storing.
- If you have a lawn mower or string trimmer, drain out the gas.
- Clean, sand, and oil your garden tools before storing them for the winter.
- Clean out cold frames if you use them for a head start on spring vegetable growing.
- Remove canes and other plant supports; wipe off soil with soapy wa-

ter, let them dry, and store them in a shed or garage.

- Bring ceramic and clay pots inside, or they may crack in freezing temperatures. Dump the soil on your garden bed and sterilize the pots with a diluted bleach solution.
- Don't stack pots; it's hard to get them unstuck in the spring.

The University of Minnesota shares some information on dividing perennials here: <https://extension.umn.edu/planting-and-growing-guides/dividing-perennials> while the University of Maine's Cooperative Extension provides links for home gardening publications at <https://extension.umaine.edu/publications/home/garden-and-yard>.

To order a soil test, visit the University of Maine Soil Testing Service at <https://umaine.edu/soiltestinglab>

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Tim Nangle: Maine veterans need more than just gratitude

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



— Sen. Tim Nangle

My father served in the Navy during World War II. He rarely spoke of the hardships, but his courage, resilience, and sense of duty showed me the sacrifices veterans make. My father's legacy is a constant reminder of the respect and care that every veteran deserves and needs.

Veterans are honored in towns and cities across Maine, from solemn gatherings on Memorial Day to cele-

bratory parades on Veterans Day – proof that Maine communities agree that together, with state and federal lawmakers, we need to support services veterans' needs with meaningful services too.

Maine's veteran suicide rate is 34.5 per 100,000, much higher than the state's general population rate of 23.9 per 100,000. These numbers show a troubling gap in specific mental health and crisis support. The concern is especially urgent for Maine veterans aged 55 to 74, who face the highest suicide rate at 40.8 per 100,000. Too many veterans are not receiving the care they need, and many experience isolation. For these veterans, the tran-

sition to civilian life and the challenges of aging can be overwhelming.

American Legion posts, Local VFWs, and other veterans' organizations are cornerstones of our veteran communities and ensure veterans are connected to each other and services. In our district, organizations like the Westbrook Memorial Legion Family Post 197 and Field Allen Post 148 in Windham play vital roles in fostering unity and getting help for veterans in crisis. The Windham Veterans Center, operated by Field Allen Post 148, provides crucial connections to state and VA programs, runs community events, and even loans medical equipment like wheelchairs to veterans in

need. I've recently had the honor of attending several local events led by veterans, including the first Annual Vets Family Day at the Windham Veterans Center this past weekend. These gatherings offer me an opportunity to witness the comradery and support first-hand in our community.

I'm inspired by people in our community, such as a Windham man and Vietnam War veteran who dedicated years of service to his local American Legion in NY before relocating to Maine seven years ago. This service culminated in his election to lead the American Legion nationally during 2023. Vincent "Jim" Troiola, dedicated his year as the national leader of the American Legion, an organization representing nearly 2 million veterans, to promoting "Be the One", a program to prevent veteran suicide. The program destigmatizes asking for mental health support and provides peer-to-peer training using the existing networks of veteran-led organizations.

Maine's veterans also deserve meaningful action on housing as veteran homelessness reached a crisis here in Maine during the pandemic. While much of veteran support is handled federally, our state has worked hard to address the needs of homeless veterans and improve housing stability. The Maine Legislature allocated nearly \$45 million in emergency housing and shelter support, and this effort has had a particularly positive impact on veterans in our state, with veteran homelessness decreasing faster than in other populations. Programs like the 'No Homeless Veteran Challenge,' coordinated with the Maine VA and organizations like Preble Street, are making real strides in reducing homelessness across Maine. Seeing this progress directly impact veterans is encouraging, as it helps them transition from shelters to stable housing.

Funding Maine Veterans' Homes has been a priority as well. The Legislature approved \$2.6 million to close the funding gap and a one-time \$5.1 million investment to ensure they remain viable as we work toward a sustainable solution. Veterans' Homes provide essential care; we must ensure our vets are well-supported as they age.

The challenges our veterans face — from high suicide rates to difficulties in accessing stable housing — demand our continued attention and action. Today's veterans need the same unwavering support as my father's generation. It is not enough to thank our veterans for their service; we must show our gratitude by enacting policies that provide meaningful results for Maine veterans. I will continue advocating to ensure every veteran in Maine receives the respect, care, and support they deserve, honoring their service not just in words but in action. We owe them nothing less.

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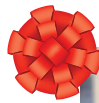


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HONORING OUR NATION'S VETERANS

Honoring service: The origins and significance of Veterans Day

Veterans Day, observed every year on November 11, honors military veterans who have served in the U.S. Armed Forces. Its origins trace back to the end of World War I, a moment in history that profoundly impacted countries worldwide and led to the establishment of a dedicated day of remembrance for those who served. The day was originally known as Armistice Day, marking the anniversary of the armistice signed between the Allies and Germany, which effectively ended the "War to End All Wars" on November 11, 1918. The signing took place at the 11th hour of the 11th day of the 11th month, which is why the holiday continues to be observed on this date.

In the U.S., Armistice Day was first commemorated on November 11, 1919, one year after the end of World War I. President Woodrow Wilson proclaimed it a day for Americans to

reflect on the heroism and sacrifices made by those who fought in the Great War. In 1938, Congress passed a law making Armistice Day an official federal holiday dedicated to honoring World War I veterans. However, following World War II and the Korean War, there was growing support to broaden the day's scope to honor veterans from all U.S. military conflicts. In 1954, President Dwight D. Eisenhower signed a bill officially renaming the holiday as Veterans Day, creating a national observance for veterans of all U.S. wars.

