

# The Raymond Road Runner

A Raymond School District & Town of Raymond Publication  
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POSTAL CUSTOMER

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## Sharing And Caring For Our Friends In Louisiana

Students and staff at the Raymond Elementary School and the Jordan-Small Middle School should be very proud of their efforts to help make this a happy holiday at the Lukeville Upper Elementary School. Our schools raised funds for 25 students still in need at the Louisiana school. Each of these students received a personalized Christmas card signed by Raymond students and a gift card. Knowing that the Lukeville teachers are working very hard to help their students displaced by Katrina, our schools also sent a gift card to the Lukeville teachers to help them purchase needed school supplies. Principal Norma Richard would like to thank students and staff for continuing the support of the Lukeville Upper Elementary School. Their generosity during this holiday season has been wonderful.

## Bicentennial Flags Need Replacement

A picture is worth a thousand words, as the contrast between a new (left) and a three-year-old flag clearly shows. Weather and wind have taken their toll on the Bicentennial flags these past three years, and the Town needs local support for replacements by next spring. A new supplier has the cost down to \$35 per flag.

If you would like to help, please send a donation to  
Town of Raymond, Flag Project  
c/o Elizabeth Cummings  
401 Webbs Mills Road  
Raymond, ME 04071

For more information, call Eileen at 655-4193. Many thanks for your support!



A new and a tired old flag.

**RAYMOND RABIES CLINIC**  
**SATURDAY, JANUARY 21, 2006**  
 1pm to 3pm at the Town Office  
 401 Webbs Mills Road (Route 85)  
 in Raymond

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.

For more information call the Town Office at  
655-4742 ext. 21.

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Town Office at 655-4742.

## Cardboard Recycling - A Problem

Cardboard recycling has become a major problem, as you can see from the picture. Because some residents don't break down their boxes and put them in the cardboard dumpsters, the town is moving the dumpsters to a new location at the District 1 Fire Station, which will be monitored. In order for the dumpsters to carry their full load and make recycling economically viable, the covers of the dumpsters will be closed and locked so only collapsed boxes can be inserted, and the dumpsters will carry their full weight in cardboard.

A security camera will be installed to monitor use of the cardboard dumpsters. Residents who violate posted use regulations will be cited under Maine Law for littering. We hope that everyone will respect the area and help keep it neat and clean and save tax dollars.



This is the view travelers are presented with as they pass the dumpsters on Webbs Mills Road.

### Road Runner Articles

Articles for the next edition of the *Road Runner* newsletter are due by January 19th. 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](mailto:roadrunner@raymondmaine.org) or drop them off at the Town Office or at one of the school offices.

### Road Runner Staff:

John Hanley      Laurie Forbes  
Norma Richard    Kevin Woodbrey

### Visit Us on the Web

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

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

<http://www.raymondmaine.org>

On-line services now include:

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

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

## Raymond Village Library News

### At a Glance

January 15 - Middle School Game Night, 6:30-8:00pm

January 16 - Library Closed, Martin Luther King, Jr. Day

January 25 - Book Discussion Group, 7pm

### Game Night

The Raymond Village Library and the Mentoring Program are sponsoring a game night on Sunday, January 15, from 6:30-8pm. The next day is Martin Luther King, Jr. Day, and there is no school! All middle school students are invited, and we'll provide a variety of board games and some snacks. Come and bring a friend!

The Library will be closed on Monday, January 16, celebrating Martin Luther King, Jr. Day.

### Book Group

The reading group will meet at the library on Wednesday, January 25, at 7pm. The topic for the evening discussion will be Africa. This can be in the form of fiction, non-fiction or articles. Participants are asked to read and share a selection of their choice. As always, new members are welcome.

### Annual Appeal

We want to thank all those who have so generously responded to our Annual Appeal. Your donation helps your library continue to provide enjoyment, information and learning for patrons of all ages. The Appeal is still going on, so there is time to make your donation.

### Bake Sale

Once again the bake sale was a wonderfully delicious success. We wish to thank the talented cooks, the dedicated organizers who worked during the sale and especially the shoppers who purchased the yummy treats.

The raffle of four beautiful beaded bags, a lovely knitted afghan and pillow set and a wonderfully whimsical Noah's Ark picture donated by Veronica, Louise and April, avid library supporters, added to the interest and success of the day.

Now that the holidays are over, and clean up time has begun, please remember your library when making room for the gifts and new items received. We happily accept all gently used books, audio books, CDs, videos and puzzles. So when cleaning out, remember that the library is always accepting donations.

## How Can My Eyes Be Dry When They Are Always Wet?

By Thomas Gordon OD and Kimberly Allen OD

Many of us living in Maine who spend time outside in the fresh air or huddled next to the wood stove have experienced either overly dry eyes or wet eyes. In reality, these may be indications of the same "dry eye" condition.

The normal natural tears that your eyes produce are a mixture composed of three layers:

- the outer oily layer
- the middle watery layer
- the inner mucus layer

"Dry eye" is the term used to describe eyes that do not produce enough tears or tears with the proper chemical composition in any of these layers.

Dry eye is most often a result of eyes' natural aging process. Most peoples' eyes tend to become drier as they age, but the degree of dryness varies and some people have more problems than others. In addition to age, dry eye can result from:

- problems with normal blinking
- certain medications like antihistamines, oral contraceptives and antidepressants
- environmental factors like a dry climate and exposure to wind
- general health problems like arthritis or Sjogren's syndrome

Dry eye syndromes are often different in different people, but the following are commonly experienced by those whose normal tear production is inadequate:

- irritated, scratchy, dry or uncomfortable eyes
- redness of the eyes
- a burning sensation of the eyes

- a feeling of a foreign body in the eye
- blurred vision

Excessive watering or reflex tearing can be in response to a physical irritation of the eye or overly dry eye. Reflex tearing only contains water, no oil or mucin component for lubrication. It is your cornea's, the transparent front covering of the eye, protective mechanism to try and flush/soothe the eye. As the water continuously runs, any natural oils or mucin in the eyes are flushed out. This feeds the cycle of nonstop tearing and discomfort.

