

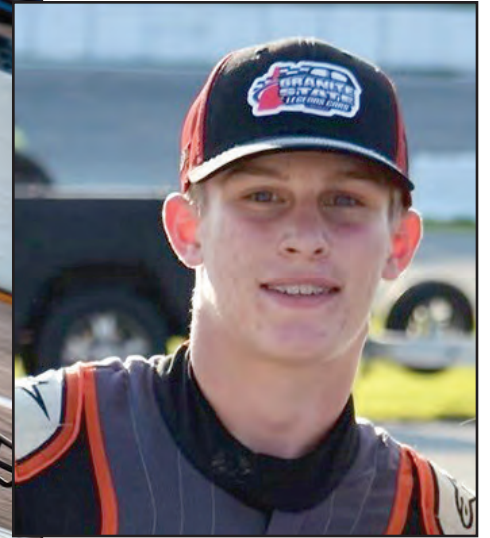
Windham High School sophomore revs up fast start in auto racing career

By Ed Pierce
STAFF WRITER

He may only be a sophomore at Windham High School, but Cole Robie of Windham is quickly becoming a force to be reckoned with in professional auto racing.

Robie, 16, started racing three years ago at the age of 13 and since then has built a resume of success on the racetrack including winning five different championships so far and counting. Competing in his Legends car, Robie took the checkered flag and the features victory for the Nelcar Tour race at Star Speedway on New Hampshire on Sept. 14, and that came on the heels of his Legends feature win at the same racetrack on Aug. 30.

Racing cars in Legends, Late Model and Super Late Model divisions, despite his youth, Robie continues to rack up wins and experience as he ultimately aims for a career in the racing industry when he finishes school. His chances of doing that are excellent as racing is a family tradition with his grandfather, father and uncles all having raced professionally. Cole's uncle, Derek Kneeland of Windham, is currently a spotter for



Cole Robie of Windham, 16, won the Nelcar Tour race at Star Speedway on New Hampshire on Sept. 14 and that was after he won the Legends feature there on Aug. 30. He comes from a racing family and has won five championships in just three years, starting at age 13. COURTESY PHOTO

NASCAR's Richard Childress Racing and has been involved in the sport as a driver since he was young.

"I have always wanted to race," Robie said. "My Dad had a lot of interest in getting me into racing and was the one that made it happen. We started in 2021, and racing is just in my blood."

His exceptional driving skills and will to win at such a young age show that Windham remains at the forefront in state for developing championship auto racers, a fact not lost on Robie.

"There are a lot of race families born and raised in Windham and I just happen to be part of one," he

said. "Racing has just gone from generation to generation in those families which is pretty cool."

Almost every weekend Robie can be found at the racetrack, and he travels to warmer states during the winter months when racing is not possible in New England.

According to Robie, he enjoys auto racing for several reasons.

"I like the adrenaline rush, and the speed factor," he said. "I also like that it's an independent sport."

And he's been able to hold his own against older and more experienced drivers as his racing legacy grows.

Last year he captured his first Legend Car national title, winning the 2023 INEX Young Lions Road Course National Championship. In July, he topped an 11-car field during a Group B race at the New Hampshire Motor Speedway and in May Robie led for every single lap while cruising to a NELCAR Legends win at the Lee USA Speedway in New Hampshire.

"I think my family loves it, they have all been in the racing industry for many years and it's exciting for them to see me following my dreams," he said. "They are all my biggest fans and supporters."

Up next for Robie will be a Legends race at Dominion Motor Speedway in Woodland, Virginia on Saturday, Oct. 5 and then he will turn around and compete in a Super Late Model race on Sunday, Oct. 6 at Lee Motor Speedway in New Hampshire.

"The most challenging track I've ever raced on was at Hallett, Oklahoma in my Legend," he said. "I didn't have a gear gauge and raced without knowing what gear I was in."

As far as prestige races go, Robie says the biggest race he's competed in thus far was in Las Vegas, Nevada for the Oval World Finals in his Legend car.

His racing
→ see RACER
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More than 100 anglers turn out for Togue Fishing Derby on Sebago

► By Bob Chapin
SPECIAL TO THE WINDHAM EAGLE

The Sebago Lake Anglers' Association (SLAA) conducted its 9th Annual Togue Fishing Derby on Sebago Lake during the weekend after Labor Day on Sept. 7 and 8.

In all about 100 anglers competed for prize money and merchandise during the event.

The prize for the largest fish on Saturday went to Fred Gallant Sr. of Saco with a fish weighing 8.52 lbs. As will often happen, the largest fish on Saturday usually holds up to win a prize on Sunday for the overall derby and such was the case for Fred.

He didn't win first place, but his fish was large enough to win second place and Fred went home with two checks from the Sebago Lakes Anglers' Association, one for \$100 and another for \$750 for second place in the tournament. Not a bad payday for doing what you wanted to do anyway – go fishing.

The largest fish in this year's derby was turned in by Mike Whitman of Marlboro, Massachusetts and it weighed in at 10.72 pounds. He took home a check for \$1,000 for his efforts.

Third place went to a local guide and his fish weighed 6.69 pounds, and he took home a check for \$500.

In addition to these winners, three anglers took home a check for \$100 for being selected out of a lottery for togue turned in and Andy Whitman won an additional \$100 for having the smallest togue at 0.78 pounds that had been caught by hook and line, and not regurgitated by a larger fish. It was 14 and 7/8 inches long.

One of the purposes of the derby, besides providing prizes and a lot of fun, is to remove togue from Sebago Lake to allow other more desirable fish, young salmon and brook trout, to have a better shot at the forage fish such as smelts and alewives.

In all, the 9th Annual Togue Fishing Derby anglers turned in 165 togue, some of which were kept by fishermen and some also went to the Maine Wildlife Center as food for the



Mike Whitman of Marlboro, Massachusetts took home the first-place honor with a 10.72 pound, 31.25 inch togue during the 9th annual Togue Fishing Derby on Sebago Lake on Sept. 7 and 8. SUBMITTED PHOTO

animals there.

The SLAA wishes to thank all its generous sponsors and invite all who may be interested in joining the club which meets the second Tuesday of every month for a potluck dinner at the United Methodist Church in Naples at 6:30 p.m.

Look for signs in area variety stores and post offices announcing the derby for 2025, always held the week after Labor Day. <

INSIGHT

Life in the moment

With yet another birthday less than three months away, I recently was fortunate to watch a video of Oprah Winfrey visiting with Al Roker to help him overcome his fear of turning 70.

Roker said he had experienced some trepidation about reaching his 70th birthday and sought out Oprah's advice about what her thoughts were about reaching that milestone in life.

Her advice to him was encouraging and she told him she felt great peace and a sense of calm when she turned 70.

"I felt a sense of knowing there's not as much time left and yet a sense of urgency about living well," she said. "I think it's all about being able to live in the present moment and worry about things as they show up."

Oprah also told him she feels at age 70 that the greatest gift she has to offer people in her life is her love.

"70 is a number but it's nothing to be worried about," she said. "Don't be scared."

Roker told Oprah that he liked her confidence and enthusiasm about being 70 years old and he hoped to apply it to his own life.

She emphasized to him that by the age of 70, most of us have conquered the most significant issues that younger people struggle with, such as career, family or health issues.

"You've already overcome some of the greatest challenges," Oprah said. "What is amazing is that your heart has been pumping and pumping right on time for 69 years just for you. Don't be scared."

Hearing that interview, I came to realize that in having already passed the age of 70 myself, I have nothing to stress about when it comes to age.

I've survived some of life's most intimidating moments. I've overcome many challenges and obstacles thrown my way and been able to accomplish many things I never thought possible.

When I was 45, my doctor told me after exploratory surgery and having been diagnosed with cancer that I probably wouldn't live another 90 days.

At the age of 32, I gave up my military career for an opportunity to finish my college degree and with the hopes of being able to pursue a career in journalism.

At the age of 50, I found genuine and lasting love and got married to my wife Nancy after having been single for 13 years. I also became a stepfather to three great young men at that same time after living for more than a half century without being a parent.

At the age of 12, I was selected to play in the Brighton Little League All-Star Game in my fifth season of playing. I hit a home run in that game after having gone through my first two seasons at age 7 and 8 without ever getting a hit and striking out in every single at bat.

At the age of 53, I purchased my first home and was finally able to afford to do it after years of renting townhouses and living in apartments.

At the age of 35, I earned a Bachelor of Arts degree in journalism from the University of New Mexico after having first entered college 17 years before. I had dropped out after three years and lost half of my credits when I transferred to a different college and then resumed my studies after getting out of the U.S. Air Force.

At the age of 23, I was living in Germany and got to travel extensively throughout Europe as a member of the U.S. military. I have so many great memories of places and sights that many people will never experience like visiting the Cologne Cathedral or the real Oktoberfest in Germany or touring Anne Frank's Home in Amsterdam in the Netherlands.

At the age of 29, I was in Las Vegas, Nevada during the World Series and watched as my favorite team, the Baltimore Orioles, defeated the Philadelphia Phillies to win the championship. That was the third time in my lifetime that I have celebrated as my Orioles won the World Series title and some people are fans of teams that have never even played in the World Series.

At the age of 5, my last grandparent died, and I grew up without any living grandparents. Fortunately, our family friends Bill and Ida Topham stepped in and served as excellent foster grandparents and role models for me.

At the age of 37, I struggled and was distraught when a drunk driver in Florida struck and killed my father as he drove on a stretch of highway near Orlando. I experienced a tragedy and rode the roller coaster of grief for months and years afterward. It is certainly something I do not want to go through again, but knowing I endured the pain of that loss and am still standing today counts for something.

I have to say that I agree with Oprah and am not scared about what may lie ahead in the future after going through many of the experiences that I have in my life.

Age is indeed only a number and as I await another birthday, I'm eager to see what's in store next. < ~ Ed Pierce

Today in HISTORY



SEPTEMBER 27

1777 – Lancaster, PA becomes the U.S. capital for just one day as Congress is forced to evacuate Philadelphia during the American Revolution.

1908 – Henry Ford's first Model T automobile rolls off the production line at a manufacturing plant in Detroit.

1954 – The "Tonight!" show makes its debut on NBC-TV with Steve Allen as host.

1962 – The U.S. sells old Hawk anti-aircraft missiles to Israel.

1968 – France blocks the United Kingdom's entry into the European Common Market.

1979 – The Department of Education becomes the 13th Cabinet in American history after receiving final approval from the U.S. Congress.

1983 – Larry Bird signs a seven-year contract with the Boston Celtics worth \$15 million and makes him the highest paid Celtic in team history.

1986 – The U.S. Senate approves federal tax code changes that are the most sweeping since World War II.

ON THE SPOT

What is one thing you do that annoys your family the most?

"I'll have to ask them sometime. Maybe."
– William D. Reiner

"I feed everyone's dogs treats when they visit to the point every dog knows exactly where my house is." – Brian Butler

"Text poorly." – Rob Juergens

"Always forget one present at Christmas when I hide it too well." – Julie Mallett

"Smoking." – Anne Glotchshuk

"No matter how hard I try, or what I do, I am always late for everything." – Deirdre Schulte

"Burn the meatloaf."
– Dean A. Smalley

"Losing my car keys."
– Mitchell B. Robinson

"Spending hours and hours online trying to find the best deals, airfares, hotels and rental car options for our family's annual Christmas and summer vacation trips. I am a perfectionist and am determined to get the most bang for my buck when traveling." – Rich Heaney

"Anything related to the TV show Survivor. I can watch old episodes and see something new that I missed the first time." – Isabella Mongon

"Driving around endlessly looking for real estate and properties for my clients. I guess I'm always working."
– Jude Orestes-Sanchez

"Playing video games non-stop or talking about going mud bogging." – Benjamin Lee

"Not missing Jeopardy or Wheel of Fortune."
– Dan G. Williams

"My family hates the sound of my electric toothbrush. I'm always using it."
– Laney Punto-Lamabe

"My obsession with running early in the morning."
– Michelle LeClair

"I bite my nails."
– Mia Carpenter

"Make them clean." – Lilah Bean



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Windham Council approves pumper-tanker truck purchase

By Ed Pierce
STAFF WRITER

Members of the Windham Town Council have approved a request by the Windham Fire/Rescue Department to purchase a pumper-tanker truck.

During the council's meeting on Sept. 10, Windham Fire/Rescue Chief Brent Libby told councilors that the department solicited bids for the new truck, which will replace a 25-year-old tanker in service at the East Windham Fire Station.

Libby said that the bid selected was \$586,719 for a 2024 Spencer Fire Apparatus Pumper-Tanker made by Spencer Manufacturing of South Haven, Michigan.

According to Libby, the winning bid was higher than several others submitted, but it included more features that the department sought in replacing the existing truck and could pump up to 2,000 gallons of water as needed.

"It met all of our needs," Libby told the council. "It had the most available compartment space and had the same pump as the other vehicle."

Councilor John Henry questioned the disparity between the lower bids not selected and Libby said the winning bidder's truck was multi-purpose and not used strictly for transporting water from one location to another as

the trucks proposed by the lower bidding companies offered.

"Our goal is to consolidate equipment and apparatus, and this meets that need," Libby said. "It is more than just a tanker and we liked the delivery times and the available compartment space."

The new truck rolled off the manufacturing line earlier this month and is currently being equipped by the manufacturer. Because it is in the inventory of available apparatus it means that the new pumper-tanker truck will be ready to be delivered quicker than if the Town of Windham ordered a new truck to be built by the manufacturer, Libby said.

"That process can take up to three years," Libby said.

At the same town council meeting, councilors agreed to purchase a 2024 trackless sidewalk tractor as part of a lease purchase agreement for \$238,151 from HP Fairfield.

Councilors reviewed a memo to Windham Town manager Barry Tibbetts from Brian Morin of the Windham Public Works Department requesting the new tractor. Morin said in the memo that it will be used for snow blowing and plowing town sidewalks, sanding and salting sidewalks during winter storms and for roadside mowing and sweeping.

Morin said that the trackless sidewalk tractor is in the capital improvement budget plan funding approved by voters at the Town Meeting in June.

This tractor will be the second owned by the town the other being a 2009 model and Morin said it will join the other tractor in service and be helpful in clearing additional sidewalks currently under construction or soon to be built in North and South Windham.

Councilors also discussed and reviewed COLA increases for the leadership of Be The Influence coalition.

Assistant Windham Town Manager Bob Burns told councilors that this is the 10th year of the federal grant which created the coalition which is comprised of members of the RSU 14 school community, local law enforcement agencies, town councils in Windham and Raymond, the Sebago Lakes Region Chamber of Commerce, prevention and counseling organizations, libraries, community organizations and the business community at large.

Be The Influence uses data and anecdotal information, the collaborative developed a problem statement and

identified contributing factors, and together we have created a comprehensive plan to improve the consistency of information, education, resources, and communication to better equip our community in supporting healthy decision making by teens and adults.

Burns said the Town Council is asked to approve 4 percent cost of living adjustment increases for BTI Executive Director Patrice Leary-Forrey and Program Coordinator Crystal Aldrich. He said the increases are part of the grant's new fiscal year which runs from October 2024 to September 2025.

The council voted unanimously to approve the COLA increases for Leary-Forrey and Aldrich which are paid through the federal grant.

At the Sept. 24 council meeting, Burns updated the council about the town's conversion to the automated trash collection system.

He said a finalized route adjustment map should be available shortly issues by Casella Waste Management and that issues associated with the new carts and overall system are decreasing and being handled as they arise. <

Veterans Family Day
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RACER *Cont. from page 1*

journey has taken him all over the country this year including events at Anderson Motor Speedway in Williamston, South Carolina; Charlotte Motor Speedway in Concord, North Carolina; New London- Waterford Speedbowl in Waterford, Connecticut; Cordele Speedway in Cordele, Georgia; Claremont Motorsports Park in New Hampshire; Nashville Fairgrounds Speedway in Nashville, Tennessee; Southern National Motorsports Park in Lucama, North Carolina; Lee USA Speedway in Lee, New Hampshire; Star Speedway in Epping, New Hampshire; Caffeine

and Octane's Lanier Raceway in Braselton, Georgia; and the Citrus County Speedway in Inverness, Florida.

In 2024 alone, he's won four times, finished in the Top Five nine times and in the Top 10 a total of 20 times with several months of racing left this year.

