

Windham senior Pelletier third in Pentathlon at Adidas Track Nationals

By Matt Pascarella

STAFF WRITER

Windham senior Tayla Pelletier is a champion and has set nine indoor track and field school records, competed in four Pentathlons since her sophomore year and navigated five championship meets in a row to finish third nationally in the Adidas Track Nationals at Virginia Beach, Virginia on Sunday, March 23.

She exceeded her goal and scored 3,241 points in the pentathlon; an event which consists of hurdles, high jump, shot put, long jump and an 800-meter run. Pelletier is the first Windham High School athlete to qualify for a Nationals Pentathlon competition.

"I was definitely nervous," said Pelletier, about competing in the Adidas Track Nationals. "I wanted to keep a positive mindset because if you think positive, you can do good and you got to believe in yourself. If you don't believe in yourself, you're not going to do good. I wanted to do the best I could do on the given day; I knew I could reach 3,000 points, which was my goal."

Pelletier's Pentathlon score from the 2025 New Year's Invitational at the University of Southern Maine in Gor-



Windham indoor track and field coach Jeff Riddle, left, and Windham senior Tayla Pelletier at the Adidas Track Nationals discuss her Pentathlon strategy at the Virginia Beach Sports Complex on Sunday, March 23. PHOTO BY SELENA PELLETIER

ham on Saturday, Jan. 4 earned her entry to compete in the Pentathlon at the 2025 Adidas Track Nationals.

This season was the first year that Pelletier competed in a national Pentathlon. She likes the Pentathlon be-

cause it gives her the opportunity to showcase multiple events while they are all scored together. Pelletier likes to meet new people, and she represented her community while competing against new friends and team-

mates.

Leading up to the Adidas Track Nationals, she competed in the Southern Maine Activities Association Championships, the Maine State Indoor

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State unveils upcoming local MDOT projects

By Ed Pierce

STAFF WRITER

Some ambitious roadwork and construction projects are nearing for residents of Windham and Raymond.

Earlier this week, State Senator Tim Nangle of Windham, unveiled details of Maine's three-year transportation infrastructure work plan, and what it means for Senate District 26, including here in the Lakes Region.

MDOT's Three-Year Plan is released annually with an outline of the Maine Department of Transportation's strategy for road, bridge and other transportation upgrades and maintenance projects.

According to the Maine DOT, this year's three-year work plan makes a historic \$4.8 billion investment in construction and maintenance of transportation infrastructure across the state. It includes 2,716 individual work items for the calendar years 2025, 2026 and 2027.

In 2025 and 2026, the Maine DOT will undertake numerous projects to improve transportation in Senate District 26, including significant investments in paving, safety improvements and planning for expanded transit and pedestrian access across Windham and neighboring communities.

"As Chair of the Transportation Committee, I'm proud to see meaningful investments coming to the com-



Varney's Bridge on William Knight Road over the Pleasant River in Windham will be replaced by MDOT this summer at a cost of \$2.07 million as part of their Three Year Plan. PHOTO BY ED PIERCE

munities I represent," Nangle said. "Whether it's paving roads in Windham or improving transit planning in Westbrook, this work plan helps strengthen the connections our families, businesses and towns rely on every day."

The following are planned capital and maintenance work by MDOT for communities in Senate District 26 in 2025:

Bridge and structural maintenance

- Varney's Bridge: Located on William Knight Road over the Pleasant River. Bridge Replacement.

- Windham [and Gorham]: Great

Falls #1 (Long) Bridge (#6210) over the Presumpscot River, located 0.04 of a mile east of the Gorham town line, and Great Falls #2 Bridge (#1529) over the Presumpscot River, located on the Gorham-Windham town line.

- Windham: Pleasant River Bridge (#2676) over the Pleasant River, located 0.16 of a mile north of Hall Road.

Ferry (Raymond and Frye Island)

- Capital improvements to the Frye Island Ferry Service between Raymond and Frye Island.

Highway construction/Rehab

- Windham: Beginning 0.45 of a mile west of Outpost Drive, and extending west 0.14 of a mile, including the roundabout intersection with Route 202.

Highway paving

- Windham: Beginning at Depot Street and extending north 0.74 of a mile.

Highway safety and spot improvements

- Windham: Beginning 0.01 of a mile south of Swett Road and extending north 0.57 of a mile.

Maine Department of Transportation Commissioner Bruce A. Van Note said that development of a plan of this scope is a complicated endeavor.

"Over the course of months, skilled public servants with hundreds of years of combined experience analyze asset management needs, the availability

and use limitations of various funding sources, policy priorities, stakeholder input, project delivery capacity, supplemental funding needs for existing projects, and finally the addition of new work and projects," he said. "I am humbled to work with the talented and dedicated people who embrace one of the toughest jobs you'll ever love."

Of all these tasks, estimating available funding may be the most humbling, Van Note said.

"Until recently, MaineDOT was largely forced into 'MacGyver mode,' using flagging dedicated revenues from fuel taxes and vehicle fees and general obligation bonding to do the best we could with what we had, which resulted in us competently managing the slow decline of the transportation system," he said. "This challenge was exacerbated by historic construction cost increases over the last six years. This inflation resulted in the need for significantly more funding just to do an inadequate level of work. Thankfully, bipartisan policy action at the federal and state levels in recent years has allowed MaineDOT to pivot from making do to making progress."

For more visit mainedot.gov.

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INSIGHT

If I could turn back time

No, this isn't about Cher's 1989 music video filmed aboard the USS Missouri. Not that there's anything wrong with Cher, I've always liked her music, but I'd like to use this space to detail things that have disappeared over time that need to be restored in my opinion.

