

Windham captures second straight Maine state boys' basketball title

By Matt Pascarella

STAFF WRITER

Windham boys' basketball faced off against South Portland for the second time this season during the AA state Championship on Saturday, March 1 at the Cross Insurance Arena in Portland and this time the Eagles prevailed to win a second straight state basketball championship.

South Portland had led most of the game but late in the fourth quarter Windham turned things around and showed a packed house who was hungrier. The Eagles took the lead and at the buzzer had captured another Class AA state title, 55-52.

"It would have meant a lot (to my dad)," said junior AJ Moody. "I know he's proud and he was on the court helping me taking charge. I would never take charge, and he would practice and get close, and I felt that here today. Energy, adversity, staying composed, and leaning on each other led to the win. We could tell we had the chemistry flowing through us and we knew we were going to win this game."

Windham senior Conor Janvrin opened the game with a three-pointer. Windham offense rebounded and junior Tyrie James forced a turnover he then took to the hoop.

"I think it honestly says something about the program," said assistant coach Geoff Grigsby, about winning



The Windham varsity boys' basketball team celebrates after winning a second straight Class AA Boys' State Basketball Championship on Saturday, March 1 at the Cross Insurance Arena in Portland. PHOTO BY MATT PASCARELLA

two consecutive state championships. "We lose seven seniors from last year's team and three starters. Key guys come off the bench and we're just as talented, if not maybe a little more talented at least from an offensive standpoint and showed we could be mentally tough as well. Tyrie getting hurt and us losing three games in a row, and having to figure things out, really helped this team ... get motivated. The one team we lose to at full strength we end up playing in the championship game. It was such a mirror image to last year's run, but

it was such a different team and such different dynamics at play. It makes it so much sweeter at the end."

Creighty Dickson of Windham said he was humbled to win another state championship.

"It feels amazing, obviously, to come out on top as a senior and for all the senior guys - we just work for it all year," said Dickson, who scored 16 points and surpassed 500 career rebounds. "We were willing to fight throughout the whole game. Adversity hits sometimes and we just kept playing through. We communicated

really well, we worked hard on defense, and we did what we needed to do which was stop Manny (Hidalgo). Last year we were the underdogs and this year we were the team getting hunted every game. We're the best team. I'll remember all the practices, all the work we put in in the off-season, always coming together and going out to eat together. Our community is just the best community in the state - it gives us energy and something to play for."

South Portland led 34-31 at the
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MDOT prepares for Great Falls Bridges Project

By Ed Pierce

STAFF WRITER

After a meeting in Windham in February about the upcoming Great Falls Bridges work and receiving public comments about the project, the Maine Department of Transportation is preparing to launch wearing surface replacement work for the bridge starting later this spring.

The project was first unveiled on MDOT's list of road and bridge projects in its annual Three-Year Plan in January 2023.

According to MaineDOT Commissioner Bruce A. Van Note, the state's Three-Year Plan is the primary way the department delivers on its mission to support economic opportunity and quality of life by responsibly providing residents with the safest and most reliable transportation system possible, given available resources.

Van Note said that the preliminary scope of work for this bridges project consists of replacing the wearing surfaces on the Great Falls Bridges. The east and west bridges span the Presumpscot River between North Gorham and Dundee Ponds.

The replacement of the wearing surfaces will preserve the longevity of



The Maine Department of Transportation will be reducing traffic to one lane crossing the Great Falls Bridges connecting Windham and Gorham for wearing surface replacement work later this spring. PHOTO BY ED PIERCE

the bridges' existing deck and superstructure, Van Note said.

According to an MDOT study, the average daily traffic crossing the Great Falls Bridges between Windham and Gorham is 1,910 vehicles per day with about 8 percent of that traffic consisting of heavy trucks.

The reason MDOT cites for the project is to improve the condition of the existing structure while preserving the existing deck and super-

structure longevity of the bridges. The project intends to minimize impacts to the traveling public and minimize impacts to adjacent properties and utilities during the project and implement a cost-effective solution to fixing the bridge's wearing problem.

Maintenance of traffic during construction will be achieved either by using a closure and detour or by using staged construction.

The closure and detour alterna-

tives would require all traffic to detour around the site on by using an alternate route.

Van Note said that the staged construction alternative would have one-half of the bridge under construction at a time, while a single lane of alternating one-way traffic would use the other half of the bridge.

"Transportation will always be a big job in Maine. Our state is almost the size of all five other New England states combined, yet our small population, about 1.41 million people, is about the same as that of New Hampshire, making us the least densely populated state east of the Mississippi River," Van Note said. "Maine's natural features and weather, while varied and beautiful, present additional challenges from an infrastructure perspective. To connect us all, Maine has an extensive, statewide, multimodal transportation system. That system includes 8,800 miles of state highways, 2,800 bridges and minor
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INSIGHT

Two weeks on death's doorstep

It began innocently enough with a cough as we approached mid-February and ended up being two of the worst weeks of my life from a health perspective.

Back around Thanksgiving last fall, I was suffering from some sort of viral infection that persisted for days and was eventually conquered by my doctor prescribing an effective five-day antibiotic treatment. I felt good afterward and got through Christmas and New Year's and on into January without further illness.

But around Feb. 10, I started to develop a cough and treated it with cough syrup and taking a Nyquil pill at bedtime. Within three or four days I seemed better and was on the mend when I had my annual physical with my doctor on Valentine's Day.

He listened with a stethoscope to my lungs and said whatever I had been experiencing earlier that week had cleared up because he couldn't hear anything in there. That evening my wife and I went out to a restaurant for a meal and the following day we attended a funeral at a local church for a friend who had passed away. I noticed that I had the sniffles at the church, but they didn't seem excessive or anything out of the ordinary.

The next morning, Sunday, Feb. 16, it began to snow heavily, and both my wife and I worked outside clearing the driveway of ice and snow. I was using my snowblower and the snow was so fine as it scattered around, I could barely see a few feet in front of my face.

Then it began to rain lightly, and the moisture appeared to be frozen before it reached the ground. My coat, hat and gloves were soaked, but I had cleared the driveway of the snow.

My wife and I decided to return indoors but before we did that, as I was putting away the snowblower in the garage, I felt this weird type of chill travel from one end of my body to the other. When that has happened to me before, it's a signal that I'm coming down with something.

By later that evening, I was in poor shape. My nose was running like a raging river, I had an uncontrollable cough and was experiencing a terrible headache. I took an extra Nyquil pill to try and regain some control of my health while I slept that night, but it didn't work.

When I woke up on Monday, Feb. 17, I was sicker than a dog. I was still coughing, my nose was still running, and the headache was still there. But two new symptoms suddenly appeared. The first one was severe diarrhea and the second was that I could now hear the fluid building up in both of my lungs.

The pronounced wheezing was troublesome because it occurred every time that I took a breath in and then exhaled. It sounded like hitting a low note on an accordion or a moose in distress and was deeply concerning.

During all this time it was difficult to sleep through the night. I would doze off at some point but then wake myself up with a loud wheeze. I recall waking myself up one evening at 1, 2, 3 and 4 a.m. with my wheezing.

After realizing that my over-the-counter cold medicine wasn't helping me, I called the doctor on Tuesday, Feb. 18. He was booked solid for the rest of the week, so my healthcare provider asked if I would be willing to see another doctor in the practice who had an appointment available that Thursday.

I agreed to make an appointment to see her. She examined me and after listening to my lungs with her stethoscope, she diagnosed me with Community Acquired Pneumonia. That means someone at one of the places I visited, either the restaurant or the funeral at the church, had been suffering from pneumonia and then spread it to me.

She prescribed a five-day course of antibiotics, the exact same medication that I had been prescribed over Thanksgiving, and she told me that if my pneumonia didn't clear up by the end of the antibiotic treatment, she would prescribe another medication.

Throughout this entire ordeal, my wife wouldn't let me go outdoors to work on the driveway when it snowed several times again and I wasn't even allowed to take the dog outside. I felt absolutely useless.

By Day Five of the antibiotic treatment, my runny nose had stopped, my headache had subsided, and my diarrhea had gone away. But I was still coughing a great deal, and I could still hear pronounced wheezing coming from my lungs.

My doctor then prescribed a treatment for the next five days of taking two prednisone pills daily. Those were aimed at clearing my lungs of the fluid and by the time that medication was finished, I felt better and began to think that I was on the road to recovery.

In looking back at the last two weeks of February, some irrefutable facts are hard to overlook. When you're old, it's hard to ward off sickness, no matter how healthy you are. And you can't fully appreciate good health until you become sick. < ~ Ed Pierce

Today in
HISTORY



MARCH 7

1774 – The British close the port of Boston to all commerce.

1850 – U.S. Senator Daniel Webster of Massachusetts endorses the Compromise of 1850 as a method of preserving the Union.

1876 – Alexander Graham Bell obtains a patent for the telephone.

1912 – Norwegian explorer Roald Amundsen is the first man to reach the South Pole and does it just 34 days before British explorer Robert Falcon Scott.

1933 – The board game Monopoly is invented.

1935 – Malcolm Campbell sets an automobile speed record of 276.8 mph at Daytona Beach.

1955 – "Peter Pan" starring Mary Martin is presented as a television special for the first time on NBC Television.

1959 – Melvin C. Garlow becomes the first pilot to fly over a million miles in jet airplanes.

1962 – The Beatles appear on radio for the first time playing three songs on a BBC program.

ON THE SPOT

What's the most unusual food you've ever tried and liked?

"Kangaroo when I was in Australia." – Stephen Signor

"Coconut-crusted rattlesnake in Flagstaff. It was delicious." – Brian McCarthy

"Alligator bites. Really yummy!" – Julie Mallett

"Turtle stew in Louisiana." – Debby Libby

"Octopus. Much better than I anticipated." – Cherie Segal

"Cow tongue." – Chris Twomey

"Sweetbreads which was delicious in a lemon-butter sauce." – Rob Juergens

"Rattlesnake." – William Reiner

"Frog legs... tastes like chicken." – Samantha Frank

"Chicken heart." – Randy Pratt

"Tripe with my grandmother, but I wouldn't eat it today though." – Cheryl L. Page

"Deep-fried sauerkraut balls from Indiana." – Dean Smalley

"Fried cow brains and a tarantula pasta." – Mitchell Robinson

"Haggis when we were on vacation in Scotland. It's sheep's liver, heart and lungs mixed with onions and spices. I'd never do that again." – Lois Fuller

"I once tried shark-fin soup while on vacation in Hawaii and it was pretty good." – Shelley L. Simpkins

"Escamol from Mexico. It's a type of insect caviar." – Oscar F. Kellner

"My aunt in Pennsylvania took me out to breakfast and we ordered Scrapple. Afterward I found out what it was made from." – Mia Potenzio-Ransey

"Escargot." – Richard Heaney

"I was nervous about eating armadillo in Texas but it was very tasty." – Isabella Mongon

"Reindeer meat and canned herring." – Deirdre Schulte

"Balut. (Duck Embryo). Had it when I was going to summer camp in Canada when I was young." – Jude Orestes-Sanchez

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Windham creates welcome packet for new residents

By Kaysa Jalbert
STAFF WRITER

Moving into a new town can be stressful due to having to file paperwork and scout for resources. You may create a checklist of all the things you have to do with the little information you have gathered in the first few days in a new town.

Now when moving to Windham you will be greeted with a newly designed New Resident Guide welcome packet that includes this new resident to-do list and numbers and addresses for the local necessary resources so you can save time searching and focus on unpacking.

The New Resident Guide has been re-designed to be more congruent with the color pallet and logos of Windham as part of the towns recent efforts to redesign wayfinding signs, logos on websites and signs, color pallets on sites and signs, and overall working to create a more uniform look of the town.

Currently, the welcome packet is handed out to new residents at the town hall when one goes to submit a

change of address, register a car, or whatever it may be that flags you as a new member of the town.

“It’s nice to have some information when you first move into a town, like who to contact and social services, knowing how to participate in parks and rec, and just overall having good access to the first things you want to know when you move into a town,” says Roger Cropley, Communication Director for the Town of Windham. “It makes life a little easier.”

According to Cropley, the guide has been around for several decades, but it has remained a simple packet of some photocopied papers with a general checklist. He has worked on updating the guide for a couple months now and is working on its final touches.

The front page of the packet includes a paragraph that welcomes new residents to the community



and a short summary of the contents of the packet. Additionally, every page includes the address, phone number and website for the Town of Windham on the right-hand side.

The new resident checklist includes what to do in the first 10 days that includes registering children for school, filing a change of address, licenses any dogs and pick up trash and recycle carts at Windham Public Works.

This list is followed by another list of what to do in the first 30 days. This includes registering to vote, changing driver’s license addresses, updating car registration, and visiting the Windham Public Library.

Under each task is an address of where to go and a short explanation of what to bring. Further in the packet, there is also a full phone directory that includes the service, the phone number, and a short list of how that

service can help you.

For example, by calling the Tax Collection number, you can sort through tax payments, make auto registrations, or call about passports. In short, it’s made simple to know who to call about what.

In addition, the guide ends with an explanation on curbside trash and recycling container placement, with general do’s, don’ts, such as don’t leave them lying down on the ground, and information on what to do with carts in the winter.

This also has a recycling guide with images and descriptions on what can be recycled and what cannot.

Also included in the guide is information on all the parks in Windham with descriptions of what activities can be done, and in-depth information on the East Windham Conservation Area.

Cropley says the town is currently working on redesigning the town’s website and once that’s done, they will make the New Resident Guide accessible online. <

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Historical Society presents 'Why is Sebago Lake so deep?'