For a short period, Veterans Day was celebrated on a different date. In 1968, Congress passed the Uniform Holiday Bill to create long weekends by observing holidays on Mondays. This shifted Veterans Day to the fourth Monday of October, starting in 1971. However, the change was met with

widespread opposition, as many felt that the historical and symbolic significance of November 11 should be preserved. In 1975, President Gerald Ford signed a law that returned Veterans Day to November 11, effective in 1978, where it has remained ever since.

Here are some interesting facts and statistics about Veterans Day that people may not know:

- **Veteran Population:** As of recent estimates, there are about 18 million veterans in the U.S. While this is a large number, it represents less than 10% of the adult population, making the number of people with military experience smaller than many might think.
- **Demographics:** The majority of U.S. veterans are men, but around 10% are women, a number that is growing as more women continue to serve in the Armed Forces.
- **Veterans of Different Wars:** Ac-

ording to data, more than half of all living veterans served during the Vietnam War era or later conflicts. Approximately 7 million veterans served in the Vietnam War, 5.5 million in the Gulf War, and around 240,000 in World War II. The number of World War II veterans has decreased significantly due to age, with only a small fraction of those who served still living.

- **Annual Observances:** Each Veterans Day, a wreath-laying ceremony is held at the Tomb of the Unknown Soldier in Arlington National Cemetery. This solemn event honors unidentified soldiers who lost their lives in service, representing the bravery and sacrifices of all service members.
- **Educational programs:** Many schools and communities across the U.S. host events, assemblies, and ceremonies on Veterans Day. These programs aim to teach younger generations about the importance of military service and the sacrifices made.
- **Discounts and Offers:** Businesses nationwide participate in honoring veterans by offering special discounts, free meals, and other perks on Veterans Day. These gestures, while small, serve as an expression of gratitude.

Veterans Day is a time for Americans to reflect on the service and dedication of those who have served in the military. It allows the country to honor the bravery and sacrifices that have helped safeguard the freedoms and values that define the United States. <



VETERANS DAY EVENT

Windham VFW Post 10643 will host a free Veterans Day Observance at 11 a.m. Monday, Nov. 11 at the Windham Veterans Center, 35 Veterans Memorial Drive in Windham. The public is invited. Keynote speaker will be Ed Pierce, U.S. Air Force veteran and the Managing Editor of The Windham Eagle newspaper. Patriotic songs will be performed by the Windham Chamber Singers. Winners of the VFW's annual Patriot's Pen and Voice of Democracy contests for students will be announced.

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TALES FROM THE WOODS: Hunting Pheasants in Maine

► **By Bob Chapin**
SPECIAL TO THE WINDHAM EAGLE



— Bob Chapin, Columnist

Many of our upland bird hunters, particularly those that reside in Cumberland and York counties, don't realize what a good deal they have available to them through the State of Maine's pheasant program. Yes, I know they tend to concentrate on ruffed grouse or "partridge" this time of year. Each year the State buys about \$22,000 worth of adult pheasants, both hens and cocks, and with the assistance of several local rod 'n gun clubs and motivated hunters distribute the birds on about 22 local farms that have consented to allow hunting on their properties as well as some Wildlife Management Areas.

This past Sunday, I personally put out about 70 pheasants on a couple of these farms in Cumberland County. The breeder from Massachusetts met those of us interested in participating at Cabelas' parking lot between 8:30 to 9 a.m. and moved the birds from his truck to whatever vehicle we had – pick-ups, trailers, even sedans for their final trip to the farms. We pick a Sunday as that is normally a no-hunting day and it gives the birds a day to get

acclimated to their new surroundings before the hunters and their dogs show up.

Maine, like so many of the other New England states, is a "put and take" state for both the state's program and for the commercial hunting preserves throughout the state. By that I mean the pheasants are put out for the hunters to hunt them; they don't live here naturally.

Our biologists acknowledge that adult birds can survive our winters just fine, but there is something in our soil that makes their eggshells extremely fragile. Even if they were to have a successful wild breeding, it is unlikely that a ground nesting hen could protect her brood for the two to three weeks it would take for them to hatch. Just about everything living in the woods loves to dine on pheasants or their eggs so survival rates are extremely low.

If you choose to use a commercial shooting preserve for your pheasant hunting, the cost to you per bird goes up exponentially and the experience lacks some of the intangibles of the state's program. For example, one of the common complaints of preserve shooting is that the birds simply don't fly as strong as wild birds. Well, I have been placing pen raised birds in Maine for about 15 years and I can guarantee

these birds are as strong a flier as any wild birds I have hunted in South Dakota or overseas.

At commercial preserves you can get slow to rise and lower flying birds sometimes. And the reason might be that the preserves want you to find their birds and to harvest them, so you go home happy and want to come back. For the privilege of hunting them on a preserve you will probably get sold a "package" consisting of 5 pheasants, 6 chukar grouse, and 10 quail. For that package you are likely to pay well over \$100 for that one-day experience; and you pay for whether you hit any birds or not.

Under the state's program, you buy a basic hunting license, and a pheasant permit which costs \$27 which entitles you to harvest two birds of either sex every day the season is open. The season opened this year on Sept. 29 and will close Dec. 31, no Sundays.

I have not hunted any of the commercial preserves here in Maine, but I have in Maryland, Virginia, in Germany, France and England. We have the classic Chinese Ring-Necked Pheasant here in the U.S. In Korea and Japan, they do not have preserves per se but the birds exist in the wild and there are several different species of pheasant to hunt if you can get permission.