If untreated, dry eye can be more than just irritating or uncomfortable. Excessive dry eye can damage eye tissue and possibly scar the cornea. Contact lens wear may be more difficult due to the possibility of increased irritation and a greater chance of eye infection. Your eye care professional can diagnose and recommend the best course of treatment.

Unfortunately, dry eye cannot be cured, but your eye's sensitivity can be lessened and treatment prescribed so that your eyes remain healthy and your vision is not affected. Possible treatments include:

- frequent forced blinking to spread tears over the eye, especially when using a steady focus such as extended computer use, driving and reading.
- changing environmental factors like avoiding wind or dust, and increasing the level of moisture such as with a humidifier or pan of water on the wood stove
- using artificial tears on a regular basis to supplement any deficiencies in the natural tear composition. Proactive treatment before the symptoms occur is most effective
- using a moisturizing ointment, especially at bedtime

Other forms of treatment include:

- insertion of small plugs in the corner of the eyes to slow the drainage and loss of natural tears
- oral supplements including omega 3 and flaxseed oil
- in rare cases, surgery may be recommended.

Dry eye does not go away, but by working together, you and your doctor can keep your eyes healthy and protect your good vision.

## January 2006

### Events and Meeting Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 6:30PM-8:00PM VC BSA Troop 800 Meeting 7:00PM TH Selectmen's Meeting	4 7:00PM TH School Committee Meeting	5	6	7
8	9 10:00AM VL Library Babytime 7:00PM TH Selectmen and Budget Committee 7:00PM VL Library Board Meeting 7:00PM-9:00PM VC BSA Troop 800 Committee Meeting	10 6:30PM-8:00PM VC BSA Troop 800 Meeting 7:00PM TH Selectmen and Board of Assessment Review Meeting	11 10:00AM VL Library Toddlertime 10:45AM VL Library Preschool Storytime 6:30PM RE Planning Board Meeting	12 7:00PM TH Selectmen and Budget Committee	13	14
15 6:30PM VL Middle School Game Night	16 Martin Luther King Day Library Closed	17 6:30PM-8:00PM VC BSA Troop 800 Meeting 7:00PM TH Selectmen Meeting	18 10:00AM VL Library Toddlertime 10:45AM VL Library Preschool Storytime 7:00PM TH School Committee Meeting	19 ROADRUNNER DEADLINE FOR FEBRUARY ISSUE	20	21
22 10:00AM Appeals Board Site Walk	23 10:00AM VL Library Babytime 7:00PM CL Raymond-Casco Historical Society Meeting	24 6:30PM-8:00PM VC BSA Troop 800 Meeting 7:00PM TBD Conservation Commission	25 10:00AM VL Library Toddlertime 10:45AM VL Library Preschool Storytime 7:00PM VL Book Discussion Group	26 7:00PM TH Cemetery Committee	27	28
29	30 7:00PM TH Appeals Board Meeting	31 6:30PM-8:00PM VC BSA Troop 800 Meeting			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

## Municipal News Brief

By Don Willard, Town Manager

The Raymond Board of Selectmen recently took the following actions:

November 30, 2005:

- 1) Consideration of new road name - Edleman Drive located off Mill Street across from Sheri Gagnon Field - Jack Cooper, Code Enforcement Officer. The Selectmen unanimously approved naming this roadway Edleman Drive in accordance with the property owners' wishes and as recommended by Jack Cooper.
- 2) Consideration of 2005 supplements and abatements - Amanda Simpson, Assessors' Agent. The Selectmen received the first round of recommendations for adjustments from the Assessors' Agent related to new values established by Vision Appraisal Technology as a result of the town-wide revaluation. The Assessors' Agent outlined the appeal process as follows: After initial informal reviews were conducted by Vision, the next step in the process is to file an abatement application and submit it to the Assessors' Agent. The adjustment requests considered at the Board of Assessors/Selectmen Meeting were the first applications submitted. The Board of Assessors/Selectmen role in this process is administrative in certifying the work of the Assessors' Agent. Taxpayers dissatisfied with a decision of the Board of Assessors/Selectmen are then entitled to file an appeal with the Town's Board of Assessment Review. This appeal must be filed within 60 days from the date of the Board of Assessors'/Selectmen's decision. The Board of Assessors/Selectmen unanimously approved five supplements and 25 abatements as recommended by the Assessors' Agent. It was noted at the meeting that detailed 2005 Raymond real estate market sales information is now available at the Town Office and will be posted prominently on the Town's website. This information indicates that Raymond's assessments are now approximately 10 - 15% below current market value as measured through qualified sales.
- 3) Planning Board applicant interviews (two vacancies): Samuel Gifford III; Patrick Smith; and Mark Childs. After interviewing all three interested candidates, a motion was made to appoint Patrick Smith and Samuel Gifford III to the current vacant positions on the Planning Board.
- 4) Request for modifications to cardboard drop off area - Melissa Ayers, abutter. The Town Manager introduced this agenda item that originally came to the Town as a request from the abutter Melissa Ayers. Ms. Ayers is concerned over the lack of a buffer between the cardboard drop off area and her property. Without a barrier to prevent cardboard from leaving the Town site, it often ends up on her property, which causes a maintenance problem as well as an unsightly condition. The Town Manager concurred that it was the Town's responsibility to ensure that all materials were confined to the cardboard collection area. This problem is made difficult by users of the facility who disobey use rules by failing to put their cardboard in the bins and/or return on another day if the bins are full. A recommendation was made to install a fence approximately 104 linear feet long at an estimated cost of \$3,190, subject to possible reduction through competitive bidding. The Selectmen generally agreed with the need for the fence but wished further study to be done on the length, style and cost of the fence. The Town Manager and Public Works Director will gather additional information to be considered at the December 20, 2005, Selectmen Meeting.
- 5) Special Amusement Permit Application - ERJ Properties/Montebello Ristorante, Enzo Raggiani. This is a renewal application to permit the performance of live music, comedians and disc jockeys. The Selectmen found the application to be in order and approved it unanimously.
- 6) Building Committee Final Report and Capital Plan recommendation - Marcia Corradini, Chairman; Josh Stevens, Assistant Code Enforcement Officer; and Don Willard, Town Manager. Town Office/Library Building Chair Marcia Corradini outlined the findings contained within the Committee's final report that was completed last spring. She discussed properties evaluated by the Committee as possible future locations