By Masha Yurkevich

STAFF WRITER

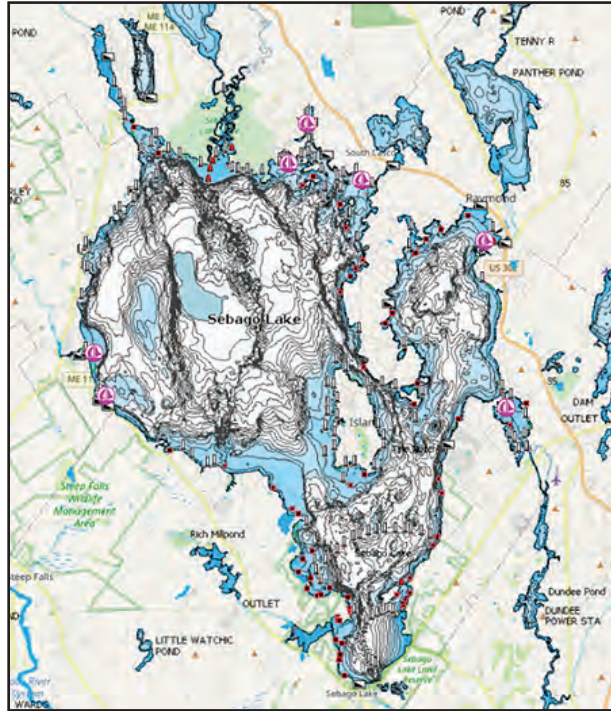
On Monday March 3, the Windham Historical Society presented its first program of the 2025 season, 'Why is Sebago Lake so deep?' led by Don Wescott of the Presumpscot Regional Land Trust and Irwin Novak, professor emeritus of Geology of the University of Southern Maine.

The presentation consisted of a review of the geology of Sebago Lake as well as the geology of the Presumpscot River. Presenters said that the roots of the word "Sebago" come from the Abenaki people meaning, "great waters."

Sebago Lake is the drinking source for Portland Water District, stretches over 14 miles, and covers 45 square miles. It stands at 270 feet above sea level, has a volume of 995 billion gallons, and has the deepest point at 316 feet, making it the deepest lake in Maine and perhaps New England, with the exception of Lake Champlain.

According to the presenters, the current Sebago Lake originally formed at the edge of the continental ice sheet over 14,000 years ago. During the later stages of glaciation, ice melted from the highland areas and a great ice block filled the lake basin.

They say that as the ice melted, water and ice filled a basin that had been scoured out by a combination of glacial ice and stream erosion. Post-glacial streams formed and shaped the surrounding landscape. Moving ice



Sebago Lake and the Presumpscot River are very important to the state of Maine and the Lakes Region community, providing clean drinking water and aquatic life. COURTESY PHOTO

and meltwater steams deposited massive amounts of sand and gravel at the southern end of the lake northeast of Sebago Lake Village forming an end moraine and delta complex. This end moraine and delta complex acted as a dam causing a large lake to form behind it.

Unable to flow in its old path to the south, a new lake outlet formed over bedrock outcrops at the east side of the lake, near Whites Bridge.

The presentation examined con-

struction of the Eel Weir Dam beginning in 1820, just below Whites Bridge, which raised the water level in Sebago Lake about 12 feet to its present full pond level of 270 feet.

The rocks that are visible now were originally deeply buried and long periods of erosion exposed the deepest rocks.

The Presumpscot River plays a big role in Sebago Lake, being the main outlet of the lake, draining its water into Casco Bay. During the last ice age, glaciers depressed the land surface below sea level and when the glaciers melted, sea water flooded the coast.

Meltwater from the glaciers carried silt and clay to the seafloor and the weight of the ice sheet caused the crust of the earth to curve, the presenters said. As the ice melted, the crust did not immediately rebound, allowing the sea to flood inland.

The melting of the last Ice Age carved out the river valley and deposited glacial sediment, what we know today as the "Presumpscot Formation," along its path. This sediment was largely composed of fine

particles like clay and silt carried by glacial meltwater and deposited as the ice retreated, creating the river's current course through the landscape that was previously depressed by the weight of the glacier.

Today, Sebago Lake and the Presumpscot River are very important to the state and particularly our community. Sebago Lake provides water to about 16 percent of Maine with exceptionally clean water that requires minimal filtration, and the Presumpscot River acts as the main freshwater input to Casco Bay, supporting both aquatic life and recreational activities in the region.

While this information might not have a direct effect on us today, both Wescott and Novak shared that it is nice to know the information and history of where you live.

"Some may be interested in where our rocks came from and how Sebago Lake formed," said Novak.

If you are someone with an interest in history, these facts and information might leave you with a different point of view next time you visit Sebago Lake, Wescott said.

"Next time you go to Sebago Lake station, it is likely that you will think and wonder what was happening here 15,000 years ago," said Wescott.

For more details about upcoming Windham Historical Society presentations, visit www.windhamhistorical.org/programs. You can also find the information contained on its Facebook page. <

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→ **CHAMPS** *Cont. from page 1*

half. But in the second half, Windham wasn't far off from the heels of South Portland and a foul shot from Dickson tied the game at 47-47.

As the clock ticked away Windham tied the game at 52-52. James then made two crucial free throws to give Windham an edge.

"At the Edward Little game I missed four free throws," James said. "In practice I started taking them more seriously, working on my breath; I had the coaches help me with that. Last year we started off strong and then Gorham came back, this year I felt like we were behind and kept moving the ball ... we just kept going. The only difference (between last year's team and this year's) is people are stepping into different roles. The week leading up we each had to focus, and I feel like we did that. I feel like in the second half, we boxed out more and got more rebounds ... we started to understand where they were getting their points, and we started to stop that from happening."

For senior Braycen Freese, this season was extra special because last year he primarily played on the WHS junior varsity. This year, he earned a spot with the varsity guys. He stepped up as a leader to help the team win more. He said he'll remember winning this last game with his best friends.

"I'm just super happy for our kids," said Windham coach Chad Pulkkinen. There's so much pressure on these guys and they so badly wanted to win it all for Pat. As a longtime resident of Windham, I'm just really proud of the young men ... we get to coach every



(Clockwise from top left) Windham junior AJ Moody won't be held back as he bolts by a defender at the Cross Insurance Arena in Portland on Saturday, March 1 in the AA State Championship. Senior Creighty Dickson gets ready to pass the ball. Senior Joseph Blige tips the ball. Senior Braycen Freese going in for the shot. PHOTOS BY MATT PASCARELLA Junior Tyrie James goes up for the shot. PHOTO BY SGIRARD PHOTOGRAPHY

day. South Portland ... didn't want to go away ... we knew they weren't just going to lay down for us - we wanted it the hard way, the guys enjoy

those challenges and was just a testament to what this group is capable of. These guys had to answer the bell every night ... and that's really hard to

do as a teenager and really hard to do when the target is on your back. It was a collective effort, and we take a lot of pride in that." <

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Tim Nangle: My bills to increase transparency and protect consumer rights

► **By Senator Tim Nangle**
SPECIAL TO THE WINDHAM EAGLE



— Sen. Tim Nangle

As your state senator, one of my top priorities is ensuring Maine consumers are treated fairly and transparently in the marketplace. Too often, people are caught off guard by hidden fees, unfair policies and unexpected financial hits.

That's why I'm introducing several consumer-protection bills this session to tackle deceptive pricing, simplify subscription cancellations and bring fairness to how parking violations are issued. At their core, these bills are about keeping more money in your pocket and preventing corporations from taking advantage of Mainers.

If you've ever bought a ticket to a concert or booked a hotel room, you've probably experienced the frustration of hidden fees. The initial price you see rarely matches what you actually pay.

Service charges, resort fees and convenience fees can quickly inflate costs, turning what seemed like a good deal into a much more expensive purchase.

My bill would require businesses to disclose the full price upfront – including all mandatory fees – whenever they advertise prices. This would prevent deceptive pricing tactics from misleading you and help maintain fair competition in the marketplace. When you

buy something, you deserve to know exactly what it will cost – no surprises, no gimmicks.

Just like hidden fees, subscription traps are another way companies make it easy to start paying them, but hard to make it stop. Many of us have signed up for a free trial or subscription only to find that canceling is a confusing, frustrating process. Some businesses make it so complicated that people give up, continuing to pay for services they no longer want or need.

That's why I've introduced a bill to simplify subscription cancellations by requiring companies to offer a clear, easy way to cancel online – just like they do when you sign up. If you don't have to mail in a letter or go to a physical office to subscribe for a service, you shouldn't have to jump through those hoops to cancel.

These bills are about making sure Mainers aren't losing money due to deceptive practices. This includes parking violations. I've heard from constituents in my district who were blindsided by tickets they didn't even know they had – some of them only finding out when the fine was sent to collections. That's not right.


My bill would require that drivers be notified of parking violations at the time of the offense, eliminating delayed notifications that arrive weeks later with additional penalties. It also prevents parking fines from being reported to credit agencies, protecting Main-

ers from long-term financial harm.


These are common-sense protections that put consumers first. Whether it's making pricing more transparent, ensuring subscriptions are easy to cancel or stopping predatory parking fines, these bills are about fairness. If you want to make your voice heard,

learn how you can submit testimony by going to mainesenate.org/testify.

Contact me at Timothy.Nangle@legislature.maine.gov or call 207-287-1515. For the latest updates, follow me on Facebook at facebook.com/SenatorTimNangle, and sign up for my e-newsletter at mainesenate.org. <



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Grade: 2 **School:** Windham Primary School
Teacher: Mrs. Miller and Miss Poirier
Favorite subject(s) in school: Math
Parents' names: Taylor and Katherine
Reason for selection: Greyson works hard to demonstrate a growth mindset and second-grade problem-solving skills. He is helpful and supportive of his peers. He follows the rule of "Be safe" at Windham Primary School and reminds others to be safe. We love having Greyson as part of our classroom community. Greyson loves Math when it involves addition because it is easier than subtraction.


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Pre-K Lottery Registration



2025-2026




Kindergarten Registration



Pre-K Program Eligibility Criteria

- Students must be 4 years old by October 15 and are not of kindergarten age
- Submission of a completed *Pre-K Lottery Application Form* ([see rsu14.org for link](http://rsu14.org))
- Lottery Application Form must be completed and submitted online by **April 1, 2025**
- In-person screening times for the week of June 16, 2025 will be scheduled with individual families in advance

A February 1, 2025 Pre-K Lottery Opens

B April 1, 2025: Pre-K Lottery Application Due

C April 11, 2025: Pre-K Admittance Notification

D Pre-K Screening by Appointment in June

Kindergarten Program Eligibility Criteria

- Students must be 5 years old by October 15
- Submission of a completed *Kindergarten Online Registration* ([see rsu14.org for link](http://rsu14.org)) by **May 1, 2025**
- In-person screening times in May will be scheduled with individual families in advance

A February 1, 2025: Kindergarten Registration Opens

B May 1, 2025: Kindergarten Registration Due

C Kindergarten Screening by Appointment in May

Questions? Call 207-892-1800 or email: cbertinet@rsu14.org

Program forms & info available at: rsu14.org

Teacher empowers students to shape their own learning

By Lorraine Glowczak

STAFF WRITER

Students thrive in classrooms where learning is fun, engaging, and meaningful. At Jordan-Small Middle School (JSMS), teachers strive to create that environment every day, and one standout educator, Jennifer Beaulieu who is the Industrial Tech Teacher, is making a lasting impact.

Beaulieu embraces 21st-century learning by tapping into students' natural curiosity and passions. She believes that when students take the lead in their own learning, they become more engaged and invested in the process.

"I have a lot of students who are eager for fun and exciting experiences," Beaulieu said. "They crave hands-on learning, and their enthusiasm makes it easy to provide opportunities that go beyond the classroom."

To meet students' requests, Beaulieu goes above and beyond her role as an Industrial Tech Teacher by leading activities like Spirit Club, Shop Club, and the school newsletter.

"The best part is that students are having fun while learning," Beaulieu

said. "The clubs and newsletter are built around clear learning outcomes that align with 21st-century skills. Students collaborate, create, and take pride in producing meaningful skills that will serve them well in the real world."

Beaulieu ensures that students don't just learn – they thrive. For example, the School Spirit Club has not only designed new merchandise for JSMS students and staff but also taken initiative in fundraising for a laser engraver to produce their products. Through teamwork and innovation, they are bringing school spirit to life while honing valuable real-world skills.

Kaleb Fitch, an eighth grader at



To meet students' requests, Jennifer Beaulieu goes above and beyond her role as an Industrial Tech Teacher at Jordan-Small Middle School by leading activities like Spirit Club, Shop Club, and the school newsletter, all of which are student initiatives. PHOTO BY LORRAINE GLOWCZAK

JSMS who helped to develop a new updated JSMS logo, decided to join because it looked like everyone was

having a great time.

"I just saw all the cool things they were making and how much fun everyone was having, so I wanted to join," he said. "Learning how to use all the tools and deciding who is going to use which ones has been another fun part. This experience has made school more fun, and it is cool to see students wearing the school merch that we made. Seeing people happy and wearing their school swag."

The Shop Club also provides learning opportunities, including the chance to give back to the community. Evelyn St. Cyr, a JSMS sixth grader, is thrilled to be part of this organization because of her passion for creativity and art.

"I wanted to be in a shop club because I like making stuff and anything artistic," she said. "I like making stuff and I thought it would be a good way to do that."

Right now, the club is building a bench for students to use while waiting for the bus.

