

The Raymond Road Runner

A Raymond School District & Town of Raymond Publication
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POSTAL CUSTOMER

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At the holiday season it is appropriate to reflect upon the accomplishments and blessings of the past year. Without the many contributions and countless hours given by our civic-minded citizens, volunteers and employees, Raymond's present and future success would not be possible. ❄️

The Board of Selectmen would like to take this opportunity to thank everyone for all you have contributed to our community and wish you warm and happy holidays. ❄️

*Betty McDermott, Chairman - Mike Reynolds, Vice Chairman
 Mark Gendron - Dana Desjardins - Lawrence Taylor*

❄️ December 2005 ❄️



Build A Bear Gifts

Grace Peet, shown here with her older sisters Ilana and Leandra, was a recent winner in a Build A Bear sweepstakes. The Peet family generously donated six extra bears from the contest to the children of the Lukeville Upper Elementary School. We want to thank Grace and her three sisters Lexi, Ilana and Leandra for their kind donation and for sharing these special gifts with our friends in Louisiana.

Raymond School
 Department
 Winter Choral
 Concert
 Thursday
 December 8, 2005
 7pm
 Jordan-Small
 Middle School Gym

School Board Honors Reflections Winners

By Deb Cutten

Last year's State Reflections winners were honored and presented with certificates at a recent School Board meeting.

Pictured from left to right are: Taylor Duncanson (1st Runner Up for Photography Grade 6-8), Mary Beth Noonan (2nd Runner Up for Visual Arts Grade 3-5), Zoi Handy (3rd Runner Up for Photography Grade PreK-2), Gaia Cloutier (2nd Runner Up for Photography Grade 3-5), Cassandra Gordon (3rd Runner Up for Literature Grade 6-8) and Abigail Brockelbank (Overall Winner in Visual Arts Grade 6-8).

Winners Emily Gagne (4th Runner Up in Literature Grade PreK-2nd) and Alissa Drew (4th Runner Up in Music for Grades 3-5) were unable to attend the ceremony.

Presenting the awards were School Board President Deb Adams and Superintendent Sandra Caldwell.

The State and local Reflections programs are part of the National PTA Reflections program. The program provides opportunities for students to express themselves and to receive positive recognition for their artistic expression. Students are encouraged to create and submit works of art in four areas: literature, musical composition, photography and the visual arts.

We're very proud of these young representatives of our town and of all our students who are willing to put a bit of themselves into their art. Bravo!



Ms. Bottoms's Recognition

Ms. Ann Bottoms, second grade teacher at the Raymond Elementary School, was honored at the state banquet for Maine's Teacher of the Year. Her parents Elizabeth and Roderick Stinehour, Superintendent of Schools Sandra Caldwell, Principal Norma Richard, Board Chair Deb Adams and her daughter, Ellie, and colleague Janis Cummings joined her at the November 2 event at Colby College. Ellie Adams, a former student, eloquently introduced Ms. Bottoms at the ceremony. Ms. Bottoms's guests were delighted to share this special evening recognizing her as a Teacher of the Year finalist.



Road Runner Articles

Articles for the next edition of the *Road Runner* newsletter are due by December 15th. Please provide them by any of the following methods:

E-Mail; Diskette; Paper; CDROM

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 by subscription is available mailed to your winter home, a relative or to a friend? \$8.00 per year. Contact: Louise Lester, Town Clerk, 401 Webbs Mills Road, Raymond, ME 04071, 207-655-4742, x-21, louise.lester@raymondmaine.org

Principal's Report for December

By Norma Richard

Winter is right around the corner. At the Raymond Elementary School that means dealing with snowsuits, jackets, snow pants, boots, hats and mittens. At the Jordan-Small Middle School that means trying to get your students to wear a hat and coat during these winter months! All students should dress appropriately for the winter weather. I would like to remind parents to label all items of winter clothing because we want to make sure that all items are returned to their rightful owners. Our lost and found grows at both schools by leaps and bounds at this time of year, so please check the lost and found areas in the schools to locate lost items of clothing.

Students in grades K – 6 do have recess each day during the winter months unless the weather is so severe that all students remain inside. If children are too sick to go out for recess, then they would 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 for recess.

We 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 also require that children are fever-free for 24 hours before returning to school. If you have any questions about health issues, please contact our school nurse Jerilyn Ward.

The school cancellation procedures are published in the school handbook. To review, 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 (WPOR, WMGX, & WGAN) as soon as possible. School delays are

coordinated with the receiving school systems 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 that when school is canceled in Raymond, all afternoon and evening activities in our schools are also canceled.

We also want to remind parents that they should have notified the school in writing of alternate plans for early dismissal due to weather or other emergencies. We are unable to call parents at the time of dismissal to discuss alternate plans. Please be sure that your student knows in advance where he/she will be dropped off on any early dismissal days. Hopefully we will have an easy winter and stick to our regular schedule and school calendar.

I 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.

Palindromes Anyone?

SOS by ABBA was a hit recording with a palindromic title and artist. Palindromic album titles include Ole ELO by the Electric Light Orchestra

Thanks To All Of You Who Made Halloween A Spooktacular Time In Raymond

By Deb Cutten

I just love Halloween in Raymond! The individuals and organizations who so enthusiastically give of themselves to make Halloween fun and exciting for everyone should be applauded. The Raymond Villagers who decorate their homes for the delight and pleasure of all the Town's Trick or Treaters are so generous. The fact that so many of the Town's families come to the Village for Trick or Treat is testament to the allure of the elaborate decorations and the atmosphere of revelry on this haunting night of the year. One Village resident counted at least 500 costumed beggars who came through her doorway! The Raymond Village Library also provides blood chilling entertainment in the form of spooky tales told by RES librarian Deb Keef. And who can ever forget the Haunted House at Camp Hinds? Boy Scout Troop 800 and the Raymond Fire and Rescue must have spent hours and hours devising ways to thrill and startle us. I imagine our screams could be heard all the way across Panther Pond.

So on behalf of my family and other families in Raymond, thank you all!

Town Office Holiday Schedule

Christmas – Closed Saturday, December 24th

HAPPY HOLIDAYS!

December 2005

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	SG=Sheri Gagnon TG=Town Garage RT85 TH=Town Hall VL=Village Library VC=Village Church VT=Village Tennis MB=Modular at JSMS			1 6:30PM RE School Committee Meeting 7:00PM TH Cemetery Committee	2	3 3:00PM TH Zoning Board of Appeals deadline
4	5 10:00AM VL Library Babytime 7:00PM TH Budget Meeting	6 6:30PM-8:00PM VC BSA Troop 800 Meeting 7:00PM TH Selectmen's Meeting	7 10:00AM VL Library Toddlertime 10:45AM VL Library Preschool Storytime	8 7:00PM-9:00PM Planning Board Workshop	9	10
11 10:00AM Appeals Board Site Walk	12 9:00AM VL Library Board 10:00AM VL Library Babytime 7:00PM-9:00PM VC BSA Troop 800 Committee Meeting	13 6:30PM-8:00PM VC BSA Troop 800 Meeting	14 10:00AM VL Library Toddlertime 10:45AM VL Library Preschool Storytime 6:30PM RE Planning Board Meeting 6:30PM RE Budget Committee	15 ROADRUNNER DEADLINE FOR JANUARY ISSUE 7:00PM TH CPIC	16	17 3:00PM TH Zoning Board of Appeals deadline for December
18	19 10:00AM VL Library Babytime 7:00PM TH Appeals Board Meeting 7:00PM CL Raymond-Casco Historical Society Meeting	20 6:30PM-8:00PM VC BSA Troop 800 Meeting 7:00PM TH Selectmen's Meeting	21 10:00AM VL Library Toddlertime 10:45AM VL Library Preschool Storytime 7:00PM TH School Committee Meeting	22 7:00PM TH Cemetery Committee	23	24 TOWN OFFICE CLOSED for Christmas Holiday
25	26	27 7:00PM TH Conservation Commission	28 10:00AM VL Library Toddlertime 10:45AM VL Library Preschool Storytime 7:00PM-8:30PM VL Library reading group	29	30	31

Municipal News Brief

By: Don Willard, Town Manager

The Raymond Board of Selectmen took the following actions on Tuesday, November 1, 2005:

