

The Raymond Road Runner

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Open Space Workshop

**Wednesday
December 5, 2007, 6:30pm
Jordan-Small Middle School Cafeteria**

Raymond Conservation Commission Needs Your Input!

A high priority policy for Raymond is to "Increase Open Space," as stated in the 2004 Comprehensive Plan. The plan directed the RCC, the Selectmen and the town to prioritize special areas for conservation. In response, the RCC prepared a draft inventory of our Natural Resources, allowing us to map the areas of highest value. With the help of Hugh Coxe (Raymond's contract Planner), this work was completed using Geographical Information System (GIS) technology. Kevin Woodbrey and Sean Carr helped us create and broadcast "Conservation Open Spaces," which has been showing on both Channels 2 and 3. Check the Cable TV page on the Raymond website for airtimes.

To complete our inventory and create a plan that will guide Raymond's land protection efforts, we need help from the community! On Wednesday, December 5, at 6:30pm, we are holding a public workshop to gain input on the maps we have made, and specifically to learn about areas in town that are special to you. The workshop is open to Raymond landowners and others interested in land protection. Please come, participate with your neighbors and help Raymond conserve its special places. RSVP to Karen Strout (207.655.4742 x43, karen.strout@raymondmaine.org) at the Town Office. Refreshments will be served.

Town Office Holiday Schedule

This is to announce the office hours of the Town Office over the Christmas and New Year's holidays.

- Christmas – Closed
Tuesday, December 25th
- New Year's Day – Closed Tuesday,
January 1st

HAPPY HOLIDAYS!



Old MacDonald (really, Mr. Seymour) and Miss Mindy make sure that things are running well in the Raymond Elementary School Office.

Sand/Salt Available at Plains Road Facility

Raymond residents can obtain two 5-gallon pails of sand for use on their stairs and walkways at the Public Works area on Plains Road (FL 89) from 7am to 3pm Monday through Friday only.

This area has video security and will be monitored. This sand/salt is not for commercial use. It is a convenience for our residents.

Help Raymond Pick up Your Trash and Recycling

Because of the problem of controlling trash and recycling during the winter, the town asks that you put your trash bags in solid trash barrels; barrel lids are optional. Any trash bags left on the ground can cause a mess if a snowplow or animal destroys them. Barrels must also each have a town sticker, which can be acquired free of charge at the Town Office. Each household will be allowed two (2) 32-gallon trash barrels per week for collection. All trash must be secured in sturdy bags in the barrels. Raymond uses curbside pick up exclusively. If you have more than the two 32-gallon barrels, bag stickers can be purchased at the Town Office for \$1 for each large bag of overage. The trash held by the bags with overage stickers must also be put in a solid barrel; however, that barrel does not need an orange trash barrel sticker.

Raymond would like to increase our recycling rate, and residents can put out as much recycling as they want each week.

Raymond Rabies Clinic

**Saturday, January 19, 2008
1pm to 3pm
at the Town Office
401 Webbs Mills Road**

(Route 85)

Eric Riddell, DVM, and his staff from Jordan Bay Animal Hospital will be administering the vaccinations. The fee will be \$10 cash per dog or cat. They will give you a certificate of Rabies Vaccination which will be your only record of vaccination. Town staff will be licensing dogs as well for 2008.

A representative from Blue Seal Feeds in South Windham will attend with free samples of dog and cat food, as well as lots of information about pet nutrition.

For more information call the Town Office at 655-4742 or e-mail louise.lester@raymondmaine.org

In increasing recycling we are decreasing the trash. At this time Raymond is recycling newspaper, catalogues, office paper, clear glass (no colored or tempered like some salad dressing bottles), cans, and #2 plastic (i.e. milk bottles, laundry detergent bottles). A list of recyclables is available at the Town Office or on our website www.raymondmaine.org

If you have any questions, please contact Louise Lester, Town Clerk, at 655-4742 ext. 21 or e-mail louise.lester@raymondmaine.org

Most materials that are not considered household trash can be taken to the Lake Region Bulky Waste Facility in Casco. Vehicle stickers can be picked up at the Town Office at no charge. The Town Office has disbursed all the coupons for 2007-2008, but you can still deliver your bulky waste and pay at the gate. Most items are \$.05/lb except brush and round wood at \$.025/lb. Non-mixed loads of metal, car batteries, and uncontaminated motor oil are free. Bulky waste disposal questions can be answered at the Town Office, 655-4742 ext. 21, or at the Facility, 627-7585.

Road Runner Articles

Articles for the next edition of the *Road Runner* newsletter are due by **Thursday, December 20th**. Please provide them by any of the following methods:

E-Mail; CD/DVD; Paper

Articles should be submitted in RTF and pictures in JPEG format. E-mail articles and pictures to: roadrunner@raymondmaine.org or drop them off at the Town Office or at one of the school offices.

Road Runner Staff:

John Hanley Laurie Forbes
Norma Richard Kevin Woodbrey

Visit Us on the Web

Make sure to see the on-line archives at the Raymond, Maine, website:
<http://www.raymondmaine.org>
Look under Calendars & News

To learn more about what's new in Raymond, visit our website at:

<http://www.raymondmaine.org>

On-line services now include:

- Automobile registration
- Hunting and fishing licenses
- Assessment information
- Property & other maps

Did you know the Raymond Road Runner can be mailed to your winter home or to an out-of-town relative or friend? A subscription is \$8 per year. Contact: Louise Lester, Town Clerk, 401 Webbs Mills Road, Raymond, ME 04071, 207-655-4742, x-21, louise.lester@raymondmaine.org

Raymond Village Library News

At a Glance

- Wednesday, December 5 – Non-fiction/Classics Reading Group, 7pm, at the library
- Sunday, December 9 – Holiday Bake Sale, 10am till 7pm, at the library
- Monday, December 25 – Library will close at 4pm
- Monday, December 31 – Library will close at 4pm

Non-fiction/ Classics Reading Group

This discussion group will meet at the library at 7pm on December 5. The topic will be the individual’s choice of Maine poets and poems. Call Flonny Morrison at 655-4548 or librarian Barbara Thorpe for details.

Holiday Bake Sale

The holidays are fast approaching and the Raymond Village Library Annual Holiday Bake Sale is here to help out. You can give yourself an early present by arriving early Sunday, December 9, to have the best choice of fancy breads, coffee cakes, fancy cookies, special candies and all kinds of yummy treats, all ready for giving as gifts or enjoying with family and friends. The sale begins at 10am and will continue until all the goodies are gone.

If you are baking for the sale, we would ask you to please bring your baked items to the library on Saturday, December

8, from 3-6pm so we can price and prepare for the Sunday sale.

Holiday Hours

There will be no Storytimes on December 24 and December 26. The library will be closing at 4pm on December 24 and also at 4pm on December 31.

Weather Warning

Winter is well on its way and we would like to remind you that in case of inclement weather, please call ahead, as the library may be closed. If the Raymond schools are closed, then storytime will be cancelled for that day; however, the library may still be open.

Art Museum Passes

Generous patrons of the library have given the gift of Portland Art Museum passes to the library for use by our patrons. The museum has a wonderful permanent collection as well as special exhibits. On Sunday mornings there is a Jazz Brunch, which is a great treat and inexpensive if you avail yourself of the passes. You just need to request the pass at the library for the date you wish to go.

Annual Appeal

December brings that all-important letter to you from your library. The Annual Appeal is a very important fundraiser for the library. We appreciate your support so we may continue to offer you quality reading materials and service. So when you are planning and purchasing those holiday gifts for loved ones, please remember your library.

Book Group

The Book Discussion Group will not be meeting in December. We will resume meetings in January. For more information please call 655-4283.

Donations

Please keep your library in mind when your are cleaning out during the holidays. We are always accepting books, audio books, CD’s, DVD’s, and puzzles. We do ask that these items be in good condition and just gently used.

Raymond Rec Wednesday Ski Program Attention

Raymond Rec Wednesday ski programs for Raymond Elementary and Jordan-Small Schools still have a few spaces left. We need to have all sign-ups completed before December 14th. If you are interested please call...

Brenda Olsen (JSMS) 655-4670
Beth Clark (RES) 627-8771



December 2007

Events and Meeting Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FB =Fire Barn JS =Jordan-Small KC =Kokatosi Campgnd PS =Public Safety Bldg. RE =Raymond Elementary CL =Casco Library TBD =To Be Determined	SG =Sheri Gagnon TG =Town Garage RT85 TH =Town Hall VL =Village Library VC =Village Church VT =Village Tennis BC =Broadcast Studio					1
2	3 10:00AM VL Library Babytime 11:00AM VL Library Preschool Storytime	4 7:00AM - 8:00PM JS ELECTION DAY 7:00PM BC Selectmen's Meeting	5 10:00AM VL Library Toddlertime Session I 11:00AM VL Library Toddlertime Session II 7:00PM VL Nonfiction/Classics Reading Group 7:00PM JS Conservation Commission Workshop	6 9:00AM BC Beautification Committee	7	8
9 10:00AM - 7:00PM VL Holiday Bake Sale	10 10:00AM VL Library Babytime 11:00AM VL Library Preschool Storytime	11 7:00PM BC Raymond Recycling Committee Meeting	12 10:00AM VL Library Toddlertime Session I 11:00AM VL Library Toddlertime Session II 7:00PM BC Planning Board	13	14	15
16	17 10:00AM VL Library Babytime 11:00AM VL Library Preschool Storytime 7:00PM TH Zoning Board of Appeals Board	18 7:00PM BC Selectmen's Meeting	19 10:00AM VL Library Toddlertime Session I 11:00AM VL Library Toddlertime Session II	20 ROADRUNNER DEADLINE FOR JANUARY ISSUE ARTICLES 7:00PM BC One Raymond Committee 7:00PM BC Comprehensive Plan Implementation Committee	21	22
23	24 No Storytimes at Raymond Village Library Library closes at 4:00PM	25 CHRISTMAS DAY TOWN OFFICE CLOSED	26	27 7:00PM BC Conservation Commission Meeting	28	29
30	31 10:00AM VL Library Babytime 11:00AM VL Library Preschool Storytime Library closes at 4:00PM					

Board of Selectmen Minutes

TUESDAY, OCTOBER 2, 2007
* Amended October 16, 2007

ATTENDANCE: Mark Gendron, Chairman; Dana Desjardins; Joe Bruno; Lonnie Taylor; and Mike Reynolds.