for the Town Office and/or Library. Properties were considered based upon defined criteria for building space and acreage necessary to support present and future development needs. After an exhaustive search process within the Town's growth zone, it was determined that no properties were available for sale that were large enough and within the Town's financial reach.

Assistant Code Officer Josh Stevens provided detailed information on the condition of the present Town Office building. He reviewed several considerations related to the current building's level of compliance with applicable fire and building codes. Immediate concerns with the building will be addressed through the Town's annual budget process.

The Town Manager provided a brief history of studies undertaken of the existing Town Office building including renovations and additions completed to date. He recommended that the two most viable remaining space options were to further renovate the existing Town Office, if additional adjacent land can be obtained to provide a sufficiently large parcel for future development and parking or, in the alternative, exploring the possibility of relocating the Public Works and Bus Garage to Plains Road and renovating and/or building onto the District Two Public Works/Bus Garage/Fire Station building. The Town presently owns 7.52 acres of land at this location, which would be sufficiently large to accommodate foreseeable future space needs for the Town Office. He recommended that the Selectmen accept the report presented by Chairman Corradini and form a new building committee to look at both short-term and long-term office needs and improvements with a cost analysis completed comparing renovation of the present Town Office to an alternative at District Two. The Selectmen unanimously approved forming a new building committee to look at the Town Office short and long-term space needs and future development plans.

At this point, the Town and Library were exploring the possibility of constructing either a combined facility on existing and adjacent properties located at the present location of the Library and the former District One Fire Station. With the private sale of 51 Main Street, this option was deemed to be not feasible. At this time the Library is moving forward with independent plans for their space needs but is open to any and all discussions with the Town over cooperative ventures that would benefit both facilities.

- 7) Department head financial and goal presentation - Nathan White, Public Works Director, outlined the Department's most significant concerns including rapid growth and development that is putting a strain on Public Works's ability to meet current demands for services. Plowing routes are increasing in length with attendant increases in summer maintenance. The present five-man crew, which includes the Director, is oftentimes understaffed and hampered in completing larger jobs while complying with the safety and transportation elements of projects. Safety flaggers are required on public works jobs, and materials must be trucked to and from job sites. With a five-man crew this leaves very little human resource to address the actual on-the-ground work. The ever-increasing demand for work creates a cycle where the Public Works Department is continually falling behind in routine maintenance and construction projects.

The Public Works Director discussed the budget implications of increasing costs including the rapid escalation in the cost of petroleum-based products. A large percentage of the Public Works Department is dependent upon petroleum products including vehicular fuel and bituminous paving materials. Mr. White also outlined his department's capital improvement needs for the foreseeable future, which includes a replacement dump truck. The Town's two current heavy trucks are a 1988 and 1995 respectively.

- 8) Digital Broadcast Equipment Bid Award. HB Communications, Inc. - Kevin Woodbrey, Network Administrator, announced that the low bid for provision of digital broadcast equipment and related software was \$73,983 to be received from H.B. Communications of North Haven, Connecticut. This bid does not include the cost of running fiber optic cable, connecting the two schools to the modular office building and

ultimately to the servers at the Town Office. This work will be completed by the Town staff, utilizing private contractors as necessary, for installing the cable under Route 85 and along the edge of the roadway to the Town Office. The installation of the fiber optic cable will support the Digital Broadcast Studio for the live broadcast of municipal and school meetings. Another major benefit of the digital broadcast initiative is that the fiber optic network will permit the full implementation of the Town's recent Homeland Security Grant, which provides video monitoring security cameras for both the Raymond Elementary School and Jordan-Small Middle School. The Selectmen unanimously approved accepting the low bid from H.B. Communications, Inc.

- 9) Consideration of municipal representative to the Lake Region Development Council (LRDC) Board of Directors. The Selectmen instructed the Town Manager to advertise in the Road Runner for interested volunteers to serve the community in this capacity. The LRDC mission is to promote both community and economic development in our region as well as enhance the Route 302 corridor and target high yield job opportunities by providing relevant information to businesses. The LRDC also provides consulting services to small businesses, which comprise approximately 80% of the area job market. Interested citizen volunteers can obtain application materials from the Town Clerk's Office or apply on line at [www.raymondmaine.org](http://www.raymondmaine.org).
- 10) Consideration of December meeting dates. The Selectmen will hold one regular Selectmen meeting on December 20, 2005. A joint meeting will be held on Monday December 5th with the Budget/Finance Committee to discuss 2006/2007 fiscal year budget development goals and objectives.
- 11) Old unfinished business.
  - a. Raymond Village Library. Selectman Desjardins explained that he had received a telephone call from Lori Rand concerning the continuing problem regarding inadequate Library parking lot lighting. The Town Manager indicated that the Town was still available and willing to assist the Library with developing an appropriate Library lighting plan.
- 12) Town Manager Report and Communications:
  - a. Bulky waste - With the implementation of the new Bulky Waste Management Coupon System, concern existed regarding whether increased levels of waste would be delivered to the MWAC incinerator facility or through increased recycling tonnages or also through dumping of material along Raymond's roadsides. Analysis of present year tonnages compared with previous years compiled by the Town Clerk determined that no significant changes and related increased costs for delivered solid waste or recycling tonnages were noted. The Public Works Director has not observed an increase in illegal roadside dumping over historic levels.
  - b. The Town Manager announced that he had learned of a citizen initiated meeting to discuss property assessments established through the revaluation. This meeting was to be held on Thursday, December 1st. It was decided that Selectmen Gendron and Desjardins would attend this meeting.
  - c. One Raymond Committee - Selectman Gendron announced that the One Raymond Committee would be meeting on December 13, 2005, at 7pm at the Town Office to continue discussions over finding ways for the Town to work more closely between municipal departments and the Raymond School Department with an aim toward both service improvement and property tax reduction.
- 13) Approved Payroll and Appropriation Warrants dated November 30, 2005.