- 1) Presentation by Sebago Water Safety Watch – John Manoush. Kim Manoush represented her husband and spoke on behalf of the Sebago Water Safety Watch (SWSW) volunteer group. She outlined in detail the goals, priorities and progress made to date by this organization. In 2005 a partnership was formed between Raymond and the Town of Frye Island to provide a basic level of boating safety patrol presence between Raymond and the Island. Raymond furnished a boat obtained through Maine Surplus Property, and Frye Island provided the trained personnel to operate it. Many positive comments were received at the Town Office and by members of SWSW regarding the safe boating advisories issued by the patrol officers. Last year's pilot program was generally considered to be a success and did result in a diminished level of unsafe boating activities. Ms. Manoush requested that the Selectmen give consideration to continued support of this two-town safety initiative. During discussion it was noted that a significant number of Raymond citizens had written the Selectmen to support continuation of the program. In addition, eight interested citizens attended the meeting to show their support. The Selectmen instructed the town manager and fire chief to work closely with members of SWSW to develop a proposal for consideration as a part of this year's Selectmen and Budget/Finance Committee budget deliberations.
- 2) Lake Region Development Council Strategic Plan and activity overview – John Shattuck. Mr. Shattuck is the new Lake Region Development Council (LRDC) Director. He explained that the mission of the LRDC is to promote both community and economic development in our region. This past summer a new strategic plan was formed to a.) enhance the Route 302 corridor; b.) target high-yield job opportunities and provide information to businesses; and c.) provide specific consulting services to small businesses, which comprise approximately 80% of this area's job market. After the presentation the Selectmen expressed concerns over the level of recent involvement by the LRDC in Raymond economic development planning. Mr. Shattuck assured the Selectmen that more attention would be paid to the specific needs of each individual community within the lakes region. Although Raymond elected not to fund the LRDC in the current year budget, the town was invited to appoint a local representative in order to provide Raymond specific feedback on programs and activities. The town manager noted that in 2002 Raymond received a \$400,000 Community Development Block Grant with LRDC assistance for the extension of the Portland Water District waterline from Windham to Raymond to support economic development at EmbedTech on Route 302.
- 3) Liquor License Renewal – (Class XI Restaurant/Lounge) – Vincenzo Raggiani
EJR Properties d/b/a Montebello Ristorante, 1227 Roosevelt Trail. The town manager outlined that he had received no citizen or Sheriff's Department concerns related to a liquor license renewal for this establishment and that the requisite life safety and fire inspections have been satisfactorily completed by the Fire Department. A motion was made to approve a renewal liquor license for Montebello Ristorante, which was approved unanimously.
- 4) Bulky Waste Program update – Town Clerk Louise Lester reported that 1,053 coupon books had been sold for the town's new bulky waste management program. She requested that the Selectmen authorize an additional 947 booklets to be printed. The town manager noted that the program appears to be achieving its desired aim, which was to reduce the taxpayer subsidy of non-household generated bulky waste. A motion was made to print 500 more coupon books at this time and revisit the need for additional coupon book printing in the spring, if necessary. This motion was approved unanimously.
- 5) Old (unfinished) business. None.

6) Town Manager Report and Communications.

- a.) Executive Session - The Board of Selectmen reviewed the actions of the town manager in consultation with the town attorney in response to a citizen letter received by the Chairman of the Board of Selectmen from a Gore Road resident questioning the process by which a paroled kidnapper was prevented from temporarily residing in Raymond. The Selectmen, upon resuming regular session, announced that the town manager formulated a plan of action in consultation with the town's attorney and received feedback from each individual Selectman before proceeding with a plan of action to block this individual from residing in Raymond. This direction was taken given the town's lack of dedicated police coverage and the proximity of the Gore Road location to an adjacent day care facility. Due to the short window of time available for the town to object to the Department of Corrections plan, no formal Board of Selectmen meeting was held. This information will be communicated by letter to the citizen that made inquiry.
- b.) Mid Maine Waste Action Coalition (MMWAC) – The town manager announced that Raymond received a rebate check from MMWAC as expected in the amount of \$33,715. This check represents surplus operating revenues received and was based upon a distribution formula related to each individual member town's delivered tonnage.
- c.) Army National Guard – The town manager reported that he had received approval of the town's proposal for National Guard assistance with the construction of two possible municipal projects. The first project is to raise the level of the playing fields at Sheri Gagnon Park and install an improved drainage system. The second project is the construction of a pole barn storage facility to be located at the Plains Road Public Works site. Another non-municipal project approved for Raymond is the construction of a soccer field, which will also be made available for use by the town, at the Boy Scout facility located at Camp Hinds. If Raymond elects to accept the National Guard offer, the town's responsibility would be limited to obtaining necessary permits and the cost of materials as well as providing engineering design for the town's two projects. The National Guard, as a part of their annual training exercise, would furnish all labor. The Boy Scouts have agreed to house members of the National Guard at Camp Hinds for the duration of the construction project. Both town projects will require a local appropriation for materials to be considered during the fiscal year 2006/2007 budget deliberations, with final approval to be obtained at 2006 annual town meeting. If the town approves of the joint project with the National Guard, construction would occur over a three-week period in June 2006.
- 7) Approved Payroll and Appropriation Warrants dated November 1, 2005.

Due to the holiday printing schedule related to the change in Raymond Road Runner distribution via the Lakes Region Suburban News, the November 30, 2005, Selectmen Meeting news brief is not included in this issue, however, it will appear in the January 2006 issue.

Approved Selectmen Meeting minutes are available in their entirety by visiting www.raymondmaine.org or by request at the Town Office.

Greetings From The Title I Room

By Margaret Mains

We have some exciting news this year. The Title I program is expanding. Deborah Shaw joined us in October as the 2nd Literacy/Reading Recovery teacher. Then in November we were blessed with two very enthusiastic Title I Ed Tech III's, Ivy Jordan and Kimmerly Badgett. All three of the new Title I staff members come to us with a variety of skills and training in the area of phonemic awareness, writing, spelling, and math. Ms. Shaw and I will be working with the classroom teachers to support students so they will be able to meet the local and state standards in the areas of Reading, Writing, and Math. Of course, if they are supported in reading and writing it goes without saying that other content areas will be supported as well. Mrs. Jordan and Mrs. Badgett will be supporting Title I students within the classrooms most of the time, following the same curriculum that the other students are using. Teachers and students have already responded positively about the added support. Ms. Shaw and Mrs. Mains have been helping the kindergarten teachers assess their students in early Language skills. Mrs. Jordan will be joining them after the First Trimester as the Kindergarten teachers divide the students up into literacy groups to address specific skills for a half hour four days a week. These literacy groups were found to be highly successful-one of the highlights of the kindergarten program last year. If anyone in the community would like to know more about the Title I program or the Kindergarten Literacy Centers, please call Raymond Elementary School, ext. 135 or e-mail us, m.mains@raymondmaine.org.

Enjoy the holidays!

Life Alert - The Bug

By: Ronny Keeler, Raymond Paramedic

No, not the creepy crawly kind; the down for the count, runny nose, scratchy throat, all over feeling icky kind. The Common Cold or known in my family as the bug. Yup, it's that time of year again. Did you know in a course of a year the U.S suffers about one billion colds? * Adults average about 2-4 colds a year and children 6-10. If we were to take the population of Raymond at about 4,300 people in the winter and average the amount of colds children and adults have a year, we would find out that the Town of Raymond has about 25,800 colds a year. That's a lot of sick people. Of course we will always have the cold bug. But there are certain steps that can be taken to lessen the number of colds you have a season.



First and foremost the one that we all know we should do more of, WASH OUR HANDS!!!! That's right, but did you know that just washing them isn't enough? Most of the germs lie under the nail beds. A nail brush to one's nails when washing kills a significantly more germs than just water and soap. Also hand washing needs to last at least 30 seconds with a lot of antibacterial soap and warm water. If you are in a public bathroom, turn the water off with a clean paper towel; and also to exit the bathroom a clean paper towel should be used on the handle of the door. To add to one's prevention, you should minimize the times you rub your eyes, nose and touch your mouth in the cold season. These are all ways for cold germs to enter your



body. And when you feel a cough coming on, the best way to cover your mouth is not with your hand but to cough into the crook in your arm. It's better than coughing into your hand where germs can more easily be spread to others.

The condition of your immune system also has a lot to do with if you catch a cold and how long it takes your body to fight it. Diet and exercise are some factors in keeping your immune system healthy. Meats, poultry, dairy, fruits and vegetables should all be part of our daily food groups. Dr. Brasco on preventtheflu.com suggests that mushrooms, cod liver oil, and coconut oil also should be added to winter diets, for they all hold key ingredients for the boosting of our immune systems. Some herbs and spices that also are good for you are goldenseal, elderberry, oregano and horseradish. Of course before starting any new diet regimen, you should consult your doctor.

Another simple way to keep your body healthy in cold season is to simply take a daily vitamin. In the busy lives we lead there are days we don't always eat healthy, so taking a daily vitamin gives your body the essentials to get you through the day and gives your body the added protection it needs to keep you going this winter.