SELECTMEN ABSENT: None.

STAFF ATTENDANCE: Don Willard, Town Manager; Nancy Yates, Finance Director.

OTHERS: None.

1. Call to order. Mark Gendron called the meeting to order at 7:00 pm at the Broadcast Studio.
2. Minutes of the previous meeting dated September 18, 2007.

MOTION: Lonnie Taylor motioned to approve the minutes as written. Seconded by Joe Bruno.

VOTE: 4 in favor (Reynolds, Bruno, Taylor, Desjardins); 1 abstention (Gendron)

3. New business:
 - a. Discussion of proposed financial management policies – Finance Director Nancy Yates.

DISCUSSION: Nancy Yates suggested the following areas for a stated policy: undesignated fund balance (surplus), borrowing, capital improvement program, and associated capital for those areas. Mr. Gendron read the definitions and possible policies and goals. Mr. Willard noted that the goal for undesignated fund balance was on the low side for some towns in Maine. Mr. Desjardins wanted to be sure that our policies would keep Raymond in good standing for future necessary borrowing.

MOTION: Joe Bruno motioned to accept the financial policy statement as written changing terminology for “surplus” to “undesignated fund balance”. Seconded by Dana Desjardins.

DISCUSSION: Mr. Desjardins requested for their next meeting to have information as to the amount we have for debt including schools, fire department and town. Mr. Gendron questioned how much of the school debt is state approved and what is town.

VOTE: Unanimous 5-0

- b. Resignation from Budget Finance Committee – Brandon Milton

MOTION: Lonnie Taylor motioned to accept the resignation of Brandon Milton from the Budget Finance Committee. Seconded by Joe Bruno.

VOTE: Unanimous 5-0

DISCUSSION: There was discussion about the way to replace Mr. Milton on the committee which is a 3-year elected term. It was decided to appoint a person to sit until the next town meeting, then being the remainder of the term or 2 years. It was noted that there was an advertisement in the October ROAD RUNNER for applicants.

- c. Proclamation implementing federal National Incident management Systems (NIMS) – Town Manager Don Willard.

DISCUSSION: Mr. Willard read the proclamation for NIMS.

MOTION: Dana Desjardins motioned to approve the proclamation for NIMS. Seconded by Joe Bruno.

DISCUSSION: Mr. Desjardins asked about any cost to the town. Mr. Willard said that though it is a federal mandate, he understood it would not cost Raymond anything. He felt that possibly there might be an over the long term expense but approving this would put us in compliance with the Home Security directive.

VOTE: Unanimous 5-0

- d. School consolidation information update – Selectmen Joe Bruno

DISCUSSION: Mr. Bruno explained that further work is becoming difficult because of the questions not being answered by the state. He reported that he made a motion at their last meeting which was passed unanimously by Windham, Westbrook, and Raymond not to consider merging until July 1, 2009. He wanted to wait until the legislature has

time to make more plans. He felt planning needs to be slower and more deliberate. There needs to be some remediation in the current law which the legislature has to address. All three towns are anxious to continue with the study because there would be benefit to combine the three school districts.

Mr. Bruno announced that the MMA Legislative Committee will be speaking on Raymond Selectmen’s letter regarding voting by a super majority tomorrow at their meeting during the MMA Convention.

One Raymond Committee: Mr. Gendron reported that the One Raymond Committee *recommended having a review for all departments before the Selectmen and Budget Finance Committee by the department heads to talk about their department and their goals for the future. Mr. Willard added that in the past there were quarterly reports before the Selectmen by the department heads. Mr. Desjardins was in favor as long as the school department is involved. Mr. Willard would set the second Selectmen’s meeting in November for the first report.

4. Old (unfinished) business. None.
5. Town Manager Report and Communications.
 - a. Town Manager to attend International City Managers Association Conference (ICMA) Saturday, October 6th through Wednesday, October 16th.

DISCUSSION: Mr. Willard noted that he will be away October 6th to October 10th not the 16th.

- b. Mr. Willard asked the Selectmen to submit their budgetary goals for 2008-2009 in order to prepare for the municipal budget process.
- c. Electronic Packages. The Selectmen agreed that it would be best to have as much information sent them via email or on line as possible. They wished to have only those paper documents left in their boxes which can’t be digitized.

6. Fiscal Warrants – Payroll and Appropriation Warrants – October 2, 2007.

MOTION: Lonnie Taylor motioned to approve the Payroll Warrant in the amount of \$49,643.62. Seconded by Dana Desjardins.

VOTE: Unanimous 5-0

MOTION: Lonnie Taylor motioned to approve the Treasurer’s Warrant in the amount of \$64,622.77. Seconded by Joe Bruno.

VOTE: Unanimous 5-0

7. Adjournment.

MOTION: Mike Reynolds motioned to adjourn. Seconded by Dana Desjardins.

VOTE: Unanimous 5-0

ADJOURNMENT: Mark Gendron adjourned the meeting at 7:55 pm.

Louise H. Lester
Town Clerk

Opportunity for Fun in the Outdoors

Maine Inland Fisheries and Wildlife is looking for volunteers to help locate habitats for the New England cottontail rabbit. The following notice written by the IF&W is information about this program.

“This winter, MDIWF and USFWS will be working together on a project to document New England Cottontails throughout southern Maine. We’ll be conducting tracking surveys after snowfall, looking for browsed areas, and collecting scat samples. Our efforts will focus on sites where there have been known occurrences of NEC in the past, primarily on lands currently in conservation ownership. In addition, we will be working with land trusts and willing landowners to try and document populations at new sites. We are currently looking for volunteers to help us survey about 75 parcels in York and Cumberland counties. In early winter we will be conducting training sessions for anyone interested in helping with this project. You don’t need tracking experience, or a background in biology; just a willingness to learn, a flexible schedule, and a pair of snowshoes would be helpful. To learn more about this project, volunteer, report a sighting, or if you have a property you would like to have surveyed, please email me at judy-camuso@maine.gov”

Animal Control Asks Your Help

When you lose your dog or cat, you can call the Town Office to notify Don Alexander, our Animal Control Officer. When you lose your horse, llama, or cow, it’s a bit more involved since they won’t fit in an animal carrier, so more information is necessary in order to rescue your livestock.



We are asking that you fill out a Livestock Location form for

Animal Control’s use. If you have already filled one out, please review it so that the information is current.

The forms can be obtained at the Town Office or on line at Raymond’s website www.raymondmaine.org.

These forms are most important in order to better identify the horse(s) running down the road or the llama visiting someone’s backyard. It’s for the safety of the animal and the person(s) who might hit it with a car.



DVDs of Meetings Available at Town Office and Library

If you have Time Warner cable at home, you might have already visited Raymond’s public access channels. Channel 2 is the municipal channel, and Channel 3 the school channel. Our meetings are televised live and are taped for future viewing. There is a calendar of meetings on our website www.raymondmaine.org and in the Road Runner. Our website also has a schedule of reruns, which are shown 24 hours a day. However, if you don’t have cable TV, the town office and the library can lend DVDs of any of our meetings.

These DVDs can be borrowed during regular business hours. There isn’t any specific time for return, but we would ask that they come back within two weeks. All you have to do is sign a DVD out.

Maine State Chamber Purchasing Alliance

The Maine State Chamber Purchasing Alliance, Inc. is offering small businesses and self-employed people with 2-50 employees, who are members of a local or regional chamber of commerce, a suite of five health insurance plans called Chamber BlueOptions. Included are three PPO (preferred provider organization) plans with different deductibles and coinsurance levels, an HMO and a Health Savings Account plan.

“This is the first time that a small business can offer its employees five choices of health insurance coverage at one time,” says Dana Connors, Maine State Chamber President. “Our healthcare Purchasing Alliance will provide new and unique products to the small business marketplace, expanding health care coverage to more Mainers.”

Typically, a small business owner will offer employees one option - or at the most two options - and at least 75% of eligible employees must participate to qualify for group coverage. The Chamber BlueOptions product will offer five insurance plans for each employee to choose from, with only 60% of eligible employees being required for group coverage.

In addition, Purchasing Alliance employers can qualify for a 2% discount on annual premiums if they undertake certain wellness activities. “As far as we know, this is the first time that an insurance product will reward employers for taking wellness seriously,” said Connors. The 2% discount would become available at employers’ annual renewal in 2008 for groups of 25-50 employees.

Businesses can obtain a quote by contacting Anthem Blue Cross and Blue Shield at 1-800-541-4251 or by clicking on the “Find a Producer” icon at the Anthem website to find an Anthem-appointed producer in your area. You must be a member of a local chamber such as Greater Bridgton Lakes Region Chamber of Commerce to take part in this plan.

