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March Is House Address Numbering Month

The Raymond Fire/Rescue Department would like to ask every home and business in Raymond to affix their street number to their building. The location of the numbers must be very visible from the roadway. In order for them to find you in an emergency, it is necessary that they be able to identify your home or business.

Because of this endeavor, the Raymond Aubuchon Hardware Store is offering for the Month of March a 10% discount on numbers of any type or size in stock. Please welcome their offer and participate in helping the Raymond Fire Department help you.

Raymond Special Olympian Shines at Sugarloaf

By John Keller

Jordan-Small Middle School student Andrew Tanguay turned in an impressive performance at the recent Special Olympics Winter Games held at Sugarloaf/USA. Andrew competed in two snowshoe events at the Carrabassett Valley Academy. In the junior age group snowshoe race Andrew outperformed two other competitors, narrowly edging them out for a Gold Medal in the 50 Meter Race. In the 25 Meter Race, Andrew finished in 3rd place, which earned him a Bronze Medal. Other activities Andrew took part in at the Winter Games included the Parade of Athletes and Opening Ceremonies, snowmobile rides, Snow Cat rides, the



Torchlight Parade and Fireworks Display, the Victory Dance, and the Banquet of Champions. Andrew's coach, John Keller, would like to express his sincere thanks to Brian Murray, who helped train Andrew, and to Sue and Scott Crockett who provided housing for Andrew, his father, and his coach. Additional thanks to Jordan-Small School's Randy Crockett, Pat Menzel, Joni Merrill, and Barb Loux for their support.

Public Transportation Service Through Raymond

IF YOU'RE AT ALL INTERESTED, WE NEED YOUR INPUT. WITHOUT ENOUGH PEOPLE TO SUPPORT THIS ENDEAVOR, RAYMOND WILL PROBABLY NOT PARTICIPATE.

Because the success of this venture is dependent on the number of people using the service, we are asking people who think they might avail themselves of the service to contact Louise Lester, Town Clerk, to let her know so that she can compile some information for the Board of Selectmen to decide whether to participate.

Mrs. Lester can be reached by phone at 655-4742 ext. 21, e-mail at louise.lester@raymondmaine.org, or at Town Office, 401 Webbs Mills Road, Raymond, Maine 04071.

Town Nomination Papers Available

The 2008 Annual Town Meeting will be Saturday, June 7th, at 10am at the Jordan-Small Middle School gymnasium. On Tuesday, June 10th, our Town Elections will take place at Jordan-Small Middle School gymnasium from 7am to 8pm. The positions that will be available for candidates are Budget/Finance Committee - 4 seats, School Committee - 2 seats, and Selectmen - 2 seats.

The Budget/Finance Committee reviews the Annual Town Budget, with its primary "season" being from January into March to be ready for the Annual Town Meeting in June. Usually the Committee meets twice a month during those months and during the rest of the year as needed. The School Committee has two regular meetings a month, and the Selectmen also have two regular meetings per month.

If you wish to run for an office, please obtain a nomination form at the Town Office during regular office hours beginning March 15th. You will need to obtain no fewer than 25, but not more than 50, Raymond registered voter signatures. The deadline for submitting the completed nomination form will be Friday, April 25, 2008, at 4pm.

Second Half Tax Billing

The second half tax billing is expected to be mailed by March 31, 2008. The second half taxes are due April 30, 2008. If you haven't received a tax bill by April 15th, please call Donna Lovely, Deputy Tax Collector, at the Town Office 655-4742 ext. 22.

All taxes for 2007-2008 are due by June 30, 2008. If property taxes are not paid by June 30th, the name(s) of the property owner(s) will appear in the Town Report published before Town Meeting 2009.

Raymond Lions Club Scholarships

Raymond Lions Club 2008 Scholarship Applications are now available at your Guidance Offices or on the www.raymondmaine.org website under Community Organizations

The deadline for receipt of applications is May 16, 2008. Any questions, contact: Betty Y. McDermott at 655-4646 or fmcderm1@maine.rr.com

Road Runner Articles

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

E-Mail; CD/DVD; Paper

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

Road Runner Staff:

John Hanley Laurie Forbes
Norma Richard Kevin Woodbrey

Visit Us on the Web

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

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

<http://www.raymondmaine.org>

On-line services now include:

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

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

Raymond Village Library News

At a Glance

- Friday, March 7 – Dr. Seuss Party, 6:30pm at Raymond Elementary School
- Wednesday, March 12 – Non-fiction/Classics Book Group, 7pm at the library
- Sunday, March 23 – Easter, Library closed
- Wednesday, March 26 – Reading Group, 7pm at the library

Dr. Seuss Party

The Dr. Seuss Party that is held annually is a not-to-be-missed event!! There will be games, crafts, storytelling, prizes and lots of fun for everyone. There is no age limit and it's planned as a family event. So mark those calendars for Friday, March 7. The fun begins at 6:30pm at the Raymond Elementary School. See you there and remember to HOP ON POP !!

Non-fiction/Classics Book Group

This book group will meet on Wednesday, March 12, at 7pm at the library. Due to inclement weather, they were unable to meet in February and so will be discussing James Joyce's

The Dubliners at the March meeting. This is a series of short stories and is available on request at the library. This discussion group is open to all interested readers. Please join us and share your opinions on this classic.

Easter

The library will be closed on Sunday, March 23, in celebration of Easter.

Reading Group

The Book Group will meet on Wednesday, March 26, at the library at 7pm. The book chosen for discussion is *North Country* by Howard Frank Mosher. Copies of the book will be available on request at the library. If you have any questions, call the library at 655-4283. Large Print Books

We have the Raymond Lions Club to thank for helping us establish an ongoing collection of audios and large print books for our library patrons. We recently have added some new selections to the collection.

The Lions Clubs are known for their involvement with eye health and donations to research in this field. The Lions Clubs across the world collect unneeded eyeglasses as one of their many community projects. The Raymond Village Library is one of the drop-off places for eyeglasses that are no longer being used.

Cornerstones of Science

The Raymond Village Library has been selected as one of fourteen Maine libraries to join Cornerstones of Science (COS), an award-winning science literacy initiative that connects children, teens and adults to science and technology through superb books, programs, and opportunities for citizen science. COS originates from Curtis Memorial Library in Brunswick, Maine. The expansion of the Cornerstones of Science partnership has been made possible through a generous three-year grant of \$300,000 from Thermo Fisher Scientific, Inc.

The partnership will provide \$500 in funds to add Cornerstones-designated books to the collection and enhanced support for Amy Farmer's "Science in the Library" program, which is conducted the first Wednesday of each month for children in grades K-2. The library thanks Thermo Fisher Scientific for providing the funding to Cornerstones of Science and making this opportunity possible.

Box Tops for Education

The Raymond PTO would like to remind patrons that there is a container in the hallway at the library to drop off your clipped Box Tops for Education labels. Thanks to all for saving them!! This fundraiser is very successful each year and the monies raised support many programs and activities for Raymond schools.