Last but not least we all need to get more sleep! This is not an easy thing to ask, I realize, but sleep is so important in keeping us healthy. So tape that next episode of Survivor and go hit the sack!!!

This winter season I wish you, the citizens of Raymond, good luck in keeping the cold bug at bay. You are now armed with some preventative information so that hopefully you can squash the bug before it takes hold of your immune system and you'll have a healthy, happy winter.

- www.preventtheflu.com
- www.niaid.gov

Pine Tree Math League Results

By Jack Fitch

On November 16 the 6th, 7th, and 8th grade math teams successfully competed in the first Pine Tree League math meet of the year.

In the individual competition Molly Cloutier finished 1st in 7th grade competition, and Tim Morris and Patrick Lachance tied for 1st in the 6th grade competition.

In the team events our 6th graders finished first, our 7th graders finished first, and our 8th graders finished second.

In the school standings our 6th, 7th, and 8th grade team finished 2nd for the day. Our trophies will be on display in the main office.

The 6th grade team members were: Rob Cave, Jenna Richardson, Tim Morris, Patrick Lachance, Lindsey Hughes, and Sarah Small.

The 7th grade team members were: Josh Christy, Jenna Martyn-Fisher, Beth Shively, Molly Cloutier, Drew Gagnon, and Alex O'Neill

The 8th grade team members were: Emily Dodge, Katie Lentine, Caroline Blake, Zac Knights, Devin McKenzie, and Haley Desjardins

Congratulations to all team members for a great math meet.

'Tis The Season For Increased Teen Alcohol Use

by Steve Danzig, LSW, LADC

According to statistics published by the Maine Office of Substance Abuse, the number of teenagers using alcohol for the first time is among the highest in the months of December and January. Perhaps this is because parents are caught up in the hustle and bustle of the holiday season preparations and therefore aren't keeping as close an eye on their teens. Perhaps it is because families have more alcohol in the house for their holiday entertaining making it easily accessible to their teens. Perhaps it is because teens have a long school vacation with more free unscheduled time on their hands when they can more easily get into "trouble". Or perhaps it is a combination of ALL of the above reasons. Who knows? Why these are the higher risk months is unimportant. What is important is that you be aware that once a teen has tried drinking, they are more likely to do so again, especially if no negative side effects were experienced during their first try.

Unfortunately, the statistics also tell us that parents are often unaware of when their teen is using alcohol. In 2002, 65% of teens reported using alcohol in their lifetime but only 17% of their parents thought their teens had ever engaged in that type of behavior. Furthermore, when asked about their recent use, 38% of teens said they drank in the past month while only 2% of their parents thought that they did.

So now that you know your teens are at greater risk for drinking in the next few months, you are probably wondering how you will know if they are. Here are a few tips:

- Ask your children where they are going, who they will be with, and what their plans are. Most importantly, don't be afraid to check up on what they tell you.
- Be suspicious of subtle changes in behavior such as sleeping, eating, change of friends, and/or elaborating on details of their activities that seem insignificant.
- If you suspect your son or daughter has been drinking, ask them. Surprisingly, many kids will tell the truth when asked directly. If you suspect your teen is lying about their alcohol consumption, it may mean that they are simply avoiding a lecture/being grounded from you but it could also mean that they are trying to hide a very real problem. Trust your parental instincts and know that there are therapists specializing in alcohol/drug counseling that can help you and your family with this issue.

The 122nd Maine Legislative Session Information can be viewed at <http://janus.state.me.us/legis/session/>



Public Skating

By Kristin Cheek, Hebron Academy

Hebron Academy Director of Buildings and Grounds Mike Hughes, Tim Scammon, and Ron Brooks look 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 13th through Sunday, March 5th. The cost is \$2 for adults and \$1 for children age 12 and under. For more information, call (207) 966-2100 or visit www.hebronacademy.org.

For more information, contact Susan R. Geismar, (207) 345-9754 or Kristin Cheek, (207) 966-2100, ext. 340

The Upcoming Second Regular Session Of The 122nd Legislature

The Second Regular Session of the Maine Legislature will convene on Wednesday, January 4, 2006. As the Legislative Session approaches, I want to take time to update several legislative items I have been working toward. The Second Regular Session of the Legislature is limited by the Constitution of Maine to budgetary matters, Governor's legislation, emergency legislation, which must be approved by the Legislative Council, legislation relating to authorized studies, and legislation submitted by direct petition.

Ideas for bills come from many different sources: legislators, legislative committees, study groups, lobbyists, public interest groups, the Governor, and individual citizens. In some cases, the person or group requesting the legislation may have already drafted the bill. In most cases, however, the legislator turns to a legislative staff office for bill drafting assistance. All legislation, regardless of where initially drafted, is processed and prepared by legislative staff in The Office of Revisor of Statutes. The Legislative Council establishes deadlines and procedures for introduction of bills in the Second Regular Session. The cloture date for the 2nd Session was Oct 7th.

I have submitted three pieces of Legislation currently pending the approval of Legislative Council:

An Act to Exempt Military Pensions from Maine State Income Tax. The typical military retiree does not necessarily meet the traditional definition of a retiree. Our servicemen and women will leave the military on average between 40-45 years old. They will enter the civilian workforce and contribute to that workforce for another 20 years or more. We continually read articles about the aging of our work force, the problems created by the departure of large portions of our college graduates from the State, and the technical skills required by modern industry that are not necessarily available in large enough numbers to satisfy current businesses or attract new ones. We believe that the future military retiree population is tailor-made to respond to those work force issues. This legislation will help encourage military retirees to come to Maine. Currently Maine is one of only 15 states that tax military retirees' pensions. It is time we do away with this tax and encourage these highly skilled workers to come to Maine.

An Act to Allow Digital Phone Service to Customers in Rural Areas. Many rural communities suffer from a lack

of technology that many of Maine's larger urban areas take for granted. In the case of digital phone service, our community has the technology through Time Warner, but due to past Public Utilities Commission rulings which set aside certain communities for small independent phone services such as Raymond's provider FairPoint, the digital phone service isn't offered. The unfortunate consequence of this policy is that it has constricted new technologies from entering rural communities, thereby hurting local business that can't bundle services at a lower cost. Individual users are restricted from accessing services as well, such as the new digital phone system. Urban areas take hi-tech bundling for granted, while rural communities often struggle to receive the most rudimentary technologies. It is time we do away with these restrictions and open the rural markets to these technologies.

An Act to Protect Small Payroll Processors. The relationship between business and payroll services usually involves a payroll processor that prepares paychecks for employees. Almost all services will also prepare an employer's payroll tax returns and make payment of the related taxes with the Internal Revenue Service and the State of Maine. The previous Legislature passed a bill that required payroll processors to purchase a surety bond to protect against the monies being stolen by unscrupulous processors. Unfortunately the required surety bond didn't exist in the marketplace nevertheless, it was required by the new State law. This legislation has made it nearly impossible for many of the small Maine owned processors to meet the requirements, the result being that 30-40 small Maine businesses employing several hundred Maine workers are on the brink of being legislated out of their business. One of these businesses is located just down Route 302 in Windham. This issue having come before my committee Business, Research, and Economic Development, Senator Diamond and Windham Representatives Bryant and Plummer asked for my input and participation. We all worked closely with the Office of Consumer Credit Regulation within the Department of Professional and Financial Regulation to craft new legislation which would help these 30-40 small Maine businesses find an affordable surety bond, The Finance Authority of Maine will offer the needed surety bond as FAME currently offers similar financing to a number of other small Maine industries and was a natural fit for these small businesses. This bill will help ensure that hundreds of Maine employees won't be legislated out of business.

As always please feel free to contact me on these or any issues. It is my honor to serve the people of Raymond.

Representative John C. Robinson

Bulky Waste Coupons Available

Since the new bulky waste program has been so successful, the Board of Selectmen has authorized another 500 coupon booklets be produced. The 2005-2006 bulky waste budget was reduced significantly, and the homeowner will now have to be responsible for the cost of their bulky waste over 1,000 pounds.

If you are a homeowner who has not yet bought your 2005-2006 coupon booklet, you can now obtain one at the Town Office. Each household will be allowed one (1) coupon booklet a year for \$5 which entitles the homeowner to deliver 1,000 pounds of bulky waste to the facility.

The **new brown windshield stickers** will continue to designate Raymond taxpayers as such. When a resident has delivered more weight than the ticket allows, they will pay the overage at the Lake Region Bulky Waste Facility gate at a rate of \$.05 per pound for all acceptable materials and \$.025 for brush and round wood. In order to gain access to the Lake Region Bulky Waste Facility, it is necessary to have a brown sticker on your vehicle.