Notes from the Code Enforcement Office

Cold Cash-Warm Houses

by Will Cook

While researching the data for this article, I had to apologize to my wife. She likes to have an electric heater near her desk to keep warm on winter nights. I complained to her about the high cost of electric heat. I was wrong.

Since oil-based fuels have gone up in price, I examined the cost of different heat sources. The results were surprising.

The amount of heat a fuel source can provide is measured in British Thermal Units (BTUs, the amount of energy needed to heat a pound of water one degree). For example, one kilowatt hour of electricity (ten 100-watt light bulbs turned on for one hour) produces 3,400 BTUs and could heat a ton and a half of water one degree. The Department of Energy has measured the BTUs provided by various fuel sources. If we compare the energy provided and the approximate cost for that fuel, we get BTUs per dollar.

Fuel Type	BTU/Unit	\$/Unit	BTU/Dollar
Kerosene	134,000/gallon	3.40/gallon	39,400
No. 2 Oil	140,000/gallon	3.00/gallon	45,000
Electricity	3,413/kWh	.06/kWh	57,000
Propane	91,600/gallon	2.60/gallon	35,400
Coal	27,800,000/ton	300/ton	120,000
Hardwood	24,000,000/cord	200/cord	93,000
Wood Pellets	36,000,000/ton	250/ton	144,000

If you would like to compute your home’s BTU/dollar, divide the BTU/unit for your fuel source by the price you are paying for your fuel.

We can’t stop there, though; the efficiency of the burner must be figured into the heating capability. Electricity is the most efficient (100%) because no heat is lost; wood stoves are the least efficient because so much heat goes up the chimney. When buying a new heater, the efficiency will be listed. For older heaters, burner servicemen can determine your furnace’s efficiency during yearly cleaning. If we assume some average efficiencies we can calculate heating capability per dollar by multiplying BTU/dollar by burner efficiency:

Fuel Type	Efficiency of Burner	Heating Capability/Dollar
Kerosene	90%	35,500 BTU
No. 2 Oil	90%	40,500 BTU
Electricity	100%	57,000 BTU
Propane	95%	33,600 BTU
Coal	80%	74,000 BTU
Hardwood	60%	72,000 BTU
Wood Pellets	80%	115,000 BTU

Of course other factors should be considered in calculating costs of heat, and these numbers are based on assumptions about cost of fuel and efficiency; but if you know the cost of your fuel and the efficiency of your heater, you can compute the heating capability for your home.

Electric space heaters should be used with care. The circuit breakers in your home protect only the wires between the breaker box and the outlets. The breaker does not protect any extension cords you plug into the outlet, so an overloaded extension cord will not trip the breaker, and may overheat. Space heaters are high watt devices, and the cord for the heater is designed to handle the electricity needed by the device. A light duty extension cord may become overloaded if a heater is plugged into it, especially if the cord has other loads, like another heater or Christmas lights plugged into it. A safe bet is to plug the heater directly into the outlet or use a heavy duty extension cord with only one heater plugged into it. Also, radiant space heaters should not be used near flammables, such as Christmas trees or presents.

Other space heaters should also be used with care. It seems every winter someone dies from the use of fuel burning space heaters. Un-vented fuel burning heaters are permitted only in single family residences; they are prohibited in all other types of buildings because of the risk of asphyxiation. If you are using an un-vented fuel burning space heater be sure to keep a window open for fresh air. Somehow it doesn’t make much sense to run a heater with the window open. It is probably best to spend the extra money for a vented heater when purchasing space heaters.

So I guess my wife was right: an electric space heater can be a safe and economical way to stay warm. Maybe I’ll buy her a wood pellet stove for Christmas to make up for my error. I bet she’d like that.

Happy Holidays from the Code Enforcement Office!

2008 Dog Tags Available

Dog licensing can now be done for 2008. If you have a dog over the age of 6 months, it should be licensed. A Rabies Certificate must be produced and if neutered, a Neutering Certificate, if the Town Office doesn’t have it on file. The fee for a neutered dog is \$6 and non-neutered is \$11. All dogs must be licensed by January 31, 2008. Dogs licensed after January 31 will incur an additional \$15 late fee.

Please understand that by having your dog licensed, anyone finding your stray pet will be able to trace it to you, thereby alleviating the possibility that it will go to a shelter. Licensing funds contribute to stray animal care in the town and state and support the State Veterinarian Laboratory in Augusta, as well as Maine State Humane Agents who investigate animal abuse cases.

There will be a Rabies Clinic on Saturday, January 19, 2008, from 1–3pm at the Town Office.



Talent Show JSMS, Friday, December 7, 2007

All proceeds go to “care” packages for soldiers serving in Iraq. Come join us for a fun event!!!

The Safety Zone

This tip of practical information is brought to you by the University of Maine Cooperative Extension

Handling Leftovers Safely

Most people hate to throw out food that has not been eaten at the end of a meal. At the same time, improper handling and storage of leftovers is one of the most common causes of food poisoning in the home. However, with care, it is possible to avoid both waste and illness.

The most important thing to remember is that once food has been cooked, it needs to be refrigerated or frozen quickly. If food is left in the danger zone of 40° F - 140°F for more than two hours (one hour in hot weather) bacteria can grow to harmful levels, making it unsafe to eat. This includes the time the food is out of the refrigerator or oven before being served and the time it is on the table. Foods left in the danger zone for more than two hours cannot be reused safely - throw it out!

Food that has been at room temperature for less than two hours can be stored safely if it is

handled properly. Leftover food should be moved to a new container, not stored in the container it was cooked or served in. Divide large quantities of food into small portions and put them into containers no more than two inches deep, to allow them to cool more quickly.

Do not leave leftovers “out to cool” before placing them in the refrigerator. Stirring food

with a clean spoon may help it cool, but then it should be covered and put straight in the

refrigerator. Leave an air space around the container to help food cool quicker.

It is best to eat leftovers within two days. Some items may still be safe after 3 -5 days but

the longer cooked food is stored, the greater the chance of food poisoning. Freeze any leftovers that cannot be eaten immediately and note the date on the containers.

When reheating leftovers, bring sauces, soups and gravies to a boil. Heat other leftovers to 165° F throughout. Stir food to make sure that it is properly heated all the way through and always serve piping hot. Do not reheat foods more than once or mix leftover food with fresh foods. If a leftover has been stored for too long, or if it looks or smells peculiar, throw it out!

For more information on Food Safety and Nutrition, contact Kathy Savoie at Cumberland County Cooperative

Extension, PO Box 9300, Portland, ME 04104-9300 or 780-4205/1-800-287-1471 E-mail: ksavoie@umext.maine.edu

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Raymond Rec Citrus Fundraiser

Every Raymond Child a Swimmer!!!

There is still time for you to purchase fresh Indian River, Florida, grapefruit and oranges from the Raymond Recreation Association. We’ve ordered extra. Proceeds go to support our Summer Learn to Swim Program at Crescent Beach. Our goal is Every Raymond Child a Swimmer!!!

Direct shipment of fruit from Florida is scheduled for the week of December 6 and will be available for pick-up at 5 Damon Road off Route 85 (as in the past, follow signs) on Saturday, December 8th, from 9am to noon.

Consider purchasing a box of fruit to be delivered with the food baskets prepared by the Raymond Rattlers Club and help two great causes with one donation. Just indicate “For Christmas Food Boxes” on the order form.

To order or make a tax-deductible contribution, mail check and form to:
Raymond Rec, 33 Wawenock Road, Raymond ME 04071 – Questions, call 655-4657.

Raymond Recreation Fruit Sale

NAME _____ PHONE _____

ADDRESS _____

E-Mail ADDRESS _____

CIRCLE CHOICE AND GIVE QUANTITY ORDERED

ITEM	BOX SIZE 2/5 Bushel	BOX SIZE 4/5 Bushel	Amount Due
	Small No. Ordered	Large No. Ordered	
Navel Oranges	_____ 19.00ea	_____ 27.00ea	_____
New Tangelo Oranges	_____ 19.00ea	_____ 27.00ea	_____
Pink Grapefruit	_____ 18.00ea	_____ 26.00ea	_____
Mixed Box, Oranges & Grapefruit	_____ 22.00ea	(N.A.)	_____
Total Due			_____

Mail to: Raymond Rec, 33 Wawenock Road, Raymond ME 04071

Lost and Found at the Town Office

These were found since May 2007, and we still have them.

- 5 door and padlock keys on a key ring with Borders tag and pink carabiner
- 1 locker key on a key ring with tags for Dick’s, CVS, Cell Phones ‘N More, Petco, Shaws, and Jewelry Club
- An LL Bean red polar fleece coat size 4T
- A pink polar fleece hat infant size
- A pair of brown, pink and tan handmade mittens, would fit a 4- or 5-year-old kid
- A pair of green knit gloves with camo grip palms, sized for 7- or 8-year-old kid

Collect them at the Town Office, 401 Webbs Mills Road.

Want to Learn About Digital Broadcasting?

The Technology Committee and Kevin Woodbrey, Technology Director, are looking for interested people who would like to learn how to operate the digital broadcasting studio and operate the cameras for meetings in Raymond. If you would like more information, please e-mail Kevin at kevinwoodbrey@raymondmaine.org or call Louise Lester at the Town Office at 655-4742 ext. 21.

