

WMS Altitude Program teaches students how to make maple syrup

By Masha Yurkevich

STAFF WRITER

While some classrooms use textbooks to teach a lesson, Altitude, an alternative pathway program at Windham Middle School (WMS), used maple syrup collecting to teach its students.

Altitude is not your typical classroom setting; it is an alternative pathway program at WMS that focuses on service, experiential learning, and community building, aiming to create more hands-on learning opportunities for students who may find the traditional school setting challenging.

As maple syrup season was drawing closer, Altitude teachers Lisa Anderson, Autumn Carlsen Cook and Allison Muir decided to use this opportunity to teach their seventh grade Altitude students a variety of lessons, some of which include science, math, history, and the natural world.

Prior to going outside, students learned about the sugaring process and had guest speaker Scott Dunn from Dunn Family Farm speak to them about the task of collecting and boiling maple syrup. They learned about how to identify healthy maple trees, understanding the timing of sap flow, proper tapping techniques, and



Windham Middle School's Altitude participants gather during a lesson in making maple syrup. Front, from left, are Constance Sawyer, Mckenna Grass-Goodwin, Ava Arterton, Aliana Richardson, Finn Shinchfield, Logan Partridge, and Lisa Anderson. Back, from left, are Autumn Carlsen Cook, Angelina Malan, Elijah Fox, Caleb Warner, Illijah Veilleux, and Allison Muir. PHOTO BY MASHA YURKEVICH

basic sap handling and boiling procedures to ensure a good quality syrup.

Then, the students walked around campus, marking off and tapping fifteen maple trees and plotting their locations on a map.

Mathematics was incorporated as the students collected data from the amount of sap they got from each tree

and learned about how many taps a tree can have depending on its diameter and size. They had about 22 taps in total.

While outside, Altitude set up a "kitchen," which consisted of four propane heaters to boil the sap for it to become maple syrup.

A group of students collected buck-

ets of sap from their designated trees, pouring the sap into a 50-gallon barrel, which was then poured into pots and put on the heaters, carefully being monitored by the watchful eyes of another group of students.

Each pot was set at a different temperature, and the students observed

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Chamber preparing for 'Polar Plunge for a Purpose'

By Ed Pierce

STAFF WRITER

It's a new event at a new location, but the bottom line is that it's same goal to raise money for "Feed the Need" in helping food pantries across the Lakes Region of Maine.

After postponing the annual Polar Dip at Raymond Beach in February, the Sebago Lakes Region Chamber of Commerce has announced it will host the annual Polar Plunge 11 a.m. to 2 p.m. April 19 at Saint Joseph's College and is actively seeking plungers willing to brave the chilly springtime waters of Sebago Lake for a good cause.

According to Amber Rankine, the chamber's President and Executive Director, the new location will hopefully induce more participation from the school and the community.

"Dive into the icy waters for a great cause and help support our charitable trust, Feed the Need," Rankine said. "This exhilarating event promises fun for the whole family and an opportunity to make a difference in our community. We are hoping for more participation due to the warmer weather of mid-April as well as not having to jump through an ice hole but rather running in and out from shore."

She said that the event will be held in memory of the late George Bartlett, who was a Sebago Lake Rotary Club and Sebago Lakes Region Chamber of

Commerce member for more than 30 years and worked with the Maine Children's Cancer Network to start the Polar Dip event as part of the annual Sebago Lake Ice Fishing Derby.

When interest in the Polar Dip waned after many years, Bartlett approached the chamber in 2021 wanting to restart the Polar Dip event as a fundraiser for "Feed the Need."

Bartlett passed away unexpectedly in 2023, but the revived Polar Dip and now the Polar Plunge assists 11 different food pantries.

The receiving food pantries are Casco Village Church Food Pantry, Casco Alliance Church Food Pantry, Gray Community Food Pantry, Crosswalk Community Outreach, Naples Community Resource Council, First Congregational Church in New Gloucester, Raymond Food Pantry, Sebago Warming Hut, Standish Food Pantry, St. Ann's Episcopal Church Food Pantry and Windham Food Pantry.

In the spring of 2016, the Sebago Lakes Region Chamber of Commerce Charitable Trust was established to raise awareness of the food insecurity



The 2025 Polar Plunge sponsored by the Sebago Lakes region Chamber will be held from 11 a.m. to 2 p.m. Saturday, April 19 at Saint Joseph's College with proceeds to benefit 11 food pantries in the Lakes Region. FILE PHOTO

in the region and to donate funds to the local food pantries who support this growing need. The initiative is called "Feed the Need" and the trust raises funds throughout the year via grants, donations, and events such as the "Polar Plunge for a Purpose."

"Brave the cold and take the plunge in your favorite costume," Rankine said. "Sign up as an individual or create a team. Costumes are encouraged to add to the fun."

Along with the plungers, the public can attend the event to cheer on their favorite teams and enjoy great food from local food trucks on hand for the occasion. There will also be creative

face painting for all ages and music and entertainment for the entire family.

For those who choose to plunge into Sebago Lake that day, portable saunas will be available from Too Haute Saunas for participants to warm up after their excursion into the lake.

Participants can sign up as an individual or form a plunging team and early registration is recommended.

Rankine said that prizes will be awarded for the best-dressed plungers

and that Emergency Medical Services crews will attend for participant safety.

"This is a fantastic opportunity to have some fun, meet new people, and support a worthy cause," she said. "Whether you're taking the plunge or cheering from the sidelines, your participation makes a difference."

To register, call 207-892-8265 or visit www.sebago-lakeschamber.com. Donations may also be given directly online. <

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INSIGHT

Looking back on an indelible friendship

It's been mentioned that if you embrace the unfamiliar it can often lead to unexpected friendships.

I first met Ray Clifford in September 1971 as a freshman attending New Mexico Highlands University. I was about to turn 18 and he was five years older and 23, having served as a military policeman on a patrol boat on the Mekong River during the Vietnam War.

Clifford was 6 feet tall and weighed 240 pounds while I was 5 feet 6 and 130 pounds. I was in school to earn a degree and launch a career, while he was there for beer, parties, women, good times and certainly not academics.

My tuition was paid for by student loans and his was covered courtesy of the GI Bill from his service in the U.S. military. I was from Rochester, New York and he was from Breezy Point, New York on Long Island.

Somehow, both of us ended up in the same fraternity pledge class and were living in the same fraternity house off campus. After getting to know Ray Clifford for a few weeks, I determined that something was unusual about him, especially when he requested a room to live in the basement.

His ambition was to become a police officer or detective in New York City, but I sensed that his temperament wasn't a great fit for that. He was quick to anger and often exhibited poor judgement. He drove recklessly when borrowing another fraternity members' car and would carry a bottle of peach schnapps in his coat to take sips in class when the professor wasn't looking.

It just didn't seem like he was all there at times, and I can cite examples of his questionable actions.

Once when I was carrying a laundry basket down the cellar stairs filled with dirty clothes to wash, I stopped just inside the door to turn on the light and see where I was going. Immediately after turning on the light, it went out and someone grabbed me from behind around the neck and held a butcher knife to my throat saying, "What are you going to do now?" I realized it was Ray Clifford right away because of the tone of his sing-song voice and I asked to be released. He told me I should be more careful when entering darkened rooms in the future.

During our fraternity pledge weekend where we were supposed to leave the area for 48 hours and not be found, the entire pledge class traveled more than 100 miles away to a remote cabin.

Not long after arriving, Clifford went outside to smoke and those of us inside the cabin heard a gunshot. He came running in saying he had brought a pistol and fired it indiscriminately, but a bullet had ricocheted off a fencepost and struck and somehow hit a cow standing nearby in a field. He was scared and wouldn't let us notify the farmer so we spent the next two days fearful that the police would arrive and arrest us all for shooting a cow.

As the first semester exams neared and before everyone departed to go home for the holidays, the fraternity held a huge dance. Clifford made what he called "Breezy Bash" a concoction of fruit punch and generous amounts of alcohol mixed in. While people were dancing, I observed him add six bottles of Everclear to the "Breezy Bash" and I'm sure it produced quite a few hangovers for anyone who drank it.

He shared his first semester grade report with me while we were flying home for Christmas. In Economics, he had received a "C" but in American National Government, Psychology, English 101, and Earth Science, he received a "F."

Before the school year ended, he was involved in a fight that spring and was sticking up for a fellow fraternity brother who had been called a racial slur and then was punched at the Student Union Building on campus.

Many members of our fraternity and college administrators were surprised though when Ray Clifford did not return that fall for his sophomore year.

Years passed and I eventually served in the U.S. Air Force, got married, earned my college degree and began a career in journalism writing for newspapers.

In 2010, I was watching a baseball game on television in early May at our home in Florida when the phone rang. I answered it and was shocked to learn it was Ray Clifford on the other end.


He said a fellow fraternity member had given him my number. He told me that he had obtained degrees from both Saint Francis University and Florida International University and had never married. He had worked as a court officer for the State of New York and was now living in New Smyrna Beach, Florida about 80 miles from me.

I told him about my newspaper career and my wife and family and before we said goodbye, he said to me "We sure had some crazy times in college, didn't we?"

Years later I found out that he had died at the age of 65 in 2013.

It's my contention that no friendship we ever make is purely by accident. <
~ Ed Pierce

Today in HISTORY



MARCH 28

1584 – English explorer Walter Raleigh is granted a seven-year royal charter by Queen Elizabeth I to explore and colonize North America.

1797 – Nathaniel Briggs of New Hampshire obtains a patent for a washing machine.

1854 – The Crimean War begins with Great Britain and France declaring war on Russia.

1865 – Outdoor advertising legislation is enacted in New York state. The law forbids advertisers from "painting on stones, rocks and trees."

1885 – The Salvation Army forms in the United States.

1911 – In New York City suffragists perform the political play "Pageant of Protest."

1917 – During World War I the Women's Army Auxiliary Corps (WAAC) is founded.

1938 – Psychiatrists in Italy demonstrate the use of electric-shock therapy for the treatment of certain mental illnesses.

1954 – RCA manufactures the first color television set, featuring a 12.5-inch screen and costing \$1,000.

ON THE SPOT

Guests arrive from out of town, and you want to take them out for dinner. What type of food will you be eating?

"It depends where they are from. Out of state; seafood at Lukes Lobster Pound; In state; it has to be a decent Steak House. Need to change it up from the routine."
– William D. Reiner

"In Windham? We need work on that. Closest place for dinner with friends to impress? Sebago Brewing in Gorham. Great menu, and in the summer can be seated outside. Terrific beer brewed onsite."
– Brian Butler

"Bobs." – Sandra Gorman

"My kitchen for my pizza."
– Tommy Matthews

"Lobster would be the obvious choice but then again it would depend on where they are from." – Stephen Signor

"Bob's." – Francesco Paredon

"If they're from away, we're eating seafood. If we're eating seafood, we're going to the Clambake Seafood Restaurant." – Brian McCarthy

"Seafood at Bob's or anything at Roses." – Julie Mallett

"Lobster, and clams."
– Rose Tirrell Haigis

"Unos in South Portland or Bon Vivant Restaurant in Lewiston."
– Deirdre Schulte

"DiMillo's on the Water. Amazing clam chowder, haddock bites and blueberry cobbler." – Dean A. Smalley

"The scallops at Union Restaurant in Westbrook are the best I've ever eaten."
– Mitchell B. Robinson

"Chicken Marsala at Royal River Grill House in Yarmouth."
– Tawny Lamabe-Punto

"The seafood linguini at Lake House Tavern in pretty tasty. Or we could go to Yolked Farm to Table for their filet mignon."
– Lois Fuller

"Fish and chips at the Fire House Grill in Auburn. Worth the drive."
– Lollie Gomez Nunez



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Raymond Scout Troop 800's open house nearing

By Kendra Raymond

STAFF WRITER

Do you have a young person in your life who is interested in adventures, learning new skills, making friends, and spending time outdoors? Scouts BSA might just be the answer. With a newly implemented program which includes both boys and girls, there are opportunities for all young people to grow and learn, while upholding the core beliefs of Scouts BSA.