March 2008

Events and Meeting Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FB =Fire Barn JS =Jordan-Small KC =Kokatosi Campgnd PS =Public Safety Bldg. RE =Raymond Elementary CL =Casco Library TBD =To Be Determined	SG =Sheri Gagnon TG =Town Garage RT85 TH =Town Hall VL =Village Library VC =Village Church VT =Village Tennis BC =Broadcast Studio					1
2	3 10:00AM VL Library Babytime 11:00AM VL Library Preschool Storytime 7:00PM BC Budget Committee	4 7:00PM BC Selectmen's Meeting	5 10:00AM VL Library Toddlertime Session I 11:00AM VL Library Toddlertime Session II 6:30PM BC School Committee 7:00 VL Library Board	6	7 6:30PM RE Dr. Seuss Party	8
9	10 10:00AM VL Library Babytime 11:00AM VL Library Preschool Storytime	11	12 10:00AM VL Library Toddlertime Session I 11:00AM VL Library Toddlertime Session II 7:00PM BC Planning Board 7:00PM VL Nonfiction/Classics Reading Group	13	14	15 1:00 - 3:00PM TH RABIES CLINIC
16	17 Nomination Papers Available - TH 10:00AM VL Library Babytime 11:00AM VL Library Preschool Storytime 7:00PM BC Budget/Finance Committee	18 7:00PM BC Selectmen's Meeting	19 10:00AM VL Library Toddlertime Session I 11:00AM VL Library Toddlertime Session II 6:30PM BC School Committee	20 7:00PM BC One Raymond Committee 7:00PM TH Comprehensive Plan Implementation Committee ROADRUNNER DEADLINE FOR APRIL ISSUE ARTICLES	21	22
23 EASTER LIBRARY CLOSED	24 10:00AM VL Library Babytime 11:00AM VL Library Preschool Storytime	25	26 7:00PM VL Book Discussion Group	27 7:00PM BC Building Committee 7:00 PM TH Cemetery Committee	28	29
30	31 10:00AM VL Library Babytime 11:00AM VL Library Preschool Storytime 7:00PM BC Budget/Finance Committee 7:00PM TBD Appeals Board					

Board of Selectmen Minutes

TOWN OF RAYMOND

Tuesday, January 22, 2008

ATTENDANCE: Mark Gendron, Chairman; Joe Bruno; Lonnie Taylor (left at 8:14 pm), Dana Desjardins; and Mike Reynolds.

SELECTMEN ABSENT: None.

STAFF ATTENDANCE: Don Willard, Town Manager; Craig Messinger, Fire Inspector; Jack Cooper, Code Enforcement Officer; Will Cook, Assistant Code Enforcement Officer; and Mike O'Donnell, contract assessor.

OTHERS: Sandra Caldwell, Superintendent

NOTE: The agenda items follow the printed agenda but some of the items were taken out of order hence some of the items will have only four voting after Mr. Taylor left the meeting.

1. Call to order. Mark Gendron opened the meeting at 7:00 pm at the Broadcast Studio.

2. Minutes of previous meeting dates January 8, 2008.

MOTION: Mike Reynolds motioned to approve the Minutes of January 8, 2008 as written. Seconded by Lonnie Taylor.

VOTE: Unanimous 5-0

3. New business.

a. Chevrolet DerbyFest 2008 overview and request for use of Raymond facilities – Tom Noonan, Sebago Lake Rotary Club.

DISCUSSION: Mr. Willard said in the absence of Tom Noonan that the main event will be in Casco at Point Sebago. The Rotary would like the fish weighing station at Raymond Beach and a snowmobile event. They would like parking at Raymond Beach and Tassel Top. The Derby generator will probably be used at the Casco site.

MOTION: Joe Bruno motioned to table until the next meeting. Seconded by Dana Desjardins.

VOTE: Unanimous 4-0

b. Appointment of Marshall Bullock to the Budget Finance Committee.

MOTION: Joe Bruno motioned to appoint Marshall Bullock to the Budget Finance Committee until the next municipal election. Seconded by Dana Desjardins.

VOTE: Unanimous 5-0

c. Discuss revision to Raymond Chimney Ordinance – Fire Inspector Craig Messinger.

DISCUSSION: Fire Inspector Messinger noted that this change was because of high interest by some townspeople. It will be in the Miscellaneous Ordinance Section. He gave the history of Raymond's Chimney Ordinance. This ordinance will cover UL or ULC metal fabricated chimneys and their installation, no other chimneys will be allowed. It was noted that Jack Cooper, Code Enforcement Officer, was in agreement with this ordinance. These chimneys must be professionally installed. Mr. Desjardins had concern with less than adequate installation and manufacturing. Mr. Messinger felt illegal metal chimneys are now being installed, and this might leave room for compliant quality chimneys. Mr. Gendron said that there would be no "grandfathering" of chimneys installed prior to the adoption of this ordinance. Mr. Reynolds noted that this ordinance came to them in its final draft at 3:00 pm today, and he would like more time to study it. Mr. Gendron felt this would help bring all fabricated metal chimneys into compliance. Mr. Bruno wanted all ordinances to be addressed at the annual town meeting but would allow this one.

MOTION: Joe Bruno motioned to recommend the Raymond Chimney Ordinance and add it to the warrant for February 5, 2008. Seconded by Lonnie Taylor.

VOTE: 3 in favor (Bruno, Gendron, Taylor) 2 opposed (Reynolds, Desjardins)

NOTE: Permits for chimneys will be given by the Code Enforcement Office. It was suggested that an information sheet be given permit applicants about installation i.e. NFP 211.

d. Department Head Quarterly Reports – Contract Assessor Mike O'Donnell, and Code Enforcement

Officers Jack Cooper and Will Cook.

DISCUSSION: Mr. O'Donnell said that all was going well, and he had great appreciation for the exemplary work of Elizabeth Cummings. He didn't feel there would be an increase in the next budget. He felt that the valuation was in good shape. He thought a revaluation might come in 2009, but it depended on what happens in the housing market. He noted that new lots are still being created.

DISCUSSION: Mr. Cook reviewed the year. He said that they would like to have a minor Shoreland Zoning fee which would be for aiding people with how they should proceed which would include necessary inspections. Initial consultation about ideas would be free. Currently state permit by rule is \$50. We don't have any fee for keeping track of issues of noncompliance. Mr. Gendron said that there was money available for remediation of problem areas from private sources. Mr. Bruno wanted citizens to know that the Code Enforcement Office is here to help them make their changes by the ordinances so they don't have problems in the future. Mr. Cooper agreed and felt it was easier to help people before they've made mistakes. Mr. Cook added that if people disagree with the Code Officer they could appeal to the Zoning Board of Appeals for their opinion. Establishing of the fine process might need discussion in a workshop i.e. \$25 for a visit for consultation, infraction of the ordinance \$250, or a range of penalty with successive visits.

Mr. Cooper said that as of July 1, 2008 he will be going to 28 hours a week as the Assistant CEO and take the winter off, and Mr. Cook will become the full time Code Enforcement Officer.

e. Discussion of criteria for Boston Post Cane award – Town Clerk Louise Lester (8:28 pm)

DISCUSSION: Mrs. Lester explained that having some criteria for the awarding of the cane would avoid problems in the future. She explained that the family of Alton Plummer asked about his being placed as a holder on the plaque though the Selectmen didn't name him before he died. The Selectmen felt that his name should be on the plaque. The Selectmen decided that the criteria should be used and that a candidate should have a 5-year residency requirement before being considered.

f. February 5, 2008 Special Town Meeting Warrant for review and approval. (7:29 pm)

DISCUSSION: Mrs. Caldwell said that this would bring Jordan Small Middle School's air quality up to best standards. The air is not unhealthy, but it's time to correct the circulation problem. The RFP is ready to be advertised.

MOTION: Mike Reynolds motioned to approve the article as written. Seconded by Lonnie Taylor.

DISCUSSION: Mr. Bruno wanted to know how they established the amount of \$145,000 before the bids were submitted. Mrs. Caldwell said that the School Board was encouraged by parents to go forward and the Facilities Committee through their study felt that \$145,000 would be adequate. Mr. Gendron thought that the bid process should take care of the fact that \$145,000 was passed, and that it would be less than that amount. Mr. Bruno would have liked that the bid came first. If the bids come in over that amount Mrs. Caldwell felt that it could be dealt with. Mrs. Caldwell reported that their undersigned fund balance was \$153,000.