I'd start by choosing to restore theme songs to the opening credits of television shows.

When I was a child, hearing the opening stanza of "The Rifleman" would draw me to the TV set so I could catch Chuck Connors wielding his modified Winchester rifle demonstrating how potent it could be. Yes, "The Rifleman" certainly had a lot of violence but there's no escaping that anyone who heard that music and soundtrack every week can ever forget it.

Then there's the theme to "Bonanza" as the three Cartwright brothers and their father ride across the Ponderosa Ranch in Nevada as a map of their property burns. Or revving up the Ferrari with Tom Selleck to take it out for a spin in Hawaii in "Magnum P.I.?"

Sometime in the late 1990s, television producers decided to focus less on theme songs and use that extra minute or so on developing their story or episode's plot. I sure miss being able to know all the words and sing along to the theme songs to "The Beverly Hillbillies" or "Three's Company" or "Rawhide" or "Gilligan's Island" instead of the screeching discordant sound of shards of metal scraping that are heard in the opening title sequence of "Lost" every week.

My thought is that composing memorable music for a television series theme song appears to be a lost art, and if I could turn back time, I'd love to see it revived.

Another aspect of American life when I was a kid that always fascinated me was going through the Sears catalogue in the months leading up to Christmas. There was page after page of toys, bicycles and hours of fun contained in those old catalogues, and not something that can easily be replicated scrolling through Amazon on an iPhone.

The catalogue was an alternative for a retailer who chose not to market their products on television and was sheer merchandising genius. I could always find a generous selection of items I would want for Christmas and would write them down in order in case we stopped to see Santa on our next department store visit.

It was always a happy day in our household each October when the catalogue arrived in the mail, and I'd have to fight off my brother to see which one of us got to look through the pages while making our annual Christmas gift request list. I would even spend time looking at the clothes and shoes because inevitably if I asked for a toy from the catalogue, my mother would think it was far more practical for me to have a new set of thermal underwear rather than "Rock 'Em, Sock 'Em Robots."

Turning back time, I'd advocate for a return of the Sears catalogue as a place for kids to dream and get ideas for the holidays.

And that leads me to the topic of technology. Posing a serious question way back when sometimes meant that you'd have to explore solutions by going to the library and finding a book explaining that topic. It didn't result in instant answers found by a Google search, you had to research and made you really think about things, not using AI to solve problems.

Recipes were found in cookbooks, not on your smart phone, and it created an atmosphere so much more personal.

With the introduction of video gaming consoles, it seems that kids stopped playing outside after school, or riding their bicycles through their neighborhood, like I used to. We spent more time as kids telling stories, reading comic books and using our imaginations instead of sitting indoors playing "Fortnite."

Simple little things produced smiles from us such as drinking from the garden hose, a 1-cent piece of Bazooka bubble gum, catching and releasing fireflies in a Mason jar or running through a sprinkler in the backyard on a hot summer afternoon. Working on the newspaper crossword puzzle occupied my Sunday afternoons after looking over the Sunday comics section.

Before the days of endless cable television channels, your options were limited to just three TV networks, and you made do with what was available.

The internet, cell phones, personalized surveillance cameras and the rise of social media have taken a lot of spontaneity and joy out of everyday life. It affects everything. Movie plots of upcoming films are revealed months before the movie debuts, a baseball player hits a home run in a game in California and it's instantly transmitted to millions globally by smartphone.

More than anything, I would love to return to a day and age when simple conversations with friends, family, and neighbors mattered, and we weren't interrupted by 24-7 breaking news, social media posts about celebrities, conjecturing pundits or conspiracy theories.

If I could turn back time, it would be for a simpler life. < ~ Ed Pierce

Today in HISTORY



APRIL 4

- 1812** – The U.S. Territory of Orleans is officially recognized as the 18th U.S. state and will be known as Louisiana.
- 1818** – Congress adopts the U.S. flag with 13 red and white stripes and a star for each state.
- 1917** – The U.S. Senate votes 82-6 to enter World War I on the Allied side.
- 1932** – Charles G. King of the University of Pittsburgh isolates the chemical structure of Vitamin C in his laboratory.
- 1949** – Twelve nations sign the North Atlantic Treaty to establish NATO, the world's most important military alliance.
- 1968** – Civil rights leader Dr. Martin Luther King, Jr. is assassinated in Memphis
- 1973** – The twin towers of New York's World Trade Center are officially dedicated.
- 1975** – Bill Gates and Paul Allen establish Microsoft Corporation, the world's largest personal computer software maker.
- 1983** – Astronaut Sally Ride is the first U.S. woman in space.

ON THE SPOT

What was the first concert you ever went to?

- "Way, way, back Kenny Rogers." – Cheryl L. Page
- "Blue Oyster Cult." – Brian Butler
- "Tanya Tucker and Brooks and Dunn with my dad." – Rob Bridge
- "Beach Boys around 1965 at the Portland Expo. Best venue in town back then. Went with my girlfriend who I later married and still share that memory with her today." – Bill Keller
- "Chicago at Saratoga Performing Arts Center 1972." – Stephen Signor
- "Doc Severance from the Tonight Show I was 12 years old." – Tommy Matthews
- "Huey Lewis." – Kate Coyne
- "Willie Nelson." – Craig Elliott
- "Frankie Valli and The Four Seasons." – Alice Mains
- "Chicago in 1974. Saratoga Performing Arts Center." – Denise MacDonald Levasseur
- "Luke Bryan in Bangor." – Leigh Greenlaw-Kilby
- "Herbie Hancock and Spirogyra." – Dean Smalley
- "Boston." – Michael Tetrault
- "Randy Travis with my sister." – Jocelyn Quimby
- "Journey." – Jennifer Elliott
- "Tom Jones." – Anne Glotchshuk
- "U2 back in 1987." – Bill Reiner
- "Billy Joel." – Judi Cressey
- "38 Special." – Rhonda Buck
- "Alice Cooper." – Valerie Livesay Luce
- "Bad Company as the opening act for Edgar Winter Group." – Ed Pierce
- "Gary Lewis & The Playboys ... lol long time ago." – Ruthie Jackson
- "Alice Cooper." – Rose Tirrell Haigis



