**In This Issue**

- Open Space Workshop
- Town Office Holiday Schedule
- Help Raymond Pick up Your Trash and Recycling
- Sand/Salt Available at Plains Road Facility
- Raymond Rabies Clinic
- Road Runner Articles

**Open Space Workshop**

**Wednesday**

December 5, 2007, 6:30pm
Jordon-Small Middle School Cafeteria

A high priority policy for Raymond is “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 Cox (Raymond’s conservation 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.

**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.

**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 7pm 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.

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**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.

To learn more about what’s new in Raymond, visit our website at: http://www.raymondmaine.org

**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

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

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 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@raymond-maine.org

Most materials that are not considered household trash can be taken to the Lake Region Bulky Waste Facility in Casco. Ve- hicle 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 $0.50/each except brush and round wood at $0.25/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.
**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 Fluney 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 Branch, 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.

**December 2007 Events and Meeting Schedule**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>FB=Fire Barn</td>
<td>SG=Sheri Gagnon</td>
<td>10:00AM VL</td>
<td>7:00AM - 8:00PM JS</td>
<td>10:00AM VL</td>
<td>9:00AM BC</td>
<td>1</td>
</tr>
<tr>
<td>JS=Jordan-Small</td>
<td>TG=Town Garage RT85</td>
<td>Library Babytime</td>
<td>ELECTION DAY</td>
<td>Library Toddlerlime</td>
<td>Beautification Committee</td>
<td>7</td>
</tr>
<tr>
<td>VC=Kokatosi Campground</td>
<td>TH=Town Hall</td>
<td>11:00AM VL</td>
<td>7:00PM BC</td>
<td>Selectmen's Meeting</td>
<td>7:00PM JUS</td>
<td>8</td>
</tr>
<tr>
<td>PS=Public Safety Bldg.</td>
<td>VL=Village Library</td>
<td>Library Preschool Storytime</td>
<td>Library Toddlerlime</td>
<td>Nonfiction/Classics Reading Group</td>
<td>Conservation Commission Workshop</td>
<td>9</td>
</tr>
<tr>
<td>RE=Raymond Elementary</td>
<td>VC=Village Church</td>
<td>Library Toddlerlime</td>
<td>Session I</td>
<td>Session II</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>CL=Casco Library</td>
<td>VT=Village Tennis</td>
<td>Library Toddlerlime</td>
<td>7:00PM VL</td>
<td></td>
<td></td>
<td>11</td>
</tr>
<tr>
<td>TBD=To Be Determined</td>
<td>BC=Broadcast Studio</td>
<td>Library Toddlerlime</td>
<td>Session II</td>
<td></td>
<td></td>
<td>12</td>
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<tr>
<td>2</td>
<td>3</td>
<td>4</td>
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<td>31</td>
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</tbody>
</table>

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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

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3. New business:
   a. Discussion of proposed financial management poli-
      cies – Finance Director Nancy Yates.
   b. Resignation from Budget Finance Committee
      – Brandon Milton.
   c. Proclamation implementing federal National
      Incident management Systems (NIMS) – Town
      Manager Don Willard.
   d. School consolidation information update – Select-
      men Joe Bruno.

DISCUSSION: Nancy Yates suggested the follow-
   ing areas for a stated policy: undisputed fund
   balance (surplus), borrowing, capital improvement
   program, and associated capital for those areas.
   Mr. Gendron and Mr. Willard talked about the
   definitions and possible poli-
   cies and goals. Mr. Willard noted that the goal for
   undisputed 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 finan-
   cial policy statement as written changing terminol-
   ogy 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: Lt. Governor Desjardins 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 in compliance with the Home Security
   directive.

VOTE: Unanimous 5-0

d. School consolidation information update – Select-
   men Joe Bruno.