VOTE: Unanimous 5-0

g. School consolidation information update – Selectman Joe Bruno

There have been no meetings since early December. The next meeting will be Monday, January 28th but Windham is holding a meeting tonight to discuss just partnering with Raymond.

h. Greater Portland Council of Governments (GPCOG) update – Selectman Mike Reynolds.

Mr. Reynolds reported that biodiesel was now being bid for municipal use and said that if Raymond began using biodiesel it would no doubt be less expensive than other purchasing sources. He added that there will be a series of meetings about town business, and the first meeting will be March 21st on energy at USM.

i. Executive Session – Personnel Matter as authorized

under 1M.R.S.A. §405(6)(A)

MOTION: Joe Bruno motioned to go into executive session. Seconded by Dana Desjardins.

VOTE: Unanimous 4-0

RECESS: Mark Gendron recessed the meeting at 8:45 pm.

MOTION: Joe Bruno motioned to come out of executive session. Seconded by Dana Desjardins.

VOTE: Unanimous 4-0

REOPEN: Mark Gendron reopened the meeting at 9:13 pm.

4. Old (unfinished) business.

a. None.

5. Town Manager Report and Communications

a. None.

6. Fiscal Warrants – Payroll and Appropriation Warrants – January 22, 2008.

MOTION: Mike Reynolds motioned to approve the Payroll Warrant in the amount of \$38,910.54. Seconded by Dana Desjardins.

VOTE: Unanimous 4-0

MOTION: Dana Desjardins motioned to approve the Treasure's Warrant in the amount of \$94,189.36. Seconded by Joe Bruno.

VOTE: Unanimous 4-0

7. Adjournment

MOTION: Joe Bruno motioned to adjourn. Seconded by Mike Reynolds.

VOTE: Unanimous 4-0

ADJOURNMENT: Mark Gendron adjourned the meeting at 9:15 pm.

Louise H. Lester
Town Clerk

Moose Permits Available

The 2008 Moose Permit applications are available at the Town Office. Applications must be postmarked no later than April 1, 2008, or delivered to 284 State Street, Augusta, Maine, by 5pm. Apply online until 11:59pm, April 1, 2008, at: www.mefishwildlife.com



Season dates: September 22 through September 27 (WMDs 1, 2, 3, 4, 5, 6, 11, 19) or

October 13 through October 18 (WMDs 1 through 14, 17, 18, 19, 27, 28)

Number of permits: 3,015 permits available.

For more information, call 207-287-8000 or e-mail ifw.online@maine.gov

Household Trash Pickup

By Louise Lester, Town Clerk

As a reminder, Raymond provides curbside household trash pick and recycling. Pine Tree Waste is our contract trash hauler. If you wish to call them about an issue, their phone number is 888-857-0800. If you have any complaints, you can call them direct or call the Town Office at 655-4742 ext. 21. You can also e-mail me with complaints or suggestions at louise.lester@raymondmaine.org Your day of pickup for the western and southern part of town is Tuesdays and the northern and eastern part is Wednesdays. If you have a question about your day of pickup, please call the Town Office or look at the map on our website www.raymondmaine.org.

Each household is allowed two 32-gallon containers (not more than 50 pounds each) a week. It is necessary that you have your street address on your trash barrels along with an orange sticker which you can get at the Town Office free of charge. You can recycle as much as you wish. A list of recycling items is available at the Town Office. If you have more than the two 32-gallon containers for a week, there are bag stickers for sale at the Town Office for \$1 each. You may put out as many stickered bags as you wish. All trash and recycling must be curbside in barrels by 7am on the day of pickup.

The household waste transfer station in Casco is NOT for our use. We are a part of the Lake Region Bulky Waste Facility but not the Casco/Naples Transfer Station.

RES Principal's Report for March

By Norma Richard, Principal

I think that we are all happy to see an end to February 2008. The past month has been a difficult one for our schools due to the extremes in weather. We have had several canceled days, a late start and an early release due to the combination of snow, rain, and frigid temperatures. Even when at school, we were reluctant to put the children out for recess because of the icy layer on the snow. Kindergarten and first grade students loved it, as they could slide on top of the snow (without a sled!) on the backs of their snowsuits. Teachers and recess staff weren't as happy, as they had to stomp through knee-high snow to "retrieve" the children when it was time for lunch. All in all, we were happy to get through the month with no serious injuries due to the icy conditions. I am keeping my fingers crossed that March's weather will be milder, and that there are no more snow days in our future for this school year.

I want to thank our families for their patience and flexibility as we have tried to schedule mid-term conferences around snow days and stormy weather. If you have been unable to meet with your student's teacher for a student/parent/teacher conference, please call the school office at 655-8672, and we will schedule a time that is convenient for you and the teacher. Once again, thank you for your patience.

Our kindergarten students have had a busy month visiting area businesses as they learn about the Goods and Services they provide to our community. Visits to the Raymond Post Office, Key Bank of Raymond, and Hannaford Supermarket in North Windham make this learning very personal for each of the children. I find that I learn new things about these businesses after every field trip. The greater Raymond business community has been very gracious to welcome our students in a variety of ways, and I want to thank them for their many kindnesses and contributions to our elementary program.

These are difficult times for many families in our community. With the loss of over 60 elementary students in the past four years, we need to be responsive to the community as we work to bring forward a responsible school budget for what may be our last year as the Raymond School District. As school principal, I have spent the past few months working with staff and the administration to develop the school budget for 2008 – 2009. This has been especially difficult work this year as Raymond is dealing with declining enrollment along with increased town valuation. This will most likely mean a further loss of State education subsidy for our schools and our community. With an anticipated K – 4 enrollment of 250 students or less next year, the current recommendation is to reduce the teaching staff at the Raymond Elementary School by two classroom teaching positions. In addition, there is a recommendation to reduce our art and computer classes by one day each. Despite these reductions, we will still be able to offer a full academic program with classes averaging 17 students, as well as a complete AE program for all students in grades K – 4. The Raymond School Board will hold a public hearing in March to preview the proposed 2008 – 2009 school budget and to solicit community input before taking their final vote.

There are several dates on the March calendar that are very important for our students. The second trimester is scheduled to end on Friday, March 14. Grade 4 students will participate in the Maine Educational Assessments the week of March 3 – 7. Third grade MEA's will be held the week of March 10 – 12. One of our very favorite events, DR. SEUSS NIGHT, will be held at RES on Friday evening, March 7. Kids of all ages are welcome!

Grade 3 Students Support Beslan Relief

As an extension of their studying the novel *Sadako and the Thousand Paper Cranes*, Mariya Barankevich and her third grade students initiated a special program to assist the children who were injured in the 2004 school attack in Beslan, Russia. Ms. Barankevich's students created beautiful origami paper cranes, and family members, staff and friends donated pledges for their creations. Amazingly, the children raised \$436.10 for Beslan relief. Their hope is that this donation will enable a child who is still suffering from shrapnel or other serious wounds from the Beslan school attack to receive the necessary health care to live a healthy, pain-free life. We are so very proud of the efforts of Ms. Barankevich and her students. When visiting RES, please note their beautiful display across from the main office.

New Kindergarteners Wanted!

Raymond Elementary School is looking for all children who will be entering school next fall 2008. If your child will be 5 years old on or before October 15, 2008, and you are a Raymond resident, please call Ivy Jordan at 655-8672 ext 108 to pre-register today! Miss Ivy, Home-School Coordinator, is currently screening all children eligible for next year's kindergarten.