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NEWS

Artist prepares for exhibition at Portland Art Museum

By Masha Yurkevich

STAFF WRITER

Reaching for the stars is exactly what Holden Willard, 2017 WHS graduate, did.

Originally born in Rockport in 1999, Willard and his family moved to Raymond because his father received a job as the Town Manager in Raymond. Willard grew up in Raymond, went to Raymond Elementary and Jordan-Small Middle School and later graduated from Windham High School in 2017. He is now a painter and an art framer/preparator as well as a carpenter.

“I have always drawn from a young age; I can remember drawing constantly in sketch pads, on the walls, and on cardboard sculptures I would make throughout the house,” said Willard. “For many years, I did not fully accept that I could be an artist, until Jeffrey Bell at Windham High School pushed me to follow my dream and had me try painting when I was 17. That changed everything.”

Becoming an artist was always a dream for Willard.

“It was an unrealized dream for so long as a kid,” he said. “I knew deep down I wanted to create, but I needed that kick from someone other than



Windham High graduate Holden Willard stands next to his paintings being displayed at the Portland Museum of Art. . SUBMITTED PHOTO

my parents to tell me I had it in me. Now it feels as simple as breathing air or going on a walk. I just make paintings about life, and I feel as though I will never stop. In my core, it brings me the greatest joy imaginable.”

For Willard, it started as a child, as a hobby at first, something to do that made him happy other than reading or being outside. But when he went through Bell’s WHS AP studio art course, he knew that he needed to

make art at some point.

“When I left WHS, I attended UMaine Orono for one year and then transferred to the Montserrat College of Art in Beverly, Massachusetts,” he said. “It was there that I studied with serious professors and learned from

an education that was steeped in the American Modernist tradition of painting. When I was 19, I told myself, why not just apply to group shows around Beverly and begin showing work? And that’s exactly what I did. I remember applying to my first ever group show and getting in. It was all the way down in Cape Cod, and I was bringing a self-portrait with me that I made in my foundation year at art school.”

Willard took this chance, not knowing that this was the very beginning of a long life of traveling for shows and being an independent working artist.

“It felt incredible to show work, and I remember I won some 1st place award from that show, and it was my first time in a gallery,” he said. “I had mixed emotions, mainly because I felt as though I did not deserve it.”

He kept working at his art, learning new techniques and getting better.

