

# FRYEBURG ACADEMY

SPRING 2026

## *Scenes*

A MAGAZINE FOR ALUMNI, FAMILIES, AND FRIENDS



**FA's Manoriti Memorial  
Baseball Field  
*Celebrating a New Era***

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## FRYEBURG ACADEMY

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## *Greetings to the Fryeburg Community*

**E**ach issue of Scenes offers a meaningful opportunity to reflect on the life of Fryeburg Academy, who we are, what we value, and the many ways our community continues to grow. This spring, I am reminded of the powerful combination of tradition and forward momentum that defines our school today.

Across these pages, you will see clear evidence of that momentum. From the continued success of our students in academics, athletics, and the arts to the global reach of programs like robotics, Fryeburg Academy students are not only participating, they are excelling at the highest levels. At the same time, their stories remind us that success here is never measured solely by outcomes, but by growth, character, and the relationships formed along the way.

That spirit of progress is also visible across our campus. We are proud to celebrate the completion of the Vincent Manoriti '85 Memorial Baseball Field renovation, a project that has already had a meaningful impact on our student athletes and the broader community. This transformation was made possible through the generosity of more than 100 donors, whose collective support reflects a deep belief in the value of athletics, teamwork, and shared experience at Fryeburg Academy. We are grateful for their commitment.

You will also read about important work ahead, including the True House Expansion and Renewal Initiative. This project reflects something fundamental about Fryeburg Academy: our commitment to meeting the needs of every student. By expanding opportunities for our Essential Skills Program while also addressing broader classroom needs, we are strengthening both access and excellence across campus.

Equally important are the people who shape this place. This issue highlights the remarkable careers of Stew and Dede Frost and Bob Pulito, educators whose decades of service have influenced generations of students. Their stories remind us that the heart of Fryeburg Academy has always been its people—dedicated teachers, engaged students, and a community that supports one another in meaningful ways.

We also celebrate the accomplishments of our students, from championship teams and award-winning performers to scholars and leaders preparing for what comes next. Whether on the field, on the stage, or in the classroom, our students continue to demonstrate resilience, curiosity, and a willingness to challenge themselves.

At Fryeburg Academy, we often speak about community, and for good reason. It is what connects a student arriving on campus for the first time to an alumnus returning decades later. It is what transforms individual experiences into a shared sense of belonging. And it is what ensures that, even as we evolve, we remain grounded in the values that have guided this institution since 1792.

Thank you for being part of that community. Your continued engagement and support make all of this possible.

**Joseph R. Manning**  
Head of School

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Above: The talented student cast of 42nd Street takes a bow following a lively production in the Leura Hill Eastman Performing Arts Center. The November show performed to sold-out crowds and was directed by Emy Holden '08. Bottom right: Dede and Stew Frost retire this spring following 40 years at FA. Pictured here with Kendell Clark '98.

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**ON THE COVER:** Jim Osgood '85 throws the ceremonial first pitch, caught by Steve Cote '85, in memory of their classmate and in honor of the renovated Vincent Manoriti '85 Memorial Field. Photo by: Mike Dana

**CONTRIBUTORS:** A special thank you to the contributors of Scenes Magazine. Your voices and imagery help convey the FA experience and tell the shared story about our amazing community. Photography credits: Mike Dana, Lakyn Osgood Ela '12, Dawn Gale '81, Jennifer Stacy Bartlett '93, Laura Ayer, and Holym Han '26.

*Design by: CZ Design*



# The True House Expansion & Renewal Initiative

DAWN GALE '81 DIRECTOR OF ADVANCEMENT & ALUMNI RELATIONS

On any given school day at Fryeburg Academy, the True House is a place of constant motion, where students are actively building skills and independence. Inside, students are learning to cook a meal, practice social skills, navigate academics, or simply build confidence. It is not the largest building on campus, nor the newest—but for many students, it is one of the most important.

Located between the Leura Hill Eastman Performing Arts Center and the athletic center on Bradley Street, the True House has long held a central place in Academy life. Once the home of former Head of School Harry True and his wife, Sandra, the building has also served as faculty housing, and since the mid-2000s, it has been home to the Academy's Essential Skills Program.

The students in this program arrive with a wide range of needs and strengths. Some are working through challenges related to autism, ADHD, or Down syndrome. Others are developing speech and language skills, navigating physical impairments, or building independence through life-skills instruction. All have individualized education programs and spend part of each day in traditional classrooms, fully integrated into the broader life of the Academy.

Just as importantly, they are part of the school community beyond the classroom—competing in Special Olympics Maine, participating in Unified Sports, and forming friendships that are part of every high school experience.

“Students in the Essential Skills Program are an integral part of Fryeburg Academy,” says Special Education Director Kristina



Plans call for a comprehensive interior renovation and a 3,300-square-foot addition to the Bradley Street building.



The architectural style and exterior improvements will improve access and complement nearby buildings.

Stevens. “But the space we have now limits what we can offer. With more appropriate, purpose-built space, we can better support independence, provide dedicated areas for therapy and behavioral needs, and give students the respect and flexibility they deserve in their daily learning.”

Renovating and expanding the True House will turn these limitations into possibilities—creating a flexible, welcoming, and fully functional environment that empowers students and supports the educators and specialists who work with them every day.

At the same time, classroom space is at a premium across campus. Enrollment has grown, academic offerings have expanded, and Fryeburg Academy is now operating at roughly 93 percent capacity. Classrooms are shared, schedules are tight, and options are increasingly hard to find.

What might seem like two separate challenges—space constraints and program needs—has revealed itself as a single opportunity.

“The True House project allows us to do something really important on two fronts,” says Head of School Joseph Manning. “It gives us the ability to create a space that meets the needs of our Essential Skills students, while also adding much-needed classroom capacity for the broader student body. It’s a thoughtful solution to a very real and growing need.”

Plans for the renovation and expansion of the True House reflect that dual purpose. The project includes a comprehensive interior renovation and a carefully designed 3,300-square-foot addition to the rear of the building. When complete, the space will feature fully accessible bathrooms, ADA-compliant entrances

and circulation, expanded kitchen facilities for life-skills instruction, and dedicated rooms for occupational and physical therapy.

Just as significantly, the project will add three new classrooms to support the Academy’s broader academic program—helping to relieve scheduling pressures and create more flexibility for students and faculty alike.

Designed by local architect Dave Hart, the plans balance modern functionality with the architectural character of the Fryeburg Academy campus, ensuring the True House remains both practical and welcoming.

For the students who will learn there, however, the impact goes beyond square footage or design. It means being part of a program—and a school—that fully sees their potential. Because at Fryeburg Academy, the goal has never been simply to educate students. It has been to create a community where every student has the space—and the support—to grow.

Construction is expected to begin soon, with completion targeted for January 2027. The timeline reflects a sense of urgency shared by faculty, administrators, and trustees alike: the need is immediate, and the opportunity is clear.

### How to Support the True House Expansion and Renewal Project

Give online at [fryeburgacademy.org/give](https://fryeburgacademy.org/give), scan the QR code, or contact

**Dawn Gale ’81 in the Advancement Office**  
[dgale@fryeburgacademy.org](mailto:dgale@fryeburgacademy.org) /207-935-2001

ext 3147 to discuss gifts and naming opportunities.



# Stew and Dede Frost: A Fabulous Journey

DAVID STURDEVANT CAREER AND COLLEGE COUNSELOR

Not many people have the opportunity to make an impact in the lives of multiple generations in the same locale, but that's just what the Frosts have done here at Fryeburg Academy over the past forty years. It's hard to believe that it has been that long since Stew Frost and Dede House arrived at FA as first-year teachers.

Stew grew up in Pittsfield, Maine, and attended Maine Central Institute, another Maine town academy. Dede grew up in Buxton and went to Bonny Eagle High School. Stew went on to UMO and earned a BA in Computer Science and a minor in math, while Dede was earning a double major at the University of Maine at Farmington in Elementary Education and Special Education.

Stew worked as a computer operator at Ciambro Corporation in Pittsfield for 18 months. In 1986, Headmaster Harry True hired him to teach math, and he hired Dede to teach special education. The rest, as they say, is history. Four years later, they got married. Interestingly, Mr. True also hired Bob Pulito in 1986, and Bob is retiring this year (see related article).

Stew and Dede quickly became involved in the life of the Academy. Each had competed in varsity athletics in high school, and Dede had played varsity field hockey in college. Stew has been involved in coaching Varsity and JV baseball for over 20 years, and Dede has coached JV Lacrosse, JV and Varsity Softball, and JV and Varsity Field Hockey; she has coached field hockey every year she has been at the Academy!

They also both lived in and/or have done duty in several dorms - Alumni Hall, Hastings Hall, Frye Hall, and Chase Hall. Stew has been on the Hastings Hall duty team for the last 38 years! That is a lot of dorm duty! They also lived in Evans House and for many years now they have lived in the Abraham Bradley House on Pine Street. In fact, they have lived on the FA campus for their entire married life!

They both list as one of their highlights the fact that they were able to raise their children on the FA campus. Stew says that it was "a privilege to watch our children grow up on campus, be part of the FA community, and graduate from the Academy." Similarly, Dede adds, "It has been such a blessing to watch them grow into amazing student athletes and remarkable young women and to see them graduate from this special place."

Dede is the cofounder and the director of the Pequawket Valley Alternative School, which she and David Sturdevant started in the early 1990's. The school is based on principles of experiential learning, and Dede counts as a highlight the



traveling community service work that she and the students participate in every year throughout the Eastern US.

Both Dede and Stew have contributed to the Academy in other ways, as well—as club advisors, FATA board members, and committee members. It's safe to say, though, that they will be remembered and appreciated mostly for their dedication and good work in the Alternative School, the math classroom, as coaches, and as caring dorm parents.

The Frosts will be moving back to Dede's Buxton home to live with her parents and "make their lives a bit easier." They look forward to spending more time with their daughters, **Bailey '11** and **Makayla '14**, and their grandchildren, Laney Bretton and Huck Roland. They also look forward to visiting FA for athletic events and more. As Dede says, "Our fabulous journey here will be very hard to leave behind."

It's hard to describe the impact that this couple has had on hundreds of students' lives throughout the past forty years, and the Frosts can know that they, indeed, have made a difference! They will be missed here at FA.

# Bob Pulito: Lasting Lessons

DAWN GALE '81 DIRECTOR OF ADVANCEMENT & ALUMNI RELATIONS

For four decades, Bob Pulito has guided generations of Fryeburg Academy students—teaching not just skills with tools and materials, but lessons in creativity, confidence, and purpose that extend far beyond the classroom.

Bob's path to Fryeburg began in Connecticut, where he grew up with an early appreciation for working with his hands. That interest stayed with him, even as his career initially took a different direction. From 1982 to 1984, he served as Director of Parks and Recreation in Wells, Maine. It was meaningful work, but something was missing. The idea of teaching—particularly industrial arts—was always in the back of his mind.

Bob enrolled at the University of Southern Maine in a program designed for those who wanted to teach industrial arts. Though typically a four-year track, Bob completed it in just two years. "I really wanted to teach," he has said, and that passion set the course for everything that followed.

While at USM, a chance encounter helped connect the dots. Bob ran into Gregg Sanborn '84, who mentioned he was from Fryeburg. That conversation, along with connections to Harold Sanborn and Mark Strange—whom Bob had met in an occupational safety class—would prove pivotal. When a position opened at Fryeburg Academy in 1986, the timing felt right. After visiting the campus and meeting Headmaster Harry True, Bob was offered the job.

"It just fell into place," he recalls.

Over the years, Bob became an essential part of the Academy's industrial technology program. For 30 years, Bob worked alongside Mark Strange, carrying forward a program that remained rooted in its core philosophy: hands-on, experiential learning. "We are a traditional hands-on program," Bob says with pride.

That tradition has included a wide range of disciplines—wood technology, metal technology, plastics, drafting, and studies in power and energy. While Bob always had a particular love for teaching wood technology, he grew equally attached to metalwork over time.

In an era when some schools moved away from technical education, Bob saw the enduring—and growing—importance of the trades. "There's such a need," he notes. "Schools that eliminate these programs often realize that and end up bringing them back."

What made Bob's program especially meaningful was not just what students learned, but how they learned it. His classroom became a place where students of all abilities and interests could



find a sense of belonging. Some went on to college, others directly into trades, and some simply gained confidence while figuring out their next steps.

"They find a safe, welcoming environment here," Bob says. "And they learn skills they'll carry with them for life."

That environment also gave students the freedom to create. Bob often described himself not as an expert guiding them to a single outcome, but as someone helping to "plant a seed"—an idea or experience that might spark a future passion or career.

Over the years, those "seeds" grew into remarkable projects. Students crafted cedar-strip canoes—18 in total—along with guitars, coffee tables, gun cabinets, footstools, and even intricate grandmother clocks, including a Molly Pitcher design. They built more than a dozen 10½-foot skiffs, maple sugaring evaporators, and lawn and garden dump carts.

Their work extended beyond the classroom as well. Students made wood duck nesting boxes for Maine Inland Fisheries and Wildlife, as well as bluebird houses that can be found around campus. Other projects, including furniture in the Academy's main building and its international sign, built a tradition of students taking pride in contributing to their school community. One of his final classroom projects is a set of walnut-and-steel benches for the dining hall entryway, created in memory of his friend and longtime colleague, **Alan Whitaker '77**.

"When students build something for the school, they really take ownership of it," Bob says. "That's been one of the most rewarding parts."



Bob's impact extended beyond the shop. He coached football in the late 1980s and early 1990s before stepping away to focus on raising his own children. He returned to coaching in 2017 and was part of the 2024 Maine State Championship team—an experience he describes as especially meaningful. Former players still reach out to “Coach P.”

Throughout his career, Bob has treasured the relationships he built. He has taught the children—and even grandchildren—of former students, and alumni frequently return to visit. Whether talking about hunting, boat engines, or life after school, those connections have remained strong. “They come back, they stop in—that means a lot,” he says.

In retirement, Bob is eager to spend more time at his camp at Upper Dam in Richardson Township on Mooselookmeguntic Lake, which he purchased in 2023. He and his wife, Melissa, have

been renovating it, and he speaks of the peace he finds there—fishing, relaxing, and enjoying the quiet. His children, **Laura '12** and **Thomas '14**, are both living in Maine, and Bob looks forward to spending more time with them and their families.

Still, he won't be far from Fryebug Academy. You may see him on campus from time to time—perhaps running a game clock or even driving a bus. What he knows for certain is that he will miss the daily interactions with students.

Reflecting on his 40-year journey, Bob feels a deep sense of gratitude.

“I've been lucky,” he says. “Lucky for the people I started with—Hal and Mark—and for all the people I've met along the way.”

For generations of students who passed through his classroom, that feeling is mutual.

## FA Celebrates the Opening of the Manoriti Memorial Baseball Field

Fryebug Academy officially celebrated the opening of the newly renovated Manoriti Memorial Baseball Field on May 1, 2026. The ceremony, held prior to the Raiders' game against Oxford Hills, brought together donors, trustees, alumni, and community members who helped make the project possible.