Raymond Elementary School's Kindergarten Screening will be scheduled this year for Thursday, May 15, and Friday, May 16.

Turn in Your Tyson Labels for Raymond Schools

If you eat Tyson products, you can help Raymond Schools earn money!

The PTO is participating in the Project A+ program sponsored by Tyson Foods, Inc. There's a Project A+ label, worth 24¢, on various Tyson products that feature the Project A+ logo on the package. Schools earn money from Tyson by collecting and redeeming the labels. Be sure to cut off the entire label. What to collect:



Drop your Tyson labels at the same collection site that you drop off your Box Tops: RES, JSMS, Raymond Village Library, and the Town Hall. If everyone in the community clips and saves the Tyson Project A+ redemption labels, we can make this program a huge success for our school. For more information on the Tyson Project A+ program check out the Tyson Project A+ Web site, <http://www.tyson.com/projectaplus>.

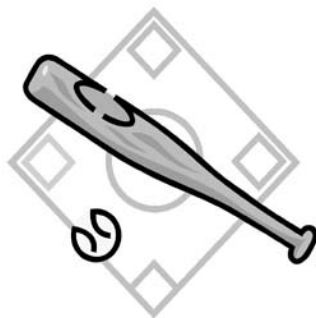
RES Sends a Big "Thank You" to Shaw's

Norma Richard, Principal, would like to thank Shaw's of North Windham for their donations to the Raymond Elementary School over the past several months. Third grade teachers are delighted that each student has a green Shaw's reusable bag for organizing their winter clothing. Our third graders go directly from their AE classes to lunch recess. Packing boots, jackets, mittens and other necessary winter paraphernalia into their green bags helps the children get quickly dressed after art, music, gym or computer, and get outside to enjoy every minute of their lunch recess. A special "thank you" is extended to store manager Tom Mulkern for this donation, as well as for donating two wooden magazine racks to the school. You can see these racks in the library and in the main office. Ms. Mindy and Nurse Kristina love having the storage to display notices, letters, menus, pamphlets and other resources for parents and staff.

Last Registration Date for Raymond Baseball & Softball!

Raymond Baseball/Softball is making plans for the 2008 season. The last registration night will be on Thursday, March 6. Registrations will be held in the cafeteria at JSMS from 6-8pm. This registration is for all levels, T-Ball thru Sr. League.

For more information, contact Bonnie Flynn at 655-5339 or check out our new website for upcoming registration capabilities www.raymondbaseballsoftball.com



Project AWARE Presentation Rescheduled to March 26, 2008

Project AWARE and its Youth Empowerment Workshop has been working with a core group of 8th graders here at JSMS in January and March to create skits about issues kids face with substance abuse and other sensitive topics. These students will be presenting their skits on **Wednesday, March 26th, at 6:30pm in the JSMS cafeteria.** Parents, middle/high school students and interested community members, please come and support these students and the work they have done to raise awareness about the issues young people face today. If you would like further information on Project AWARE, please visit their website at: www.projectaware.net, or contact Christina Lamarre at 655-8672 x 107 or via e-mail at mentor@raymondmaine.org.

JSMS - Budgeting for the Future

By Randy Crockett, Principal

March is not only mud season around here, but also budget season. The school administrators began the budget creation process at the end of November. We were charged with the task of having no increase in, or reducing, all our cost areas. Decisions are made based on the projected needs for the upcoming year, with the overall goal of maintaining a high quality education for the students. Our task is complicated by the trend of declining enrollment and the subsequent reduction in funds from the state. At Jordan-Small, the cost cutting necessary to bring in a zero increase budget has led to a reduction in one teaching position from full-time to 80% and the elimination of a teacher in the 5-6 looping team. Cuts in the supply, equipment, text, extra curricular and staff development funds have been made in the proposed budget. The budget proposals have been submitted to the school board and are currently being reviewed.

I urge all Raymond residents to educate themselves on the details of the proposed budget and share their thoughts with the town's decision makers. The school budget that will go out to voters in June is greatly influenced by the input of residents, as we work through the process. My personal goal in preparing the budget for J.S.M.S. is to be fiscally responsible but also ensure that students have the material and human resources needed for a complete education. Our main goal at the middle school level is to prepare our students with the foundational skills needed to be successful in their first year of high school. To that end, we must constantly seek ways to meet the needs of all our students and allocate resources accordingly. Our financing decisions as a community should reflect our priorities for our young people.

Another avenue for input from the community is available to the parents of J.S.M.S. students through the parent advisory group. My goal in forming this group is to gain a wider perspective on our school so that I may make decisions in a manner that considers diverse points of view. This group is open to all middle school parents and meets monthly. Please do not hesitate to contact me if you have any questions about our proposed budget or the parent advisory group.

Box Tops for Education

The PTO would like to thank everyone for their support of the Box Tops for Education fundraiser and provide an update on the status of our collections for this 2007-2008 school year. In December the PTO received \$900 from General Mills, and we are currently expecting an additional \$600 as a result of our most recent submission of box tops. With each box top being worth 10 cents, we have collected more than 15,000 box tops! This is truly a community effort, and we appreciate every box top that is contributed. We would like to congratulate Ms. Stinehour's fourth grade class at RES and Ms. Estey's sixth grade class at JSMS for being the top collecting classrooms during the recent contest. Each class will be rewarded with a special celebration. Please continue to clip box tops and turn them in to our collection sites at RES, JSMS, Town Hall, and Village Library. Consider asking your family, friends and coworkers to help out by sending their box tops, too. Our schools have the potential to earn \$20,000 each year from this program. If you have any questions, suggestions or would like more information, please contact Caj MacDonald at cmacdon3@maine.rr.com.

STRESS and Your Child

By Steve Danzig, LMSW-CC, LADC, CCS

Stress is a feeling that is created in reaction to pressure from the outside world, from within ourselves or from both. It is the body's way of preparing for a tough situation by increasing its strength, stamina, and sense of awareness. Not all stress is bad. Stress enhances our ability to perform well under pressure. This is important in everyday life such as meeting a deadline, and it is important in dangerous situations where the fight, flight, or freeze response could actually save our lives. Stress becomes a problem when our daily lives cause our bodies to remain in an on-going "stress response state" for too long. When this happens, it can leave a person feeling depleted, burned out, or overwhelmed. Long-term stress can also weaken the immune system and cause other physical problems.

A recent phenomenon is that American children, tweens, and teens are experiencing heightened levels of on-going stress. As a result of our increasingly competitive "success-oriented" culture, children are exposed to stress on a regular basis. They see their parents stressed out from balancing work and home responsibilities. They feel pressure not only to get good grades but also to be involved in numerous extracurricular activities so that they can get into a "good" college. They experience regular occurrences of conflict and loss caused by navigating the social politics of adolescent life. These losses can include break-ups of friendships or romantic relationships, loss of a "good grade" on a test, loss of social status in the school population hierarchy, loss of self respect/self esteem after an embarrassing social faux pas, loss of a parent caused by death or divorce, or loss of a dream/goal.

The danger of this phenomenon is that kids do not have the same maturity level to understand that these stressors are temporary. They do not have the coping mechanism to put these events into proper perspective. This leaves the teen vulnerable to destructive forms of dealing with stress, including using drugs and alcohol, withdrawing into themselves which can lead to depression, pushing harder to achieve more which can lead to anxiety and exhaustion, or looking for something in their lives that they have full control over which can manifest itself in eating disorders. There is also a risk that if teens feel isolated, overwhelmed, and/or unsupported, they will consider suicide as a viable solution to their problems.