On a preserve, the birds are often put out just before you get to go afield so the birds do not have an opportunity to get used to their surroundings. A technique they use is to tuck the pheasant's head under its wing and push them under a tuft of wild grass as they are placed out in the fields. This builds in a short delay before they realize they are free. Again, the preserve operators want you to be successful.

The pheasant is an ideal bird to hunt with a young dog or a young hunter. Once you have acclimated your dog, or your young hunter for that matter, to the sound of a shotgun going off near them, you are ready to hunt. A pheasant would rather hold than run, run rather than fly, and fly only as a last resort. That means they will often hold tight allowing a dog to get close to them and a young hunter close to the back end of a dog on point before they will fly. The cocks, in particular, will cackle loudly when they launch. That alone can be disconcerting to a new hunter and pheasants often make good their escape.

The best place to find information on the state's pheasant program is from their website at IFW.com, not the Hunting Rule book. Better yet, join one of the clubs in Cumberland and York counties that support the program. <

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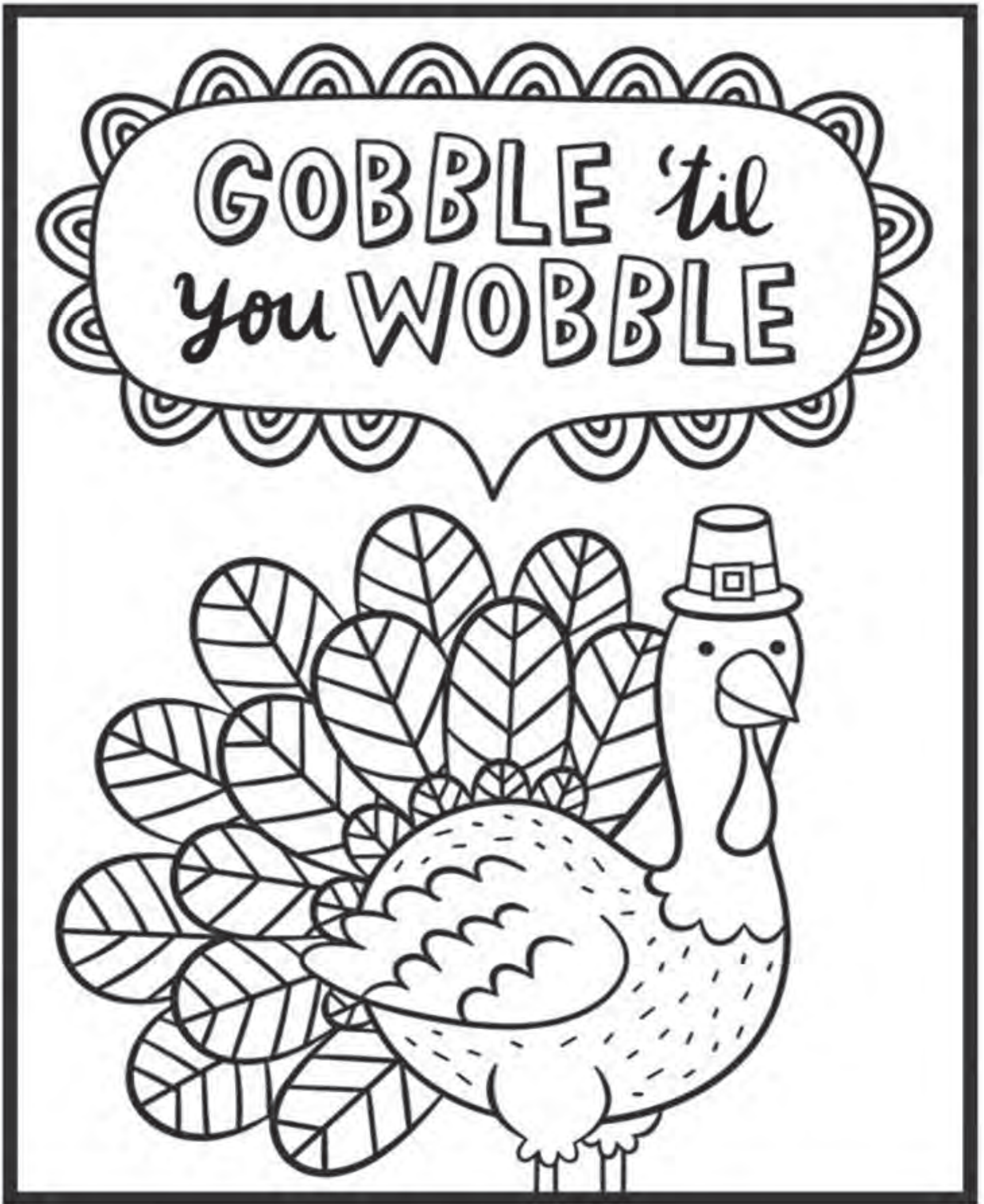
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Eagle SPORTS

Windham Christian Academy wins state soccer crown in sudden-death overtime thriller

By Ed Pierce

STAFF WRITER

Call them the champions. Windham Christian Academy's middle school soccer team claimed the 2024 Maine Christian School Sports League title by defeating Coastal Christian School of Waldoboro, 2-1, in sudden death overtime at Fitzpatrick Stadium in Portland on Saturday night.

WCA had reached the league championship game by knocking off Oxford Hills Christian Academy on Oct. 30, setting up the showdown between them and Coastal Christian.

Coach Whitney Coppersmith said the championship matchup was tough for Windham Christian because both teams were well-matched in skill and determination.

"Both sides fought hard, and every play mattered," Coppersmith said.

In the first half, WCA opened the scoring on a goal by Elija Popov, who capitalized on a rebound to put WCA ahead, 1-0. Coastal Christian evened the score at 1-1 in the second half and that's how it ended after regulation play, forcing a winner-take-all sudden-death overtime.