Head of School Joe Manning opened the event by recognizing the collective effort behind the transformation and noting that more than \$500,000 had been raised in support of the project. Athletic Director John Gordon '80 followed with thanks to the contractors, partners, and volunteers whose work brought the vision to life. *“The upgrades to the Manoriti Field are impressive and inspiring. Along with presenting in a first-class manner, what has been done better serves the program in functional ways. There is no question that Manoriti Field is now one of the finest baseball venues in the state and is a source of pride for all. We are grateful to all who made this legacy project possible.”*

A ceremonial first pitch—thrown by Jim Osgood '85 and caught by Steve Cote '85—honored the enduring legacy of their friend and teammate Vincent Manoriti '85 and the commitment to keep his memory and spirit alive.

The field has been fully refreshed, with a new infield, dugouts, bleachers, scoreboard, backstop, and fencing—creating a modern, state-of-the-art facility that will serve Fryebug Academy student-athletes for years to come.

We are proud of this beautiful facility and of carrying on the legacy and memory of Vincent Manoriti '85.



Steve Cote '85 congratulates Jim Osgood '85 on throwing a fine pitch!



Above: Chace Lubchansky '27 takes it all in! Top right: Doug Grover (Khiel Corporation), Chris Gordon '81, and John Gordon '80 look out from the new bleachers. Bottom right: Jim Osgood '56 and Dick Goff '56 celebrate the opening!



Top left: Connor Keaton '27 and Alex Allain '26. Bottom left: The team celebrates Alex Allain's '26 out-of-the-park home run. Right: Longtime coach and FA faculty member Gary McClurg is joined by his kids, Jim '92 and Meredith '95. The home dugout is named in honor of Gary's contributions to FA baseball.

# Faculty Spotlight: Hayden Draper

MELANIE ALLEN DEAN OF FACULTY

**College/ Degrees:** Emerson College—BFA in Writing, Literature, and Publishing; University of Florida—MFA in Poetry; University of Southern Maine—CAS in Literacy Education

**Years of service:** Eighteen years at Fryeburg Academy

**Subject:** English

**Other roles at FA:** English Department Chair; Speech Event Coordinator

**Fun fact:** I've lived in England and Prague for short stints, but I've somehow never traveled to the West Coast of the United States!

**Background you want to share?** I grew up in southern New Hampshire and attended Hampshire College in western Massachusetts for one year before moving to London to live and work for six months. After returning, I transferred to Emerson College, where I studied creative writing.

After completing the MFA program at the University of Florida, I came to teach at Fryeburg Academy, where I met my husband, Joe Minnich '01. Today, we live in Fryeburg with our two children and one crazy dog.



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## Why did you become a teacher?

My mother, aunt, grandmother, and great-grandmother were all teachers, and my great-grandfather was the Maine State Commissioner of the Department of Mental Health and Corrections. Conversations about teaching and just helping people in general were a big part of my life growing up. I didn't really think about it at the time, but it ended up shaping my worldview quite a bit.

## What is your favorite class to teach and why?

That's an impossible choice, as I get so much out of each class for different reasons. But something I've really been enjoying lately is teaching in our Arrow program, because I get to work with students over two years. Watching the growth that can happen in a two-year period is eye-opening and rewarding.

## Memorable classroom moment?

There have been a few times in my career when a previously rather quiet student stood up to deliver their required annual speech and stunned everyone in the room with their words.

Public speaking is scary, so I completely understand why students don't like giving speeches, but those moments do show the power of sharing a story, and I am always honored to be in the room for it.

## How would your students describe you as a teacher?

I hope they would describe me as organized and patient, with a genuine interest in helping my students grow as readers, writers, and thinkers.

## Is there anything from your experience as a student that has influenced you as a teacher?

Education has evolved a lot since I was in high school. Even though I personally had many positive academic experiences, I also often felt that too many of my peers were dismissed, not helped, or even looked down on when they struggled. It influenced me because I believe that every student deserves the same support, respect, and care, regardless of the challenges they may face.

## Advice for students?

I attended five different schools before graduating high school, so I've experienced a lot of different educational settings. From that perspective, I have to say I think Fryeburg Academy is a special place. I would have loved attending FA for high school, and I hope our students will embrace all of the opportunities available to them here.

# Faculty Spotlight: Tucker Barnaby

MELANIE ALLEN DEAN OF FACULTY

**College/ Degrees:** BS from UNH; MA from Plymouth State University

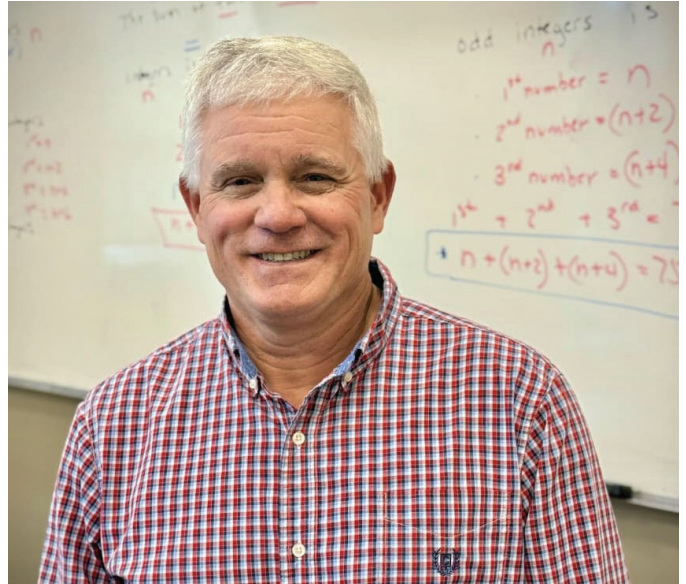
**Years of service:** Four years at Fryeburg Academy

**Subject:** Math, primarily Algebra and AP Statistics

**Other roles at FA:** Assistant Boys' Soccer and Alpine Skiing coach; Varsity Boys' Lacrosse coach; dorm team member in Hastings Dormitory.

**Fun fact:** Mr. Barnaby bought his own lobster boat when he was just 13 years old and studied commercial fishing at the University of Rhode Island directly out of college. He spent one year working on a 95-foot commercial fishing boat, where he would be out to sea for 15 days at a time.

**Background you want to share?** I was born in the mountains of New Hampshire, but I grew up in Portsmouth, so my heart is in the mountains, and I have seawater in my veins. I've had a house in New Hampshire for my whole life. My wife and I have three children, one of whom is a full-time firefighter, and the other two are students here at FA.



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## Why did you become a teacher?

My parents were both teachers, so it was always something I considered trying. When I started coaching, I enjoyed the teaching part of that role. I also worked a job where I was the trainer for our products nationwide, which required me to teach others how to use the company's equipment. A friend of mine, who was a teacher at a boarding school, suggested I try out teaching there. I was fortunate, as the training job company gave me a year off to see if I liked it. It looks like it took, as here I am, 25 years later.

## What is your favorite class to teach and why?

Algebra II. It's the basis of all math. It's the computations, the putting of all the concepts together, that I enjoy working with, and trying to get my students to see how all the math comes together.

## How would your students describe you as a teacher?

I hope they say I am fair and that my style of showing examples is easier to understand. My goal is for them to walk away from the class having enjoyed it and learned from me. Mathematically and worldly.

## Is there anything from your experience as a student that has influenced you as a teacher?

I remember what it was like to be a student—and I was not perfect. I learned to enjoy classes, but for a while, sports were most important to me. I haven't forgotten how that felt, and I strive to convey the understanding and importance of learning to others.

## Advice for students?

Listen. Listen to those who have come before you; there is much to learn from their experiences. I also encourage students to try new things and never stop learning. Keep trying and find those things you love. This is my fourth career, and I can't wait to try what is next.

# FA Robotics Club Reaches the World Stage!

BY DAVE SARTORY COMPUTER SCIENCE, AVIATION, TECHNOLOGY CHAIR



Team Caesar traveled to St. Louis for the Vex Robotics World Championships.

Three Academy robotics teams traveled to compete in the **2026 Maine VEX State Championship** in South Portland, joining top middle and high school programs from across the state in pursuit of a spot on the sport's biggest stage.

Fryeburg Academy was represented by:

- **Team 20005Z (Caesar):** Jacob Palestrant '27, Mati Jedrzejowski '28, Anton Liesnoi '26, Emmett Lounsbury '27, Everett Helvie '28
- **Team 20005F (Michael):** Max Hernandez '27, Pat Sandahl '28, Liam Mask '29
- **Team 20005G (!norm):** Tomona Arai '27, Catherine Byun '27, Wynn Liu '27, Soni Pan '29, Ayten Soylemez '26

Team Caesar delivered a standout performance, advancing all the way to the tournament finals and earning the prestigious Design Award—an honor that recognizes excellence in the engineering design process. With that achievement, Caesar secured a coveted spot at the **VEX Robotics World Championship** in St. Louis, Missouri, in April, alongside over 2,000 teams from across the globe.

Team !norm was also recognized for its strong showing, earning the Judges' Award, a distinction given to teams that exemplify perseverance, innovation, and teamwork.

For the students on Team Caesar, the qualification is the result of months of designing, building, programming, and refining their robot—often through trial, error, and long hours after school. The moment the results were announced marked a significant milestone for the program.



## 2026 Prize Speaking Contest

Fryeburg Academy held its annual Prize-Speaking Finals on Tuesday, March 24, showcasing some of our strongest student voices after each grade advanced through multiple rounds of competition.

Finalists presented in front of a distinguished panel of judges that included a Fryeburg Academy board member, an alumnus who once competed in this very event, and former and current faculty members. Speeches were evaluated on content, delivery, structure, and overall effectiveness, with key criteria including confidence, eye contact, vocal variety, and persuasive impact. The top performances stood out for their delivery, content, and poise.

Congratulations to this year's award recipients, shown with English Chair Hayden Draper (left to right): First Place: Ikram Abounouh '26; Second Place: Molly Schor '27; Third Place: Lilia Vishnyakov '26; Honorable Mention: Soni Pan '29.

Thank you to all our students and faculty who participated and helped make this longstanding Fryeburg Academy tradition such a meaningful and successful event.

Fryeburg Academy Robotics Head Coach Dave Sartory reflected on the accomplishment with pride.

"These students have put in an incredible amount of work, and to see it pay off on such a big stage is remarkable," Sartory said. "Qualifying for Worlds isn't something that happens by accident—it takes teamwork, creativity, and the ability to solve problems under pressure. I couldn't be prouder of what they've accomplished."

*Many thanks to the generosity of our donors and sponsors, including the Christopher Perry Foundation, Dearborn Foundation, Eastern Propane, and 302 West Smokehouse—as well as parents and friends—who helped cover the cost of the trips to Worlds.*



## National Honor Society Inducts New Members

Fryeburg Academy proudly celebrated the induction of its newest members into the National Honor Society at the Leura Hill Eastman Performing Arts Center in March. The evening honored not only academic achievement but also the character and commitment of these outstanding students.

The 33 inductees were recognized for embodying the four pillars of the National Honor Society: Scholarship, Leadership, Service, and Character—qualities that reflect both excellence in the classroom and meaningful impact on the community.

Congratulations to all of our NHS members, and welcome our newest 2026 inductees at Fryeburg Academy!

### SENIORS

**Alim Atimov**, Sally Baptista, Lily Bryan, **Burke Callen**, Brady Chappell, Ella Dean, Elise Dunn, Delaney Dutton, Holyn Han, **Annabelle Hamden**, Bennett Harper, Rhett Harper, Aspen Hazlewood, Abigail Lain, Jeehoo Lee, Anton Liesnoi, Rylan McBride, William McDonnell, Andrew Meier, Arthur Osborne, **Sharis Santos**, **Doruk Seyar**, Logan Smith, **Ayten Soylemez**, **Haley Spofford**, Pavlo Tsybran, and Lilia Vishnyakov

### JUNIORS

Mia Abarca, **Tomona Arai**, **Avery Bariteau**, **Emma Bariteau**, **Matthew Bariteau**, Kailey Clynes, **Oona Davidson**, **Isabelle Desomiers**, Serena Di Nucci, **Winter Dyer-Myrback**, Lexie Gagnon, Abram Grace, **Jackeline Guzman-Gonzalez**, **Thomas Hubbell**, **Kassidy Jordan**, **Yunqing (Wynn) Liu**, **Evangeline Lounsbury**, Brailey Sands, **Charles Scott**, **Olivia Stacy**, **Georgiy Tseluk**; and Mona Wilson

### SOPHOMORES

**Sophia Carone**, **Ella Casinelli**, **Lillian Coriaty**, **Miles Davidson**, **Oliver Dean**, **Bella Faretta**, **Bryleigh Gerry**, **Presli Knapp**, **Lucas Leger**, **Solana Manning**, **Avery Turner**, and **Addison Valente**

2026 Inductees in **BOLD**

## Alex Allain '26: *Diamond Dreams*

CHARLIE TRYDER

Playing for your father—or for that matter, coaching your son - can be challenging. In the history of this dynamic, accusations of a coach playing favorites or taking it easy on the son have sometimes affected team culture. In other situations, sons have resented fathers for being too demanding in order to avoid these accusations. Finding a balance can be tricky.

At Fryeburg Academy, where Alex Allain plays for his father, coach Greg Allain, a balance has been struck and these concerns are nonexistent. Alex's work ethic, skill, and love of the game are exemplary, and his performance has been key to the Raiders' baseball success the past few seasons. Any concerns around favoritism or taking it easy were quickly erased, if they ever existed, and Alex never felt pressured by his dad—I mean his coach—to be anything except the person and athlete that he is.

Coach Allain managed Alex's teams through tee ball, Little league, travel ball, and now high school, and it has never been difficult for him to navigate the father-son, coach-player relationship. Allain believes their shared respect of the game makes it easy, "It has been nice. We both love the game. He doesn't need to be pushed, so it has been a great experience. He earns everything. He shows up ready to work and practices like he is competing for a spot every day."

For Alex it has simply been about playing baseball. Dad coached him through his entire life, so Alex didn't know anything different when he showed up at FA and dad was his baseball coach. He simply knows that he loves baseball and his dad is a great coach, "Playing for my father has been a great experience. He's been coaching me for the last 14 years of my life and it's been awesome. My favorite part about playing for him is that there was a difference between coach and dad and it was always dad at home and coach on the field. But playing for him was amazing and I couldn't have asked for a better coach. He made me fall in love with the game of baseball and helped me become the player I am today."

Alex's baseball accomplishments are countless. He has been named All Western Maine Conference all three years of his high school career thus far, and he will undoubtedly be selected again this year as a senior barring injury. As a junior last year, Alex added an All State selection to the resume. As a pitcher, Allain went 3-2 with 2 saves last year. He also struck out 36 batters in 35 innings and had a 1.57 ERA. At the plate,



Alex hit .484 with 8 doubles and 5 home runs. He also stole 15 bases and scored 28 runs.