He attributes his success to his family, his race team and his friends.

"Everyone in the town that I know has been very supportive of my racing," Robie said. "Some of my friends have even come along to some of the races and helped me out as part of my pit crew. My whole family and all of my friends are my biggest fans and supporters. I couldn't do any of this without all of them behind me." <

Newspaper outlines rules for election coverage

By Ed Pierce

STAFF WRITER

Another election cycle is rapidly approaching, and The Windham Eagle is ready to provide objective coverage of the candidates and races in the Windham and Raymond communities.

To be fair to everyone concerned, here are the rules the newspaper is setting forth for election coverage this fall:

Letters to the Editor supporting candidates will be accepted up to seven days prior to Election Day on Tuesday, Oct. 29. The letters should be sent to editor@thewindhameagle.com and be no more than 300 words in length. The deadline to submit letters is noon on Tuesdays for that week's newspaper edition.

The newspaper will print no more than two letters supporting a candidate per edition. Readers may only submit one letter supporting a candidate during an election cycle. The letters will be published in the order they are received by the newspaper.

Candidate endorsement letters must focus on reasons why the writer supports the candidate and not used as an attack against an opposing candidate.

Organized letter-writing campaigns are not allowed by the newspaper and letters deemed to be part of an organized campaign will not be published.

Because of space limitations in the

print edition of the newspaper, letters will only be published from residents living in Windham or Raymond and supporting candidates in districts that they reside in.

The Windham Eagle newspaper does not endorse candidates. All Letters to the Editor will be reviewed for factual information, and edited for spelling and grammar issues before publication.

Election candidates and supporters are encouraged to advertise in the newspaper to reach their local voters. The circulation of the newspaper is 13,000 weekly copies with approximately 10,600 direct mailed to homes and businesses in Windham and Raymond. Newsstand copies are available in Windham, Raymond, Casco, Naples and Gray.

A questionnaire has been sent to election candidates by email and candidates are asked to complete it in a timely manner and send it back to the newspaper editor to compile into a candidate preview for publication.

The candidate preview will appear in the Oct. 4 edition of The Windham Eagle. Should a candidate not return the questionnaire, their space in the candidate preview will indicate that they did not respond to questions posed by the newspaper.

Issues and statewide referendum items will be covered for readers in an upcoming edition of The Windham Eagle newspaper prior to the election. <

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HERE'S WHAT'S IN STORE:

<p>10 a.m. – 3 p.m. Vendor Fair opens, White Elephant Sale begins, Village buildings open for tours, food booths open</p>	<p>10 a.m. – 2:30 p.m. Pumpkin-Decorating Contest begins—children are invited to decorate a pumpkin and possibly win a prize</p>	<p>10:30 a.m. – 11:15 p.m. Sebago Lakes Ukulele Association (SLUKES) perform on the Gazebo</p> <p style="text-align: center;">11:15 a.m. Relay Races begin</p>	<p>11:30 a.m. – 1:30 p.m. Antique Car Show featuring Model-A and Model-Ts</p> <p style="text-align: center;">Noon – 12:30 p.m. Windham Middle School Band performs</p>	<p>1 p.m. Pie-Eating Contest with Town Clerk Linda Morrell serving as judge</p> <p style="text-align: center;">1:15 p.m. Cornhole and Horseshoe Tournaments begin</p>	<p>1:30 p.m. – 2:30 p.m. Saco River Jazz Band performs at the Gazebo</p> <p style="text-align: center;">2:45 p.m. Pumpkin-Carving Contest winners will be announced</p> <p style="text-align: center; color: red;">Doors close at 3 p.m.</p>
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Fall harvest plentiful for local farms, farm stands

By Kendra Raymond

STAFF WRITER

Fall is an iconic and treasured season for many New Englanders. From the return of pumpkin spice everything to fuzzy sweaters, country fairs, pumpkins, and leaf peeping – just about everyone has a favorite tradition.

While some may find the fall season a foreboding to the long winter ahead, others fully embrace the season filling it with craft fairs, gatherings, harvest activities, pumpkin carving, and road trips. For many local families, picking apples at a local orchard is an essential rite of passage into fall.

Shana Webb is the new owner of Meadow Brook Farm in Raymond. When queried about the popularity of pick-your-own versus pre-picked she said, “Definitely picking your own is the most popular. We have five varieties but focus on MacIntosh and Cortland. They are the favorites.”

So what is the culture of apple picking in New England? Webb thinks it is the small-town charm. “I like the down-the-road feel. It’s great to hear the stories from the area and the farm from past generations,” she said. “At one point this summer, we randomly had three separate families here at the same time who all had connections to the farm.”

Linda and Ron Winship own Windy Hill Farm in Windham. A popular spot to purchase all kinds of produce during the growing season,

residents flock to the farm stand to see what’s available. Customers find apple cider, fresh apples, seasonal vegetables, and local products. Out of staters even make the trip to the iconic stand to stock up on fresh provisions.

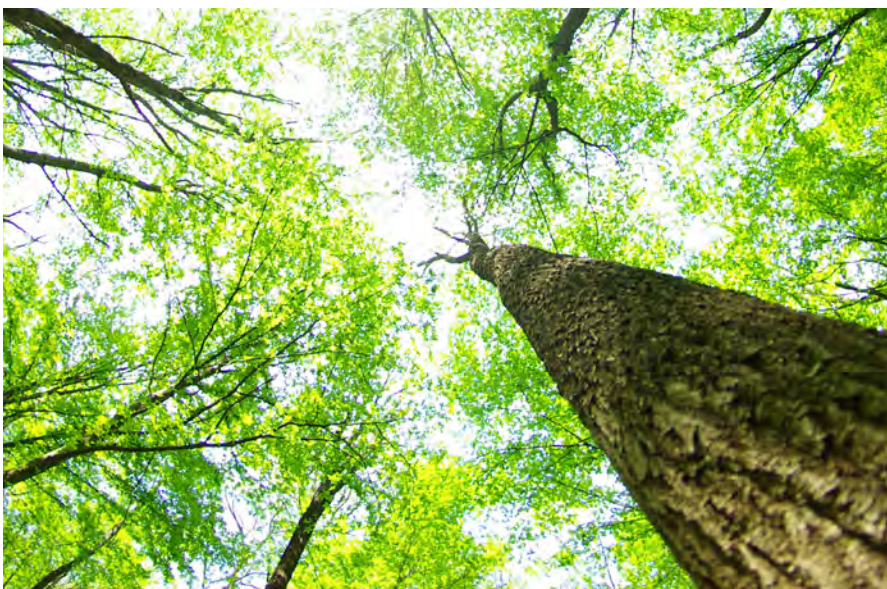
The University of Maine Cooperative Extension bulletin #4262 outlines some health benefits of apples saying, “Fresh apples are low in calories, with only about 75 calories in a small apple. They are also a good source of fiber, and virtually fat free. In fact, they are considered a “healthy-heart” food due to their soluble fiber, which has a cholesterol-lowering effect. Amounts of vitamin C and potassium are also found in apples. One small apple or one cup of sliced or chopped raw or cooked apple counts as a one-cup serving of fruit.”

Many varieties of apples are available and grow well in Maine including Cortland, Empire, Golden Delicious, Ginger Gold, Honey Crisp, Jonagold, Jonathan, Macoun, McIntosh, and Northern Spy. Each vary in sweetness and tartness, texture, color, and potential use.

For many families, the cooler fall mornings and late afternoons are the most comfortable times to visit a local apple orchard. It is suggested that orchard visitors wear sturdy shoes and bring insect repellent if necessary.

Apple varieties vary by orchard, so some families make a plan ahead of time after researching what they will

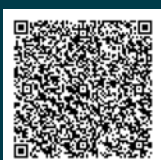
→ see APPLES Page 6



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→ **APPLES** *Cont. from page 5*

use the apples they bring home for. Some varieties are better for baking pies while others make great snacks.

For baking, apples that hold their shape and offer a balance of sweetness and tartness are ideal. Here are some of the best varieties:

- **Granny Smith** – Tart and firm, they maintain their shape well, making them perfect for pies and crisps.
- **Honeycrisp** – Sweet-tart with a firm texture, Honeycrisp apples add flavor and crunch to baked goods.
- **Braeburn** – Slightly tart with a hint of spice, Braeburn apples are firm and hold up well when baked.
- **Jonagold** – A cross between Jonathan and Golden Delicious, they are sweet-tart and great for pies and tarts.
- **Golden Delicious** – Sweet and

mellow, these apples soften but maintain some structure, making them good for baking where you want a softer apple.

- **Rome** – A classic baking apple, Rome apples are slightly tart and firm, holding their shape well during cooking.
- **Cortland** – They have a sweet-tart flavor and a softer texture, making them great for pies, crisps, and applesauce. However, they do tend to soften more than firmer apples like Granny Smith or Honeycrisp, so if you prefer apples that hold their shape in baked goods, you might want to mix them with a firmer variety. One advantage of Cortlands is that they resist browning, making them a good choice for dishes where appearance is important, Mixing varieties like Granny Smith with a sweeter apple like Honeycrisp

or Golden Delicious can create a well-balanced flavor in your baked goods.

While in the orchard, it's best to pick apples from underneath a tree branch and not to yank hard or rip the apple from the tree as it could cause damage. Rather, gently pull the apple from its stem.



Picking the best apples sometimes requires teamwork. PHOTO BY KENDRA RAYMOND

Make sure you stop and examine the orchard map when you arrive at the orchard to know where the types of apple trees you want to collect apples from are on the property. Avoid collecting apples off the ground as they may be collected later for livestock and not for harvesting by humans. Once harvested and sorted, store your apples at a location with a temperature of around 50 degrees. Some apple varieties can last from three to five months if properly stored.

For apples you intend to eat soon, place them in the refrigerator crisper in a plastic bag or cover them with a damp paper towel.

Apples can be used in desserts, main dishes, salads, soups, and as a snack. Who can forget the classic candy and caramel apple - a throwback to childhood. An old-fashioned apple crisp makes a delicious ending to a fall meal. It's always special to get ahold of a treasured family recipe that has been

shared through generations. The Lakes Region offers several options for purchasing pre-selected apples or pick-your-own varieties. Apples can be found at Chipman's Farm stand locations, Kindred Farms, Windy Hill Farm, Windham Farmer's Market, The Good Life Market, Pine-land Farms, Pumpkin Hill Farm, and Thompson's Orchards in the Gray/New Gloucester area. Meadow Brook Farm in Raymond offers both options for local apple enthusiasts.

Webb says that owning an orchard is so much more than just buying apples. She said that it is heartwarming to see generations of families returning to the farm, noting that their parents or grandparents brought them years ago.

"I love the kids. We had a family event earlier this year where we had a tee pee to paint, face painting, bracelet making, and food," she said. "It was so cute to see the kids having fun." <

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Barbara Bagshaw: Maine's system of voting for president is fair, unique and should be a model for other states

► **By State Rep. Barbara Bagshaw**
SPECIAL TO THE WINDHAM EAGLE



— Rep. Barbara Bagshaw

Previously, I have expressed concern with proposals to nullify the voices of Maine citizens by making radical changes to our elections. Specifically, I wrote that the national Popular Vote Interstate Compact approved by Maine lawmakers, if allowed to stand by the courts, would give our state's four electoral votes to the candidate who

won the most popular votes nationwide. This would make the choices of Mainers irrelevant and cede power to large states with big cities like California and New York.

I like the current system which awards 1 electoral vote per Maine congressional district and 2 to the candidate that wins Maine. That system has resulted in several candidate visits to Maine even though other small states have been ignored.

That is why this week's comments by Maine House Majority Leader Mo Terry (D-Gorham) that we may be "compelled" to consider a special session if the Nebraska legislature

changes its system of awarding delegates by congressional district. Maine and Nebraska are the only states that do this.

I am a problem solver committed to good policy, not partisan theatrics. Just because another state chooses to engage in national partisan politics ahead of the November election does not mean that Maine should change their system just because of Nebraska.

I agree with House Minority Leader Billy Bob Faulkingham when he said: "Maine has the gold standard of presidential election processes in the United States. "We should be trying to convince other states to use a more representative process like ours, not change to winner-take-all like other states."

I have enjoyed representing Windham in the legislature. Our caring community is special. The biggest is-

sue I have with the Maine legislature is that the majority is too concerned with making Maine more like other urban places instead of focusing on everyday concerns like high prices, high energy costs, high taxes, and our housing crisis.

Maine should do what is best for Maine and always remember what makes our state special. I am not in favor of calling a special session right before the November election just because party leaders want to change the rules to favor one candidate over another. Let people make their choices in November. That is democracy!

It is an honor to represent part of Windham in the Legislature. If there is any way that I can be of assistance, please contact me at barbara.bagshaw@legislature.maine.gov. My office phone number is 207-287-1440. You can find me on Facebook. To receive regular updates, sign up for my e-newsletter at mainehousegop.org

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Second Annual Pleasant Mountain Race nearing

The Second Annual Pleasant Mountain Race, a half marathon, will take place at 8 a.m. on Saturday, Oct. 5.

Loon Echo Land Trust officials say the inaugural race in 2023 was a great success with over 70 runners participating. This year's race is expected to be even bigger.

Pleasant Mountain is the tallest mountain in southern Maine and draws tens of thousands of visitors every year for hiking, running, and snowmobiling. The mountain is also home to Pleasant Mountain Ski Area.

Funds raised from the race support Bridgton-based nonprofit Loon Echo Land Trust, who maintains the 10+ mile trail network on the mountain.

Runners will compete on a tough course that begins at Pleasant Mountain Ski Area's East Lodge in Bridg-

ton. Runners will then head up the Bald Peak Trail and descend the mountain on the Firewarden's Trail. They then run on the road from the Firewarden's Trailhead to the Southwest Ridge Trailhead to head back up the mountain to the summit, across the ridge to Sue's Way Trail, and down the Bald Peak Trail back to the East Lodge. The course is 21 kilometers long and has over 3,600 feet of elevation gain.

There are still a few spaces left to participate in the run. Runners can register at LELT.org/race-series or directly on UltraSignUp.com. All participants receive a t-shirt, meal ticket, and a beer for those over the age of 21.

The public is welcome to attend the post-race party at Pleasant Mountain's east area ski lodge. Mow's Munchies food truck will be at the event providing food, with beer provided by Norway Brewing Company. TJ Swan will be performing live music.

Volunteers to help direct and cheer on runners along the course are still needed. Anyone interested in volun-

teering should fill out the volunteer interest form at LELT.org/race-series, or email mag-gie@lelt.org. All volunteers receive a free t-shirt and beer for those ages 21 and over.

Thank you to the 2024 Pleasant Mountain Race sponsors: Revision Energy, Pleasant Mountain, Norway Brewing Company, Fleet Feet, and Maine Morning Micro Roasters. <



Participants compete in last year's Pleasant Mountain Race. This year's race starts at 8 a.m. Saturday, Oct. 5 at Pleasant Mountain Ski Area's East Lodge in Bridgton. PHOTO BY R. PERRY FLOWERS

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- ✓ We must preserve our State's natural beauty with responsible land use
- ✓ We can prioritize clean energy generation that creates affordable energy for all
- ✓ I support a woman's right to choose as a matter of law.
- ✓ Education must be focused on preparing our youth for life, and we must support great educators to do so.
- ✓ We must make childcare affordable and available.
- ✓ It is our civic responsibility to ensure that our seniors and veterans can maintain an enjoyable quality of life as they have given us incredible gifts

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SALUTE TO SERVICE

PROFILES OF THOSE WHO SERVE OUR COMMUNITIES

Windham Primary School Noon Monitor sets positive tone for student success

By Ed Pierce

STAFF WRITER

Editor's note: This is another in an ongoing series of Windham and Raymond two employee profiles.

For the past 17 years, Liana Towle Fusco has been a key part of the team keeping students safe during lunchtime and on the playground at Windham Primary School and she's grateful to play a small role in the lives of so many students.

Fusco is the Lead Noon Monitor for Windham Primary School, and her duties are always challenging in managing the activities of active young students.

"I get to make a difference in so many children's days and in turn so many make a difference in mine," she said.

Her specific duties include overseeing lunch and recess and making sure that everyone has what they need. She is tasked with ensuring all students are safe, respectful, and responsible eating lunch in the school's cafeteria and while playing outside during scheduled recess times.