Signs of stress overload in teens are as follows:

- irritability and moodiness
- sadness or depression
- physical symptoms such as headaches, stomach-aches, chest pain
- allergic reactions such as eczema, asthma, or hives
- trouble sleeping at night and/or tired during the day
- laughing or crying for no reason
- anxiety or panic attacks
- blaming others for bad things that happen to them
- only seeing the down side of a situation
- things that they used to enjoy aren't fun anymore and/or seem burdensome
- resenting other people

Parents can help their teens minimize ongoing stress by:

- Listening carefully to their kids' problems. Don't judge them or minimize their importance. Understand that their children's problems are as real to them as the parents' problems are to themselves.
- Learn and model healthy stress management skills such as eating well-balanced meals, drinking less caffeine, getting enough sleep, and exercising on a regular basis. Don't use drugs or alcohol to take the edge off at the end of a stressful day.
- Learn and model practical coping skills such as breaking a large task into smaller, more attainable tasks.
- Learn and model feeling good about doing a competent or "good enough" job rather than demanding perfection from yourself and others.
- Suggest that they take a break from stressful situations. Activities like listening to music, drawing, writing, yoga, abdominal breathing, or spending time with a pet can reduce stress. Reduce the amount of extracurricular scheduled activities and allow for some unscheduled, relaxing "down time".
- Find a therapist for your child. Talking to a person other than a parent can help because it gives the teen a chance to express feelings without worrying about disappointing or hurting the parent. Therapists who work with adolescents are well versed in the issues facing them in their daily lives and can offer objective, effective solutions.

Notes from the Code Enforcement Office

Summer Project #1: Install Wood Stove

The winter of 2007-2008 is almost over. Lots of folks have empty wallets after paying the highest prices ever for petroleum fuels. A good summer project that will reduce your heating cost next year, and reduce your carbon footprint, is installing a wood or pellet burning stove.

As mentioned in a previous article, the town has been requiring that all solid fuel heaters be vented to a masonry chimney. This could impose a significant cost on the installation of a solid fuel heater. The town re-evaluated the requirement that only masonry chimneys could be used for solid fuels. Modern prefabricated metal chimneys are capable of withstanding temperatures that older chimneys could not. The Fire & Rescue Department prepared a new Chimney Ordinance to reflect the modern technology of these chimneys. The ordinance was enacted at the February 5 Special Town Meeting, and this will make it easier to install a new solid fuel heater. The new ordinance will allow the use of prefabricated metal chimneys.

The prefabricated chimney must be approved by Underwriter's Laboratories. The home's insurance policy also must cover the use of prefabricated metal chimneys. A permit is required for the installation of any chimney. An inspection will be performed to assure that the chimney is installed according to the manufacturer's instructions.

In any chimney, masonry or metal, a chimney fire can diminish the chimney's ability to withstand the temperatures generated by future chimney fires. Chimneys should be inspected yearly (another good "honeydo" project). The new ordinance requires that following a fire in any chimney, the chimney must be inspected before it is reused. The inspection must be performed by a certified chimney sweep and proof of the inspection must be submitted to the town.

The new chimney ordinance can be found in "Ordinances" in the Code Enforcement section of the town's website.

Also, remember that the installation of the wood stove and venting to the chimney must meet code standards. Either check the manufacturer's installation instructions for new stoves or consult the State Fire Marshal's Office for information on wood stove installation (<http://www.maine.gov/dps/fmo/articles.html>). The wood burning stove guide is an outline of current codes on stove installation.

If you are thinking of a stove, put it in early so that you can order your wood early, too. You want to be sure the wood is dry. This makes it easier to burn and reduces creosote build up in the chimney. You also want to have plenty of time to stack the wood (another honeydo project) before (dare I say it on the cusp of spring?) winter comes again.

Welcome, spring!

Time Warner Digital Phone Update

By Rep. John C. Robinson

I am pleased to announce that there has been significant progress made in bringing digital phone service to Raymond. Time Warner Cable's application before the Public Utilities Commission (PUC) for certification in the rural areas became effective last week, and they are in the process of finalizing agreements with local phone companies.

Upon receiving numerous communications from local residents who were not able to sign up for digital phone service, I submitted two related pieces of legislation. The first bill was "**An Act to Allow Digital Phone Service to Customers in Rural Areas**" and the second was a "**Resolve, Directing the Public Utilities Commission To Study Existing Barriers to Digital Telephone Service Access in Rural Areas of the State.**" My intent in proposing these measures was to open access not only to residents in Raymond, but also to the many rural communities across the State that are currently unable to access emerging technological advancements such as digital telephone service. Clearly this has an adverse impact on local businesses as well as on individual users.

Time Warner and FairPoint have had an initial contract in place for nearly a year. However, as you may know, the PUC signed off on the plan last week.

As seen in the accompanying letter from Time Warner's New England Division President Keith Burkley, Time Warner will be executing final agreements over the next few months

with local providers to facilitate access to rural areas currently serviced by FairPoint and other rural phone providers. As a result, this will allow consumers to purchase Time Warner's bundled service in Raymond.

Now that the agreements between Time Warner and FairPoint have been approved by the PUC, the last step is to execute agreements through Pine Tree with Fairpoint, TDS, and the other rural phone providers. This is currently under way and will finally open access to Raymond and other rural areas. Pine Tree will execute an interconnection agreement with FairPoint, which will enable Time Warner to port phone numbers and provide service to Raymond, Naples, Casco, and other FairPoint areas.

Thanks to the action taken by the PUC, FairPoint, and Time Warner, we are on the brink of removing the largest barrier to consumers seeking a wider array of bundled telecommunication services in rural Maine communities. This is a great step forward in bringing competition and cutting edge communications services to our area, and I'm proud to have been part of getting this process finally completed.

State Rep. John C. Robinson (R-Raymond) serves on the Appropriations and Financial Affairs Committee and is the Republican Lead on the House Ethics Committee. John can be contacted via phone at 655-8657 or e-mailed at Rep.John.Robinson@legislature.maine.gov



The Honorable John Robinson
15 Cranberry Pond Road
Raymond, ME 04071

Dear Mr. Robinson:

I wanted to provide you with an update on Time Warner Cable's plans to launch Digital Phone service in the Raymond area. I know this is a service many of your constituents/our customers have been eager to sign up for and I am happy to report that we are making significant progress. We are steadily moving forward on securing the necessary business agreements with the other phone providers and intend on having this service available by the second quarter of 2008.

As you are aware, part of this process involves certain certification approvals from the Public Utilities Commission (PUC). We are currently awaiting the Commission's approval on Time Warner Cable's certification which was initially scheduled for hearing on January 22 but now moved to February 11, 2008. The Telephone Association of Maine (TAM) requested that the PUC reconsider its initial ruling on our certification. We are hopeful that this will not pose any additional delays. Other components of this process include the PUC's approval of Pine Tree's (our CLEC partner) certification which should also happen in the near future. Once that is granted, Pine Tree will execute an interconnection agreement with Fairpoint which will enable us to port phone numbers and provide service to Raymond/Naples/Casco and other Fairpoint areas. This agreement will also need to be approved by the PUC. They have 90 days to act or it is automatically deemed approved. During this time, we will work to ensure that our back office systems are in place so we will be ready to launch our service as soon as the final PUC approval is granted.

Sincerely,

Keith Burkley, Division President
Time Warner Cable, New England Division

ALL ARE INVITED

Raymond Village Community Church
United Church of Christ
27 Main Street
Raymond, Maine
www.rvccme.org

Palm Sunday – March 16th

10:00 A.M. – Worship with a Procession of the Palms, music by our Adult Choir and the Youth Singers, and an Offering of the Symbols of Good Friday.