Scout Troop 800 in Raymond will be holding an Open House for all interested parents and youth at the Raymond Fire & Rescue Department, 1443 Roosevelt Trail in Raymond, at 6:30 p.m. April 14.

Assistant Scoutmaster Mike Case says the troop is expecting a lot of interest in the upcoming Open House.

"We invite you and your family to our Scout Troop Open House to explore what Scouting is all about! Whether you are interested in joining a boy troop, learning more about forming a girl troop, or starting a Pack for younger youth, this event is for you," Case said.

He outlined what the evening will be about:

What to expect

Introduction to Scouting: Learn about the rich history and purpose of Scouting, and how it helps youth develop character, leadership, and life skills.

Activity examples: Experience some of the exciting activities our Scouts participate in, from outdoor adventures like camping and hiking to hands-on skills such as first aid and orienteering.

Scout-led activity: Watch or join in as our current Scouts lead an interactive activity, showcasing teamwork and leadership in action!

Interested in a Girl Troop or Cub Scouts?

Case said that while Scout Troop 800 is currently a boy scout troop, they are excited to collaborate and share information, experiences, and resources to help get a girl troop or Cub Scout Pack off the ground.

"Our Troop committee is eager to support the development of these programs, ensuring that all young people can experience the benefits of Scouting," he said.

Who Can Join?

Boys or girls ages 11 to 17 for Troops and younger youth ages 5 to 10 for Cub Scouts with a desire to have fun, learn, and grow through



Scouts from Troop 800 in Raymond participate in various camping and outdoor activities throughout the year. The troop will host an Open House for interested youth and parents at 6:30 p.m. April 14 at the Raymond Fire and Rescue Department, 1443 Roosevelt Trail in Raymond. COURTESY PHOTO

teamwork and challenges.

Jason Moreau is the Scoutmaster for Troop 800 and says that he is excited to invite families who are interesting in learning more about the

troop to join us.

"Aside from the Scout-themed games and activities, we will be providing an opportunity for questions and answers," he said. "While Troop 800 is Boys Troop serving 11- to 18-year-olds, we encourage families who are interested in the Scouts BSA program for girls and younger Cub Scouts to attend as well to learn more about how we might bring those programs to Raymond."

Moreau says he hopes to see the program continue to gain momentum in the community and that the troop keeps the adventures going year-round and have the group lead community service projects throughout Raymond.

"We have had some conversations with

the Crescent Lake Watershed Association about assisting with erosion site projects this summer," he said. "We've also been asked to help re-

→ see **SCOUTS** Page 4




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Fall 2024 College roundup

★ Nicole Levine of Raymond has been named to the Dean's List for academic excellence at Emerson College during the Fall 2024 semester.

★ Greta Paulding of Windham has been named to the Dean's List with Distinction at Grove City College for the Fall 2024 semester.

★ Elizabeth Savard of Windham has been named to the Dean's List at Rhodes College for academic excellence during the Fall 2024 semester.

★ Grace Alfiero and Haley Atherton of Windham have been named to the Dean's List for outstanding academic performance at Emmanuel College during the Fall 2024 semester.

★ Ashley Arnold of Windham has been named to the Dean's List at Simmons University for academic excellence during the Fall 2024 semester.

★ Reese Merritt of Raymond has been named to the Dean's List for academic excellence at Springfield College for the Fall 2024 semester.

★ Jamie Lyn LeClair and Dan-

ielle McQuarrie of Windham have been named to the Dean's List for academic excellence at Washington County Community College for the Fall 2024 semester

★ Charlie Allen, Monica Lewis, Destiny Potter and Liz Small, all of Windham, have been named to the Dean's List with High Honors at the University of Maine Farmington for the Fall 2024 semester.

★ Fiona Knott of Windham has been named to the Dean's List with Honors at the University of Maine Farmington for the Fall 2024 semester.

★ Keegan Brooks of Raymond has been named to the Dean's List for outstanding academic performance at Maine Maritime Academy for the Fall 2024 semester.

★ Maddox Arbour, Ashley Clark, Jady Kimball and Robeert Ledbetter, all of Windham, have been named to the Dean's List for academic excellence at the University of New England for the Fall 2024 semester. <

SCOUTS *Cont. from page 3*

tire a collection of U.S. flags which is a great opportunity for our Scouts to engage in civic duty and learn proper protocol."

The Troop has nine registered Scouts presently and Moreau hopes to add several more. He emphasized the importance of leadership and community, especially during a recent Eagle Scout project.

"We have one Scout who just completed their Eagle Project and is preparing for their board of review," he said. "It was great to have the younger Scouts help with the process building park benches so they can get a sense of what is involved to reach that highest rank of the Scouts BSA program."

While working their way through the ranks, the Scouts find a way to fill their progress with plenty of fun and skill building. Moreau says that the Troop has a lot of upcoming events for the spring and summer season.

"We always have a bunch of great outings planned. We try to schedule one per month. In April we'll be honing our archery skills at Camp Hinds. In May, we'll be camping at Spectacle Pond in Osborn Maine for a weekend and heading into Acadia National Park for the day. In June we'll be heading to Baxter state park for weekend," said Moreau. "During July we will be camping for a week session at Camp Hinds where the Scouts will swim, canoe, earn merit badges, and all kinds of activities with other troops from across Maine and beyond."

Moreau is proud of the extensive resume that Troop 800 has under

their belt. The enthusiasm and sense of adventure are palpable within the Troop.

"We're always looking ahead to new and exciting outings. To give a sense of the type of activities we pursue, within the 12 months we've taken an overnight canoeing trip, backpacked via the light of a full moon to a rustic cabin in Camden State Park, hiked the Rumford Whitecap, and competed at a snowy Klondike derby, an ice fishing derby and a Star Wars themed camporee," he said, "We just got back from an overnight trip at EVO Rock + Fitness in Portland where the boys scaled all kinds of climbing walls for hours before camping out on the mats for the night."

Moreau says that he finds his time spent volunteering with Troop 800 very rewarding.

"As leaders and parents, it's humbling watching the boys grow and mature, become a more cohesive team, and discovering new talents and interests they didn't realize they had," he said "Our Scouts really enjoy planning and going on regular trips, seeing various parts of our state and country, and connecting with the outdoors and our community. Our Troop is really dedicated to providing these opportunities for the youth in Raymond, and surrounding communities."

Case and Moreau are anxious to share the benefits of Scouting with prospective members.

For further details about Raymond Troop 800's Open House, send an email to troop800me@gmail.com or call or text 207-370-2896. <

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Ted Wright, 62



Ted Wright of Windham, Maine passed away on March 21, 2025, leaving behind a legacy of service, dedication, and a deep love for family, music, nature and animals.

Born on March 23, 1962, Ted was a proud veteran who served 23 years as a Chief Engineer in the U.S. Coast Guard. His commitment to his country and the Coast Guard was unwavering, and his contributions to the service were numerous. After retiring from the Coast Guard, Ted continued his pursuit of knowledge by earning his electrical engineering certificate from Southern Maine Community College, becoming a Master Electrician. He spent the remainder of his career as an electrician, with his own business, and was known for his skill and expertise in the field.

Ted's love of music began as a young boy, singing in the boys choir at St. Paul's Cathedral in Boston, Massachusetts, and music remained a lifelong passion. He loved being a parishioner of St. Ann's Episcopal Church where he sang in the choir and led a Taize group. In addition to singing, he also loved playing trombone, guitar, piano and drums.

Ted also had a great affection for animals, having shared his life with many beloved pets over the years. Whether he was hiking in the great outdoors, tending to his garden, or spending time with his animals, he found peace in nature. He was known for his quiet strength, humor, and generosity, and Ted will be deeply missed by all who knew him.

Ted is survived by his beloved spouse, Diane Jones Wright; his mother, Barbara Wright; his sister, Lauren Wright-Toal and her husband, Dan Toal, and their four children, his nieces and nephews: Catherine, Matthew, Ashley and Jack, and sister and brother in laws Donna and Paul Roussele.

Visting hours will be held from 5:00 PM to 7:00 PM on Thursday, April 3, 2025, at Dolby Blais & Segee, 434 River Road, Windham.

A memorial service to honor Ted will be held at 11:30 am, on Saturday, April 5, 2025, at St. Ann's Episcopal Church at 40 Windham Center Rd, Windham, ME with a reception to follow.

In lieu of flowers, donations may be made to The American Heart Association or www.breakthrough1d.org in his memory.

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Windham Parks and Rec hosts Light Up the Night Dance

By Jolene Bailey
STAFF WRITER

The glow party sensation sweeping America arrived in Windham on March 14 as the Windham Parks and Recreation Department hosted a “Light Up the Dance Night” for local families.

Glow parties are vibrant celebrations where neon colors and decorations are used extensively and everything glows under the glare of UV black lights, creating a fun environment. Black lights work by emitting ultraviolet (UV) radiation, which is invisible to the human eye, but some substances called phosphors absorb them and then re-emit it as visible

light, causing them to glow eerily. Participants wearing neon colors stood out in the Light Up the Night dance along with those wearing fluorescent orange, green, yellow and pink.

“This was our first glow dance through Windham Parks & Recreation, and all families in the community were invited, so I was really excited to see all the families come together and have a fun time at the dance,” said Kelsey Crowe, Windham Parks & Recs deputy director.

Windham Parks and Recreation conducts many events for everyone with children who are interested in attending. In the past they have host-

ed similar events to the Light Up the Night dance such as the February Formal and the Gym Jamboree.

However, this dance was much different from those offered previously because it was a glow dance, and all the lights and blacklights had transformed the experience with even more fun for the families attending. It was a solid turn-out and a packed gym at Windham Middle School.

“As the Deputy Director, my role was to plan and organize the whole event, but I could not do it alone,” Crowe said. “For Light Up the Night, Windham Parks & Recreation partnered with Windham PTA to put on the dance. We also had support from Windham Social Services, RSU 14, the Windham Lions Club, Deep DJ Entertainment, and Windham High School student volunteers.”

Crowe has been working for the Windham Parks & Recreation Department for about eight years. She has been overseeing larger family and community events for about six years shortly after becoming the Deputy Director for the organization.

As the Light Up the Night dance went on, there were several opportu-

nities for even more fun throughout the evening.

People could stop by the photo booth in the gym and take photographs with fun accessories or also dance in the gym or play a round of cornhole, a game of giant Jenga, Connect Four or Tic Tac Toe.

For most of the night, children enjoyed dancing with a DJ spinning popular tunes. They were able to request songs and sing and dance all through the night.

Another popular activity was the Light Up Limbo competition for kids and their parents.

Refreshments and snacks were served in the cafeteria, along with face painting and temporary tattoos that glowed in the blacklights during the dance in the gym.

Families were able to also register for door prizes. There were about 10 big prizes where families could receive tickets when they entered and choose what prizes they wanted to try to win. Prizes were then drawn and announced throughout the night.

“This was our first glow dance, so not knowing if the event will take off, or if families were actually going to register, is always a worry, but I think the night was a success. We had a great turnout, and I can’t wait to make it bigger and better for next year,” said Crowe.

For more details about activities offered by Windham Parks and Rec., visit www.windhamrecreation.com and follow their Facebook page. <

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Camaraderie of quilting motivates Nimble Thimbles members

By Ed Pierce

STAFF WRITER

For members of Windham's Nimble Thimbles Quilting Chapter, creating a new quilt is like a microcosm of life in stitching together a beautiful patchwork of memories.

The Nimble Thimbles chapter is part of the Pine Tree Quilters Guild of Maine and currently has 23 participants from throughout the Lakes Region.

The Pine Tree Quilters Guild was founded in 197 and has more than 1,800 members in 67 chapters in Maine. It is a guild of quilters who are passionate about everything about quilting who share and help others learn more about their art.