December 5, 2005:

The Selectmen met in joint session with the Budget/Finance Committee to review and approve the detailed schedule for fiscal year 2006-2007 budget development. All operating budgets including provider agency requests need to be received by Finance Director Elizabeth Cummings by Tues-

day, January 3, 2006. Capital Improvement Budgets are to be submitted by department heads by Tuesday, December 21, 2005. There was considerable discussion over establishing financial directives for preparing the upcoming budget. Although members of both bodies did not take a formal vote to establish a target rate of increase, there was agreement over the need to deliver a financially responsible budget that addresses the Town's real needs while at the same time holding the rate of increase to an absolute minimum. In that regard, strategies such as regionalization of services, working more closely both interdepartmentally and with outside providers as well as seeking cost reduction and/or service improvement through privatization were discussed. It was noted that the Consumer Price Index for the past 12 months for the Northeast Region was approximately 3.7%. This year's budget will pose significant challenges with the dramatic escalation in the cost of petroleum-based products.

Due to holiday printing schedules, the December 20, 2005, Selectmen Meeting will appear in the February 2006 issue of the Raymond Road Runner. Approved Selectmen meeting minutes are available in their entirety by visiting [www.raymondmaine.org](http://www.raymondmaine.org) or by request at the Town Office.

## RES Music Notes

By Patti Gordon

Happy New Year! May 2006 be our best year yet! We are starting the new year at RES with several new musical adventures.

Chorus is again open to all students in grades 3 and 4. We will hold our first rehearsal the day we return from vacation. Students will have two rehearsals to "try it out" and then, if they decide to stay, are expected to make a commitment to remain in chorus through the concert on May 25. I'm looking forward to seeing old singer friends and meeting new ones! Try it out!

The Kindergarten students will be starting a unit of music about winter and teddy bears. We will discover how composers can create shivering sounds on instruments and sing lots of silly bear songs. First graders will revisit some songs from the beginning of the school year and will soon be starting a unit on African music. Second graders just finished learning a folk dance from Sweden. It gets faster and faster and by the end we were all laughing... and tucked out! Third grades are finishing up our dinosaur unit. We will continue studying the form Rondo and start new units soon. Fourth graders are very excited about starting recorder! Soon beautiful toodling melodies will sound from near and far!

The Composer of the Month for January is John Williams. We will be listening to music from his most famous movie soundtracks, Harry Potter, Star Wars, and Jurassic Park.

Music Ed. tip for toddlers and preschoolers: small children keep a very fast natural beat. When doing rhymes or other beat keeping activities, let the child start and take your beat cue from them. You'll be surprised how fast they're patting their little legs, or clapping, or marching! You'll get a great workout!

## GNGHS Project Graduation Committee

Thank You from the GNGHS  
Class of 2006 and  
Project Graduation Committee  
The Gray-New Gloucester High  
School Class of 2006 and the  
Project Graduation Committee  
would like to thank the commu-  
nities for your generosity at the  
"toll booth" held on November  
26. Your support will help make  
the chemical-free trip a possibil-  
ity for all the graduates.

## We Need You! Volunteer Vacancy - Tassel Top Board of Directors

Tassel Top Park, a state owned, municipally run park operated by the Town of Raymond, is seeking interested volunteers to serve on its Board of Directors. Tassel Top Park is located on 35 acres with 900' of sandy beach on Sebago Lake. Directors will participate in budget development, capital planning, establishing Park operation policies, head ranger selection and staff development.

Detailed information is available from the Town Manager's Office (207) 655-4742 ext. 31 or from Bob Metz, Chairman - Tassel Top Board of Directors, (207) 627-7053.

Applications are available at the Town Office or  
online at [www.raymondmaine.org](http://www.raymondmaine.org)  
The deadline for applications is January 18, 2006

## Board Buzz

Raymond School Board News

As this column is written, the calendar year is winding down, but the School Board is gearing up for budget season, which is just around the corner. As many of you know, putting together a budget for the Raymond School Department is a delicate balance of needs, requirements, and resources. We welcome your input throughout the entire process, not just at Town Meeting, and we hope that you will attend our meetings in January, February and March to acquaint yourselves with the evolving budget and to offer your thoughts and ideas.

The entire School Department was involved in two State evaluation visits this December, a No Child Left Behind Act monitoring visit on the 7th and a State SAU review visit on the 12th. These visits were a culmination of an incredible amount of hard work by the entire school staff. The Board would like to thank the staff for the amount of preparation that was required to produce the very impressive body of work that was reviewed on the 7th and 12th. The visits went extremely well and all reviewers were impressed with our schools, our staff, and our students.

Because of these two State visits, the Board starts this budget season with an unusual opportunity. The staff preparation for the two meetings, the self assessments, and the body of evidence presented allows the staff, administration, and board members the opportunity to actually see the results of the policies and decisions the Board has made over the last few years. These two State visits validate the direction in which the administration, staff, and the Board is heading, not just because of the "official results" of the visits, but because of the process involved and the body of evidence produced. This work will inform our decisions for the 2006 - 2007 budget season.

In other news, Franklin Dexter has resigned as a School Board member, effective December 1, 2005. On December 21st, the Board will appoint a new member to fill Frank's vacant seat until Town Meeting in May. The Board thanks Frank for his time and energy on behalf of Raymond students, and wishes him well in his next adventure!