“Where I am at now because of art

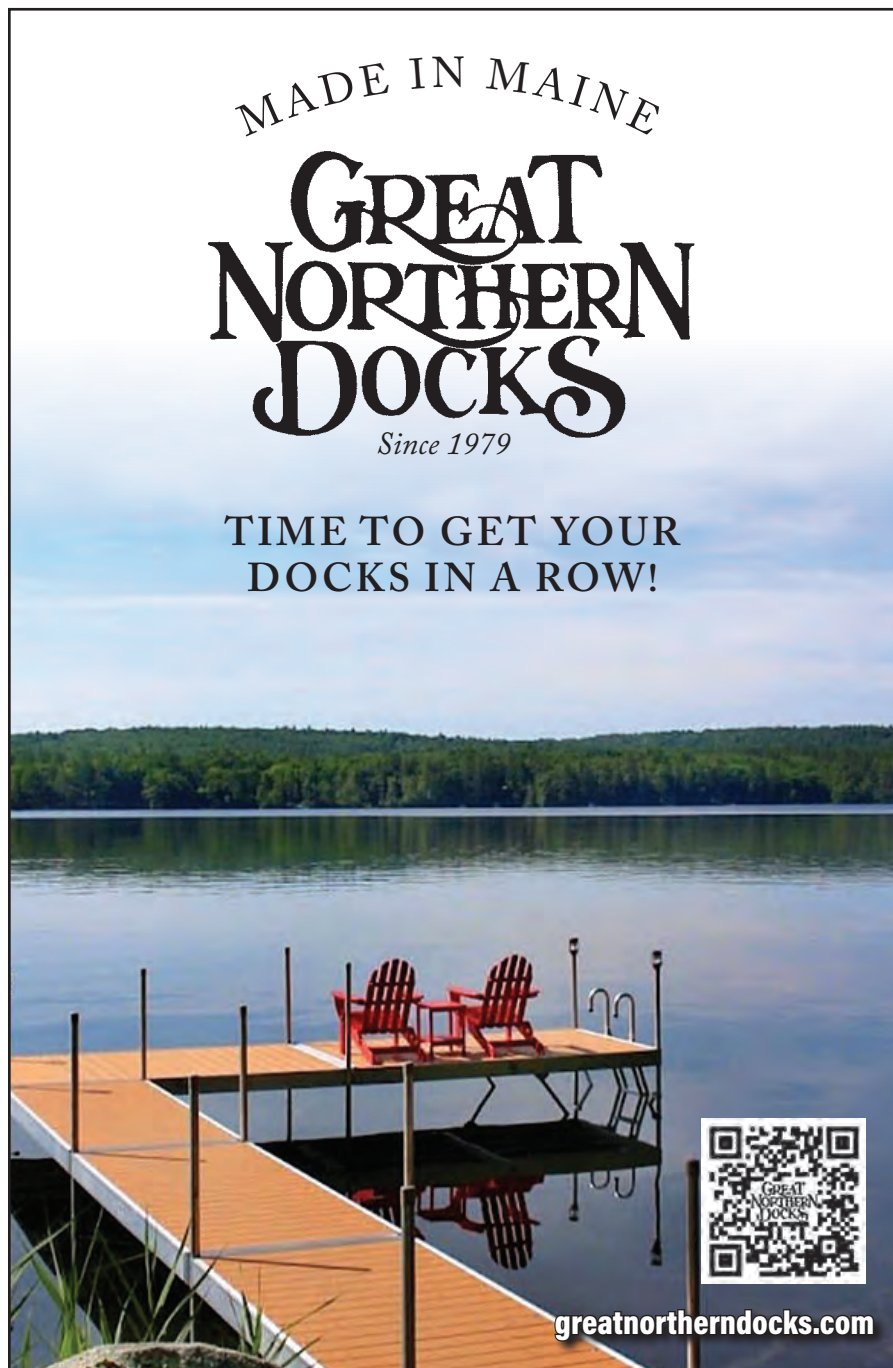

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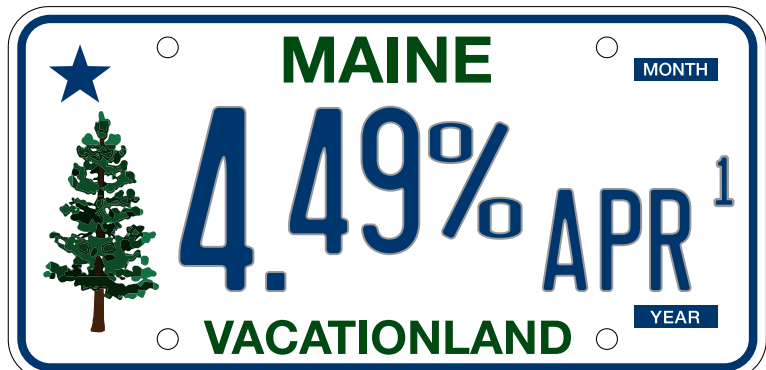

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ARTIST *Cont. from page 3*

is totally unimaginable,” he said. “But I have worked hard for it, I have two jobs, and I run a non-profit art gallery in Portland called 82Parris. Not only has art changed my life, but due to my passion for it, I also hope to extend that to other creatives in the region. We are just getting ready for our third year of programming with openings every first Friday of the month. My best advice for those interested in doing what I do is to go for it and do it because you love it and know that life would be too boring to not follow your passion.”

Willard currently exhibits at an art gallery in Camden called Page Gallery as well as a gallery in Brussels, Belgium called Edji Gallery.

“I am also beginning to work with a gallery in Shanghai, China called Nan Ke. Believe it or not, these connections have come through having and posting on Instagram,” Willard said. The social media landscape is confusing and has only gotten more complicated since I joined in 2014, but I have been posting ever since, getting my work out there.”

According to Willard, he believes that art is important for everyone, and that being creative is innately human and integral to expressing our emotions about and for life.

“What is more special than making something that has your essence in it? This goes for making things as well, anything that requires your thought and input creatively. That is why I make paintings and build things; it just makes sense to me; it’s important because it makes me happy.”

His inspiration comes from everyday life experiences. He paints about his boyhood in Maine, his coming of age from that, his friends, and narrative scenes that speak to youth as a larger whole.

At 5:30 p.m. April 4, Willard will be part of a ‘Painting in Play’ art talk at the Portland Art Museum, where he, along with fellow artists Meg Hahn and James Parker-Foley, will be talking about method, process and inspiration. Admission is free every first Friday at the museum and the show ends April 27.

“This show of 14 of my fellow peers showcases work of younger emerging artists who all have a connection to Maine in some way,” said Willard.

This will be Willard’s second showing in a museum like this. In 2023, he was selected by a jury to be in the CMCA Biennial that year.

“I wish I could paint full time, but for now, I work at my jobs and then find the time to paint,” he said. <



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Hidden chemicals in plastics present danger to Mainers

► **By Dennis Brown**
 SPECIAL TO THE WINDHAM EAGLE

In a world increasingly dependent on plastics, it’s easy to overlook the invisible danger lurking in many everyday items.

Yes, we all see the plastic waste along our roadsides, and the more responsible of us carefully sort out our plastics for recycling, not realizing that less than 9% of plastics are actually recycled (<https://www.epa.gov/facts-and-figures-about-materials-waste-and-recycling/plastics-material-specific-data> - PlasticsOverview).

From food packaging and personal care products to medical devices and household goods, plastics have become an essential part of modern life.

However, scientists are sounding the alarm over the harmful chemicals that these plastics often contain, particularly endocrine disruptors, which have been linked to a range of health problems, from reproductive issues to chronic diseases like cancer.

The Silent Disruptors

Endocrine-disrupting chemicals (EDCs) are substances that can interfere with the body’s endocrine system, which regulates hormones essential for growth, metabolism, and reproduction. These chemicals can mimic, block, or alter the natural hormones in the body, leading to a variety of health issues.