In her job, Fusco is tasked with maintaining a harmonious atmosphere

among all WPS students by fostering good habits and manners and helping maintain order in serving lines and at eating areas; assisting students in developing and observing acceptable rules of conduct and enforcing school rules and regulations; helping students who are ill or injured to the school health office and preparing required reports as necessary; collecting playground equipment and personal items that students may leave on school grounds for the school's lost and found bins; and immediately reporting unauthorized activities and unauthorized persons on school grounds to WPS administrators.

"And it is also very important that we always have fun," Fusco said.

She said that of all her duties, student safety remains as the most challenging aspect of her work. That includes making sure that the students are using playground equipment properly and helping to teach them how to resolve conflicts properly.

When they may arise.

"Some people may think that all we do is open ketchup packets and stand on the playground," Fusco said. "It's so much more than



Liana Towle Fusco has worked as the Lead Noon Monitor at Windham Primary School for the past 17 years and she oversees lunch and recess activities at the school to enforce rules and ensure student safety. SUBMITTED PHOTO

more than a cafeteria filled with 180 students singing in unison the song 'Beautiful Things' by Benson Boon. It truly is a beautiful thing. Also, when I was nominated and won the commissioner's recognition award."

She has lived in Maine for her entire life and grew up in Portland and graduated from Deering High School.

According to Fusco, the reason she wanted to work as a noon monitor at the school is simple.

"I wanted to be a part of my children's school and a part of the community," she said. "My family loves what I do because they know I love it. I made it sound so great that my daughter now works here."

She said that while her job as Lead Noon Monitor is not always easy, it's something that she takes great pride in and looks forward to each day.

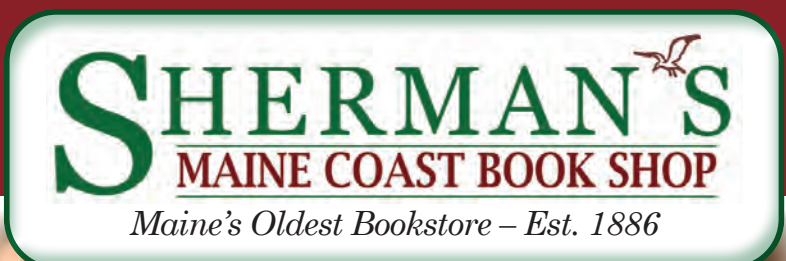
"We are all here because we love making a positive difference in your children's days at school," Fusco said.

She says that the most important thing she has learned while working for Windham Primary School is that a successful school involves a team of dedicated professionals all working to improve the lives of students.

"Windham Primary School is a great place because of our hard-working staff and bright and talented students, and I am lucky to be a part of it," Fusco said. <



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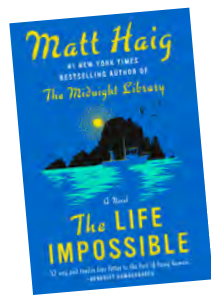
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LETTERS to the editor

Editor,

The Town of Windham will have a very important issue to vote for in November which is whether to have an appointed Town Clerk or elected.

I was in the Raymond Town Office as a deputy clerk and retired as Town Clerk – all appointed. I was and am a resident of Raymond. This work is totally involved with the concerns and needs of the residents, as well as Cumberland County and the State of Maine.

This is not a job that anyone can walk into as it encompasses so many varied duties. Above the regular office skills, knowledge of the town ordinances, county responsibilities, and the laws of the state are necessary. The Town Clerk is responsible by law for most of work done in the town office, for example collecting taxes; registering vehicles and boats and ATV's, and fishing/hunting licenses; it's responsible for keeping all birth, death, marriage and other licenses like liquor licenses as well as registering personal property.

It is required to record and keep council meeting minutes. The town clerk is responsible for organizing and keeping records of National and State elections which are then reported to the

Maine Secretary of State and the local town elections and town meeting results to the council and the public.

The clerk is also expected to keep and protect all historical information, for example assessing/landowner records. It is necessary to have a notary public/dedimus justice in the office. In Raymond, the Town Clerk's office also has the responsibility of taking care of people who ask for Public Assistance and the Clerk's Office answers calls for Public Works, Recreation Department, Library, Town Manager, and the Selectmen. It is also the source of general information for Raymond residents.

Being a Town Clerk or Deputy Town Clerk becomes more than just a place to work. It is the center of the town and the place where people can ask questions and get answers. In order to have this happen, the clerks must involve themselves in town activities and its residents.

I believe that having a Town Clerk who knows the town he/she is working for is advantageous but certainly having a new clerk who has Maine town clerk experience is necessary. I was once asked by a newly elected town clerk from a small upstate town why he

needed to go to state-organized training classes – this was a Maine Motor Vehicle training class.

He was not aware that he would be responsible for registering cars. I talked with him for a while, and he said that he only took the job because he needed work. When a town clerk's position is available the applicant should be willing and able to learn quickly and want to take care of residents' business.

~ Louise Lester, Raymond

Editor,

I was a teacher in public schools for over four decades, and although now retired, public education, educators, and our students are still the top priorities for me in the upcoming elections. That is why I will be voting to re-elect Tim Nangle to the Maine State Senate.

Tim has a proven record of supporting our system of public education in Maine, the people who work in our schools, and, most importantly, our

students. The future success of our students, as well as the future of our entire state, depends on keeping our public schools strong. Ensuring the continuation of 55 percent state funding for our schools is critical to keeping property taxes in check while still providing the resources our students need.

I know Tim will do all he can in that effort. He voted in support of measures that promote equitable early childhood education/pre-Kindergarten programs and expansion of free tuition at community colleges. His voting record includes support of various bills that promote school safety and help address educator shortages. These along with his lifelong commitment to public service are further evidence of his dedication to our community.

I urge you to join me in seeing that Tim Nangle continues to serve as our state senator in District 26 (Casco, Frye

→ see LETTERS Page 12



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LETTERS Cont. from page 11

Island, Raymond, Windham, and part of Westbrook). Our educators and our students are depending on it.

~ Grace Leavitt, Raymond

Editor,

We are now in our second week of the new trash pickup, and I have yet to see the new trucks on our route. We have all taken the extra attention to use our new bins and place them on the proper side of the road, and space them out. The truck backs down the road as always, but I see it's the old truck, with the guy having to get out, and manually dump our trash and recyclables into the truck, then pretty much throw the container back down.

I called DPW, and was informed

that we will not have the new trucks, as Casella says the roads are too narrow here. Albion Road is too narrow?

Falmouth Road is too narrow? Varney Mill Road is too narrow? I did see one of the new trucks coming off Collins Pond Road which is a town paved road, like Albion and the others. What gives? Is Casella giving the town a snow job, and they don't want to uphold their end of the deal?

Remember, they postponed this until they could get new trucks that could go down all of the roads in town.

DPW is to address the rough handling of the new bins. I have seen them thrown into the weeds and one was upside down in a ditch. I was told to call the town if the bins were damaged, and they were to be replaced, hopefully on

Casella's nickel. We pay taxes for this new service and aren't getting what we pay for. At least we don't have to use the overpriced blue bags anymore.

~ Mark Carlson, Windham

Editor,

For years I've been a caregiver for a Windham lady in her 90s named Betty. Betty was abandoned and abused as a child and still suffers from trauma. Her poor health caused her to rarely leave her apartment.

The first time Barbara Bagshaw knocked on Betty's door, it added much joy to this lonely lady's life. Barbara continued to visit and call Betty, even after she had won the election. For Betty's 95th birthday, Rep. Bagshaw awarded her a Legislative Sentiment. Betty had moved into a nursing home, yet Rep. Bagshaw traveled many miles to personally present the certificate. Betty had no money or influence, yet Barbara steadfastly encouraged her because she cares about people.

In politics, good people are often maligned unfairly. I know from experience that Barbara is a good, kind person, even when nobody seems to be watching. I urge you to re-elect Barbara Bagshaw.

~ Donna Johnston, Windham

Editor,

This letter is to sing the praises of Representative Barbara Bagshaw. Check her voting record. She cares about things that concern me deeply: Lowering taxes, supporting local small business, our school's academic standards, shortening medical delays. She's on the ball, not fearing to stand for what is right. And she is visible in the community and on Facebook.

I grew up in Maine. My husband and I are both retired. We're careful with our money. Representative Bagshaw would have us keep more of it in our pockets and I agree. I think I can make better financial decisions than legislators spending other people's money.

My husband and I lost our doctor of 33 years at the start of Covid. Since then, there have been delays in seeing a doctor-when we're likely to need one more than ever. I'm concerned about crime, too. In Windham, we had a rash of vandalism this summer. Never before have I experienced this. I know Rep. Bagshaw backs the blue. Not 'defund the police.' No! Give them what they need to hold people accountable. The police are not our enemies if we abide by the law. I urge you to vote for Rep. Bagshaw.

~ Linda Desjardin, Windham

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Fall 2024 HOME & GARDEN Guide

How to make a home feel more cozy

The meaning of the term “cozy” varies as it pertains to home decor. For some, cozy may mean intimate spaces with lots of quilts and throws. For others, cozy could indicate bright and airy spaces enhanced by plenty of fresh foliage.

Regardless of how they define cozy, homeowners typically want their homes to be inviting and comfortable. With that in mind, the following are some ways to impart a cozy vibe to any living space.

- **Make use of a fireplace.** Flames lapping wood (or faux wood in the event of gas-powered fireplaces) can put anyone in a tranquil state of mind. Fireplaces add instant ambiance and make great places for people to congregate and engage in conversation. During warmer months when the fire isn't blazing, decorative candles can be lit to mimic the same feel.

- **Cozy furniture arrangements.** Move seating closer together or near the fireplace to create a more intimate, gathering-friendly space.

- **Add texture in the design.** Texture can be anything from a raised pattern on wallpaper to a knotty area rug to a mosaic piece of artwork. A home with texture tends to create cozier impressions than one with all sleek and smooth surfaces.

- **Enjoy a soft rug.** Although many design experts say hardwood floors or laminate options are easier for allergies and keeping a home clean, a soft rug underfoot can be welcoming. Rather than wall-to-wall carpeting, place area rugs in spots that can use some cozying up, such as beneath beds and even under the dining table.

- **Light candles.** The warm, flickering light of candles adds cozy vibes in spades. According to The Spruce and Paula Boston, a visual merchandiser for Festive Lights, candles can be used throughout a home to create instant atmosphere. Exercise caution with candles and fully extinguish them before retiring for the evening.

- **Update bedding for the season.** Crisp and light cotton and linen are cozy materials when the weather is warm. But when the temperature starts to dip, flannel or jersey bedding makes a bed that much more inviting.

- **Curtains and window treatments.** Switch to thicker curtains or drapes to add both warmth and insulation, helping to keep out the cold air.



Choose curtains in warm tones like burgundy, mustard, or dark green to create a more fall or winter feel.

- **Invest in lots of pillows.** Pillows can instantly make a spot more cozy, whether it's the living room sofa or an outdoor lounging nook. Look for materials that are durable for the space in which they're being used. Use warm, inviting colors and soft fabrics like velvet or faux fur.

- **Think about warm lighting.** The transition from incandescent light bulbs to halogen and LED is beneficial from an environmental standpoint. However, LEDs illuminate with a more stark, blue light that can seem clinical in home spaces. Look for bulbs where the “temperature” can

be customized. The more the color spectrum leans toward warm light, the more cozy a space will feel. This can be enhanced by putting some lights on dimmer switches, and toning down the brightness as needed.

- **Seasonal décor.** Hang a wreath made from pinecones, dried leaves, or evergreen branches on doors or above mantels. You can also incorporate natural elements like branches, pinecones, acorns, and dried flowers into centerpieces, or use them to fill bowls and baskets.

- **Seasonal scents.** Use diffusers and scented oils like pumpkin spice, cinnamon, apple cider, or woody aromas to fill the air with the essence of fall and winter. Or boil a pot of water with cinnamon sticks, orange slices, and cloves to create a natural, cozy fragrance throughout the house.

- **Install a bookshelf.** Even for those who are strict devotees of e-readers, a shelf full of actual books interspersed with some well-placed knickknacks can make a room feel more cozy. Books add texture, the feel of hallowed halls and libraries, and visual appeal.

Making a home more cozy doesn't have to be complicated. A few easy modifications can improve interior spaces for the seasons. <

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The latest color trends in homes for 2024

As 2024 unfolds, the world of interior design is seeing a shift toward colors that evoke comfort, serenity, and a connection with nature. Homeowners are increasingly looking for palettes that not only bring aesthetic beauty but also offer a calming environment, creating personal sanctuaries from the bustling world outside. Here are the latest color trends dominating homes this year.

1. Earthy neutrals and warm tones

Earthy, muted tones such as terracotta, soft browns, and warm taupe are making a huge comeback. These colors help ground a space, providing warmth and a sense of relaxation. Paired with natural materials like wood and stone, these hues can make any room feel both modern and timeless. Beige is no longer seen as bland, but rather as a versatile backdrop that enhances natural textures and accents.

2. Sage green and botanical Hues

Green, particularly in soft shades like sage, is dominating the color palette in 2024. These botanical hues create a connection with nature, making rooms feel more tranquil and peaceful. Sage green, in particular, works beautifully in living rooms, bedrooms, and even kitchens, offering a serene contrast to the more vibrant colors we see in accents. Forest green and olive tones are also making an appearance, espe-



cially in furniture and statement walls, bringing an organic yet refined touch.

3. Moody blues

While blue has always been a popular choice, the trend is shifting toward darker, more saturated blues like navy, cobalt, and indigo. These moody hues offer depth and sophistication, making them perfect for creating cozy spaces like dens, studies, or even bedrooms. When paired with metallic accents like gold or brass, dark blues evoke a sense of luxury and elegance.

4. Soft pinks and blush tones

Blush pinks continue to be popular in 2024 but in a more subtle and sophisticated way. Soft pink tones such as dusty rose and peach are being used as neutral alternatives, offering a soft

warmth that works well in any room. These shades are perfect for adding a delicate, romantic vibe without over-

whelming the space.

5. Bold accent colors

While neutral and muted tones dominate overall color schemes, bold accent colors are becoming more prominent in home decor. Deep oranges, rich reds, and even jewel tones like emerald and amethyst are being used sparingly to add pops of color to otherwise minimalist spaces. This trend allows homeowners to express their personality without overwhelming the tranquility of their surroundings.

In 2024, color trends focus on balancing calm, nature-inspired palettes with vibrant accents, ensuring a harmonious yet dynamic atmosphere in the home. <

DID YOU KNOW?

The colors you choose for a room can significantly impact your mood and perception of space!

For example, warm tones like yellows, oranges, and reds tend to make a room feel more cozy and intimate, perfect for living rooms or bedrooms.

On the other hand, cool colors like blues and greens can evoke a sense of calm and tranquility, making them ideal for bathrooms or bedrooms where relaxation is key.

Additionally, lighter shades can make a room feel larger and more open, while darker tones create a more dramatic and intimate atmosphere.

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A guide to choosing the perfect flooring for each room

When it comes to home improvement, flooring is a critical decision that affects both the aesthetic appeal and functionality of your space. Choosing the right flooring depends on various factors, including the room's purpose, traffic levels, and your personal style preferences. Here's a guide to help you make informed choices for each room of your home.

Living room: The living room is often the heart of the home, a space where family and friends gather. The flooring here needs to be durable yet comfortable. Hardwood flooring is

a popular choice due to its timeless elegance and ability to suit various décor styles. Available in oak, maple, and walnut, hardwood adds warmth and value to your home. However, for households with kids or pets, consider a durable, easier-to-maintain option like laminate flooring, which mimics the look of wood at a lower price and can withstand more wear and tear.

For those seeking maximum comfort, especially in cooler climates, carpeting is another option. It provides warmth and a soft underfoot feel, perfect for cozy movie nights. Neu-

tral-colored, stain-resistant carpets are ideal for family-friendly living rooms.

Kitchen: Kitchens are high-traffic areas prone to spills and stains, so flooring here needs to be tough and easy to clean. Tile flooring, particularly ceramic or porcelain, is a top choice. It's water-resistant, durable, and available in a range of styles, from modern to traditional. You can even find tiles that mimic natural stone or wood for a chic aesthetic.