According to Nimble Thimbles member Cynthia Junco of Windham, being part of the group allows her to spend time with others who enjoy quilting and promotes a unique and special camaraderie among members who understand the work needed to put together a new quilt.

She said the length of time required to create a quilt depends upon the design and pattern, size, and the number of members participating but it usually involves hours of work to complete one.

"Some members will work on quilt tops in the convenience of their own home and then when our group meets, we may layer and tie the quilts prior to binding them," Junco said. "We also have a couple of members who have donated their time to machine quilt the layers, and then a



Cynthia Junco of the Nimble Thimbles Quilt Chapter of Windham displays quilts that were made and donated by chapter members to the Windham Food Pantry last December. SUBMITTED PHOTO

member will take a quilt and add the binding. It can be quite a process by the time one quilt is completed."

The Nimble Thimbles chapter meets twice a month in Windham to work on quilts.

This past holiday season, Nimble Thimbles members decided to donate quilts created last fall to the Windham

Food Pantry to be included with holiday baskets being distributed to those in need.

"It's my understanding that this year the quilts would be used in some holiday baskets that the food pantry provided to some individuals as well as some going to the Windham Police and Windham Fire and Rescue to provide to an individual when emergency situations arise. Quilts can be very comforting to one in a difficult situation."

Each year the organization makes a holiday donation based upon suggestions from its members.

"In the past we've made and donated quilts to Quilts of Valor, the Ronald McDonald House, Hospice, as well as Project Linus," Junco said.

Project Linus provides handmade blankets to children in the United States who are seriously ill, traumatized, or otherwise in need.

In November, the Nimble Thimbles Quilt Chapter of Windham donated 46 different quilts of various sizes to the Windham Food Pantry for

distribution in some of their holiday baskets as well as the Windham Police and Fire Departments.

"The quilts were well received, and we were happy to be able to provide the support," Junco said. "Our group creates and donates quilts for different charities and social service groups which fluctuates from year to year."

Junco says that the best part of being a member of the Nimble Thimbles Quilting Chapter is more than just the camaraderie of being with other quilters.

"It enables us to share our creativity, teach others various techniques used in quilting as well as doing for others," she said. "Generally, we hire a quilt instructor from outside of our group once or twice a year for a teaching/learning workshop to learn new or advanced methods of quilting."

For anyone interested in joining the Nimble Thimble, brochures with contact information are available at various quilt shops in the area, including at the Calico Basket Quilt Shop, 31 Page Road in Windham. <

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Windham resident uses poems to give back to community

By Elle Curtis
STAFF WRITER

Windham resident and poetry author Bob Clark, driven by a sense of giving back to society in a permanent manner, is preparing for the release of his newest book, "Sleigh Bells," as a part of his annual poetry display at the Windham Public Library for National Poetry Month during April.

"Sleigh Bells will be his seventh published book of an impressive collection. The book will contain roughly 12 poems, including a poem by Clark focused on the restoration of Babbs Bridge, Windham's historical covered bridge.

Growing up in Windham, Clark lived in a farm home, which included a horse barn from the 1950's. When

he was young, Clark had growing interests in writing and reading, inspired by some 1930s National Geographic magazines that he kept in the attic of the horse barn.

"National Geographic really opened the world," said Clark.

Through images found in both magazines and online, Clark found inspiration.

"Can you imagine? The opportunity I have to make another new book with a new cover," he said. "That alone is interesting to me since I can find inspiration from photos online."

Apart from photos found online and nature, Clark is also inspired by authors such as Longfellow and Robert Frost. In viewing other people's work, Clark says he has found his

niche.

What's behind the image is the impulse of emotion. Emotion is the key to the product he's laying out in words. His poems "Our Candle Vigil" and his newer poem, "Babbs Bridge," speak about a commonality between the towns of Lewiston and Windham that Clark believes should be continued. With his work and library display, Clark wants to reach the public.

"Our Candle Vigil," which was presented to Lewiston city councilor following the tragic mass shooting there, conveys a message of support.

Through poetry, Clark sees his poems as a way of giving back to the community.

"The tragedy is the tragedy, but the humanity of it is that we somehow manage to get through it and pull together, and recognize each other, kind of lean on each other," said Clark.

It is as he writes that he asks himself what influence his poems can



Bob Clark grew up in Windham and became fascinated with writing after reading National Geographic Magazine. He is now a poet who has written a new book and a new poem about Babbs Bridge which is on display at the Windham Public Library in April. PHOTO BY ELLE CURTIS

have. He'll rewrite a poem 40 to 50 times. Each poem is roughly 2 to 4 pages. They mean a lot to Clark. He strives to capture the image and word selection is an important part of that. Words can carry a little image, he says.

→ see POEM Page 9



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Learning about Maine's Legislature



Members of the Windham Jobs for Maine Graduates (JMG) program visited the State House in Augusta earlier this month and met and shared lunch with State Rep. Barbara Bagshaw (R-Windham) at the Augusta Olive Garden. 'Windham JMG students are part of a program that helps prepare them for life-long learning and future career opportunities,' Bagshaw said. 'At the State House, they got to attend a work session in the Marine Resources Committee and then public hearings before my committee, the Education Committee. I was fortunate enough to join them for lunch and to learn more about JMG and what it means to them personally.' SUBMITTED PHOTO

→ POEM *Cont. from page 8*

"It doesn't necessarily have to be thousands of words. It might only be six words and then boom, it grabs you and captures your imagination," says Clark.

Poetry is one way Clark has reached the public and left a lasting mark. For years, he was unsure how to put his work out there until he thought of framing his work for displays.

"Nobody else was doing that," he said. "Libraries didn't have a local poet that would just come in and frame his work to be put up and displayed. They would have a book here and maybe a book there."

Windham Public Library has been a place where Clark is able to display his poetry. His focus is on providing lyrical respites in a busy world.

"There's time to become aware, and there's this time to decide, well I like these things in life," said Clark.

With that in mind he wrote his poem "Those We Never Knew." Clark presented the poem to the Maine State

Senate earlier this year as a part of delivering the opening invocation at the Maine State House in recognition of and gratitude to those who sacrificed for our nation.

His words prompt reflection on the origins of America's independence and he learned the power of words by taking college courses at the University of Southern Maine in the late 1960's.

More ambitious projects are in the works as Clark prepares for "The New Poetry Workshop" with the Maine Coast Men group.

"I'm very excited. I'm not writing a new poem for it, but I'm explaining how to 'cook the cookies,' and how the work is done," he said. The themed workshop will focus on 'Lyrical Respites in a Busy World.'

Clark's newest book "Sleigh Bells" will be on display along with some of his other works at the Windham Public Library throughout the month of April for National Poetry Month. Free copies of his "Babb's Bridge" poem will be offered. <

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Windham Primary School instructional interventionist gives students confidence to succeed

By Ed Pierce
STAFF WRITER

To say that Debbie Greenlaw is important to student success at Windham Primary School would be an understatement.

As the Literacy Instructional Interventionist for first grade students at WPS, Greenlaw provides targeted support and individual or small group instruction to students who are struggling in literacy. She focuses on skills such as phonemic awareness, phonics, vocabulary, fluency, comprehension and writing, all while collaborating with teachers and monitoring a student's progress.

Her work involves directly working with students who need extra support; designing and implementing targeted interventions based upon student needs and data; and delivering instruction to individual students or small groups, focusing on specific skills or areas of difficulty that students may encounter. While she tracks student progress, Greenlaw can make adjustments as needed, coordinate other school staff members for support and inventions, and keeps parents informed about their child's progress and intervention strategies.

"I found my passion helping littles with their academic success," she said.

It's a huge responsibility but that's not all Greenlaw does at the school.

She also leads the WPS Summer

Technology Programs and coordinates the school's After School Clubs.

"The online Summer Technology Programs are free to any student in our school," Greenlaw said. "The programs are engaging and motivating for our learners. The programs help the students keep up with their learning through the summer."

The WPS After School Clubs give students an opportunity to pursue their interests along with being involved with at least one club each session.

"We have two sessions starting at the end of January through May," Greenlaw said. "All these clubs are free for our students to attend."

Usually there are 10 to 12 clubs offered each session, and each club has grade levels from K to 3, giving students more opportunities to participate in clubs.

"The teachers are wonderful with thinking of engaging fun clubs for the students to choose," she said. There is a lot of participation in the clubs, and we have the lottery system in place for choosing clubs. The lottery is the first



Debbie Greenlaw is the Literacy Instructional Interventionist for first grade students at Windham Primary School and also leads the school's Summer Technology Programs and After School Clubs. PHOTO BY ED PIERCE

choice of selections for the clubs. When possible, my goal is to have the students get their first choice, but sometimes certain circumstances prevent students from having their first choice. Then the students get their second or third choice. We have been able to have every student that signs up for a club participate in the sessions."

She says that WPS teachers are the reason the school can keep having clubs for its students.

"They take their extra time to plan clubs

that are motivating and promote social skills for the students," Greenlaw said.

After-school clubs offer many benefits, including developing cognitive skills such as problem solving, teamwork, exploring interests, fostering friendships, and making learning fun, she said.

"I would not be able to lead or coordinate either the Summer Technology Programs, or the After School Clubs, without Dr. Kyle Rhoads, WPS principal," Greenlaw said. "He is the person who initiated the Summer Technology Programs and After School Clubs for

our students."

Greenlaw has lived in Windham her entire life. When her children went off to college, she decided to go to college too.

"I went to Andover College with my daughter," she said. "We graduated together. I have two associate of science degrees in Office Management and Paralegal Studies. Law was not for me. I knew I wanted to help children in some way."

"I contacted the DOE and was told that I could apply for an educational technician certification with my college credits," Greenlaw said. "I went back to college and got six more credits to become an Educational Technician III. It was the best decision I have ever made. Every day I am thankful for the Windham Primary School Community and the students."

She started working at WPS as an Academic Support technician for grade K to 3 and that is close to what she does now as an instructional interventionist.

For Greenlaw, she says that her most memorable moments at WPS are when a student understands a strategy that she is teaching them as well as when the students then use that strategy to become a successful reader.

"In my opinion, the best thing about my job is the Windham Primary School Community and all the smiles on the students' faces every day," she said. <

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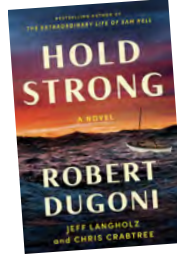
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ALL ABOUT PETS



SELECTING THE RIGHT DOG: KNOWLEDGE VS. IMPULSE

Thinking about getting a dog? Whether you're contemplating a purebred young puppy or maybe adopting from a rescue group, you should educate yourself and the other humans in the household about selection options, breed choices, daily care and schedules. You are picking a roommate for the several years, so knowledge is your answer to success. If you have decided to purchase from a shelter or rescue group, do research on temperament traits and common breed character behaviors. You must understand and know what you are going to be looking at such as body language meaning and some of the various postures.

If you're thinking about a purebred, you should do a good amount of research before your purchase. It's always a good idea to get input from the breeder about which pups would be best for you. There is not anyone that knows more about the pups and the pup's parents so inform them about your living environment, your activities, and what your goals are with the dog. The right dog for the right person. It's very much like match making.

Additionally there is size, color and, of course, popularity of certain breeds to consider. However, always remember that the dogs temperament should be the most important element

of this process and don't forget about the questions of whether this breed is going to be good with children, how much socializing is needed for this type of dog, do they train easily or will it be more challenging with this breed and how much professional grooming will this particular breed require to keep it comfortable and healthy.

You will need to establish a good relationship with a reputable veterinarian and get involved with positive motivation obedience training from experienced educated dog trainers. It is also a good idea to take puppy education lessons as an owner either prior to bringing a new pup home or if the pup is still too young for training or to be brought out in public yet. This is something offered at Noble K9 Training in Bridgton. Clients have always stated how glad they were for the puppy education seminar they took with them.

The Canine Good Citizen (CGC) Program and the Puppy Star Program was developed by the American Kennel Club to start pups out on the right path and avoid pitfalls in developing and shaping your dog's temperament and overall behavior. The staff at Noble K9 Training are certified CGC instructors and registered evaluators with over 30 years' experience.