While the effects of EDCs may not be immediately noticeable, their long-

term consequences can be severe. www.niehs.nih.gov/sites/default/files/health/materials/endocrine_disruptors_508.pdf

Plastics are one of the primary sources of exposure to endocrine disruptors. Chemicals like bisphenol A (BPA), phthalates, and polystyrene, which are commonly found in plastic products, have been shown to disrupt hormone function. (<https://ehp.niehs.nih.gov/doi/10.1289/ehp.0900979>)

BPA, for example, is frequently used in the production of polycarbonate plastics and epoxy resins, which are often found in food and drink containers, as well as thermal receipt paper. Phthalates, another group of chemicals, are used to soften plastics and are found in products such as toys, vinyl flooring, and even personal care items like lotions and perfumes.

The Growing Evidence of Harm

A growing body of research has shown that exposure to endocrine disruptors can have serious health consequences, particularly during critical periods of development, such as pregnancy and early childhood.

Studies (<https://stacks.cdc.gov/view/cdc/10910>) have linked BPA and phthalates to developmental and behavioral problems, including attention deficit hyperactivity disorder (ADHD) and autism spectrum disorders (ASD). Other research has found associations between these chemicals

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Gracie Gym Maine soars in Jiu-Jitsu Championships

By Ed Pierce

STAFF WRITER

Gracie Gym Maine, a premier martial arts academy in Windham specializing in Brazilian Jiu-Jitsu, made a striking impression at the recent Jiu-Jitsu New England Championships, claiming second place overall among 120 other distinguished academies last weekend.

Participants from Gracie Gym Maine displayed immense dedication, skill, and discipline, bringing home the silver medal from the event. These victories were achieved by competitors ranging in age from 6 to 50 and spanning across various expertise levels from white belt to black belt rank.

During the New England Championships held at Agganis Arena in Boston on March 28, Gracie Gym Maine members showcased their extensive training and commitment to martial arts, reflecting the high-quality instruction and supportive community found at their Windham facility.

Located at 770 Roosevelt Trail Suite 6 in Windham, Gracie Gym Maine stands as a beacon of excellence in martial arts training. The academy offers an inclusive and welcoming environment, coupled with world-class instruction in Brazilian Jiu-Jitsu. The gym prides itself on fostering a community where individuals of all ages and skill levels can learn, grow, and thrive.

Gracie Gym Maine is excited to welcome new students to become part of their thriving community. Whether you are new to martial arts or an

experienced practitioner looking to refine your skills, Gracie Gym offers a range of classes and programs to suit every individual's needs and goals. Enroll now to embark on a journey of self-discovery, physical fitness, and mastery of the art of Brazilian Jiu-Jitsu.

Opening in March 2023, Gracie Gym Maine is owned by Michael Smith, who said that he extends hearty congratulations to all the Gracie Gym Maine participants for their outstanding performance and dedication at the New England Championships.

"The academy also expresses sincere gratitude to the organizers of the New England Championships and the supportive family and friends who have made this achievement possible," Smith said.

The Windham program's head coach, Vinicius Garcia, joined Gracie Gym Maine participants at the event and said local participants performed remarkably.

"We are so proud of what these members achieved," Smith said. "They worked hard in the gym training prior to the championships and showed grit, determination, and a dedication to Brazilian Jiu Jitsu."

Originating in Brazil in the early 20th century, Brazilian Jiu-Jitsu focuses on using leverage and submis-



Gracie Gym Maine's Head Coach Vinicius Garcia shows the banner that members of the Windham facility won by finishing in second place at the New England Jiu-Jitsu Championships held at Agganis Arena in Boston. SUBMITTED PHOTOS

sion holds to defeat opponents, making it an effective form of self-defense for people of all sizes and abilities. It is an effective form of self-defense because it teaches practitioners how to stay calm and composed in high-pressure situations.

Along with teaching physical techniques, Brazilian Jiu-Jitsu also emphasizes the development of mental toughness and a strong, positive mindset. Its practitioners learn to be confident and mentally prepared for any situation, and its intense, full-body workout will help participants get in great shape and improve their overall physical fitness.

The Gracie Gym Maine academy draws students from all over the state and offers Brazilian Jiu-Jitsu lessons to everyone ages 4 and up.

Garcia is widely considered one of the most elite Brazilian Jiu-Jitsu instructors in the world. Garcia has been training in Brazilian Jiu-Jitsu since the age of 16 and he has competed in many of Brazil's top events under renowned coach Rodrigo Castro, who promoted him to black belt in 2015.

The Gracie Gym Maine academy in Windham offers an inclusive and welcoming environment, coupled with world-class instruction in Brazilian Jiu-Jitsu and the gym prides itself on fostering a community where individuals of all ages and skill levels can learn, grow, and thrive.

Smith said that no matter if you are new to martial arts or an experienced practitioner looking to refine your skills, Gracie Gym Maine offers a range of classes and programs to suit every individual's needs and goals.

For further details about Gracie Gym Maine and enrollment information, call 207-383-2228 or visit www.graciegymmaine.com

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The Eagle's Choice Award Winner!

→ TRACK *Cont. from page 1*

Track and Field Championships, the New England Indoor Track and Field Championships, and the New Balance Nationals Indoor Championship – all of which she had qualified for throughout the season. Each of these championships were a steppingstone toward the Pentathlon finale, with the competition getting tougher at every level.

“Tayla’s accomplishments and her medals truly represents what no one ever sees behind the scenes,” said Windham High indoor track and field coach Jeff Riddle. “That’s where the magic happens. The symbol of the medal, the place in the podium and the state championships is a validation of all of her hard work put in,

her work on her mindset to build that capacity. It was an honor to watch her perform it.”

Training started early in the season and from that point on, the events Tayla entered during the regular season were determined by how she could best contribute to the team, while giving her experience in the five pentathlon events as she prepared for the Adidas Track Nationals.