There will be no Day Passes issued, but the coupon booklet holder will be able to allow someone else to use his/her coupons for Raymond bulky waste deposit. If they don't have any coupons, commercial haulers will pay for their deliveries at \$.10 per pound. When a resident has delivered more weight than his coupons allow, he will pay the overage at the gate at the Raymond level of \$.05/\$.025 per pound. When a resident exhausts his coupons, he must pay at the gate.

When the 2005-2006 bulky waste budget has been exhausted, everyone who doesn't have any coupons will have to pay at the gate. If he is a Raymond taxpayer, he will be charged \$.05/\$.025 per pound but if not, he will be charged \$.10 per pound.

At this time the following items can be delivered without cost if they are not in a mixed load: metal, car batteries, and uncontaminated motor oil.

Items which have an added charge of \$5 each are refrigerators or freezers with the doors still on, porcelain fixtures with hardware, and car tires which still have their rims.

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

Medicare Prescription Drug Program Coming

By Senator Bill Diamond

Effective this past November 15, enrollment in Medicare prescription drug plans opened for anyone who is currently a beneficiary of the Medicare program. It is important that you have all of the facts on the available plans which have been approved by the Medicare program.

On Saturday, November 12, I, along with the help of Rep. John Robinson and the two Windham Reps. Mark Bryant and Gary Plummer, organized an informational meeting at Windham High School to help Medicare recipients learn more about their options as they pertain to the Medicare prescription drug plans. Larry Gross, Executive Director of the Southern Maine Agency on Aging (SMAA), gave an informative presentation to nearly 300 people who attended the meeting. Many people were able to get useful information and others learned that they have circumstances which will require even more information before they can choose the appropriate drug plan.

There are facts to consider which will be helpful when you are ready to choose the plan which is best for you. The SMAA provides many suggestions which should be considered.

It's important to know that 18 insurance companies are available and licensed to sell Medicare prescription drug coverage in Maine. Altogether they have a total of 41 different plans among them. According to the SMAA the following companies are licensed by the Maine Bureau of Insurance and certified by Medicare.

Company Name	Number of Plans They Have
Sterling Prescription Drug Plan	1
Fox Insurance Company	1
Blue Medicare	3
Prescription Pathway	3
Silverscript	2
Cigna Healthcare	3
Rxamerica	2
Medco	1
Coventry Advantrarx	3
United American Insurance Company	1
Community Care RX	3
First Health Premier	1
Aetna Life Insurance Company	3
United Healthcare Insurance Company	2
Prescription Pathway	3
Pacificare Life and Health Insurance Company	3

Unicare	3
Wellcare	3

Be sure you know the drugs you take now. Your pharmacy should be able to give you a printout of the drugs you take so you can have it with you when talking with the various insurance companies. Remember that it's important that your pharmacy accepts the plan you choose.

Also, remember that you have until May 15, 2006, to sign up, however, in many cases you may be signed up automatically by the state so you need to check your status regarding automatic sign up. Ms. Jude Walsh from the Governor's office told those attending the meeting in Windham that those who will be signed up automatically would receive a letter around December 15 indicating their automatic sign up status.

Also, if you currently have a private plan for your prescription drugs or a retiree plan or a plan where you work, the SMAA suggests that you not apply until you are notified whether or not your current plan is as good as or better than the Medicare coverage.

Take your time and ask as many questions as necessary in order to make the best decision for you. Be aware of the scam artists. SMAA says that a company cannot sell you a plan over the phone. So if someone tries to convince you that selling over the phone is acceptable, refuse to do so.

The following telephone number for the Southern Maine Agency on Aging can be called to make appointments for assistance. 1-877-353-3771

Good luck and if I can be of any help be sure to contact me.

Handmade Christmas Afghan Donated To Church Fair

Catherine Berry, a member of the Raymond Village Community Church, found she had a lot of time on her hands when she waited at a Boston hospital for her friend Neeltje Dunham to receive her regular chemotherapy treatments - and so she crocheted. After completing one poinsettia-patterned afghan bedspread for her own family, she made a second one for her church.

In memory of her friend, who recently passed away, Catherine's handmade Christmas Afghan (86"x90") will be raffled off as part of the annual Raymond Village Community Church Holiday Fair on December 3rd, from 8 AM to 1 PM In addition to the afghan raffle, the fair will also feature a cookie walk, wreaths and greens, handmade items (sweaters, pottery, crafts), homemade baked goods, children's shopping room, fragrances & gift items, hand-crafted sterling silver and beaded jewelry, maple syrup, and fairly traded gift items from third world countries provided by SERRV. A homemade breakfast and lunch will also be available.

Rev. Nancy Foran, pastor of the Raymond Village Church, said, "We are very grateful for Catherine's generous donation. It will add so much to a fair that already features a variety of items which are handmade and homemade by many people in our congregation. Everyone has worked so hard."

The Raymond Village Community Church is located at 285 Main Street in Raymond on Route 121, about 1/4 mile from Route 302 and has worship services and church school on Sundays at 10 AM.

November 8, 2005, General Election Results

	Yes	No
Question 1: People's Veto	659	773
Question 2: Bond Issue Highway/bridge improvements	920	511
Question 3: Bond Issue Water system improvement	751	678
Question 4: Bond Issue Stimulate economic growth	779	648
Question 5: Bond Issue Purchase land easements	933	502
Question 6: Bond Issue Building renovations at U Maine	687	727
Question 7: Constitutional Amendment	1054	347

Note: blank ballots were not included in these numbers.

HOT SPOT

Raymond Fire/Rescue

"Keeping Our Community Safe Through Education"

I hope this finds all of you warm and in good spirits. It is yet again that time of year when the leaves change, our docks are out of the water and our houses are being warmed by our furnaces, monitors and woodstoves. This time of the year is an important time for all of us to stop and evaluate the safety of our businesses, homes and family.

There are many things we need to be aware of when it comes to heating our properties.

- ✓ **Chimneys** - *When was the last time they were cleaned and inspected?* It is recommended that your chimney be inspected and cleaned at least once a year by a professional.
- ✓ **Furnace, Boiler, Kerosene heaters** - *When was it last serviced?* Most manufacturers suggest that they be serviced yearly by a certified technician. This service will not only make sure that it is operating safely but will insure the machine is running efficiently which may lower the amount of fuel it is using.
- ✓ **Smoke and Carbon Monoxide Detectors** - *Does it work?* Both detectors should be tested monthly. Batteries need to be replaced every six months (when you change your clocks). These two devices are unquestionably the two most important life safety tools you have. These detectors offer you and your family an early warning that there is a problem. Carbon monoxide is an odorless, colorless, and tasteless poison that is very harmful and deadly. Without this detector you and your family would not know if there is a dangerous gas in your home or business.

This is also the time of year we get ready for the holidays. Here are a few things to remember!

- ✓ **Extension cords** - Extension cords, though very helpful, can also be dangerous. Please remember that these cords should not be overloaded, run under rugs, doors or furniture. If you have to use these types of devices, consider the use of a UL approved circuit protected power strip.
- ✓ **Holiday lights** - Lights offer a great ambiance to the holiday season. Keep in mind that these lights also give off heat and should not be left on for long periods of time or when you are not at home or work. Please read the operating and installation manual.
- ✓ **Christmas Trees** - Trees need to be watered daily. If your tree becomes discolored or the needles start to fall off, you should discard and replace it. When buying a live tree, look for trees that have been dipped in a fire retardant. Live Christmas trees are not allowed under state law to be displayed in any business or public building.
- ✓ **Candles** - Candles should be kept out of reach of children and pets. They should also be put on a sturdy and not flammable setting. Make sure candles are not left unattended or burning when you are not home or at work, "*WHEN YOU GO OUT, BLOW OUT*"!!!

Until next month...work safe, play safe, **STAY SAFE!!!**

Please send any requests or comments to josh.stevens@raymondmaine.org

Comprehensive Plan Implementation Committee Holds Supper And Workshop For Land Owners

by Christine McClellan

The Town of Raymond Comprehensive Plan Implementation Committee, with assistance from the Assessing Office, held a Harvest Supper on Thursday, November 17, 2005, as part of a strategy to implement one of the most important goals of the 2004 Comprehensive Plan: to encourage the preservation of the town's rural character. There were approximately 40 people in attendance. Land owners of large parcels were invited to the event to listen to speakers in order to gather information about the following state land valuation classification programs: tree growth, open space, and farmland.

RAYMOND RABIES CLINIC

SATURDAY, JANUARY 21, 2006

1 PM to 3 PM at the Town Office

401 Webbs Mills Road (Route 85)

Dr. Jim Stephenson 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 2006.