"The hard part so far has been figuring out what type of look we wanted
→ see TEACHER Page 9

A.T. Hutchins Funeral & Cremation Services

Izzy (Isabell Sharon Cathcart) Booth



Izzy Booth passed away peacefully at home in Windham on March 3, 2025, surrounded by her loving family. A proud Canadian and American, she was cherished by all who knew her. Izzy lived a vibrant life filled with love, laughter, and connection. She was 75 years old.

Izzy was born in 1949 in New Waterford, Nova Scotia. Despite the profound loss of her mother, Dollena "Dolly" Roberta Cathcart (MacLeod), to cancer when Izzy was only eight years old, she cherished every memory of her mother and spoke of her with enduring love. She was raised alongside

her cousin Phyllis and sister Annie Mae in nearby Donkin, Nova Scotia. After finishing school, Izzy began her career with Nova Scotia Tourism in Halifax, where she welcomed her first son, Josh, into the world. Following the end of her first marriage, Izzy made a courageous decision to apply for a transfer and relocate to Portland, Maine, embarking on a new chapter with her young son by her side.

Izzy continued to raise Josh while building a new life in a new country. In the early 1980s, her dear friend Lorraine Russo introduced her to Ronald "Ronnie" Booth, who would become the love of her life and her husband for more than 40 years. Together, they moved to Windham with Josh and soon expanded their family. Izzy and Ronnie welcomed three more children—Ted, Alexander, and Tabitha—in a remarkable span of just three years. How (or why) she managed to have so many children in such a short period of time remains a mystery that will forever bring a smile to those who knew her.

As if raising four children wasn't enough, Izzy embarked on a new career with the Windham School System, becoming a beloved librarian at Manchester School for over 25 years. It was at Manchester that Izzy formed dozens of lifelong friendships, including with her wonderful friend Kristin 'Kris' Grant, who was a pillar of support and care, helping Izzy transition from managed care to the comfort of her own home when she needed it most.

Generations of students fondly remember Mrs. Booth as both a mentor and a friend. Her annual book fairs were always a hit, often selling out—though they somehow never turned a profit. This was undoubtedly due to Izzy's unwavering commitment to ensuring every student left with the book they wanted or needed, regardless of cost. Her generosity and kindness left an indelible mark on the hearts of countless young readers.

Equally beloved were Izzy's yearly tea parties at the school, a tradition that brought joy to friends and staff alike. With carefully set tables,

delicious treats, and plenty of laughter, the tea parties became a much-anticipated event, creating cherished memories for all who attended. Izzy's warmth and attention to detail made every gathering feel special, and her ability to bring people together was a testament to her unbridled kindness.

After retiring, Izzy filled her days with travel, visiting friends, children, and grandchildren. She never missed a weekly happy hour with her friends and remained a devoted supporter of Windham sports. Despite the medical challenges she faced, Izzy could always be found cheering on the Windham Eagles, especially at the basketball courts dedicated to her dear friend Pat. Her enduring spirit and unwavering support made her a beloved presence in the community.

Izzy was also known for her exquisite and bold style. Whether she was heading to a school event, meeting friends, or simply running errands, she always dressed with effortless elegance. Even a simple trip to the grocery store was an occasion for her to look her best, a reflection of her vibrant personality and deep appreciation for beauty in all things. Her impeccable fashion sense, much like her kindness, left a lasting impression on everyone she met.

Izzy lived by a simple yet powerful motto: Kindness matters. But she didn't just say it—she embodied it. Through both the highest and lowest moments of her life, Izzy treated everyone with unwavering kindness. Her loyalty to her friends was extraordinary, and she often filled their mailboxes with beautiful calligraphy letters, each a testament to her thoughtfulness. Her compassion extended to animals as well, with a lifelong passion for cats and a gentle heart for all creatures.

Izzy's greatest joy was her family, and she dedicated her life to ensuring her four children had everything they could ever want or need. She made countless sacrifices so they would not have to, always putting their well-being first. This was especially true with her daughter, Tabitha, who held a uniquely special place in Izzy's heart. She found deep comfort in knowing that Tabitha would continue to thrive as an independent woman, a testament to Izzy's boundless love and support.

Izzy is survived by her devoted husband, Ronnie, of Windham; her son Josh and his partner Jenny of Napanee, Ontario (grandchildren Erin, Ella, Connor, and Cory); her son Ted and his wife Candice of Alexandria, Virginia (grandchild Eve); her son Alexander and his wife Danielle of Boulder, Colorado; her daughter Tabitha of Windham; her sister Ann Mackay of Halifax, Nova Scotia; her cousin Phyllis Hunter of Donkin, Nova Scotia; and her beloved one-eyed cat, Chance. She also leaves behind hundreds of cherished family members and friends across the United States and Canada.

Izzy's legacy of kindness, loyalty, and love will continue to inspire all who had the privilege of knowing her. The family will be planning a celebration of life for the spring and will share more information when available.

In lieu of flowers, donations in Izzy's name to Manchester School Library (<https://manchester.rsu14.org>), The Breast Cancer Research Foundation (www.bcrf.org), The Pat Moody Foundation (https://www.facebook.com/people/The-Pat-Moody-Foundation/61568488509029/?_rdr) or the Animal Refuge League of Greater Portland (<https://arlgp.org>) would be greatly appreciated.

To share memories of Izzy or to leave the family an online condolence, please visit www.athutchins.com

TEACHER *Cont. from page 8*

for the bench and what kind of wood we would use,” St. Cyr said. “I asked people if they wanted a bench to sit on in the foyer. Then I wrote a persuasive letter to the principal to see if it would be okay. I felt strongly that we needed a bench for the front of the school because there wasn’t anywhere to sit while we waited for the bus after school clubs. When it is all finished it will benefit so many students, and we will finally have a place to sit.”

The newsletter, The Roadrunner, goes beyond teaching writing and reading—it fosters student connections through interviews while also building skills in graphic design and research. The paper includes teacher highlights, fun facts, important dates and comics.

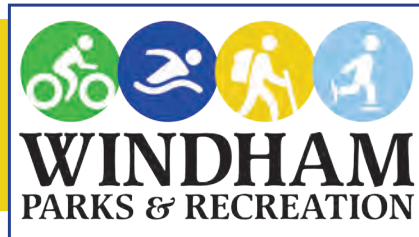
Beaulieu shared that while The Roadrunner has long been a part of JSMS, interest had declined over the years. However, with the upcoming school merger into Windham Raymond Middle School, enthusiasm for the newsletter has been reignited.

“Lucas Gasbarro, a fifth-grade student, approached me because he wanted to capture memories of his final years at JSMS,” she said. “I felt it was important to support him in preserving these moments before JSMS becomes part of history.”

Beaulieu said that Gasbarro and the rest of The Roadrunner team have been deeply committed to making the newsletter a success. Their creativity has brought fresh energy to the publication, including an updated design and logo.

Whether it is the school newspaper, the School Spirit Club, or the Shop Club, Jennifer Beaulieu goes beyond her role as an Industrial Tech teacher to support an environment where students feel empowered to initiate their own exploration, creation, and leadership. Importantly, her students are gaining real-world skills that extend far beyond the classroom.

By fostering collaboration, innovation, and a love for learning, Beaulieu isn’t just shaping her students’ futures, she’s empowering them to shape the world. <



Currently accepting applications for a number of seasonal positions for 2025.

SUMMER DAY CAMP:

- **Junior Counselors** (15-17 years of age)
- **Senior Counselors** (18 years of age and older)
- **Assistant Camp Director(s) and Camp Director(s)**

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Leadership position working with children in a structured setting indoors and outdoors. Responsibilities include planning, organizing and supervising activities for a positive camp experience.

WHAT TO EXPECT:

- Seven week program, Monday thru Friday
- 24-40 hours per week shifts depending on position
- Paid trainings weeks prior to start of camp
- Allow up to three unpaid days off
- Opportunity for advancement to senior & leadership positions

Deadline to apply: Thursday, April 3rd

DUNDEE PARK:

- **Park Supervisors** - The primary responsibilities are to coordinate park functions & supervise staff in the absence of the park manager.
- **Park Attendants** (15 years of age and older) – General grounds upkeep, trash collection, maintain a safe environment. Oversee the wellbeing of park visitors and report any issues that need to be addressed to the park managers.
- **Gate Attendants** (18 years of age and older) – Collect and record admissions and season pass fees, greet visitors upon entry, and provide accurate information about the park to visitors.

POSITIONS BEGIN MAY 24TH & END SEPTEMBER 1ST

WHAT TO EXPECT:

- Part-time and full-time shifts available.
- Paid training weeks prior to the park opening.
- Requires working on the weekend, weekday nights and holidays
- Allowed up to two full unpaid weekends off beyond regular working hours.
- Bonuses working holidays and remaining with us for the duration of the summer.
- Opportunity for advancement to leadership positions.

Deadline to apply: Thursday, April 3rd

SUMMER USATF YOUTH PROGRAM:

- **Assistant Track Coach(es)** (15 years of age and older) – Knowledge of skills, techniques & current trends pertaining to outdoor track & field required. Great opportunity to be a positive role model for youth in grades 1 – 8. Practices are Mon. & Wed. evenings. Meets held during the day on Thursdays at various high school locations in southern Maine; State Meet will be held on Saturday, August 9th.

(dates, practices & track meets subject to change depending)

8-WEEK DAY PROGRAM FROM JUNE 16TH-AUGUST 9TH

- 12-15 hours per week
- Paid training in the weeks prior to the start of the program.

Deadline to apply: Thursday, May 1st

SUMMER INTERNSHIPS

- **Facility Management** (18 years of age and older)
- **Recreation Programming** (18 years of age and older) – Paid position designed to broaden knowledge, understanding & skills in the facility management or recreation programming field. Provides opportunities for college students to apply educational concepts to real-world situations, improve skills & discover possible career paths.

Applications accepted until position is filled

Applications & full descriptions available at: WindhamRecreation.com

or at the Windham Parks and Recreation office, 8 School Road • Open Mon & Wed 7-5, Tues 7-6, Thurs 7-4

Please submit all completed applications to: jbhanken@windhammaine.us

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Oldies Dance Group gears up for Ronald McDonald benefit

By Ed Pierce

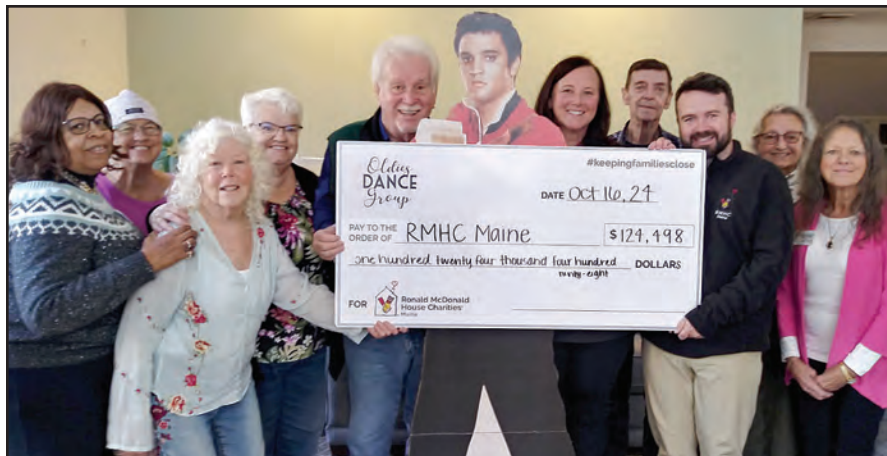
STAFF WRITER

Never let it be said that those who appreciate Rock n' Roll music could care less about others. As evidence of that, the Oldies Dance Group's Benefit Dance last fall set records once again in raising money for the Ronald McDonald House of Portland.

The dance raised \$8,750 to donate to the Ronald McDonald House and sold 356 tickets in just 10 days leading up to the event at the Eagle's Hall in Biddeford last October.

This was the 24th Rock n' Roll Oldies Benefit Dance and to date, the Oldies Dance Group has raised \$124,498 on behalf of the Ronald McDonald House, which provides comfort for the families of pediatric patients and supports programs that directly improve the health and well-being of children and enables family centered care to ensure that family members are fully supported and actively involved in their child's care.

"Our organizing committee is simply blown away by the generosity of those who attend our dances every year," said Bruce Martin, Oldies



Members of the Oldies Dance Group donate proceeds from last fall's dance to the Ronald McDonald House of Portland. From left are Debo-ra Berry; Gail Cole; Wendy Twitchell; Diane Dubois; Bruce Martin; Elvis Presley; Ronald McDonald House Chief Executive Officer Julie Mulkern; Ray Gagnon; Ian Tovell; Katherine Russo; and Janet Sparkowich. Not shown Oldies Dance Group members Roger and Bonnie Ouellette; Michelle Mondor; Connie O'Rourke; Ed and Nancy Pierce; Ernie Mills; and Helen Vadnais. SUBMITTED PHOTO

Dance Group organizer. "We have been doing this for 17 years and are so grateful to be the biggest community fundraiser for the Ronald McDonald House of Portland during that time. We cannot thank everyone who has attended the dances through the

years and to all of those individuals and businesses who have shown their commitment to assisting sick children and their families served by this wonderful facility."

Martin said many come out to the dances to listen to Rock n' Roll music, dance, socialize with their friends and a side benefit is that the dances support the fundraising mission of the Oldies Dance Group.

"We've said this for years and it's true. People love rock n' roll music and dancing," he said. "And the amount of money that we've raised demonstrates how much people in our

community value and care about their community and their neighbors." More than 71 businesses and individuals made donations for the October dance and Martin said it shows their commitment to the mission of Ronald McDonald House of Portland.