The week leading up to Nationals, Pelletier had already competed at the New Balance Nationals Indoor Championship in Boston. She was being more subjective to working on high jump, long jump and shot put – she would plan her practices around that. She incorporated 800 workouts to get some speed training in. Pelletier and

Coach Riddle would find ways to practice inside Windham High School. She was also able to practice at the University of Southern Maine’s track and field gymnasium in Gorham thanks to the kindness of USM Coach Rob Whitten.

As Pelletier entered the New Balance Nationals Indoor Championships, she set her expectations high and was hard on herself when she did not meet them. She switched up her mindset going into the Adidas Track Nationals and wanted to think positively and not let little things bother her.

Windham High’s indoor track and field team works to create a culture about and for team, always trying to help each other out. For an athlete who has accomplished so much, Pelletier is not boastful and doesn’t expect to win going into a new season. She doesn’t let her previous victories cloud her future progression.

During practices, you’ll see Pelletier working with someone and showing them the first phase of triple jump or the transition, her giveback is there; she’s aware it’s not all about her.

Riddle said attending these championships are among the coolest things that he’s experienced as a collaborator with a multi-faceted, elite-level athlete. He says it was fun, challenging and exciting as a coach for him to be involved. Riddle said he’s never seen someone build and have so much capacity to compete in his 25 years of coaching at Windham High School as Pelletier.

“Getting a medal from Nationals



Windham senior Tayla Pelletier shows her third-place medal after competing in the Pentathlon at the Adidas Track Nationals at the Virginia Beach Sports Complex on Sunday, March 23. PHOTO BY SELENA PELLETIER

is always a big accomplishment,” said Pelletier. “You got to be consistent; you got to keep working hard and set your mind to the things you want to do. You’ve got to put the work in. If you don’t put the work in, you’re not really going to get there. The positive mindset really helps. It’s a reward when you get the accomplishments or the rewards that you’ve been working so hard to get.” <

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Library displays Windham model maker's tiny trucks

By Kaysa Jalbert
STAFF WRITER

Some hobbies keep us busy in the present, some prepare us for a challenge in the future, others are like creating a time machine to bring us into the past. Since 1988, Raymond Philpot of Windham has been restoring miniature metal trucks as a collector's item, and from now until the end of April, four of Philpot's model trucks are on display at the Windham Public Library.

What makes this display especially interesting for locals is that each of the items exhibited are replicas of vehicles that would have been seen in Windham's past. There's a red snowplow from ML Rogers circa 1950s to 1980s, a vintage blue snowplow circa 1930s, a mustard-yellow Jim Rogers septic tank truck, and a blue George Emerson & Sons Enviropac trash truck from the 1980s.

"It has been great to hear from locals who recognize the vehicles, kids who love the bright shiny trucks, and adults who recognize the amount of work that went into the miniatures," said Sally Bannon from the Windham Public Library. "I was thrilled when Mr. Philpot agreed to exhibit this collection. Library staff and patrons have always enjoyed his past displays, so I knew this one would be another winner."

Philpot built each vehicle from scraps and pieces of metal toys such as Tonka and Buddy L and many of the pieces he finds are either on their



Model trucks created by Raymond Philpot of Windham reflecting Windham's past and history are on display on the second floor of the Windham Public Library through the end of April. COURTESY PHOTO

way to the dump, available at a valid price at an antique shop or on eBay or given to him.

"I'm not really a collector, so I don't buy things, but I collect them because I don't want mother nature to take care of it," says Philpot.

What he has come to find over the years is many of the trucks have already been collected, and what's left are parts and pieces of "what looks like junk, broken old toys" that can be salvaged, he said.

What led Philpot to picking up on this hobby is his experience both as an auto mechanic and a Windham historian. From 1975 to about 2000, Philpot operated J & R auto body shop in Windham. Many of his regular customers were the ones to give him miniature parts. Additionally, Philpot

has been part of the Windham Historical Society for much of his life.

"I've been involved with race cars, trucks, body repair and paint jobs. Always been automotive oriented since Day 1," Philpot said, but in a way, he meant it.

Since his high school days in the 1960s, Philpot's been involved with this type of work.

It was also in school, eighth grade to be exact, that Philpot became

emersed in history and not global or U.S. history.

"I hated history, it was the worst thing that could have happened to me, that is, until I took a class on Windham history and that was it, I was hooked," he said.

Philpot has been searching Windham History ever since. He's had displays at the library in the past and at the Windham Historical Society. Additionally, his collection of old fire trucks has been put on display at the Windham Fire Department during the Fire Apparatus Day there.

Back around 1990, there was a Windham High School teacher who tried to start a hobby collectors show at Windham High School and Philpot had his trucks displayed there for the

→ see **MODELS** Page 8

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To ensure we have enough supplies pre-registration is required ONLY for kids participating in the Easter Egg Hunt. REGISTRATION CLOSSES WED, APRIL 9

Parks & Trails Free Easter Egg Scavenger Hunt

Saturday, April 5 – Thursday, May 1

We have hidden Easter Egg signs along the trails at Lippman Park, Mountain Division Trail, Black Brook Preserve, East Windham Conservation Area, Windham Community Park, and Lowell Preserve. Each egg has a scrambled word written on it. You need to find all 9 signs and unscramble the words to discover a funny Easter joke!

Once you've found all 9 egg signs, bring your answer sheet into the Parks & Rec office, in Town Hall at 8 School Rd, to claim your prize & to be entered to win the grand prize!

Register to give us a headcount. Only have one adult register per family!

Clip the form below to keep track of the eggs you've found or print from our website.