The early months and years are cru-

cial for addressing this because the pup is learning many things for the very first time. This is called imprinting and should not be taken lightly. The results that will come from it that will stay with the dog throughout its life.

Noble K9 Training has seen many dogs over their thirty five years and can testify from that experience that

if things went a little different early on in young puppyhood, the undesired behavior that the adult dog is displaying would not be present. In short, it's always better to do it correctly in the beginning than to go back to modify or eliminate those undesired behaviors.

This article was brought to you by Mike Citro, owner of Noble K9 Training. <


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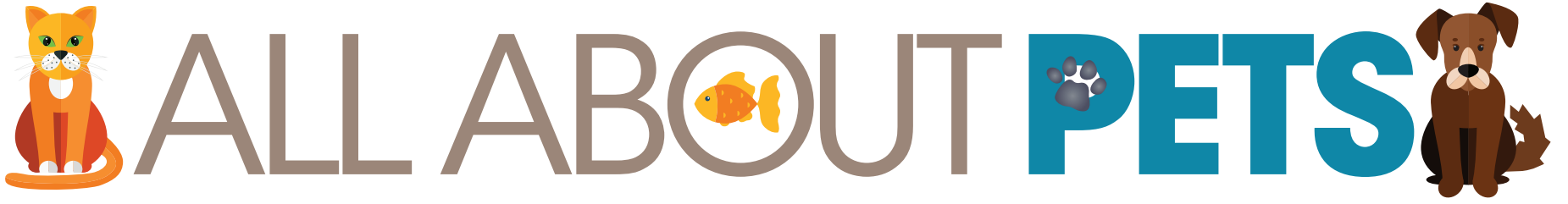
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ALL ABOUT PETS



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Pet owners in Maine have a new reason to celebrate when it comes to their furry friends' dental care. Mainely Veterinary Dentistry has made history by being the first in the state to introduce the VetCAT Cone Beam Computed Tomography (CBCT) system. This advanced imaging technology is set to revolutionize the way veterinarians diagnose and treat dental and oral conditions in pets, providing unprecedented precision, efficiency, and improved patient outcomes.

The VetCAT CBCT system is a

compact, state-of-the-art 3D imaging device designed specifically for veterinary use. Unlike traditional X-rays, which only provide a two-dimensional view, VetCAT CBCT creates highly detailed three-dimensional images of a pet's skull, teeth, and surrounding structures. This comprehensive view means they can now spot issues that traditional X-rays might miss, such as sinus infections, ear problems, and even early signs of cancer.

Unlike conventional CT scanners found in hospitals, VetCAT is de-

signed for in-office use, meaning it can be utilized during routine dental exams and procedures. The scanner is portable, easy to use, and provides rapid imaging, ensuring that pets can be diagnosed and treated efficiently without the need for multiple visits or referrals to specialty imaging centers.

Bringing VetCAT CBCT technology to Maine marks a significant step forward in veterinary dentistry. Here are some of the key benefits pet owners and veterinarians can expect from this innovation:

1. Enhanced diagnostic accuracy – Traditional dental X-rays can sometimes miss critical details hidden beneath the surface. With VetCAT CBCT's 3D imaging capabilities, veterinarians can detect dental abnormalities, root fractures, jawbone deterioration, tumors, and other conditions that may not be visible on standard radiographs. This leads to more accurate diagnoses and improved treatment planning.

2. Improved treatment outcomes – With a clearer, more comprehensive view of the pet's oral structures, treatments can be tailored more precisely. Whether performing extractions, root canals, or other surgical procedures, having a detailed 3D image helps re-

duce the risk of complications and ensures better outcomes for the pet.

3. Reduced need for invasive procedures – Early detection of dental and oral diseases means that many conditions can be treated before they become severe. This can help prevent the need for more invasive surgeries or lengthy recovery times, ultimately improving the pet's quality of life and reducing stress for both pets and their owners.

4. Faster and more efficient diagnosis – VetCAT CBCT provides high-quality imaging in just a matter of minutes, allowing for the diagnosis and treatment plans to occur during the same visit. This eliminates delays associated with sending pets to external imaging facilities and enables immediate intervention when necessary.

5. Less radiation exposure – Compared to traditional CT scans, VetCAT CBCT uses significantly lower radiation doses, making it a safer option for pets while still delivering high-resolution images. This is especially beneficial for smaller or more sensitive animals that may require repeated imaging throughout their lives.

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→ see VETCAT Page 13



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ALL ABOUT PETS



ESSENTIAL TIPS FOR PROTECTING YOUR PETS FROM TICKS

Ticks pose a serious threat to pets, potentially transmitting diseases that can harm both animals and humans. As a responsible pet owner, it's crucial to take proactive steps to protect your furry companions from these parasites. Here's what you need to know about keeping your dogs and cats safe from ticks.

Protecting Your Dog from Ticks

Dogs are especially susceptible to tick infestations due to their active outdoor lifestyles. To safeguard your canine friend, consider the following precautions:

- **Consult Your Veterinarian:** Speak with your vet about the best tick prevention products suited for your dog. There are various options, including topical treatments, oral medications, and tick collars.

- **Understand Local Tickborne Diseases:** Certain tick species carry diseases that can severely impact your pet's health. Your veterinarian can inform you about the specific risks in your area.

- **Regular Tick Checks:** After spending time outdoors, inspect your dog thoroughly for ticks. Pay close attention to areas such as behind the ears, between the toes, and around the neck.

- **Immediate Tick Removal:** If you find a tick on your dog, remove it promptly using fine-tipped tweezers. Grasp the tick as close to the skin as possible and pull it out with steady pressure.

By taking these measures, you can significantly reduce the risk of tickborne illnesses affecting your dog.

Ticks on Cats: Special Considerations

Cats require unique care when it comes to tick prevention, as they are

sensitive to many chemicals found in tick treatments. Here's what cat owners need to know:

- **Consult Your Veterinarian First:** Never apply tick prevention products to your cat without first checking with your veterinarian. Some chemicals that are safe for dogs can be toxic to cats.

- **Natural Groomers:** Cats are meticulous groomers, which means they

typically remove ticks on their own. However, if you notice multiple ticks on your cat, it could indicate an underlying illness that has affected their grooming habits.

- **Signs of Tickborne Disease:** If your cat seems lethargic, loses appetite, or exhibits unusual behavior after a tick bite, seek veterinary care immediately.

Final Thoughts

Ticks can pose a serious health risk to your pets, but with proper prevention and care, you can keep them safe. Regular vet consultations, daily tick checks, and appropriate prevention methods are key to ensuring your pets remain healthy and tick-free.

This article was brought to you by Brandon Lee of Mainely Ticks.

Sources: Centers for Disease Control and Prevention (CDC) & VCA Animal Hospitals

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→ VETCAT *Cont. from page 12*

scans and can be performed while pets are under anesthesia for routine dental procedures, it minimizes stress and discomfort. There's no need for prolonged positioning or repeated imaging, making the process much smoother for both pets and veterinary staff.

As pet owners increasingly recognize the importance of dental health in their animals' overall well-being, this advancement represents a significant investment in providing top-tier veterinary care. The addition of VetCAT CBCT underscores Mainely Veterinary Dentistry's commitment to staying at the forefront of innovation, ensuring pets receive the best possible medical attention and get the expert care they need to live a long, happy, and healthy life.

If your pet is in need of a dental exam or treatment, schedule a visit with Mainely Veterinary Dentistry. Their team is ready to provide cutting-edge care, ensuring your pet's dental and oral health is in expert hands. <



ALL ABOUT PETS



SIGNS OF ALLERGIES IN PETS AND WHAT TO DO

Just like humans, pets can suffer from allergies that cause discomfort and health issues. Whether it's environmental, food-related, or due to insect bites, allergies can affect dogs, cats, and other animals in various ways. Understanding the signs and knowing how to respond can help keep your pet healthy and happy.

Common Signs of Allergies in Pets

• Excessive Scratching and Licking – One of the most common signs of allergies in pets is constant itching. If your pet is scratching, biting, or licking certain areas excessively—especially the paws, ears, belly, or base of the tail—it could indicate an allergic reaction.

• Red or Inflamed Skin – Allergies can cause skin irritation, leading to redness, rashes, or even hot spots (painful, infected patches of skin). If you notice your pet's skin looking irritated or raw, allergies may be the culprit.

• Ear Infections – Recurring ear infections, often accompanied by head shaking or a foul odor, are another sign of allergies. Pets with floppy ears, such as Cocker Spaniels or Basset Hounds, are especially prone to allergy-related ear issues.

• Watery Eyes and Runny Nose – Just like people, pets can experience watery eyes, sneezing, and a runny nose due to environmental allergies

caused by pollen, dust, or mold.

• Digestive Issues – Vomiting, diarrhea, and excessive gas can indicate a food allergy. If your pet frequently experiences digestive distress, it might be sensitive to specific ingredients in its diet, such as chicken, beef, dairy, or grains.

• Swelling or Hives – In some cases, an allergic reaction may lead to swelling around the face, lips, or paws. Hives (raised, itchy bumps on the skin) can also appear after contact with an allergen.

What to Do if Your Pet Has Allergies

• Identify and Remove Triggers – Try to determine what's causing the

allergic reaction. If you suspect food allergies, consult your vet about an elimination diet. For environmental allergens, keeping your pet's bedding and living areas clean can help.

• Consult Your Veterinarian – If symptoms persist or worsen, seek professional advice. Your vet may recommend allergy testing, prescription medications, or special diets to manage symptoms.

• Use Medications and Treatments – Antihistamines, medicated shampoos, or allergy shots (immunotherapy) may be prescribed to help manage severe allergies.

• Maintain Good Hygiene – Regular bathing and grooming can reduce allergens on your pet's skin and coat, minimizing reactions.

By recognizing allergy symptoms early and taking appropriate action, you can help your pet live a more comfortable, itch-free life.

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ALL ABOUT PETS

THE IMPORTANCE OF REGULAR CAT AND DOG GROOMING

Pet grooming is an essential part of responsible pet ownership. Regular grooming goes beyond just keeping your cat or dog looking good—it plays a significant role in their overall health and well-being. Whether you have a short-haired or long-haired pet, maintaining proper grooming habits can prevent health issues, enhance comfort, and strengthen the bond between you and your furry companion.

Health Benefits of Regular Grooming – Grooming is crucial for maintaining healthy skin and fur. Brushing your pet helps remove dirt, loose hair, and dandruff while distributing natural oils that keep their coat shiny and healthy. It also helps prevent matting, which can cause discomfort and lead to skin infections. Dogs and cats with long fur are especially prone to tangles that can trap bacteria and parasites.

Routine grooming sessions allow pet owners to inspect their pets for any skin problems, lumps, or abnormalities. Early detection of issues such as infections, ticks, fleas, or unusual growths can make a huge difference in preventing more severe health conditions.

Bathing is another important aspect of grooming. A clean pet is less likely to suffer from skin irritations,

fungal infections, and unpleasant odors. However, excessive bathing can strip essential oils from the skin, so it's important to use pet-friendly shampoos and bathe them as recommended for their breed and lifestyle.

Importance of Nail Trims – Regular nail trimming is essential for both cats and dogs. Overgrown nails can cause discomfort, affect posture, and lead to joint issues over time. Long nails can also break or split, causing pain and possible infection. Additionally, they can cause difficulty in walking, making movement painful or awkward. Trimming nails regularly helps prevent these issues and reduces the risk of scratches or damage to furniture and flooring.

Enhancing the Bond Between Pet and Owner – grooming is a great way to strengthen the bond between you and your pet. Many pets enjoy being brushed, as it provides a calming and comforting experience. Regular grooming sessions also help them become more accustomed to being handled, making vet visits and other care routines easier.

Additionally, professional grooming services can be beneficial, especially for pets with specific grooming needs. Groomers have the expertise to handle different coat types, trim nails

safely, and ensure a thorough cleaning.