Power School for Parents is up and running. Parents are now able to access their child's grades, attendance history, and other information on line. As more features are added, this part of the Power School software program becomes another great tool for communication between parents and teachers, and enables parents to track their child's progress, check on missing work, and find out about school events as often as they wish. Congratulations to the Tech Team for reaching this goal, and slightly ahead of schedule, too!

Please join us at one, or both, of our next School Board meetings on January 4, 2006, and January 18, 2006. Both meetings will be in the Library at the Raymond Elementary School and begin at 6:30pm.

## Popsicle Prevention

By Ronny Keeler, Raymond Paramedic

We all love a popsicle on a hot summer's day, but becoming one in the brutal winter months in Maine is another story. So this month let's discuss keeping warm and avoiding the dreaded hypothermia.

With so many outdoor winter activities, there are many opportunities to not stay the toasty temperature our bodies enjoy. The key to keeping safe outdoors is to always dress warmly. That means coat, hat, gloves and warm boots. The majority of heat leaves your body from your head, hands and feet. And remember, it is better to bring your winter gear and not use it, than it is to leave it at home and need it.

Next, you need to recognize the signs your body will be giving you if it needs to up its internal thermometer. Normal body temperature is around 98.6 degrees. Any drop below 95 degree Fahrenheit is considered hypothermia to your body. This happens after prolonged exposure to a cold environment. Your body starts by shivering when its temp is lowered to 96.5 degrees. It does this to keep your muscles warm. But after a certain amount of time your muscles get tired and shivering stops. At this point you should be realizing something: YOU ARE ON YOUR WAY TO BECOMING A POPSICLE. So seek warmth. More serious signs and symptoms of hypothermia are slurred speech, abnormal breathing, loss of coordination and lethargy.

On most occasions we just go inside if we get cold. But in the more extreme cases there are steps to be taken to keep alive in our beautiful, but sometimes deadly, Maine outdoors. If you find yourself in a survival situation, find a shelter - anywhere - to keep you from the wind, snow or rain. Keep your legs drawn up into your body to prevent heat loss. It is highly recommended, if going into the woods, to bring a whistle and a small mirror with you. The whistle, recommend to be a Fox 40, can be used to help Search and Rescue (SAR) teams find you. The mirror can be handy for SAR to see you if they are searching from a helicopter.

If you find yourself broken through ice and submersed in cold water, you must take immediate action to keep warm. Cold water steals body heat 32 times faster than cold air.\* If there is anything to climb upon do so. Treading water or swimming causes the body to lose heat much faster than staying still in the water. In this case the heart pumps blood faster to the extremities where it is cooled quickly. Treading water or swimming in cold water shortens survival time by fifty percent\*, so upon impact in the cold water remain calm. Try to keep the air in that is trapped in your clothing, as this makes for added buoyancy which will keep you from treading water. To help conserve body heat cross your legs and pull them up to your chest, and fold your arms putting your hands under your arm pits. If there is more than one person in the water, huddle together to keep warm.

\* From search and rescue professionals.

## Principal's Report For January

By Norma Richard

As we start this new year, it is a great time to review the school procedures that provide for a safe and successful environment at both the Raymond Elementary School and Jordan-Small Middle School. Our schools are dedicated to having students meet the standards outlined in Maine's Learning Results and No Child Left Behind. Our K – 8 students will be required to demonstrate their learning before receiving a diploma in 12th grade. It is important for us to work in partnership with parents and the community to help students develop the academic skills, work habits, and positive attitudes to not only graduate, but to be life-long learners. Parents can help their children while supporting the efforts of a very dedicated and hardworking faculty and staff.

- Be sure that your student is on time each and every day for school. Students who are tardy or are dismissed early can miss some very important instruction.
- Protect the learning environment in your child's classrooms by reducing the number of interruptions to the learning day. The best way to contact teachers during the day is via e-mail or by leaving a voice mail message. If there is an emergency, please leave a message with the school secretary so that we do not interrupt the classroom.
- All parents and visitors are required to sign in at the main office while in the school. We are also asking volunteers and visitors to wear an ID badge while in the building. This is an important safety issue, especially when we consider the complexities of our schools.
- Communicate with your students regularly that school is their work and their responsibility. To this day I value the importance that my parents placed on education, and I thank them for that.

The past four months of school have been extremely busy, and it is hard to believe we are entering 2006. I am proud of the hard work of students and am delighted to be working this year with all of our students in grades K – 8. Highlights to date include the successful implementation of the new math programs; the consistency for students provided through the I Care and High Five programs; the large percentage (95%) of middle school students participating in extracurricular sports, clubs, and activities; the contributions to our schools through volunteers and the Raymond PTA; the great efforts of our assistant principal, Mr. Troy Eastman; the outstanding Holiday Chorus and Band Concerts; and the outstanding caring that students, staff, parents and community members have shown to the students and staff of the Lukeville, LA, Upper Elementary School. Each day at RES and JSMS brings a new challenge, and I want to thank parents and the Raymond community for supporting our efforts in meeting these challenges. Happy New Year!

### Thank You To The Raymond PTA

Students and staff at the Raymond Elementary School would like to thank the Raymond PTA for sponsoring the December 2 visit of artist and illustrator Dave Devries. All of the students participated in grade level workshops during the day. Five lucky children had their sketches painted by Mr. Devries during his presentations. These vibrant and colorful paintings have been on display in the RES library. Once again, thank you to our PTA for supporting learning and creativity in our schools.