Within the first 30 seconds of overtime, Popov scored again with an assist by Liam White, securing the title for Windham Christian.

"I believe the difference came down to our team's resilience and ability to stay calm under pressure," Coppersmith said. "Our players communicated well, stayed focused, hustled, and truly worked together. They wanted this win, and it showed in their effort on the field."

Training for the season started in mid-August and WCA's first league game was played Sept. 10. WCA pro-



Windham Christian Academy's middle school team won the 2024 Maine Christian School Sports League soccer title by defeating Coastal Christian School of Waldoboro, 2-1, in sudden death overtime in Portland. SUBMITTED PHOTO

gressed throughout the season without major setbacks and Coppersmith said some of the best moments of the year were seeing the team come together on the field, learning to play as one, getting into the right positions, passing, and communicating effectively.

"Watching them grow in unity and confidence was incredibly rewarding. If I had to describe our team in five words, it would be resilient, unified, determined, faithful, and adaptable," Coppersmith said. "I believe our team won the championship because we

focused on continuous improvement throughout the season. Some games presented us with new challenges, and our players showed remarkable dedication to learning and growing together. They supported each other, built strong teamwork, and remained committed to our goals. It was their collective effort and resilience that truly made a difference in our success."

Team members include Lucas Stewart (Sixth Grade); Leah Sinclair (Seventh Grade); Mason Dodd (Eighth Grade); Jacob Frederick (Eighth Grade); Arseniy Popov (Seventh Grade); Judah Knights (Eighth Grade); Liam White (Eighth Grade); Piper Justice (Sixth Grade); Victoria Presby (Seventh Grade); Toby Dupuis (Seventh Grade); Anna Willings (Fifth Grade); Kirill Popov (Fifth Grade); Elsa Pearson (Seventh Grade); Haddie Coppersmith (Sixth Grade); Brenna Wheeler (Sixth Grade); Abigail Watkins (Eighth Grade); Ethan Brewer (Eighth Grade); Eli Coppersmith (Eighth Grade); Elija Popov (Eighth Grade); Radiance Yer (Fifth Grade); and Zemirah Yer (Sixth Grade).

The coach said that winning the championship is a significant milestone for our sports program and for the school as a whole.

"It's not only a reward for the players' hard work, but also a step forward in building stronger sports programs at WCA," she said. "We're committed to developing our teams and creating more opportunities for our athletes to grow and succeed, while fostering a culture of kindness, teamwork, and good sportsmanship. This team has exemplified respect and integrity,

showing that true success goes beyond just winning."

WCA's middle school soccer team is co-ed and made up of fifth through eighth graders from WCA and included some local homeschoolers, allowing them the opportunity to join a sports team. Besides Coppersmith, assistant coaches were offensive coach Michael Manning, and defensive coach Leah Sinclair.

During its run to winning the championship, coaches singled out striker Elija Popov as the team's unsung hero.

"He played not for praise but for the sheer enjoyment of the game and shines under pressure," Coppersmith said. "Elija scored many goals throughout the season, including the most crucial ones we needed. His contributions were invaluable."

Coaches said WCA's goalkeeper, Ethan Brewer, was outstanding not just in the title game, but throughout the season.

"This was his third year on the team. He made critical saves that kept us in the game and brought a steady, composed presence to our defense," Coppersmith said. "His ability to direct the ball and keep morale high was invaluable. In my opinion, he's one of the best goalies in the league, and his performance throughout the season truly showed that."

The school is planning a team celebration to honor the players' hard work and dedication, with awards to recognize individual contributions.

"It will be a great opportunity to reflect on the season's journey, celebrate each player's role, and enjoy this accomplishment together," Coppersmith said. <

ATHLETE OF THE WEEK



Levi Hayman

Age: 17

Team: Windham High School varsity boys' soccer

Coach: Jeff Neal

Parents' names: Tya and Scott Hayman

Reason for selection: As a midfielder, and although Levi is not a team captain, he is definitely a team leader for the WHS varsity boys' soccer team. He is as intense as they come, and he is inspirational in his play. He epitomizes the "little engine that could." He takes on guys twice his size and he doesn't fear any-

one. You can't help but root for the guy when he is out on the pitch.

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Windham varsity football narrowly falls to BE

By Matt Pascarella
STAFF WRITER

Windham varsity football put Bonny Eagle up against the ropes in the final game of the regular season at Windham on Friday, Nov. 1, but ultimately fell, 30-28, to the Scots.

It was Senior Night at Windham High School, and Nathan Cormier, Brayden Penney, David Daignault, Jacob Gagne, Nolan Scanlon, Ayden Cofone, Creighty Dickson, Dylan Fillingier, Byron Rubito, Aiden Heath, Jack Arsenault and cheerleaders Eilleana Archibald, Talia Campobasso, Ella Roberts and Talia Salazar were honored for their time and dedication to Windham High athletics.

“We’re an unrecognizable team from when the season started ... just how the kids have matured, battled to get better and growing and figuring things out,” said Windham varsity football coach Matt Perkins. “They’ve done a really good job and earned the confidence that they can play with anybody. We had penalties and turnovers that cost us; we gave them two touchdowns tonight, two major turnovers – one in our endzone. Playing against a good team, probably the third best team in the state, you can’t do those things. We’re proud of our kids and how they battled. We executed well on both sides of the ball and ... kids really played hard; tackling was better. (We’ve got to) focus on the good things, but also focus on the bad, clean up those mistakes to make sure they don’t happen again.”

It was first and 10 from Windham’s 30-yard line and a fumble gave Bonny Eagle a touchdown. The kick was blocked and the Scots led 6-0.