When selecting a groomer, look for someone with experience, good reviews, and proper certifications to ensure your pet's safety and comfort. Visiting the grooming facility beforehand can also help you assess cleanliness and how the staff interacts with pets.

Regular grooming, including nail trims, is essential for maintaining the health, hygiene, and happiness of your pets. It helps prevent medical issues, keeps them comfortable, and fosters a stronger connection between pet and owner. By incorporating consistent grooming practices, you ensure that your pet lives a healthy and happy life. <



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ALL ABOUT PETS

THE IMPACT OF PET COMPANIONSHIP ON PEOPLE OF ALL AGES

Pets have long been cherished as loving companions, offering unconditional love, comfort, and joy to people of all ages. Whether it's a child learning responsibility, an adult seeking companionship, or a senior enjoying the presence of a loyal friend, pets play a vital role in enhancing lives. Their com-

panionship not only fosters emotional well-being but also teaches valuable life lessons, particularly to children.

For children, having a pet is a wonderful way to develop a sense of responsibility and empathy. When a child helps feed, groom, or exercise a pet, they learn the importance of daily

routines and caring for another living being. This fosters accountability and patience, which can translate into other areas of life, including relationships and schoolwork.

Pets are natural teachers, helping children develop essential life skills. Some of the key lessons include:

Responsibility: Taking care of a pet's needs fosters accountability

Compassion: Understanding and responding to a pet's emotions nurtures empathy and kindness.

Patience: Training or caring for a pet requires patience and dedication.

Confidence: Successfully taking care of a pet boosts self-esteem.

Additionally, pets provide emotional support for children. Many kids form strong bonds with their pets, confiding in them as they would a close friend. This can be particularly beneficial for children experiencing anxiety, shyness, or social difficulties, as pets offer nonjudgmental companionship and a sense of security.

For adults, pets serve as companions that help alleviate stress and loneliness. The daily routine of caring for a pet can provide structure and purpose, especially for individuals living alone. Studies have shown that interacting with pets can reduce cortisol levels, the hormone associated with stress, and in-

crease serotonin and dopamine, which promote happiness and relaxation.

Pets also encourage physical activity, particularly for dog owners who take their pets on walks. This helps maintain an active lifestyle, reducing the risk of heart disease and improving overall well-being. Beyond the physical benefits, pets serve as social connectors, making it easier for owners to meet new people through pet-related activities like dog parks or training classes.

For seniors, pet companionship can significantly improve mental and physical health. Many older adults face loneliness or isolation and having a pet can provide a deep sense of connection and purpose. Studies have shown that seniors with pets experience lower blood pressure, reduced stress and an overall improved quality of life.

Pets also encourage daily movement, whether it's walking a dog or playing with a cat, which can help maintain mobility and prevent health complications. Additionally, the unconditional love and affection from a pet can ease symptoms of depression and anxiety, making them invaluable companions in later years.

The companionship of pets profoundly enriches lives, offering emotional support, health benefits, and invaluable life lessons. <

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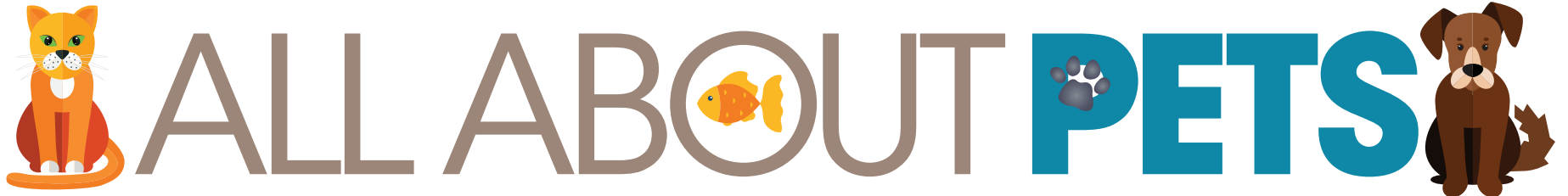
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ALL ABOUT PETS

HELPING A CHILD COPE WITH THE LOSS OF A PET

Losing a pet can be a heartbreaking experience for anyone, but for children, it may be their first encounter with loss and grief. Whether it's a fish, a hamster, a cat, or a dog, pets hold a special place in a child's heart, and their absence can be deeply felt. Helping a child navigate this difficult time with understanding and support is essential in teaching them how to process emotions in a healthy way.

Acknowledge Their Feelings: Children may experience a range of emotions, including sadness, confusion, and even anger. It's important to validate their feelings rather than minimize them. Avoid phrases like "It was just a fish" or "You can get another pet," as these can make a child feel like their grief is insignificant. Instead, encourage them to express their emotions and reassure them that it's okay to feel sad.

Be Honest and Age-Appropriate: When explaining the loss, use clear and simple language that suits the child's age and maturity level. Avoid euphemisms like "put to sleep," as they may confuse younger children. Instead, gently explain that their pet has passed away and will not be coming back, while offering comfort and reassurance.

Encourage Remembrance: Creat-

ing a way to remember the pet can be helpful for children in processing their grief. Some ideas include:

- Drawing pictures or making a scrapbook.
- Writing a letter or story about the pet.
- Holding a small memorial or ceremony to say goodbye.
- Planting a flower or tree in the pet's memory.

Be Patient and Offer Comfort: Grief doesn't follow a set timeline, and each child will cope differently. Encourage open conversations and be there to listen whenever they need to talk. Reading books about pet loss or sharing your own experiences with losing a pet can also provide comfort and perspective. There are many books designed to help children understand and cope with the loss of a pet. Stories with relatable characters can provide comfort and help them process their grief. Consider books like *The Rainbow Bridge* by Adrian Raeside or *When a Pet Dies* by Fred Rogers.

Maintain Routines: Pets are often part of a family's daily routine, and their absence can be deeply felt. Keeping familiar routines can help provide stability and comfort. Encourage activities that bring joy, such as playing out-

doors, drawing, or engaging in favorite hobbies.

While it's important not to rush into getting a new pet, discussing the possibility when your child is ready can help them heal. A new pet will never replace the one they lost, but it can bring joy and companionship when the time is

right.

Helping a child through the loss of a pet teaches them valuable emotional coping skills that will serve them throughout life. With patience, honesty, and support, they can learn to cherish the happy memories while gradually healing from their loss. <

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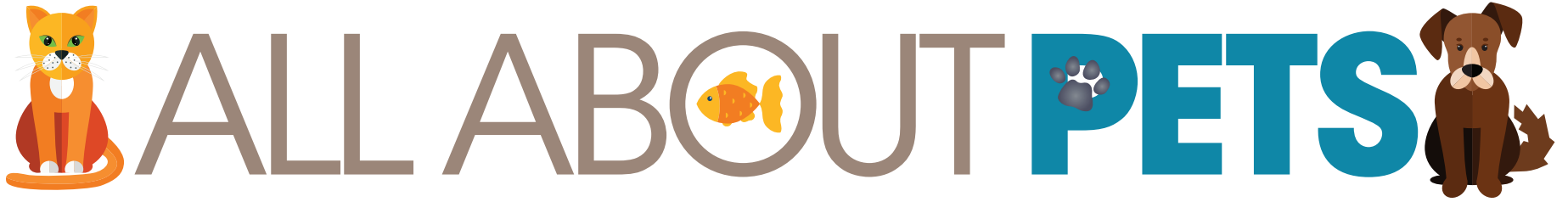


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ALL ABOUT PETS

VET MED 3.0: PIONEERING A PROACTIVE APPROACH IN CARE

In the evolving landscape of veterinary care, Vet At Your Door is proud to lead the way with a simple, yet revolutionary, approach that they call “Vet Med 3.0.”

Med 3.0 represents a paradigm shift in veterinary care, emphasizing a proactive, rather than reactive approach to maximize the length and quality of life for your beloved furry family members.

Understanding Medicine 3.0

To grasp the essence of Vet Med 3.0, it’s crucial to understand the evolution of human medicine as outlined by Dr. Peter Attia:

- **Medicine 1.0:** This era was marked by a lack of scientific understanding, with treatments based largely on observation and conjecture.
- **Medicine 2.0** (late 19th century to current day): A significant leap forward, this period has utilized the scientific method and germ theory, leading to breakthroughs (such as antibiotics) in acute care and the management of infectious diseases. Better diagnostics such as x-ray, ultrasound, and MRI have also been created. While great at acute care, Medicine 2.0 often falls short in managing chronic conditions because it uses its tools reactively, namely, only when symptoms or cer-

tain biomarkers become pronounced.

- **Medicine 3.0:** A revolutionary shift to proactive healthcare. It emphasizes early detection and prevention, personalized treatment plans, and focuses on enhancing not just the lifespan but the healthspan of individuals.

At Vet At Your Door, we use Vet Med 3.0 in our approach to veterinary care by using the following measures:

1. **Our One Team Approach:** We have one doctor, one technician, and one client liaison dedicated to your pet’s wellness care. The continuity of care, strong relationships built over time, and proactive adjustments based on deep familiarity with your pet create an unparalleled level of personalized and compassionate care.
2. **Early Disease Screening:** Regular blood work, with specific biomarkers, and diagnostics can help detect subclinical diseases before they cause symptoms. This way, we can take early action, before the disease process has caused significant damage to the body.
3. **Serial Physical Exams:** Consistent check-ups help to identify any physical changes or early signs of illness.
4. **Using Telemedicine:** By staying in touch more often, we can stay on

top of any subtle changes or issues and act quickly.

5. **Behavior Monitoring:** Observing subtle behavioral trends can help uncover discomfort or illness. This is especially crucial since animals often hide their pain.

6. **Utilizing Technologies and Therapies:** Implementing advanced monitoring tools and modern non-invasive therapies such as cold laser therapy, alongside tried-and-true therapies like acupuncture and the benefits of western medicine can work together to maximize your pet’s healthspan.

7. **Personalized Health Plans:** Each pet’s specific needs, lifestyle, and medical history help us craft an individualized care plan for each pet designed to maximize healthspan.

8. **Client Education:** We take time to inform pet owners about the importance of early detection and preventive measures. We believe this empowers you to play an active role in their pets’ health.

9. **Weight and Diet Monitoring:** Regular weight monitoring can tell us a lot about your pet. Weight gain is important to catch early so we can prevent obesity-related diseases such as osteoarthritis and diabetes.

Weight gain is also a potential flag of underlying conditions such as hypothyroidism. On the other side, subtle weight loss may be the first symptom of many diseases.

10. **Building Relationships:** Our unique home visit model allows us to observe pets in their natural environment, helping us detect subtle changes that might go unnoticed in a traditional clinic setting.

Using these tools together, we create a proactive approach to veterinary medicine.

By conducting early evaluations and monitoring subtle health trends, proactive care can ultimately lead to reduced overall expenses throughout your pet’s life. This is because early interventions can extend their healthspan and minimize the occurrence and severity of health issues.

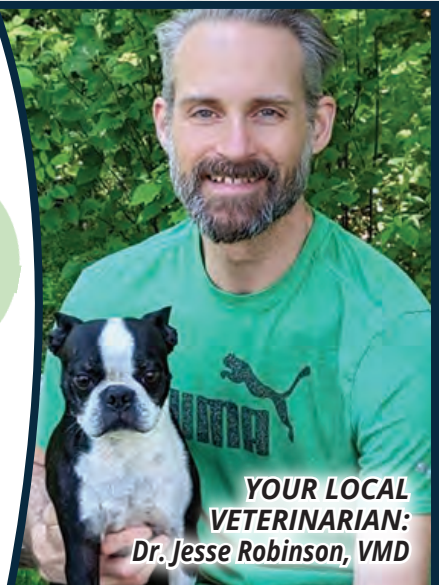
Our commitment is to offer a range of options that suit different budgets, working collaboratively to find the most effective yet financially viable solution for you and your pet. Our goal is to maximize your pet’s healthspan within your financial means, ensuring both their well-being and your peace of mind.