## January Is National Mentoring Month

By Lori Rand

Many of you reading this are mentors in one form or another. You teach, coach, lead Scouts, and spend time with your children's friends. Your time, attention and encouragement can prompt thoughts like, "Yeah, I'm good at that; I'm smart; I'm important" - and that's what mentoring does. So while you may not think of yourself as a "mentor," you are still powerfully influencing a young person's attitude and abilities in positive ways. Sometimes we adults forget how powerful we are. Keeping in mind that we are all mentors can help us interact with young people with greater awareness. A great web site to that end: [www.strengthsinfocus.com](http://www.strengthsinfocus.com)

To our current mentors: Thank You. Many of you have been with us for several years.

Your commitment and consistency have been the best example of what friendships are all about.

For those of you who might be interested in a more formal mentoring relationship and in receiving all the support that

we offer, consider getting application materials to see if our "Big Brother/Big Sister" type of program could be a good fit for you. We are in our 5th year of helping adults, teens and children form friendships through weekly meetings and occasional group outings. Find us at Raymond Elementary School, 655-8672 ext. 107, or at [mentor@raymondmaine.org](mailto:mentor@raymondmaine.org).

Mentoring is also an excellent community service opportunity for high school and college students.

### Kids 2 Kids Mentoring at JSMS

Our seventh and eighth grade mentors are completing a six-week training and planning time which will culminate with a dinner in December. They're looking forward to meeting their "little buddies" from RES in January. Our JSMS mentors have devoted two or more hours a week to developing group and leadership skills and to defining what it takes to be a good role model.

## Selectmen to Host Informational Meeting on Revaluation

Are you interested in learning more about the nuts and bolts of the recent revaluation? The Board of Selectmen will host a presentation by Mike Tarello, MAI, ASA, District Manager of Vision Appraisal Technology, to be held on Tuesday, January 10, 2006, in the Raymond Elementary School gymnasium at 6:30pm. Mr. Tarello has been with Vision since 1987 and has managed appraisal operations in Maine and Massachusetts for the last 13 years. The workshop will include an overview of the mass appraisal process and methodology, an explanation of the revaluation process, and will provide an opportunity for questions and answers.



### Hebron Academy Field Hockey Team Wins League Championship

The Hebron Academy field hockey team won the MAISAD League championship this fall, beating Gould Academy 4-3 in overtime. Goalie Marley Lumbard made five saves as Hebron outshot Gould 11 to 8. Hebron's record for the season was 7-4-1. Members of the championship team are, front: Monet Fournier-Brazier (Norway), Tiffany Bichrest (Harpwell), Marley Lumbard (Cumberland), Kayla Chadwick (Kearsarge, NH), Kailey Bubier (Auburn), middle: Jen Duguay (Turner), Maria Kapernekas (Coventry, CT), KJ Forand (Plymouth, MA), Jasmine Webber (Winslow), Nikki Dube (Exeter, NH), back: coach Jenny Agnew, Abby Wingert (Gorham), Cassandra Benson-Abrams (So. Daytona, FL), Sarah Cain (Benton), Maddy Campbell (Arundel), Sabina Zupanc (Taby, Sweden), coach Abby Koenig. Missing: Rosa Van Wie (Raymond), Emma Jahoda-Brown (Amherst, MA), coach Leslie Guenther.

## News from Raymond Elementary School's Preschool Program

Raymond's Preschool Program continues with a new coordinator- Mrs. Ivy Jordan

Dear Parents, Childcare Providers and Early Childhood Educators:

I am excited to introduce myself to you as your new Home-School Coordinator/Early Childhood Specialist with the Raymond School Dept. I will be available at the Raymond Elementary school but will be out of the office on Wednesdays to visit families and the community's preschools, family and childcare centers. My education and working experience is in Early Childhood Education, with experience in operating a family childcare to a larger preschool center. Most recently, my experience is in offering workshops on Parenting and Child Development and helping families in receiving intervention services for children with special needs.

As a new staff member of the school community, I will offer support to the community families. As a specialist, I will provide information about child development and parenting skills and provide links to appropriate services for children who may have some developmental delays in age appropriate skills. In addition to offering services and workshops for parents and teachers, it is also very critical to help your children in their transition to kindergarten. It is nice to be able to get to know all the children as they grow and develop so that the school can prepare appropriate programming for all children as they enter kindergarten.

Part of this program is to conduct home visits from November to April. This step is to "get to know you and have some fun" while the parent completes a developmental history form for May screening, share information with parents, and perform informal screening activities with the child. Another part of the program is to offer both parent and early childcare teachers workshops on child development, and how to help prepare your child(ren) for kindergarten. These workshops will be offered at the Raymond Elementary School in January 2006. There will be additional information sent out in December, with several times available to attend.

I look forward to working with you and your child(ren) in the near future and hope that you will contact me with any questions and concerns; and I welcome any suggestions you may have that will support the success of our community's young children's journey in education. Please call me at **Raymond Elementary School @ 655-8672, Ext. 108.**

Yours truly,  
Ivy Jordan

## Animal Control Report November - December

Nov 22	Dog killed raccoon
Nov 22	Transported raccoon to Augusta for testing
Nov 23	Dog bite
Nov 23	Raccoon tested positive for Rabies
Nov 26	Dog defecating on neighbors lawn
Nov 28	Information given about Rabies
Nov 28	Trapping feral cats
Nov 28	Missing dog
Nov 29	Picked up four cats
Nov 29	Took cats to Animal Refuge League
Nov 29	Information on cats
Nov 29	Dog in road
Nov 29	Follow up on dog bite
Nov 30	Took two feral cats to Animal Refuge League
Dec 1	Took three feral cats to Animal Refuge League
Dec 2	Dog at large - gone on my arrival

## LAKE REGION BULKY WASTE FACILITY

### RESIDENTS OF CASCO, NAPLES, OTISFIELD, and RAYMOND

All residents must have a new permit (sticker) by January 1, 2006, to continue use of the facilities.

All permits (stickers) must be affixed to the driver's side windshield or side window.

Permits (stickers) will be given out at your town office with a valid registration only, so you must have a registration to receive a permit (sticker) for any vehicle.