Selectmen’s Meetings

Tuesday, December 4th,
7pm, and

Tuesday, December 18th,
7pm,

at the Broadcast Studio
next to the Jordan-Small
Middle School and on
Cable Channel 2

Holiday Stress Relief

Steven R. Danzig LMSW-CC, LADC, CCS

Many holiday festivities can become sources of stress. Sources of stress are always as varied as the individual experiencing them. For whatever type of stress one experiences, there are several ways in which one can relieve the symptoms. One nearly universal symptom of stress is shallow breathing or other changes in breathing patterns. I offer an exercise that takes only a few minutes and will help rejuvenate you and help you become more centered during the holidays and whenever else you need to relax or simply just decompress from the day. My suggestion for this exercise is to read the following text so you can remember what to do or have someone read it to you. Most of us breathe into our chests and shoulders. The idea of this exercise is to redirect our breathing and re-oxygenate our bodies.

Lie on your bed with your eyes closed, door shut, no music or television, no pets.

Start taking deep breaths into your stomach. If this is difficult, put your hand on your stomach and try focusing on your breath going towards your hand. Feel the breath going into your stomach. Take deep breaths in...and out. Each time you breathe in, feel the cool, clean oxygen covering every part of your throat and lungs and stomach. Every time you exhale, each breath is taking a small piece of the stress with it. When you start to feel comfortable breathing into your stomach, start to focus your breathing into your legs. Feel the breath going into your thighs and knees and down through your ankles and feet. Each breath in fills your blood and muscle and bone with fresh, clean air, and each breath out removes more stress and toxins from your body. Feel the breath going all the way into your toes. Now feel the breath going into your shoulders and arms, down through your elbows and forearms, into your wrists and your fingertips. Now feel the breath moving up through your neck and over your scalp. With each breath in, feel the cool, clean air filtering through every part of your body: through your muscles, your bones, your veins and your cells, and every hair on your body. Each time you breathe out, every breath is taking a small piece of your stress with it.

If you are having someone read this to you, then have it read slowly. Pause after every sentence and after each part of the body. It doesn’t have to be perfect. The main idea of this exercise is to give your brain a rest and to allow yourself to slow down. It may take some practice because we are typically not used to breathing this deeply. This exercise may also make you sleepy due to the increased oxygen in your blood from the deep breathing.

Enjoy.

Lunch with a Lion

The Raymond Lions Club invites you to a lunchtime informational meeting at noon on Monday, December 10th, at the Public Safety Building on Route 302. We are reaching out to people who may not wish to attend evening meetings, but who would like to be involved with the world’s largest community service organization. Bring your own lunch and come meet people and hear what the Lions do and what you can do for the Lions. Coffee will be served. The meeting should last an hour or less, so people who are on their lunchtime from work can attend.

Costco Offers Rebates for E-scrap

Costco (Issaquah, Washington) is partnering with e-scrap processor GreenSight Technologies (Boca Raton, Florida) to offer incentive-based recycling for electronics both online and at all of the volume discount retailer’s locations.

Under the program, consumers use an online trade-in value calculator located at http://www.greensight.com/CostcoTrades/Common/equitytypes.aspx to see how much, if anything, the unwanted piece of electronic equipment is worth. Once the item has been shipped for free via UPS (Sandy Springs, Georgia) and following confirmation by GreenSight, consumers then receive a Costco cash card in return. If the electronic equipment has no trade-in value, consumers are still able to ship “old or non-functioning technology equipment” for free via the program.

The program covers PCs, LCD monitors, digital cameras, camcorders, game systems and MP3 players, with CRT monitors, personal printers and fax machines available for recycling only.

RES Principal’s Report

By Norma Richard

We are getting our first snowfall of the season as I write this report for the December edition of the Road Runner, meaning that winter is right around the corner. At the Raymond Elementary School winter weather means snowsuits, jackets, snow pants, boots, hats and mittens. Once again I want to remind parents to LABEL all articles of clothing so that misplaced items are quickly returned to their rightful owners.

All students need to dress appropriately for the cold weather and snowy conditions so that they can fully participate in recess activities. Students in grades K – 4 do have recess each day unless the weather is so severe that all students remain inside. If children are too sick to go out for recess, then they would most likely benefit from staying home. We do have some children with respiratory or other medical alerts who cannot tolerate the cold temperatures and need to stay out of the cold weather. With a doctor’s note, we are happy to provide an alternative inside recess for these children. All other children benefit from a daily dose of fresh air, so please make sure your children are warmly dressed and prepared to go outside.

Kristina Truesdale and I would also like to remind parents that students who are sick should remain home until they are well enough to tackle the demands of the school day without exposing other children to colds or flu. We require that children are fever-free for 24 hours before returning to school. If you have any questions about health issues, please contact the nursing office at Ext. 402.

In the event of no school due to weather or other emergency conditions, the cancellation announcements will be broadcast on the local television stations (Channels 6, 8 and 13) and radio stations as soon as possible. We will also alert RES parents via the school’s new e-mail network. School dismissals and delays are coordinated with the receiving school systems of Westbrook, Windham, Poland and Gray, so weather in these districts may affect busing our middle school and our elementary students. Safety is always our first consideration in canceling or delaying the start of school. Also, we would like to remind parents and community members that all afternoon and evening activities in our schools are also canceled if school is not in session. Hopefully we will have an easy winter and stick to our regular schedule and school calendar.

I hope that children and families had as much fun as I did at the annual PTO Holiday Fair on November 16. This year’s fair included magic shows by Stephen and Karen Seymour, stories read by Sue Ellen Gendron, face painting by Casey Reynolds, the Scholastic Book Fair, a gift shop, the gift walk, cookie sale, and holiday crafts for the children to make. There were many PTO members, parents and staff who worked to make this year’s Holiday Fair such a huge success, and I want to thank each of them for their great efforts.

I also want to thank our families and the community for their ongoing generosity during this holiday season. Our students have been collecting packaged foods and toys to assist local families in need. Your contributions have warmed our hearts and have set a great example for the children in our schools.

Holiday for Heroes

Submitted by Barbara Loux

“In homes across America, there will be an empty chair this holiday season. The man or woman usually sitting in that chair is in the military, serving overseas. There is no family Christmas or Chanukah for those brave soldiers. The Soldiers’ Angels family wants every deployed hero to know they are remembered and appreciated during the holidays.” (Quoted from the Soldiers’ Angels website at <http://www.soldiersangels.org/>)

Dear Raymond Citizens,

JSMS Community Service classes are collecting items to send soldiers stationed in the Middle East. Some items we are looking for are: sunscreen, disposable cameras, prepaid international calling cards, travel size toiletries, nonperishable snacks, playing cards, compact cameras and toys to keep them busy in their down time. Items or money can be donated at various locations around town, as well as at the schools and the Village Library. Please take a few minutes to make a soldier feel loved this holiday season. Thank you for your support.

Raymond Welcomes South Korea’s Kim Nha Yum

It is my pleasure to introduce Miss Kim NhaYum, an intern who will be working in our schools for the entire academic year. Recognizing the many benefits of having our students exposed to other cultures, Mr. Randy Crockett began researching the International Internship Program of Korea nearly two years ago. The program, which is of no cost to our schools but provides priceless benefits to our students, matches its interns with appropriate schools.

Miss Kim, who majored in English in college, chose to participate in the IIP because she wanted to expand upon her English. She also felt strongly about sharing her Korean cultural experiences with the children in America. Although previously a bank teller, she gained her teaching experience in her church. She is very excited to be sharing her knowledge of her country with the children here.

As assistant teacher at JSMS, she will be working with teachers of all subjects, and she has already been busy with Spanish teacher Ms. Pacin. They have been running parallel lessons with Spanish, English and Korean languages. In addition, she will work in the physical education classes where she will teach the students how to play Korean games. Art is another class where her talents will be invaluable. Having the fortune of being here until June 2008, there is hope that Miss Kim will also be able to share her love for Korea and its culture with the students of the Raymond Elementary School.

Mr. Crockett solicited teachers and parents of the school community and easily found the perfect host family. Steve and Beth Nadeau, along with their four children, are sharing their home with Miss Kim for the next several months. The Nadeau home will provide an enriching environment in which both Miss Kim and all the Nadeaus will certainly learn a lot from, and about, one another.

With its population of 23 million people, Seoul is obviously very different from Raymond. Miss Kim continues to experience these differences every day. With no driver’s license or means of transportation, Miss Kim must rely on others to transport her. Although she misses, and marvels at the lack of, public transportation, she is grateful that Ms. Lynn Estey, a sixth grade science and social studies teacher at JSMS, is happy to take her to and from school each day.

Miss Kim is adjusting nicely to the slower pace of Maine. She remarked positively about our ability to enjoy life and mentioned that she does not miss working ten-hour days in the bank. In addition to the population and societal differences, Miss Kim is noticing many differences in the structure of the classroom. She commented that teachers in Korea are stricter: classrooms are very quiet and the students do not speak out or engage in conversations. She is adjusting to the concept of students speaking during class, something she was originally uncomfortable with and found disruptive. However, she is quickly recognizing the advantage of students engaging in the classroom lesson. She is witnessing the benefits of this type of involved learning by observing student enthusiasm. Noting that classrooms in Korea have fewer activities, she is very impressed with our hands-on approach, as well as the desire to teach students how to play musical instruments. Learning individual instruments and compiling a band are not done in Korea, and I’m reminded how fortunate we are to have our children exposed to this type of learning.

Although Miss Kim misses her family and looks forward to returning to Korea at the conclusion of her internship, she is very impressed with our country and particularly Raymond. She smiled beautifully and exclaimed that she is extremely happy here. Please join me in welcoming Miss Kim to Raymond and to our schools. I am confident she will be an attribute, and all of us will learn a lot from her.