Looking forward, Alex will attend the University of Massachusetts at Lowell where he committed to play baseball last year as a junior. Signing the letter of intent brought Alex one step closer to realizing his childhood dream of playing division 1 baseball. The dream does not end there, however. Allain hopes to play beyond college, "I would like to play professional baseball in the future and hopefully do that for as long as I possibly can—that would be the best outcome possible and that's my dream."

As a dominant high school pitcher, hitter and fielder, Alex could pitch or play infield in college, but Alex has decided that he wants to focus on shortstop and raking at the plate. College hitters should be grateful, but pitchers should be forewarned. Allain explains his decision, "I chose to play short stop because I feel I am a better infielder and hitter rather than a pitcher and I've grown up playing infield and hitting."

Not surprisingly, Alex's best memories from high school and youth are baseball related, "My biggest highlights come from the baseball field where I have been given the opportunities to make so many memories over these last 4 years on the varsity team. My favorite memory is in our first round of playoffs in my junior season I was able to set the tone by hitting a home run in the first inning making it my 5th on the season and then we went on to make it to the regional championship."

While Alex focused heavily on reaching his dream of playing Division 1 baseball while at FA, he did decide to compete in indoor track as a junior. Coach Trevor Hope wishes that Alex had been on the team earlier in his high school years.

Hope enjoyed Alex's presence saying that he became a very vocal supporter of his teammates. He also notes that Allain turned out to be quite talented at track as well, "Alex definitely is a natural athlete who, although he had not done track before, excelled in the horizontal jumps and sprints taking third place in the long jump and the triple jump at the conference championship. He qualified for states in four events. He was always willing to put the effort in and encouraged those around him to do the same. When he wasn't competing you could often hear him across the track cheering on his teammates or getting them hyped up before their races. As a coach I very much appreciated how he built his teammates up and encouraged them to do their best."

Like most athletes, Alex also values the friendships that he has made along the way while competing, "I've enjoyed the friendships I have made throughout the years and these are friends that I'll have for the rest of my life. I also enjoy the programs I have played for. They have been awesome with great coaches and great people overall to be around."

In the classroom Alex prefers math above all subjects. He likes it because it comes naturally to him and he understands it best of all subjects. While Alex will take direction from all his teachers and coaches, he has been influenced most by his baseball

coaches. Asked who has influenced him and shaped his views on the world while at FA, Allain pointed to the FA baseball staff, "I would say my baseball head coach, which is Coach Allain—also known as my dad—Mr Frost, and also Coach Hidden. I just feel like these guys have been there for me from day one guiding me through high school and on the baseball field. I respect and appreciate these guys for all they have done for me throughout high school."

After four years at FA, Allain has gained valuable experiences, and he hopes that those who follow him will as well. His advice to future Raiders is clear - get involved with student life! Put yourself out there, work hard, be a positive influence on others, and chase down your dreams. Or as Alex says, "Don't be afraid to embarrass yourself and live a little because you're only in high school once and this is where you will find who you want to be and the career that you want. I would also say make sure you try as hard as you can in school because when high school comes to an end and college is the next step grades do matter and having good grades will only help you in the future. I would also say to be a good person and always do the right thing and be nice to everybody around you because good things happen to good people. Lastly, follow your dreams because if you think they can happen, then they can definitely happen."

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## Eden True '26: *Layers of Connection*

CHARLIE TRYDER

When looking back and speaking about their Fryeburg Academy experiences, you will often hear alumni, even those from other parts of the world, recall the sense of community that they experienced as students. For Eden True, a connection to FA existed before she even attended Fryeburg Academy. True explains the connection through her family legacy, "Fryeburg Academy is really special to me because my parents and all my aunts and uncles attended, so a lot of the teachers know my family and have personal connections with them."

Eden's athletic experiences expanded and strengthened her connection to Fryeburg Academy. Along with her biological family connection, her teams, according to her, have "felt like a family and the teammates I had throughout the years have had a huge impact on my positive experience". Through athletics, Eden also grew a stronger connection with the larger Fryeburg community. Entering athletic competitions, she always feels confident, "knowing that the town of Fryeburg and everyone associated with it is rooting for my team and me, because FA athletics is really supported by the community, and it makes it very special."



An important part of True's Fryeburg Academy experience, and one she hopes to continue after high school, is track. Eden would like to run in college, and as a junior, she finished 2nd in the 400-meter at the Western Maine Conference Championships, and she went on to finish 4th at the state meet, qualifying her for the New England Indoor Championships in Boston. Eden has also played a key role on the sprint relay team. As a senior, Eden should have a tremendous season and continue building towards her dream of running in college.

Coach Trevor Hope says that the Raiders will miss True after her graduation, both for her results and her influence on the team, "Eden True is an incredibly hard-working athlete. Her main event, the 400m, is a very demanding race both physically and mentally, and she excels at it. She pushes those around her to do better as she pursues her goals. She is a very talented athlete, and as coaches we are happy to hear she will be pursuing her running career at the collegiate level."

True earns equally high praise from her soccer coach, Dave Hart. Coach Hart recalls that during True's rookie year, the coaching staff focused on "a new path of building culture and new standards and a high level of competitiveness." While setting the tone in the preseason with an intense conditioning program, Hart observed as Eden finished first in the mile run and in all the other fitness tests they did on opening day as a ninth grader. Hart realized immediately that 'she was a perfect example of "The Standard" he was trying to communicate'. Without knowing it, Hart knows now, "Eden was one of a handful of key athletes that blessed us at the right time and was supremely important to achieving our goals."

As a 4-year starter, True scored many important goals and, during her junior year, was a key to the Raiders making the playoffs for the first time in eight years. A captain her senior year, True led the team through example according to Hart. Adding to her high-level performance on the field, the character and hard work displayed on the field, True has also been recognized on the Academic All-State team for 4 years.

True has thoroughly enjoyed her FA athletic experience. Looking back at her personal growth, she believes that the journey has helped her develop both her competitiveness and leadership skills, "I have been challenged in the best way possible every day. I show up to practices and games knowing I am developing and growing as an athlete and a person. I have loved transitioning from an underclassman to a leader on the teams I have been a part of, and I always try to leave a big positive impact on my teams and teammates."

Reviewing her experience at FA, Eden believes that she has

“I have been challenged in the best way possible every day. I show up to practices and games knowing I am developing and growing as an athlete and a person.”

had many great influences on her life, but she singles out her track coaches, Corinn and Trevor Hope, and her strength and conditioning coach, Brylie Walker Young '10, as being particularly influential and helpful. Eden credits the Hopes with helping her discover her passion for track, developing her into a competitive runner, and preparing her to run at the collegiate level. She credits Coach

Young with teaching her how to condition while also inspiring her to study health sciences and exercise in college. This past year, True interned with Young and gained an even deeper passion and understanding of fitness and the well-being of your body.

In the classroom, Eden's favorite classes are Anatomy and Physiology and English. She loves learning about the body and finds the information fascinating and extremely useful in sports. English classes provide her with the opportunity to develop her ideas and sharpen her writing skills. Eden's background in Anatomy and Physiology will be beneficial to her continued development as an athlete and in her career choice. Eden hopes to start the pursuit of her dream of opening her own clinic next fall at Franklin Pierce University where she will major in pre physical therapy while running indoor and outdoor track. The plan is to graduate and become a physical therapist.

There have been a lot of highlights in high school for True, but some of her fondest memories are playing games under the lights on the new turf stadium, attending the New England championship indoor track meet, and the countless bus rides with her friends and teammates. Eden feels grateful for the many experiences and memories forged through athletics.

Eden hopes that younger student athletes in FA, and those about to enter in the fall, will heed her advice for them, "Take advantage of all the amazing opportunities Fryeburg Academy has to offer and be involved in extra-curriculars whether it is a sports team or any other interest. And don't rush your time! As a senior I have realized just how fast these four years have gone by—so embrace it and enjoy it before it's all over."

Soccer coach Dave Hart returns True's gracious spirit to her while anticipating her departure and recognizing the contributions that she has made to the FA community. If we are the words that people use to describe us, then Eden has added another positive chapter to her family's long legacy at Fryeburg Academy. Hart sums up the feelings that people at FA have for Eden, "Coaches, the school, and teammates are forever grateful to Eden for being such an important person and cornerstone of the girls' soccer program. She gave all the beautiful aspects of herself - fierceness, speed, humor, love and joy—to the team."

# FALL & WINTER SPORTS AWARDS

Congratulations to the following student-athletes recognized for their dedication and outstanding performances during the Fall 2025 and Winter 2026 athletic seasons.

## FALL 2025

### ALL-CONFERENCE TEAM SELECTIONS

Jacob Eveleth '26 Boys Soccer Honorable Mention  
Will McDonnell '26 Boys Soccer Honorable Mention  
Tucker Barnaby '26 Boys Soccer Honorable Mention  
Kaelen Moser '26 Boys Soccer Honorable Mention  
Sally Baptista '26 Girls Soccer Second Team  
Aspen Hazlewood '26 Field Hockey First Team  
Addie Valente '28 Field Hockey Second Team  
Sophia Brown '26 Field Hockey Second Team  
Ty Boone '26 Football First Team: Utility Player, Return Specialist, Defensive Secondary, Player of the Year  
Ted Carter '26 Football First Team: Place Kicker  
Charlie Scott '27 Football Second Team: Tackle  
Michael Osafo '27 Football Second Team: Defensive End  
Truls Wenli '26 Football Second Team: Defensive Secondary  
Nathan Chandler '26 Football Honorable Mention: Punter  
Alex Allain '26 Golf All-Conference  
Kyle Infinger '28 Golf All-Conference

### RAIDER AWARDS

**Golf:** William McIntyre '28 (Coaches Award) and Alex Allain '26 (Coaches Award)

**Cross Country:** Ellie Coombs '26 (Raider Award) and Dodge Mixer-Bailey '26 (Raider Award)

**Mountain Biking:** Oren Monteith '27 (Raider Award) and Caleb Macomber '27 (Raider Award)

**Field Hockey:** Aspen Hazlewood '26 (MVP) and Clara Yager '26 (Team Player)

**Girls Soccer:** Sally Baptista '26 (Raider Award), Burke Callen '26 (Raider Award), and Bryleigh Gerry '28 (Most Improved Player)

**Boys Soccer:** Tucker Barnaby '26 (Raider Award) and Kaelen Moser '26 (Raider Award)

**Football:** Ty Boone '26 (Raider Award) and Merrick Iacozili '26 (Raider Award)

### THREE STAR JACKETS

Camden Blake '26, Doruk Seyar '26, Peter Bruno '26, Benny Arnason '27, Keifer Gilligan '27, Robbie Hazlewood '27, Caleb Macomber '27, Rhys Reinbach '27, Charles Scott '27, Sy Stevens '27, Campbell Barnaby '28, Kaylan Forest '28, Norah Frye '28, Brannock Gagnon '28, Presli Knapp '28, Lou Knowles '28, and Will McIntyre '28

### ALL ACADEMIC (Seniors with a 3.2 gpa or higher)

Alex Allain, Richard Massey, Ellie Coombs, Kate Owens, Sophia Brown, Ella Dean, Elise Dunn, Annabelle Harnden, Aspen Hazlewood, Sharis Santos, Clara Yager, Sally Baptista, Burke Callen, Megan Clement, Haley Spofford, Eden True, Lilia Vishnyakov, Tucker Barnaby, Jacob Eveleth, Will McDonnell, Kaelen Moser, Isaac Nguyen, Doruk Seyar, Alim Aitimov, Camden Blake, Ty Boone, and Nathan Chandler

## WINTER 2026

### ALL CONFERENCE AND ALL STATE TEAM SELECTIONS

Carlin Galligan '26 Girls Ice Hockey All-State  
Azaela Grant '26 Girls Ice Hockey All-State  
Kiefer Gilligan '27 Boys Ice Hockey First Team All-State  
Jokubas Mostavicius '26 Boys Ice Hockey First Team All-State  
Presli Knapp '28 Girls Basketball Third Team Class B  
Oren Monteith '27 Nordic Skiing All-State  
Lou Knowles '28 Nordic Skiing All-State  
Sigurd Nyheim '26 Nordic Skiing All-Conference  
William McDonnell '26 Nordic Skiing All-Conference  
Thomas Hubbell '27 Nordic Skiing All-Conference  
Ella Dean '26 Alpine Skiing All-Conference  
Brennan Slosberg '27 All Stars Team Alpine  
Oliver Dean '28 All Stars Team Alpine  
Valentina Farioli '26 All Stars Team Alpine  
Merrick Iacozili '26 Alpine Skiing First Team All-State  
Tucker Barnaby '26 Alpine Skiing First Team All-State  
Ty Boone '26 First Team Indoor Track and Field All-Conference  
Jacob Eveleth '26 First Team Indoor Track and Field All-Conference  
Avery Bariteau '27 First Team Indoor Track and Field All-Conference  
Eden True '26 Second Team Indoor Track and Field All-Conference

### RAIDER AWARDS

**Boys Alpine:** Tucker Barnaby '26 (MVP), Merrick Iacozili '26 (MVP), and Brady Chappell '26 (Coaches Award)

**Girls Alpine:** Valentina Farioli '26 (MVP) and Haley Spofford '26 (Coaches Award)

**Boys Basketball:** Quinton Moore '26 (Coaches Award) and Gianmarco Uribe '27 (Hustle Award)

**Girls Basketball:** Brison Lounsbury '29 (Most Improved) and Bryleigh Gerry '28 (Coaches Award)

**Boys Ice Hockey:** Jokubas Mostavicius '26 (MVP)

**Girls Ice Hockey:** Carlin Galligan '26 (Raider Award)

**Indoor Track:** Jacob Eveleth '26 and Eden True '26 (MVP Awards), Connor Hollis '29 and Olivia Evelth '29 (Rising Star Awards)

**Nordic Skiing:** William McDonnell '26 (MVP), Thomas Hubbell '27 (Most Improved), and Alda Dufilho '29 (Coaches Award)

**Wrestling:** Izaiah Chisolm '26 (Coaches Award) and Alim Aitimov '26 (Coaches Award)

**Unified Basketball:** Cole Shane '29 and James Andersen '28 (Raider Awards)

**MWV Ski:** Kendall Lennon '29 (Outstanding Skier), Nathan Chandler '26 (Outstanding Skier), Geoffrey Nippins '29 (Most Improved), and Morgan Gallagher '30 (Most Improved)

### THREE STAR JACKETS

Alim Aitimov '26, Joseph DellaValla '26, Quinton Moore '26, Thomas Hubbell '27, McKenna Lennon '27, Clinton Trussell '27, Seraphina Carbonaro '28, Olivia Chaine '28, Oliver Dean '28, Bryleigh Gerry '28, Kyle Infinger '28, and Colson Thurlow '28

### ALL ACADEMIC (Seniors with a 3.2 gpa or higher)

Alex Allain, Sally Baptista, Ty Boone, Lily Bryan, Burke Callen, Megan Clement, Ellie Coombs, Joseph Dellavalla, Jacob Eveleth, Klarka Maliskova, Kate Owens, Ted Carter, Eden True, Lilia Vishnyakov, Truls Wenli, Tucker Barnaby, Camden Blake, Brady Chappell, Rowan Davidson-Pullan, Ella Dean, Valentina Farioli, Haley Spofford, William McDonnell, Sigurd Nyheim, Dilen Drew, Jokubas Mostavicius, Alim Aitimov, Nomar Feliz, and Nathan Chandler.