For more information call the Town Office at 655-4742.

CPIC Chairman Christine McClellan and Assessors' Agent Amanda Simpson welcomed the public and thanked the sponsors who had contributed to this first ever event: Montebello's Restaurant, Family Dollar, Cafe Sebago, Key Bank, Mad Monkey Cafe, Mains Pizza, Good Life Market, Sunset Variety, DNJ Pizza, Danielle's Diner, and Raymond Village Florist.

Judy Mathiau, Acting Supervisor of the Property Tax Division of Maine Revenue Services discussed and answered questions on tax law for the state programs Tree Growth, Open Space, and Farmland. Greg Foster, Licensed Forester, talked about forest management plans and the history of tree growth legislation. Paul Laravee, Forester with the Department of Conservation, discussed frequently misunderstood facts about tree growth. CPIC and Conservation Commission member John Rand shared the Rand family's experience with the tree growth program and the placement of a portion of their 143 acre farm into a conservation easement with the Loon Echo Trust. The program ended with Amanda Simpson answering general questions about the assessment of these land valuation programs.

For online information about these programs that will help to promote Raymond's rural character, please contact the state directly at www.maine.gov. To contact the Maine Department of Forest Protection Division in Gray at 356 Shaker Road, call 657-3552. To contact the Assessing Office, call 655-4742 ext 51, or e-mail Karen Strout at karen.strout@raymondmaine.org.

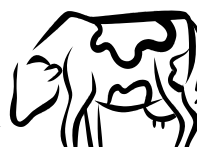
Fire/Rescue Dispatch Asks Your Help

When you lose your dog or cat, you can call Dispatch for them 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. The place to call is Dispatch, but more information is necessary in order to rescue your livestock.



We are asking that you fill out a Livestock Location form for Dispatch's use. If you have already filled one out, please review it so that the information is current. The forms can be obtained at Dispatch, Public Safety Building, 1443 Roosevelt Trail; 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 their car.



Diabetic Eye Disease

By: Thomas Gordon OD and Kimberly Allen OD

November is National Diabetic Awareness month. Eye care is especially important for diabetics since they are at increased risk for ocular complications. **Diabetes is considered the leading cause of blindness in adults age 20 - 74.** More than 50% of all diabetics have some form of diabetic eye disease. Diabetic eye disease refers to a group of sight-threatening problems that people with diabetes may develop. These include:

- **Diabetic retinopathy**- damage to the blood vessels in the retina that may interfere with vision and could lead to blindness
- **Cataracts**- A cloud in the crystalline lens of the eye, causing blurred, hazy or glary vision. Diabetes can double the likelihood of developing a cataract and reduce the age of onset to "middle age".
- **Glaucoma**- A disease that increases the fluid pressure inside the eye. The elevated pressure causes damage to the optic nerve and eventually results in loss of vision

Diabetic retinopathy is the most common diabetic eye disease. It may occur very slowly, with little or no change in vision. But over time, the vision loss can get worse. Diabetic retinopathy, usually affects both eyes.

For many people with diabetic retinopathy there are no early symptoms. There is no pain, no blurred vision. Often there are no symptoms until the disease has become well advanced; at this point lost vision cannot be restored.

Better control of the blood sugar can slow the onset and progression of retinopathy. Studies have also shown that controlling the blood pressure and cholesterol will also help protect the vision.

Other eye care tips include:

- eating a healthy diet
- avoid smoking
- exercise regularly

... heard these before?

Diabetic eye disease is best detected during a comprehensive eye examination through dilated pupils. Standards of care recommends all diabetics have at least an annual dilated eye examination. Annual examination is critical for establishing and maintaining a baseline of normalcy for each individual and observing change as early as possible. Current treatments are very successful for diabetic retinopathy, and patients have an excellent chance of maintaining good vision if treated in a timely manner.

American Mottoes Quiz

How well do you know the following mottoes and what they mean?

1. E Pluribus Unum
2. In God We Trust
3. Life, Liberty and the Pursuit of Happiness
4. We, the People ...
5. Mind Your Business

(see answers on page 10)



Aquatics Programs At St. Joseph's College

Event: **Water Aerobics**

Date: Ongoing classes throughout the year

Time: Monday, Wednesday 7pm - 8pm

Tuesday, Thursday, Friday 8am - 9am

Fee: \$5 each class or a punch card of 12 passes for \$4.

About the Program: For the swimmer and non-swimmer alike. Participants will receive fantastic low impact aerobic exercises without the joint stress common with land aerobics, while giving a good cardiovascular work out. Emphasis is on an overall body workout while having fun! Those who would like to do deep water during this program are encourage to do so.

Event: **Arthriticise**

Date: Ongoing throughout the year.

Time: Tuesday & Thursday 11am -11:45am

Fee: \$5 each class or purchase a punch ticket for \$40 with 12 passes.

About the Program: Range of motion exercise program aimed at increasing muscle and joint flexibility. This program is great for those suffering pain of arthritis, other debilitating joint diseases and any health condition needing help with range of motion. This will not be an aerobic or a cardiovascular program

Event: **Lap & Open Swim Time**

The following times are: Monday through Friday

6:30am – 8am - Lap Swim Only

9am – 11am - Lap Swim only

Noon – 1:30pm - Lap & Open Swim

5pm – 6pm - Lap & Open Swim

Saturdays

1pm – 4pm - Lap & Open Swim

Sundays

1pm – 4pm - Lap & Open Swim

Event: **Splash Parties** (Private Pool Parties for your group)

Times: Fridays 7pm – 8pm

Saturdays 4pm – 5pm

Sundays Noon – 1pm & 4pm – 5pm

We have our climbing wall open before or after the splash parties upon request.

We also have a party room that can be available after the swim.

For more information, Call Carolyn Vail at 893-6669

Event: **Lifeguard Training**

Date: Starts: (when 10 participants have registered)

Place: St. Joseph's College

Harold Alford Student Center- Pool

Time: Tuesdays 5pm to 9pm for 8 weeks

Fee: \$175

About the Program: In this program, participants learn about the duties and responsibilities of a lifeguard and how to carry them out. Lifeguarding techniques will be taught both in the water and in the classroom. Prerequisites are tested on the first day of class. They are as follows: Participant must be at least 15 years of age, perform a 500 yard swim, retrieve a ten pound object from nine feet of water, and tread water for 2 minutes. Upon requirement completion of the course, participant will receive Lifeguard Training, CPR for the Professional Rescuer, and a First Aid certificate.

For more information, Call Carolyn J. Vail at 893-6669

Event: **Water Safety Instructor**

Date: January 24 – April 11, 2 Saturdays 8am to 1pm

Place: Saint Joseph's College

Time: Tuesdays 5am – 9pm/ 3 Saturdays 8am to 1pm

Fee: \$275

About the program: In this program the participants learn all aspects of how to teach swimming to all ages. Candidates will learn how to use teaching material and how to conduct swim classes. Prerequisites for the participants are demonstrating the ability to swim front crawl, back crawl, side stroke, breast stroke, elementary backstroke and butterfly.

Mentoring Program Holds Annual Fall Dinner

Over 60 people attended the 5th Fall Family Mentoring dinner in November. Mains' Pizza served up a tasty spaghetti dinner, and mentoring pairs made apple and pumpkin pies for dessert and to donate to the local food pantry. Thanks go to Meadowbrook Farm for the apples!

The Kids 2 Kids Mentoring Program also started training 7th and 8th grade mentors during November. Fifteen middle school mentors will be meeting their RES "little buddies" sometime in December. K2K meets once a week; mentors have an hour of planning time, then meet with their buddies for an hour of special activities. The program offers great leadership experience for the mentors and an exciting friendship for the buddies.

We welcome Candace Woolston, who is joining us for a few hours a week to help keep the program running smoothly.

Adult and high school mentors are always needed. Four to six hours a month (usually just an hour a week) is all you need to enjoy making a new young friend and exploring different opportunities together. Contact the mentoring office at 655-8672, ext 107 or at mentor@raymondmaine.org to learn more.

2006 Dog Tags Available

Dog licensing can now be done for 2006. 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. All rabies vaccinations for adult dogs now cover three years of protection. The fee for a neutered dog is \$6 and non-neutered \$10. All dogs must be licensed by January 31, 2006. Dogs licensed after January 31 will incur an additional \$15.00 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.