Then it was first and 10 from the 25-yard line. Windham sophomore Parker Sperry got the ball to the 38-yard line for a first down. Windham junior and quarterback Karl Longstreth had a big run to put Windham on the scoreboard. The extra point was good, and Windham led, 7-6.

In the second quarter, Longstreth

ran it in for another touchdown. The kick was good. Longstreth had 139 rushing yards, 28 passing yards and one interception in the game.

Bonny Eagle would answer by making it into the end zone in the second quarter, but their attempt at a two-point conversion was denied.

Windham defense was strong; Rubito blocked a pass and junior Mason Arbour broke up a pass as Windham took over on downs late in the second quarter. Windham led 14-12 at half-time.

Bonny Eagle scored early in the second half, but another attempt at a two-point conversion was stopped.

Windham Junior Wyatt Washburn caught a pass for a first down. Later, it’s second and five and Windham got a first down at the 5-yard line. Washburn completed a pass and it’s first and goal. Subsequently, Sperry throws a pass to Daignault who scored. The kick was good.

“Going into it we knew they were a good team; we worked (hard) all week in practices, and we had each other’s backs tonight,” said Daignault. “We executed well, and we had little mistakes that came to bite us in the end. We had our quarterback go down, which is tricky for any team, but it was a great job of AJ (Moody) stepping up, filling that role. It’s a momentum shift when someone goes down like that. We know what we have now, and we can compete with some of the best teams, and we think we are one of the best teams; we’re not going to look past anybody.”

Bonny Eagle scored a touchdown in the fourth quarter, but Windham’s defense blocked the extra point. Bonny Eagle led by three points.

It was a first and 10 for the Eagles on the 33-yard line. Bonny Eagle intercepted a pass and scored but failed at a two-point conversion try.

Windham took over with a first and 10 Windham from their own 30-yard line. Sperry made it to the 47-yard line for a first down. Sometime later, Windham moved the ball to the 7-yard line for first and goal. Sperry scored and the kick was good; and Windham trailed by two points and the game ended that way.

“We definitely executed really well,” said Sperry, who had 124 rushing yards and two passing yards. “This is probably the best I’ve seen Windham play this year. We did most everything right. We came in ... we knew they were a good team, and we knew we had to work even harder. We tried our best, we knew we just had to fight, ... we’re definitely going to go (into the playoffs) as an underrated team; we’re going to show them what’s up.” <

(Top to bottom) Windham juniors Mason Arbour, left, and Reese Hutchinson tackle a Bonny Eagle opponent during a varsity football game at Windham High School on Friday, Nov. 1. Junior Karl Longstreth rushes toward the end zone.

PHOTOS BY MATT PASCARELLA



WHS SCOREBOARD

★ FIELD HOCKEY

Windham traveled to Biddeford, to take on the Tigers in the quarterfinal playoff game on Wednesday, Oct. 30. The team fought hard against Biddeford, who led 2-0 at the half. Windham did not give up and senior Zoe Dries scored later in the game. However, Biddeford emerged with a 4-1 win.

★ GIRLS’ SOCCER

After first-place Windham eliminated Kennebunk 8-0 in the quarterfinals, it played fourth-place Cheverus at Windham on Saturday, Nov. 2 in the semifinals.

Senior Emily Talbot scored on a penalty kick, then sophomore Mackenzie Delewski booted the ball into the goal after an assist from Talbot, who later scored on another penalty kick in the second half as Windham advanced to the regional finals with a 3-0 win.

Facing second-place Scarborough in the regional finals on Tuesday, Nov. 5 at Massabesic High in Waterboro, Talbot scored in the first half, but Scarborough surpassed Windham, 3-1. The Lady Eagles ended the season with a record of 14-2-1.

★ BOYS’ SOCCER

First-place Windham played ninth-place South Portland on Wednesday, Oct. 30 in the Class A South quarterfinal at Windham; this was a super close match that came down to a penalty kick in overtime and Windham won, 2-1.

The first half was scoreless. With 28 minutes left in the game, South Portland scored. With roughly four minutes remaining, Windham senior Luke Cunniffe passed to senior Sam Rogers who scored. The game went into overtime and halfway into overtime, a penalty kick was called for Windham. Cunniffe took the kick and scored.

Windham played Portland in the semifinals on Saturday, Nov. 2 at Windham High. Portland scored early, but it did not take long for Windham to show they wanted to win this when Cunniffe scored, assisted by junior Jack Henry. Windham’s defense held back Portland for most of the second half, but late in the half, Portland scored and claimed a 2-1 win.



Windham senior Stella Jarvis, left, holds up the Class A South regional final girls’ soccer runner-up plaque accompanied by senior Kyla Harvie and senior Emily Talbot on Tuesday, Nov. 5 at Massabesic High School in Waterboro. PHOTOS BY MATT PASCARELLA



Windham senior Luke Cunniffe heads the ball during a boys’ soccer semifinal playoff game against Portland at Windham High School on Saturday, Nov. 2.

★ CROSS COUNTRY

Windham’s boys’ and girls’ cross-country teams qualified for the state championships at Twin Brooks in Cumberland, a 5K race, on Saturday, Nov. 2. The girls finished 11th overall with a score of 257; with a 384 score, the boys finished 15th overall.

Among girls, WHS junior Sydney Broadbent finished first for Windham and 50th overall with a time of 22:43.10 minutes. Taking second was junior Lila Stanley with a 22:50.13 time, as she finished 54th overall. Senior Abigail Dumont finished third and 55th overall with a time of 22:54.76.