**NO CURRENT PERMIT (STICKER) - NO USE OF THE FACILITIES**

2006 permit (sticker) colors:

Casco - Blue

Naples - Red

Otisfield - Black

Raymond - Brown

## Important Work For Next Legislative Session

By Senator Bill Diamond

The upcoming legislative session will officially open Wednesday, January 4, 2006, as both the Senate and House convene at 10am. Even though the legislature will initially only be in session two or three times each week through January and February, legislative committees will be holding public hearings and work sessions Mondays thru Fridays.

It is expected that some of the more high profile bills will be heard early in the session such as the bill I am co-sponsoring with Rep. Darlene Curley (R) Scarborough mandating much stiffer penalties for those who consistently drive after their licenses have been suspended. It is important to note that since we started working on this bill in early August, many more cases of multiple operating after suspensions have been revealed.

For example, in late November a Portland man was arrested after a high-speed chase on Interstate 295. It turned out that the man had 32 license suspensions, and of that total, 30 suspensions were active. Following the high speed chase and arrest, he immediately posted bail and was released. His driving record included Driving to Endanger, Criminal Speeding, Probation Violation and multiple Habitual Offender violations.

Recently, a man from Gray was arrested for stealing Christmas presents from a home, which resulted in a high speed chase ending in Portland. The police revealed that the suspect's driving record showed 26 license suspensions. Unfortunately, there are thousands more drivers on Maine roads today who are driving with suspended licenses and who are involved in some of the more serious accidents.

On another issue, the state recently received some good news regarding its financial picture. The Revenue Fore-

casting Committee, a state revenue panel whose purpose is to estimate tax revenues, predicted that the state will be receiving higher than originally anticipated revenues over the next two years. Overall predictions estimate that an extra \$164 million will be taken in by the state over the next two years. That's an extra \$112 million in the current fiscal year which ends next June 2006 and an additional \$52 million more than expected in the fiscal year starting July 1, 2006.

There will be an opportunity for the state to provide some additional tax relief through a variety of measures. For example, fully funding an additional exemption to the Homestead Exemption program would be a direct benefit to all property taxpayers in Maine. Currently, Maine's Homestead Exemption program allows Maine property taxpayers to take \$13,000 off their assessed property value for tax purposes. For example, if your property is assessed at \$100,000 the taxes you pay would be based on only \$87,000 in assessed property value which is a \$13,000 exemption. More funding for this program would provide additional direct property tax relief for Mainers.

Rep. John Robinson and I are sponsoring legislation to help small businesses in our area and to provide more options for telephone services in rural areas like Raymond. We've been able to garner initial support for these bills and hope to secure passage by the full legislature during the session.

These and other issues will be the focus of this next legislative session, and as always I look forward to your comments and questions. Please feel free to contact me regarding any issue.

E-mail: [SenBill.Diamond@legislature.maine.gov](mailto:SenBill.Diamond@legislature.maine.gov)  
Tel.: 892-8941

Dec 2	Dead skunk in yard - called Warden Service
Dec 2	Picked up feral cat in live trap
Dec 3	Took feral cat to Animal Refuge League
Dec 4	Took 4 feral cats to Animal Refuge League
Dec 6	Call about cat - gone on my arrival
Dec 6	Barking dog call - quiet when I arrived
Dec 8	Barking dog call - quiet when I arrived
Dec 9	Missing cat report, black and white in color
Dec 12	Neighbor's dogs in yard
Dec 12	Three horses loose - returned to their pasture
Dec 13	Talked with citizen about stray dogs
Dec 13	Checked on horses

Dec 14 Dog in yard

Dec 15 Follow up on Dec 14th call

### DOG AND CAT RABIES CLINIC

SATURDAY, JANUARY 21ST FROM 1:00 PM TO 3:00 PM AT THE RAYMOND TOWN OFFICE. \$10.00 PER ANIMAL. CASH ONLY ACCEPTED.

LICENSING WILL ALSO BE AVAILABLE.

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 the 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

For information on the Raymond School Department, go online to the School's website

Complete school department information, with links to Jordan-Small Middle School and Raymond Elementary School websites



<http://www.raymondmaine.org/rsd/welcome.html>

## Raymond Town Office Building Committee

The Board of Selectmen is seeking applicants who wish to be a part of the Phase II Town Office Building Committee. This committee has been directed to investigate two possible sites and proposals. The work of this committee would go before the Board of Selectmen and then a town meeting for approval before any construction and/or renovation work could occur. The frequency, time and place of meetings are to be decided by the committee.

Please forward your letters of interest, including a short resume, to Louise Lester, Town Clerk, 401 Webbs Mills Road, Raymond, ME 04071 or e-mail [louise.lester@raymondmaine.org](mailto:louise.lester@raymondmaine.org). Volunteer applications are also available at [www.raymondmaine.org](http://www.raymondmaine.org) and will be automatically forwarded to Mrs. Lester.

## 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.

## Alcohol/Drug Use Relapse Warning Signs

by Steve Danzig, LSW, LADC

From those with ten days sober to those with ten years, the potential for relapse is always present. Statistically, 65-70% of people in recovery will relapse one or more times before they are able to quit drinking/using drugs for good. And the highest incidence of relapse among people in recovery of all ages actually happens in January after the holidays have ended.

The triggers for desiring alcohol and drugs are many and vary from person to person. However, the common denominator for all relapse triggers is that they are insidious and can sneak up on the person in recovery easily, especially during times when there is a deviation from one's daily schedule, such as during the holidays and afterward. This process is similar to exercising at the gym. It feels good when you attend and participate regularly, but when you stop for a while you can't remember what exactly it was doing for you. And often people don't return as a result. Therefore, the best way to avoid a relapse is for the person in recovery to stick to their recovery routine regardless of the other changes to their normal schedule.