✂

EASTER SCAVENGER HUNT Family name: _____		
1. _____	2. _____	3. _____
4. _____	5. _____	6. _____
7. _____	8. _____	9. _____
WHAT'S THE JOKE? _____ ? _____ !		

Register for events at: WindhamRecreation.com

WMS History Club explores Windham's intriguing past

By Jolene Bailey
STAFF WRITER

Acclaimed science fiction author Robert Heinlein may not have had local teens in mind when he wrote that "a generation which ignores history has no past and no future", but Windham High School students are proving him wrong.

The Windham Middle School History Club has been in existence for six years starting in 2019. Throughout those years, the club has been sponsored by the Windham Historical Society led by Paula Sparks and Brian Brigham.

The Windham Historical Society was organized in 1967 for the purpose of preserving the town's rich historical

past and providing opportunities for members of the public to learn about their heritage. The society owns four museum buildings, each of which was an important center for development in Windham.

"As a volunteer with the society, I also play the role of the School Marm at the Village Green," Sparks said. "We are always looking for more volunteers and I really believe getting kids interested in history will help us interest more young people in volunteering."

Meetings for the WMS history club fall on Tuesdays conducted after school for an hour and 30 minutes in the school's library.

During meetings, the history club



members are busy with hands-on activities. They often play trivia games, making things related to historical topics, cooking, and more.

"We explore the history of lots of different topics," Sparks said. "Some topics have been Windham history, archaeology, holidays, slavery

in Maine, photography, printing, pirates, the Civil War and this year, the Baby Boomer years."

At the end of every school year, the history club wraps up their hard work with a special field trip. Last year the WMS students took a trip to Peak's Island.

"We currently have 12 members. Some of the things we have done this year as a team is look at popular tv shows from the time, make traditional Halloween foods, sample food from the time period, make ornaments, learn about old toys and use Mr. Potato Head in our trivia games, learn about Mardi Gras and Dr Suess, and have a guest stockbroker," Sparks said.

Most recently, the history club members were taught dances by a local dance teacher, Jonathan Miele from Maine State Ballet. Attendees enjoyed the event and Miele returned to share more dance lessons with participants on March 25.

Miele has directed and choreographed shows for the Lyric Theater, the Portland Players, Windham Center Stage Theater and many area high schools.

"We are looking forward to having a panel of lifetime Windham citizens joining us to talk about what it was like growing up in Windham during the Boomer years," said Sparks.

For more details about the Windham Historical Society and activities of the Windham Middle School History Club, visit www.windhamhistorical.org and follow them on Facebook by searching Windham Maine Historical Society. <



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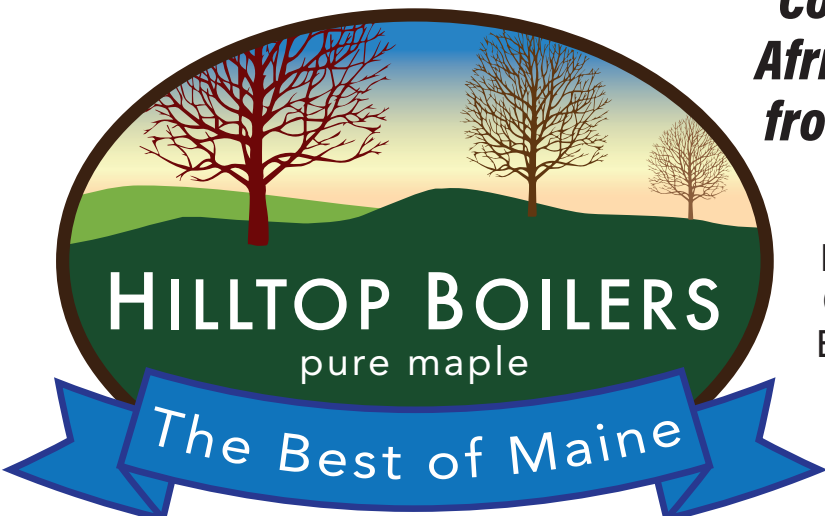
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➔ **MODELS** *Cont. from page 7*

school year, but the show did not last as an annual event.

He says that he was inspired to start this hobby back in the late 1980s from a friend that was fixing up miniature automobiles that represented old trucks from across the U.S. and selling them at truck shows. The friend was copying the names of vehicles he'd seen back in the day instead of turning them into modern ones, so Philpot caught onto that and decided to restore them to look like cars from New England.

"I make them, I collect them, and occasionally I give them away to someone it has a meaning to," he said.

Some of his miniatures have been given to the family of a late friend, and he said they are always greatly appreciated.

In total, Philpot has about 75 to 100 miniature trucks and gets to work on a new one maybe once or twice a year.

"The parts are scarce now, a lot of people are collecting them and selling them on eBay," he said. "Some people think they are like gold and set a high price, but I'm not a collector, I just want to keep them from being put into the earth."

Philpot's model trucks are now on display on the 2nd floor of the Windham Public Library through April 30. <

New water main to be installed on Chute Road in Windham

The Portland Water District will begin a significant infrastructure project this summer in Windham, installing a new 16-inch ductile iron water transmission main along Chute Road.

Water district engineers estimate that the project will take about one year to complete.

The new water main will connect the Wards Hill Pump Station to a newly constructed tank on Falmouth Road with 1-million gallons of storage capacity adjacent to the East Windham Conservation Area. Engineers say that in addition to improving overall system reliability, fire hydrants will be installed along the route to provide enhanced fire protection for the area.

The water district will install roughly 13,500 feet of new 16-inch ductile iron water main in Chute Road from River Road to Pope Road.