Among boys, WHS senior Andrew Young finished 69th overall and first for Windham with a time of 18:36.69. Sophomore Mason Bragdon finished second and 85th overall with a time of 18:57.87. Junior Caleb Saucier finished third with a 19:27.28 time and 93rd overall.

Balance key to success for new recipe columnist

By Ed Pierce
STAFF WRITER

Chef Wolfgang Puck describes cooking like painting or writing a song. He says just as there are only so many notes or colors in painting or music, there are only so many flavors in cooking, and it's how you combine them that sets you apart.

For The Windham Eagle's new recipe columnist Angela Paris, cooking is an art form and she's eager to share what she's learned with readers so that they may enjoy preparing meals easily.

Paris grew up in the Lakes Region of Maine and after graduation from Bonny Eagle High School, she attended Eckerd College in Florida, which she says was drastically different in both culture and weather.

"After college, I moved back to New England. I have always loved being able to drive short distances to the ocean or the mountains," Paris said. "We still have family in Maine, and we visit regularly."

According to Paris, who now lives in New Hampshire, it was through her family that she learned to cook.

"My mom is an amazing cook, as was my grandmother. I learned so many things from them that I really hope my children embrace too," she said. "And I love food, partially because food is the language of family. It's shared memories and a way for

us to hold onto traditions and even loved ones who have passed. My mom has my great-grandmother's bread bowl, and everyone knows you can't make her oatmeal bread without that bowl."

She said learning to cook came naturally to her.

"Cooking for people is part of my love language; I think I get that from both my mom and grandmother. I love being able to make something for people I care about – soup for a sick friend, muffins for the teachers' room, or just a cozy meal for my family," Paris said. "I love putting smiles on people's faces because of something I was able to create. It's so much fun to transform boring ingredients into something that nourishes your body."

Her own favorite dish is macaroni and cheese.

"I'm a mac and cheese fanatic. My mom makes the world's best mac and cheese, hands down," she said. "But I make a pretty good mac now, too. I think I have nine different versions on my website."

Something she dislikes about cooking is cleaning up afterward.



Angela Paris grew up in the Lakes Region of Maine and has been sharing recipes on her blog jugglingmama.com for the past 10 years. She is the new recipe columnist for The Windham Eagle newspaper and her first recipe is in this week's edition. SUBMITTED PHOTO

"I really dislike doing dishes, especially silverware," Paris said. "In my house, whoever cooks doesn't have to do the dishes."

Paris said she wants to share her recipes with readers for one simple reason.

"I love making good food and sharing it with people," she said. "Creating yummy but easy recipes is my passion. The truth is that it's really hard to make a meal that everyone loves. My tip is to make at least one thing that everyone will eat. That doesn't mean being a short-order cook. There are always leftovers in our fridge that I can warm up as an alternative

meal. And I'm lucky that our daughter loves salad. On nights when I make something like mac and cheese that she doesn't care for, she has a big salad. It's all about balance."

Her biggest struggle, though, is with her oldest child, who is on the spectrum and struggles with ARFID (avoidant/restrictive food intake disorder).

"He has a very low appetite and an extremely limited diet. It's one of the reasons I began cooking, especially baking, so much when he was young," Paris said. "For breakfast, he would only eat pumpkin muffins I made, so I found ways to sneak extra nutrition into them. Working with his pediatrician, we found ways to keep him at a healthy weight and manage his anxiety around food."

Her own cooking blog, jugglingactmama.com, a lifestyle blog that provides quick and easy recipes for busy people, has evolved over the years.

"In the very beginning, more than 13 years ago, I shared mostly family recipes including lots of sweets and things that I cooked all the time," she said. "I still do that, but I also love helping busy families with easy recipes, so I look at really great meals, and I try to find ways to make them faster, easier, and less expensive." <

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Home buyers and sellers 2024 trends report

► **By Lisa DiBiase**
SPECIAL TO THE WINDHAM EAGLE



— Lisa DiBiase, Broker/Owner
Landing Real Estate

Navigating the world of real estate can be a complex and often overwhelming experience, whether you're buying your first home or selling a long-time residence. As the real estate market evolves, so do the motivations, needs, and preferences of buyers and sellers across generations. In light of recent updates to real estate practices, working with a Realtor® has become even more advantageous for buyers and sellers alike. Realtors® are committed to greater transparency in pricing and can help clients understand how every aspect of their transaction is structured. With updated practices designed to prioritize the client's interests, Realtors® continue to provide valuable market knowledge and negotiation expertise, ensuring buyers

and sellers get the best possible results. These changes have reinforced Realtors® dedication to professionalism, making them essential partners in navigating the real estate process confidently and effectively.

The National Association of Realtors® (NAR) has published its 2024 Home Buyer and Seller Generational Trends report, revealing some intriguing statistics that highlight the advantages of working with a Realtor®. Whether buying or selling a property, the process involves many complex aspects that benefit from a Realtor's® expertise and guidance.

This comprehensive study offers key insights into the behaviors and priorities of home buyers and sellers, revealing valuable information about the benefits of working with a Realtor®. The report highlights the diverse, generation-specific reasons for engaging with a Realtor®, emphasizing the critical role that expert knowledge and experience play in making real estate transac-

tions smoother and more successful. Whether you're buying or selling, a Realtor® can provide the guidance and support needed to navigate each step of the process. To request a copy of this report, please reach out to me using my contact information provided at the end of this article.