It is also important to know that a "relapse" actually happens long before the drink is sipped or the drug of choice is used. Signs to look for that indicate the relapse cycle has begun are as follows:

- The person may be attending fewer 12-step meetings than usual or else none at all;
- The person might start getting phone calls from "new" friends and/or from "old" drinking/using buddies;
- The person may be easily excitable, irritable, or depressed;
- The person may be lying or giving elaborate excuses about insignificant (i.e. there is no gain derived from the lie) events, times, etc.;
- The person may be less open to communication than usual and/or exhibit a desire to be less social;
- The person may plan to go on a trip alone;
- The person may be spending more money and have no reasonable explanation for why/where the money was spent;

If one or more of these signs is present, the person in recovery should strengthen their support system immediately by attending 12-step meetings, working with a 12-step sponsor and/or getting counseling and support from a professional alcohol/substance abuse therapist, as well as avoiding all situations where drinking/drugging activities are present.

## Town Of Raymond Lake Region Development Council Board

The Town of Raymond is requesting applicants for a position on the LRDC board. This volunteer position would be to represent Raymond in this regional organization to promote the town and the lakes region. It would require a monthly meeting the third Wednesday of the month at 1:30pm at the LRDC office on Route 302 in South Casco. There would also be an opportunity to be involved in committee work associated with the interests of the LRDC.

Please forward your letters of interest, including a short resume, to Louise Lester, Town Clerk, 401 Webbs Mills Road, Raymond, ME 04071 or e-mail [louise.lester@raymondmaine.org](mailto:louise.lester@raymondmaine.org). A volunteer application is also available on our website [www.raymondmaine.org](http://www.raymondmaine.org) and will be automatically forwarded to Mrs. Lester.

# Raymond Church Goes Caroling In Horse-Drawn Wagon

Families from the Raymond Village Community Church (United Church of Christ) went caroling through the Village in a horse-drawn wagon as part of an All-Church Advent Celebration in December. Following a traditional Hanging of the Greens service and a potluck brunch hosted by the Youth Group, over 30 adults and children sang to homebound church members, the staff at the Raymond Library, and anyone who might be listening along Main Street. Ron Hill of Bridgton provided the wagon and team of horses.

The Raymond Village Church holds worship services and Sunday School every Sunday at 10am. All are welcome to attend.

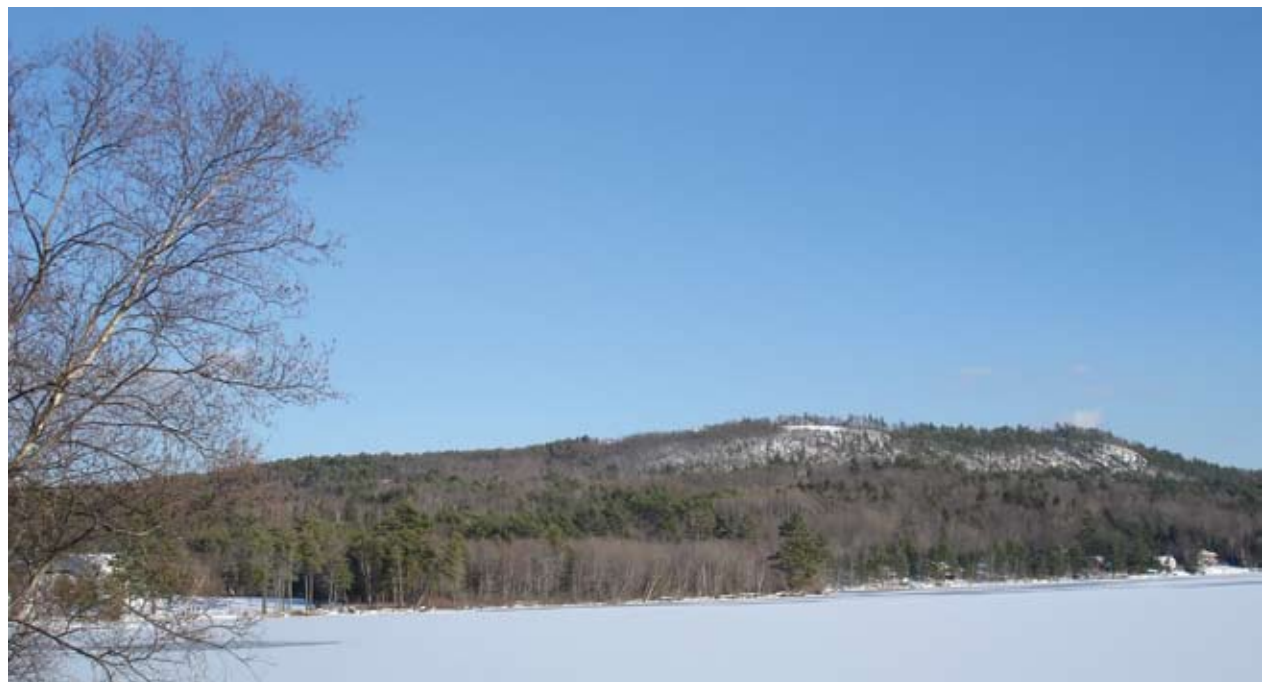


Mark Your Calendars for the



Friday, February 10, 2006  
6:30pm – 8:30pm  
in the JSMS Gymnasium

FREE FAMILY EVENT  
Sponsored by S.E.A.R.C.H.,  
Raymond Mentoring Partnership,  
and Raymond PTA



*A clear Saturday afternoon view looking south across Crescent Lake.*

# Flag Retirement Ceremony

In November the Boy Scouts of Raymond Troop 800 held a Flag Retirement Ceremony at Camp Nutter in Acton.

A flag is never said to be burned - it is retired. That means it is *not* a Flag Burning Ceremony. Disposing of a flag that is worn, faded, or tattered by retiring (burning) it is the only method approved by Congress. The burning should take place at a ceremony which shows respect and honor for the flag(s) being retired. To have a flag retired, contact Tom Wiley, Scoutmaster, Troop 800, Tel.: 655-2048.