## FA Captures Class A Nordic Title!



The 2026 Maine Class A Nordic State Championship, held February 16–17 at the Fort Kent Outdoor Center, brought together the state’s top high school skiers for two days of competition in both classical and freestyle events. With nearly 800 miles of round-trip travel, Fryeburg Academy’s boys team made the journey count, capturing the Class A state title and capping off a remarkable season.

Congratulations to our Boys Nordic Ski Team: Thomas Van Heuven ’27, Nate Dupuis ’29, Thomas Hubbell ’27, Lou Knowles ’28, William McDonnell ’26, Oren Monteith ’27,

Sigurd Nyheim ’26, Rhys Reinbach ’27, Sy Stevens ’27, and coaches John Weston ’93 and Dylan Chase.

Coach Weston emphasized the team-first nature of the victory, recalling a quote from former Nordic standout alum Joanna Kinsman ’03: “When an individual wins, one person celebrates—but when a team wins, everyone shares in it.” That spirit carried through the entire program, with the Fryeburg girls also competing strongly and finishing eighth overall. Together, the results reflect a program built on hard work, resilience, and a shared commitment to success.

## John Weston '93 Wins Coach of the Year Honors

Long-time head coach, John Weston '93, was named Maine's Boys Nordic Ski Coach of the Year by Varsity Maine, recognizing a season that returned Fryeburg Academy to the top of Class A competition. Coach Weston guided the Raiders to their first state championship since 2011, with a team that excelled across both classical and freestyle events.

A member of the Class of 1993, he has developed the program with a focus on fundamentals, steady improvement, and contributions from the entire team. His skiers delivered throughout the championship meet, with multiple athletes placing among the top finishers. This recognition underscores not only a championship season but also the Raiders' return as a team to watch in the years ahead. Congratulations, Coach Weston!



John Weston '93 has coached FA's Nordic Ski Team since 1998.

## Alpine Ski Teams Bring Home Western Maine Conference Titles



**Girls team:** Valentina Farioli '26, Ella Dean '26, Brennan Slosberg '27, Oona Davidson '27, Lexie Gagnon '27, Helen Glazer '29, Shawna Fitzpatrick '28, Mathilda Bucholz '27, Avery Turner '28, Olivia Lindsay '27, Amelia Ryan '29, Marina Guimera '28, Haley Spofford '26

**Boys team:** Zane Tully '26, Oliver Dean '28, Tucker Barnaby '26, Merrik Iacozili '26, Brady Chappell '26, Marley O'Donnell '29, Rowan Davidson Pullan '26, Jaxsen Gagnon '29, Finn Williams '28, Ryder Laperle '29, Camden Blake '26— coached by Sam Dyer '01 and Tucker Barnaby, Sr.



# FA Sports Photo Gallery

LAKYN OSGOOD ELA '12 AND JENNIFER STACY BARTLETT '93



Carlin Galligan '26 celebrates with brothers, Will Galligan '21, and Owen Galligan '23, after scoring her 100th hockey goal!



Clinton Trussell '27 excelled in wrestling this past season.



Merrick Iacozili '26 was the Maine Class A State champion in Giant Slalom.



Sally Baptista '26 and Ty Boone '26 were awarded the Western Maine Conference Citizenship Award, presented to student-athletes who exemplify exceptional citizenship and strong academic success. Pictured here with FA's Director of Athletics, John Gordon '80.



Tucker Barnaby '26 captured the Maine Class A State Slalom title.



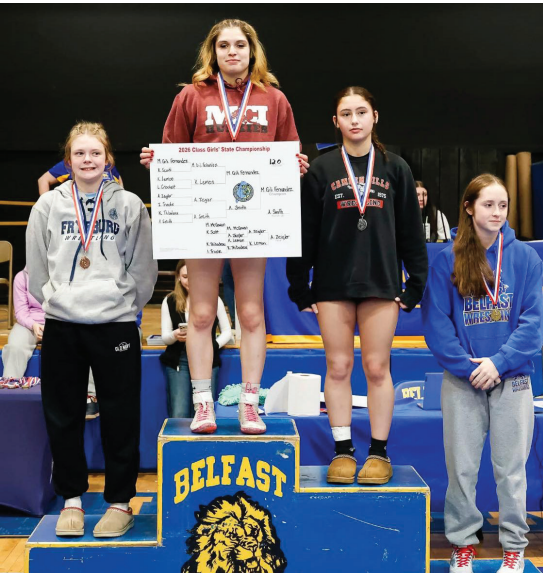
Quinton Moore '26 dribbles the ball up the court in a home game against Yarmouth.



The FA Girls' Basketball team was awarded the Good Sportsmanship Award at the state tournament.



Ty Boone '26 was the Maine Class B State Champion in the high jump for indoor track.



Ana Ziegler '28 placed third in the Maine Girls' State Wrestling tournament.



Seth Hunter '26 fights hard against an opponent during a Unified Basketball game.



Jokubas Mostavicius '26 excelled on the ice and was selected to play for the Lithuanian national team in the Under-18 Tournament. (Photo by Kevin Murphy)



The indoor track team graduates a talented group of seniors in May. Congratulations and good luck!



William McDonnell '26, Thomas Hubbell '27, Sigurd Nyheim '26, and Oren Monteith '27 show off FA's Nordic ski logo placed on the recently updated New England racing suits.



Above: The talented cast and crew brought 42nd Street to life with dynamic performances and unforgettable energy.

## Tap Takes Center Stage: Fryeburg Academy's 42nd Street

DAWN GALE '81 DIRECTOR OF ADVANCEMENT  
& ALUMNI RELATIONS

This fall, Fryeburg Academy brought Broadway to the Leura Hill Eastman Performing Arts Center with its incredible all-school production of *42nd Street*. The treasured American musical is famous for its large ensemble numbers, iconic songs such as “We’re in the Money,” “Lullaby of Broadway,” and “42nd Street,” and—perhaps most notably—its demanding, high-energy tap choreography. For director **Emily Holden '08**, selecting this production meant getting everyone to sign on to intense preparation, commitment, and lots of enthusiasm.

Because *42nd Street* is so deeply rooted in dance, especially tap, rehearsals began months before the typical musical schedule. Students of all experience levels—some seasoned dancers, others stepping into tap shoes for the first time—began meeting twice weekly in July with Emily, who also choreographed the show.

The early start made all the difference. By November, the cast delivered polished, high-level choreography that wowed audiences and brought a true professional energy to the stage.



Top right: Dodge Mixer-Bailey '26 as Julian Marsh delivers a message! Bottom right: Arthur Osborne '26 and Mona Wilson '27 as Billy Lawler and Dorothy Brock

For Emily, the production was a full-circle moment. She first performed *42nd Street* as a high school student in community theater—a meaningful experience that ultimately inspired her to pursue musical theater in college and later become a director and choreographer. Bringing this show to Fryeburg Academy fulfilled a long-held dream.

The production's leads delivered memorable performances: **Lily Bryan '26** was incredible as Peggy Sawyer, the fresh-faced chorus girl whose big break drives the story. **Mona Wilson '27** impressed in her Academy musical debut as Dorothy Brock. **Sally Baptista '26** (Maggie Jones), **Arthur Osborne '26** (Billy Lawler), **Molly Schor '27** (Ann Reilly), **Dodge Mixer-Bailey '26** (Julian Marsh), **Kai Cannon-Steele '27** (Bert Barry), and **Winter Dyer-Myrback '27** (Andy Lee) each delivered strong character and musical performances.

Supporting the cast was the remarkable pit orchestra (led by Mike Sakash and Dan Kaschub)—composed primarily of

Fryeburg Academy student musicians—whose professional renditions added a Broadway-like feel to every number.

The technical elements of *42nd Street* added depth to an already ambitious show. John Lucy created a dynamic, visually captivating set that transported audiences to Broadway in the 1930s.

**Ethan Swayze '17** and his skilled student crew designed lighting and sound that gave the production a polished, immersive feel. Vocal and music direction were provided by John Waldie, and Patty Hibbert's costume design added flair, color, and era-appropriate style, completing the show's authentic aesthetic.

*42nd Street* was a true ensemble achievement and a shining example of what Fryeburg Academy students, faculty, staff, and alumni collaborators can accomplish together. Congratulations to all involved!



# FA Music 2025-2026: New Faces and New Places

MIKE SAKASH, FINE ARTS CHAIR



As we began the school year in music my colleague, Dan Kaschub and I were focused on rebuilding our FA music community, following the spring 2025 graduation of many of our musical leaders. At the 2025 commencement ceremony we said goodbye to music students such as Isaac Houghton, who is currently majoring in performance at the Berklee College of Music, and Zoë Daigle, who is currently a vocal performance major at the University of Southern Maine. There were big shoes to fill in our program, but sometimes this scenario coaxes the next generation of performers into the spotlight.

In preparation for our fall musical production of “42nd Street,” directed by Emy Holden ’08, Dan and I coached a young and relatively inexperienced pit orchestra on the original Broadway score. There was a steep learning curve for

many of our students due to the difficulty of this professional-level show. Over the course of the season’s rehearsals and our four-performance run, we were stunned to see the students rise to the challenge. We had a similar experience as we prepared for the annual Candlelight Concert. At this performance, we celebrated the fact that nearly one-third of the students singing and playing on stage had begun their own musical journeys in September.

In January, as our focus turned to preparing FA’s six jazz groups for festivals and performances, new student leaders began to emerge. In FA’s big band, instrumentalists such as Anthony Bond ’27 (lead trumpet), Lilia Vishnyakov ’26 (lead tenor saxophone and clarinet soloist), Molly Schor ’27 (bass and vocal soloist), and Joseph DellaValla ’26 (drums), led their sections toward gold medal performances at the Maine State Instrumental



Jazz Festival. In the vocal jazz ensemble, a newly formed rhythm section captured the “Outstanding Rhythm Section” award, and vocalists including Arthur Osborne ’26, Sally Baptista ’26, Lily Bryan ’26, and Bridget Wilson ’26 led the group to its gold medal performances at the Maine State Vocal Jazz Festival. Throughout the year, there have been many individual and group awards, but the most memorable part of this year’s music season has been the tremendous growth since September.

As I write this article we are preparing for our April 8, Spring Concert, which will feature collaborations between the band, chorus, and Valley Strings. The program celebrates music inspired by our natural world. Another highlight of our program will be a performance of “Vatra,” a Ukrainian concerto for Sopilka and orchestra featuring student sopilka virtuoso Dasha Kolosovska ’26. To round out our concerts this year,

we have enjoyed collaborating with Arts Certificate student, Elin Lane-Olsen ’28 to create stunning original art that captures the theme of each performance.

In the final months of the school year our sights are set on upcoming performances at the Heritage Music Festival in Montreal, Canada. The FA Big Band and Chorus will perform at Oscar Peterson Hall with top musical ensembles from the US and Canada. Without the hard work of our new and returning music students, and the support of our community these exciting experiences would not be possible.

Above: Our talented student-musicians performed and delighted audiences across a range of venues this year—from FA Jazz Night and the Candlelight Concert in the Leura Hill Eastman Performing Arts Center on campus, to Portland’s Longfellow Square and the Maine Music Educators Association State Jazz Festival—and culminating in performances in Montreal.

# Lilia Vishnyakov '26

## *Life Skills, Learned in Jazz*

DAWN GALE '81 DIRECTOR OF ADVANCEMENT & ALUMNI RELATIONS

For some students, music begins as a choice. For others, it's simply always been there. Growing up in a musical family, this Fryeburg Academy senior can't remember a time when music wasn't part of her life. Piano lessons came first, followed by guitar in quieter moments at home. But it was a fourth-grade decision to play the clarinet that set the course. "I sort of just picked a random instrument and went with it," Lilia reflects. "But it worked out well because now I can't imagine having started out on any other wind instrument."

When she reached high school, jazz became her primary musical focus. Part of that was practical—jazz is a cornerstone of the Academy's music program—but much of it was social and creative. Friends were involved, ensembles were collaborative, and the format invited individuality. Improvisation, in particular, opened a new dimension.

That openness led to another leap: picking up the tenor saxophone late in her junior year to fill a need in the Big Band. It wasn't a small shift. Moving from clarinet—where she often blended into supporting roles—to tenor sax meant stepping forward musically and taking on a more defined voice within the ensemble.

Learning a new instrument as a senior, while balancing an already packed schedule, was no easy task. But it quickly became one of the most rewarding challenges of her high school career. Through lessons, relentless practice, and what she jokingly describes as the "boot camp" of pit orchestra music, she developed rapidly—eventually earning the lead tenor spot in the District II Honors Jazz Band.

That willingness to stretch beyond comfort zones is something the Fryeburg Academy music program fosters intentionally. Students are not only encouraged to participate in multiple ensembles, but to move between styles, instruments, and roles—sometimes all in the same day.

For Lilia, that has meant juggling marching band, jazz combos, pit orchestra, and even performances backing a community choir. The result is a kind of musical agility that extends far beyond the rehearsal space.

"Freshman year me would be shocked by how comfortable I've become with such sudden changes," she says.



That adaptability carries over into the rest of her life at the Academy, where her schedule is just as full outside the music building. As Co-Editor-in-Chief of the *Raider Report*, Co-Vice President of Student Council, a Model UN participant, National Honor Society member, and multi-sport athlete—including soccer—and captain of the track and field team, she manages her days with dedication and discipline.

Lilia credits the music program with helping her develop those skills.

Among the many experiences that have shaped her time at Fryeburg Academy, a few stand out as especially meaningful. AP Music Theory, for one, offered a rare blend of academic rigor and creative exploration, taught by her inspiring instructor, Mr. Mike Sakash.

However, it's the pit orchestra that holds a special place in her memory. Meeting once a week in the fall, the group takes on the formidable task of preparing complex Broadway scores for the all-school musical. Rehearsals happen in tight quarters, often beneath the stage, and the music itself is notoriously difficult. "It sounds kind of miserable," she admits, "but it really is the best time. There's something uniquely rewarding about the imperfection of it all—the long rehearsals, the tricky key signatures, the constant push to keep up. And then, during tech week, something clicks. The orchestra locks in with the performers on stage, and what once felt chaotic becomes cohesive."