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ALL ABOUT PETS



ARTHRITIS IN PETS: CAUSES, SYMPTOMS, AND TREATMENT

Arthritis is a common condition in pets, particularly in older animals, affecting their joints and mobility. It is a degenerative joint disease that causes inflammation, stiffness, and pain, making everyday activities challenging for pets. Understanding the causes, symptoms, and treatment options can help pet owners improve their furry companions' quality of life.

Causes of Arthritis in Pets

Arthritis occurs when the cartilage in the joints wears down, leading to pain and inflammation. Several factors contribute to this condition, including:

- **Aging:** Older pets are more prone to arthritis due to natural joint wear and tear.
- **Injuries:** Past injuries, such as fractures or ligament tears, can increase the risk of arthritis later in life.
- **Obesity:** Excess weight puts additional stress on joints, accelerating cartilage deterioration.
- **Genetics:** Some breeds are genetically predisposed to joint issues, such as Labrador Retrievers, German Shepherds, and Maine Coon cats.
- **Joint Abnormalities:** Conditions like hip dysplasia or elbow dysplasia can lead to early-onset arthritis.

Symptoms of Arthritis in Pets

Pets with arthritis may exhibit various signs, including:

- Difficulty getting up, climbing stairs, or jumping onto furniture
- Limping or favoring a limb
- Stiffness, especially after rest
- Reluctance to exercise or play
- Changes in behavior, such as irritability or lost interest in socializing
- Licking or chewing at affected joints

Treatment and Management

While arthritis cannot be cured, several treatments can help manage pain and improve mobility:

- **Weight Management:** Keeping pets at a healthy weight reduces stress on joints.
- **Exercise:** Low-impact activities like short walks or swimming can maintain mobility.
- **Medications:** Veterinarians may prescribe anti-inflammatory drugs or pain relievers.
- **Joint Supplements:** Glucosamine, chondroitin, and omega-3 fatty acids support joint health.
- **Physical Therapy:** Massage, hydrotherapy, and acupuncture can relieve pain.
- **Comfortable Living Space:** Providing soft bedding, ramps, and heated pads can make movement easier for

arthritic pets.

If you suspect your pet has arthritis,

consult a veterinarian for a proper diagnosis and tailored treatment plan. <

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ALL ABOUT PETS



A GUIDE TO CARING FOR FISH AND REPTILES AT HOME

Keeping fish and reptiles as pets can be a rewarding experience, but it requires careful attention to their specific needs. Unlike cats and dogs, these animals have specialized care requirements that must be met to ensure their health and well-being. This guide will provide essential tips on how to properly care for fish and reptiles at home.

CARING FOR FISH

1. Choosing the Right Aquarium

Before bringing home fish, it is crucial to select an appropriate tank. The size of the aquarium depends on the species you plan to keep. Some fish require larger spaces to swim and thrive, while others can live comfortably in smaller tanks. A properly sized tank prevents overcrowding, which can lead to stress and disease.

2. Water Quality and Filtration

Maintaining high water quality is essential for fish health. Use a filtration system to keep the water clean and ensure proper oxygenation. Regularly test water parameters such as pH, ammonia, nitrate, and nitrite levels to prevent imbalances that could harm your fish. Performing partial water changes (about 25% of the tank water every week) helps remove toxins and keeps the environment fresh.

3. Feeding the Right Diet

Different fish species require different diets. Some are herbivores, while others are carnivores or omnivores. Provide a balanced diet with high-quality flakes, pellets, or frozen foods to meet their nutritional needs. Avoid overfeeding, as excess food can decay and degrade water quality.

4. Tank Environment and Enrichment

Fish need a stimulating environment to stay healthy. Include decorations, plants, and hiding spots to



replicate their natural habitat. Ensure the water temperature and lighting are appropriate for the species you are keeping. Some fish require heated tanks, while others thrive in cooler water.

CARING FOR REPTILES

1. Choosing the Right Enclosure

Reptiles need enclosures that mimic their natural habitat. The size, substrate, and ventilation of the en-

closure should be suitable for the species you keep. For example, snakes need horizontal space for movement, while arboreal lizards require vertical climbing structures.

2. Temperature and Humidity Control

Reptiles are ectothermic, meaning they rely on external heat sources to regulate their body temperature. Use heat lamps, under-tank heaters, or ceramic heat emitters to maintain an appropriate temperature gradient. Additionally, proper humidity levels are crucial, especially for species like chameleons and amphibians. Use misting systems or humidity gauges to monitor and adjust humidity accordingly.

3. Nutrition and Hydration

Each reptile species has specific

dietary requirements. Some reptiles, such as turtles, are omnivores, while others, like snakes, are strict carnivores. Provide a diet rich in nutrients, including live insects, vegetables, or frozen rodents, depending on the species. Fresh water should always be available for drinking and soaking, if necessary.

4. Handling and Interaction

Reptiles vary in their tolerance for handling. Some, like bearded dragons, enjoy human interaction, while others, such as certain snakes, prefer minimal handling. Always handle your reptile gently and ensure that they feel secure.

By understanding and meeting the needs of fish and reptiles, you can create a thriving and healthy environment for your pets. Proper care leads to longer, happier lives and an enriching experience for pet owners. <

BASIC PET FIRST AID: WHAT EVERY PET OWNER SHOULD KNOW

Accidents and emergencies can happen at any time, and knowing basic pet first aid can make a significant difference in your pet's health and safety. Whether you have a dog, cat, or exotic pet, being prepared can help you respond effectively in a crisis.

1. Assembling a Pet First Aid Kit

A well-stocked first aid kit is essential for every pet owner. Your kit should include:

- Sterile gauze and bandages for wound care
- Antiseptic wipes and hydrogen peroxide for cleaning wounds
- Tweezers and scissors for removing debris or trimming bandages
- A digital thermometer to check for fever
- Disposable gloves to prevent contamination
- An emergency contact list, including your vet's number

2. Handling Common Pet Emergencies

- Wounds and Bleeding: If your pet has a cut or wound,

clean it gently with antiseptic and apply pressure with a clean cloth to stop bleeding. Use bandages to cover the wound, but avoid wrapping too tightly.

- Choking: If your pet is choking, check its mouth for visible objects and try to remove them carefully with tweezers. If they are struggling to breathe, perform modified chest thrusts or back blows and seek veterinary care immediately.

- Poisoning: If you suspect your pet has ingested something toxic, contact a veterinarian or a pet poison hotline. Do not induce vomiting unless instructed by a professional.

- Heatstroke: Signs of heatstroke include excessive panting, drooling, and lethargy. Move your pet to a cool area, offer water, and apply cool (not cold) water to their body while seeking emergency help.

Being prepared with basic first aid knowledge can help save your pet's life. However, always consult a veterinarian for professional care after any emergency.

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EXPERT GROOMING & NAIL TRIMS BY APPOINTMENT

→ **SYRUP** *Cont. from page 1*

the changes that were happening in each pot as the sap began to change color and get closer to the finished product, carefully taking the temperature until it reached 219°F, which is the finishing temperature of maple syrup.

“We wanted to give the students

an authentic avenue for them to learn about social studies and culture, how did indigenous people first think to tap trees, as well as some Maine geography,” says Allison Muir, an Altitude teacher. “We compared ancient practices to present day modern practices, and also learned about the ecology of a tree, why does it produce sap, and why

do we tap it at this time of year.”

Originally, Altitude wanted to incorporate more classroom curriculum, but once they got started, they quickly found out that they would be spending more time outside working on the sap. Teachers had to improvise, often taking the sap home to finish boiling excess water in order to speed up the process for students to then get to a finished product.

The students were able to be hands-on and used tools to tap the trees and hooked up the hosing to the tree, using teamwork to collect sap.

To see if the syrup was ready, the students either used a hydrometer to test the density of the sugar in the sap or used a thermometer, waiting until the liquid reached a temp of 219°F.

“Once the temperature gets to 218°F, things happen really fast,” says student Aliana Richardson.

As a temperature reached 219°F,


the students took the pot off the heat and filtered the syrup, and they agreed that this was a fun learning experience, and that they discovered many new things.

“Stay focused and pay attention,” said one student, Elijah Fox, to sum up the entire experience.


All the students agreed that attentiveness, hard work and teamwork was essential to making the best quality syrup. While in class the students learned that it takes 40 gallons of sap to make one gallon of syrup, and while outside they learned that it depends on the type of maple tree from which the sap is taken.

The students also got to make pancakes, learning different measuring skills and cooking techniques, and then enjoyed their hard work of maple-syrup collecting with some fresh pancakes.

Altitude teachers hope to continue this learning experience next year. <



Bryn Johnson



Grade: 5 **School:** Manchester School
Teachers: Jennifer Breton and Deanna Blanchard
Favorite subject(s) in school: Reading
Parents' names: Kelly and Adam
Reason for selection: Bryn Johnson has been chosen as student of the week for many reasons. Her joy and excitement in making discoveries and reading a great book are infectious. Bryn lifts her peers and is one of their biggest cheerleaders. She is a passionate reader and loves to share the latest adventures she has encountered in a book. Bryn is an exceptional leader in literature circles and also respects the opinions of others. She makes deep connections as she learns and leads by example. Bryn is respectful to others and is also great fun to have in class. Bryn is a confident presenter and is always ready for a good debate! She loves a challenge and adventure. Bryn exudes positive energy and it's for these reasons she has been chosen for this month's student of the week!

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BRIEFS

Vinyasa Yoga

The Windham Public Library offers a free Vinyasa Yoga class from 7:30 to 8:30 a.m. Saturday, March 29. Amber Carey leads you to explore movement through all planes of motion, fostering stability and strength throughout, and witness how this integration can vitalize your body, breath, mind, and spirit. This series focuses on holistic energy resourcing while you ground and nourish, soothe and enhance balance. Familiarity with yoga is beneficial but all levels are welcome. Bring your own mat. FMI, call 2087-892-1908.

Lions Scholarship

The Windham Lions Club is a local service organization dedicated to improving the health and wellbeing of the community and to support those in need through humanitarian work and service. It seeks to make the community a better place in which to live. The Windham Lions are awarding a scholarship(s) of \$1,000 to high school seniors who are Windham residents, including public, private and home-schooled students, who are about to further their education in either an accredited technical program or in a 2 or 4-year college program. To request an application, email: WindhamLionsMe@gmail.com

Essentials Pantry

The St. Ann's/Faith Lutheran Essentials Pantry will be open from 8:30 to 9:30 a.m. Saturday, March 29 at 40 Windham Center Road in Windham

for those in need. Personal hygiene items and cleaning products such as soap, toothpaste, shampoo, deodorant, and detergent are available at the. FMI, call 207-892-8447.

Church Supper

The Casco Village Church, United Church of Christ, will host a "Thanksgiving" Supper from 4:30 to 6 p.m. Saturday, March 29 at 941 Meadow Road. This month's dinner will feature turkey, potatoes, veggies, with all the fixings and homemade desserts. Cost is \$12 for adults, and \$5 for kids ages 8 and under. FMI, call 207-627-4282.

Watershed Protection Grants

The Town of Windham appropriates watercraft excise tax funds to finance the Watershed Protection Grant program. The program provides 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. Ap-

plications are due by the end of the day on Monday, March 31. FMI, call Mary Wicklund at 207-892-1909.

Free Painting Class

The Raymond Village Library at 3 Meadow Road in Raymond is offering a free painting class called "Watercolors with Kaley" from 2 to 4 p.m. Tuesday, April 8. Registration is required to participate. Call 207-655-4283.

Easter Celebration

Kids in grades 3 and under are invited to join Windham Parks and Recreation from 8:30 to 10:30 a.m. Saturday, April 12 at the Windham Town Hall to meet Easter Bunny! Decorate an Easter bag, take a picture with the Easter

Bunny and participate in the free Easter Egg Hunt through Town Hall and get the chance to win large prizes! Register any child participating in the Easter Egg Hunt so enough supplies are available. Pre-registration is required only for kids who are participating in the Easter Egg Hunt. Registration closes Wednesday, April 9. To register, go to windhamrecreation.com

Story Time

Stories for children ages 3 to 5 are read every Wednesday at 10:30 a.m. at the Raymond Village Library. This time features stories, songs, and crafts. The Raymond Village Library is at 3 Meadow Road. FMI, call 207-655-4283.