He said that the Oldies Dance Group also thanks Coach Kaitlyn Cadorette and a contingent of high school cheerleaders for their invaluable assistance in setting up tables and chairs ahead of last fall's dance.

Martin said that the Rock n' Roll Oldies Dances remain wildly popular because Rock n' Roll continues to connect generations of music fans and the dance playlist includes songs that everybody knows and loves from the 1950s through the 1980s and a few other popular tunes.

"We say that it's a great night out to have fun, listen to songs you know the words to by heart and at the same time you're doing something to support a great cause," Martin said. "We are always looking for committee members who want to help."

The next Rock n' Roll Oldies Benefit Dance will be the 25th dance hosted by the Oldies Dance Group and will be held from 7 p.m. to midnight Saturday, April 19 at the Eagle's Hall, 57 Birch St., Biddeford. Tickets are just \$10 and sell out quickly as seating is limited.

For further details, or to purchase tickets or to volunteer, please call Bruce Martin at 207-284-4692. <

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Windham in the '60s: Springtime at Field-Allen

► **By Max Millard**
SPECIAL TO THE WINDHAM EAGLE

During Easter vacation of 1963, as winter gave way to spring, the snow shrank to patches and became a rapidly flowing icy creek alongside Windham Center Road. It was a perfect scenario for the "dare" game we called "saved your life."

The rule was simple: Without warning, you pushed your friend toward a dangerous spot, then pulled him back at the last instant while shouting, "Saved your life!" I surprised Lloyd Bennett with the trick when he came to visit and grabbed him just in time to avoid disaster.

He responded by doing the same to me. But I somehow slipped his grasp and plunged into the ice-cold water. I ran screaming back home, chilled to the marrow.

That spring, Field-Allen Junior High held a competition to see who could sell the most magazine subscriptions. I was eager to win, so I asked Lloyd if he and I could sell together and list everything under my name. He agreed, and we set off on our bikes, covering every part of town that we could reach.

My friend Bob Clark, who lived on top of Windham Hill, saw us riding by and guessed our scheme. By the time we reached the bottom of the hill and rang the next doorbell, Bob had already called ahead and secured his neighbor's promise to buy from him instead. He emerged as the top salesman in the class, and earned three large prizes, while Lloyd and I settled



Mr. Sweatland gathers with eighth-grade students at Field Allen School in the spring of 1963. SUBMITTED PHOTO

for a cheap alarm clock.

But I admired Bob's pluck, and we remained friends, as we still are today. We sometimes pulled a caper in study hall when Mrs. Johnson was on duty.

She was hard of hearing and couldn't tell where voices were coming from. When she wasn't looking, Bob and I would take turns yelling "hey!" from different parts of the room. She would

look up with annoyance unable to identify the culprits.

All the girls at Field-Allen took home economics, while the boys took shop taught by Keith Richardson. We spent the class time working on our separate projects, such as a wrought iron plant potholder, an electric magnet fashioned from wire, and a pump lamp – a wooden lamp designed like a mechanical water pump, with a handle for the light switch. Some of the boys spent the whole year making that lamp and sanding it with the finest sandpaper until it was as smooth as a baby's cheek.

Only the older boys were allowed to use the electric saw and electric drill. To change the drill bit, one had to insert a "key," a piece of geared metal attached to a metal chain.

One afternoon when Mr. Richardson stepped out, a boy inserted the key and left it in, then turned the drill on. The key and chain spun around

→ see MILLARD Page 14

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Windham and Raymond announce local road postings

By Ed Pierce

STAFF WRITER

A total of 115 roads within the Town of Windham and 49 more in Raymond have been posted for frost heaves this season by the Windham and Raymond Public Works Departments.

The road restriction in Windham is for trucks weighing more than 23,000 pounds and is effective from March 3 until May 15, 2025. Trucks exceeding the 23,000-pound weight limit and not exempted by town ordinance must be cleared to travel over a posted road if conditions continue to warrant such actions.

Frost heave damage to roadways is caused by an upward movement of pavement resulting from the expansion of trapped water beneath the

roadway surface. Considerable frost heaves can produce permanent damage to roads and crack pavement surfaces with differing levels of severity.

Pavement distress attributed to frost heaves can impact road surface quality and are unpredictable and costly for towns and municipalities to repair.

According to the Maine Department of Transportation, as spring temperatures warm and the ground thaws, the soil situated beneath roadway pavement becomes saturated with water, making it unstable and leaving many roads unable to support heavy loads and putting them at risk for damage.

Typically, a road that can easily handle a 15-ton weight truck in summer or winter months may only be

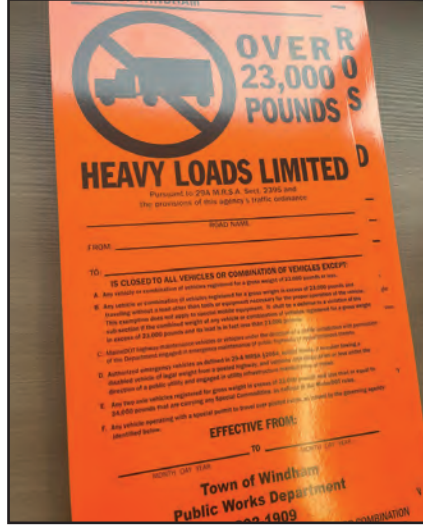
able to handle a 5-ton load during spring thawing.

MDOT says a posted road's maximum weight limit is 23,000 pounds and it's a temporary measure that's designed to protect roads in vulnerable conditions.

The costs of repairing or rebuilding a road damaged by frost heaves can be substantial, running as much as into the tens of thousands of dollars per mile in some cases.

When the ground begins to thaw and materials beneath roadway surfaces are saturated with moisture, then travel over these roads by heavy vehicles exceeding 23,000 pounds also can cause cracking, potholes, and rutting to road surfaces.

Raymond Public Works Director Nathan White said the restrictions for roads in Raymond will start on March 11 and will run through May 1.



The towns of Windham and Raymond are in the process of posting area roads for heavy loads help avoid frost heave damage. SUBMITTED PHOTO

According to White, frost heave restrictions for major roadways in Raymond cannot be applied.

"Routes 85, 121, 302 and the Egypt Road will be exempt from this closure because they are State maintained roads," White said.

Windham Public Works says that the posted roads in Windham may have restrictions lifted earlier than May 1 should weather conditions

warrant. The purpose of imposing weight restrictions on heavy trucks traveling on roads susceptible to frost heaving reduces the possibility of cracked road and pavement surfacing that leads to the formation of potholes and weakened asphalt.

See complete list of posted roads in the ad on this page for Raymond and on page 13 for Windham. <

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PUBLIC NOTICE
 Town of Raymond
ROAD POSTINGS

This is to notify you that Raymond will be closing its roads to vehicles weighing in excess of 23,000 pounds on **Tuesday, March 11, 2025 until May 1, 2025.** Routes 85, 121, 302 and the Egypt Road will be exempt from this closure because they are State maintained roads.
 29-A M.R.S.A. § 2395

- Ball Drive
- Brown Road
- Canal Road
- Cape Road
- Caton Road
- Chapel Street
- Conesca Road
- County Road
- Crockett Road
- David Plummer Road
- Deep Cove Road
- Dolimount Road
- Dyer Road
- Elizabeth Avenue
- Frye Road
- Gay Street
- Giselle Avenue
- Gore Road
- Harmon Road
- Ledge Hill Road
- Lloyds Lane
- Lyn Court
- Mailman Road
- Main Street
- Martin Heights
- McDermott Road
- Mill Street
- Mountain Road
- North Raymond Road
- Panther Pond Pines
- Patricia Avenue
- Peterson Road
- Pine Lane
- Pipeline Road
- Plains Road
- Pond Road
- Presidential View
- Raymond Hill Road
- Ridge Road
- Salmon Run
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- Spiller Hill Road
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Nathan White, Public Works Director

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Hawthorne's House launches "Buy a Brick, Build a Kitchen" fundraising campaign

Nathaniel Hawthorne's Boyhood Home in Raymond at 40 Hawthorne Road, which now serves as a beloved community and cultural center for Sebago Lake area residents, is in great need of a renovated kitchen to best serve attendees at its upcoming concerts, art shows, lectures, watch-parties, and festivals throughout 2025 and beyond.

To raise the \$12,000 needed for the full-scale kitchen renovation, The Hawthorne Community Association has launched an innovative "Buy a Brick, Build a Kitchen" fundraising campaign.

A donation of \$300 per brick will enable the donor to have engraved on his or her brick such things as "In Loving Memory of [a Loved One]," favorite pithy quotes, or other matters close to the donor's heart.

Each brick then will be placed in a small patio near Nathaniel Hawthorne's Boyhood Home, around a larger stone with the saying "Time flies over us / But leaves its shadow behind," attributed to Nathaniel Hawthorne.

The Hawthorne House is the boyhood home of the legendary author of *The Scarlet Letter* and *The House of the Seven Gables* in Raymond and has been listed in the National Register of Historic Places since 1969.

Author Nathaniel Hawthorne was born on July 4, 1804, in Salem, Mas-

sachusetts, a descendant of William Hathorne, a Puritan who emigrated with his family from England to the Massachusetts Bay Colony. Hawthorne's grandfather John Hathorne was a judge who presided over some of the Salem Witch Trials.

Hawthorne's mother was widowed when he was age 4 and after living for 10 years with relatives in Salem, the family moved to a home near Sebago Lake in Raymond built for them by Hawthorne's uncles Richard and Robert Manning in 1816. He lived there with his family for three years until being sent to boarding school in 1819, but later in life, said the time he spent at that home was indeed the happiest period of his life.

For more details, including how to submit your brick's "legacy words" for engraving and pay the donation fee online, please visit hawthorneassoc.com.

After printing and filling out the request form, donors may scan it and email it to info@hawthorneassoc.com or send it by postal mail to Hawthorne Community Association / P.O. Box 185 / South Casco, ME 04077. Donors may also send a check to that address or submit their donations online.

For more details about the "Buy a Brick, Build a Kitchen" program, send an email to: info@hawthorneassoc.com. <

BRIDGE Cont. from page 1

spans, six commercial airports, more than 1,300 miles of active railroad, 15 bus transit providers, passenger rail service, a state ferry service, three major seaports, and miles of active transportation corridors. Simply put, Maine has more transportation infrastructure per capita than most other states do."

The Great Falls Bridges are located on Windham Center Road over the Presumpscot River and connect Windham to North Gorham.

Both bridges were constructed in 1970 and following recent MDOT inspections, they both show signs of cracking and rutting on deck and sur-

faces.

The bridge site is located near the Great Falls Dam, which was one of the first sources of hydroelectric power in the Lakes region of Maine. Use of hydroelectric power was implemented by early settler Zebulon Trickey, who constructed bridges and mills on both sides of the Presumpscot River in Great Falls.

When a fire swept through the Great Falls area in 1872 and destroyed the mills and a bridge built by Trickey, settlement of the Great Falls site declined.

Estimated Funding for the Great Falls Bridges Wearing Replacement Project is \$500,000. Work is expected to be finished by this summer. <

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Town of Windham - Public Works Department

2025 ROAD POSTINGS

As of Monday, March 3, 2025 the Town of Windham Public Works has posted the following roads with heavy weight limit signs for heavy truck traffic exceeding 23,000 lbs.

We would like to bring to your attention that the Town of Windham does not allow travel by overweight vehicles on posted roads regardless of temperature changes. Once our roads are posted they remain posted until the postings are removed, no later than May 15, 2025.

MAXIMUM REGISTERED WEIGHT OF A VEHICLE ALLOWED ON POSTED ROADS IS 23,000 LBS. OR LESS.

We appreciate your cooperation in helping us preserve our roads during the freeze thaw cycle.