What Seller's want from their REALTOR®:

- 22 percent Help sell the home within specific time frame
- 21 percent Help price home competitively
- 20 percent Help seller market the home to potential buyers
- 14 percent Help seller find ways to fix up home to sell for more \$
- 11 percent Help find a buyer for home
- 6 percent Help with negotiation and dealing with buyers
- 3 percent Help with paperwork/inspections/process

How long Seller's own home before selling:

- 1 year or less 2 percent
- 2-3 years 12 percent

- 4-5 years 14 percent
- 6-7 years 12 percent
- 8-10 years 12 percent
- 11-15 years 12 percent
- 16-20 years 11 percent

Younger Boomers made up one of the largest shares of home sellers at 26 percent and had a median age of 64 years. Gen Xers made up the second largest share of sellers at 23 percent with a median age of 52 years.

Across all age groups, 89 percent of home sellers chose to work with a real estate agent to sell their homes.

The top reason for selling a home among all sellers was to move closer to friends and family at 23 percent. This was followed by the home being too small at 13 percent, and a change in family situation at 10 percent. Older generations were more inclined to move closer to family or friends, while younger generations were more likely to seek a larger home.

Sellers typically lived in their homes for 10 years before selling. Younger Millennials stayed in their homes for 4 years, compared to 15

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Eagle FOOD AND GAMES

PLEASE NOTE: FOOD AND GAMES FEATURE ALTERNATES WITH MOVIE REVIEW

THE WINDHAM EAGLE'S

Cooking Corner

By Angela Paris

SPECIAL TO THE WINDHAM EAGLE
JUGGLINGACTMAMA.COM

Chicken Spaghetti

Creamy and cheesy Chicken Spaghetti is a hearty, comforting meal with tons of flavor. The sauce tastes like alfredo, but with a kick! Adjust the heat level of the canned tomatoes and green chiles by choosing mild, medium, or hot. Any variety of cream soup will work. This can be made with leftover or rotisserie chicken so it's a great weeknight meal.

Serves 5

INGREDIENTS

- | | |
|---------------------------------|-----------------------------------------------------------------|
| 2 cups shredded chicken | 1 cup shredded cheddar cheese |
| 4 tablespoons butter | 1 (10 oz. can) diced tomatoes and green chilies (such as Rotel) |
| 1 small onion, finely diced | 1 cup shredded mozzarella cheese |
| 3 garlic cloves, minced | 16 oz. spaghetti |
| 4 tablespoons all-purpose flour | 1 teaspoon dried basil (optional) |
| 1-½ cups chicken broth | kosher salt and black pepper to taste |
| ¾ cup milk | 1 (15oz) can of cream soup |
| 4 oz. cream cheese | |

INSTRUCTIONS

Cook the pasta according to the instructions, drain and set aside. Preheat the oven to 350 F. Lightly grease a 9x13 dish with butter or cooking spray. In a large skillet, add the butter and diced onions. Cook until tender. Add the garlic and cook 1 minute more. Sprinkle the flour in the pan and whisk to combine. Gently add the chicken stock, whisking constantly. Add the cream soup and milk. Continue whisking until smooth and creamy. Add the cheddar cheese and room temperature cream cheese a little at a time, stirring in between. Fold the chicken into the sauce, then add the diced tomatoes and chilies and season with salt and pepper to taste. Pour the sauce over the cooked spaghetti and toss to coat. Transfer to the prepared casserole dish and top with mozzarella cheese. Sprinkle with a little bit of dried basil (optional). Bake for 20 minutes until the cheese is melted and the top is golden brown.

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51				52	53	54				55			56	57
		58								59				
60	61							62	63				64	
65							66						67	
68							69						70	

CROSSWORD PUZZLE

CLUES ACROSS

- | | |
|---------------------------------------------------|----------------------------------------|
| 1. Miller beer variety | 39. Give off |
| 4. Member of people inhabiting Bering Sea islands | 41. Semitic alphabet letter |
| 9. Stomach | 42. Farm state |
| 14. Investment vehicle | 43. Actress Sarandon |
| 15. Fictional soccer coach Ted | 44. Back parts |
| 16. Irregular in botanical parlance | 46. Zoroastrian concept of holy fire |
| 17. Cease standing | 49. Touchdown |
| 18. "American Horror Story" actress | 50. One point north of due east |
| 20. Grow milk teeth | 51. Refurbishes |
| 22. Plant parts | 55. Silver and Dogg are two |
| 23. Snow house | 58. Former Tigers catcher Alex |
| 24. Most contemptuous | 59. Type of envelope |
| 28. Note to repay | 60. Seriously considered |
| 29. Old English | 64. Unhappy |
| 30. Wings | 65. Past (archaic) |
| 31. Financial institutions | 66. Asian wild dog |
| 33. Parks and Lopez are two | 67. Old English letter |
| 37. Mr. T's "The A-Team" character | 68. Young domestic sheep |
| 38. Relative biological effectiveness (abbr.) | 69. Football players need to gain them |
| | 70. Witness |

CLUES DOWN

- | | |
|----------------------------------------|-------------------------------------------|
| 1. Dormant Peruvian volcano | 31. Prickly, scrambling shrubs |
| 2. Norwegian composer | 32. Become less intense |
| 3. Indicates location | 34. Polishes |
| 4. Pubs | 35. Indicates position |
| 5. Unable to walk easily | 36. Songs sung to one's beloved |
| 6. Electronic warfare-support measures | 40. The 12th letter of the Greek alphabet |
| 7. World leader | 41. Insects |
| 8. Midsection | 45. Israeli politician |
| 9. Jewish calendar month | 47. Pre-digital |
| 10. Urological condition | 48. Roaming |
| 11. A small quantity of anything | 52. Ambience |
| 12. Mountain Time | 53. Brew |
| 13. Affirmative | 54. Late |
| 19. Word element meaning ear | 56. Make ecstatically happy |
| 21. Carried away | 57. Semitic alphabet letter |
| 24. Short-billed rails | 59. Blend |
| 25. Newborn child | 60. Dash |
| 26. Sword | 61. Self |
| 27. Groups of people | 62. Exclamation of satisfaction |
| | 63. Hill or rocky peak |

HOW TO SOLVE:

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

SUDOKU

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

LAST WEEK'S ANSWERS

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



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BUSINESS SPOTLIGHT

When disaster strikes, it can be a confusing and difficult time trying to figure out how to properly restore your home or commercial property. You can feel confident calling upon Octagon Cleaning and Restoration to be of assistance in turning things around.