DISCUSSION: Mr. Bruno explained that further
   work is becoming difficult because of the ques-
   tions 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 legis-
   lature 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 is recommending 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 Man-
      agers Association Conference (ICMA) Saturday,
      October 6th through Wednesday, October 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: Lt. Governor Desjardins motioned to approve
   the Payroll Warrant in the amount of $44,100.62.
   Seconded by Dana Desjardins.

VOTE: Unanimous 5-0

7. Adjournment.

MOTION: Mike Reynolds motioned to adjourn. Sec-
   onded by Dana Desjardins.

VOTE: Unanimous 5-0

ADJOURNMENT: Mark Gendron adjourned the meet-
   ing at 7:55 pm.

Louise H. Lester
Town Clerk

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 informa-
tion 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.raymondcare.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 local channel,
Channel 3 is the school channel. Our meetings are televised live and are taped
for future viewing. There is a calendar of meet-
ings on our website www.raymondcare.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 DVD
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. Chamber BlueOptions are three PPO
(preferred provider organization) plans with different deductibles and coinsurance levels, an HMO and a Health Savings
Account plan.

“The first time that a small business can offer its
employees five choices of health insurance coverage in one
plan,” says Dana Connors, Maine State Chamber President.
“Our healthcare Purchasing Alliance will provide new and
unique products to the small business marketplace, expand-
ing 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 all 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 1-800-321-4251 by clicking on the
“Find a Producer” icon at the Anthem website to find
an Anthem-appointed provider 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 given 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 BTU per dollar by multiplying

<table>
<thead>
<tr>
<th>Fuel Type</th>
<th>BTU/Unit</th>
<th>$/Unit</th>
<th>BTU/Dollar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kerosene</td>
<td>134,000/gallon</td>
<td>3.40/gallon</td>
<td>39,400</td>
</tr>
<tr>
<td>No. 2 Oil</td>
<td>140,000/gallon</td>
<td>3.00/gallon</td>
<td>45,000</td>
</tr>
<tr>
<td>Electricity</td>
<td>3,413/kWh</td>
<td>0.65/kWh</td>
<td>57,000</td>
</tr>
<tr>
<td>Propane</td>
<td>91,600/gallon</td>
<td>2.60/gallon</td>
<td>35,400</td>
</tr>
<tr>
<td>Coal</td>
<td>27,800/ton</td>
<td>100/ton</td>
<td>120,000</td>
</tr>
<tr>
<td>Hardwood</td>
<td>24,000,000/ton</td>
<td>200/ton</td>
<td>93,000</td>
</tr>
<tr>
<td>Wood Pellets</td>
<td>36,000,000/ton</td>
<td>250/ton</td>
<td>144,000</td>
</tr>
</tbody>
</table>

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:

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

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. Somewhat 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.

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
Published with the permission of the Cumberland County Cooperative Extension

2007 All proceeds go to “care” packages for soldiers serving in Iraq. Come join us for a fun event!!
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 Damson 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

<table>
<thead>
<tr>
<th>ITEM</th>
<th>BOX SIZE 2/5 Bushel</th>
<th>BOX SIZE 4/5 Bushel</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Small No. Ordered</td>
<td>Large No. Ordered</td>
</tr>
<tr>
<td>Navel Oranges</td>
<td>19.00ea</td>
<td>27.00ea</td>
</tr>
<tr>
<td><em>New</em> Tangelos Oranges</td>
<td>19.00ea</td>
<td>27.00ea</td>
</tr>
<tr>
<td>Pink Grapefruit</td>
<td>18.00ea</td>
<td>26.00ea</td>
</tr>
<tr>
<td>Mixed Box, Oranges &amp; Grapefruit</td>
<td>22.00ea</td>
<td>(N.A.)</td>
</tr>
</tbody>
</table>

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 Webb’s 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@raymonddmaine.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 in our chest 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 down into 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. 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 shoulder and arms, down through your elbows and forearms, into your wrists and your fingers and tips. 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/equipetypes.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.
Raymond Welcomes South Korea’s Kim Na Hya

It is my pleasure to introduce Miss Kim NaHya, an intern who will be working with Mrs. McKee for the entire academic year. Recognizing the many benefits of having our students exposed to other cultures, Mr. Randy Crockett brokered the International Internship Program of Korea nearly two years ago. The program, which is of no cost to our schools but only benefits from the growing experience of our students, matches its interns with appropriate schools.