- | | | | |
|--|---|---|--|
| <ul style="list-style-type: none"> * ABBY LANE * ABENAKI DRIVE * ALBION ROAD - Pope Rd. to Windham Ctr. Rd & 302 to Falmouth Rd * ALWEBER ROAD * ANDERSON ROAD * ANDROSCOGGIN STREET * ANGLERS ROAD * BARNES ROAD * BASIN ROAD * BAXTER WOODS * BELANGER ROAD * BOWDENS WAY * BRAND ROAD - Entire Length * BRIARWOOD DEV. - Entire * BROOKHAVEN DEV. - Entire * CANADA HILL ROAD * CARTLAND ROAD * CHUTE ROAD * CLAMAN DRIVE * COLBY DRIVE * COLLINWOOD PARK DEV. - Entire * COLONIAL PARK DEV. - Entire * COOK ROAD * COTTAGE ROAD * COVERED BRIDGE ROAD * CRAIG ROAD * CURTIS DRIVE DEV. - Entire * DAKOTA DRIVE * DALE LANE * DARTMOUTH PLACE * DEPOT STREET | <ul style="list-style-type: none"> * DRIVE INN LANE * DUNDEE PARK DEV. - Entire * DUNRIDGE CIRCLE * DUTTON HILL ROAD * ELDERBERRY LANE DEV. - Entire * ELM STREET * EMERSON DRIVE - Public Only * FOX RUN * FORSYTHIA LANE * GARDEN LANE * GATEWAY & GOSHEN DEV. - Entire * GEORGE'S LANE * GILMAN & OLD COUNTY ROADS * GOLDFINCH & SWALLOW DRIVES * GREENWOOD TERRACE * HALL ROAD - Both Ends * HASKELL ROAD * HAVEN ROAD * HAYFIELD LANE * HAZEL DRIVE * HEMON COBB ROAD * HERITAGE LANE * HIGH STREET * HIGHLAND CLIFF ROAD * HILLCREST NORTH DEV. - Entire * HILLCREST SOUTH DEV. - Entire * HUNTS WOODS DEV. - Entire * JOHNSON ROAD - Public Section * JONES HILL ROAD * KEENE ROAD * KELLI LANE * KINGS LANE * KNOX ROAD | <ul style="list-style-type: none"> * LAMB STREET * LAND OF NOD ROAD * LANTERN LANE * LEONARDS WAY * LINCOLN CIRCLE * LOTT'S DRIVE * LUCINDA LANE * MACINTOSH LANE * MASENS WAY * MCGOLDRICK WOODS DEV. - Entire * MECHANIC STREET * MEREDITH DR * MEYER FARM * MILL POND ROAD * MINERAL SPRINGS - Public Only * MISTY DRIVE DEV. - Entire * MONTGOMERY ROAD * MORGAN LANE * MOSES LITTLE DEV. - Entire * NASH ROAD - Windham Center Rd. to 302, 200' in from 302 to Falmouth Rd, Falmouth Rd to Dead End * NEWHALL ROAD * NORTHWOODS DRIVE * OAK LANE * OTTER BROOK ESTATES DEV. - Entire * PAGE ROAD - 302 to Dead End * PARK ROAD * PEARTREE LANE * PENNYWHISTLE DRIVE * PERCY HAWKES ROAD * PERSIAN WAY * PENDLETON ASH ROAD * PHEASANT RIDGE DRIVE * PINE DRIVE | <ul style="list-style-type: none"> * PIPELINE ROAD & ALL SIDE ROADS * PINWOOD ACRES DEV. * POPE ROAD - Entire Length * PRESUMSCOTT COVE DEV. - Entire * RAINBOW DRIVE * READ ROAD * SEBAGO HEIGHTS DEV. - Entire * SEBAGO WOODS & WHIPPORWILL- Entire * SILVER RIDGE ROAD * SMITH ROAD - Entire * STARLIT WAY * STEVENS ROAD * STONEBROOK * SOUTHSIDE DRIVE * SUSAN'S WAY * SWETT ROAD - Entire * TATE LANE * TOWN FARM ROAD * TWOEY DRIVE * VANCE DRIVE * VARNEY MILL ESTATES DEV. - Entire * VARNEY MILL ROAD * VICTORIA DRIVE * VIOLA LANE * WALTER PARTRIDGE ROAD * WARD ROAD * WEBB ROAD * WELCH ROAD * WHIPPORWILL * WHITES BRIDGE ROAD * WNDHAM HILL DEV. - Entire * WILLIAM KNIGHT ROAD |
|--|---|---|--|

Learning about government



Eight members of Windham High School's Civil Rights Team and the Can We? Project took part in Advocacy Day at the Maine State House on Tuesday, Feb. 27. Hosted by the League of Women Voters, the event gave students a first-hand look at state government in action. The students observed Justice Valerie Stanfill deliver The State of the Judiciary address to State Legislators. They also had the chance to meet and engage in discussions with their local representatives, including State Rep. Barbara Bagshaw (R-Windham), State Rep. Rolf Olsen (R-Raymond), State Rep. Mark Cooper (R-Windham), and State Senator Tim Nangle (D-Windham). 'Representatives Mark Cooper, Rolf Olsen and I appreciated the opportunity to meet and talk with the young women of the RSU 14 Civil Rights Team at the State House,' said Bagshaw. 'It is always a pleasure to meet with our future leaders and see such commitment at an early age.' SUBMITTED PHOTO

MILLARD *Cont. from page 11*

violently, then flew off, just missing a student's face. Other times we used the electric saw to make wooden slingshots, cutting slots to insert the thick rubber bands that we bought at the Surplus Store in Portland.

The school lunch cost 25 cents. Every Monday my dad would put \$1.25 on the table for each of his school-age children, but sometimes we would bring extra food.

Mr. Gardner once caught me eating an orange in class. To set an example, he called me up to the front of the class and stuffed the whole orange into my mouth, one section at a time.

In a room packed with 35 adolescents, it was a challenge for the teachers to maintain control, but they had a potent weapon: the detention. When a child - always a boy - did something to interrupt the flow of instruction, the teacher would announce, "That will cost you two hours and 10 minutes," which was how long the student had to sit in study hall after school. We didn't consider that it mainly punished the teacher, who was eager to get home but had to stay and monitor the miscreants.

I never got a detention, but I had occasional run-ins with Mr. Crowley, an English teacher with a confrontational style. I once corrected him in front of the class for using the word "heighth" instead of "height." He told me to shut up. I said OK. He shouted back, "When I tell you to shut up, don't say another word. Do you understand?" I said, "Yes sir, I'll be quiet now." His face

reddened and he fumed, "Don't try to get the last word in!"

Earl Sweatland, who joined the school during my eighth-grade year, was one of the most popular teachers, a jolly and rotund minister who brought a Christian humor to the classroom. If something went badly, he'd describe it as "a mell of a hess." He kept track of student behavior by writing their names on the blackboard under the headings "saints and sinners."

About 15 years later, I heard he was in the last stages of cancer. I tried to see him, but he was receiving no visitors. He died in 1978 at age 61, a much beloved son of Windham. I remember him, along with William B. Herrman, Reginald Fickett, and Blair Higgins as outstanding male teachers from the Windham schools.

They have all passed from the scene now, but I look back on them gratefully as role models who later inspired me to become a schoolteacher for my second career. <



Lloyd Bennett left, and Bob Clark were two friends that Max Millard attended Field Allen School with during the spring of 1963 in Windham. SUBMITTED PHOTO

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Time for a rebranding?

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



- Andy Young, Columnist

I'm a little out of sorts because this weekend is an hour shorter than usual. Daylight Saving Time begins this Sunday morning when the clocks "spring forward" one hour. That reminds me: is any month associated with more tired adages, vapid platitudes, and outright inaccuracies than March?

A crazy person is labeled "Madder than a March hare," but the reality is hare behavior in the spring is attributable to the animal's mating ritual and has nothing to do with anger or insanity.

"Beware the Ides of March," a cautionary phrase immortalized by William Shakespeare, is nothing more than silly superstition. There's no inherent danger in any particular calendar date. That established, if a group of toga-wearing Roman senators comes at me on the 15th, I'll probably turn tail and start sprinting.

And even though The Old Farmer's Almanac annually forecasts that the third month's weather will "Come in like a lion, and go out like a lamb," that doesn't always turn out to be the case.

March has much to recommend it. It contains more letters than its two one-syllable sisters, May and June. It's the only month that can legitimately call itself a true verb; sorry May, but auxiliary ones don't count. It's also the only month that can be used as a non-proper noun. Archaic nouns don't count, so get over yourself, May.

March has spawned numerous significant individuals, including inventors Albert Einstein, Alexander Graham Bell, and Rene Descartes; literary titans Robert Frost, Flannery O'Connor, and Dr. Seuss; Hall of Fame athletes Cy Young, Gordie Howe, and Shaquille O'Neal; high-profile entertainers Elton John, Chuck Norris, and Lady Gaga; and harder-to-categorize



movers and shakers like Harriet Tubman, Vincent Van Gogh, and Michelangelo. And since Sir Isaac Newton, Taylor Swift, and LeBron James were all born in December, it's obvious each member of this accomplished trio was conceived in March!

Even more impressive, consider this: Adolf Hitler, Joseph Stalin, Emperor Caligula, Ted Bundy, Charles Manson, Pol Pot, Idi Amin, Jeffrey Dahmer, Saddam Hussein, Benito Mussolini, Ayatollah Khomeini and the Reverend Jim Jones all weren't born in March! And there's a 91.7% chance Jack the Ripper wasn't either.

March has numerous assets, but also some very real liabilities. Drawback number one: it's one of only two months without a three-day weekend.

New Year's Day, Martin Luther King Day, Presidents Day, Patriots Day, Memorial Day, Juneteenth, Independence Day, Labor Day, Thanksgiving, Christmas, and Columbus/Indigenous Peoples' Day all provide their respective months with a built-in leisure Monday. The only other federal holiday-less month is August, but since much of the country is on vacation during that time anyway, the void is less noticeable.

Being three-day-weekend-free is bad enough, but adding insult to injury, March is an hour shorter than

the other six 31-day months. Blame the Energy Policy Act of 2005 for that and it was what changed the start of DST from the last Sunday in April to

the second Sunday in March.

At least March is still as long as January, May, July, August, October, and December are in Arizona, Hawaii, and the five populated US territories (Puerto Rico, American Samoa, the US Virgin Islands, Guam, and the Northern Mariana Islands) that don't observe DST.

March clearly needs an image makeover, so I'm spending this weekend trying to invent a catchy new motto for it. Possible slogans I've come up with so far:

"Happier than a March hare," "Eagerly anticipate the Ides of March," and "In like Manson, out like Tubman."

Okay; I know these all sound pretty weak. But you try being creative when you've only got 47 hours to work with! <

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION

Dozens attend 'Learn to Ice Fish' event on Long Lake

In collaboration with the Naples Parks and Recreation Department, members of the Sebago Lake Anglers Association (SLAA) conducted the third annual "Learn to Ice Fish" session on Long Lake on Saturday, Feb. 15.

The event was scheduled to coincide with the winter break from school to maximize the participation of children.

"The weather cooperated this year except for the exceptional amount of snow on top of the ice which made walking difficult," said Bob Chapin of the SLAA. "Fortunately, the Naples Rec Dept was able to convince the town's Public Works Dept that it was safe to put a plow truck on the ice so there was a clear path to the area where the association set up their canopy and families had easy walking to get to the event."



Members of the Sebago Lake Anglers' Association joined Naples Parks and Rec Department in hosting the third annual "Learn to Ice Fish" event on Long Lake on Saturday, Feb. 15. The session provided instruction for children learning about ice fishing. SUBMITTED PHOTO

During the event, Sebago Lakes Anglers provided the ice fishing equipment and know-how to instruct all who were new to the sport of ice fishing.

There was over 14 inches of ice to

drill through but after several holes were drilled the participants started to fish, many for the first time ever.

"Pretty soon the fish began to cooperate and mostly white and yellow perch, good eating fish, were pulled

through the ice," Chapin said.

The participants were fed a selection of donuts donated by the Village Donut Shop and Bakery and coffee in the morning and by noon they were dining on red hot dogs with buns and various hot pot choices such as beef stew.

Many young participants warmed themselves around a roaring fire in a fire pit close by. In all about 80 people, besides the SLAA members and Naples Parks and Rec volunteers, attended the "Learn to Ice Fish" session.

According to Chapin, this was the

third year that the group put on this event in February, and he said that it's always around the student Winter Break and the Naples Parks Department's basketball tournament.

Brian Crockett, Naples Parks and Recreation Department director, said that he was pleased with the turnout and the feedback he was able to obtain from the event as he recovered from pneumonia.

The SLAA used the "Learn to Ice Fish" event to present a lifetime fishing license to the 3-year-old daughter of Heath Strange and his wife, Stella Strange.

In all the SLAA will present over 20 Lifetime Fishing Licenses to Maine children this year, Chapin said.

"If you are intrigued by the sport of ice fishing, this is a great opportunity to see what it is all about," Chapin said. "It costs you nothing at all but your time, and you walk away with a free trap and maybe even a fish or two."

Based in Raymond, the mission of the Sebago Lake Anglers Association is to bring people together for mutual enjoyment and benefit those who embrace the ideals of sport fishing in the Sebago Lake region.

For more details about next year's "Learn to Ice Fish" event, and further information about how to participate and next year's event date call the Naples Recreation Department at 207-693-6364 ext. 104 or visit www.townofnaples.org/recreation

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TOWN OF WINDHAM, MAINE
PLANNING BOARD
NOTICE OF PUBLIC MEETING

Mon., March 10, 2025 • 6:30PM
Town Hall, Council Chambers, 8 School Road

- 23-21 New Middle School Tax Map: 11, Lots: 48, 49A, 49A-1 Windham Center and River Roads. Modification to a condition of approval.
- 25-05 Smith Cemetery Tax Map: 12, Lots: 49-1, 49-2 & Tax Map: 46, Lot: 13A – Gray Road. Site plan review for expansion, and construction of Veterans and Columbarium niche walls.
- 25-06 – 421 Falmouth Road Condos Tax Map: 19, Lots: 90G, 104 – Falmouth Road Subdivision and site plan review for an 11-unit single family condominium development
- Annual Planning Board organizational meeting
- Board discussion of delegated review and ordinances

FMI go to windhamweb.legistar.com/Calendar.aspx or contact (207) 894-5960 ex. 2. Written comment may be submitted to the Board at PlanningBoard@windhammaine.us. Please notify us if you need accessibility accommodations.

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Watershed Grants available for Windham projects

The Town of Windham is now accepting applications for Watershed Protection Grants.

According to Windham Environmental and Sustainability Coordinator Mary Wicklund, the purpose of the Watershed Protection Grant Program is to provide small grants for volunteer and educational organizations to complete projects within the town that promote community-based efforts to protect and restore diverse natural resources.

Each year, the Windham Town

Council funds a grant program for protection and preserving watersheds.

She said that preference will be shown toward projects within priority watersheds as well as projects that promote the sharing of equipment, knowledge, and other resources with other non-profit groups in the Town.

Completed applications must be received by the Environmental & Sustainability Coordinator by Monday, March 31. Applicant interviews will be conducted between 6 and 8 p.m. on Wednesday, April 16. More details will

be sent following an application submission.