If tile feels too cold or hard, consider vinyl flooring, which has advanced significantly in recent years. Luxury vinyl planks or tiles offer a cushioned surface and come in designs that replicate wood, stone, or tile. Vinyl is also more affordable and softer underfoot, making it a practical option for those who spend long hours in the kitchen.

Bathroom: In bathrooms, water resistance is paramount. Ceramic or porcelain tile remains the go-to option due to its waterproof properties and ease of cleaning. These tiles come in a wide variety of patterns and colors, allowing you to create a spa-like retreat or a sleek, modern bathroom.

For a more contemporary feel, luxury vinyl is another excellent choice. It's waterproof, affordable, and available in a wide range of styles that can emulate wood or stone. If you're look-

ing to add a touch of luxury, consider heated flooring beneath your tiles for a warm, comforting experience during the colder months.

Bedroom: The bedroom is a personal sanctuary, where comfort should take priority. Carpeting is a popular choice, offering softness underfoot and sound insulation, which makes the room feel peaceful and cozy. Plush or cut-pile carpets are ideal for creating a warm, inviting atmosphere.

If you prefer hard flooring, hardwood or engineered wood can create a serene, sophisticated space. Adding area rugs can soften the look and feel, allowing for flexibility in design while keeping the space cozy.

Hallways and entryways:

Hallways and entryways see the most foot traffic, so durability and ease of cleaning are essential. Tile, vinyl, or laminate are often favored for these areas due to their resilience. Consider adding a runner or rug in hallways to soften the space and add color without sacrificing practicality.

Choosing the right flooring for each room involves balancing aesthetics, comfort, and functionality. With an abundance of stylish and durable flooring materials available, you can create beautiful, functional spaces tailored to each room's specific needs. <




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Simple ideas to enhance the beauty of your outdoors

As the vibrant colors of summer fade and the crisp air of autumn arrives, many homeowners look for creative ways to update their home's décor to reflect the beauty of fall. A simple and charming way to embrace the season is by incorporating fall-themed flags, banners, mailbox covers, and address signs. These decorative items can instantly elevate the curb appeal of your home and create a welcoming, seasonal atmosphere.

Flags and banners: Flags and banners are perfect for adding a touch of personality to your home's exterior.

A fall-themed garden flag featuring pumpkins, autumn leaves, or festive sayings can be placed near walkways, driveways, or porches to create a warm, inviting look. Larger house flags or porch banners can bring color and charm to your front entrance, making it a focal point for seasonal décor. From rustic harvest scenes to



playful Halloween themes, there's a flag to match any style.

Mailbox covers: Mailbox covers are an often-overlooked detail that can make a big impact on your home's overall appearance. A fall-themed mailbox cover, featuring classic motifs like pumpkins, scarecrows, or colorful leaves, adds a subtle yet charming

touch to your outdoor space. Easy to install, these covers are a quick and affordable way to bring seasonal cheer to your home. Your local shop likely carries a range of designs to suit both traditional and modern tastes.

Address signs: Customizing your home's address sign for fall is another way to celebrate the season. Whether you opt for a decorative plaque or a more understated design, adding autumnal colors or themed accents like acorns and gourds can tie your fall décor together.

Windssocks and spinners: To bring some whimsy and color think about

adding a windssock, spinner or hanging hot air balloon off the deck or tree limb. This is especially appreciated in the gray and white of winter.

Flags and banners are an easy and inexpensive way to add the finishing touch to fall cleanup. Think of it as a reward for all the raking and work for winter preparation. Remember these all make great gifts as well.

Visit your local shop, *Maine Flag & Banner*, today to find all these things and more. You will have a friendly, fun experience and they can help you find all the right accents to help you celebrate the seasons in style. <

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What to do if you see cracks in your foundation

Discovering cracks in your home's foundation can be alarming. These cracks might be small and barely noticeable, but they can also signal potentially serious structural issues. As winter approaches, addressing these cracks becomes even more urgent. The cold weather can exacerbate foundation problems due to freezing and thawing cycles, which cause soil movement and place additional stress on your home's structure. Here's what you should do if you spot cracks in your foundation before winter sets in.

1. Inspect and assess the cracks:

The first step is to closely inspect the cracks to determine their size and type. There are typically two types of cracks: vertical and horizontal.

Vertical cracks, which run up and down, are often less concerning and can result from normal settling of the house over time. These are usually smaller and easier to manage.

Horizontal cracks, however, are more serious. These often indicate pressure against the foundation walls, potentially from expanding soil or excessive moisture buildup. Horizontal cracks can compromise the structural

integrity of your home.

Additionally, cracks that are wider than a quarter of an inch, zigzag in pattern, or seem to be growing quickly should be treated with caution. If you're unsure, it's best to consult a professional for an accurate assessment.

2. Monitor for signs of worsening:

If the cracks appear to be minor, you should still monitor them for changes. Mark the edges of the cracks with a pencil and measure their width. Take note of any shifting or widening over time. If you observe rapid growth, this could be a sign of deeper issues that require immediate attention.

Winter's freeze-thaw cycles can cause cracks to expand. Water from snow or rain can seep into the cracks, and when it freezes, it will expand, potentially widening the gaps and leading to more significant damage. This is why monitoring before winter hits is crucial.

3. Seal the cracks:

For small vertical cracks, you can take preventative action by sealing them before winter. Use a high-quality concrete crack filler or sealant to prevent moisture from entering the cracks and freezing. This is a temporary fix that can help protect your foundation through the winter months, reducing the risk of further damage. However, sealing is not a

long-term solution for more serious cracks or structural issues.

4. Address water drainage: One of the primary causes of foundation damage is poor water drainage around your home. Ensure your gutters are clear of debris, and downspouts direct water at least 5-10 feet away from your foundation. Consider adding soil around your foundation to improve the slope, ensuring water flows away rather than pooling near the base of your home.

5. Call a professional: If you notice significant cracks or signs of shifting, it's essential to call a foundation specialist or structural engineer. They can assess the damage and recommend the best course of action, which might include reinforcing the foundation or making structural repairs.

Addressing foundation cracks before winter is crucial for preventing further damage. By inspecting the cracks, monitoring changes, sealing small gaps, improving drainage, and consulting a professional for major issues, you can safeguard your home's foundation against the damaging effects of winter weather. Taking these proactive steps now can save you from costly repairs down the line and ensure your home remains safe and secure during the colder months. <

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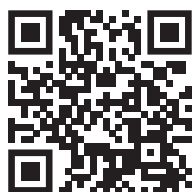
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Why fall is an excellent time to plant perennials and shrubs

Autumn is an excellent time to plant shrubs and perennials in Maine! The cooler temperatures and increased rainfall create favorable conditions for new plantings to establish strong root systems before winter arrives. Here are a few reasons why fall is ideal for planting shrubs and perennials:

Cooler temperatures: The cooler fall weather in Maine reduces stress on new plants. Unlike the hot summer months, the milder temperatures in fall allow shrubs and perennials to focus on root development rather than battling extreme heat. This helps them

establish a strong foundation before the ground freezes.

More consistent moisture: Autumn tends to bring more rainfall, which provides consistent moisture levels for new plantings. This natural watering helps shrubs and perennials settle in and grow strong roots. The soil is still warm enough to encourage root growth, while the cooler air prevents plants from drying out too quickly.

Less competition from weeds: In the fall, weed growth slows down, meaning newly planted shrubs and

perennials won't have as much competition for water and nutrients. This allows them to establish themselves more easily in your garden.

Prepares plants for spring growth:

When you plant in the fall, shrubs and perennials have several months to acclimate to their new location before winter. During this time, they develop stronger root systems. Come spring, these plants will be ready to grow vigorously with the warming temperatures, often outperforming plants installed in the spring.

Fall sales: Another great advantage of planting shrubs and perennials in the fall is that many garden centers offer significant discounts during this time of year. As the growing season winds down, nurseries often hold end-of-season sales to clear out inventory, allowing you to purchase healthy plants at a fraction of the usual cost. These discounts provide an opportunity to expand your garden or experiment with new varieties without



breaking the bank. Shopping during fall sales not only saves money but also gives you access to a wider selection of mature plants that are ready to thrive in your garden before winter arrives.

Tips for fall planting:

• **Plant early:** In Maine, it's best to plant shrubs and perennials by mid-fall (late September to early October) to give them enough time to establish roots before the ground freezes.

• **Mulch well:** Apply a layer of mulch around the base of newly planted shrubs and perennials to help insulate the soil and retain moisture as winter approaches.

• **Water regularly:** Keep watering your new plants until the ground freezes, especially if there's a dry spell, to ensure they stay hydrated during root establishment.

Overall, planting in the fall helps ensure your shrubs and perennials are well-prepared for a successful growing season when spring arrives. <

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Propane space heater: the perfect backup plan

Heat pumps are becoming a popular heating choice, especially now that there are newly designed heat pumps that work in the colder climates like ours. However, just as we all need some backup time to time, so does your heat pump.

Propane space heat is the perfect backup for your heat pump system. Propane is a reliable, clean energy source that will be there when you need it. You don't need a whole home heating system as a backup source such as a boiler or furnace, as there are less intrusive space heaters that are easy to install, have a small footprint, and in many cases, add ambiance as well as cozy, instant heat.

When you think about space heating, think about the one room that you

use that you just need to take the edge off on a cool spring or fall morning. Instead of firing up the heat pump, simply use your remote to turn on your free-standing stove, or fireplace unit. In many cases, if you have multiple Heat pump heads you may not want to switch them all to "heat" if they are in "cool" mode, so having propane space heaters are a great alternative for a quick warm up when you need it.

Maine has also been seeing more power outages with our changing climate. When the power goes out, you can rely on propane space heaters to keep you warm and ensure that no



pipes will freeze. Most propane space heaters operate when the power is out and have proven to be valuable for many of our customers that do not have a generator to operate their Heat

Pumps when the power fails.

Space heaters can also add gallons to your annual usage which can lower your price of propane. The more gallons you use the cheaper your price is. It could also eliminate tank usage fees if you only use propane for your generator.

To sum things up, a space heater is a great idea for:

- when the power is out.
- backup heat for your heat pump System.
- small footprint, easy installation, and quick heat.
- your garage, basement, sunroom, man cave, she shed or cabin.

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Five key facts about using propane in homes

1. Versatile energy source: Propane is incredibly versatile and can power a wide range of household appliances, including heating systems, water heaters, stoves, dryers, and outdoor grills. This makes it a convenient option for homeowners who want a single fuel source for multiple uses.

2. Energy efficient: Propane is known for its high energy efficiency. It burns hotter and more efficiently than

many other fuels, such as electricity or natural gas, leading to lower energy costs. Propane-powered appliances often heat and operate more quickly, which can reduce overall energy consumption.

3. Environmentally friendly: Compared to other fossil fuels, propane is considered a cleaner-burning fuel, emitting fewer greenhouse gases and pollutants like carbon monoxide.

It's non-toxic and doesn't contaminate water or soil, making it a more environmentally friendly choice for heating and energy.

4. Reliable backup power: Propane is a popular option for backup generators due to its reliability. In regions prone to power outages, a propane generator can keep critical systems like heating, refrigeration, and lighting running during blackouts. Unlike

electricity, propane is stored on-site in a tank, so it's not affected by power grid issues.

5. Long storage life: Propane has an indefinite shelf life, meaning it doesn't degrade over time like gasoline or diesel. Homeowners with propane storage tanks can stock up without worrying about fuel going bad, making it a dependable choice for long-term use, especially in remote areas.

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Fall 2024 HOME & GARDEN Guide

The importance of yearly cleanings for your furnace

As colder months approach, ensuring that your home's heating systems are operating efficiently and safely is essential. Whether you rely on a furnace, boiler, or heat pump, scheduling an annual cleaning and maintenance check is one of the most effective ways to extend the life of your system, improve energy efficiency, and prevent costly breakdowns. Here's why regular maintenance is so important.

Improved energy efficiency: One of the primary benefits of having your furnace, boiler, or heat pump cleaned annually is improved energy efficiency. Over time, dust, dirt, and other debris can accumulate inside your heating system, causing it to work harder to maintain the desired temperature. This buildup forces the system to consume more energy, driving up your heating costs.

For example, a heat pump's outdoor unit can accumulate dirt, leaves, and other debris, which can reduce airflow and strain the system. A clean heat pump will transfer heat more efficiently, whether it's heating your home in the winter or cooling it in the summer. Similarly, furnaces and boilers with clean filters and burners will operate more efficiently, using less fuel to provide the same level of warmth.

Prevent costly breakdowns: An annual inspection and cleaning can also help you avoid unexpected and expensive breakdowns. During a professional cleaning, a technician will inspect various components of your heating system, such as the burners, filters, coils, and motors. They'll identify any worn parts, leaks, or potential issues that could lead to a malfunction.

For example, a dirty furnace filter or clogged boiler vent could cause your system to overheat or shut down unexpectedly. By catching these problems early, you can replace faulty parts before they lead to a total system failure in the middle of winter, saving you from costly emergency repairs and the inconvenience of being without heat.

Enhanced safety: Furnaces, boilers, and heat pumps rely on complex systems to safely heat your home. A malfunctioning furnace or boiler could pose serious safety risks, including gas leaks or carbon monoxide exposure. A clogged burner or flue, for instance, can prevent proper ventilation, leading to the accumulation of dangerous gases in your home.

An annual cleaning helps ensure that all safety mechanisms are functioning properly. Technicians will check for cracks, leaks, or any components that may compromise the safety

of your heating system. For systems that use gas or oil, this is especially important to prevent dangerous leaks or malfunctions.

Prolonged system life: Your heating system is a significant investment, and like any other mechanical equipment, it needs regular upkeep to last as long as possible. Annual cleanings can extend the lifespan of your furnace, boiler, or heat pump by reducing wear and tear on components and ensuring the system runs smoothly.

Dirt buildup, clogged filters, or malfunctioning parts force the system

to work harder, which leads to faster degradation. Regular maintenance helps keep your system in top condition, reducing the likelihood of premature replacement.

Better air quality: Clean heating systems contribute to improved indoor air quality. Dust, dirt, and allergens can circulate through your home if filters are dirty or clogged. By cleaning your system regularly, you help ensure that it's not blowing dust or contaminants into the air, which is especially important for households with allergies or respiratory issues. <

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Fall 2024 HOME & GARDEN Guide

The best cleaning tips for a sparkling home

Keeping your home clean doesn't have to be an overwhelming chore. With the right strategies, you can clean more efficiently and effectively, saving time while achieving better results.

Start with decluttering: Before you begin cleaning, clear away the clutter. Go room by room, putting away items that don't belong or that are out of place. Decluttering helps you clean more efficiently by reducing obstacles and giving you clear surfaces to work with. It also instantly makes your space look neater.

Work top to bottom: When cleaning any room, always start from the top and work your way down. Begin with dusting ceiling fans, light fixtures, and high shelves, then gradually move to lower surfaces like countertops, furniture, and floors. This way, any dust or debris that falls will be cleaned as you go.

Use the right tools: Investing in the right cleaning tools and products makes a significant difference. For dusting, microfiber cloths are ideal because they trap dust instead of spreading it around. When cleaning floors, opt for a mop that can handle different surfaces, and be sure to use cleaning

solutions specifically designed for the type of flooring you have. This is often a reason homeowners hire a professional cleaner instead of investing in the right tools and products for a thorough job.

Tackle one room at a time: To stay organized and motivated, focus on cleaning one room at a time. This approach allows you to fully complete each space and provides a sense of accomplishment. It also prevents you from jumping around and distractions.

5. Clean as you go: One of the best ways to keep your home clean is by practicing the "clean as you go" method. After cooking, wipe down countertops and wash dishes immediately. Pick up items as you move from room to room. By doing small, frequent cleanups, you'll prevent messes from building up, making deep cleaning days much easier.

Use natural cleaners: For a healthier home, consider using natural cleaning products like vinegar, baking soda, and lemon. They're effective for a wide variety of tasks, from deodorizing to cutting through grease, and are safer for both your family and the environment. <

DID YOU KNOW?

Some "cobwebs" may not actually be spider webs but rather accumulations of dust, soot, or dirt from sources like fireplaces, heating vents, or other areas where particles are airborne. These can sometimes resemble cobwebs, especially when fine dust collects in the corners of rooms, along baseboards, or on ceilings, mimicking the appearance of a spider's web.