Maudy Thursday – March 20th

5:30 P.M. – Community Fellowship Soup and Bread Meal followed by a Seder (Jewish Pass-over Meal) with Communion as Jesus might have first shared it with his disciples. This is a wonderful event for families.

7:00 P.M. – Tenebrae Service in the sanctuary. This is a moving candlelight service that reminds us of Jesus's crucifixion on Good Friday.

Good Friday – March 21st

8:00 A.M. – Hunger Walk participants leave from the Casco Village Church and walk 8 miles to the Raymond Village Community Church (UCC) for a soup luncheon. All donations from the walk benefit the Raymond Food Pantry.

Easter – March 23rd

6:30 A.M. – Daybreak Service with Casco Village Church at Casco Village Church followed there by an Easter Breakfast.

10:00 A.M. – Easter Celebration Worship with favorite hymns, choral music, and lots of Easter lilies and spring flowers!

Hebron Academy Middle School Players Present Comedies

By Susan R. Geismar,
Hebron Academy, Publicity Liaison

The Hebron Academy Middle School Players will present the comedies *The Unfinished* and *Mother Goosed* on Friday, February 29, and Saturday, March 1, at 7pm in Hebron's Lepage Lecture Hall in Treat Science Building. The event is free and open to the public. Parking will be available in the Robinson Arena lot, just off Route 119 on the Hebron campus.

The Unfinished, by Alan Haehnel, chronicles the stories of the Writer's characters who wait in limbo, hoping that the Writer will continue creating their lives and eventually allow them to exit her mind and move on to the larger world.

Something unprecedented is happening in Fairytale Land in *Mother Goosed* by Jason Pizzarello: the nursery rhyme characters are revolting against their stories, and the local news anchors are there to tell the tales.

The plays are directed by parents Carolyn Fensore of New Gloucester and Patricia Phillips of Auburn, and feature 21 students from Auburn, Gray, New Gloucester, Minot, Raymond, Poland, Norway, Casco and Hebron.

For more information, please call Hebron Academy at 966-2100, or visit the website at www.hebronacademy.org.



Wardrobe designer Roz Moisan adjusts Cat Adria Hughes's hat as news anchors Sydney Randall, Lindsey Hughes, and Matt Fensore look on in the Hebron Academy Middle School rehearsal of *Mother Goosed*.

Healthy Raymond

Wellness Committee, Kimberly Post Rowe

Vitamin D

The long, dreary winters of the Northeast are infamous for inducing depression. Being starved for sunlight can do more than affect your mood, however. A growing body of evidence suggests it can raise your risk of cancer, and increase susceptibility to heart attacks, diabetes and other disorders.

The reason is vitamin D, an essential nutrient produced by the body after sun exposure. Historically thought as merely a preventative for the bone-weakening condition known as rickets, the so-called "sunshine vitamin" is now recognized as a key player throughout the body, including the immune system. Experts say vitamin D deficiency is much more common than previously believed — especially in northern regions, such as northern New England, the Pacific Northwest, and Canada, where solar radiation from October to March is too puny to maintain healthy levels.

Increased use of sunscreen has turned a seasonal shortfall into a year-round condition for many people. A recent survey in Britain found 87 percent of adults tested during winter, and more than 60 percent in summer, had below-normal vitamin D levels. Doctors in many parts of the world — including California — report a resurgence of childhood rickets: soft bones caused by lack of vitamin D.

While supplements offer a cheap and easy solution, researchers argue the recommended intake is too low to provide many health benefits. A Canadian medical organization advises that pregnant and nursing women take 10 times the amount suggested in the U.S. "You're more likely to live longer and you're less likely to die of serious chronic disease if you have adequate vitamin D on board," said Dr. Michael Holick of Boston University School of Medicine, one of the world's top experts. "It may well be the most important nutrient of the decade."

Risks of Low Levels

- In a study of 1,739 Boston-area residents reported last month, rates of heart attack, stroke and heart failure were about 50 percent higher in those with low levels of vitamin D.
- In addition to strengthening bones, muscles and joints, high vitamin D levels have been linked with lower rates of colon, prostate, breast, esophageal and pancreatic cancer.
- Harvard scientists found that high levels of vitamin D reduced children's odds of developing asthma, while researchers in Pittsburgh reported that pregnant women with low vitamin D had greater risk of pre-eclampsia, a dangerous form of high blood pressure.
- Blood samples from more than 7 million military personnel showed people with the highest levels of vitamin D were 62 percent less likely to develop multiple sclerosis than those with the lowest concentrations. A study in Finland found similar results.

What D Can Do

Formed in skin cells exposed to UVB, the invisible form of light that causes sunburn, vitamin D and its breakdown products act throughout the body. The compounds are believed to regulate as many as 1,000 genes, including genes that weed out precancerous cells and genes that slow the

Ballot Clerks Needed

If you would like to participate in the democratic process, the Town of Raymond needs ballot clerks. The schedule would be for a four hour session to be assigned by the Town Clerk. Depending on when you work, you will receive a light breakfast, lunch or dinner. This job also pays minimum wage, if you don't want to volunteer your time. Ballot clerks may be used to check off the names of voters as they enter the polling place, process absentee ballots, supervise the ballot box/machine, or be available to answer questions and aid the voter as needed.

To qualify, you must be at least 18 years of age, registered to vote and a resident of the municipality. You need not have enrolled in a party; however, the town needs to have registered Democrats and Republicans of equal number at the polls, so those in a party have priority to work.

runaway reproduction typical of cancer.

Molecular geneticist John White and his colleagues at McGill University in Montreal discovered vitamin D also switches on an arm of the immune system that kills bacteria — including the bug responsible for tuberculosis. "It's a kind of front-line response to infection," he said. That may explain why TB patients in the early 1900s who basked in the sun at sanitariums were often cured, added White, author of a recent *Scientific American* article on vitamin D. The compound has an anti-inflammatory effect, too, which probably plays a role in preventing heart disease and autoimmune disorders.

The evolutionary angle is also being explored, with the suggestion that early people who migrated north from the equator lost skin pigmentation to maximize vitamin D production. Today, dark-skinned people in northern latitudes are among the most vulnerable to vitamin D deficiency.

Inconclusive Studies

While the evidence is piling up, most of it is still based only on association. Scientists count cancer cases, infer or measure vitamin intake, then look for correlations. Some researchers advise caution until there's more data from controlled trials, where one group gets vitamin D, while another gets a placebo.

One such trial last year found 1,000 international units (IU) a day slashed cancer risk for women. But a much bigger study found women who took vitamin D supplements had the same risk of colon cancer as those who didn't. "I would say the jury is out," said Ulrike Peters, who studies nutrition and cancer at the Fred Hutchinson Cancer Research Center. Women in the large experiment took 400 IU a day of vitamin D — the amount in a typical multivitamin. Hollis, the South Carolina researcher, says the results simply show that standard doses aren't enough. The U.S. Institute of Medicine (IOM) recommends 200 IU a day up to age 50, and 400 to 600 IU for older people. The Canadian Paediatric Society recently urged pregnant and nursing women to take 2,000 IU a day — which the IOM designates as the maximum safe dose. Vitamin D experts say much higher doses are safe, however. Exposing just your arms and legs to the summer sun for less than 15 minutes can generate 5,000 IU, Holick pointed out. It is possible to go overboard with supplements and trigger dangerous calcium deposits in kidneys and blood vessels, but Holick says it takes a lot: more than 10,000 IU a day for a year.