Forms are available on the Town's website at: windhammaine.us/DocumentCenter/View/11390/Windham-Watershed-Protection-Grant-Application-2025 or from the Environmental & Sustainability Coordinator.

Examples of past watershed grants include funding for removing invasive milfoil plants from Collins Pond, funding for training volunteers to test water quality throughout the spring

and summer in Windham, funding for the ongoing maintenance of Hopkins Dam, and o Lake Association spent 230 volunteer hours on maintaining, and remediating two sites as identified in a Forest Lake NPS Watershed Survey to prevent stormwater from washing gravel road material and water sand directly into Forest Lake.

For questions or to learn more about Windham's Watershed Protection Grants, send an email to Wicklund at mlwicklund@windhammaine.us or call 207-777-1948. <

BRIEFS

Joseph A. DiPietro scholarship

The deadline to apply for the Joseph A. DiPietro Scholarship is March 31. The scholarship serves students in communities served by the Portland Water District who are pursuing a career applicable to the water/wastewater industry, such as water/wastewater treatment technology, HVAC, electrical, automation technology, instrumentation, plumbing, pipefitting, fire science, environmental studies, applied sciences, engineering, and public administration. It was established in 2003 in memory of respected businessman and longtime Portland Water District Trustee Joe DiPietro. To apply or for more details about eligibility and criteria, visit www.PWD.org

Haddock Dinner

The Knights of Columbus are offering a Haddock Dinner from 5 to 6 p.m. Saturday, March 8 at Our Lady of Perpetual Help Catholic Church, 919 Roosevelt Trail, Windham. Dinner includes fresh baked haddock, mashed potatoes, carrots, rolls and butter, coleslaw, coffee, tea, fruit punch, and a dessert buffet. There will be a 50-50 raffle. Cost is \$14 for adults, \$6 for pizza for a child. Meals will also be available to go. FMI, call 207-892-8288.

Soup and Song Fest

The First Congregational Church of Gray, UCC, 5 Brown St., is hosting its second Soup and Song Fest from 5:30 to 7:30 p.m. Friday, March 14. This family-friendly event features bowls

of homemade soups, warm bread, and a beverage for \$5 per person, children ages 5 and under admitted free. FMI, email: grayfirstucc@gmail.com, or call 207-657-4279 and leave a message.

Caregiver meeting

The Windham Cancer Support Group will conduct a caregiver-only meeting at 6:30 p.m. Monday March 10 at the Windham Public Library.

The topic for this meeting will be Self Care. Professionals will attend to discuss and offer mini massages and reiki. FMI, email: coppjanet@yahoo.com

Suicide Support

The Alternatives to Suicide Support Group meets at 2 p.m. on the second and fourth Tuesdays each month at the Lake Region Recovery Center, 2 Elm St., Bridgton. FMI, call 207-803-8707.



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► **By Michelle Cote**
SPECIAL TO THE WINDHAM EAGLE



- Michelle Cote, Columnist

There's much to be said about eggs and bird flu at the moment; an Avian atrocity that's put the nation on eggshells as we navigate an industry once considered unflappable.

The severe impact of rising egg costs on just about everyone is nothing to squawk at – and it doesn't look to be resolved any time soon.

Between runny breakfast sandwiches and floury baked goods and four growing boys, my family consumes 18-36 eggs weekly on average. Well, 'consumed'; past tense.

We're adapting to ways around this, migrating to egg substitutions, because we've really no other choice for now.

Fortunately, I've recently learned great news about these swap-portunities – As it turns out, there are many alternatives. But as with any cooking or baking experiments, results may vary – sometimes laughably so.

My family and I kicked off the year with a resolution to start celebrating each other's half birthdays.

We figured that there's a lot going on in the world; let's grow more veggies and eat more cake. No sooner had we made this decision that we realized cakes – even the simplest of Betty Crocker box varieties – require eggs.

Oof. Or, as the French word for 'egg' goes: 'Oeuf'.

Whereas I'd originally thought avoiding eggs was easily doable by skipping our favorite over-easy variety fried up each week, I hadn't quite wrapped my head around just how many eggs I use for baking weekly.

I dug out my well-loved, heavily creased Substitution Bible, to which I often turn in a frenzy when in a pinch to substitute a pinch of whatever a recipe calls for and I just don't have.

A quick web search brought up easy solutions as well.

As it turns out, there are several affordable alternatives for eggs to keep your budget on the sunny side. To name a few:

- Unsweetened applesauce or mashed bananas – Use for waffles, quick breads, muffins where moisture is key. Swap ¼ cup for each egg.
- Ground flax or chia seed – Use for baked goods; results may be denser. Measure 1 tbsp of either one in a cup, add 3 tbsp water, wait five minutes prior to use.
- Vinegar and baking soda – Use for baking items in which the outcome needs to be light and fluffy. Substitute 1 tsp baking soda mixed with 1 tbsp vinegar.
- Plain yogurt or buttermilk – Use for cakes, muffins, quick breads. The acidity will add lift and moisture. Substitute ¼ cup for each egg.
- Carbonated water and beer – The

carbonation will add moisture and make for a fluffy rise. Substitute ¼ cup of either one.

- Gelatin – Measure 1 tbsp mixed with 3 tbsp cold water to replace 1 egg.
 - Nut butter – This substitution brings more flavor and works well in a quick bread where nuts are used. Substitute 3 tbsp of any nut butter to replace 1 egg.
 - Soy lecithin – Use in place of recipes that call for egg yolks. Use 1 tbsp to replace 1 egg yolk.
 - Aquafaba – Use in place of whipped egg whites, in recipes such as meringues and macarons. The chemical bonds create a scaffold that keeps shape when baked. Use 3 tbsp for each egg or egg white.
 - Liquid commercial egg substitute – Use for savory dishes, particularly for quiches, omelets, frittatas. Use ¼ cup per egg.
 - Tofu – Use silken tofu for baking dense items such as brownies or cookies. Use ¼ cup silken tofu. Crumble extra firm tofu for a scramble or egg salad.
- The beauty of using any of these over easy substitutions is several are inexpensive possibilities, so allow yourself a bit of grace should the recipe fail you.
- Have fun with it.
- Worst case scenario – Raise a toast with a can of soda, combine it with a box cake mix, and you've got yourself a fantastic dessert. Go ahead and do a happy dance, like Duncan Hines met Gregory Hines.

Earlier I mentioned laughable baking results.

Last week, I was whipping up a "half birthday" cake for one of my kiddos. I dutifully subbed in a quarter cup applesauce for an egg in the mix.

After a straightforward baking, cooling, and frosting experience of the chocolate goodness, I noticed a large crack forming down the center of my "7 ½" designed in chocolate chips upon the vanilla frosting, an epic failing of sugary proportions before my eyes.

The cake was literally becoming a "half" birthday cake as it split. I sprinted to action, placing toothpicks at various base points of the cake in desperation to keep it upright, as my witnessing kiddos tried their darnedest to stifle all the laughs and look away.

But lo and behold, the entire masterpiece became pieces indeed, falling delicately apart like a crumbly lava cake. The binding agent of the applesauce just hadn't quite – bound.

What devolved became a Vesuvian science fair experiment and that, my friends, was the icing on the cake.

We were able to laugh about the dirt cake later – My family joked we should have placed gummy worms inside to complete the look – and fortunately it tasted just fine. Next week, I'm trying the can of soda, and we'll let the experimenting continue.

So let's keep calm and scramble on, by whisking up egg alternatives as we weather these times. <

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Navigating food inflation: Tips to trim your grocery bill

In recent years, inflation has been a hot topic, making its way into conversations at dinner tables and news headlines alike. Nowhere has it been more acutely felt than at the grocery store. For the average family, the rising cost of food has transformed routine shopping trips into exercises in budgeting acrobatics. According to recent data, food prices have surged due to a combination of factors including supply chain disruptions, labor shortages, and escalating fuel costs. As wallets feel the pinch, finding strategies to trim the grocery bill without compromising on nutrition has become essential. In this article, we'll explore the current state of food inflation and share practical tips for managing your grocery budget effectively.

Understanding the Surge in Food Prices

The U.S. Department of Agriculture (USDA) has reported a significant rise in food prices over the past two years, with essentials like eggs, dairy, and meat witnessing double-digit increases. Several factors contribute to this surge:

- **Supply Chain Disruptions:** The COVID-19 pandemic left lasting scars on global supply chains. Delays in shipping, coupled with shortages of

key inputs like fertilizer, have pushed up costs for producers, which are then passed on to consumers.

- **Labor Shortages:** Food production and distribution sectors are grappling with a shortage of workers, which has led to increased wages and, subsequently, higher prices on store shelves.

- **Climate Challenges:** Extreme weather events have disrupted crops globally. For instance, droughts in key agricultural regions have reduced yields of staples such as wheat and corn.

- **Geopolitical Tensions:** The conflict in Ukraine, a major exporter of grains

and cooking oils, has further strained supplies, adding to the upward pressure on prices.

These elements combined have resulted in a perfect storm for food inflation, leaving families to rethink their shopping habits. Fortunately, with a few savvy strategies, it's possible to ease the burden on your wallet.

1. Plan Your Meals and Make a List

Impulse buying is a budget's worst enemy. Planning meals in advance helps avoid those last-minute purchases that can quickly add up. Start by assessing what's already in your pantry and fridge, and create a meal plan

based on those items. Then, write a shopping list of what you need to fill in the gaps. Sticking to this list can help prevent costly deviations.

Pro Tip: Use grocery apps that allow you to organize lists by aisle, helping you shop quickly and avoid temptations.

2. Embrace Store Brands

Many consumers overlook store brands in favor of name-brand products, but the truth is that most generic options are just as good and significantly cheaper. Store brands often come from the same manufacturers as

→ see **GROCERIES** Page 28



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German foreign exchange student excels on court

By Matt Pascarella

STAFF WRITER

Windham foreign exchange junior Eduard Pertuch played soccer growing up in Germany. Now as part of the Foreign Exchange program at Windham High School for the 2024-2025 school year, he played on the WHS junior varsity basketball team this winter and also played American football for the first time during the fall season.

“Going all the way back to tryouts, Edi’s leadership, character, and positivity were captivating,” said Windham boys JV basketball coach Noah Estey. “He has only been playing for two to three years, but he consistently came to me wanting more coaching and feedback because he was extremely motivated. He consistently asked what he could continue to work on to become the best player he could, both for this year and for when he returns to Germany. His work ethic was second to none and was one of our most important players this year due to his leadership, work ethic and contagious positivity.”

Windham is a much bigger school than Pertuch is used to, but he’s enjoyed his time on the court and in the classroom. He likes that there are more and more people to meet and different things to experience.

While he struggled a little at first, he quickly adapted.



Windham junior foreign exchange student Eduard Pertuch navigates his way through Deering players during a JV basketball game at Windham High Schol on Friday, Feb. 7. PHOTO BY MATT PASCARELLA

“I really like the community,” said Pertuch. “They picked me up from day one, everybody was really, really friendly.”

In Germany, basketball is very popular. Pertuch is a big fan, and it was one of the main reasons he wanted to come to the United States was to experience how Americans played the game.

“It’s an amazing program,” said Pertuch of Windham’s basketball program. “I really love that from the first steps they took to putting a team together that you can trust on the court and off the court. I love competing, I love competition ... seeing your friends out there ... just makes me happy and makes the team happy. It was a great experience.”

Coach Estey said Pertuch was a pleasure to work with and coach. They had many good conversations about the difference between how the game is played in Germany versus how it’s played in the United States.

It’s not an easy adjustment to make coming into a program with student-athletes who have been in the program playing together for years.

According to Windham sophomore and Pertuch’s basketball teammate Sam Redlon, he is one of the kindest, generous, and friendliest people he’s ever met; an outstanding teammate who makes others around him better with his positivity and never gives up on the team.

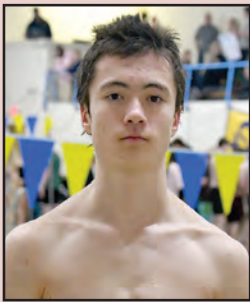
Redlon said it was fun to play basketball with him. Pertuch was a mentor, a team guy and it was good to have his knowledge at Windham.

“I had him as a teammate for both football and basketball and no one cared more and cheered harder for his teammates than Edi did this year,” said Windham freshman Boston Krainis. “It was impressive to watch how quickly Edi picked up American football after never having been exposed to it. In basketball he was a willing shooter, diving on the floor and celebrating with his teammates.

One time the referee misunderstood his enthusiasm and gave him a technical foul. The entire team declared him the happiest person to ever get a technical. The season was much better with him on the team.”

Pertuch says he wants to thank his coaches for their kindness, time and the effort they put in and gives a special thanks to Coach Estey for his patience and to the team for all they’ve done for him. He’s grateful for everything and this was a season he won’t forget.” <

ATHLETE OF THE WEEK



Mahiro Hammond

Age: 15 Team: WHS Swim Team

Coach: Peter Small

Parents’ names: Jason and Manami Hammond

Reason for selection: Mahiro has demonstrated strong concentration on improving each day – analyzing his technique and pacing. This led to gradual improvements in all four strokes. He has had consistent effort, positive attitude, and contributions in the pool and on the deck. He continued to drop time throughout the season, had strong swims at regionals and scored crucial points for the team at regionals. His improvement over the course of the year culminated in competing at the State Meet in the 200-free relay. Not only did he reach out to others to encourage and motivate his teammates, but he sought insight from swimmers and shared his knowledge as well. Connecting his talents to other people’s talents helped the team build a strong culture, leading to a second-place finish at regionals. His technique improved greatly. By the end of the year, he was demonstrating strength in all four strokes, providing great flexibility for both himself and the team. His command of balance in the water was the greatest gain leading to success in all strokes. His passion for swimming continued to grow throughout the year and this passion was contagious. His lead-by-example approach to all he does helps to elevate those around him.