In homes with active fireplaces or wood stoves, soot and ash particles can become airborne and settle in these undisturbed areas, creating stringy, web-like formations. Similarly, dust from HVAC systems, vents, and fans can gather in the same manner. This type of buildup is often mistaken for cobwebs due to its similar appearance but lacks the fine, structured quality of actual spider webs.

HERE'S HOW YOU CAN DIFFERENTIATE BETWEEN ACTUAL COBWEBS AND DUST ACCUMULATIONS:

- **Texture:** Real cobwebs are sticky and have a more defined, silk-like structure. Dust accumulations, on the other hand, tend to be more fragile, loosely hanging, and less cohesive when touched.
- **Location:** Cobwebs are typically found in areas where spiders might spin webs to catch prey, such as corners, ceilings, and windows. Dust particles and soot, however, tend to accumulate near sources of airflow, such as vents, or in areas where dirt might naturally settle, like above fireplaces or near fans.
- **Dust Buildup:** If the material you see appears more gray, fuzzy, or layered with dust, it's more likely to be dirt rather than an abandoned spider web.

If you notice a lot of these dust-like formations in your home, it may be a sign that your home needs better dusting and airflow management, especially near fireplaces, HVAC systems, and vents. Cleaning and maintaining these areas regularly can help prevent buildup, and using air filters can minimize the spread of airborne particles.

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Fall 2024 HOME & GARDEN Guide

Do's and don'ts of bathroom renovations

Bathroom renovations are significant undertakings that cost homeowners sizable amounts of money. According to Remodeling magazine's "2024 Cost vs. Value Report," the average cost of a mid-range bathroom remodel across the United States in 2024 is around \$25,000. Homeowners who want an upscale remodel can expect to spend around \$80,000 in 2024.

Such a large financial commitment underscores the significance that homeowners get their bathroom remodels right. Mistakes will only increase the already substantial financial commitment homeowners must make, so it can help to keep these dos and don'ts in mind.

DO work with a certified, reliable contractor. YouTube tutorials can give a false impression of renovation projects in relation to their degree of difficulty. Renovations as significant as bathroom remodeling projects require the skills and experience of professionals.

DON'T ignore return on investment (ROI). There's no denying certain projects provide a better return on investment than others. The upscale bathroom remodel with a nearly \$80,000 price tag noted above may prove awe-inspiring, but homeowners looking to get as much of their money back

at resale should know that such a renovation recovers 45 percent of homeowners' initial investment. By contrast, the mid-range bathroom remodel yields a 74 percent return according to Remodeling magazine. Though ROI may not be the deciding factor for every homeowner, it definitely merits consideration when planning a project.

DO pay attention to the details. Planning a bathroom renovation can be overwhelming, as homeowners have many decisions to make before the project even begins. For example, homeowners will have to choose a vanity, fixtures for the vanity, light fixtures, toilet, showerhead, and an assortment of additional features when planning the project. Contractors work with clients to show them all of their options, and some will offer advice on products or materials if asked. But homeowners are ultimately the ones who will have to live with the choices they make during the planning process, so these details merit ample consideration and should not be treated as trivial.

DON'T emphasize cost over quality. Homeowners should do their best to establish a renovation budget and stay within that budget, but quality materials should take precedence over cost. Many budget-friendly furnishings and accessories are durable and aesthetical-

ly appealing, so homeowners need not enter a bathroom renovation thinking high-end products are their only options. But it's important that homeowners recognize the conventional wisdom that buyers get what they pay for when it comes to home renovations. If homeowners try to cut costs on materials, they may need to update or redo

the bathroom much sooner than they would if they invest in quality furnishings and accessories the first time.

Bathroom renovations can be costly. Remembering some simple dos and don'ts can give homeowners the peace of mind that their renovation investment will result in an impressive, durable space. <



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Tips to help houseplants thrive over the winter

Winter can be harsh. Frigid temperatures and fewer hours of daylight can take a toll, and many people prefer to stay warm inside as much as possible during winter. Indoor air also can take a toll, leading to dry skin and increasing individuals' exposure to viruses such as those that cause the common cold. Warm and dry indoor air also can affect houseplants, which underscores how important it is to change your indoor plant care routine in winter.

Outdoor plants might not bloom or thrive once winter arrives, but houseplants can make it through the season with a few simple strategies.

• **Cut back on watering, if neces-**

sary: The relationship between sunlight and water in regard to houseplants is simple: the more light plants get, the more water they need. Because there's less daylight in winter, houseplants may not need to be watered as frequently as they will during other times of year. But that could depend on where the plant is located in the house. If it's near a window with substantial sunlight exposure, then it might need as much water as it requires during other times of year. Soil conditions may provide clues as to how frequently houseplants need to be watered in winter. Touch the soil before watering. If it's wet or feels damp, the plant does

not require watering.

• **Mobilize your houseplants:** Some houseplants may be too large and heavy to move. However, smaller plants may benefit from being more mobile. When moving houseplants, move them to a spot where they can get ample sunlight during the day, especially if they're typically located in areas of your home that do not get much exposure to sunlight in the winter.

• **Keep plants away from vents:** Anyone who lives in a region where winter temperatures get very cold knows that conditions sometimes require bumping up the temperature on the thermostat. That can make a home more comfortable for humans but less comfortable for houseplants. It's always best to keep houseplants away from heating vents so they won't dry out and potentially die. If the thermostat needs

to be adjusted to warm up the house, confirm all plants are away from vents to ensure they don't dry and out and potentially die.

• **Check for uninvited guests:** Summer might be the season most synonymous with pests, but houseplants are not invulnerable to uninvited pest guests in winter. Spider mites are common winter pests because they like warm and dry conditions. You should inspect the tops and undersides of houseplant leaves and stems for signs of pest infestation. Treat small infestations with an alcohol-soaked cotton ball, which can be used to wipe pests off the plants. Large infestations may require the use of insecticidal soap.

Winter is harsh on humans and can be hard on houseplants as well. Some simple strategies can help houseplants get through the season unscathed. <

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Fall 2024 HOME & GARDEN Guide

Ideas to enhance your home's exterior appeal

As a homeowner in Maine, the exterior of your property plays a significant role in curb appeal and overall value. With the harsh winters and humid summers that characterize the region, maintaining and enhancing the exterior of your home is essential not only for aesthetics but also for durability and protection. An exterior facelift can breathe new life into your home, making it more inviting and visually appealing. Here's a look at popular facelift options that can transform your Maine home.



Popular siding materials in Maine include vinyl, fiber cement, and wood. Each material has its benefits: vinyl is low maintenance, fiber cement offers durability and fire resistance, while wood provides natural beauty and insulation.

Fresh coat of paint: One of the most cost-effective ways to enhance your home's exterior is with a fresh coat of paint. Choosing the right color can significantly impact your home's appearance. Lighter colors can brighten up a property, making it appear larger and more welcoming, while darker shades can lend an air of sophistication. In Maine, it's also wise to consider using weather-resistant paints that can withstand the state's fluctuating temperatures and moisture levels.

Landscaping improvements: An often-overlooked aspect of an exterior facelift is landscaping. Well-planned gardens, flower beds, and shrubs can significantly enhance your home's curb appeal. Consider native plants that are well-suited to Maine's climate and require less maintenance. Adding pathways, decorative rocks, or even a fire pit can create an inviting outdoor space. Seasonal decorations, such as wreaths or pumpkins in the fall, can also add charm.

Upgrading siding: Old, damaged, or faded siding can detract from your home's overall appeal. Upgrading to new siding not only enhances aesthetics but also provides insulation and protection against the elements.

Updating windows and doors: New windows and doors can dramatically improve the look of your home

while enhancing energy efficiency. Replacing old windows with modern, energy-efficient ones can help reduce heating costs during the long Maine winters. Choose styles that complement your home's architecture, such as classic double-hung windows or stylish sliding doors that open to a deck or patio.

Enhancing outdoor living Spaces
In Maine, outdoor living is a cherished aspect of home life during the warmer months. Creating or enhancing outdoor spaces like decks, patios, or porches can significantly improve the usability of your property. Consider adding features like built-in seating, outdoor kitchens, or pergolas for shade. A well-designed outdoor space can serve as an extension of your home, providing a perfect spot

for family gatherings or relaxing evenings.

Focus on roofing: Finally, don't overlook the importance of a good roof in an exterior facelift. Your roof not only protects your home from the elements but also plays a significant role in its overall aesthetic. If your roof is showing signs of wear, consider upgrading to durable materials like asphalt shingles or metal roofing, which can withstand Maine's weather conditions.

An exterior facelift can rejuvenate your home, enhance its value, and provide a welcoming atmosphere for guests and family. Whether it's through fresh paint, updated siding, improved landscaping, or better outdoor living spaces, the investment in your home's exterior is well worth it. <

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Reasons to hire a professional to pest-proof your home

As the cold weather approaches, pests like rodents, insects, and other critters start seeking warmth and shelter, often making their way into homes. Winter is prime time for these unwanted guests to settle into your attic, walls, or basement. To prevent infestations and the damage that comes with them, pest-proofing your home

before the winter months is essential. Hiring a professional to handle this task can save you time, money, and the hassle of dealing with pests down the road.

Expert knowledge and experience: A professional pest control technician has the training and expertise to identify potential entry points and

areas in your home that are vulnerable to infestation. While you might block obvious gaps or cracks, professionals know the subtle signs of pest activity and understand the behaviors of different species, from mice and rats to spiders and cockroaches. They can assess areas you might overlook, such as rooflines, crawl spaces, and chimneys, ensuring a comprehensive inspection and treatment.

Customized pest-proofing solutions: Every home is different, and so are the pest-proofing needs. A professional pest control service will tailor their approach based on your specific home structure, location, and pest risks. They will identify the species most likely to enter your home and create a customized plan to keep them out. This often includes sealing cracks and holes in walls, floors, and foundations; installing screens or mesh over vents; and checking for damage in weather stripping or insulation. Additionally, professionals use safe, effective treatments that deter pests without posing harm to your family or pets.

Prevent costly damage: Pests can cause significant damage if they make

it into your home. Rodents, for example, gnaw on wires, insulation, and wood, potentially causing electrical hazards or structural issues.

Insects such as termites and carpenter ants can weaken the foundation and walls of your home, leading to costly repairs.

By hiring a professional to pest-proof your house, you can prevent these problems before they start, saving you from expensive repairs and the headache of dealing with infestations in the middle of winter.

Long-term peace of mind: One of the biggest advantages of hiring a professional is the peace of mind it provides. Knowing your home has been thoroughly inspected and protected by experts allows you to enjoy the winter months without worrying about unexpected pest invasions. Many pest control companies also offer warranties or follow-up services, ensuring your home remains pest-free throughout the season.

While DIY pest-proofing efforts can be helpful, hiring a professional provides a more thorough and reliable solution. An expert will ensure your home is well-protected, reducing the risk of infestations and the damage they bring during the winter months. <



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Fall 2024 HOME & GARDEN Guide

Advantages of creating outdoor hardscape spaces

In recent years, homeowners have increasingly turned their attention to outdoor living spaces, not only as places for relaxation and entertainment but also as essential components of home design. One popular trend is the use of hardscape elements to create functional, low-maintenance outdoor environments. Hardscaping refers to the non-living elements in landscape design, such as patios, walkways, retaining walls, and outdoor kitchens. These features can transform a yard into a versatile extension of your home, providing numerous benefits.

Low maintenance: One of the greatest advantages of hardscape spaces is their low maintenance. Unlike traditional landscaping, which requires regular watering, mowing, trimming, and seasonal care, hardscaping significantly reduces the amount of upkeep required. Materials like stone, concrete, brick, and pavers are durable and weather-resistant, meaning you can enjoy your outdoor space without the constant need for upkeep. This makes hardscaping an excellent choice for homeowners who want a beautiful outdoor area without the hassle of high-maintenance landscaping.

Maximizes usable space: Hardscaping allows you to create defined, usable areas in your yard, maximizing the potential of your outdoor space. Whether it's a patio for dining, a fire pit area for gathering, or a paved pathway that leads to a garden, hardscaping provides structure and function. These areas can be customized to meet your needs, offering places for entertainment, relaxation, or even additional cooking space with an outdoor kitchen. By adding hardscaped features, you effectively turn previously underutilized portions of your yard into practical, inviting living areas.

Increases property value: A well-designed hardscape can boost the curb appeal and overall value of your property. High-quality materials like stone, brick, and pavers add elegance and visual interest, making your home more attractive to potential buyers. Additionally, outdoor spaces like patios, decks, and walkways increase the overall living space of your home, which is a valuable selling point in the real estate market. Homebuyers often see the presence of low-maintenance, well-designed hardscape areas as an added benefit that reduces future expenses and improves their outdoor experience.

Enhances functionality: Hardscape elements provide a durable foundation for everyday outdoor activities. A paved patio creates a level, stable surface for dining furniture, grills, and entertainment areas, while retaining walls can help prevent erosion, ensuring your landscape remains intact and functional. Hardscaping can also help with water drainage, directing rainwater away from your home's foundation and preventing pooling or flooding. With the ability to create multi-functional spaces, hardscaping enhances the usability and convenience of your outdoor environment.

Weather resistance and durability: Hardscape materials are built to last, withstanding harsh weather conditions, including rain, snow, and extreme temperatures. Unlike soft landscaping elements like grass or flowers, which may suffer from seasonal changes, hardscape features like stone walkways, concrete patios, and brick retaining walls are resilient and durable. This makes hardscaping a long-term investment that will continue to look good and function well over the years, regardless of weather patterns.

Improves water efficiency: By reducing the amount of grassy areas in your yard, hardscaping can help conserve water. Lawns and plant beds often require frequent irrigation, especially in dry or hot climates, which can lead to high water usage. Hardscaped spaces like patios, pathways, and rock gardens minimize the need for watering, making them more environmentally friendly and cost-effective in the long run. Incorporating permeable pavers or gravel walkways can also promote natural water drainage, allowing rainwater to filter into the soil rather than running off and causing erosion.

Complements natural elements: While hardscape elements are non-liv-

ing, they can beautifully complement the natural elements of your yard. Stone paths can lead through a lush garden, or a fire pit can create a cozy spot among trees and greenery. Hardscaping doesn't have to replace nature; instead, it can enhance it by providing structure and contrast. Combining hard and soft landscaping elements—such as pavers interspersed with grass or a stone bench in a flower garden—creates a visually pleasing balance of nature and architecture.

With the ability to customize designs to suit your needs and style, hardscape spaces are a smart investment that can enhance both the beauty and usability of your home. <

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Fall 2024 HOME & GARDEN Guide

Wood floor cleaning guide

Wood floors are coveted for a number of reasons, not the least of which is their aesthetic appeal. Many people prefer wood flooring because dust and dirt do not become trapped as they would in carpet fibers, seemingly making wood flooring easy to clean.

Most floors endure a lot of wear and tear. However, with care, wood flooring may last for decades. The following are some steps for keeping wood floors as pristine as possible.

- **Remove shoes:** It's a good idea to remove shoes, particularly heels, when walking on wood floors. Sharp heels, cleats can scratch or dent the floor.

- **Sweep or vacuum frequently:** The experts at The Spruce suggest sweeping, vacuuming or dust mopping wood floors daily. Dirt and dust make floors more slippery, and dirt or sand particles can lead to scratches on the floor.

- **Learn your flooring type:** Wood flooring is broken down into three main categories: solid hardwood flooring, engineered hardwood flooring and laminate wood flooring. Traditional hardwood is made of planks or strips of any hardwood covered in a wood stain. Engineered flooring is manufactured by gluing together several thin plies of hardwood. Laminate flooring looks like wood but generally

is a veneer or a photographic image of wood covered by a thick layer of melamine resin over fiberboard.

- **Skip harsh cleansers.** Regardless of flooring type, most are covered by a sealant that can become streaky or dull if the wrong cleanser is used. Avoid chlorine bleach, ammonia, pine oil, or undiluted vinegar. Instead, choose a cleanser that is specifically recommended for the flooring type. Do not allow water or solutions to sit on the floor, as that can contribute to staining and warping. With laminate flooring, avoid wet mopping unless the flooring is specifically marked as being able to be wet. The underlayers of laminate flooring can warp if it gets wet.

- **Damp is better than wet:** When cleaning wood flooring, use a damp rather than a soaking wet mop. Standing water can damage wood surfaces.