*"Nothing compares to the feeling of finally putting all the pieces together... what starts as a hot mess becomes something magical."*

That sense of transformation—of growth through effort—is rooted in her earliest memories of the program. She recalls her first-ever pit orchestra rehearsal as a freshman: sitting down with music filled with more sharps than she had ever seen, overwhelmed and unsure. “I was terrified of messing up,” she says. But instead of stepping back, she leaned in. She practiced constantly, pushing through uncertainty and self-doubt. Looking back, that moment stands as a turning point—not because of how well she played, but because of how hard she worked.

That same balance of challenge and support has been a hallmark of her experience with faculty and student mentors. From upperclassmen who welcomed her into ensembles early on, to peers who inspired her to try new things, to the steady guidance of her teacher, Mr. Sakash, she has always felt both encouraged and pushed to improve.

“His passion for music, especially jazz, is contagious,” Lilia says. “He made me endlessly excited about music at FA from the very first day.”

That excitement has fueled four years of deep involvement—years she wouldn’t change for anything. At its core, the Fryeburg Academy music program is about more than performance. It’s about community. Each ensemble has its own personality, shaped by the students within it, but the underlying culture remains constant: a shared commitment to both excellence and enjoyment. “There’s always laughter and collaboration in the music building,” she says. “Someone is always growing, and it’s always a group effort.” That sense of belonging is part of what makes the experience so meaningful. Whether a student is just beginning, exploring a new genre, or refining skills built over years, there’s a place for them.

Lilia plans to attend the University of Virginia, where she will double-major in Political Philosophy, Policy, Law and Economics. While her academic path may lead her in a different direction, music will remain an important part of her life.

She hopes to join jazz ensembles in college and continue playing both clarinet and saxophone. And, like many musicians, she knows that some of the most meaningful moments will come not from formal performances, but from simply playing with friends.

For younger students considering the program, her advice is straightforward: *practice*—and remember why you started.

Ultimately, what has made her time at Fryeburg Academy most meaningful is the opportunity to grow across disciplines, across challenges, and across four formative years. From the soccer field to the stage, from the newsroom to the rehearsal room, she has never felt limited by her potential.

“The environment at FA fosters both ambition and belief,” she says. “It’s helped me learn that I can achieve anything I put my mind to.”

## The Dirigo Speaker Series For Curious Minds

The Dirigo Speaker Series brings accomplished voices to Fryeburg, Maine for lively, engaging talks that inform, challenge, and entertain. Each event features a single speaker from fields such as journalism, athletics, literature, media, and public life, offering a fresh perspective on ideas, experiences, and issues shaping the world today.

Designed for an audience that values substance and intelligent conversation, the series provides access to compelling, articulate speakers you might not otherwise encounter in the region. Season tickets are required; membership offers entry to a thoughtfully curated program that rewards curiosity and encourages lifelong engagement. The Dirigo Speaker Series is a not-for-profit program sponsored by Fryeburg Academy.

### MEET THIS SEASON’S SPEAKERS

#### **Matt Light**

*Thursday, September 29, 2026*

Three-time Super Bowl champion and former New England Patriot Matt Light brings lessons in leadership, teamwork, and resilience drawn from his NFL career, business ventures, and work with the Light Foundation.

#### **Casey Sherman '88**

*Thursday, November 19, 2026*

Fryeburg Academy alumnus and #1 true crime author Casey Sherman is a bestselling writer whose books and film adaptations explore gripping real-life stories of justice, resilience, and the human experience.

#### **Scott Carney**

*Thursday, March 29, 2027*

Bestselling author and investigative journalist Scott Carney examines human performance and resilience, offering practical insights on pushing limits while avoiding the pitfalls of modern “optimization” culture.

#### **Lyn St. James**

*Thursday, June 3, 2027*

Motorsports legend Lyn St. James—Indy 500 driver, Hall of Famer, and advocate for women in racing—shares powerful perspectives on leadership, perseverance, and pursuing one’s passion.



For much more information on our speakers and to purchase a membership for the full Dirigo Speaker Series, visit the Leura Hill Eastman Performing Arts Center website. <https://www.fryeburgacademy.org/arts/performing-arts-center>

## 2026 Conrad K. Eastman '48 Lifetime Achievement Award Honorees

DAWN GALE '81 DIRECTOR OF ADVANCEMENT & ALUMNI RELATIONS



Roy Andrews '56, Cindy Russell, Kristen Russell McDermott '83, James Osgood '56, and Jessica Russell Battoni '81.

In 2008, the Fryeburg Academy Board of Trustees established the Conrad K. Eastman '48 Lifetime Achievement Award to honor the extraordinary legacy of Conrad K. Eastman, Class of 1948—an alumnus, trustee, leader, and devoted friend of the Academy. The award recognizes individuals whose life's work reflects Mr. Eastman's tireless and unselfish service to Fryeburg Academy, marked by honesty and fairness, innate modesty, thoughtful leadership, a clear sense of what is best for the school, and a deep appreciation for the Academy's remarkable history and mission.

Originally announced at the 2008 Commencement Ceremony, the Conrad K. Eastman Lifetime Achievement Award is now awarded at our Founders Day Celebration. Founders Day commemorates the founding of Fryeburg Academy on February 9, 1792, and is celebrated each year with a brunch held on the Saturday closest to that historic date. This year, we proudly honored the following recipients:



**James A. Osgood '56**

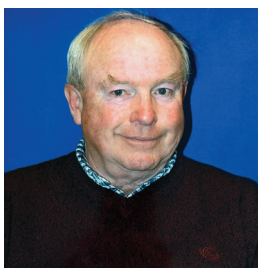
A graduate of the Class of 1956, Jim distinguished himself as an exceptional student-athlete and leader during his years at the Academy. A 12-season athlete in football, basketball, and baseball, he earned varsity letters in eight seasons and was elected co-captain of

the football team during his senior year. He received Honorable Mention All-State football recognition and was awarded the Gibson Medal, reflecting both his athletic excellence and academic achievement. Jim also served as senior class president and as vice president during his junior and sophomore years, and was involved in student council and Academy drama productions.

After Fryeburg Academy, Jim earned a degree in business administration from the University of Maine at Portland. He spent his professional career as part-owner of the Osgood Brothers John Deere dealership, where he was widely respected for his integrity, work ethic, and community-minded leadership, before retiring in 2000.

Jim's devotion to Fryeburg Academy and the Fryeburg community has been both broad and enduring. He received the Academy's Distinguished Alumni Award in 2006 and has served as a trustee of both the Fryeburg Fair and of Fryeburg Academy. His leadership roles include serving as past president of the Fryeburg—Lovell Kiwanis Club and on the MSAD #72 School Board. He also co-chaired the original Vincent Manoriti Baseball Field Project and served on the Clarence Walker Industrial Arts Building Committee, helping to build facilities that continue to benefit generations of students.

Jim has also served as a youth baseball and basketball coach and as an active member of the Fryeburg/Lovell Kiwanis Club and the Fryeburg Chamber of Commerce. Known for his fairness and for leading with the best interests of the community and the Academy at heart, Jim Osgood exemplifies the enduring legacy and values this award honors.



**Brett Russell '56**

A graduate of the Class of 1956, Brett was an enthusiastic member of Academy life, participating in 11 seasons of athletics, including tennis, baseball, football, and skiing, and was also active in the drama program. An exceptional and versatile skier, he made history in 1956 by

winning Fryeburg Academy's first State Class B Championship title and was awarded the Ski Meister Trophy. He was also a two-time state champion in ski jumping.

Brett earned a Bachelor of Arts in history from the University of Maine, where he was a four-year member of the ski team, a four-year Ski Meister, and served as captain. He began his career in education at Kents Hill School before returning to Fryeburg Academy as a history teacher and coach. During his time at FA, he coached the Maine State Junior Alpine Team and led his

athletes to three state championships and two prep school titles while serving as a mentor and role model to countless students.

After leaving the classroom, Brett spent 34 years in the ski and recreation industry in both retail and wholesale roles, continuing his lifelong connection to outdoor education and athletics. His commitment to Fryeburg Academy remained constant throughout his career. He served as a trustee of the Academy, co-chaired the Phoenix Project following the 2005 fire, and was a founding member of the Hall of Excellence Committee. His broader community leadership includes service on the Board of Directors of Jen's Friends and as president of the North Conway Country Club.

In recognition of his exceptional contributions, Brett received Fryeburg Academy's Distinguished Alumni Award in 2011.

Sadly, Brett passed away on January 18, after a long and courageous battle with Parkinson's disease. Despite declining health, he remained connected to Fryeburg Academy, attending events whenever possible and continuing as an enthusiastic supporter and familiar presence at receptions, reunions, and athletic contests. His deep understanding of the Academy's legacy—and his steadfast belief in its future—will be greatly missed.



**Roy Andrews '56**

A member of the Class of 1956 Roy was previously recognized with the Fryeburg Academy Alumni Association Distinguished Alumni Award in 2014. Following graduation, he entered military service in 1957, serving in the Honor Guard Company stationed at Fort Myer,

Virginia. In 1959, he returned home to continue the family farming tradition at Riverside Farms, which earned multiple recognitions for excellence in dairy farming throughout the 1950s and 1960s.

His deep respect for agriculture and community stewardship led to decades of service with the Fryeburg Fair. Beginning in the early 1970s, Roy took on increasing leadership roles, serving as Buildings and Grounds Superintendent, then General Superintendent, before being named a Fair Trustee in 1983. From 2006 to 2021, he served as President of the Fryeburg Fair, guiding the 175-year-old institution to continued national prominence as one of the country's premier agricultural fairs, welcoming visitors from around the world.

Roy's commitment to Fryeburg extends well beyond the fairgrounds. His civic service includes roles on the Fryeburg Town Conservation Committee, the Saco River Recreation Council, the Pine Grove Cemetery Committee, and as a member and director of Fryeburg Fish & Game. He served as a trustee of Fryeburg Academy, the Headmaster's Council, and the Phoenix Project Committee following the devastating 2005 fire. One of the first calls then Headmaster Dan Lee received after the loss of the Gibson Gym was from Roy, who offered full use of the Fryeburg Fairgrounds to support the Academy's athletic programs.

Roy and his wife, Duddie, live in Fryeburg and continue to be active participants and generous supporters of Fryeburg Academy and the community.



**Diane Eastman Powell '53 and Monte Powell**

Diane Powell, Class of 1953, and her husband, Monte Powell, have shared a lifelong commitment to family, community, and the arts—values reflected in their generous and thoughtful support of Fryeburg Academy.

After graduating from the Academy in 1953, Diane attended a small Christian college in the Midwest. It was there that she met Monte. Following his graduation, the two were married and began their life together, first moving to Oklahoma, where Monte was stationed in the U.S. Army, and later settling in Seattle, Washington, where Monte had grown up.

In the Seattle area, Monte founded what would become a successful family construction business. Over the years, the company built single-family homes, apartment buildings, and later senior living facilities throughout the region. Diane worked alongside Monte as the company's bookkeeper and accountant before stepping back to focus on raising their children. Years later, with their three oldest children already in college and only two still at home, Diane returned to school and completed her four-year college degree in Tacoma, Washington, in 1980.

Music and the arts have always been central to Diane's life. While raising their family, she pursued voice lessons, sang solos for their church, and was honored to sing *The Lord's Prayer* at the double wedding of their two daughters. Many at Fryeburg Academy may also remember Diane singing *The Lord's Prayer* at her brother Conrad Eastman's funeral, held in the Leura Hill Eastman Performing Arts Center.

Diane's love of music was inspired by her mother, Leura Hill Eastman, who grew up on a small farm in Chatham as the eleventh of twelve children. Though Leura was unable to attend college or pursue formal music training, she shared her gift by singing at weddings, funerals, and community events throughout her life, and she held a deep appreciation for the arts.

Monte, while devoted to his work, has always found joy on the water. A lifelong boating enthusiast, he owned a series of boats over the years, providing cherished recreation and memories for the entire family. In more recent years, his passion has turned to horticulture and conservation through PowellsWood, A Northwest Garden, a three-acre woodland and pleasure garden in Federal Way, Washington. Now open to the public, PowellsWood is both a nature preserve and a place of beauty, reflection, and education for the wider community.

The Powells' generosity and vision were pivotal to the Phoenix Project, helping fund the construction of the Leura Hill Eastman Performing Arts Center—the centerpiece of Fryeburg Academy's campus. Named in honor of Diane's mother, the Center stands as a lasting tribute to family legacy, the transformative power of the arts, and the Powells' connection to Fryeburg Academy.



Proud members of the Osgood family (four generations!) were on hand to honor Jim Osgood '56!

# THE LACASCE LEGACY SOCIETY

There are many ways to ensure the future and the mission of Fryeburg Academy. Making a planned gift is a wonderful way to show your support while fulfilling your own personal, financial, and philanthropic goals. The LaCasce Legacy Society was first established in 1995, named for Mr. and Mrs. Elroy O. LaCasce, in honor of the LaCascés' 33 years of dedicated service to the Academy from 1922 to 1955. Our students today benefit from the generations before them who have provided for F.A. through their estate plans. Thank you.

[www.fryeburgacademy.myplannedgift.org](http://www.fryeburgacademy.myplannedgift.org)

## WAYS TO GIVE

### 1. INCLUDE FRYEBURG ACADEMY IN YOUR WILL

A bequest is a simple and meaningful way to support FA's future. You may choose to leave a specific amount, a percentage of your estate, or a particular asset, while retaining full use of your assets during your lifetime.

### 2. GIVE THROUGH YOUR IRA

If you are 70½ or older, you can make a tax-free charitable gift directly from your IRA. These Qualified Charitable Distributions can count toward required minimum distributions and may reduce taxable income.

### 3. GIFTS OF REAL PROPERTY

Donating real estate—such as a home, vacation property, or land—can provide significant tax benefits while making a lasting impact. In some cases, you may continue to use the property during your lifetime.

### 4. NAME FRYEBURG ACADEMY AS A RETIREMENT PLAN BENEFICIARY

By naming FA as a beneficiary of your retirement account (such as an IRA or 401(k), you can make a meaningful gift while potentially reducing taxes for your heirs.

### 5. GIFTS THAT PROVIDE INCOME

Planned gifts, such as charitable gift annuities or trusts, can provide you or a loved one with lifetime income, with the remainder benefiting Fryeburg Academy.

### 6. LIFE INSURANCE (ONE OF THE SIMPLEST OPTIONS)

Naming Fryeburg Academy as a beneficiary of a life insurance policy—or donating a paid-up policy—can be an easy and impactful way to make a future gift, often at a relatively low cost today.

Fryeburg Academy encourages all donors to consult with their financial, legal, and tax advisors when considering planned or estate gifts. This information is provided for general educational purposes and is not intended as legal or tax advice.



# Alumni Gatherings



Sheila Duane '82, Sheri Goff, Peter Gale '83, and Dawn Gale '81 mingle at the Portland event in November.