For information on the Raymond School Department, go online to the our website. You’ll find complete school department information with links to Jordan-Small Middle School and Raymond Elementary School websites.

www.raymondmaine.org/rsd/welcome.html

RES E-mail System a Great Success

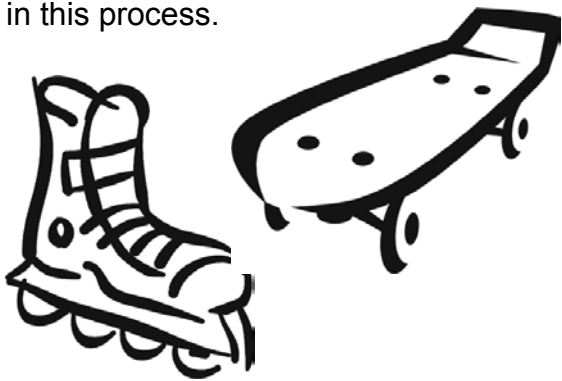
KUDOS to Mindy McKinney, the office manager at the Raymond Elementary School, for developing the new parent e-mail system! This new system allows the RES office to send emergency, important, timely or essential information to our school parents at home and/or at work. This will be most helpful on those days that school is dismissed early due to weather conditions. We will be able to e-mail school parents as soon as we receive the school closure information, helping them make alternate plans for their children. Miss Mindy has developed a number of new procedures over the past year that help our school office to run smoothly, and this e-mail system is at the top of the list. Parents are asked to provide the office with updated e-mail addresses so that we can keep the system current.

Harvest Hills Has Friends at RES

Animals at the Harvest Hills Animal Shelter in Fryeburg will once again be a little happier during this holiday season due to the efforts of some very caring children at the Raymond Elementary School. Ms. Parisi’s 2nd grade class will coordinate the collection of cat and dog food, toys, paper towels and cleaning products for the animals at the Harvest Hills Animal Shelter. Your donations can be dropped off at the RES library or in Ms. Parisi’s classroom. The children will be collecting for the shelter until January 11, 2008. They would like to thank you in advance for your contributions and donations.

Skatepark Meeting

On Tuesday, December 11th, at 6:30pm, there will be a meeting for anyone interested in joining a committee on forming a skatepark for Raymond. This meeting is for kids, parents, townspeople, and anyone else who would like to be involved in this process.



2008 Inland Fisheries & Wildlife Licenses Available December 1st

The Department of Inland Fisheries and Wildlife has set the date of December 1st as the time we can begin selling 2008 licenses. Licenses are the same price as last year.

Snowmobile registrations are also available that \$34 each. ATV registrations, which will lapse June 30, 2008, are also \$34. ATV registrations are not available until June 1, 2008.

In order to purchase a license or register an ATV, boat, or snowmobile, it is now necessary to present a valid Maine Driver’s License or Maine photo ID card.

Time to Turn in Your Hannaford School Dollars

If you have been saving the Hannaford Helps Schools School Dollars, now is the time to turn them in to the PTO. The program ends December 2nd, and we must redeem them no later than December 14th.

Send the certificates in to either RES or JSMS, or drop them off at the PTO’s Box Top collection sites at the Raymond Village Library or the Town Office. The PTO will receive a check from Hannaford for the amount of school dollars we’ve collected over the past 3 months.

Thank you for participating in this fundraiser and supporting your school and community.

Eat Locally Through the Holidays

By Kimberly Post Rowe

The past year has seen the popularization of fresh, local ingredients in meal preparations. Eating locally takes advantage of seasonally available foods that can be bought and prepared without need for extra preservatives or the added cost of shipping food over long distances. This trend makes perfect sense: If 10,000 households spend their holiday meal dollars on locally-grown/raised foods, about \$381,000 will be invested into our own communities (based upon the American Farm Bureau’s statistic that the average amount spent for a holiday meal for a family of ten is \$38.10). More Mainers are making the switch to local foods because we see it as a way to improve our diets, do something good for the environment and local farmers, and learn more about what’s available in our own backyards. With the rising cost of fuel (needed to transport the wide variety of foods now available in every supermarket) adding to the market price, it seems that becoming a “locavore” makes perfect sense.

Living in a northern climate presents challenges when trying to eat local produce, once the farmers market season ends, but there are resources available to those up to the task. Many people are signing up to participate in the Eat Local Challenge at www.eatlocalchallenge.com. This site is filled with information and support for those willing to try to support their local communities by putting their money where their mouths are — literally. Beyond fruits and vegetables, there are many local sources for milk, cheese and butter. Try the cheese from Smiling Hill Farm in Westbrook; Kate’s Homemade Butter, churned fresh in Old

Orchard Beach; and Oakhurst’s milk, guaranteed made from local, hormone-free cows. Wolfe’s Neck Farm in Freeport and Turner’s Caldwell Family Farm both offer organic and grass-fed beef. Nezinscot Farm, also in Turner, raises natural chickens, turkeys, geese, and ducks. At Harvest Hill Farms in Poland, not only can you find natural and grass-fed beef, but lamb, pork, poultry, and eggs as well.

As for that word “locavore”? It has been declared “Word of the Year” by Oxford University. Press.

Some other helpful food websites:

Eat Local Foods Coalition of Maine

A great local resource for people interested in buying and eating locally. Includes recipes and information on farmers markets: <http://www.eatmainefoods.org>

FoodRoutes

A website dedicated to supporting people in their quest to eat local and healthy: <http://www.foodroutes.org>

Farm to Table

Where to find information on farmers markets, CSAs (community-supported agriculture), stores, and restaurants that all support food grown, raised, or harvested sustainably and regionally: <http://farmtotable.org>

Greater Bridgton Lakes Region Chamber of Commerce Student Board Members

The Chamber has had student board seats for many years, but two years ago it was decided not to fill the seat for one year as we looked at how to enhance the process and make these seats a valuable learning experience for the students receiving them. Chris Webb of Bridgton Academy was instrumental in helping to draft a job description that was clear, achievable and one that would be meaningful to our students. Matt Jacobson of Evergreen Credit Union and Mrs. Tux of 207Realty.com jumped in to serve as mentors with Chris. In year one of the new process, occurring in 2006-2007, Kristine Hamaty was the only student to apply for one of the two seats. She was accepted as a board member and did a stellar job in fulfilling her work as a Chamber Board Member. Her completion last May earned her a \$1,000 scholarship as well as a unique addition to her personal resume. Kristine left for the University of Maine in August but will not be forgotten. One of her ideas developed into a new winter carnival activity, which she intends to come back and run in 2008.

The Chamber Board was stunned with the quality of applicants in year two. In fact they decided to accept three students to serve beginning in September 2007. Two of the students are from Fryeburg Academy, and the third is Raymond student Lyzz Stevenson, who attends Windham High School. The only qualification to apply for a seat is to live in one of the thirteen Chamber towns. Read on to learn more about Lyzz Stevenson.

Meet Lyzz Stevenson, Greater Bridgton Lakes Region Chamber of Commerce Board Member.

Lyzz Stevenson

School: Windham High School

What courses are you involved with at school?

Honors and Advanced Placement classes – Spanish V, French II, AP Statistics, AP English IV, Human Anatomy, Chorus, Computer

Years on Chamber Board: This is my 1st year

Chamber Events or Committees you are involved with: Lakes Brew Fest, Greater Bridgton Lakes Region Chamber of Commerce Holiday Auction (November 30)

Why did you get involved with the Chamber Board? The student member position sounded like a great opportunity to become involved in a community service role and earn a college scholarship.

Other Community Groups or activities you are involved with? 3 Seasons Varsity Sports – Field Hockey, Indoor Track, Lacrosse – Spanish Honor Society, Student Outreach, Outing Club, Church Youth Group

What I enjoy about the Chamber:

Seems like a close-knit group, and the events they sponsor are fun!

List your parents’ names and professions, if they work. Dad: Jeff Stevenson, Teacher, SAD #15, Mom: Brenda Stevenson, HR Manager, L.L. Bean.

To learn more about the Greater Bridgton Lakes Region Chamber of Commerce, contact us at 647-3472 or info@mainelakeschamber.com

Tassel Top Board of Directors

The Tassel Top Board of Directors is looking for applicants for a position on the Board. Please forward your letters of interest to Louise Lester, Town Clerk, 401 Webbs Mills Road, Raymond, ME 04071 or e-mail louise.lester@raymondmaine.org. The Board meets about four times a year and is responsible for the organization and operation of Tassel Top Park. If you would like more information about Tassel Top Park, please contact Bob Metz at 627-7053.

New Business in Raymond

Beginning in January 2008, Sara Childs will be offering childcare through her new, home-based business at 60 Tenny Hill Road called Northwoods Play School. Sara has been a Raymond resident for four years now and has fifteen years of childcare experience. She grew up in a small town similar to Raymond in New York State, graduating with honors from the State University of New York at New Paltz in 1998 with a degree in English/Elementary Education. Following graduation Sara married, and the couple moved to Mesquite, Texas, where she taught third grade for three years and worked on a Master’s Degree through Texas A&M. Sara says she absolutely loves teaching and being with children. She became a stay-at-home mom in 2002, when her oldest son was born.

The family moved to Raymond in 2003. Sara says, “We initially chose Raymond simply for its beauty and charm. As we met people in the area, we learned about the fantastic schools and knew this was where we wanted to settle and raise our family. My oldest son is now in Kindergarten at Raymond Elementary school, and my second son just turned two. I’m excited to get back into my profession on a new level starting in January of 2008. I plan to offer flexible, part-time childcare for children 2-5 years old weekday mornings from 9am to noon. My program consists of a safe environment filled with learning, literacy, creativity, and most of all fun. I just became certified as a Trust ME Caregiver through the state. Maine’s Care for ME is a joint project of Southern Kennebec Child Development Corporation and the Maine Department of Health and Human Services, and its purpose is to assure parents that their children are in a safe childcare environment. Parents can contact Care for ME in order to find quality, safe childcare.”