Milk and some cereals are fortified with small amounts of vitamin D to prevent rickets, but few foods are significant natural sources. Tanning beds that produce UVB will generate vitamin D, though dermatologists go ballistic when Holick points that out. About 5 percent of his research funding has come from the indoor tanning industry, and he was fired from a joint appointment in Boston University's dermatology department after authoring a book on the benefits of UV radiation.

Still, he continues to advocate "sensible" sun exposure that shields the face and stops far short of sunburn. He also recommends most people take 1,000 to 1,500 IU a day of vitamin D. Cholecalciferol, or D3, is the preferred form. Hollis takes 4,000 IU a day and recommends 2,000 IU daily for everyone.

Both continue to agitate for a change in official guidelines. But that would require a costly research review and isn't likely to happen soon. "Vitamin D is so cheap, nobody makes any money on it," Hollis said. "So there's nobody to push it."

March Selectmen's Meetings

Tuesday, March 4th, 7pm, and

Tuesday, March 18th, 7pm,

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

Raymond Hosting Compost Bin Sale

The Town of Raymond is planning to hold a backyard Compost Bin, Kitchen Waste Pail, and Wingdigger Sale for Earth Day 2008.

Tired of seeing all of those kitchen leftovers from preparing meals and snacks get thrown out in the trash or eaten by critters in your makeshift composting bin in the backyard? Here's your chance to turn those scraps into nutrient rich soil.

As part of Earth Day 2008 celebrations, Raymond is participating in a statewide backyard composting bin sale. Through April 11th, 2008, a home compost bin and how-to guide with a combined retail value of \$80 can be purchased for only \$37.50 (tax included). The bin is black, has a 10-year warranty, and is made of 100% recycled plastic. It's approximately 35" high and 33" wide, or large enough for a family of five. Kitchen Waste Pails, for all your kitchen food scraps, are also available for sale at \$8 each. This year the Wingdigger has been added for \$16.50. The Wingdigger is a tool to turn the compost in your bin.

It's estimated that 25 percent of the average household's waste consists of yard trimmings and kitchen scraps, which can be easily composted. Raymond's residents can save money for every ton of waste they compost because it is not shipped out of town for disposal.

Contact Louise Lester, Raymond Town Clerk, to learn more or to obtain an order form at 207-655-4742 ext. 21 or louise.lester@raymondmaine.org. Raymond already recycles many of its disposables. Let's increase our recycling while helping our gardens grow! This promotion is not just for Raymond residents – anyone can order.

Property Tax and Rent Relief "Circuit Breaker" Program

DEADLINE June 2, 2008

Applications are available at the Town Office or online at www.maine.gov/revenue or write to Maine Revenue Services, PO Box 9116, Augusta, Maine 04332-9116

General Information:

207-626-8475 weekdays 8am to 5pm

Call for forms: 207-624-7894; and also at the Raymond Town Office

Refund Information: 207-626-8461

(Have your Social Security number and total income amount available.)

NexTalk (TTY service): 888-577-6690 weekdays 8am to 4:30pm.

Non-Resident Boats Require Milfoil Stamp

The Maine Department of Inland Fisheries & Wildlife requires a milfoil stamp on all non-resident motorized boats that will be using Maine inland waters. The change is that the cost of the milfoil stamp is now included in the cost of registering resident boats, so there is only one pair of stickers. This money will be used for programs to study and prevent the water plants, especially the Eurasian milfoil, from permeating Maine's fresh waters. The Eurasian milfoil plant is an invasive plant which eventually chokes fresh water lakes, ponds, and rivers. Once established in a lake, it can become impossible to control. Maine is trying to keep milfoil from its waters, and this program endeavors to keep our lakes, ponds, and streams from becoming clogged.

The fee for a non-resident milfoil sticker will remain \$20. The cost for resident registration will be \$21 [0 to 10 hp], \$26 [11 to 50 hp], \$32 [51 to 115 hp], \$40 [116 and over] and \$40 [PWC jet skis} which includes the milfoil fee. A non-resident boat is one which is registered outside the State of Maine.

Raymond Community Assistance Fund

Over the last two months several generous families have donated to the Raymond Community Assistance Fund. This was created by the Selectmen to enhance our General Assistance funding. It also allows for people who do not quite qualify for General Assistance under Title 22, Section 4301, to receive emergency help. Some Raymond residents have already accessed this program.

If you wish to help, please forward donations to Nancy Yates, Finance Director, Town of Raymond, 401 Webbs Mills Road, Raymond, Maine 04071.

If you need help with heating oil or other emergency aid, please call Donna Lovely, Assistant GA Administrator, at 655-4742 extension 22. All applications are considered confidential.

University of Maine Extension a Source of Knowledge

One of the functions of the University of Maine Extension Service is to educate Maine people in all types of subjects having to do with the home and agriculture among others.

This month there will be a one-day seminar on how to create container gardens and raised garden bed planting. This Seminar will be offered in our area on March 6th at the South Paris Extension Office and on March 11th at the Woodford Congregational Church in Portland beginning at 8:45am. The fee is \$5 each. For more information, call 1-800-287-1482 or e-mail bmurphy@umext.maine.edu There is more information about the Extension's services at <http://www.umext.maine.edu/> or call the Portland office at 1-800-287-1471 or e-mail ksavoie@umext.maine.edu

Another service they provide is a newsletter entitled the Safety Zone. This month's newsletter concerns soup and chowder tips. Taken from this issue: "For food safety purposes, it is best to avoid cooking and cooling foods in advance. Plan ahead to avoid the potential food safety problems of cooling and reheating foods.

If you do have to cook foods in advance, follow these tips to get all foods, including soups and chowders, refrigerated or chilled immediately. A common mistake people make is to allow foods to cool before they are refrigerated. Delaying refrigeration until food cools will allow bacteria to grow more rapidly.

How to chill cooked foods to keep them safe.

- Divide cooked foods into shallow (3 inches deep or less) containers for rapid cooling.
- Use an ice-water bath to rapidly chill foods.
- Stir soups and stews to speed the release of heat.
- Arrange foods in the refrigerator in a way that allows plenty of air to circulate around them.
- Keep your refrigerator set to maintain a temperature of 40° F or below.
- Foods that have been cooked and then refrigerated should be rapidly reheated throughout to 165° F before being served."

In case you want to learn how to cook for crowds, there will be a workshop on: March 15 from 10am to 3pm at the First Parish Congregational Church in Pownal (deadline March 7th) and March 29th from 10am to 3pm at the Naples Public Library in Naples (deadline March 25th). These workshops will cover methods for safely preparing, handling and serving food for large groups such as churches, club affiliations, fundraisers, granges, and others. The fee is \$10 each. Register with Lois at 1-800-287-1471.

Photos Needed for the 2007 Town Report

We are in the process of gathering reports and information for the 2007 Town Report. If you have any Raymond photographs showing our life and times in Raymond, please forward them to Louise Lester, Town Clerk, by US mail or e-mail. We can use photos commercially printed or digital, color or black & white.