Doug '71 and Cynthia McGlinchey, Giang and Kurt Skrede '87, Margo and Andy Dufresne '70, John Gordon '80, Kenny '67 and Lynn Yoder and Joe Manning in Palmetto, FL.



Bethany Blood Armington '86, Steve Armington '86, James Day '88, Edie Walker Day '86, and Lesa Day '84 enjoyed the Pleasant Mountain event.



Sean Keough '74, Dawn Gale '81, and Skip Cadigan '74 at Pleasant Mountain.



Boss Islam '13, Rodrigo Araujo '15, Bryanna Brea '15 and Angel Escalante '15 reunited for an evening in NYC.



Forest Edson '12, Ethan Wang (FA admissions), Dawn Gale '81, and Dave Kenney (Dean of Campus Life) caught up at Dillon's in Boston.



Alegra Bartlett '23 and Jen Stacy Bartlett '93 visited with alums at Pleasant Mountain.



Joe McMurdo Minnich '01 and Chris Chen '08 were happy to catch up at Dillon's.



Dale Nelson '75 and his wife, Kitty Nelson, relaxing at Blizzard's Pub.



Allie Gagnon '13, Ellie Rhymer '08, Joel Rhymer, and David Sturdevant visited during the event at Fraunces Tavern in NYC.



The NYC crew turned out! (l to r) Christina DiPietro '13, Eli Clarke '10, Dave Kenney, Joe Manning, Joel Rhymer, Angel Escalante '15, Njemile Phillips '14, Boss Islam '13, Rodrigo Araujo '15, Corey Beaton '10, Mary Rhymer '10, David Sturdevant, Bright Amaoko '13, and Allie Gagnon '13.



Amy Wood '06 and Beth Wood '02 attended the Portland event at RiRa's.



Mary Poyner Reed '77 and Christina DiPietro '13 in Boston.



Bridget Bailey '16, Ardelle Buck (FA admissions), and Keri Apt Montague '00

# Bermuda 2026



Over 40 guests joined us at Grotto Bay Resort for our Bermuda alumni reception in April. It was great to see so many folks from the 1970s–2000s. We are already making plans for our next visit!



What a great turnout from the Class of 77!



Mike Higgs '93 and Scott Cote-Crosskill (retired Science Department Chair)



Melanie Ridlon Eldracher '81, Lisa Wingood '81, Sheila Duane '82, Kendaree Burgess '81



Crystal Richardson '84, Renee Thomas '84, and Linn Charette '84



Joe Manning and Jean-Lou Pengelly '82



John Gordon '80, Jonathan Soares '87, and Robert Wheatley '88



### 1950s

**JOHN BALL '55** "I sold my large house and am in my second year of condo living in Poland, OH. There are only a few of my classmates left, but if you are out my way, stop in!"

### 1960s

**MARY BRADEEN WILSON '62** "I received my associate's degree in Early Childhood Education from Adirondack Community College, and then worked as a substitute teacher in the surrounding towns. Now retired from teaching, I've shifted to managing and renting apartments. I have now worked and completed a law course, earning a Paralegal Certificate from the Center for Legal Studies."

**JAMES DUTTON '68** "Since Jane's passing, I really wasn't comfortable in the home we shared with our four boys for 54 years together. So I sold the house in September 2025 and moved to Florida to live with my son **COREY '94** and his family. I miss the New England seasons and many family and friends 'up North,' but certainly don't miss the rain, snow, and ice you had in Fryeburg this winter."

**FLETCHER MCKINNEY '69** "I am now retired and spend time reading National Geographic and Audubon bird magazines and walking to our local library down the road by sidewalk. I still like cross-country skiing, swimming, birdwatching, and going out to buy food and supplies. I will have my 44th wedding anniversary and am somewhat active in my community. I miss FA and Fryeburg, Maine; the Kancamagus Highway and river; and North Conway, New Hampshire. Go FA!"



The MacGillivray family welcomed 2026 in style: (l to r) Megan '12 and her wife, Meredith, Ian, Terry '81, Lindsay '10, her husband, Charlie (with children Leon and Ada), and Sarah.

### 1970s

**BARBARA ROCHE ELDRIDGE '72** "I am still living in my small piece of paradise, here on Cape Cod. I moved here from college in the summer of 1974. Truly sorry I wasn't able to make it to our 50th class reunion."

### 1980s

**BRENDA BODEAU MACFARLANE '81** "I finally retired (second time!), and **RICK '80** has joined me too. We plan to travel for now and then find that forever home. We spent some time with the grandkids recently, and hope we can spend more time with them. (Samantha, Archie, Gwendolyn, and Charlie).

**TERRY MACGILLIVRAY '81** "Over the past few years, life has been full and rewarding.

I've remained actively involved in our family businesses in Maine and New Hampshire, having recently completed the sale of our snowmobile rental operation while continuing to operate our ATV rentals. At the same time, we are developing a new self-storage facility in Lewiston, ME, and it has been an exciting project. After more than three decades of building the business, it has been especially gratifying to see my daughter **MEGAN '12** now running the family operation. Staying active is a big part of life, with plenty of time spent golfing and skiing throughout the year. Family remains at the center of everything we do, and Sarah and I are having a great time with our oldest daughter, **LINDSAY MACGILLIVRAY SWANSON '10**, her husband Charlie, and our grandchildren. We're especially looking forward to visiting them in Dublin, Ireland, where they plan to move this fall."



Erin Mayo (former FA HOS, now HOS at Doane Academy) connected with FA ties at Doane: (l-r) David Snyder (Doane trustee), Erin, and David's brother Don, FA's admission director (1973-75) and father of Tim '00 and Zach '02.



Barry Gilman '66 enjoyed spending time with classmate, Don Bean '65, at the 2025 reunion and seeing Don presented with the Distinguished Alumni Award.



Front row (l to r) Jessica Grey '99, Karen Fox Grey '71, Linn Charette '84. Back row (l to r), Jason Grey '97 and Jeff Blake '85 arrived in Bermuda by cruise ship!

**TERRY MACGILLIVRAY '81** (cont.)

Sarah especially enjoys trips into the city to spend time with our son Ian, who is embarking on an acting career. One of the highlights of the past year was celebrating Megan's wedding to Meredith in New Hope, Pennsylvania, surrounded by family and friends. Grateful for the journey so far and excited for what lies ahead. See you all this summer, it's a big one!"

**HOLLY JOHNSON '81** "My news is that I am pursuing my artwork. I have been an artist my whole life. I have studied drawing, oil painting, acrylic painting, watercolor painting, different types of printmaking, sculpture, weaving, stained glass, and pottery. I am teaching myself how to take nature photos, which brings me a lot of joy. I am also fine-tuning my technique for painting with watercolors. The photo included here is from a group art show where my watercolors were exhibited last summer. The adorable dog is not mine, but he belongs to a friend. I send well wishes to all of my classmates. I can hardly believe that our 45th Reunion is in August!"

**PETE GALE '83** had the honor of interviewing The G.O.A.T. (aka Tom Brady) during a college friend's 60th birthday celebration in Sicily last summer. Brady was the surprise guest at a dinner party—and Pete was selected to interview him for about an hour, covering highlights of his career. Pete lives in Portland, ME, and continues to work in the insurance industry.

**SUE PAUL '84** is looking forward to being a first-time grandma in late June and going on a cruise to Bermuda in August! She hopes to see some of her Bermudian friends from FA.

**STEVE COTE '85** continues to serve as President of Chalmers Insurance Group and

was appointed to the Union Bank Board of Directors, effective January 1, 2026. Steve has 34 years of experience in the insurance industry, and currently serves on several industry advisory groups, including the Acadia Insurance Board of Advisors, the Selective Insurance Northeast Region Producer Council, and the Liberty Mutual Small Business Advisory Council as a Constituent Agent. Following FA, Steve graduated from Bowdoin College. He is also a trustee (Vice President) of Fryeburg Academy, where he has served for 19 years. Steve just completed his 11th season as a volunteer assistant Girls Varsity Basketball Coach at Kennett High School in North Conway, and serves on the Advisory Board of the Kendall C. & Anna Ham Charitable Foundation.

**MELANIE BAKER BAILEY '87** shared that her dad, "**CHIP**" **BAKER '66** enjoyed a trip on Honor Flight Maine, and she was his guardian on the trip.

**CARMEN CLARK '87** is the Director of Nursing for the Maine State Prison and Bolduc Correctional Facility.

**CASEY SHERMAN '88** announced that his new true-crime docudrama, *The Boston Strangler: Unheard Confession*, premiered on the Oxygen network on October 26, with streaming available on Peacock the following day. The two-hour special features newly uncovered audio recordings of Albert DeSalvo, offering fresh insight into the infamous Boston Strangler murders and raising new questions about the case.

**PAUL TRUE '88** was the inaugural recipient of the Beth Latsey Award, which recognizes leadership in coaching.

## 1990s

**CHARLIE O'NEIL '90** "I've been living in Newport, RI, for the past three years. It's a great spot to live, and always something to do in my retirement, however, I still have a soft spot for Maine, New Hampshire, and Vermont,



Rick '80 and Brenda Bodeau MacFarlane '81 are enjoying retirement and time with their grandchildren.

so I try to get up there as often as I can, and am thinking about spending the summer in Portland, the fall in New Hampshire, and the winter in Vermont."

**ROB HOITT '90** "Since my last check-in, my family and I moved to West Virginia, we bought a house in the foothills of the Appalachian Mountains, and we are about two hours from Washington, DC. We have been traveling a lot over the last couple of years. I started 2025 literally sitting on the Equator in Nanyuki, Kenya, and we've been seeing more of this beautiful planet since. One of the highlights of my family's travels has been taking part in chartered cruises known as Chefs Making Waves, which feature meals curated by famous celebrity chefs. One of the chefs whom we sailed with twice, unbeknownst to me, was a fellow Raider, **Marc Murphy, '88**. I can attest that Chef Marc is both phenomenal as a chef and just a great person to catch up with! Marc is scheduled to be on the next CMW cruise in November, which will be visiting Grand Cayman and Jamaica. I'd love to catch up with fellow alumni if the opportunity presents itself. Let me know!"



Ned McSherry '59 and Rochelle Leeder were married after 46 years together!



Holly Johnson '81 displays her artwork at a group show.



Nate Goff '82 and friends hung out with members of The Who on a trip to Italy last summer.

**DANA MILLS '91** “Hello everyone! I am officially an empty nester! My son graduated from Florida State University in May and is working for a large marketing firm in Austin, TX, and my daughter is a sophomore at the University of Central Florida, majoring in kinesiology. The upside is that I have more time to devote to my research. Recently, I’ve been involved in a series of grant-funded research projects exploring alternative and complementary therapies, particularly for veterans and first responders. This work focuses on nontraditional approaches such as experiential and nature-based interventions as supplements to standard mental health care. Several of these projects have produced very promising preliminary findings, which we’ve begun to publish and present, with the goal of building an evidence base for innovative, accessible treatment options. It’s been rewarding work that blends research, community engagement, and real-world impact.”

**FRANK SCHMIDT, JR '92** wrote and published a collection of horror fiction based on his childhood home in Denmark, ME, as well as his uncle’s farm in Buckfield. Frank’s book is available on Amazon in paperback and Kindle.

**JASON GREY '96** recently received the TAKE CARE Award—an initiative sponsored by the Nursing Professional Practice Council (NPPC) at Littleton Regional Healthcare that recognizes staff who go above and beyond to care for their colleagues. Jason exemplifies what it means to take care of those around him. He supports his team both professionally and personally. Jason is described as “the person you can turn to when you need a listening ear, a sanity check, or a bit of grounded, no-nonsense advice. He has a way of cutting through the noise with honesty and clarity, but always with kindness. His sense of humor is unmatched. He brings levity without dismissing the seriousness of the work. Those who know him best can attest that he sets the standard for kindness, professionalism, and service.”

**DOUG DAGAN '98** was promoted to senior vice president of renewable energy for Suburban Propane Partners, a nationwide distributor of propane, renewable propane, renewable natural gas, fuel oil, and related products and services, as well as a marketer of natural gas and electricity and investor in low-carbon fuel alternatives. Doug is responsible for developing and executing the strategic growth plan for Suburban Propane’s renewable energy platform through its subsidiary, Suburban Renewable Energy (Suburban Renewables), and overseeing operations. Doug also shared that he had been named to the inaugural cohort of Semafor World Economy Principals. This new, selective group of global leaders has been invited by Semafor to participate in its World Economy initiative.

**AUTUMN BROWN '98** “I am the mother of two and have been an evolving healer for over 20 years. I still appreciate creativity and prefer to be active outside, doing almost anything.”

**EMILY LUCY '98** “Several '98 classmates gathered for an EPIC ski weekend in Vermont last year - it was so great to see each other, meet our families, and zoom the slopes at Okemo!”

**HEIDI PARMENTER '98** “After 25 years of living outside of Maine, I returned in 2023 to be closer to my family. I live in Biddeford and work for the Maine Community Action Association. I’m an active member of my Unitarian Universalist Church in Kennebunk. My son is now 18 and a senior at Biddeford High. I visit Fryeburg regularly to see my mom, who lives in town. It’s incredible how much the Academy has grown over the years and how much the town has changed.”

## 2000s

**JO CAMBRON-KELLER '01** moved to Colorado 12 years ago. “My wife and I have two kids. We were foster parents for a few years, too, which was an incredible experience.” The couple has been married for 11 years.

**SHADAAB KAZI '00**



Shadaab and his family stopped by FA for a quick visit last fall. While on campus, he reconnected with some of his past teachers and reminisced about his time as a boarding student, including his first experience skiing! He shared that his time at FA helped him develop important skills in navigating diverse perspectives and collaborating with others, which are essential in his career in product management. As a three-sport athlete in soccer, basketball, and tennis, he credits FA with shaping both his academic journey and interpersonal skills. Now living in Austin, Texas, with his wife and two children, Shadaab enjoys real estate investing, traveling, and staying active through soccer and pickleball.

### LEANNAMARIE ERICKSON MASSEY '04

“My husband, Richard, our son, Richard III, and our daughter, Montana, live a lovely life in Lovell. Richard III graduates in May of 2026 and plans to attend the University of Maine at Augusta, where he has committed to playing baseball. Montana is in middle school and loves chorus and student council. We are the world’s luckiest and proudest parents!”

**LAURA MIKLOS '06** recently completed the Colorado Trail, totaling 567 miles, including both Collegiate West and Collegiate East routes. Between completing the Appalachian Trail, Pacific Crest Trail, Colorado Trail, and other backpacking adventures, she has backpacked over 5,500 miles across the country.



Peter Gale '83 interviewed the guest of honor, Tom Brady, during a friend’s birthday celebration in Italy last summer.



Jo Cambron-Keller '01 and her wife live in Colorado with their two kids.



Angela West '06 works as an astrologer, having earned her Master’s in Forensic Psychology.