Sara is now accepting applications. Space is limited, so for more information or to schedule a visit, please contact her at 655-3996 or schilds76@maine.rr.com. Sara says, “I am truly excited to offer my services to the community of Raymond and to help prepare your toddlers/ preschoolers for school.”

Cardboard Recycling

The Town of Raymond recycles corrugated cardboard at the District II Fire House/Public Works Garage on Webbs Mills Road. Because of limited space, it is imperative that you break down the boxes left at the site. If you leave the boxes without breaking them down, you may be charged with littering.

New Bulky Waste Stickers Needed

Beginning January 2008 in order to deliver refuse to the Lake Region Bulky Waste Facility you will need a new round yellow vehicle window sticker. You can pick up your sticker at the Town Office at no charge.

You can still use your 2007-2008 green coupons with or without a new window sticker. However, if you run out of coupons, you will need a new sticker to get the town rate.

Giving Thanks in Raymond

By Leigh Walker, Raymond Village Community Church Missions Committee

Andy Morrison and I were blessed enough to help coordinate the Thanksgiving Basket program in Raymond this year through the Raymond Village Church on Main Street. It was truly a community event. Perhaps it has always been, but we were more aware of how so many organizations and individuals come together to assist those who need some extra help at this time of year. With the support of this giving community, we were able to fill over 50 boxes of food, including turkeys!

While there are too many people to list all the names, we do want to recognize some of the groups that gave so generously. Dielectric and its employees donated over 20 turkeys and many, many boxes filled with food. The Boy Scouts, Girl Scouts and the Raymond Elementary School collected boxes upon boxes of food, as well. Christ Chapel donated over 15 turkeys and boxes of food. There were also many donations from the Lake Region Baptist Church and the tireless effort of Pastor Elmer Young, who runs the Raymond Food Pantry. All of these donations were channeled through the Raymond Food Pantry and ultimately arrived at the Raymond Village Church for packing up. Andy and I were also able to meet several wonderful people from Christ Chapel and the Lake Region Baptist Church and work side by side with them as we packed and distributed the baskets over the Sunday and Monday before Thanksgiving. We had donations from the Catholic Church, Our Lady of Perpetual Help, in Windham, and so many, many more people I don't even know. Finally, we had the wonderful contributions from our congregation from the Raymond Village Community Church in both food and manpower. Without them, we would not have been able to accomplish what we did.

On behalf of Andy and me, I would like to thank all of you for a job well done. Many families have had a more blessed Thanksgiving as a result of all your donations and support. We hope you all had a wonderful Thanksgiving, too.

Higher Education Tuition Break for Maine Residents

Rep. John Robinson Reminds Parents and Students of the New England Board of Higher Education's Tuition Break for Maine Residents

State Rep. John Robinson (R-Raymond) is pleased to provide new information on the New England Board of Higher Education's Regional Student Program (RSP) for college-bound students and their families, particularly those students who wish to pursue degree programs not offered by a Maine public college or university.

The RSP provides a significant tuition break to Maine residents when they enroll in approved degree programs at public campuses in Connecticut, Massachusetts, New Hampshire, Rhode Island and Vermont.

Since 1957, the RSP has helped thousands of Maine residents to afford their college education. During the 2006-2007 academic year, approximately 650 residents were enrolled as RSP students. Full-time RSP students from Maine saved an average of \$7,850 each on their annual tuition bills last year.

In addition to helping students and their families save thousands of dollars in college tuition, the RSP also saves taxpayers millions of dollars by enabling the six New England states to share educational resources and avoid the duplication of costly academic programs.

The tuition-discounted programs, criteria for eligibility, and additional program policies are included in the 2008-09 RSP Tuition Break Catalog. Annual editions of the catalog are published in September and are distributed to all high school guidance offices and libraries, city and town libraries, state college and university admissions offices, state legislators, and to prospective students upon request.

Online, at www.nebhe.org, Maine residents can search lists of RSP majors by degree level or by institution, link to participating institutions' websites and view or download the annual catalog in PDF format.

Students and parents interested in the New England Board of Higher Education's Regional Student Program may contact Rep. Robinson's office in Augusta at 287-1440 to request more information.

Hebron Academy Announces Public Skating



Hebron Academy Director of Buildings and Grounds Mike Hughes, accompanied by Tim Scammon, looks over the newly painted seal on the ice of the school's Robinson Arena. The rink will be open for public skating on Sundays from 2:30 - 4:30pm, from November 11th through Sunday, March 2nd. The cost is \$2 for adults and \$1 for children age 12 and under. Parking is available in the arena lot off Route 119. For more information, call (207) 966-2100 or visit www.hebronacademy.org.

Sunday, December 16th, at 1pm
Faith Lutheran Church of North Windham
presents

Christmas in the Barn

at the Knight Barn
443 Sebago Lake Road (Route 237)
Gorham, ME

There will be a Christmas Pageant with live animals
and caroling.

FMI: call Jo at 671-2189

Winter Trash Pickup

Raymond is now on the winter schedule for trash/recycling pickup. Pine Tree Waste's trucks will continue to pickup on all public and town roads, and on private roads that have four (4) or more year-round residents. Those residents who live on private roads with fewer than 4 year-round residents should take their trash/recycling to the next town or state road.

Because of winter conditions making pickup more difficult, Pine Tree Waste would like to have all trash/recycling in appropriate barrels or recycling containers. They recommend barrels without attached lids but will empty all barrels used. They request that you put your barrels in plain sight and not behind snow banks. They will endeavor to replace the barrels and lids in about the same spot they found them, but keep in mind that snowplowing, wind, and other adverse conditions can move the barrels during the day.

If you have any questions, please contact Louise Lester, Town Clerk, at 655-4742 ext. 21, or e-mail louise.lester@raymondmaine.org.

Most materials that are not considered household trash can be taken to the Lake Region Bulky Waste Facility in Casco. New vehicle stickers (round yellow) can be picked up at the Town Office at no charge. The current vehicle stickers (rectangle dark brown) will be good until December 31st. Annually, coupons for 1,000 pounds of acceptable bulky waste paid for by the town are available at the Town Office for \$5. This year's color is neon green. Bulky waste disposal questions can be answered at the Town Office 655-4742 ext. 21 or at the Facility 627-7585.

Sebago Lakes Chamber of Commerce Ribbon-Cutting and Open House at Dog Gone Grooming

Dog Gone Grooming opened for business this summer at 1311 Roosevelt Trail in Raymond. To celebrate, owner Julie Chouinard recently hosted a well-attended Open House & Ribbon-Cutting event with the Sebago Lakes Region Chamber of Commerce. Pictured are Julie's assistant Allison Champagne (in dog suit); Iva Carroll of Norway Savings Bank; Raymond resident Deb McPhail of Evergreen C.U. with Molly and Max; Chamber Executive Director Barbara Clark; Julie's husband,



David holding Benjamin Champagne; Julie with her companion Emily; Tricia Zwirner of State Farm Insurance with Phoebe; Renee Pottle of Lender's Network; and Dale Southard of Tailfeathers Upland Store with his hound Jake.

Scout Leaders Devoted to Enriching Boys’ Lives

by Carol Meader

The Boy Scouts of America Oath states “On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.” The Law indicates a Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent.

I have had the privilege of knowing two outstanding Scout Leaders, men who live their lives by always putting others first. Jim Fisher and Sandy Winde are not just men helping others; they are the embodiment of the Boy Scout Oath and Law. The children of Raymond whose lives they have touched are beyond fortunate. I am especially grateful my sons have been able to enjoy the experience of Scouting and to learn from these two fine gentlemen.

Jim Fisher has been involved in the Scouting program in Raymond for ten years. Shortly after his oldest son joined Cub Scouts, Jim volunteered to be a counselor at a week-long day camp because he enjoys being involved in his sons’ lives. The following weekend, the two of them attended the infamous Fun Pack Weekend, a parent and son one-night sleepover at Camp Hinds, where the boys get to experience all aspects of Scouting and camping. Sitting around the campfire that evening, he was so impressed with the program that he asked how he could get involved. Within no time, he was a den leader and shortly thereafter, assistant Cub Master to Tom Wiley. He has been Cub Master for the last several years.

When reflecting back on his involvement over the past decade, he feels certain that he was chosen by God to do this duty. Despite not knowing how to perform the tasks involved in being Cub Master, he knew he had no choice. It was his calling and what he needed to do. He emphasizes that the kids are the driving force behind all the time he has devoted to Scouting. Seeing their faces as they accomplish objectives is extremely rewarding. He loves being recognized wherever he goes and having boys come up to him and call him by name. He considers each and every one of them his own child. It thrills him that these boys will be part of his life for a long time. Reflecting upon the differences he has noticed over the past decade, he hopes that parental involvement will increase and Scouting will be considered an essential part of growing up.

Not only has Jim dedicated countless hours to Scouting, he is also a baseball coach, sometimes coaching more than one team in a season. In addition to Scouting, coaching and raising three sons, he is very involved in his church.

Sandy has been involved with the Raymond Cub Scouting program for twelve years. Preferring not to be in the lime-light, he still has been a driving force behind the success of the program. When his son first joined, current leaders were leaving the program because their sons had advanced to the more independent study format of Boy Scouts. Their departure would leave the program without leadership, and it was feared that if people did not volunteer, the program would disband. Sandy was one of the very few people

who agreed to assume more responsibilities. Known as the backbone of the Cub Scouting program, there is nothing he has not done or will not do. He has held many titles, most currently Unit Commissioner and Chaplain.