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WHS graduate leads by example for Saint Joseph's lacrosse

By Matt Pascarella

STAFF WRITER

Windham High School 2023 graduate Reed Wescott has had a love for lacrosse since his dad introduced him to the game in fourth grade.

In his very first game, a goalie was needed and Wescott volunteered without giving it a second thought. Now a sophomore at Saint Joseph's College earning a degree in history/political science with a pre-law track, Wescott is now the goalie for the Saint Joseph's College men's lacrosse team, showing his skill and positive character as a teammate and player.

"To be given this opportunity to go to school and be able to play a sport I have been working at my whole life has made me stick with it," said Wescott. I would be a completely different person than I am right now if it wasn't for this sport and the people I met through it. For me, lacrosse has been an outlet to let go of anything that was bothering me off the field; I knew no matter what day I was having, I could go to practice and leave it all out on the field with me."

Playing lacrosse at WHS under Coach Peter Small taught Wescott how to overcome and deal with adversity, both on and off the field, he said.

Being able to go out onto the field and adapt to any changes that can occur during the game is a skill that Wescott cherishes from Small.

Saint Joseph's College men's lacrosse coach Matt Gilbert said that Wescott's commitment and leadership skills have earned him the privilege of being selected to serve on the team's leadership council. The goal



(L to R) Windham High graduate and Saint Joseph's College sophomore Reed Wescott stays vigilant during a lacrosse game at Saint Joseph's College on Wednesday, March 5. Windham's Reed Wescott makes a save for Saint Joseph's College during a men's lacrosse game at Salve Regina University in Rhode Island on Oct. 27, 2024. PHOTOS BY JAIME RANGER

of the council is to spread leadership throughout the team so if a teammate needs help, there are team leaders who they can go to besides the main captains.

"Playing goalie in our sport is very tough and the leap from high school lacrosse to our level is a jump for anyone," said Gilbert. "Reed made that jump look easy at times. He's a fierce friend, devoted teammate and hardworking member of our team. He is intensely focused and works hard to prepare for game days and knows what it takes to be successful in those moments."

"He also has an ever-present and

potent sense of humor and is always willing to lend a listening ear to his teammates," Gilbert said. "He not only supports them emotionally but also is helping to scout shooters and organize our defensive efforts in real time whether on the field, on the sideline or in the film room."

Wescott has put up some impressive numbers in his short tenure on the team. During this freshman year, he had 21 saves in a game against Emmanuel College in Massachusetts. The Monks went on to win 15-7 in an important Conference Game. Wescott had 147 saves, and 32 ground balls tallied his first year.

In a recent home game against Gordon College on Wednesday, March 19, he had 11 saves; and the Monks won 7-6.

His advice to anyone looking to play a sport in college is to never stop pushing yourself.

"If you get the chance to play collegiately, don't take it for granted," Wescott said. "Take every opportunity you are given and give it everything you've got with no regrets."

His teammates have noticed his strong work ethic.

"Reed has been a leader on our team since day one," said Saint Joseph's College senior teammate Anthony Samiotes. "He was a freshman who had no fear speaking up in team huddles or making his voice heard to our upperclassmen. Reed is a very supportive and positive teammate. When in a close game, having a solid goalie is incredibly important, and Reed is always up to the task." <

ATHLETE OF THE WEEK



Preston Stretch

Age: 18 Team: Windham High school Alpine Skiing Coach: Christine Fredette

Parents' names: Lyndsay and Seth Stretch

Reason for selection: Preston Stretch is the ultimate alpine competitor, and he has been a part of the Windham race team for six years, starting in seventh grade. His love and understanding of ski racing has

helped him mentor younger teammates, building the team by example. He organized captain's practices this year to increase our competitive edge in what is a very short season with variable conditions. Preston has been awarded the boy's Most Valuable Player and ski team captain for the past two years and had an excellent year qualifying for shootouts this year. He qualified for the Southern Maine Activities Association All-Academic Awards. Preston leads by example as an exceptional athlete and student.

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Baseball Clinic helps younger players learn new skills

By Matt Pascarella

STAFF WRITER

Windham's varsity baseball team conducted its final week of a youth baseball clinic at Windham High School on Sunday, March 23 and called it a success as both varsity and younger players gear up for exciting seasons.

This six-week clinic is a perfect opportunity for youth to work on the skills of the game, while learning new techniques from current Windham High varsity baseball players and coaches.

"To practice and get better for a new season is why I'm here," said Windham fifth-grader Alex McGonagle. "It helps me to get better and more in shape for the new season. I've learned how to control the ball more and hit better. I've learned how to just scoop the ball up when you're running. It feels like you are one of the varsity players when practicing with them - my dream is to play varsity - they inspire me so much that I want to pursue my career in baseball and become a Major League Baseball player. Thanks to the community for letting us come here and learn so much."

The youth clinic was broken up into three sections: infield/outfield, pitching and hitting.

"The goal of the clinic is it goes right in line with the culture and perspective of our program so we're trying to build everything from the ground up," said Windham High varsity baseball coach Chris Doughty. "That starts with T-ball, AA, AAA, Little League, Middle School until eventually they make it to the end goal for us which is them being at the varsity level."

The varsity team emphasizes their culture, making sure younger players



(L to R) Windham fifth-grader Jacoby Penney keeps his focus on the ball in the batting cage at Windham High School on Sunday, March 23 during the Windham Youth Baseball Clinic. Sixth-grader Max Inzerillo practices hitting from a tee. PHOTOS BY MATT PASCARELLA

have characteristics of what they want in their program like positive attitude, hustle and good character.

When Doughty first started participating in these clinics three years ago, they had 30 kids sign up, and this year there were about 70 kids who participated.

Doughty said Windham baseball is on people's minds, and they want to be a part of what the varsity program is doing and that starts at the youth level.

"I need the extra help to get better and I'm learning new fundamentals and skills to be just as good when the baseball season starts up," said Windham fifth-grader Jacoby Penney. "I'm working towards playing varsity baseball."

It's good life experience for varsity players and Doughty tells them before every single clinic that the younger

kids look up to them. "You're their heroes, talk to them, instruct, but most importantly give them your time because that goes a long way," he said.

Doughty wants them to remember what it felt like when varsity players were young and a varsity player worked with them, and how cool that felt.

"It gives us a chance to give out our knowledge to these younger players and it boosts our program as a whole and teaches these kids essential lessons that they need starting out," said Windham varsity senior Joshua Plummer. "The idea is we teach them what we know and by the time they

are our age, they'll already be ahead of the game. This helps us with our game the way we field the ball ... it's good to teach them the things that I know. It feels great to be able to share knowledge in a sport that I know and am passionate about - this is a really fun thing for me; I really enjoy working with these kids."

It's been a great six weeks for the varsity players and the coaches. Participants have seen steady improvement in at least one area of a youth player's game.

Varsity players say that it feels great for the team to be able to give back to the community. <

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Hail to the champions



State Sen. Tim Nangle (D-Windham) welcomed the Windham High School boys' basketball team to the State House on March 18 to celebrate the Class AA boys' state basketball championship that they won for the second consecutive year. 'This team has cemented its place in Windham history with another incredible championship run,' Nangle said. 'Watching them defend their title with such skill, heart and determination was inspiring. It was an honor to welcome them to the State House today to celebrate their hard-earned success, and I have no doubt they'll continue to make our community proud – on and off the court.' During the team's visit to the State House, Nangle presented the team with a legislative sentiment, which is an official expression of the Maine State Legislature recognizing notable achievements by community members. SUBMITTED PHOTO

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NOTICE OF INTENT TO FILE

Please take notice that 25 River Road LLC, with a mailing address of PO Box 957, Windham, Maine 04062, is intending to file a Stormwater Law permit application pursuant to the provisions of 38 M.R.S.A. §§ 420-D with the Maine Department of Environmental Protection on or about March 28, 2025. The application is for the construction of a 42-unit residential development with 1,600 feet of new paved roads located between 469 & 479 River Road in Windham, Maine.

A request for a public hearing or a request that the Board of Environmental Protection assume jurisdiction over this application must be received by the Department in writing, no later than 20 days after the application is found by the Department to be complete and is accepted for processing.

A public hearing may or may not be held at the discretion of the Commissioner or Board of Environmental Protection. Public comment on the application will be accepted throughout the processing of the application. The application will be filed for public inspection at the Department of Environmental Protection's office in Portland during normal working hours. A copy of the application may also be seen at the municipal offices in Windham, Maine.

Written public comments may be sent to the regional office in Portland where the application is filed for inspection: MDEP, Southern Maine Regional Office, 312 Canco Road, Portland, ME 04103.

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A roof's condition important to homeowners insurance companies

► **By Tricia Zwirner**
SPECIAL TO THE WINDHAM EAGLE



— Tricia Zwirner, State Farm

Understanding the condition of your roof in Maine is critically important, especially in relation to insurance, for several specific reasons:

1. Insurance Underwriting and Premiums. Insurers carefully evaluate the condition of a roof when underwriting policies and determining premiums. A newer roof can result in lower premiums, while an older roof may lead to higher rates or even denial of coverage. Homes with roofs older than 15 to 20 years are often subject to increased premiums because they are considered higher risk. Additionally, potential buyers may face challenges securing insurance for properties with aging roofs, making it difficult to obtain coverage for new purchases, which can complicate the buying process.

2. Claims Process and Coverage. When filing a claim for roof damage, insurance adjusters will evaluate the roof's condition at the time of the incident. If they find that the damage was due to pre-existing issues or neglect, they may deny the claim or reduce the payout. For instance, if a homeowner fails to address a known leak and later files a claim for water damage, the insurer may argue that the damage was preventable, leading to potential claim denial.

3. Preventing Water Damage. A

compromised roof can lead to leaks that cause extensive damage to the interior of your home, including walls, ceilings, and personal belongings. Water damage can escalate quickly, leading to costly repairs and potential health hazards like mold growth. In Maine, where humidity levels can fluctuate, mold can thrive if leaks go unchecked. By regularly inspecting your roof and addressing issues promptly, you can prevent these problems, mitigating both immediate repair costs and long-term health risks.

4. Maintaining Compliance with Insurance Requirements. Certain insurance policies include specific requirements related to the age and condition of roofs. For example, if your roof is more than 20 years old, insurers may mandate an inspection or even a full replacement to keep your coverage active. Additionally, some insurers incorporate coverage limitations into their policies such as a "Roof Depreciation Table," which decreases the amount of coverage as your roof ages. It is essential to understand your policy and its potential stipulations.

5. Impact of Maine's Weather Conditions. Maine's severe weather, characterized by heavy snowfall, ice accumulation, and strong winds, puts significant stress on roofs. Increased claim activity has been observed due to the effects of climate change, which can exacerbate these weather events. For instance, roofs that are already prone to ice damming or have structural weaknesses may be particularly

vulnerable to damage during more intense winter storms. As these weather patterns become more frequent and severe, the risk of roof-related issues rises, leading to a higher likelihood of claims for homeowners.

6. Potential for Increased Repair Costs. If your roof is older, repair costs may escalate rapidly due to several factors. Initially minor issues, like leaks or missing shingles, can worsen over time, leading to significant water damage, mold growth, and compromised structural integrity. This can result in costly repairs, increased labor costs and increased claim payouts. In harsh areas like ours, delays can exacerbate damage from snow and ice, further driving up potential claim costs.

7. Resale Value and Marketability. A well-maintained roof enhances your home's resale value. Prospective buyers are often wary of homes that may require immediate roof repairs or replacements. By keeping your roof in good condition, you not only protect your investment but also make your property more appealing to buyers. A solid roof can be a significant selling point, positively influencing your insurance rates as well.