While he struggled a little at first, he quickly adapted.

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★ **Wrestling:** Windham senior Addison Leger is the first Maine girl to place at four girls’ state wrestling championships when she finished second on Tuesday, Feb. 18 at Mount Blue High School in Farmington. Windham senior Ayden Cofone is the second Maine wrestler ever to win four all-state titles when he won his fourth at Mount Ararat in Topsham on Friday, Feb. 21.

★ **Hockey:** Sixth-place Windham/Bonny Eagle/Westbrook Trail Blazers played third-place Thornton Academy at the Biddeford Ice Arena on Saturday, March 1 in the quarterfinal playoff game. Unfortunately, the Trail Blazers lost 11-0.

★ **Alpine Skiing:** On Monday, Feb. 24 the boys and girls’ teams traveled to Titcomb Mountain in Farmington for the slalom state meet. The girls finished 13th with a score of 562; they also won the Class A Sportsmanship Award. The boys finished ninth with a score of 634.

On Tuesday, Feb. 25 Windham’s team traveled to Sugarloaf Mountain in Carrabassett Valley for their giant slalom state meet. Windham sophomore Maya Dries finished first for Windham and 12th overall with a combined two-run time of 1:16.94 minutes. Windham senior Preston Stretch finished first for Windham and 22nd overall for the boys with a combined time of 1:16.33.

★ **Girls’ Hockey:** On Saturday, Feb. 15, the Cheverus/Windham/Medomak girls’ hockey team won their third consecutive state championship after defeating Brunswick at the Trough Ice Arena in Portland in overtime, 3-2. Cheverus sophomore Caroline Rousseau scored the tie-breaking goal.

★ **Indoor Track:** Select boys and girls indoor track members participated in the New England Championships on Saturday, March 1 in Boston. Junior Karl Longstreth finished 24th in the 55-meter with a time of 6.67 seconds. Senior Carter Engelman finished 19th and set a new school record in the 55-hurdles of 7.86; Rory Good finished 23rd in the 55-hurdles. Senior Tayla Pelletier broke her own school record with a massive 19-1-foot long jump and earned a third-place finish; she placed seventh overall in the 55-hurdles with an 8.58 time.

WHS basketball coach Pulkkinen earns 100 career wins

By Matt Pascarella

STAFF WRITER

Before winning his second straight boys' state basketball championship, Windham High varsity basketball coach Chad Pulkkinen notched his 100th career win during the state semifinal game against Portland on Thursday, Feb. 20 at the Cross Insurance Arena in Portland, just 10 years after becoming the team's head coach.

"I am truly grateful for the opportunity to coach and to play a small role in the success of the kids at Windham," said Pulkkinen. "It (100 wins) means I've had the privilege of working with so many great young men who share the same passion for basketball that I do. Our culture has been a priority from the very beginning. The true foundation of our program is the people within it—starting with my assistant coaches. They are instrumental in shaping our culture, embodying the same character, work ethic, and attitude we expect from our players."

Pulkkinen has always had a personal goal of giving back to the town where he grew up. He is grateful for the opportunity to do so.

After college, Pulkkinen got the opportunity to achieve a lifelong goal – to play basketball professionally. He was invited to several pro-camps where he was scouted internationally and selected by the Northampton Neptunes in England. He was involved in the team's developmental program, working with nearly 400 kids from ages 8 to 16 teaching them basketball. It has become one of the most enriching experiences of his career.

"Working with Chad, and the rest of this staff, is one of the most rewarding parts of my life," said Windham assistant coach Geoff Grigsby. "Chad, specifically, is why I wanted to join the program in the first place. Watching a couple years of him coaching at WHS showed he had a lot of potential as a coach. I appreciate the culture he's built and the relationships that will last a lifetime because of his leadership far more."

In 2015, it was Pat Moody who recruited Pulkkinen for the WHS head coaching position. Pulkkinen and his



Windham varsity boys' basketball coach Chad Pulkkinen observes his team during the AA State Championship on Saturday, March 1 at the Cross Insurance Arena in Portland against South Portland. After defeating Portland at the Cross Insurance Arena in the semifinal on Thursday, Feb. 20, Pulkkinen secured his 100th career win. (Right) Coach Chad Pulkkinen is interviewed after his state championship win against South Portland. PHOTOS BY MATT PASCARELLA

wife had just had their second child and coaching wasn't on his mind. Although hesitant, Moody could sense this and continued insisting he could excel in the coaching role. Eventually, Pulkkinen took the job and says that he's glad he did.

"From the start, Pat set me up for success, including introducing me to two incredible assistant coaches who had already been part of the program: Peter Brown and George McCrillis," said Pulkkinen. "They are two of the best people in this town. I was fortunate to have their experience and guidance in those early years."

McCrillis is still coaching with him today alongside three other coaches including Grigsby, Noah Estey and Chris Sargent.

"It's hard for me to explain what a big part (coaching) is in my life," said McCrillis. "It's more than just basketball; it's the kids, it's the relationships, it's their families, the community – and that really starts with Chad. We demand high standards and good sportsmanship. To us it's about the big picture ... it's not just about wins and losses (for Chad) and trying to feed our own personal egos. He talked about this right from the get-go that he wanted to develop a culture in

Windham that Windham would become known throughout the state as a basketball town."

Pulkkinen was so intensely focused on the team's success that McCrillis had to remind him the semifinals victory was his 100th win.

Basketball is a vehicle for life and Pulkkinen, along with his coaches, want players to leave the program feeling prepared for life's challenges through basketball. The game teaches invaluable lessons about resilience,

teamwork, discipline, and perseverance. It means a lot to him to know that he has played a small part in his players' success, hopefully, has had a positive impact in their journey.

"The impact that he has on us is tremendous, he builds confidence in us on the court as people, students, children," said senior AJ Moody. "He's the best coach I've ever had; he pushes us through walls to make us the team we were during the State Championships." <

Well-deserved award

Windham girls' alpine ski team members from left, Maya Dries, Anna Lane, Ella Washburn, Maddy Cook, and team captain Katelyn Cotter, gather after winning the Good Sportsmanship Award on Monday, Feb. 24 at Titcomb Mountain in Farmington when competing in the state skiing championships.

PHOTO BY PATRICK COTTER



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Maine DHHS and Maine Child Welfare Action Network unveil five-year roadmap for improved child safety

AUGUSTA – The Maine Department of Health and Human Services (DHHS) and the Maine Child Welfare Action Network (MCWAN) have announced the release of Maine’s Child Safety and Family Well-Being Plan (2025-2030), a comprehensive five-year plan aimed at promoting the safety and well-being of children in Maine by strengthening support for families.



Recognizing that children, youth, and families too often end up interacting with Maine’s child welfare agency long after needed support could or should have been accessed, Gov. Janet Mills in early 2023 announced that DHHS and MCWAN would partner to develop a plan to ensure families in Maine have the support they need, when they need it. In May 2023, DHHS and MCWAN released an initial plan, providing a framework for state agencies and communities to enhance available support for children and families.

The new five-year plan released today builds on this 2023 framework, by further aligning state agencies, community partners, and individuals around the guiding principle that keeping children safe starts with keeping families strong. The plan, which was developed in collaboration with parents, caregivers, youth, community leaders, and state and local partners, acknowledges that creating a state where children, parents, and caregivers have the support they need to thrive requires collaboration across communities and sectors.

“The new five-year plan released to-

day is a step forward in our efforts to safeguard the well-being of children in Maine,” said Department of Health and Human Services Commissioner Sara Gagné-Holmes. “This framework will guide collective efforts to prioritize and strengthen prevention measures, which are key to laying a strong foundation of safety and stability that benefits every child and family in Maine.”

This plan establishes a shared commitment to ensuring children and their families can get the help they need, when they need it, said MCWAN Coordinator, Melissa Hackett.

“It’s important that this plan is not just about policies – it is about people,” Hackett said. “It was shaped by the voices of families and communities, and we invite all Mainers to play a role in making it a success.”

About the Plan

The Maine Child Safety and Family Well-Being Plan (2025-2030) built on the initial plan, which was released in May 2023, and provided the foundation for a coordinated child safety and fami-

ly well-being system. Since then, Maine has made notable progress, including:

Increased legislative investments in family support services.

Strengthened community collaboration to expand local support networks.

Launched the “Be There for ME” campaign to raise awareness of support for parents and caregivers.

The new plan includes updated goals and strategies to advance family well-being and underscores that state and community partners share responsibility for realizing this plan.

The plan includes two core goals and aligned strategies to proactively support families and strengthen the network of resources available statewide.

Goal 1: Parents and caregivers pro-

vide safety, health, and nurturing care for their children.

Goal 2: Families experience a supportive and coordinated child safety and family well-being system.

The 2025-2030 plan is intended to be a living roadmap that can adapt to evolving needs of families and communities, while reinforcing that improving child safety in Maine depends on collaboration at every level – from state agencies and local organizations to neighbors, educators, and health professionals.

For more details about Maine’s Child Safety and Family Well-Being Plan, visit www.maine.gov/dhhs/programs-services/human-services/child-safety-and-wellbeing-plan. <

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Northeast Delta Dental extends Maine Veterans' Dental Network

Maine Gov. Janet Mills has announced that the Maine Veterans' Dental Network (MVDN) will continue to serve Maine veterans this year thanks to a generous \$300,000 grant from Northeast Delta Dental.

The MVDN is an oral health safety net for Maine veterans who cannot pay out of pocket for dental care and do not have dental insurance. Since its launch by Northeast Delta Dental in 2021, the program has provided oral health care services for 1,471 Maine veterans -- with many indicating that it was their first time receiving dental care since separating from the military.

"Our veterans have given so much to Maine and the nation, and the least we can do in return is ensure they have the support they need to maintain their health and well-being," Mills said. "I thank Northeast Delta Dental for their

continued generosity and the Maine Bureau of Veterans' Services for administering the program. Together, this important partnership will ensure more Maine veterans have access to the dental services they deserve."

Company officials praised the program.

"Serving those who served us is an important mission for our company and for me personally," said Tom Raffio, President & CEO, Northeast Delta Dental. "We are grateful to MVDN for partnering with us to provide veterans with the oral healthcare they deserve."

Northeast Delta Dental generously contributed \$35,000 to launch MVDN four years ago and has extended the program with grants of \$100,000 in 2022, \$200,000 in 2023 and \$300,000 in 2024.

The Maine Masonic Charitable

Foundation has also been a generous supporter of the program, contributing \$37,500 in grants over the last two years.

The MVDN is administered in partnership with participating non-profit dental clinics, Federally Qualified Health Centers, and Maine's Dental Teaching schools. Services are offered on a first-come, first-serve basis until grant funding is exhausted.

"I thank Northeast Delta Dental for their continued commitment to Maine's veterans," said Dave Richmond, Director of the Maine Bureau of Veterans' Services. "Our continued partnership will ensure this vital dental care program will continue to provide oral health services to veterans in need next year."

Sarah Sherman, Maine Bureau of Veterans Services Director of Strategic Partnerships, and the founder of MVDN, agrees.

"Access to oral healthcare is intrinsic to a person's overall wellbeing and these programs wouldn't be possible without the generosity of our grant funders and the dedication of the dental clinics in our network," Sherman said. "We look forward to helping even more veterans connect with the MVDN in the new year."

To qualify for the MVDN, the veteran must meet the following criteria:

- Be a Maine resident
- Not 100% service-connected to the U.S. Department of Veterans Affairs
- Cannot afford to pay for dental care

out of pocket

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The Network has 23 non-profit dental clinics, FQHCs, and Maine Dental Teaching Schools participating, including:

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- Waterville Community Dental
- UNE Dental Clinic
- UMA Dental Clinic
- Katahdin Valley Health Center
- Greater Portland Health
- St. Croix Regional Family Health

Center

- Eastport Health Care
- Fish River Rural Health
- Community Dental

Mainely Teeth (Portland and mobile dental clinic)

Penobscot Community Health Center

Individuals or businesses interested in supporting the MVDN can donate directly to participating dental clinics nearby. Funds will be earmarked for eligible veterans.

Veterans who are interested may apply online by filling out the form available at www.maine.gov/governor/mills/veteransdental, by emailing MVDN.mainebv@maine.gov, or by calling 207-287-6836. <

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LEGAL NOTICE

TOWN OF RAYMOND, MAINE

ZONING BOARD OF APPEALS

PUBLIC HEARING

Broadcast Studio - 423 Webbs Mills Road
and Via ZOOM

Wednesday, March 12, 2025 • 7:00 PM

You are hereby notified that the Raymond Appeals Board will hold a public hearing on **Wednesday, March 12, 2025 at 7:00 p.m.** to hear information on the following application for Reconsideration:

APPLICANT: Todd Roma & Jessica Dobson
LOCATION: 141 Raymond Hill Road;
 Map 13/Lot 29 Zone RR
DESCRIPTION: Request for Reconsideration of Administrative Appeal Decision dated February 3rd, 2025 of Notice of Violation dated October 29, 2024 Land Use Violation

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.

JOIN ZOOM MEETING
<https://us02web.zoom.us/j/89938129866?pwd=zKFTshllK2OPtgevmsKSaumDH4OKpkc.1>
 Meeting ID: 899 3812 9866
 Passcode: c5Lbad

ONE TAP MOBILE
 Meeting ID: 899 3812 9866
 Passcode: 323371

Find your local number: <https://us02web.zoom.us/j/kcCuxNQkD7>



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Make sure you have a clear title when you buy a home

► **By Richie Vraux**
SPECIAL TO THE WINDHAM EAGLE



- Richie Vraux, Pine Tree Realty

What Is a Clear Title?