Holiday Fair 2005

December 3rd

8am – 1pm at the

Raymond Village Community Church

285 Main Street in Raymond

Featuring

Raffle for a Handmade

Poinsettia Afghan Bedspread (86" x 90")

Also

Wreaths and Greens

Cookie Walk

Handmade Items

(sweaters, pottery, crafts)

SERRV Table

Baked Goods

Children's Shopping Room

Fragrances & Gift Items

Sterling Silver &

Beaded Jewelry

Maple Syrup

Tuition Break for Maine Residents

AUGUSTA—Representative John C. 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 2004-2005 academic year, more than 600 Maine residents were enrolled as RSP students. Full-time RSP students from Maine saved an average of \$7,000 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 are listed in the RSP annual catalog, The Apple Book for Maine Residents. A new edition of the catalog is published each September. Copies of the annual catalog 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 Apple Book catalog as a PDF document.

Students and parents interested in the New England Board of Higher Education's Regional Student Program can contact Rep. Robinson at 287-1440 or 655-8657 to request more information.

RES Music Notes

By Patti Gordon

The chorus concert is right around the corner! The students are very excited, they can't wait to sing for you! Come and hear them on Thursday, December 8th, at 7pm. The performance will be held in the Jordan-Small gym.



In general music classes, the students are recording their first songs of the year on their audio portfolio tapes. These tapes are used for assessment of singing skills. The students listen and assess themselves, and then I

listen and assess their singing skills. The students in all grades except Kindergarten have also been videotaped playing instrumental accompaniment to songs. These are used to assess their beat keeping and rhythmic skills. Since it's impossible to assess twelve students at a time when they're playing, I use the videotapes so that I can watch one or two students at a time.

December's Composer of the Month is Maine's own Steve Romanoff. Steve is a member of the popular folk group, Schooner Fare, and father of our own Mrs. Burton, RES art teacher.

Music Ed. tip for toddlers and preschoolers - Looking for musical Christmas gifts? Try these three websites.

- www.musicmotion.com
- www.friendshiphouse.com
- www.themusicstand.com

They have books, recordings, instruments, software, videos, DVD's, and musical gifts that little kids will love. (big kids too!)

The only countries in the world with one syllable in their names are CHAD, FRANCE, GREECE, LAOS (one pronunciation), and SPAIN [Philip Bennett]. Some have suggested adding WALES to this list, although it is technically a principality.

Auditions for The WIZARD OF OZ at Windham Center Stage Theater

Windham Center Stage Theater (WCST) will be holding auditions for its annual Children's Production of The Wizard of Oz opening March of 2006. Based on the always-popular response from the community and the limitations as to the availability of the Community Center, WCST will be offering a limited number of auditions and will require the children's parents to make an appointment for their audition. Only those children in the second through eighth grade are invited to audition. These changes to our past procedure will allow WCST to continue to offer every child who gets an audition appointment a part in the show and will maintain the quality of our shows. If necessary, a waiting list will be created to allow replacement for those children who have auditioned but who are not able to meet the commitment to our rehearsal and show schedule. Children must be able to commit to the following rehearsal and show schedule:

Rehearsals Tuesday evenings (beginning in December)

Friday evenings, Saturday evenings and Sunday afternoons (beginning in January) No rehearsal on Saturday, February 4, or February 17, 18, 19

Dress rehearsal weekend February 26-29

Performances March 3, 4, 5, 10, 11, 12 includes Saturday afternoon and evening shows

Attendance is required for all scheduled rehearsals and performances- there are NO EXCUSED ABSENCES.

If you can make this commitment, please call for an audition appointment beginning Friday, November 11, 2005, at 893-2098. Leave your name, phone number, and the age and number of children auditioning. If you are not called back to schedule your appointment within 24 hours, please call again. Auditions are on Friday and Saturday, December 3 and 4, 2005, at the town hall, with call backs on Sunday, December 4. Auditions will be assigned by age with 5 children/ 30 minutes. Bring a song, if you want to audition for a singing role; we will provide text for reading. Audition fee is \$10 and is non-refundable.

RAYMOND REC CITRUS FUNDRAISER

When you think "fruit for the holidays," we hope you will remember purchasing fresh Florida-grown Indian River grapefruit and oranges from Raymond Recreation Association. We have conducted this fundraising campaign for 12 years. The sale will run through November 26. Advance orders only with payment are preferred. Direct shipment from Florida is scheduled for the week of December 6 and will be available for pick-up at 5 Damon Road off Rt. 85 (as in the past, follow signs) on Saturday, December 10th, from 9 am to noon. Prearranged pick up could be scheduled at Windy Hill Farm on River Road in Windham during that week.

Proceeds go to support our Summer Swim Program at Crescent Beach. If you do not wish to purchase a box of fruit for yourself, perhaps you would purchase a box that could then be delivered with the food baskets prepared by the Raymond Rattlers Club. 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.

NAME _____ PHONE _____

ADDRESS _____

E-Mail ADDRESS _____

CIRCLE CHOICE AND GIVE QUANTITY ORDERED

ITEM	BOX SIZE		Amount Due
	2/5 Bushel Small No. Ordered	4/5 Bushel Large No. Ordered	
Navel Oranges	_____ 19.00ea	_____ 26.00ea	_____
NEW Tangelo Oranges	_____ 19.00ea	_____ 26.00ea	_____
Pink Grapefruit	_____ 18.00ea	_____ 25.00ea	_____
Mixed Box, Oranges & Grapefruit	_____ 20.00ea	N.A.	_____

Total Due _____

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

**RES DRAMA
3RD AND 4TH GRADERS
PROUDLY PRESENT**

MACBETH

A Kid's Cautionary Tale

Concerning Greed, Power, Mayhem and Other Current Events

adapted by
Nancy Linehan Charles



**Free
Admission**

**Free
Admission**

**FRIDAY, DECEMBER 16TH AT 6:30 PM
RAYMOND ELEMENTARY SCHOOL STAGE**

RES Drama is part of Raymond Rec

Notes From The JSMS Music Room

The music classes and performing groups at JSMS are off to a great start this year. Over 40% of the fifth grade class is in the beginner band. Involvement in the 5/6 chorus has more than doubled from last year! The 7/8 chorus has over 40 members, six of whom recently auditioned for the Maine Music Educators District 2 honors chorus. Involvement in the band program in grades 6 through 8 continues to be about 35% of all students. The eighth grade guitar class enrollment, which began last year, has more than doubled. Students in grades 5&6 who are not in the band program are fortunate to have an outstanding keyboard lab to use. In addition to basic keyboard skills, the lab is used as a tool to deepen the understanding of the essential concepts of music. The sixth grade classes recently completed their own composition and are now learning how to use chords and harmony.

Please join the JSMS students at the following performances.

Sunday, November 27, at the Raymond Village Library Tree Lighting

Thursday, December 8, Choral Concert grades 3 - 8 in the JSMS Gym at 7 pm.

Tuesday, December 13, Band Concert grades 5- 8 in the JSMS Gym at 7 pm

The snow date for either of the December concerts will be Thursday, Dec. 15

Holiday Fair To Benefit The Raymond Food Pantry

Saturday, December 3rd, from 8am - 2pm

**at the Center Stage Dance Studio
71 Main Street in Raymond**

Crafts, jewelry, baked goods, Mary Kay products, home made items,
holiday gift items, books and much more.

Free coffee & tea.

A portion of the proceeds goes directly to the Raymond Food Pantry
and to families in need in the Raymond community.

We appreciate all your support.

Thanks!

Board Buzz

Raymond School Board News

The Raymond School Board regularly holds business sessions on the first Wednesday of each month and workshop sessions on the third Wednesday of each month at the Raymond Elementary School at 6:30pm. However, the December business meeting has been rescheduled for **December 1**. All meetings are open to the public.

On October 27 & 28, Roger Ginn and Superintendent Caldwell attended the annual MSMA (Maine School Management Association) meeting in Augusta. Workshops attended included EPS updates, contract negotiation techniques, truancy issues, improving student aspirations, budget preparation, and health initiatives.

In November, the facilities committee identified an interest in greater community participation. We are looking for 3 Raymond residents to contribute to facilities committee work that includes regular meetings once a month. If you are interested, please contact Sandra Caldwell at 655-8666.

The Board would like to express its appreciation to Allison Griffin, who completed a master's degree with high honors in 1 year to satisfy new state requirements for school librarians. We value Allison's dedication to educational excellence.

The Sebago Alliance of area schools has been awarded an \$880,000 grant for social studies education. Raymond teachers will benefit through access to professional development opportunities supported by this grant. Planning is also underway for the common in-service day in March.

The Board had an opportunity to celebrate the 2004-2005 PTA Reflections winners in November. Students recognized include: Cassandra Gordon, Mary Beth Noonan, Abigail Brockelbank, Zoi Handy, Gaia Cloutier, Taylor Duncanson, Emily Gagne, and Alissa Drew. The 2005-2006 program is well underway and provides an excellent opportunity for students to demonstrate outstanding work through artistic interpretation.