- **Use the hard floor setting:** When vacuuming, adjust the vacuum to a hard flooring setting, which will not engage the brush rollers on the vacuum head. Rollers can scratch wood and laminate flooring.

- **Use repair products as needed:** Scratch and repair kits can fill in small scratches. Wood floor polish and wood waxes also can revitalize worn floors. Always check that the product is safe for your particular flooring before use. <

Why hiring a professional cleaner is money well spent

As the seasons shift and cooler weather approaches, fall is the perfect time for a thorough cleaning to prepare your home for the months ahead. While many homeowners tackle fall cleaning on their own, hiring a professional cleaner can be a smart decision for several reasons.

- **Deep cleaning expertise:** Professional cleaners have the tools, products, and expertise to give your home a deep clean that goes beyond standard cleaning routines. From scrubbing baseboards and deep-cleaning carpets to tackling hard-to-reach areas like ceiling fans and vents, professionals know how to get your home thoroughly clean. They can also address areas you may not have time for, like cleaning behind furniture or sanitizing bathroom grout.

- **Saves time and energy:** Fall can be a busy season, especially with school, work, and holiday preparations. Hiring a professional cleaner saves you time and energy, allowing you to focus on more important tasks

or simply enjoy the season. Instead of spending weekends scrubbing floors and decluttering, you can relax knowing that the hard work is being handled by experts.

- **Prepares your home for the holidays:** Fall cleaning is an essential part of getting your home ready for holiday gatherings. Whether you're hosting family or friends, a professional cleaner ensures that every part of your home is guest-

ready. Cleaners can freshen up spaces like guest rooms, kitchens, and living areas, giving you peace of mind before the holiday rush.

- **Long-term home maintenance:** Regular deep cleaning helps maintain the condition of your home's surfaces, floors, and appliances. Professional cleaners can prevent dust buildup, protect your carpets from wear, and keep your home looking its best year-round.

Hiring a professional cleaner for fall cleaning is a smart investment, offering convenience, expertise, and long-term benefits for your home. <



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Fall 2024 HOME & GARDEN Guide

Ways to decorate your outdoors for fall in Maine

Fall in Maine is a magical time, with vibrant foliage, crisp air, and the cozy charm of the season. Decorating your outdoor space to reflect the beauty of autumn can enhance your home's curb appeal and create a welcoming atmosphere. Here are some ideas to decorate your outdoors for fall in Maine.

Incorporate seasonal plants: Nothing says fall quite like the rich, warm colors of mums, pansies, and ornamental kale. These hardy plants thrive in Maine's cool fall weather and add instant seasonal flair to your outdoor space. Plant them in pots, window boxes, or garden beds, and mix in textures with gourds, pumpkins, and corn stalks to create a vibrant autumn display. Don't forget to add layers of colorful foliage by using the natural fallen leaves around your property.

Use rustic elements: Maine's nat-



ural beauty lends itself to rustic, nature-inspired decor. Create a cozy, rustic vibe with hay bales, wooden barrels, or a vintage wheelbarrow filled with pumpkins or firewood. You can also use wooden crates as makeshift tables or platforms for fall displays, adding warmth and character. A classic Adirondack chair draped with a plaid blanket also brings a cozy, New England feel to your porch or patio.

Add lighting for a warm glow: As

the days get shorter, lighting becomes essential for making your outdoor space inviting. String lights, lanterns, and candles add a warm glow that complements the natural beauty of fall. Use solar-powered lights along pathways or hang lanterns from tree branches to create a magical, welcoming atmosphere in the evening. Consider a fire pit or outdoor fireplace to provide both warmth and ambiance during chilly Maine nights.

Seasonal wreaths and door decorations: A fall-themed wreath is an

easy way to dress up your front door and greet guests with seasonal cheer. Opt for wreaths made of grapevine, dried flowers, pinecones, or colorful leaves. Add a decorative door mat with autumn motifs, like pumpkins, leaves, or buffalo plaid, to complete the look. You can also place small pumpkins, mums, or decorative baskets around your front steps to extend the festive display.

With these simple yet charming decorations, you can embrace the beauty of Maine's fall season and make your outdoor space both cozy and inviting. <

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Fall 2024 HOME & GARDEN Guide

When and why to hire an electrician

Electrical work in a home or business is one of those tasks that requires a professional touch. While DIY projects can be rewarding, working with electricity is not something to take lightly. Hiring a qualified electrician ensures that the job is done safely, correctly, and up to code. Whether you're dealing with simple electrical repairs or a major renovation, knowing when and why to hire an electrician is crucial for your safety and peace of mind.

Electrical safety concerns: One of the most important reasons to hire an electrician is for safety. Electricity is dangerous to work with if you don't have the proper knowledge and training. Poor wiring, overloaded circuits, and incorrect installations can lead to electrical shocks, fires, and serious injuries. A licensed electrician is trained

to handle electrical systems safely and can identify potential hazards that you might overlook.

For example, if you notice frequent circuit breaker trips, flickering lights, or burning smells near your outlets, these are signs of electrical issues that need immediate attention. An electrician can diagnose the problem and fix it safely, reducing the risk of fire or electric shock.

Upgrading electrical systems: If you live in an older home or building, it may be time to upgrade your electrical system to meet modern demands. Many older homes were not built to handle the load of today's appliances and electronics, leading to frequent power outages or overheating wires. An electrician can upgrade your panel, rewire your home, and install ad-



ditional outlets to meet the increasing power needs of modern households.

Similarly, if you're adding new appliances or renovating your home, it's essential to hire an electrician to ensure your system can handle the increased load. A professional will ensure that your new electrical work is properly integrated with your existing system and meets local codes.

New installations: Whether you're installing new lighting, ceiling fans, or more complex systems like electric car chargers or home automation setups, hiring an electrician is necessary. New installations often require specialized knowledge of electrical wiring, permits, and safety codes. Doing it yourself may result in faulty wiring or incorrect installation, which can void warranties, damage the equipment, or cause safety risks down the line.

Electricians are skilled in understanding the electrical requirements of different systems and can install them in a way that maximizes efficiency and safety. They also ensure that your installations meet the necessary local regulations.

Permits and code compliance: Certain electrical projects require permits, and ensuring compliance with

local electrical codes is essential. These codes are designed to ensure the safety and efficiency of electrical systems in homes and businesses. Professional electricians are familiar with these regulations and can make sure your electrical work passes inspection, avoiding fines or the need for costly corrections later.

For example, if you're renovating a kitchen or adding an extension to your home, you'll likely need to update your electrical wiring. An electrician can handle all aspects of the project, including obtaining the necessary permits and ensuring code compliance.

Troubleshooting electrical issues: Sometimes electrical problems can be difficult to diagnose. Whether it's flickering lights, faulty outlets, or a mysterious power loss in one part of your home, an electrician has the tools and expertise to troubleshoot the issue efficiently. Trying to identify and fix these problems on your own could lead to further damage or a dangerous situation. Electricians can pinpoint the root cause of the problem and resolve it quickly.

Hiring an electrician is often the safest and most efficient way to handle electrical work. Whether you're upgrading your electrical system, dealing with safety concerns, or installing new devices, a licensed electrician can ensure the job is done properly, safely, and according to local regulations. When in doubt, it's always best to consult a professional for any electrical needs in your home or business. <

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Fall 2024 HOME & GARDEN Guide

Why is immediate black mold remediation so important?

The sight of mold in your home can be quite unsettling, especially when you understand its potential health risks. However, not all molds are created equal. One type that requires immediate attention and professional intervention is black mold, scientifically known as *Stachybotrys chartarum*.

Understanding black mold: Black mold is a toxic fungus commonly found on materials like cotton, wood, and paper products exposed to persistent moisture. Although it's often greenish-black in color, don't be fooled by its name; not all black-colored molds are the toxic black mold. It's the production of mycotoxins – toxic chemicals – that differentiates this type of mold from others.

The health risks of black mold: When people are exposed to black mold, they may experience a range of health issues. Some effects are mild and almost innocuous, while others can be severe and debilitating.

Respiratory issues: Respiratory distress is one of the most common symptoms associated with black mold exposure. This could present as chronic coughing, sneezing, or irritation of the eyes, nose, and throat. In more severe cases, exposure can lead to serious lung infections or bleeding in the lungs and nose.

Skin irritation: Skin rashes are another prevalent symptom associated with exposure to black mold. Direct contact with the spores can lead to redness, itchiness, and discomfort.

Neurological symptoms: Some individuals may experience neurological symptoms such as memory loss, inability to focus, or headaches after prolonged exposure to black mold. These symptoms are sometimes attributed to "toxic mold syndrome," although further research is needed to establish a direct causation.

Exacerbation of existing conditions: For individuals with pre-existing allergies or asthma, exposure to black mold can exacerbate their symptoms. These may include a runny or blocked nose, watery eyes, coughing, skin rashes, and a sore throat.

Why immediate black mold remediation is crucial

Given the potential health risks associated with black mold, immediate remediation becomes not just an option but a necessity. Here's why:

Protection of health: The immediate removal of black mold spares occupants from the risk of prolonged exposure to toxic spores. This is especially important for households with individuals who have weakened immune systems who are at higher risk

of fungal infections due to black mold exposure.

Prevention of structural damage: Black mold thrives on moisture and organic material – two things that are abundant in many structural elements of our homes, like wood and drywall. Left unchecked, the mold can cause significant damage to these materials, compromising the structural integrity of your home.

Mitigation of financial costs: In addition to the health and structural concerns, there are also financial implications related to unchecked black mold growth. The longer the problem persists, the more extensive the damage becomes and the more costly it will be to fix.

The role of a professional black mold removal company

When you discover black mold in your home, it's crucial that you contact a professional black mold removal company immediately.

Expertise and equipment: Hiring trained technicians who understand how to identify mold sources accurately, evaluate growth areas, contain contamination effectively, and safely remove black mold from affected sites is vital. Specialized equipment can detect hidden moisture sources – a critical component in preventing future

mold growth.

Safe and effective removal: While DIY methods may seem appealing due to their lower cost, they often fail to address the problem effectively. In fact, improper handling can unintentionally spread mold spores, exacerbating the problem. Professional black mold removal ensures the safe and thorough removal of the mold while preventing cross-contamination.

Long-term solutions: Professional remediation goes beyond just removing visible mold; it also involves identifying and resolving underlying moisture issues contributing to mold growth. This holistic approach ensures effective, long-term solutions rather than temporary fixes.

The imperative of prompt black mold removal

Immediate black mold remediation is not a matter of choice but a necessity for preserving health and maintaining the structural integrity of your home. While the sight of black mold may be alarming, remember that help is just a call away. By enlisting our professional black mold removal services, you can ensure your home is free from this toxic invader and safeguard your family's health.

This article was brought to you by Octagon Cleaning and Restoration. <

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Fall 2024 HOME & GARDEN Guide

Transform a playroom into a space that grows with the family

Parents typically make certain changes around a home to ensure it's accommodating to children. Child-proofing is a necessity, but entire rooms also may be transformed with children's enjoyment and well-being in mind.

It's common for homeowners to set aside rooms for children to play and

explore. These playrooms may initially feature infant swings and bouncers, and eventually start to accumulate the toys that kids receive on holidays and birthdays. Easels, building block sets, puzzles, video games, books, and so much more fill these playrooms where young children spend the majority of their time engrossed in imaginative

play. But as children grow, playrooms may no longer be necessary. Homeowners can ensure these rooms evolve with the family, and here are a few ways to do just that.

Make it a home theater/gaming room: The National Institutes of Health says children between the ages of eight and 17 spend an average of 1.5 to 2 hours playing video games each day.

It's important for parents to monitor their children's gaming, particularly when kids participate in social platform games that involve people with an internet connection chatting and working together. One way to do so is to locate the gaming setup in a central location, like a home theater room.

Establish a hobby space: Trade in kids' toys for "toys" that everyone in the family will enjoy. Turn the room into one where family members can explore their passions. This may include scrapbooking, painting, yarn crafts, collecting, photography, and more.

Create a quiet learning spot: As children grow up, they may need to spend more time studying. Transforming a playroom into a library or a study space can provide that out-of-the-way spot to get homework and studying done. Adults in the home also can use it for reading, paying the bills or any other task that requires concentration and quiet.

Build a home gym: If the space is

large enough, bring in some workout equipment and make the play space one that encourages exercise and fitness. You may not even need large equipment and can utilize interlocking foam tiles that already may be in the playroom. With some free weights, resistance bands and even your own body weight, you can perform a number of beneficial exercises.

Expand your living space

If the playroom currently abuts another room that can use some more real estate but is separated by a wall, take down the wall to increase the square footage.

Set it aside for guests: Clean out the toys and bring in a bed and nightstand. Now you'll have a dedicated spot for overnight guests to stay, or a room that visiting older children (and eventually grandchildren) can call their own.

Playrooms are much-used areas when children are young. These rooms can evolve as kids get older and families' needs change. <



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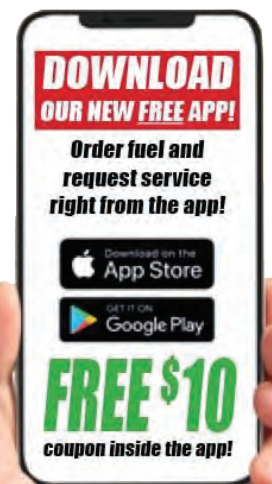
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Fall 2024 HOME & GARDEN Guide

Senior-friendly interior renovations

Home is where the heart is. That sentiment may be especially true for seniors who have spent decades living in their homes. A lot of hard work goes into home ownership, and seniors who have lived in the same space for a while undoubtedly have countless memories within the walls of their homes.

A lifetime of experiences in a home can make it hard to leave, but many seniors experience diminished mobility as they age. Mobility issues can make it hard for seniors to traverse their homes, but aging homeowners can make various renovations to make a home more accessible.

- **Revamp entryways and staircases:** A 2020 study of 1,000 adults found that 28 percent of individuals age 65 and older who don't exercise regularly struggle with activities like walking up stairs. The study, commissioned by Total Fitness, also found that 14 percent of men and women over 65 who regularly engage in moderate exercise still find it challenging to climb up and down a flight of stairs. Seniors facing similar challenges can install a ramp at their home's entryway so they can comfortably go in and out. Inside, a chair lift can ensure seniors are not struggling to move from one floor to another.

- **Raise the outlets throughout the**

home. They're easily overlooked, but outlets, particularly those outside the kitchen, tend to be close to the floor. AARP notes that's no accident, as outlets are generally placed at a height equal to the length of a hammer to save time with measuring when buildings are being constructed. Outlets close to the floor can be difficult for seniors with mobility issues to reach. Relocating the outlets a little higher off the floor is not an expensive renovation, but it can make a home more accessible for seniors who have difficulty bending down or getting down on one knee.

- **Install door knob extensions.** Verywell Health notes that nearly half of all people age 65 and older have arthritis or another rheumatic condition. Arthritis can make it difficult for seniors to grip and turn door knobs. Door knob extensions can make it easier for seniors with arthritis to open the doors in their homes. Such extensions are roughly five-inch levers that can be installed over an existing door knob, making it easier to grab and pull down. Extensions save seniors the hassle of turning the knob, which some may find painful and almost impossible.

- **Renovate the bathroom:** Bathroom renovation projects can be costly, but seniors with mobility issues should know that bathrooms can pose a par-

ticularly dangerous threat. The Centers for Disease Control and Prevention notes that roughly three million older adults are treated for fall injuries in emergency departments each year. A 2019 analysis published in The Journals of Gerontology noted that 22 percent of in-home falls resulted in a change in

the person's walking ability. Replacing a step-over shower with a zero-step alternative can make it easier for seniors with mobility issues to get in and out of the shower, thus reducing their risk for falls. Grab bars along shower walls and a chair inside the shower can make it easier to bathe and towel off safely. <



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► **By Staci Warren**
SPECIAL TO THE WINDHAM EAGLE



- Staci Warren, Columnist

On September 5, 2024, I harvested my first bear in at least two years. I was quite thrilled, and it was an exciting hunt to boot.