**AURORA WINKLER '06**



Aurora Winkler '06 lives in Denmark, Maine, with her husband, Dan Malcom '08, and their three children. She successfully balances her role as a business owner with her passion for abstract painting, maintaining her own studio practice while enjoying an active outdoor lifestyle shaped by the scenic landscapes of Western Maine.

After graduating from Fryeburg Academy, Aurora transferred from art school to Sierra Nevada College to study entrepreneurship, a decision that helped shape her unique career path. She went on to found Art Agent Maine in 2017, building what is now Maine's only dedicated art agency. Through her business, she represents artists, connects them with buyers, galleries, and exhibition opportunities, and advises collectors and facilitates sales. By bridging the gap between creativity and commerce, Aurora has created a model that supports working artists and strengthens Maine's vibrant arts community.



Jason Grey '96 received the TAKE CARE award sponsored by the Nursing Professional Practice Council.

**ANGELA WEST '06** "In reflecting on the last 20 years since graduating, a lot has happened, none of which was as originally planned. But despite having gotten my MA in Forensic Psychology, I'm currently living a nourishing life as an astrologer (Corvid Astrology). My partner and I were lucky enough to get a beautiful home in the Hudson Valley of NY, with easy access to NYC for my monthly Astrology Club. We have a lovely community, particularly at the art sanctuary Chapel of Sacred Mirrors, where I've also been doing astrology readings. I recently followed a Universal Breadcrumb Trail that led me to get a death doula certification with INELDA, and I started volunteering in hospice. I do hope to circle back to psychedelic therapy eventually (having done research with NYU on psychedelics and psychological distress/terminal cancer), but for now, I'm diving into my ancestry, spirituality, psychic gifts, astrology certifications, and death doula work. I plan to continue following wherever the wind takes me."

**PATRICK MOODY '13** and **MEAGHAN CASSILY MOODY '09** welcomed Elise Loretta



Christian De Miranda '13 and his wife are living and working in Boston.

Moody on March 23, 2026, in North Conway, NH. The Moodys reside in Intervale, NH.

## 2010s

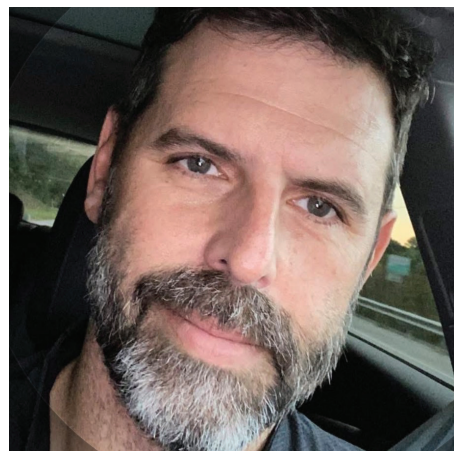
**BRYLIE WALKER YOUNG '10** and her husband, Alec, welcomed their son, Brexton Dwight Young, born March 20, 2026. He joins his sister Braelie (3 ½). Grandparents are **SHELLEY OSGOOD WALKER '82** and **DWIGHT WALKER '77**. Great-grandfather is **JIM OSGOOD '56!**

**ABIGALE BROWN COGSWELL '12** and husband, Ryan, of Denmark, ME, are the parents of Landon Cogswell, who was born on March 2, 2026. He joins sibling Lincoln Cogswell (5). Grandparents **KIRSTEN PETERSON BROWN '88** and her husband, Cliff, live in Stow, ME.

**CHRISTIAN DE MIRANDA '13** currently lives in Boston, where she has been working in marketing, and three years ago started her own social media management business. "I treasured my time at FA and continue to visit when possible."



Melanie Baker Bailey '87 escorted her father, Chip Baker '66, on the Honor Flight Maine trip.



Charlie O'Neil '90 is retired and living in Newport, RI.



Rob Hoitt '90 and his wife met up with celebrity chef Marc Murphy '88 on a cruise where Marc was the featured chef on the chartered cruise, Chefs Making Waves.



Katy McIntyre '22 recently received the prestigious Thomas Terrier Award for leadership at Thomas College. This award is presented annually to a graduating student in recognition of their exceptional leadership throughout the year.

**KYLE BENNETT '14** and Christina Wilkinson-Rall announced the birth of Paisley Mae Bennett, who was born on December 29, 2025. She joins siblings Chase (11), Mason (8), and Natalie (6).

**JASMINE WARD '18** and **MICHAEL HAMILTON '14** are the parents of Ranger Arthur-Frank Hamilton, born March 13, 2026. He joins siblings Rowan Hamilton (4) and Raelyn Hamilton, 19 months old.

**SAIGE MCALLISTER ROBERTS '16** and Emery Roberts of Chocorua, NH, welcomed Emerson Harold Roberts on September 25, 2025. He joins siblings Arizona Roberts (4) and Daniel Roberts (1½). **AUBREY LEMONS MCALLISTER '95** and **MICHAEL MCALLISTER '88** are grandparents, **CYNTHIA ANDREWS MCALLISTER '77** and **ORMAN JR. MCALLISTER '64** are great-grandparents.

**MARIAH DAVIS THIBODEAU '16** and Jordan Thibodeau of Lovell, ME, welcomed Warden James Thibodeau on October 3, 2025.



Dana Mills '91 is an empty nester and is spending more time on his grant-funded research projects exploring alternative and complementary therapies.

## Christopher Perry '10 Technology & Innovation Foundation | Fundraising Weekend June 6–7, 2026

*Supporting expanded technology and innovation opportunities for students in Maine and New Hampshire*

### Saturday, June 6 – Rock the Foundation (Fryeburg Fairgrounds)

- Live concert featuring reunited band Full Circle (7–10 pm; gates at 5:30 pm) Featuring Fred Roger '83 and Rick Buzzell '87
- Admission by donation
- Food trucks and cash bar available

### Sunday, June 7 – 1st Annual Golf Tournament (Lake Kezar Country Club)

- Tournament play, contests, and lunch
- Cash beverage cart and 50/50 raffle
- Registration and sponsorship: [chrisperryfoundation.com](http://chrisperryfoundation.com)

Visit: [www.chrisperryfoundation.com](http://www.chrisperryfoundation.com) for more information!

He joins sibling Bennett Thibodeau (2). David and **CAROL COLE DAVIS '87** are grandparents. **MCKENNA MCGRATH '19** “I graduated with my Doctorate in Occupational Therapy from USM in September 2025 and started my first job as an OT at Bridgton Hospital on the inpatient unit in January!”

## 2020s

**JULIETTE ALBERT '22** was named to the dean's list for the Fall 2025 semester at Champlain College.

**ANNELISE BEDAN '22** was named to the Champlain College President's List for the Fall 2025 semester.

**WILLOW CARTER '22** “I will be graduating from Berklee in 2026 and heading to California

to live with my girlfriend of two years.”

**MADDIE LAVERTRU-FOREMAN '22** was named to the dean's list at the University of Rhode Island for the Fall 2025 semester.

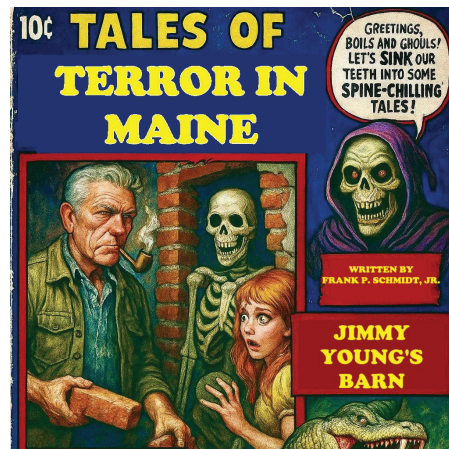
**NGHI “VIVIAN” NGUYEN '22** was named to the Fall 2025 President's List at Georgia State University.

**CHARLIE ANDERSON '23** was named to the dean's list for the Fall 2025 semester at Champlain College.

**AVA FRECHETTE '23** was named to the dean's list for the Fall 2025 semester at Salve Regina University.

**NOAH O'CONNELL '23** was named to the dean's list for the Fall 2025 semester at the University of Maine Augusta.

**SETH RIDDENSDALE '23** was named to the dean's list for the Fall 2025 semester at Champlain College.



Frank Schmidt, Jr.'s '92 book is available on Amazon and Kindle.



(l to r) Doug Dagan'98, Harvest Ficker Stephenson '98, Emily Lucy '98, and Ea Ganteaume-Richards Valjevac '98 met up on the slopes of Okemo.

**JANA CHANDLER-LIGON '99**



In April, Girls Who Code announced Jana Chandler-Ligon '03 as its new Chief Operating Officer. In this role, she will oversee day-to-day operations and help drive the organization's "Five by Five" strategic plan, which aims to reach five million girls, women, and nonbinary individuals by 2030.

Jana joined Girls Who Code in 2016 as Senior Director of Business Development and later moved into People & Culture, where her leadership helped the organization earn recognition as one of *The Nonprofit Times'* Best Nonprofits to Work For for three consecutive years. She most recently served as Senior Vice President, People & Culture before stepping into her new role as COO.

Outside of work, Jana and her husband Teddy recently moved from Brooklyn to South Orange, New Jersey, where they are enjoying a more suburban lifestyle with their two children, Jojo (7) and Aya Janeen (1), along with access to nature and a strong community.



Joel Rhymer, Joe Manning, and David Sturdevant caught up with former students in NYC—Bright Amaoko '13 and Njemile Phillips '14.

## A Message from the Office of Advancement and Alumni Relations

Dear Alums,

This year seems to have flown by, but there is so much to celebrate on campus. I hope you enjoy this issue of Scenes, which highlights alumni gatherings, campus life, and, most importantly, our students.

August and Reunion will be here before we know it. My class, the Class of 1981, will be celebrating alongside those ending in 1 and 6—but remember, Reunion Weekend is open to all alumni. There's no need to wait five years; we always love having you back on campus. Details can be found on the back cover of this magazine.

As the school year comes to a close, we are also saying goodbye to **Keri Apt Montague '00**, who has worked with **Lakyn Osgood Ela '12** and me in the Alumni Office for the past three years. Keri and her family are returning to Connecticut, and we wish them all the best. We hope to see them back on campus soon.

To stay connected throughout the year, be sure you're receiving our monthly alumni e-newsletters. If we don't have your current email address, please send it to [alumni@fryburgacademy.org](mailto:alumni@fryburgacademy.org).

I look forward to seeing many of you in August. In the meantime, enjoy a wonderful summer.

Best regards,

Dawn Gale '81, Director of Advancement & Alumni Relations

**ZACK EMERY '24** was named to the dean's list for the Fall 2025 semester at Bates College.

**MAYA MAHAN '24** was named to the dean's list for the Fall 2025 semester at Clark University.

**RYAN MEADE '24** was named to the dean's list for the Fall 2025 semester at Clarkson University.

**DUSTIN RHODA '24** "I am officially a crew trainer at McDonald's in North Conway, NH. Fryburg Academy was an amazing high school, a very informative time in my life, and it helped me become the kind, responsible human being I am today!"

**TYLER BARTICK '24** returned to campus in December and met with current students. Now a cadet at the United States Air Force Academy, Tyler visited Mr. Laskin's aviation classes to

share his inspiring journey in aviation. Tyler was introduced to the world of aviation through FA's Computer Science, Aviation & Technology Program. During May Term in his ninth-grade year, he earned his pilot's license while still in high school—an achievement that set him apart and prepared him for the rigor of the Air Force Academy.

**ROSA TEPE '24** was named to the dean's list for the Fall 2025 semester at Clark University.

**GRACE AUDETTE '25** was named to the dean's list for the Fall 2025 semester at St. Lawrence University.

**GABRIEL GRACE '25** was named a Presidential Scholar at Clarkson University.

**SARAH SHACKFORD '25** was named to the dean's list for the Fall 2025 semester at Clark University.



Lakyn Osgood Ela '12, husband Jared Ela, children Bryson Ela '29 and True Ela, recently visited friends in Illinois for a New Year's Eve wedding.



2025 classmates Mike Malia, Anton Kravchuk, and Malik Sow stopped by to visit Coach P (Bob Pulito).

# Tracking Rainfall, One Backyard at a Time.

## Henry Reges '80

**H**enry Reges (class of 1980) is a meteorologist at Colorado State University in Fort Collins, Colorado, where he has been the national coordinator of a precipitation-monitoring citizen-science program called CoCoRaHS (the Community Collaborative Rain, Hail and Snow network) for over 21 years. It is the largest source of daily precipitation measurements in North America. Henry attended Fryeburg Academy during his freshman year, after Charles A. Snow School (1974-1977). His parents owned the Jockey Cap Store and Cabins while they lived in Fryeburg.

Henry has been passionate about weather ever since lightning struck his home on Long Island when he was eight years old. What started out as a fear of storms grew into a lifelong interest and, eventually, a career he has enjoyed for the past 30 years. His career began in finance after graduating from North Carolina State University in 1985. It was a good choice, but he knew it wasn't for him in the long term, and at 32, he returned to earn a degree in meteorology. This path eventually took him to the National Climatic Data Center (the nation's weather records), to Fire Weather in Fairbanks, Alaska, briefing smokejumpers on the conditions they would encounter, then to Beacon Street in Boston with the American Meteorological Society. "Most people think that as a meteorologist, you just present local weather on television, but there are many avenues in this field." Ultimately, he was recruited to serve as the national coordinator of an upstart volunteer precipitation network that began in Colorado in response to a devastating flash flood. "I think I have the best job around. It never really feels like work." He encourages younger folks to pursue a field they might enjoy, especially since they will spend almost half their life working. It's never too late to pivot.

This brings us to the national "Citizen Science" rainfall network, CoCoRaHS. This essential international program (especially with science funding cuts) enables anyone to volunteer to become just that, a citizen scientist, measuring precipitation (rain, hail, and snow) daily using a plastic rain gauge and a mobile device or computer. The network currently has 27,000+ observers in all 50 states, Canada, and several other countries. It costs nothing to belong, and only a small investment is required for a high-quality 4" diameter rain gauge (see photo, it's not your father's rain gauge!). Home automated weather stations are convenient, but are less accurate when it comes to precipitation. Manual observations are best. Henry would love to see Fryeburg alumni and current students participate. "It's a fun, five-minute daily routine that makes a real impact nationwide. You put out a gauge at your location and measure what it captures each



morning. A quick click uploads your measured amount, and that's it." Observations immediately appear on national and local maps for public use. If you miss a few days, that's OK, this is meant to be a fun activity. When there is no precipitation, observers record zero. Recently, the Molly Ockett School in Fryeburg has joined. Once 100 observations are submitted, they become part of the U.S. national record. Our largest group of observers is over age 50, but anyone can participate. Some school-age individuals have often found that participating in CoCoRaHS has eventually led to a career in the weather field. After a while, folks begin to see patterns in what falls each month over towns like Fryeburg or Conway. Often one area is wetter than the other. Precipitation is highly variable, and what may fall at the Post Office might be quite different from what falls at the fairgrounds during a summer storm. We've all seen instances when there are puddles on one street, and the pavement is dry on the next. Observations are regularly used by the National Weather Service, the state climate offices of Maine and New Hampshire, municipal water managers, hydrologists, drought entities, and the agriculture sector, among others. The network needs observers throughout New England, especially Western Maine, where observations are currently few and far between.