Miss Kim, who majored in English in college, chose to participate in the IEP 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 and experience with our students.

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 Mrs. Miss Kim for the next several months. The Nadeau home will provide an enriching environment where both Miss Kim and 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 embrace 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 kept quiet and students do not speak out or engage in conversations. She is adjusting to the concept of 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 school. I am confident she will be an asset, and all of us will learn a lot from her.
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 Hamary 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 these 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:
Girls on the Run, 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

### 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 $581,000 will be invested into our own communities (based on 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. Nezinscott 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
- FoodRoutes
- Farm to Table

### 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 around 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 fantastical 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 offer the program in my own home in the Raymond area.” 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 653-3996 or schildef76@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.”
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 a 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 who 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 2006-09 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.
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 be good 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 two days, 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, Jim feels certain that he was chosen by God to do this duty. Not only because of 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 their work is appreciated. Jim also raved about how important it is to have their involvement, and he believes how many ways this man was giving to the kids in their lives without the love and support of their wives. In the past, several interesting 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 twenty-five years combined experience and countless hours of time invested, they strongly believe the payoff will be very rewarding. 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 his 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 the only ones to be held behind the scene, they are the scene. They are also extremely grateful for the support team surrounding them. As Cub Master, Jim says he has to work 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 expressed 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. Boy Scouts 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 Pinewed Derby, and celebrate accomplishments at the Blue and Gold ceremony. Each year, the Scouting Council 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, the goal is met, Jim and Sandy are required to do whatever was agreed upon. In the past, several interesting 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.
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.

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.

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.
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.

<table>
<thead>
<tr>
<th>Do you need?</th>
<th>Library Resources</th>
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<tbody>
<tr>
<td>New Recipes</td>
<td>Magazines or books, try: An Edible Christmas or Christmas Time Treats.</td>
</tr>
<tr>
<td>Hostess Gifts</td>
<td>Wonderful breads, coffee cakes and other goodies at the Library Bake Sale on Sunday, December 9th</td>
</tr>
<tr>
<td>Christmas Music</td>
<td>Music CDs with many classics, and including the Windham Chamber Singers.</td>
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<tr>
<td>To Simplify Christmas</td>
<td>Check out titles: 52 Ways to Make Christmas Simple or Unplug the Christmas Machine.</td>
</tr>
<tr>
<td>To Write a Holiday Note</td>
<td>Word processing available on library’s computer; printing only 10¢ a page; WI-FI available.</td>
</tr>
<tr>
<td>Decoration Ideas</td>
<td>Great samples in the library. Many books and magazines filled with pictures and ideas to decorate your home inside and out.</td>
</tr>
<tr>
<td>Children’s Crafts Ideas</td>
<td>Books with terrific craft ideas to make with your children or grandchildren for decorations or for gift giving.</td>
</tr>
<tr>
<td>Stocking Stuffers</td>
<td>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.</td>
</tr>
<tr>
<td>Classic Tales</td>
<td>Reread Dickens’s Christmas Carol or make a family tradition of Christmas Eve reading of Dr. Seuss’s How the Grinch Stole Christmas.</td>
</tr>
<tr>
<td>Some Special Family Time</td>
<td>DVD and VCR movies to enjoy together: a nice selection of both family and children’s movies.</td>
</tr>
<tr>
<td>To De-stress</td>
<td>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.</td>
</tr>
</tbody>
</table>

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

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

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
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.rocksame.biz.

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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 to welcome 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.

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


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