A clear title is a title without any type of lien from creditors or other parties that would pose a question as to legal ownership.

For example, an owner of a home with a clear title is the sole undisputed owner, and no other party can make any kind of legal claim to its ownership. A clear title is also called a “clean title,” a “just title,” an “absolute title,” and a “free and clear title.”

A clear title is necessary for any real estate transaction because it firmly establishes who is the property owner. Title companies must do a title search to check for claims or liens of any kind against a title before it can be deemed clear. Erroneous surveys and unresolved building code violations are two examples of blemishes that can make a title “dirty.”

How a Clear Title Works

A clear title helps to show whether there are any outstanding financial responsibilities attached to the property and is necessary to demonstrate that an owner has the right to sell the property. The sale of a property can be disputed if legal ownership is not represented through a clear title. The presence of liens can create a cloud on the title when a claim or an unreleased lien invalidates or impairs the owner’s title to the property. For example, the current owner may still owe payments on an outstanding mortgage or owe contractors for refurbishment work they performed on the property.

The title would not be clear, and the new owner would then be held responsible for resolving those liens. Once a

title is cleared, the deed can be registered in the homeowner’s name. The deed is the legal document showing who owns a property. If someone is buying a home, the title must be clear before the new owner’s name can be put on the deed. It’s important to note that a property could potentially be sold while liens are active.

Reasons Why a Title Isn’t Clear

There are many reasons why a title search might come back listing the title as “unclear.” Just because someone currently lives in a home doesn’t mean that the home has been titled or vested to that person, and when it comes time to sell the home, the buyer can run into problems with the title, meaning who owns the property is unclear.

• Heirs

Complications can arise with older properties where the heirs of a prior owner may still have some claim to the real estate. For instance, prior owner may have granted a portion of a property to an heir who never took an active role as an owner. The said heir’s rights as a partial owner may have passed on to their descendants, who might not be aware of the circumstance. Title problems can also arise if the heir to the property never filed the deed with the county clerk’s office to transfer ownership.

When the heir goes to sell the property, title problems will occur, as the

deed would still show the family member who willed the property to the heir.

• Separation or Divorce

Title problems can occur in situations where a couple separated but never went through divorce proceedings. If the couple owned the home jointly and one person moved out following the separation, they would still own the house without a divorce.

As a result, title problems could arise when the person living in the home goes to sell the house because two people would be listed on the deed.

A Trust Ownership might have been transferred to a trust or another body with a legal claim to the property. This is why title searches are performed – to identify such issues before a potential buyer has committed funds to acquire a property.

Can I Buy a Home Without Clear Title?

No. You cannot purchase a home if it does not have a clear title. It is possible to identify any issues and try to correct them if you still want to purchase the home

What Are Some Reasons for an Unclear Title?

There are many reasons why an unclear title might not show up in a title search. It could be the property is old and the heirs to the property never properly filed the deed upon their inheritance. During a marital separation for example, a jointly owned home can cause a problem if two people are listed on the deed. In cases of fraud, a title may show up as unclear, as well.

• Fraud

Possession of a clear title is also important to prevent instances of fraud. It’s possible that a false deed may have been entered into the public record. A fraudster might attempt to use a false deed to engage in the illegal sale of properties.

• Beware

There are many cases popping up today where scammers will steal your identity, steal your property and steal your money. Make sure your agent works with trusted companies that will work in your best interest.

This article was brought to you by Richie Vraux, a Real Estate Broker with Pine Tree Realty of Maine, 76 Tandberg Trail, Windham. Reach him at 207-317-1297. <



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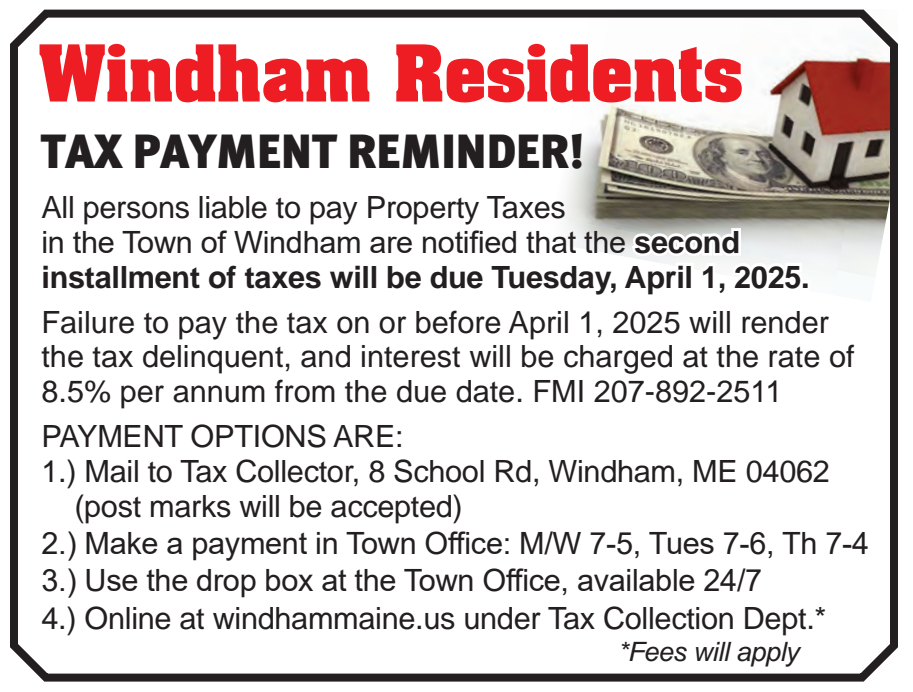
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Windham Residents

TAX PAYMENT REMINDER!

All persons liable to pay Property Taxes in the Town of Windham are notified that the **second installment of taxes will be due Tuesday, April 1, 2025.**

Failure to pay the tax on or before April 1, 2025 will render the tax delinquent, and interest will be charged at the rate of 8.5% per annum from the due date. FMI 207-892-2511

PAYMENT OPTIONS ARE:

- 1.) Mail to Tax Collector, 8 School Rd, Windham, ME 04062 (post marks will be accepted)
- 2.) Make a payment in Town Office: M/W 7-5, Tues 7-6, Th 7-4
- 3.) Use the drop box at the Town Office, available 24/7
- 4.) Online at windhammaine.us under Tax Collection Dept.*

**Fees will apply*



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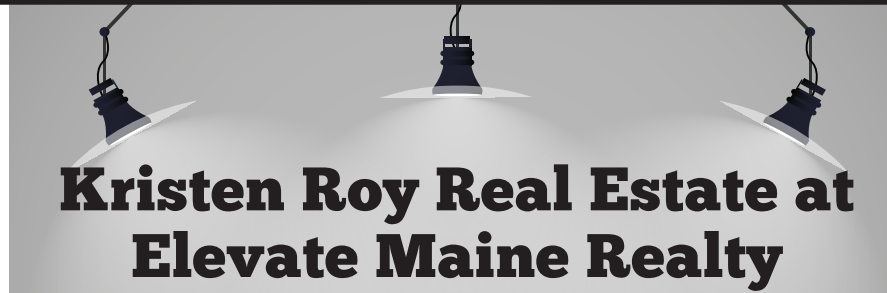
BUSINESS SPOTLIGHT

In today's world, the real estate market is constantly evolving, and the most exceptional agents are skilled professionals who are passionate about their work and adept problem-solvers able to prioritize the best interests of those they represent. Kristen Roy is exactly one of those agents.

Possessing a warm and friendly approach and a desire to help others, she brings a conscientious and client-focused mindset to her agent role at Elevate Maine Realty. Her extensive background in banking and finance provides Kristen with the expertise to guide clients smoothly through the home buying and selling process.

From her office located at 211 US-1 in Falmouth, Kristen's range of services for home buyers includes market research in finding properties that match a client's budget and preferences; property tours in scheduling and showing homes that meet a client's criteria; negotiation expertise in making competitive offers and negotiating the best price; skills in handling legal documents and disclosures; and the ability to assist in the closing process with inspections, appraisals, and loan approvals.

Home sellers can be confident that Kristen can help with property valuation and determining a competitive listing price; has a firm grasp of marketing and advertising with professional photos, virtual tours, and online listings; is remarkable at the coordina-



Kristen Roy Real Estate at Elevate Maine Realty

tion of open houses, showings and staging advice; is extraordinary in handling offers and counteroffers to maximize profit for her clients; and highly experienced in closings managing inspections, contracts, and paperwork.

She also offers investment property guidance, relocation assistance, new construction representation, and free real estate market analysis.

Kristen is living out a long-standing dream of hers by working in real estate.

"I have always wanted to work in real estate," she said. "I have an odd obsession with houses and love helping people tour and find their dream come true."

Born and raised in Northern Maine, she spent more than half her life there before relocating to Southern Maine with her husband and two sons. That lifelong connection to Maine gives her an unparalleled understanding of its communities, culture, and lifestyle and



Kristen Roy is an Associate Broker at Elevate Maine Realty.
SUBMITTED PHOTO

is an invaluable resource for her clients looking to make Maine their own.

"I have had the opportunity to work with clients all over the state of Maine in my 13 plus years of real estate," Kristen said. "From Jackman to Eastport, Sanford to Sebago. If I can't meet you, I would be happy to help you find a trusted agent in your area."

An experienced and dedicated worker, Kristen has been able to keep her business relationships from organic connections.

"My referral base is my main business. I've been working with clients for many years now and all my friends and family send them to me with trust," she said. "I take pride in the trusted referrals I have been able to grow over the years."

Always available, Kristen says that she enjoys being a part of her local communities and statewide opportunities.

"I feel I have been a trusted realtor for many years now and many more to

go," she said. "I feel I am a great community go-to for all your home needs. From my contacts or experience I will be here for my clients during the transactions and for many years after."

Getting to know her clients well is responsible for much of her success.

"I want my customers during our meetings to feel that they have a friend by their side in me during the entire real estate process," Kristen said.

A top-producing agent, she joined Elevate Maine Realty to embrace new challenges and opportunities for professional growth. Her unparalleled dedication to her clients and the communities she serves drives her to deliver exceptional service, ensuring every real estate journey is smooth, successful, and rewarding.

No matter if you are buying or selling, Kristen Roy is committed to guide you every step of the way. She understands that those she works with are not just purchasing or selling a home, they are making one of life's most exciting yet complex and difficult decisions.

"I understand the many concerns and challenges that come with this process and take a strong customer-focused approach to representing my clients," Kristen said. "Reach out today to start your real estate journey with me."

To learn more about Kristen Roy Real Estate at Elevate Maine Realty, call 207-671-8149 or visit kristenroy.elevatemaine.com/ or find her on Facebook at Kristen Roy Real Estate. <

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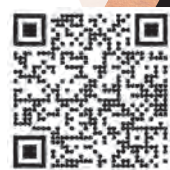
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GROCERIES *Cont. from page 19*

their branded counterparts but without the hefty marketing costs. Switching to store brands for staples like canned goods, cereals, and cleaning supplies can result in substantial savings.

3. Buy in Bulk (Strategically)

Buying in bulk can be a double-edged sword. While purchasing larger quantities typically reduces the price per unit, it's only a bargain if you use everything before it expires. Focus on non-perishable items like rice, pasta, canned goods, and household supplies. For perishables, consider splitting bulk purchases with a friend or neighbor.

Pro Tip: Invest in a vacuum sealer to extend the life of bulk meats and other freezable items.

4. Time Your Purchases

Grocery stores often have predictable sales cycles. Learning these cycles can help you stock up on items when they're at their lowest prices. For instance, meat is often discounted at the start of the week, while bakery items might be reduced in the evening. Additionally, using cash-back apps and digital coupons can further stretch your budget.

5. Reduce Food Waste

The average American family throws away approximately \$1,500 worth of food each year. Combat this by organizing your fridge and pantry to make older items more visible and accessible. Embrace leftovers by planning meals that can transform them into new dishes. For example, roast chicken can become chicken soup or tacos the next day.

Pro Tip: Keep a "use me first" bin in your fridge for items nearing their expiration date.

6. Opt for Plant-Based Meals More Often

Meat and dairy are among the most inflation-sensitive categories. Incorporating more plant-based meals not only boosts your health but also saves money. Consider "Meatless Mondays" with meals based on beans, lentils, and grains, which are much cheaper sources of protein.

7. Shop Seasonal and Local

Fruits and vegetables in season are not only fresher but also cheaper due to the abundance of supply. Farmers' markets can offer local produce at lower prices compared to grocery chains. Additionally, you're supporting local agriculture and reducing the environ-

mental impact of your food choices.

8. Use Cashback and Rewards Programs

Many supermarkets offer loyalty programs with discounts, coupons, and cash-back options. Combining these with cash-back apps like Ibotta or Fetch Rewards can help you save even more. Over time, these small savings accumulate into significant reductions on your grocery bill.

The rise in food prices shows no immediate signs of reversing, making it crucial for families to adapt their shopping habits. By planning meals, embracing store brands, buying strategically, and reducing waste, you can mitigate the impact of inflation on your budget. Every dollar saved is a step towards keeping your finances balanced in these challenging times. <

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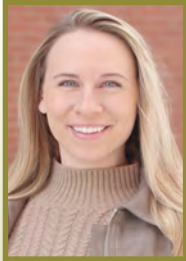
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