As a boy, Sandy was very involved with Scouts. He achieved all ranks of both Cub and Boy Scouts and earned the highly coveted Eagle Scout rank two weeks before his 18th birthday, the deadline. On average, one out of every 100 Scouts will earn the prestigious ranking of an Eagle. Under his leadership, nearly ten Scouts in Raymond have received their Eagle Scout rank.

Sandy claims his success is due to the great mentors he had growing up. He was fortunate to have a devoted father and many other influential people in his life who taught him the importance of living life in the eyes of God. Also a baseball and soccer coach, he loves having the kids look up to him. He marvels at the feeling of having kids address him by name wherever he goes. Living on Main Street, he truly enjoys Halloween in the village, not for its more obvious and popular reasons, but because so many children come to his home and greet him by name. The relationship is such that being referred to as Coach or Sandy are appropriate, with no disrespect intended. Knowing he has had an impact on so many children’s lives is a feeling unmatched by others.

Sandy believes, whether Scouting, coaching or parenting, it is important to remember what it is like to be young. He has a Can-Do Attitude and believes you can do whatever you want to do. He emphasizes this with his own children as well as the many kids with whom he has had contact. He reminds them that when setting goals and attempting to accomplish them, some of the process will be fun but some will also be difficult. Sticking with your goal is important because the payoff will be very rewarding.

I was touched by a story Sandy shared regarding another dad in town. When this man brought his son to his first baseball practice many years ago, he saw a long-haired man standing on the field. Wanting the best for his son, the dad doubted Sandy’s ability to coach baseball. Later, this same father became involved in the church and again noticed the long-haired man who was very active there as well. When his son chose to join Cub Scouts, again the dad saw the long-haired man dressed in his den leader uniform. He could not believe how many ways this man was giving to the kids in this town, and he was humbled by how inaccurate his first impression was. This describes Sandy’s commitment and life attitude perfectly. Wherever you go, whatever you need, Sandy will be there helping with a smile.

Both men said they could not have done all they have with their lives without the love and support of their wives. In fact, they laughed and said both Kim and Kathy are not behind the scene, they are the scene. They are also extremely grateful for the support team surrounding them. As Cub Master, Jim says he highly depends on the entire network of parent volunteers to make Scouting a success. He recognizes how important it is to have their involvement, and he emphasized that their work is appreciated. Jim also raved about the Raymond community and stressed how he has always had incredible support from the town when running the program.

Cub Scouting is a comprehensive program, and managing

it requires total dedication from Jim and Sandy. Its purpose is to enrich the lives of the boys involved, while teaching them to be better citizens. It is a year-round adventure and includes weekly meetings centered on earning merit badges. Boys are exposed to countless activities including hiking, camping, conservation, community service, and lifestyle skills. They conduct bottle and food drives, sing Christmas carols at nursing homes, compete in the Pinewood Derby, and celebrate accomplishments at the Blue and Gold ceremony. Each year, the Scouts collect can tabs to support the Ronald McDonald House Charities. To help motivate the boys to collect the can tabs, a challenge is always made at the beginning of the year. If enough can tabs are collected and the goal is met, Jim and Sandy are required to do whatever was agreed upon. In the past, several interesting can-tab challenge consequences have occurred. The men have had to have haircuts, specifically Mohawks, dress in drag, compete in a pie-eating contest, sit in a dunk tank and many other uncomfortable tasks most of us would not even consider doing. Despite the discomfort and embarrassment, these men have endured the outcome of every challenge simply to delight the boys.

Sandy’s four boys are all Scouts, and his youngest will cross over into Boy Scouts in a few months. Jim has led his three sons through the program, with his youngest crossing over as well. This brings both Sandy and Jim to the end of a long, eventful journey. With nearly 25 years combined service under their belts and no sons of their own left in the program; they will no longer be running Pack 800. Their final pack meeting will be held in February, and it will undoubtedly be an emotional event. Many members from the community will attend, as we bid them farewell and thank them for their unmatched contributions. They hope others will step forward and keep Pack 800 strong. Although time-consuming and hard work, the benefits of guiding this group are plentiful and long lasting.

Speaking from personal experience, I know that Scouting can be a very important part of a boy’s life, as well as his family’s. I encourage anyone to find out more about Pack 800’s programs and about Scouting in general. Raymond’s Pack 800 is always eager to accept boys interested in joining the Cub Scouting program. This is a year-round family program designed for boys who are in the first through fifth grades (or 7, 8, 9, and 10 years of age). Parents, leaders, and organizations work together to achieve the ten purposes of Cub Scouting, which are:

- 1. Character Development
- 2. Spiritual Growth
- 3. Good Citizenship
- 4. Sportsmanship and Fitness
- 5. Family Understanding
- 6. Respectful Relationships
- 7. Personal Achievement
- 8. Friendly Service
- 9. Fun and Adventure
- 10. Preparation for Boy Scouts

This is a fabulous program, and all age-appropriate boys are encouraged to join. Please contact Jim Fisher at threefisherboys@aol.com for more information.

Are You “Up to date”?

Does your town department or organization have webpages on the Raymond website?

Be sure your organization’s meetings and events are up to date on the Raymond website’s Events Calendar and review your organization’s webpages to see if all the information is current. The webmaster regularly receives inquiries about outdated or lack of information for a variety of things; people are visiting the website, so staying current ensures they’ll return again.

If you need assistance or have questions, contact: webmaster@raymondmaine.org. There are a small number of us working at maintaining webpages, so additional volunteers with web editing experience are welcomed.



Christmas Concert

FA-LA-LA-LA-LA LA-LA-LA-LA!

Celebrate the holidays in song with us! Sunday, December 9th, at 4pm, the Casco Village Church United Church of Christ will host its annual “CHRISTMAS CONCERT.” Come and be serenaded by the Casco Village Church Choir, with Director Eugene Long and accompanist Lynn Foss. There will be refreshments and a good will offering. Ring in and sing in the holidays at the Casco Village Church United Church of Christ, Route 121 in Casco Village!

Advent Celebrations
Raymond Village Community Church
United Church of Christ

27 Main Street
www.rvccme.org
ALL ARE WELCOME!

December 2nd – First Sunday in Advent (10am)

Hanging of the Greens Service followed by All-Church Potluck Brunch and caroling at noon throughout the Village in a horse drawn wagon.

December 9th – Second Sunday in Advent (10am)

Worship includes the Lighting of the Advent Wreath, Communion, and a St. Lucia Procession.

December 11th – Candlelight Vespers Service (7pm)

A quiet and contemplative service of carols, Scripture, and other readings to help everyone heal where it hurts and to take hold of all that Advent is meant to be. Please bring a small stone.

December 16th – Third Sunday in Advent (10am)

Worship includes the Lighting of the Advent Wreath and a Christmas Pageant with the children and youth.

December 23rd – Fourth Sunday in Advent (10am)

Worship includes the Lighting of the Advent Wreath, special choral music with trumpet accompaniment, and favorite Christmas carols. A birthday party for Jesus during Refreshment Time will follow.

December 24th – Christmas Eve

Family Candlelight Service at 4:30pm followed by cookies and hot cocoa in the Vestry. The choir will sing as we re-tell the story of the Nativity.

Candlelight Service at 11pm with carols, readings, and communion. This is a quietly beautiful way to usher in Christmas Day.

December 30th – First Sunday after Christmas (10am)

Worship with Christmas carols and a chance to bid good riddance to the best-for-gotten parts of 2007, so that we can embrace 2008.

Chamber Director Named
State Executive Director of
the Year

The Greater Bridgton Lakes Region Chamber of Commerce Board of Directors proudly announces that Chamber Executive Director Mike McClellan was recently named Maine Chamber Executive of the Year by the Maine State Chamber of Commerce at their October annual dinner. Mike was noticed for his hard work, tenacity, leadership and integrity by the state organization. This award was presented at the Bangor Civic Center and attended by GBLRCC Board members and State Chamber members and featured a keynote address by former governor Angus King. It was noted that for the first time in the eleven year history of the award, other chambers nominated the winner, as well as his own board.

The Greater Bridgton Lakes Region Chamber of Commerce Board nominated their Executive Director due to his work at creating a team approach to marketing the region, his successful efforts in improving communication among Chamber members and the community, and for the growth the Chamber has realized under his leadership. The Greater Bridgton Lakes Region Chamber of Commerce serves thirteen western Maine communities and provides a variety of local events that benefit economic development in the Lakes Region, including the Musers Bowl Winter Carnival, the Lakes Brew Fest and the Maine Blues Festival.

Congratulations to Mike for receiving this prestigious award and for a job well done.

Free Gift Wrapping

Members of the Monday Bible Study at the Lake Region Baptist Church would like to offer a gift to the community by wrapping gifts for our friends and neighbors in Raymond for FREE.

Date: December 15, 2007

Time: 1-4pm

Where: The church is located on Route 302 across from the Fishermen's Net.

If we do not see you, we wish you a blessed holiday season.



Raymond Village
Community Church, UCC
Main Street, Raymond, Maine

Christmas Fair

Saturday, Dec 1
8am – 1pm

- Handmade crafts
- Homemade baked goods
- Children's shopping room
- Cookie Walk
- Jewelry and other gifts
- Maple Syrup
- Attic room (books & toys)
- Snowflake Afghan raffle (\$1 each or 6 for \$5)

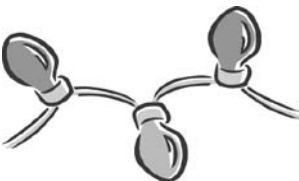


Correction: an incorrect photo of the "Snowflake Afghan" was provided for the November Raymond Road Runner, above is the photo of the actual afghan to be raffled.