Joe Dellicarpini, Science Operations Officer at the NWS in Norton, MA, says, "CoCoRaHS is one of the easiest things you can do to help your community, and it only takes a few minutes each day. Your daily observations provide critical precipitation data that helps fill the gaps between automated airport stations and improve and verify NWS forecasts. Over time, you help define the climate at your location and can compare it with other stations in your community, state, and across the country."

Henry hopes that many of you might give this fun and important endeavor a try.

Please visit [www.cocorahs.org](http://www.cocorahs.org) to learn more, and feel free to contact Henry at [hreges@colostate.edu](mailto:hreges@colostate.edu); he would love to hear from you.

# Your AI Habits Today Will Determine Your Career Value Tomorrow

SHANNON MCKEEN '81



**B**oth of my grandfathers worked as physical laborers. If I told them people now pay monthly fees to lift heavy things in climate-controlled rooms, they'd ask: "Don't they get exercise at work?" For many of us, the answer is no. The economic shift from manual labor to knowledge work eliminated physical exertion from daily routines. We had to intentionally add it back. We're now at a parallel inflection point with cognitive work. And most of us don't yet realize it.

## The Pattern We've Seen Before

When automation eliminated manual labor from many jobs, we didn't immediately recognize what we'd lost. The health consequences gradually emerged. Eventually, we built an entire industry around fitness because physical fitness was no longer embedded in how we worked. AI is doing to knowledge work what industrial automation did to physical labor. As these tools handle more cognitive tasks, we risk mental atrophy from disuse. The difference? We are watching it happen in real time.

## What the Data Show

Recent Harvard and OpenAI research examined over a million ChatGPT conversations. The findings reveal a pattern worth examining. About 40% of messages prompt AI to do tasks like write emails, create documents, generate reports, build timelines. Another 49% ask for information or guidance to inform decisions. The distinction matters. "Doing" messages consistently received lower quality ratings than "Asking" messages (good-to-bad ratio of 2.76 vs. 4.45). More significantly, educated users in professional occupations are substantially more likely to use AI for Asking. And while Asking usage is growing faster overall, work messages still tilt toward Doing (56% vs 35%).

Translation: The users who get the most value from AI aren't automating tasks, they're augmenting thinking. Yet at work, we're still primarily having AI do things rather than help us think. That's a missed opportunity.

There's a reason sophisticated users choose differently. They understand something fundamental which is learning requires struggle. When we encounter difficulty and work through confusion, our brains form stronger neural pathways. This isn't motivational rhetoric, it's a neurobiological necessity.

Cognitive offloading provides real benefits. We should use calculators for arithmetic and GPS apps for routing. But there's a threshold where offloading becomes atrophy. When we stop engaging in cognitive struggle, we stop building the mental models that enable judgment.

## The Elevator vs. The Stairs

What does taking the cognitive stairs look like?

### Taking the Elevator:

"Create a lesson plan on photosynthesis"  
"Write a literature review on cognitive biases"

### Taking the Stairs:

"What concepts do students struggle with in photosynthesis, and what evidence supports different teaching approaches?"  
"What are the most significant debates about cognitive biases? Which researchers disagree, and what evidence does each side present?"

The first examples treat AI as a task completion engine. The second treats it as a dialogue partner. The first produces a document. The second produces understanding.

This approach is called Socratic prompting: transforming product-oriented requests into dialogue-oriented questions. Instead of asking AI to create something for you, ask AI to help you think through the problem.

### **Why Business Leaders Should Care**

When information becomes freely available through AI, the premium value shifts to judgment development. But judgment can't be developed through automation. It requires deliberate cognitive engagement. The labor market is already signaling this shift. Employers increasingly seek "AI-augmented decision makers": professionals who leverage technology while maintaining independent judgment. The Harvard research confirms this: users in highly-paid professional occupations are substantially more likely to use ChatGPT for "Asking" rather than "Doing."

Here's the strategic implication: Short-term productivity gains from AI automation are real and immediate. But if your workforce stops thinking deeply because AI handles all cognitive labor, you're trading today's efficiency for tomorrow's judgment capacity.

### **The Education Warning**

Universities are witnessing this dynamic in real time. Most students now use AI tools for academic work. Yet employers consistently report graduates lack critical thinking and decision-making skills.

When students use AI to complete assignments rather than support learning they accumulate credentials without developing capabilities. They can produce work that meets requirements but cannot explain the reasoning or adapt it to novel situations. They're taking the elevator so consistently that they can no longer climb the stairs.

Organizations hiring these graduates will inherit the consequences of workers fluent in AI task automation but incapable of the independent thinking that justifies premium compensation.

### **What to do**

Start with prompt discipline. Before asking AI to create something, ask AI to help you think about it. Transform instructions into questions. "What should I consider when..." rather than "Create for me a..."

Distinguish between cognitive loads worth offloading. Use AI where speed matters more than understanding. But protect tasks where struggle builds capability.

Track engagement, not just output. Organizations measure AI productivity gains obsessively. Measure cognitive engagement too. Are people using AI to think better or to think less?

Redesign professional development. Physical fitness became part of corporate wellness because organizations recognized that healthy employees perform better. Cognitive fitness deserves similar attention.

### **The Choice Ahead**

Ten years from now, will "cognitive fitness routine" be as standard as "workout routine?" The answer depends on choices we are making now, mostly without realizing they're choices at all.

Use AI to amplify your capabilities, not just shrink your effort. Choose dialogue over delegation. Ask questions before you ask for answers. Take the cognitive stairs often enough that you maintain the ability to climb them.

Because when knowledge is free, judgment is premium. But only if you can still do it.

The elevator is always there. It is fast, easy, tempting. But the people who build careers that matter will be the ones who regularly choose the stairs. Not because the destination is different, but because the journey builds something the elevator never will: the capacity to think. That capacity, more than any specific skill or knowledge, will determine who thrives as AI reshapes knowledge work. The question isn't whether to use AI; it's whether you're using it in ways that preserve your ability to think without it.

Start tomorrow with one prompt. Before you ask AI to create something, ask it to help you think about something. Notice the difference. Then ask yourself: am I building capability, or trading it for convenience?

The cognitive muscles you build today determine whether or not you're valuable tomorrow.

*Shannon McKeen '81 is Professor of the Practice at the Wake Forest School of Business, as well as the university's Executive Director for the Center for Analytics Impact. In addition to his academic role and research, he serves as a mentor at Winston Starts, an accelerator for entrepreneurs in Winston-Salem, N.C. Following his Computer Science degree at Williams, he earned an MBA from the Amos Tuck School of Business at Dartmouth. You can follow his posts on LinkedIn. This commentary originally appeared in Forbes.*



## Head of School's Wishlist / Spring 2026

### ACADEMICS

- Scholarships to support student educational travel - \$500 ea.
- Classroom novels set - \$500 ea.
- Textbooks /classroom set - \$1,000 ea.
- Classroom technology - \$1,000 ea.
- Digital Microscope (Science) - \$1,200
- UV-Vis Spectrophotometer (Science) - \$2,500
- Set of mini-PCR brand thermal cyclers and gel electrophoresis machines for DNA analysis - \$3,000
- Sponsor Prize Speaking awards - \$500
- Sponsor Head of School Graduation awards - \$500
- Sponsorships for Young Scientist Awards awarded to FA Science Fair winners competing at the State level - \$600 ea. per student

### CAMPUS IMPROVEMENTS

#### (AS PART OF THE CAMPUS MASTER PLAN)

- Greenery/Shrubs - \$200 ea.
- Greenery/Trees - \$500 ea.
- Steel Outdoor Benches - \$1,000 ea.\*
- Graustein Conference Room Refresh/Athletic Center (carpet, paint, furniture) - \$10,000
- Howe Street Athletic Fields / Irrigation improvements - \$20,000

### FACULTY SUPPORT

- Professional development faculty grants - \$500 ea.
- Support for new annual Distinguished Faculty award - \$1,000

### ATHLETICS

- Travel Duffel Bags for Team Equipment (multi-sport use) - \$2,500
- Team Equipment Storage Sheds - \$5,000 ea.\*
- Student/Athlete Personal Equipment Scholarship - \$250
- Lacrosse Portable Goals (2) \$500 ea.
- Lacrosse Portable Crease (2) \$175 ea.
- Unified Bocce Court \$15,000\*
- Track & Field Project\*
  - High Jump - \$75,000
  - Pole Vault - \$10,000
  - Throwing Area - \$5,000
- **Daniel E. Turner Fitness Center**
  - Plyo Workout Boxes (set of 5) - \$2,800
  - Elliptical - \$6,500
  - Treadmill - \$6,000

### OUTDOOR LEARNING & RESEARCH CENTER & OUTDOOR ADVENTURE PROGRAMS:

- Backpacks - \$150 ea.
- Hiking Boots - \$100 ea.
- Cold weather gear - \$100 ea.
- Snowshoes - \$150 ea.

### FINE, PERFORMING, AND TECHNICAL ARTS

- Digital Cameras \$500 ea.
- Tech Arts Student Project Materials / Sponsorship - \$250 ea.
- Yamaha 32 Channel Main Theater Sound Mixer Console - \$30,000

Please visit [www.fryeburgacademy.org/give](http://www.fryeburgacademy.org/give) to make your contribution.

\*Contact the Advancement Office to discuss naming opportunities.



Students in Bob Pulito's woodworking class designed, crafted, and delivered beautiful new benches for the entryway of the LaCasce Dining Room in memory of Alan Whitaker '77. Pictured (l to r): Watson Leach '28, Dilen Drew '26, Bob Pulito, Will Twigg-Smith '26, Noah Pierce '26, and Austin Day '26.

## *In Memoriam*

We are saddened by the loss of members of the Fryeburg Academy community. We honor and remember them here.

**MARTHA FLINT O'GRADY '41** on March 5, 2022  
**CALVIN DESHIELDS '75** on October 26, 2024  
**SHERYL THOMPSON CARRIER '64** on April 25, 2025  
**MICHAEL J. HALLY '77** on August 4, 2025  
**LINDA TIRRELL BROWN '63** on September 4, 2025  
**LINDA PETERSON COLBY '59** on September 25, 2025  
**CHRIS MCFARLAND '95** on October 7, 2025  
**LEONA EMERY MAINS '46** on October 17, 2025  
**DR. LEE THIBODEAU '70** October 23, 2025  
**B. DEAN STEARNS '58** on October 24, 2025  
**PERRY POLLAND EDWARDS '58** on October 26, 2025  
**DEAN TRAFFORD '82** on October 27, 2025  
**LORRAINE WALES KNEELAND '55** on October 29, 2025  
**ELLERY LAWRENCE '74** on October 30, 2025  
**JOSH EMOND '86** on November 3, 2025  
**CHRISTOPHER ADAMS, SR '84** on November 7, 2025  
**ROCHELLE LEWIS WHITAKER '56** on November 8, 2025  
**ASA O. PIKE, IV '57** on November 11, 2025  
**BERNARD FARRINGTON, JR '94** on November 12, 2025  
**DIANE BURNELL MERRILL '83** on November 15, 2025  
**CODY TESSIER '23** on November 20, 2025  
**JOHN KREMER, Former Staff** on November 26, 2025  
**MARK P. ANDREWS '79** on December 1, 2025  
**RON MCALLISTER, JR '57** on December 3, 2025  
**RONALD PERREAULT '84** on December 5, 2025  
**CHARLES PINGREE '56** on December 8, 2025  
**CARYN WARREN SAPP '66** on January 1, 2026  
**CATHERINE LEE RICHARDSON CROSS '74** on January 4, 2026  
**KIRBY KNOX '72** on January 7, 2026  
**BRUCE BOLEYN '58** on January 11, 2026

**BRETTON D. RUSSELL '56** on January 17, 2026  
**W. BRADLEY GOTTSCHALK, Former Staff** on January 19, 2026  
**BEVERLY DAY OLSON '76** on January 28, 2026  
**ERNEST A. PERREAULT SR., '55** on February 5, 2026  
**WILLIAM L. "BILL" JOHNSON '50** on February 11, 2026  
**SUZY LEMIRE GILMORE '82** on February 15, 2026  
**RALPH M. CAPACHIETTI, JR. Former Staff** on February 19, 2026  
**RICHARD MONSON '59** on March 2, 2026  
**ROGER WRIGHT '58** on March 2, 2026  
**GARY DAVIS '63** on March 20, 2026  
**DANNY ROLFE '85** on March 21, 2026  
**JULIA JOAN CHARLES BLAKE '54** on March 23, 2026  
**LINDA FOX ALLEN '69** on March 23, 2026  
**JOHN G. PANDORA '48** on March 25, 2026  
**SUSAN WEIST VAN DEHEY '56** on April 14, 2026  
**RICHARD CONRAD JR. '58** on April 18, 2026

To read full obituaries, please go to:

**[WWW.FRYEBURGACADEMY.ORG/IN-MEMORIAM](http://WWW.FRYEBURGACADEMY.ORG/IN-MEMORIAM)**





# FRYEBURG ACADEMY

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www.fryeburgacademy.org

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## 2026 REUNION WEEKEND

August 21, 22, & 23

### 21 AUGUST, FRIDAY

- 9-1 pm FA Alumni Office Open (686 Main Street)
- 9-3 pm FA School Store Open (Main Building)
- 4 pm Fryeburg Academy Alumni Association Business Meeting / Bion R. Cram Library
- 4:30 pm Senior Class Photos / Bion R. Cram Library Steps
- 5 pm Senior Alumni (Class of 1976 & older) & VIP Cocktail Reception w/ Archive Display / Bion R. Cram Library
- 6 pm Senior Alumni & VIP Dinner (Class of 1976 and older) / \$55 Ticketed Event LaCasce Dining Room in Shaffner Hall

### 23 AUGUST, SUNDAY

Golf @ Kezar Lake Country Club/ discount coupons available in the Alumni Office.

### 22 AUGUST, SATURDAY

- 9 - 11 am Alumni Field Hockey, Boys' Soccer, & Girls' Soccer Games
- 12 pm Barbecue Luncheon / \$25 Ticketed Event on the Quad/ Rain location LaCasce Dining Room (Open to all alumni and their guests)  
Lawn Games & Music / School gear available for purchase!
- 1:30 - 2 pm Class Photos  
Photos will be on the Performing Arts Center Steps
- 2 - 3 pm Campus Tours leaving from the Leura Hill Eastman Performing Arts Center
- 4 - 6 pm Reception @ Saco River Brewing / Across from Jockey Cap!

#### REGISTRATION IS OPEN!

Please call 207-935-2001 ext 3131 to purchase tickets or online below:

Register for Reunion  
VIP Dinner.

Register for the  
BBQ.



SCAN ME



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