Located at 12 Roosevelt Trail in Windham, Octagon's team of IICRC-certified and experienced professionals help take the stress, anxiety, and uncertainty of your unfortunate situation and return your life to normal as quickly as possible.

Octagon offers catastrophic storm damage solutions including addressing water damage restoration, mold removal, asbestos abatement, lead removal, fire and smoke damage, and it provides air duct cleaning for commercial properties. The company services Portland, Southern Maine, Western Maine, and Central Maine from its main office in Windham, and also has locations in Fairfield, Maine and in Barrington and Meredith, New Hampshire.

Robert York launched Maine Cleaning Services in 2002 and cleaned floors for local businesses. He quickly realized the need for restoration services as many businesses turned to him for answers when these disasters occurred. He became educated about restoration and remediation services and the company was transformed into Octagon Cleaning and Restoration and now has



Octagon Cleaning & Restoration

50 employees.

York is a Maine-licensed master pesticide applicator for mold and bacterial treatments, an EPA-certified Lead Safe Renovator, certified in applied microbial remediation (mold remediation), water damage restoration, fire and smoke damage, and applied structural drying. He is also board certified for CMRS (Council-certified Microbial Remediation Supervisor) and a CIEC (Council-certified Indoor Environment Consultant).

"We are a locally owned family business. We are not a national chain or franchise," said Robin Mullins, Marketing & Relationship Manager for Octagon Cleaning and Restoration. "Through our Octagon Gives Back program, we actively support our local communities by sponsoring youth programs and participating in chambers of commerce. We participate in community events like Trunk or Treats and ensure community members in need receive necessary restoration services. We also offer a five-year Workmanship Guarantee on water damage res-

toration and mold remediation projects, so clients can rest assured we will get the job right the first time."

Mullins said Octagon's experienced project managers will come and do a free initial site inspection for all projects and from that they will provide an objective and honest assessment of the scope of work needed.

"The most important thing to remember when disaster occurs is to move quickly to get the work done ASAP," she said. "This will save both time and money. It's important to know who to call before disaster occurs."

According to Mullins, Octagon technicians care about protecting the environment in performing their duties and use integrated electric vehicles in their fleet and solar power to offset their energy bills. They also deeply understand that disasters can be bewildering and overwhelming.

"Even though we face disasters every day, we know these events are devastating to our clients. That is why we offer a comprehensive service that

puts our client firmly in control of their restoration journey," she said. "With our swift and efficient response, we are always there to guide, communicate and answer questions throughout the entire process. After remediation, we'll work with customers to determine what repairs are necessary to restore a property to its pre-damage condition. This could mean partnering with our sister company Octagon Construction & Energy for minor repairs, such as drywall replacement, or major reconstruction. Either way, our goal is to make your home or business look as if the damage never occurred."

Through the years, Octagon Cleaning and Restoration has earned the trust of property owners, home inspectors, realtors, and a variety of building contractors in Maine and New Hampshire. They are A-plus rated by the Better Business Bureau and have hundreds of 5-Star reviews on Google.

Some of those reviews include:

"I had a great experience with Octagon when I was dealing with water damage in my kitchen! They make sure that it is being done correctly all through the process. Would use them again!" ~ Brianna Palmer

The company is open 24 hours a day. Call for immediate assistance at 207-893-0002 or visit them online at <https://octagonrestoration.com>. Find them on Facebook under Octagon Cleaning and Restoration. <

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➔ REAL ESTATE Cont. from page 33

years for sellers 59 and older.

Benefits of using a REALTOR® for Buyer:

- 61 percent Help understand the process of either buying or selling
- 58 percent Pointed out unnoticed features/faults with property
- 46 percent Negotiated better sales contract terms
- 46 percent Provided a better list of service providers
- 45 percent Improves knowledge

of areas and comparables

- 33 percent Negotiated a better price
- 29 percent Shortened buyer's home search
- 23 percent Provided better list of mortgage lenders
- What Buyer's want from their REALTOR®:
 - 50 percent Help finding the right home to purchase
 - 12 percent Help negotiating the terms of sale
 - 11 percent Help with price nego-

tiations

- 7 percent Determine what the comparables are for the property
 - 7 percent Help with paperwork
- Across all generations, the first step in the home buying process is typically searching online for properties. The use of the internet in home buying is closely linked to age, with younger buyers more likely to rely on online resources throughout the entire purchasing process.

Buyers typically searched for 10 weeks and looked at a median of seven homes. The length of the home search was the longest for Gen Xers, at 11 weeks, and shortest for the Silent Generation, at just 6 weeks.

For more than half of home buyers, the most difficult step in the home buying process was finding the right property at 59 percent. This was even higher for Younger Millennials

at 64 percent. Photos were the most useful website feature for nearly nine in 10 buyers aged 58 and under. Detailed information about properties for sale was also very important to all age groups.

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

This article was brought to you by Lisa DiBiase, Broker and Owner of Landing Real Estate, represents buyers and sellers throughout Greater Portland and surrounding areas. For all your real estate needs, contact Lisa at lisa@landinghomesmaine.com or call 207-653-0823. <

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