My husband and I drove an hour and a half to the mountain where we hunt. After getting dressed into my hunting clothes and muting my phone so that it'll make no noise, I take my four-wheeler up the mountain, about two thirds of the way in and park it on the trail. I then walk the remaining distance on foot while I carry my rifle and my backpack. The walk can get hot, so I dress light, and carry the rest of my gear into my stand. I entered my stand around 4 p.m. Once in my stand, I put on my hat, my face mask, gloves, and sometimes my coat if it's not too hot, then I get comfortable for a three hour sit. Based on my experiences, bears don't usually come into the bait until close to dusk, but you have to be there early enough

so that they are not scared off. I keep myself entertained, and most importantly, quiet, for the first two hours by playing a game on my phone that doesn't require cell service since there is barely a signal.

As I sat there, I listened to red squirrels fight over the bait and chatter incessantly. The birds seemed to be quieter than usual. Then out of nowhere, I heard a huff. Three huffs, which meant that a bear was behind me. I had never

heard it come in, which is typical; the small breeze made the leaves rustle just enough to block what little sound you may hear. I sat motionless. I didn't hear anything else, so assumed it just smelled me and left. I had been standing since I had swapped out my 45-70 open sighted rifle for my 6.5 Creedmore because I have a scope which works better in low light. The 6.5 Creedmore is longer and I couldn't get the barrel in my scope unless I stand.

Minutes later, I spotted a bear. It had circled around me and came in downwind on my right. I couldn't figure if it was a big bear or Little Bear, a cub we saw on our site last year that we decided was too small to hunt. It is usually the first bear to come to the barrel. I stayed motionless. I watched as it approached the barrel. It was very skittish and would not stand still. I

watched as it moved to a tree then to the barrel, back and forth, very nervous. I took a picture and sent it to my husband asking, "Little Bear?" Twice the bear made a run for the tree and climbed it. This time it sat at the bottom of the tree. I had decided it was indeed Little Bear, so I'd just watch him, when all of a sudden, a second bear, a much bigger bear, crossed in the woods and was headed to my left. I watched it and could see its head and ears as it moved toward my stand. I waited and watched it turn and come back to my right. In a flash, the bear charged Little Bear, and drove Little Bear off into the woods. The bigger bear slowly walked toward the barrel.

I readied for the shot. The bear stepped in front of the barrel. It was a good bear based on its height, it stood

→ see BEAR Page 20

MAINE BEAR FACTS

- An average of 10,000 bear hunting permits are issued annually in Maine, with about a 30 percent success rate.
 - Bear hunting contributes approximately \$5 million to Maine's economy each year, including licenses, travel, accommodations, and outfitter services.
 - Female bears in Maine generally have litters every two years, with an average of 2-3 cubs per litter.
 - Maine has the largest population of black bears in the eastern U.S. Since they do not have any natural predators, it would be very easy for the population to grow to an unsustainable level, leading to starvation, disease, and death. Bear hunting helps keep the population at a number where bears and their environment stay healthy.
- To learn more about the rules and science behind bear hunting or to read annual reports visit the Maine Department of Inland Fisheries and Wildlife website at maine.gov/ifw

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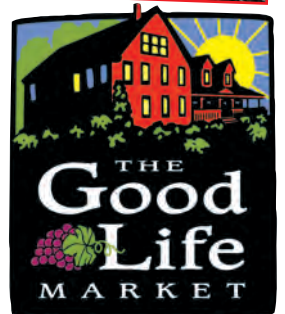
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Eagle SPORTS



WHS girls' soccer earns first win over Gorham in three years

By Matt Pascarella

STAFF WRITER

Windham varsity girls' soccer traveled to Gorham on Tuesday, Sept. 24 to play the Rams, where Windham earned their first victory over Gorham since 2021. The Lady Eagles showed they were up to any challenge when they scored early and kept scoring. As the clock ran out, they emerged with a 4-3 win.

"I think we all just came into this game knowing it was going to be a good one; knowing we were going to have to fight for the whole 80 minutes," said Windham senior Emily Talbot. "The last time we beat them was our freshmen year and especially for us seniors, it was something we wanted to get done ... and think we did that really well. I really went into this game knowing I wanted ... to score; just having that mindset really helped me and it paid off. I think we did a good job adjusting to their fast forwards and taking advantage of their weak spots on their field."

Windham aggressiveness was evident from the start. They fought for and stayed with the ball and took several shots at goal. Windham went hard after 50-50 balls and minimized Gorham's scoring opportunities.

Midway through the first half Talbot fired a shot with a perfect arc – just above the goalie's head to find the back of the net.

Gorham tied the game 1-1 going into halftime.

"This team is a big competition for us, and we know that it was going to



(L to R) Windham senior Kyla Harvie heads the ball during a girls' prep soccer game against Gorham at Gorham High School on Tuesday, Sept. 24. Senior Emily Talbot breaks away from her opponent and heads toward the goal moments before scoring. PHOTOS BY MATT PASCARELLA

be a tough day, and we just came into it super excited and pumped up," said Windham senior Kyla Harvie, who scored on a direct kick early in the second half. "We knew we had a good chance, and we wanted to put our all into it and we did. Once we're on the field we have to forget about everything that's happened before and focus on what we have to know to get that win. Our passing and our movement up top to make those runs to get those goals, and just taking the chances up top definitely helped; on defense we fought super hard and didn't let the ball hit the ground. I think we could always work on communication, but ... I think we played great overall."

Junior Marley Jarvais scored shortly after Harvie. Gorham scored again but trailed by one.

"I think it was a whole team effort," said Jarvais. "We played the whole 80 minutes and that's what was important; they pushed us to be the very best we could. Everyone showed up tonight to play, so that's a big thing. Our communication was huge and our defense stepping up when they needed to was really big. I think our through balls really work on teams like this; we're a really speedy team. Honestly, we just need to build off ... our corner kicks, we can improve on that a little bit."

Windham pressured. Talbot broke away and scored again.

Windham sophomore goalie Libby Hartwell had a solid save with seven minutes left to play. Gorham scored, but it wasn't enough.

"It's a team win," said Windham girls' soccer assistant coach Jim Stewart. "We've been talking about playing ... all 80 minutes. The team has decided they are committed to that, and you can see we finished today – something I'm very proud of. When you look at how they're working together, how they're willing to sacrifice, how they're willing to battle for each other, as a coach, this is awesome. It's early, ... but it's a good place for us to step up onto. I couldn't be more proud to be part of the team; I loved the way we executed, I loved our class, I loved the way we went after them. We really worked on how we could defend Gorham's counterattack a little bit better, get more shots from distance and that worked out great. Mental toughness is something we've worked hard on. That's how you're going to win in the playoffs and that's how you're not going to lose in the playoffs." <



Junior Marley Jarvais watches as her kick soars through the air.

ATHLETE OF THE WEEK



Fiona Harmon

Age: 17 Team: WHS varsity golf

Coach: Adam Manzo

Parents' names: Lauren Hutchins and Rick Harmon
Reason for selection: In Adam Manzo's 15 years of coaching the varsity golf team at Windham High School, he said it is very rare for a female student-athlete to play in the top spot for their team, a spot that Fiona has truly earned. In her senior season, she will

be playing in the No. 1 spot and will be relied on to go toe-to-toe with some of the best players in the state. She is a highly competitive player who hates to lose and loves to win. Fiona's scoring average has steadily decreased since her freshman year, and she has already gone out and shot 37 (1 over par) in our first match of the year. She is a steady player who does not make many mistakes and even when she does, is able to overcome those and put in quality scores. Manzo says that perhaps his favorite attribute about Fiona is that she is highly coachable. She accepts feedback, listens, and works to correct her mistakes.

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WMS field hockey delivers season-opening victory

By Matt Pascarella
STAFF WRITER

Windham Middle School's field hockey team started strong and showed they were an organized group right from its first game, walking off with an awesome 6-1 win over the Gorham Rams at Gorham on Sept. 20.

From the moment the game started, Windham showed they had come to win. They moved the ball, had several shots at goal and Windham eighth grader Lucy Stretch scored twice in the first quarter.

"We were finally able to play as one, instead of playing against each other and trying to focus more on feelings than the actual play at hand and going for the gut of going for that goal," said WMS field hockey coach Allie Belaire. "What I saw today was agility; their ability to stay in very, very, long; keep running as well as we passed the ball – there's still much room for improvement. Another thing I thought we did very well was our stick skills and seeing the field, when a defender came to one of us, using a dodge and getting around those players. Our field positioning, our spacing and using the whole field (need work). If we pass the ball more, we'll tire out the other team, instead of dribbling into them and letting them do the work. I think positioning and using the field is something we need to work on as well as attacking that ball right from the start. We have some experienced players and some brand-new players that you couldn't even tell are brand new; but then we have some players who are all over the field. My expectation over the season is understanding your own role on the field and then being a leader for the younger players."



Windham eighth grader Lucy Stretch hits the ball between the goalie's legs on Friday, Sept. 20 during Windham Middle School's field hockey season opener against Gorham. Eighth grader Gianna Lane takes the ball from a defender. PHOTOS BY MATT PASCARELLA

Windham saw several opportunities to take advantage of any Gorham errors and capitalized on them. Eighth grader Hayley Johnsen was quick to score early in the second quarter, but the entire team was hustling and working hard to go after the ball. When Gorham had a corner shot, Windham defense was right there to keep them scoreless. After another goal from Johnsen, Windham led 4-0 at the half.

"I think we had really good communication," said Stretch. "We came in from the start saying, 'we want to win and win as a team and not just individual (players).' I also think we had good spreading out and passing and we tried really good team chemistry for our first game. I think we need to work on passing and talking a little bit more, but other than that I think we had a really good first game."

Johnsen scored from the top of the shooting circle partway through the second half. Windham pressured and its defense remained intense.

"It was a good start," said Johnsen. "I'm just hoping it can stay that way and stay undefeated and let everyone get a goal and contribute to the team. Definitely good talking and teamwork, passing – which is what matters most. Definitely not clumping (needs work) when we all come to the middle and staying spread out to the sides."

The whole team worked hard from start to finish, Johnsen said. <

(Right) Eighth grader Hayley Johnsen heads toward the goal keeping focus on the ball.



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Miss Cooney's legacy

► **By Andy Young**
SPECIAL TO THE WINDHAM EAGLE



- Andy Young, Columnist

As America approaches another presidential election that's almost guaranteed to leave at least half the nation somewhere between disillusioned and apoplectic, I can't help thinking about my middle school English and social studies teacher.

Marie Cooney had the misfortune of having me and several similar infantile misanthropes-in-training in her 5th grade class. Then, as if the poor woman hadn't suffered enough, she got most of

us again for Grade Six.

Miss Cooney must have been a good history teacher. She's the sole reason I still remember that the fertile crescent, consisting of Sumer and Mesopotamia, was located near the confluence of the Tigris and Euphrates rivers.

And my ability to differentiate between nouns, verbs, adverbs, and adjectives speaks to her effectiveness as an English teacher, although she'll have to share credit for whatever level of literacy I've attained with Mrs. Hartley, Mr. Desser, Miss Shanley, Miss Bittner, Mr. Fusco, Mrs. Weston, Mrs. Martin, Mr. Cox, and the other English teachers whose classrooms I took up space in.

But Miss Cooney's greatest impact involved the student council. As newly minted 5th graders, my classmates and I were middle school neophytes, and it was up to our social studies teachers to not only introduce us to the concept of student government, but to find candidates who were willing and able to serve as class representatives. Miss Cooney stressed the importance and gravity of the student council. Which, in retrospect, she may have been doing for the sole purpose of discouraging people like me and my similarly immature pals from taking part in the process. "Student council is important," she intoned. "Only serious people should consider running for representative; it's not a popularity contest."

She needn't have worried about me running for one of those council seats. I was too busy playing whatever sport was in season and vying for the title of class clown to take the time to actually write a speech I'd subsequently have to deliver to my peers at an all-school assembly.

And even if I'd had the courage and work ethic required to do all that, the possibility of losing an election was more than enough to keep me away

from participating. If there was anything more important to 11-year-old me than achieving acceptance and popularity, I wasn't aware of it.

Looking back, Miss Cooney's patience and skills as an educator must have done me some good. True, she told my mother I was an underachiever, but I can't hold that against her, particularly since it was true.

At least she didn't add "disruptive influence," like a certain art teacher who shall remain nameless did. And for the record, those other spit-ball-shooting, clay-throwing kids didn't need me to encourage them; they were more than capable of being disruptions on their own.

Miss Cooney died long ago. But if reincarnation truly exists and one's future life is based upon what they did or didn't do in their previous one, she ought to be living a charmed existence, albeit inside a new outer shell, and with a different name. She deserves at least that much.

But though I doubt she meant to, Miss Cooney misinformed us about one important thing. American elections truly are popularity contests.

And seeing what blindly ambitious and/or selfishly motivated individuals are willing to do to make themselves or the candidate(s) they work for more popular, it's no wonder that come November 6, I may well be one of the people referenced in this essay's initial sentence. <



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Wednesday, October 9, 2024 • 7:00 PM

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SITE PLAN REVIEW & PUBLIC HEARING

APPLICANT: Port Harbor Holdings I, LLC
LOCATION: Map: 051 Lot: 2 Zone C/LRR1
1326 Roosevelt Trail
DESCRIPTION: Site Plan Amendment – Jordan Bay Marina

The meeting will be streamed in real time from the local Government channel. This live stream is also hosted on YouTube (www.raymondmaine.org/content/live-video-streaming), so make sure your computer or router/firewall does not block YouTube content.

Copy of the submitted applications are available for review on the town website (www.raymondmaine.org/content/planningboard-agenda) after September 25, 2024, or at the Town Office (401 Webbs Mills Road) by appointment during regular business hours.

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The application is for **an air emission license amendment for two new boilers at Raymond Elementary School.** According to Department regulations, interested parties must be publicly notified, written comments invited, and if justified, an opportunity for public hearing given. A request for a public hearing must be received by the Department, in writing, no later than 20 days after the application is accepted by the Department as complete for processing.

The application and supporting documentation will be made available for review by contacting the DEP Bureau of Air Quality offices in Augusta, (207) 287-7688, during normal working hours. A copy of the application and supporting documentation may also be available at the municipal office in **Raymond, Maine.**

Written public comments may be sent to **Jane Gilbert** at the Bureau of Air Quality, State House Station #17, Augusta, Maine 04333.



Interior design: The balance between science and creativity

► **By Theresa Bouchard**
SPECIAL TO THE WINDHAM EAGLE



— Theresa Bouchard
TS Staging & Design

Yes, interior design is both a science and an art form. There are many considerations when designing a home that relates to science principles such as psychology, color theory, geometry, scale, and sustainability. Science and artistic creativity are combined to create beautiful, aesthetically appealing, sustainable spaces to create that emotional connection between individuals and their homes.

Our homes are our safe place, our sanctuary. Although vacations, quick trips, and/or business travel are needed throughout our lives, most are ready to get back to the comforts of their homes, their beds, and their surroundings. When designing one's haven, people look for practical and comfortable rooms that serve them ergonomically and functionally. Utilizing a space that best serves your and your family's needs is best for your overall well-being.

Psychologically speaking, living in a visually appealing environment impacts one's behavior positively. Creating comfort in a space with a specific color scheme and/or furniture layout can help a person's mood and overall well-being. Designers often interview their clients to understand what colors they like, what type of furnishings are appealing to them and their overall lifestyle so designers can deliver a space that is aesthetically pleasing, functional and creates an emotional connection. Isn't this what we strive for in our homes? I know I do!

Science principles and artistic creativity are intertwined when cultivating spaces within a home. When selecting color for a room, you want to be sure it correlates with the likes of the person(s) and their lifestyle. Blues and greens are calming while reds and oranges are bold and energetic. Incorporating other material elements into a room that complement the colors can tone down a bold red or ramp up tones of blue to create balance. Organic materials such as rattan, leather, wood, plants and different textures are a big part of creating a specific look for

a space. Some individuals have eclectic tastes which encompass various styles of décor. An eclectic style creates uniqueness within the home and makes it your own.

Lighting is an important element in a room. Light interacts with different materials and colors within a space. Cool lighting vs. warm lighting is a personal preference but knowing how the room will be utilized will help determine the type of lighting (cool, warm, wattage, etc.). Selecting different shapes and materials of lighting fixtures can change the look of a room and should complement other elements within the room. Therefore, light tone and selecting lighting fixtures are important to a room from a scientific perspective and artistic imagination.