Louise Lester, Town Clerk
louise.lester@raymondmaine.org
Town of Raymond
401 Webbs Mills Road
Raymond, Me 04071

Animal Control Report

January – February

Jan 22 Unlicensed kennel - No puppy sale permit
Jan 23 Dog in yard - Gone on arrival
Jan 23 Weasel under porch
Jan 25 Loaned box trap
Jan 27 Dogs at large
Jan 28 Cats fighting on porch - Left box trap
Jan 31 Puppy investigation
Feb 1 Dog lost - See next entry
Feb 1 Dog at large - Called owner to pick up
Feb 1 Dog ran off
Feb 2 Above dog found
Feb 3 Dog to Animal Refuge League
Feb 3 Lost dog
Feb 4 Picked up dog - Taken to ARL, issued ticket
Feb 5 Stray dog dropped off with ACO
Feb 5 Investigated stray dog - Found owner
Feb 5 Dispatch
Feb 5 Barking dog complaint
Feb 8 Complaint that neighbor has more dogs
Feb 8 Dog at large again
Feb 9 Dog in yard - Gone on arrival
Feb 10 Stray dog in yard
Feb 11 Dog missing
Feb 13 Dog missing
Feb 13 Call about dead bat and barking dogs
Feb 15 Dog still missing
Feb 15 Dog missing
Feb 15 Dog at large again
Feb 15 Dogs barking all the time complaint - No barking upon my arrival
Feb 16 Dog at large again - Gone on arrival
Feb 19 Check on possible puppy mill
Feb 19 Administrative work

Because of this winter's hard snow crust, dogs might have their footpads cut on the sharp ice. If you have a dog run, a layer of pine sawdust/shavings or hay will protect their feet. Come spring, that surface will make the beginning of very good mulch for your garden. Also, if your dog stays outside, a heavy layer of bedding should be provided in its shelter so that there isn't any possibility it has to lie on a wet surface.

Maine has a leash law, so please don't allow your dogs to run at large. The porcupines and skunks are coming out and are just waiting to meet your pets, which can at best be a nuisance with the smell and at worst a trip to the veterinarian's to have quills pulled.

New Business in Raymond

On January 5, 2008, Miller Flooring opened for business at 1528A Roosevelt Trail in the old Martin Machine Building across from Hill Top Market on Route 302. Miller Flooring is a family-owned business offering brand name products and professional installation services at competitive prices. Whether you are looking for tile, hardwood, vinyl or carpet, Miller Flooring has your flooring needs.

Owner Fred has over thirty years of experience working with the public, providing quality products and service. His son Sam has 10 years of experience installing flooring products and working with some of the top flooring companies in the industry. Sam is a master at his craft. Fred and Sam both grew up in the town of Raymond and attended Raymond schools. They both loved playing baseball. They are now enjoying the challenge and hard work of starting a small business in the town they call home.

Miller Flooring's showroom has a large selection of flooring displays. The showroom also displays their quality workmanship and products. They're open seven days a week, so drop in soon, or visit them on the web at <http://www.millerfloor.com/>

What Can MARVEL! Do for You?

Imagine, for a moment, that you had access to all of the best information available, from publications like *The Wall St. Journal*, *Consumer Reports*, *Time Magazine* and thousands more. And imagine that, instead of being overwhelmed with information, you could quickly sort through the thousands of newspapers, magazines and journals to find exactly what you wanted...

Raymond citizens, your wish is MARVEL!'s command!



MARVEL! is Maine's Virtual Library, and it's available to you from the comfort of your own computer or from the computer at the Raymond Village Library.

MARVEL! provides free access to literally thousands of journals, publications and reference books, most of which charge for direct internet access. It's estimated that the cumulative value of all the resources on MARVEL! would cost you about \$500,000, if you wished to replicate MARVEL!'s resources!

What can MARVEL! do for you? Here are some of examples:

- You've just read a wonderful book and want to know a little more about the author. Use Scribner Writers to access an author's biography!
- You are thinking about making a job change or investing and want to know more about a particular industry or company. Use *The Wall St. Journal*, *Value Line*, and industry-specific journals to find out your best bets!
- Your child, niece, or grandson needs to research a subject for a science fair project. Go to Kids Search for child-appropriate articles to help them in their studies!
- You'd like to find out more about a medical condition you have heard about. Go to Medline and use their comprehensive database to learn more.

The list of applications for MARVEL! is endless. In fact, MARVEL!'s only downside is that it has so much to offer, it take a little time getting used to how to navigate the site. Rest assured, it's well worth the effort.

If you wish to learn more about MARVEL!, just go to www.maine.gov/marvel. You can access MARVEL! from the Raymond Village Library's computer or from your own computer. Enjoy.

Raymond Rec Winter Kids' Snowshoeing

What a winter!!! Through Raymond Recreation Association, children have enjoyed all the snow, not only on snowshoes at RES, but also on skis and snow boards at Shawnee Peak. Thanks to all the volunteers who made this an active and fun winter for Raymond kids of all ages!!! And maybe there's more snow and fun to come!



Starting Six

Patti Gordan, Raymond Elementary School music teacher, was recognized at the Portland Pirates game on February 1 as one of this year's "Unum Educators Hall of Fame Starting Six." Mrs. Gordan, sixth from the left, was supported by many Raymond families at the game. Congratulations, Mrs. Gordan.

Save the date for.....



Spring Fling Family Dance

With the **THE DISCLAIMERS**, plus lots of great activities for all ages K-8 !!

Friday, April 11, 2008
6:30pm – 8:30pm
at JSMS Gymnasium

A FREE FAMILY EVENT

Sponsored by S.E.A.R.C.H., Raymond Mentoring Partnership, and Raymond PTO

Pirate Treasure Found in Casco, Maine

Gorham Boy Scouts from Troop 73 and Raymond Cub Scouts from Pack 800 Take Home Treasure in the Casco Bay District Annual Klondike Derby

PORTLAND, Maine (February 4, 2008) – A total of 23 sleds and 224 Scouts of the Casco Bay District competed in this years Klondike Derby! There were two divisions: the Boy Scout division saw 17 sleds competing, and the Cub Scout division had 6 sleds competing. The winners were:

	Boy Scout Division	Cub Scout Division
1st Place	Troop 73 Gorham, ME	Pack 800 Raymond, ME
2nd Place	Troop 875 Standish, ME	Pack 74 Gorham, ME
3rd Place	Troop 81 Westbrook, ME	Pack 135 New Gloucester, ME

The Klondike Derby is a Boy Scouts of America skills competition completed outdoors. The teams built sleds, which were used to carry the gear needed to compete in the nine stations designed to test their Scout skills. This year's Klondike Derby had a pirate theme. Skills tests included first aid at the station called Man Overboard, lashing at the Man the Helm station and map skills at the Sailing the Seven Seas station. Other stations included Run Out the Guns, Keel Haul and Dead Men Tell No Tales!

The Klondike Derby was organized and run by the Boy Scouts of the Casco Bay Chapter of Madocawanda Lodge of the Order of the Arrow. The Point Sebago Resort donated the facilities for the day.



Congratulations, Raymond Cub Scout Pack 800.

Raymond Recreation Friday Teen Skiing

By Peter Walgreen and Lorna Dunn, Co-Directors
We had a large group this year: 42 boys and 25 girls.

By age, the number of students is:

12	13
13	24
14	14
15	6
16	6
17	3

Among those students were 14 season's pass holders, up from 8 last year. Only 6 students rented equipment.

Chaperones this year were Ingo Hartig, Wendy Brum, Joe Stevens, Nancy Boucher, Lisa Friedlander, Scott Sutton, and Nelson Henry. Our bus drivers were Paul Godwin, and Paul Follensbee, shown skiing here.

Most of our adults are skiers. We don't directly instruct the students, but are very visible and supervise them while at Shawnee Peak.

Raymond Rec is a non-profit organization, thus costs are kept low. Chaperones get a lift ticket to ski Friday nights. We have our own insurance and contract the buses from the town for a fee, which is about 1/3 the program cost.



Raymond Road Runner Deadline Reminder

Articles for the April issue are due Thursday, March 20th.