The next regular meeting is Thursday, **December 1**, at 6:30pm at Raymond Elementary School. Approved meeting minutes and agendas are available on the Raymond School Department website.

Thank You, Scholastic Book Fair Patrons And Volunteers

By Deb Cutten
President, Raymond PTA

I would like to personally thank each and every one of you who helped make this year's Scholastic Book Fair a success. The Book Fair is an important fundraiser for the Raymond PTA. Last year it represented 17% of our income.

A very special thanks to Wendy Trask who orchestrated the entire event. She worked tirelessly to organize the Fair including working with Scholastic to get the books delivered, advertising, soliciting volunteers, unloading cases, arranging displays and putting in so many hours. Thanks to her good-natured boys as well for their help and patience.

Thanks to Deb Keef, the RES librarian, who graciously allowed us to use her space for the sale and to disrupt her lessons. She is always a huge help to the PTA during these sales.

I'd also like to thank Allison Griffin, the JSMS librarian, for bringing her library students "across the street" so they could shop at the Fair. Their purchases were much appreciated.

And the whole thing would have been impossible without our dedicated volunteers who "minded the store". I appreciate how chaotic it can be when you have 20-30 children asking you questions all at once while holding out handfuls of pennies and asking "Is this enough?" So thank you, Leigh Walker, Colleen Laprise, Carol Meader, Cathy Dodge, Catriona Sangster, Aniko Pongratz, Caj Macdonald, Lori Rand, Nicole Lajoie, Lisa Conley, Lisa Davison, Sue Ellen Gendron, Ellen Gagne, Beth Nadeau, Sue Richards and Anne Thomas. (If I have omitted anyone, please forgive me.)

Senator Diamond and Representative Curley Unveil "Tina's Law"

At a press conference Monday morning, November 21st, Senator Bill Diamond (D-Cumberland) and Representative Darlene Curley (R- Scarborough) shared details from "Tina's Law," their proposed legislation aimed at protecting Maine's responsible drivers and keeping Maine's most dangerous drivers off the road.

The legislators, which include Senator Diamond, Representative Curley and Senator Phil Bartlett (D-Cumberland), addressed members of the media, joined by Sheriff Mark Dion. Also participating in the press conference were Pat and Bob LaNigra, the parents of Tina Turcotte. This was the first press conference the parents had participated in since the death of their daughter whose life was claimed by a traffic accident July 29, 2005, on Interstate 95. Scott Hewitt was driving the rig that crashed into Tina's car. At the time, his license was suspended. To date Hewitt has well over 60 suspensions and 23 violations operating after suspension.

According to the Secretary of State's office, currently there are 984,000 licensed drivers in the State of Maine. Among these, there are 44,570 drivers who have had their licenses suspended between five and nine times. "That's over 4% of Maine's drivers," said Senator Diamond.

"Although the number decreases, there are over 15,000 people whose licenses have been suspended between 10 and 14 times. Finally, there are over 8000 people who have had their licenses suspended fifteen or more times. That's simply too many," concluded Senator Diamond.

"With these statistics to compel lawmakers, it's clear that something has got to be done to stop these drivers from continuing to threaten people's safety on the road," said Senator Diamond. "That's why Representative Curley and I have drafted this proposed legislation. It's time a clear message is sent to drivers who operate after suspension. The people of Maine won't tolerate this anymore."

Representative Curley spoke to the crowd, "The goal of Tina's Law is to prevent drivers with suspended licenses from getting behind the wheel of a car or truck. When you or your family get in the car to drive to work, school or the grocery store, you should not be looking left and right and wondering if the driver speeding by you has a suspended

license. It is time for the Legislature to act: increase fines and penalties and make jail time mandatory for perpetual offenders."

Senator Bartlett, who also attended the press conference, expressed his support for Tina's Law, "The tragedy surrounding Tina Turcotte's death has highlighted the dire consequences that can result when individuals operate vehicles while their licenses are suspended. Tina's Law will strengthen penalties for those who flagrantly and repeatedly ignore the law by continuing to drive after their licenses have been suspended. By doing so, it will make Maine's roads safer and help us to avoid another tragic accident."

Major points of the proposed legislation include:

- Suspended licenses will be immediately confiscated by the Secretary of State for the duration of the suspension.
- Offenders operating after suspension or OAS, will have their vehicle impounded for the duration of the suspension.
- OAS offenders responsible for an accident resulting in injury will be guilty of a Class C crime and when resulting in death, a Class B crime. Corresponding OUI penalties will be upgraded from C to B in the cases of injury or death.
- If a license is suspended three times (due to traffic violations) in three years, it will be revoked for one year. If the driver is then found OAS, he or she will face six months of jail time.
- If a license is suspended four to six times (due to traffic violations) in three years, it will be revoked for six years. If the driver is then found OAS, he or she will face two years jail time.
- If a license is suspended more than six times (due to traffic violations) in three years, it will be revoked for ten years; and if the driver is found OAS, he or she will face five years in jail.

Suspension Only Penalties include:

- Three suspensions (due to traffic violations) will face a fine of \$1000.
- Four, five or six suspensions (due to traffic violations) will face a fine of \$2000, \$3000 or \$4000 respectively.
- More than six suspensions (due to traffic violations) will face a fine of \$5000 each time.

Animal Control Report September – November

Sept 15	Barking Dogs - no charges this time
Oct 20	Stray cat - set trap
Oct 20	Dog bite - warning
Oct 21	Dog to Animal Refuge League
Oct 21	Dog bite - investigation
Oct 22	Skunk in trap
Oct 22	Stray dog
Oct 23	Dog to Animal Refuge League
Oct 24	2 dogs at large
Oct 25	District Court
Oct 25	Requested information on cats
Oct 26	Man wants to shoot cats
Oct 26	Request for information on shooting cats
Oct 26	Called Animal Welfare - verification on law on cats
Oct 27	Set cat trap
Oct 27	Requested information from resident
Oct 28	Cat in trap - returned to owner
Oct 29	Stray cat to Animal Refuge League
Oct 29	Information only
Oct 29	Dogs barking – information only
Oct 29	Road kill - owner took care of it
Oct 30	Barking dog - verbal warning
Oct 30	Found kitten in woods
Oct 31	Found kitten in birdfeeder
Oct 31	Information about barking dogs
Nov 1	Pit bull loose - verbal warning
Nov 3	Horses loose
Nov 3	Dogs barking
Nov 4	Road kill (cat)
Nov 6	Dogs chasing a person
Nov 8	Loaned trap

2006 dog licensing now available at the Town Office. Please bring in your dog's current rabies certificate and neutering certificate (if we don't have it on file). The rabies vaccination is now good for three years unless it was a puppy shot, which is good for one year.

With cold weather approaching, please be sure that your outside animals have shelter and access to food and water at all times.

Don Alexander, Animal Control Officer

Cub Scout Pack 800 News

By Sue Ellen Gendron

Cub Scouts Popcorn fundraiser was a tremendous success! This year earned approximately \$6,000 for Pine Tree Council which will benefit Raymond's Pack 800 with close to \$2,000! Great job Scouts!

One scouting activity being planned is the annual Spring Trip. The Cub Scouts are working toward a special overnight adventure to The Battleship Massachusetts. This trip had been made in the past and was great fun. The time has come for this current group of scouts to experience this memorable adventure.

It is important to know the Cub Scouts are working toward more than just personal, den, and pack goals. Each month at the Pack Meetings there is a special container for donations to be given to a child the Cub Scouts are sponsoring. This child's name is Timetheo and he lives in Tanzania. The scouts are encouraged to write to Timetheo, each month and do receive responses from him.

Scouts know it is important to be helpful to those less fortunate, whether they live in Tanzania or in their own town. As a way of helping Raymond, the scouts collected

food for the Raymond Food Pantry. Kokatosi Campground was used as the drop off site on November 5 for each scout to bring bags of food collected from friends, relatives, and neighbors. Pack 800 would like to encourage others to bring donations to Raymond Food Pantry.



As a safe way to enjoy treats, Cub Scouts had a "Trunk or Treat" evening at RES. Vehicles parked in the lot at RES opened their trunks and gave out treats to all the scouts who attended the Pack Meeting on October 24, 2005.



Here is a picture of who joined Pack 800 this fall.