The scale of a room is examined when planning the layout of furnishings along with additional décor. Measuring space and furnishings is important to ensure pieces fit in a room without overwhelming or getting lost in a space. Having appropriate measurements allows designers to layout a room that creates space, flow and

functionality without compromising comfort.

TS Staging and Design, a professional home staging and interior design company based in Windham, uses their creative talents while applying scientific measures to curate beauty, functionality, practicality, comfort and safe spaces for their clients. At TS Staging and Design, we tell a story within a room. A flow and beauty that attracts the eye and creates an emotional connection for all who see it.

Let TS Staging and Design help you tell a story. Whether preparing your home to sell or wanting to refresh a space or two, we will deliver beautiful and inviting designs to attract potential buyers or make you fall in love with your home again!

This article was brought to you by Theresa Bouchard, owner and design of TS Staging and Design. Contact her at 207.400.9393, via email at tsstaginganddesign@gmail.com or visit www.tsstaginganddesign.com. You can also follow their transformations on Facebook and Instagram. Stay tuned for the grand opening of their new warehouse at Roosevelt Trail, Windham! More details to come. <

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THE WINDHAM EAGLE'S

Cooking Corner

By Ed Pierce
STAFF WRITER

Apple Bread

'Tis the season for everything apple and this apple bread recipe will not disappoint. It combines the warmth of cinnamon and nutmeg with the sweetness of apples, creating a moist, flavorful loaf. Easy to make, it's perfect for breakfast, a snack, or dessert. Add nuts for an extra delightful crunch!

INGREDIENTS

- | | |
|-----------------------------------|--|
| 2 cups all-purpose flour | 1 cup granulated sugar |
| 1 tsp baking powder | 2 large eggs |
| 1/2 tsp baking soda | 1 tsp vanilla extract |
| 1/2 tsp salt | 1/2 cup milk |
| 1/2 tsp ground cinnamon | 2 cups peeled and chopped apples |
| 1/4 tsp ground nutmeg | 1/2 cup chopped walnuts or pecans
<i>(optional)</i> |
| 1/2 cup unsalted butter, softened | |

INSTRUCTIONS

- Preheat oven to 350°F (175°C). Grease a 9x5-inch loaf pan and line the bottom with parchment paper for easy removal.
- In a medium bowl, whisk together flour, baking powder, baking soda, salt, cinnamon, and nutmeg. Set aside.
- In a large bowl, beat the butter and sugar together until light and fluffy. Add eggs one at a time, beating well after each addition. Stir in vanilla extract. Alternately add the dry ingredients and milk to the wet ingredients, starting and ending with the dry mixture. Mix until just combined (don't overmix). Fold in the chopped apples and nuts (if using).
- Pour batter into the prepared loaf pan and smooth the top.
- Bake for 55-65 minutes, or until a toothpick inserted into the center comes out clean. If the top begins to brown too quickly, cover it loosely with aluminum foil. Let the bread cool in the pan for 10-15 minutes before transferring it to a wire rack to cool completely. Serve plain or with a spread of butter.

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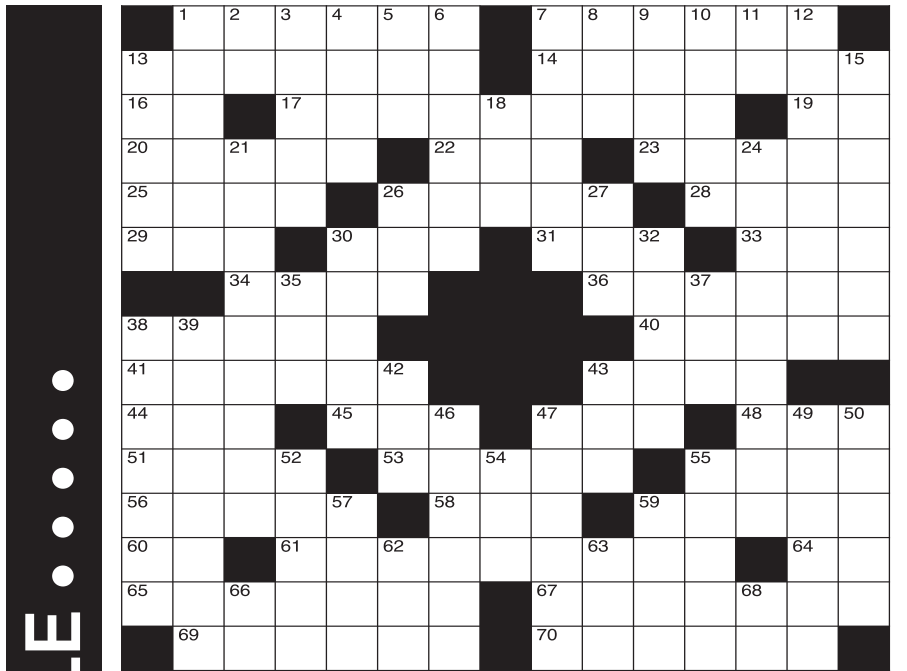
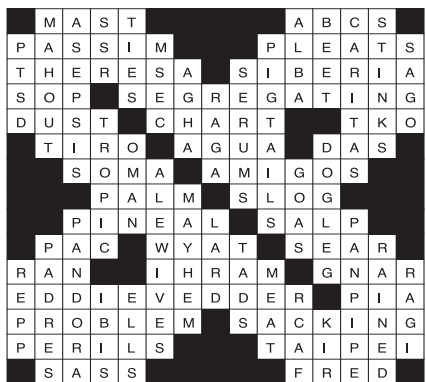
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LAST WEEK'S ANSWERS



.....CROSSWORD PUZZLE.....

CLUES ACROSS

- | | |
|------------------------------------|--|
| 1. Schoolhouse tool | 41. Removes from record |
| 7. Martens | 43. Partner to Mama |
| 13. Slags | 44. Mythological bird |
| 14. One who scrapes | 45. Dash |
| 16. Centiliter | 47. Hair product |
| 17. White wine | 48. Two-year-old sheep |
| 19. Of I | 51. Signs a deal |
| 20. Former Syracuse great Warrick | 53. Conifer |
| 22. Relating to the ear | 55. Autonomous republic in NW Russia |
| 23. Sandwich shops | 56. Wife of Muhammed |
| 25. Victories | 58. British Air Aces |
| 26. White (French) | 59. Ears or ear-like appendages |
| 28. Self-immolation by fire ritual | 60. Not caps |
| 29. Genus of parrots | 61. Deep-bodied sea dweller |
| 30. Unhappy | 64. Rural delivery |
| 31. Talk incessantly | 65. Feeling |
| 33. Type of Squad | 67. Study of relations of organisms to one another |
| 34. Unit of perceived loudness | 69. Room to argue |
| 36. Violent seizure of property | 70. Question |
| 38. Agave | |
| 40. Sound units | |

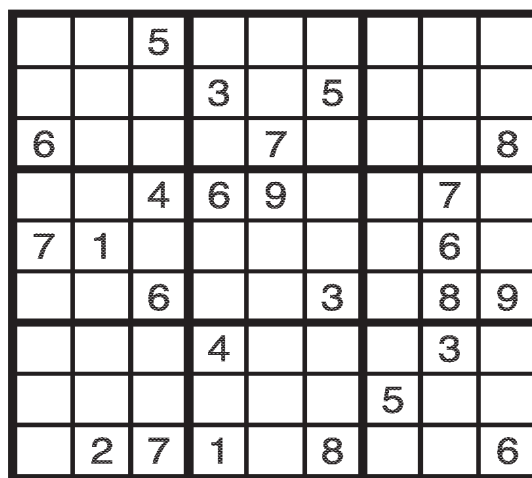
CLUES DOWN

- | | |
|--|---|
| 1. Cream puff | 32. Belonging to the bottom layer |
| 2. Road open | 35. Possesses |
| 3. Stressed syllable | 37. Soda |
| 4. Thailand's former name | 38. Programs |
| 5. Cologne | 39. In an unexpected way |
| 6. Recounted | 42. A bag-like structure in a plant or animal |
| 7. Garment of cloth | 43. For each |
| 8. Airborne (abbr.) | 46. Unbelief |
| 9. Reproduced | 47. Seized or impaled |
| 10. Emits coherent radiation | 49. Arrive on the scene |
| 11. "Westworld" actor Harris | 50. Especially happy |
| 12. Smallest interval in Western music | 52. Classic western film |
| 13. Unstressed central vowel | 54. Split pulses |
| 15. Lives in | 55. Frida __: Painter |
| 18. When you expect to get somewhere | 57. Start again |
| 21. Storage bags | 59. Employee stock ownership plan |
| 24. One who covers with plastic | 62. Young women's association |
| 26. Cast out | 63. Frozen water |
| 27. Automobile | 66. "The First State" |
| 30. Repaired shoe | 68. Computers need one |

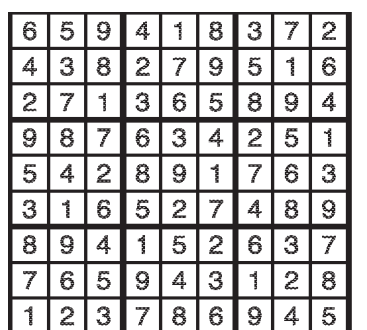
HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

SUDOKU



LAST WEEK'S ANSWERS





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BUSINESS SPOTLIGHT

Very exciting news for those who love motorcycles and are looking to explore the open road anytime, anyplace, and especially here in Maine. Knuckle Up Customs, a favorite local shop to take care of motorcycle body work and painting needs, audio systems, air ride and all aftermarket accessories, has a new location in Windham and is ready to perform all your Harley quality customization and specialty work.

Owned and operated by Anthony Scamman, Knuckle Up Customs has moved from its previous North Windham location to 608 Roosevelt Trail in Windham. The move has enabled Knuckle Up Customs to be able to offer a full range of services and to carry a complete line of parts including tires, gaskets and oil in stock.

“We offer an unforgettable experience and unbeatable value and have triple the amount of space we had at the old location,” Scamman said. “Knuckle Up Customs is a leading dealer, proudly serving the Windham area. Our goal is to help with all your Harley Davidson needs, from sale to service to parts. Since our doors first opened, complete customer satisfaction has been our top priority. Our experienced staff is committed to finding the right Harley Davidson products for you at the best possible prices.”

At Knuckle Up Customs, certified technicians are always on hand to take care of your service needs and have an



exceptional reputation for paint work and audio installations and repairs.

According to Scamman, the larger Knuckle Up shop now has the space to carry an extensive line of merchandise and apparel as well. That includes a wide variety of accessories and riding gear. He says that although Knuckle Up Customs specializes in Harley Davidsons they will paint almost any type of bike.

Scamman knows the ins and outs of motorcycles, having started his career in business by detailing bikes in 1991. Now with more than 33 years of experience in the field, he’s able to focus on providing quality products and exceptional service that customers deserve.

“We feature Harley stereo systems, air ride, body kits, parts and accesso-



Anthony Scamman, owner of Knuckle Up Customs, welcomes motorcycle lovers to check out his new shop at 608 Roosevelt Trail in Windham.

Available services at Knuckle Up include everything from body and paint to audio systems, air ride, detailing, aftermarket accessories, brake service, tire installations, oil and filter changes, bars and exhaust installations and custom builds. They also offer convenient pick-up and delivery services for motorcycles.

For Scamman the best aspects of his expanded business and new location are delivering quality products and providing outstanding service for new

and custom Harley builds,” he said. “We are a certified shop for SystemX Ceramic Coatings and complete bike detailing. Whether you are a veteran rider or are planning your first adventure, we welcome you to experience everything

Available services at Knuckle Up include everything from body and paint to audio systems, air ride, detailing, aftermarket accessories, brake service, tire installations, oil and filter changes, bars and exhaust installations and custom builds. They also offer convenient pick-up and delivery services for motorcycles.

For Scamman the best aspects of his expanded business and new location are delivering quality products and providing outstanding service for new

and returning customers.

“I love making someone’s bike a part of them,” he said. “It’s very gratifying to customize it and in doing that, it really becomes a part of who they are.”

He says that the most challenging part of his work is all the constant research that must be done to stay current and up to date with all the latest products and popular accessories ready to hit the market.

But above everything else, Scamman said that listening to people is the most important key to his longevity in the business world.

“The key to lasting success for our business is listening to our customers and what they say they want,” he said. “If you do that and make sure that everyone is happy with the finished product, you can be successful.”

By moving and expanding the Knuckle Up Customs shop, Scamman says he is dispelling the notion that his business is basically just a service shop.

“We focus on products and services that other people do not do, such as music systems and paint work and we encourage everyone to stop in and see what we have to offer,” he said.

Knuckle Up Customs is located at 608 Roosevelt Trail in Windham. To learn more about their custom Harley work and services, call 207-232-5533. Visit their Facebook and social media pages under Knuckle Up Customs. <

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→ BEAR Cont. from page 13

at the second rung of the barrel. One shot just behind his left shoulder at 25 feet. It made it to my stand and dropped. A clean, quick death is what a hunter wants, and I'm no exception. I made a perfect heart-lung shot.

By the time we field dressed the bear, got it loaded into the truck and headed home, the closest tagging station was closed. Bear needs to be tended to immediately to prevent spoilage. Unlike a deer, you don't hang it outside, ever, unless you're caping it. Luckily, it was a cooler day so that helped cool the bear until we got home. Overnight, the bear was stored in our cooler that we built a room insulated to be a refrigerator of sorts, so that the meat won't spoil. The following morning, I took it

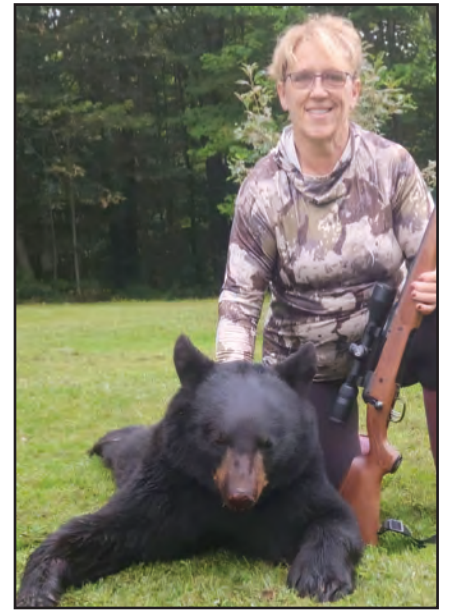
to my local tagging station and paid \$5 to tag my bear.

I was happy to use my vacation day to process my bear. I first hung it and caped the fur. All the meat was put into a cooler and was later taken to a butcher who makes bacon and sausage. I saved all the fat from it and it's now in the freezer waiting to be rendered into lard that I will use to make lotion and lip balm. I have a steady line of customers who rave about how wonderful the lotion and lip balm are to use.

I prepped the hide using a fleshing knife to remove anything left over from the bear so that only the hide remained. I then laid it out so that I could salt the hide to cure it and dry it. My plans are to send it out for tanning and then I'll make some pillows and mittens with the fur. I saved a few claws to make

some jewelry, and the remainder of the bear was placed back in the woods for coyote and any other carrion eating animal. The following day, we checked, and it was gone. I'm ready for some baked beans with my bear bacon!

Columnist Staci Warren provides a unique woman's perspective and column on the outdoors every month. She is a freelance writer whose blog, My Mainly Girl Adventures, is about a woman hunting, fishing, trapping, foraging and living in the Maine outdoors. She's an active member and board member of the New England Outdoor Writers Association and is a monthly columnist and feature writer for The Maine Sportsman Magazine. In her free time, she enjoys mentoring women hunters and trappers. Visit mymainly-girladventures.com <



Staci Warren with her 2024 bear. SUBMITTED PHOTO

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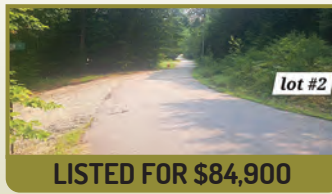


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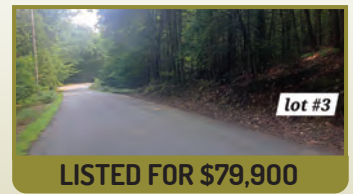
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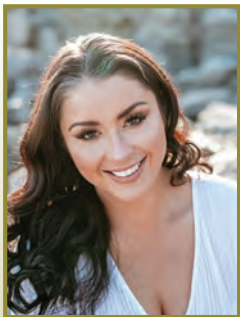
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