8. Insurers have stricter age-related standards than contractors. Insurers adhere to specific policy requirements and standardized inspection protocols that prioritize long-term risk assessment when evaluating roof

condition. They focus on factors such as age, material integrity, and potential for future claims, which can lead to higher premiums or denial of coverage for roofs that don't meet their criteria. In contrast, contractors primarily concentrate on immediate repairs and structural integrity. This difference means that while a contractor may deem a roof to be in good condition, an insurer may classify it as a liability risk. Homeowners with aging or poorly maintained roofs often face challenges in securing insurance, complicating their ability to protect their property effectively.

In summary, knowing the condition of your roof in Maine is essential for effectively managing insurance costs, ensuring adequate coverage, preventing damage and maintaining compliance with policy requirements. Given Maine's unique weather challenges, proactive roof maintenance and inspections can save homeowners from costly repairs, insurance complications, and potential health hazards. By staying informed and addressing issues promptly, you can protect your investment and enjoy peace of mind in your home.

This article was brought to you by Tricia Zwirner, a State Farm agent celebrating her 22nd year in Windham. She and her team would love to hear from you and can be reached via phone and text at 207-892-2864 or via email at tricia@TRICIAZWIRNER.com. <

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Eagle PLEASE NOTE: FOOD AND GAMES FEATURE ALTERNATES WITH MOVIE REVIEW

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By Angela Paris

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Slow Cooker Beef and Broccoli

Skip the expensive takeout! Simple and scrumptious Slow Cooker Beef and Broccoli perfect for a weeknight dinner. Cook it low and slow for tender beef and then pop the broccoli in for 30 minutes before serving. You'll love this delicious meal slathered in the yummiest soy and garlic sauce!

Prep Time: 10 minutes

Cook Time: 4 hours 30 minutes

Total Time: 4 hours 40 minutes

INGREDIENTS

- 1 pound stew beef
- 1 cup beef stock
- 1/3 cup soy sauce
- 1 teaspoon sesame oil
- 1/3 cup brown sugar
- 3 cloves garlic, minced
- 2 tablespoons cornstarch
- Frozen broccoli florets about 3 cups
- White or brown rice cooked
- Salt and Pepper, to taste

INSTRUCTIONS

1. In a mixing bowl, whisk together the beef stock, sesame oil, soy sauce, brown sugar, and minced garlic.
2. Add the beef to the slow cooker and pour the liquid over the top, tossing the beef to coat.
3. Set the slow cooker to cook for 4 hours on high heat.
4. When the meat is tender, remove a 1/4 cup of the sauce and put in into a small bowl. Add the cornstarch to the sauce and whisk with a fork to combine.
5. Slowly drizzle the cornstarch mixture to the slow cooker and stir into the sauce.
6. Add the broccoli florets to the slow cooker and cover.
7. Cook for another 30 minutes on low so the sauce will thicken, and the broccoli will cook.
8. Season with salt and pepper as desired and serve over white or brown rice.

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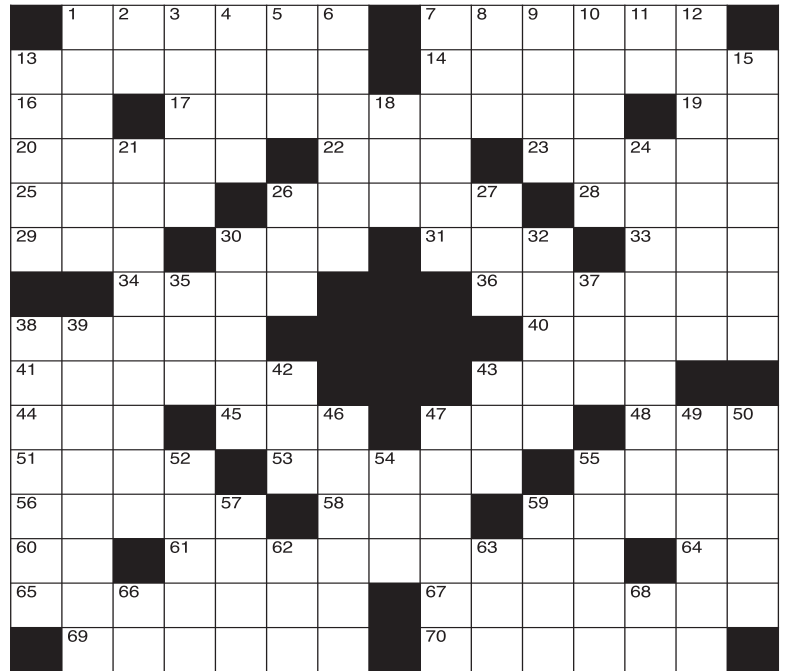
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A	P	E	A	K		D	A	Y	E	E	L	E	A		
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D	E	L	E	G	A	T	E	S		C	U	B	A	N	
			S	A	L	E	S		P	O	L	L	T		
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W	O	A	D		M	I	N	N	E	S	O	T	A		
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		R	E	C	O	V	E	R	E	D		Y	M	C	A
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S	L	U	R		S	S	R			S	N	A	C	K	



CROSSWORD PUZZLE



CLUES ACROSS

1. Dark blacks
7. Construct a wall to confine
13. Most inappropriate
14. A type of board
16. Sacred Hindu syllable
17. Flatterer
19. The Granite State
20. Tears down
22. China's Chairman
23. Former Houston footballer
25. Periods of time
26. Expressed pleasure
28. World alliance
29. A Brit's mother
30. Television network
31. Brother or sister
33. Type of spirit
34. ___ Ladd, actor
36. A medium oversees it
38. One time province of British India

40. Wrong
41. The highest parts of something
43. Insect
44. Baseball stat
45. A way to use up
47. Where wrestlers compete
48. It helps elect politicians
51. As fast as can be done
53. Genus of legumes
55. Samoa's capital
56. Monument in Jakarta
58. Former French coin
59. Exploiters
60. College sports official
61. Uninterrupted in time
64. Stephen King story
65. Marked by no sound
67. Weathers
69. Denouncements
70. More beloved

CLUES DOWN

1. Winged nut
2. It cools a home
3. Kisses (French)
4. Oxford political economist
5. Keyboard key
6. Leaf pores
7. Agrees with publicly
8. Not around
9. Czech city
10. Muscle cell protein
11. Greek letter
12. Movements
13. Ned __, composer
15. Popular series Game of ___
18. Exclamation that denotes disgust
21. Helper
24. Gift
26. Up in the air (abbr.)
27. Treat without respect
30. Trims
32. Slang for lovely
35. City of Angels hoopster (abbr.)
37. Guitarists' tool
38. Island nation
39. Delivered in installments
42. A baglike structure
43. Cooking vessel
46. Gets in front of
47. Wounded by scratching
49. More breathable
50. Medical dressings
52. Indiana hoopster
54. Married Marilyn
55. An ancient Assyrian city
57. Congressmen (abbr.)
59. Approves food
62. Ventura's first name
63. Between northeast and east
66. Atomic #71
68. Email designation

HOW TO SOLVE:

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

SUDOKU

	8	6				5		
	1	7			4			
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		8		3	7			
2			9				6	
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	2	9			3			

LAST WEEK'S ANSWERS

1	3	5	6	8	9	7	4	2
9	6	2	3	7	4	5	8	1
7	8	4	2	1	5	9	6	3
4	1	6	9	3	7	2	5	8
8	5	3	4	2	1	6	7	9
2	7	9	5	6	8	1	3	4
6	9	8	7	4	2	3	1	5
3	2	1	8	5	6	4	9	7
5	4	7	1	9	3	8	2	6



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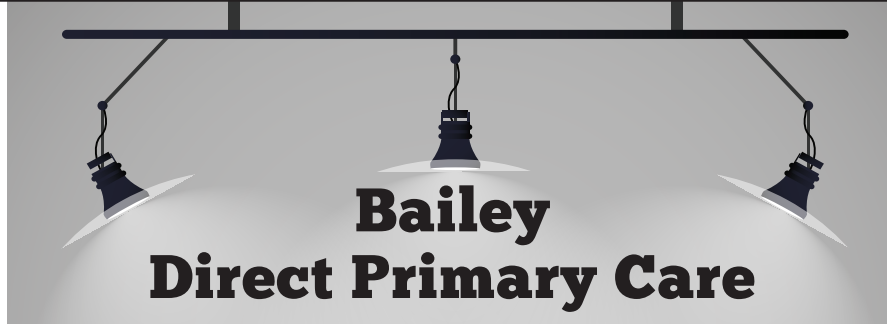
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Located at 944 Roosevelt Trail Suite 14 in Windham, Bailey Direct Primary Care offers highly competitive pricing and allows them to spend more time with patients and offer more individualized and personal care.

Direct Primary Care is an alternative healthcare model gaining in popularity that eliminates co-payments and health insurance billing. Instead, patients pay their primary care providers a flat recurring annual or monthly fee for routine services, such as quarterly exams and routine lab testing, as well as enhanced services such as telehealth, virtual and easier access for those who may have limited access to transportation or have a longer commute.

The Bailey Direct Primary Care practice is a husband-and-wife team dedicated to forging strong relationships with those they serve and providing the best care with transparent



pricing.

Julie Bailey, FNP-C, has been a Family Nurse Practitioner since 2017. As a Family Nurse Practitioner, she has gained experience in multiple specialties including Urology, General Cardiology, Cardiac Electrophysiology and Primary Care. Bob Bailey, BHA, has extensive experience in Healthcare Administration, serving in practice leadership for multiple primary care practices as well as specialty practices and urgent care. He also maintains certification as a clinical medical assistant.

"For a simple monthly membership, patients get unlimited visits, same-day or next-day appointments, direct access to their provider by phone or text, and transparent pricing with no co-pays, and no surprise bills," Bob Bailey said. "We're able to focus on preventive care, chronic disease management, and truly listening to our patients. It's affordable, accessible, and built around the patient's needs."

The couple opened Bailey Direct

Primary Care on Feb. 3 after dreaming for years of opening their own private practice and providing healthcare the way it should be – focused on patients.

At Bailey Direct Primary Care, they understand that seeking medical care can be a stressful experience. That's why their team of compassionate medical professionals is dedicated to providing their patients with the highest level of care possible in a warm and welcoming environment without making you feel rushed or pressured to get through the visit.

"Traditional primary care practices have long wait times for appointments as the national average is about three weeks for established patients in primary care, long waiting lists for new patients, large patient panels of upward of 2,000-plus patients per provider, if not more, Julie Bailey said. "The Direct Primary Care model allows a smaller patient panel, same day or next day appointments, flexibility with appointment scheduling after hours or on weekends if needed, longer appointment times of at least

30 to 60 minutes, deep discounts on lab work and medications at a fraction of the price elsewhere. A smaller panel of patients allows the patient to be known by their primary care provider and build a therapeutic and trusting relationship and time to focus on the patient along with their unique individual needs and goals."

While their regular fees are comparable to other Direct Primary Care practices in the surrounding area, as a new practice, Bailey Direct Primary Care is seeking to grow in the area, and they are currently running special pricing which offers a significant discount and waives a one-time registration fee, making their pricing truly competitive.

"For less than the cost of a monthly phone bill, you get unlimited, direct access to a primary care provider who truly cares about your health," Bob Bailey said. "No insurance red tape, no surprise bills, just great care when you need it with transparent pricing and no hidden fees, deductibles, or co-pays for primary care services. Your health is our priority with easy access, responsive service and same day/next day appointments."

For more details about Bailey Direct Primary Care or to sign up, call or text them at 207-383-2146 or visit them online at www.baileydirectprimarycare.com. Find them on Facebook under Bailey Direct Primary Care. <

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 ANSWER: A decimal point

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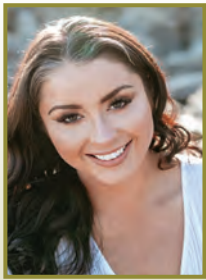
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