American Mottos

Answers to Quiz on page 6

1. A Latin phrase meaning, "From many, one." It appears on the Great Seal of the United States. Ironically, it may have come from the British Gentleman's Quarterly Magazine, popular in 18th-century America. Congress adopted it in 1781.
2. First used on U.S. coins in 1864, during the Civil War. It was once dropped, but then later restored by Congress.
3. Three of the "certain inalienable Rights" outlined in the Declaration of Independence.
4. The opening of the preamble to the U.S. Constitution.
5. The first motto that appeared on U.S. coins.

Raymond PTA

“Advocating for children, enriching educational programs, supporting faculty and staff in their work, and collaborating with community organizations.”

RAYMOND PTA MEMBERSHIP FORM

2005 – 2006 SCHOOL YEAR

NAME _____

ADDRESS _____

PHONE _____

E-MAIL _____

CHILDREN (name and grade) _____

PARENT _____ BUSINESS _____ TEACHER _____ COMMUNITY MEMBER _____

MEMBERSHIP DUES:

Annual Membership is \$5

DONATIONS:

A portion of your annual membership goes to support the State PTA. Any additional donations will remain in Raymond to support our local efforts.

Total Enclosed: _____

Please return this form with payment to:

The Raymond PTA c/o Raymond Elementary School
434 Webbs Mills Road, Raymond ME 04071

I WOULD LIKE TO VOLUNTEER: AS NEEDED _____ DAY _____ EVENING _____

I WOULD LIKE TO VOLUNTEER ON A COMMITTEE:

_____ FUNDRAISING _____ REFLECTIONS _____ HOSPITALITY

_____ MEMBERSHIP _____ ENRICHMENT _____ PUBLICITY

COMMENTS & SUGGESTIONS: _____

*For more information on The Raymond PTA please check our website at:
http://www.raymondmaine.org/civic_groups/pta/default.htm*

Raymond Rattlers Snowmobile Club Needs Your Help

By Scott Schweitzer, Club Secretary

If you register a snowmobile in Raymond, your local snowmobile club would like to meet you.

With the amount of changes to landscape in the past years, the Raymond trail system is in danger. Changes are being requested by landowners, and with dwindling memberships, it's becoming a more difficult task to maintain our local trails. The club has a core of about 15 people that actively participate in activities, but it's not enough.

Please consider visiting our webpage for information about our club: www.raymond-rattlers.org



A family membership of \$25 includes the Maine snowmobiling paper which is published each month during the winter and includes discounts to some of our local businesses. This publication, along with their website, offers many ideas for winter fun.

The next club meeting is scheduled for December 6th, 7 pm, at Camp Kokatosi Clubhouse.

Trails need to be cleared and marked, landowner permission slips need to be completed, winter grooming needs are right around the corner. If any of these items concern or interest you, please step forward and consider joining the Raymond Rattlers.

Pray for snow!!

Road Runner Reminders

Do you submit articles for the Raymond Road Runner but do not receive a monthly reminder of the next issue's deadline? If so, the Raymond Road Runner maintains a mailing list for contributors, and by sending an e-mail to roadrunner@raymondmaine.org, you too can be on the list.

All Are Invited To The Holiday Activities Of The Raymond Village Community Church

December 3 – Holiday Fair
8AM – 1PM

December 4 - Second Sunday in Advent
Worship at 10AM

Hanging of the Greens Service and Lighting of the Second Advent Candle followed by All-Church Potluck Brunch in the Vestry
Decorating the Church for Christmas with special activities for children
Christmas Caroling

December 11 - Third Sunday in Advent

Worship and Sunday School at 10AM
Lighting of the Third Advent Candle
Service of Communion

December 18 - Fourth Sunday in Advent

Worship at 10AM
Lighting of the Fourth Advent candle
Youth Pageant followed by

Birthday Party for Jesus in the Vestry

December 24 - Christmas Eve

Family Candlelight Service at 5PM
Communion and Candlelight Service at 11:30 PM

Property Tax Abatement Appeal Process

Property owners who disagree with their real estate and/or personal property values and related taxes are permitted by state law to file for an abatement. Once taxes are committed, the abatement application materials will be available on our website as well as at the Town Office. The following schedule will be observed.

1. The property owner must file a complete abatement application with the Assessors' Agent within 185 days from the date of tax commitment (set by state law).
2. The Assessors' Agent reviews the application for completeness and makes a written recommendation to Board of Assessors/Selectmen (BOA).
3. Within 60 days of the date of filing, the appeal will be reviewed and acted upon by the Board of Assessors/Selectmen (BOA). The appellant will be notified in writing of the meeting date and location.
4. The Board of Assessors/Selectmen (BOA) decision will result in a Notice of Decision issued and mailed to appellant within 72 hours of the hearing.
5. If denied by the Board of Assessors/Selectmen (BOA), the decision may be appealed to the Board of Assessment Review (BAR) within 60 days of the date of the decision by filing an abatement appeal application with the Assessors' Agent.
6. A hearing will be scheduled and action taken by the Board of Assessment Review (BAR) within 60 days of the filing of the appeal. The appellant, Assessors' Agent, and Board of Assessors/Selectmen (BOA) will be notified of the time and place of the Board of Assessment Review hearing.
7. A Notice of Decision of the Board of Assessment Review (BAR) shall be issued within 72 hours of the date of the decision.
8. The appellant shall have the right of appeal pursuant to the provisions of 36 M.R.S.A. Section 843, as amended. (see Property Tax Bulletin #10)

Please contact Amanda L. Simpson, CMA, Assessors' Agent at amanda.simpson@raymondmaine.org or 655-4742 ext. 51 with any questions.

Soccer Teams Finish A Successful Season

By Jack Fitch

Extra! Extra! Read all about it! The soccer teams at Jordan-Small Middle School have just ended a fantastic soccer season. The girls' team, with a record of 11-0-1, captured the Pine Tree League championship. A combination of a strong offense, an invincible defense, and tough goal tending led the girls to a near perfect season.

"The things that impressed me the most about the girls were the maturity and integrity they showed," said Coach John Powers. "Even though they won almost every game, they never let winning go to their heads."

Girls' Co-Captain Katie Lentine said, "In the beginning we started as a bunch of girls with talent and the desire to play soccer. Once we got to know each other, we were unbeatable."



With a record of 3-6-3, the boys' team finished sixth in the league. "Even though the boys struggled at times, they kept working hard and improved a great deal during the season," said Powers. Many of the games were close, like the last game with Holy Cross when the boys came back after half time, down 0 - 3, to lose by only one point to the team that became champions.

A total of 47 students in grades seven and eight participated on the two teams. Both Coach Powers and Athletic Director Jack Fitch stressed the importance of equal playing time by constantly rotating players in and out during every game. The sidelines at every game were full of parents and supporters.

Katie Lentine summed up the season by saying, "Although some practices were just running and weren't always fun, we persevered, and it paid off in the end!"



Church And Scouts Work To Beautify Town

Members of the Raymond Village Community Church and the boys and leaders of Cub Scout Pack 800 and Boy Scout Troop 800 joined forces on Saturday, November 5, 2005, in the Annual Church Fall Clean Up Day. Over 40 children and adults gathered with rakes, shovels, clippers, and paintbrushes to spruce up the grounds and the exterior of the historic church, a Main Street landmark built in 1879. Inside the building, cleaning continued. Sunday School rooms were tidied up, closets were cleaned out, and work was begun to convert an empty room into a Youth Room for teens in the church.

Rev. Nancy Foran, the recently called Pastor of the Raymond Village Community Church, commented, "It's wonderful to see the enthusiasm and dedication of church members in not only maintaining their facility but also in doing their part to beautify the Town of Raymond. And to be able to join with the Scouts in that effort is a terrific collaboration."

The Raymond Village Community Church is affiliated with the United Church of Christ. Worship services and church school are Sundays at 10AM. All are welcome to attend!

The Raymond Village Community Church sponsors Cub Scout Pack 800 and Boy Scout Troop 800. Both groups use the church weekly for meetings.

News From The Raymond Village Library

At a Glance

December 11 - Bake Sale at 10am.

December 25 and January 1 - Library Closed.

Bake Sale

The long anticipated Holiday Bake Sale with all kinds of yummy treats for holiday fare and gift giving will be held at the library on Sunday, December 11, beginning at 10am. Be sure to come in and stock up on wonderful cakes, pies, cookies, candies and other delicious goodies.

Library Hours

The library will be closed December 25 and January 1, 2006.

There will be no Baby Time on December 26 and January 2, although the library will be open.

Book Discussion Group

The Reading group will not meet in December, but will resume in January. Please call the library at 655-4283 for more information.

An Invitation

Over the holidays, we invite you to come and see the new arrangement of the library. This has been in the planning stages for some time and now with the assistance of volunteers, who donated their time and energies, we are able to welcome in the New Year with a New Look. Please remember to use the front door.



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