Raymond Road Runner
Deadline Reminder

Articles for the January issue are due
Thursday, December 20th.

Best wishes for the Holiday
Season from the staff of the
Raymond Road Runner



Candlelight Christmas Eve Service
at Christ Chapel

"Come to the church in the woods"

37 Northern Pines Road
Near Crescent Lake in Raymond

Monday, December 24th, at 7pm
A special time for the whole family

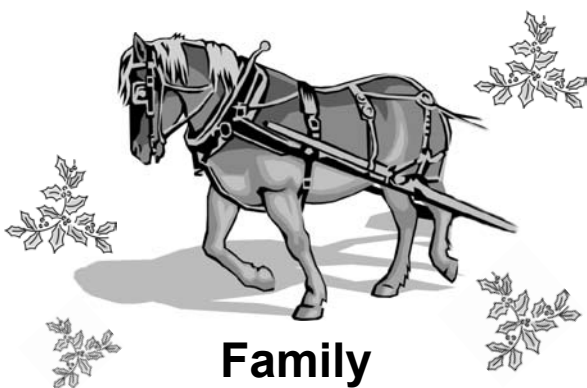
For more information, please call Jennifer at 655-5058

Need Christmas Planning Help? It's at Your Library!

The Raymond Village Library is just the place to find bountiful help to make your holiday season joyful and memorable. From new recipes to classic holiday movies, the library has the resources to minimize your stress over holiday planning and to maximize your enjoyment of the season.

Do you need?	Library Resources
New Recipes	Magazines or books, try: <u>An Edible Christmas</u> or <u>Christmas Time Treats</u> .
Hostess Gifts	Wonderful breads, coffee cakes and other goodies at the Library Bake Sale on Sunday, December 9th
Christmas Music	Music CDs with many classics, and including the Windham Chamber Singers.
To Simplify Christmas	Check out titles: <u>52 Ways to Make Christmas Simple</u> or <u>Unplug the Christmas Machine</u> .
To Write a Holiday Note	Word processing available on library's computer; printing only 10¢ a page; WI-FI available.
Decoration Ideas	Great samples in the library. Many books and magazines filled with pictures and ideas to decorate your home inside and out.
Children's Crafts Ideas	Books with terrific craft ideas to make with your children or grandchildren for decorations or for gift giving.
Stocking Stuffers	Books on sale, most for \$1 or \$2; jigsaw puzzles, too! Framed miniature art for \$5. Note cards \$2 -\$3. Some videos and audios also available.
Classic Tales	Reread Dickens's <u>Christmas Carol</u> or make a family tradition of Christmas Eve reading of Dr. Seuss's <u>How the Grinch Stole Christmas</u> .
Some Special Family Time	DVD and VCR movies to enjoy together: a nice selection of both family and children's movies.
To De-stress	Comfortable chairs to just sit in and forget the hectic world for a while; treat yourself to a no-stress visit to the seasonally decorated library in its welcoming atmosphere.

Your Library. Your Resource. Let us help make your holiday great!



Family Christmas Caroling in the Village

Ride in a horse-drawn wagon leaving at noon from the parking lot of the Raymond Village Community Church

27 Main Street
Sunday, December 2nd
12–1pm

Sponsored by
Raymond Village
Community Church
(United Church of Christ)
www.rvccme.org

What to Do with Household Hazardous Waste

If you have any of the following items to dispose of, Raymond has made arrangements with AVCOG to take them at Western Maine Environmental Depot, 424 River Road, Lewiston, www.avcog.org or 207-783-9186. AVCOG is open the 1st and 3rd Saturdays, April through November, from 8am to noon except holiday weekends. The cost is \$27 per unit of up to 5 gallons of liquid waste or up to 20 pounds of dry waste; or a combination of liquid and dry waste (for example, 2 gallons of liquid and 10 pounds of dry). It also includes up to 5 fluorescent bulbs of any size and shape in addition to the above liquid or dry wastes. A smoke detector may be substituted for one gallon of waste or if brought separately has a disposal cost of \$5.

Please pack materials in original, secure containers if possible. If original containers are leaking, place in plastic bag, and or corrugated box.

For safety and insurance purposes, please remain in your vehicle when at the facility.

This list is what you can bring but are not limited to (for more information call 783-9186):

- Oil based paints and varnishes
- Flammable resins & adhesives
- Non-processable paints
- PCB Contaminated RCRA materials
- Pesticides/Herbicides/Poisons
- Corrosives/Oxidizers
- Aerosols
- Consolidated Organic Liquids
- Antifreeze
- Ni Cad Batteries (not regular household batteries)
- Mercury items i.e. switches, human thermometers
- Reactives/Dioxin Forming materials
- Non-regulated materials
- Fluorescent light tubes

If you have any questions, please contact the Town Office at 655-4742 ext. 21, or louise.lester@raymondmaine.org

JSMS Annual Fall Festival

By Randy Crockett, Principal

Jordan-Small Middle School held their annual Fall Festival on October 31. Students participated in the pumpkin relay, tug of war, capture the flag and a scavenger hunt. The activities were preceded by a one hour advisory session dealing with the topic of responsibility. “High Five” winners were also selected from students who have been recognized by their teachers for modeling the Raymond School District Core Values. The PTO provided a healthy snack for all the students.



Hebron Academy 7th Graders Get Rocked

By Christine Hemmings, Hebron Academy Middle School Office Administrator

The Hebron Academy Middle School 7th graders recently traveled to Bumpus Mine in Albany Township for a field trip. Seabury Lyons of Bethel Outdoor Adventure led the two-hour guided tour.

The tour started out with Mr. Lyons talking about the geology and mineralogy of the area as he passed out examples to the students. They all donned hard hats and explored two of the caves where for years feldspar was mined. The students were shown how to look for rose quartz, black tourmaline, and beryl, which is used for aquamarine. In fact, the largest piece of beryl ever mined was from Bumpus Mine, and it now sits in the Museum of Natural History in New York City. Seventh grade science teacher Cindy Reedy said, “This field trip was fun and educational from the start. Using simple and understandable analogies, Mr. Lyons clearly explained the complex geological history of the area and enthusiastically described the workings of the Bumpus Mine with memorable anecdotes.” She went on to say, “The students were so engaged that they didn’t want to leave when it was time to go!”

For more information about the Middle School, interested families should check the Middle School section of the

Hebron Academy website at www.hebronacademy.org. For more information about Bethel Outdoor Adventure, visit www.rocksmebiz.



(front, l-r) Patrick Shelley (Poland), **Brad Geismar (Raymond)**, **Rosalyn Moisan (Raymond)**, Joshua Hews (Poland); (back, l-r) Science Teacher Cindy Reedy (Norway), Tour Guide Seabury Lyons (Bethel), Samantha Futch (Minot), Kolby Robichaud (Norway), Sydney Randall (New Gloucester), **Adria Hughes (Raymond)**, Samantha Clark (Lewiston), **Cassidy Gaudet (Raymond)**, Brendan Landry (Lewiston), Zachary Oja (Bethel), Robert Berube (Poland)

Mentoring’s Fall Splash

By Christina Lamarre

Mentoring has had a very successful fall! We have 11 pairs currently active, with hopes of 3 new pairs starting shortly. We are so pleased with the young adults who have stepped up and become mentors, both high school and college age. They have so much energy! Pairs kicked off the year with a horseback riding experience at Serendipity Farm. Other activities have included pumpkin carving and swimming, as well as individual projects and activities such as hiking and scrapbooking. Families of mentees, mentors and staff recently enjoyed a spaghetti dinner together, catered by The Good Life Market, who generously donated the coffee for the 75 people attending.



Amy and Tiffani carving pumpkins.



Kellie and Jakayla enjoying the pool party at Colonial Mast.

The Kids 2 Kids program is also off to a great start this year with 13 7th and 8th graders signing up to become mentors to elementary school students once per week for the school year. The mentors participated in approximately 15 hours of team building and training,

including a low ropes course at Camp Hinds, to prepare them for being matched with their little buddies.

Have you ever thought about becoming a mentor? We have many more children who could benefit from a mentoring relationship. Did you know that national research on mentoring shows that youth who meet regularly with their mentors are:

- 52% less likely than peers to skip school
- 46% less likely to start using illegal drugs
- 27% less likely to start drinking
- 33% less likely to engage in violence
- more trusting of their parents/guardians and less likely to lie to them
- feeling more supported and less criticized by their peers and friends

(from Making A Difference: An Impact Study of Big Brothers/Big Sisters, Philadelphia PA: Public/Private Ventures Report. November 1995)

If you would like to find out more, please contact Christina or Candace at 655-8672 ext. 107, via e-mail at mentor@raymondmaine.org, or check out our new website at mentoring.raymondmaine.org (do not type in www. before the address). You can also access this site under community organizations from the Raymond town website.

Happy Holidays!

Jordan-Small Middle School Career Day

March 27, 2008

Jordan-Small is planning a career day for Middle School students on March 27th, and we need your help!

If you (or someone you know) would be willing to share information about what your job is and how you got the skills needed to do your job, please complete this form and return it to Lynn Davis at JSMS or e-mail her at ledavis@raymondmaine.org

Name: _____

Phone: _____

Occupation: _____

Tell us a little about your work: _____

I would be interested in (check all that apply):

☐ Participating in a panel discussion with others

☐ Giving a presentation related to my job on my own

We would like to offer job shadowing to our students in the future. Is that something you would consider participating in?

☐ YES ☐ NO