Residential properties located along the construction route are being offered the opportunity to connect to the new public water system at their own expense. While homeowners on Chute Road may also choose to remain on their private wells, those opting to connect will benefit from a reliable and high-quality water source provided by Portland Water District, which currently serves more than 20 percent of Maine's population.

The Portland Water District invests more than \$7 million each year in water main renewals. Since 1985, reported leaks have been reduced due to the effectiveness of this program,

even with the continued aging of existing water mains.

According to PWD engineers, the district's goal with the Water Main Replacement Program is to provide a reliable distribution system designed and maintained to enhance public health and safety. Water main replacement involves replacing existing water mains with new ones to improve water flow characteristics and to improve service to our customers.

Ductile iron pipe is made from ductile cast iron and is commonly used by municipalities and water distribution agencies across America for water transmission. It has an estimated life span of 110 years and is preferred over strictly cast iron pipe because of its resistance to corrosion.

Mains are identified for replacement according to numerous criteria, including:

- Partnering opportunities with municipal and MDOT road reconstruction and combined sewer overflow (CSO) projects
- Opportunities to improve water quality or address water quality concerns
- Leak frequency
- Aging infrastructure and/or outdated water main material
- Critical loop feeds (eliminating dead ends based on flow characteristics)

Service line installation costs are as follows:

- Even-numbered addresses: \$4,500
- Odd-numbered addresses: \$4,000

• New meter and installation fee: \$500. The costs include a 5/8-inch residential meter, inspection, and waived engineering and inspection fees.

Service lines will be extended to the lot line as part of the project, with final in-home connections to be completed by a contractor of the homeowner's choice.

Interested property owners are encouraged to express their intent to connect, or with questions by contacting Kyle Jacobson, Senior Project Engineer, no later than May 15. He can be reached at 207-523-5242 or by email at kjacobson@pwd.org

For more details about PWD and this project, visit www.pwd.org <

Late season ice fishing



Nolan Raymond of Raymond tries his luck at some late-season ice fishing on a section of Sebago Lake near the Town of Raymond that still was frozen over last weekend. To receive a report about the most current and up-to-date ice conditions on Sebago Lake, call the Maine Game Wardens at 207-657-2345. SUBMITTED PHOTO

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American Legion Post 148 to host Red Cross blood drive

By Ashlynn Cuthbert
STAFF WRITER

Blood is one of the most valuable resources most people can give. One in seven people who enter a hospital will need a donation of blood to survive. This means that every two seconds, someone in the U.S. needs a transfusion to live.

Unfortunately, the number of current blood donors has hit a 20-year low, with only 3 percent of the eligible population donating.

“More blood donors are needed to save lives,” says Steve Thomas, executive director, Red Cross Southern Maine Chapter.

Members of the American Legion Post 148 here in Windham are helping to lessen this donor deficit by hosting Red Cross sanctioned blood drives every month. These drives are held on the third Wednesday of every month from noon to 5 p.m. at the Windham Vet-

eran’s Center, 35 Veterans Memorial Drive in Windham.

The next blood drive at the Windham Veterans Center will be held on Wednesday, April 16.

Most people with all blood types can give blood, but there are a few restrictions. People who are under 17-years-old, under 110 pounds, physically limited, and had past conditions like cancer cannot give blood. There are other, rarer restrictions that you can find at <https://www.redcrossblood.org/faq.html#eligibility>.

Giving blood seems like a daunting task, but Thomas said that the Red Cross ensures that the process is quick, confidential, and safe.

The first step to donating blood is making an appointment by calling 800-RED-CROSS (800-733-2767) or by going to www.redcrossblood.org/give.html/find-drive. Go to the link, enter your ZIP code, and choose a do-

nation site.

After this, select a time to donate. If you have an account with the Red Cross, you can sign in at this time, but if you don’t have an account, you need to make one to donate. Once you are signed in, then you’ll be asked to confirm your appointment. Once completed, you are officially signed up to give.

When the day arrives to donate, you go to your appointment, provide your name, address, phone number, and identification will be collected to sign you in. After this, you will be taken into a private room and a staff member will conduct a confidential interview about your medical and travel history, and a mini-physical will be conducted. From there, the blood donation will begin.

Thomas says that the donation itself is only about 8 to 10 minutes on average and is performed by Red Cross-trained phlebotomists, people who draw blood professionally.

When the donation is complete, you will be offered cookies, water, and juice while you sit in the refreshment area. This step is to ensure you are healthy and hydrated before you leave. After waiting about 10 to 15 minutes, you are good to go and enjoy the rest of your day. This entire process takes only about an hour and a half.

After you leave, a sample of your blood is put into a test tube and the rest stays in the collection bag. Both are then put on ice. The test tube is brought to a testing location to confirm blood type and to make sure it is safe to use. The donation blood is transported to a Red Cross processing center.

“At our processing center, whole blood donations are spun in centrifuges to separate it into transfusable components: red cells, platelets, and plasma,” Thomas said. “Each component is packaged as a unit, a standardized amount that doctors will use when transfusing a patient.”

Upon processing, some of the blood that was deemed safe to use by the testing location is sent to hospitals to have on hand, and some is kept at the Red Cross facility.

Hospitals can request blood from the Red Cross around the clock as needed. The hospitals then take that blood and transfuse it into patients who need it. Because your whole blood donation is divided into components, your single donation can help more than one person.

American Legion Post 148 is not the only organization to host regular blood drives in the area. There is a Red Cross donation center at 524 Forest Ave. in Portland that is open seven days a week, eight hours a day.

The Red Cross organizes about 500 blood drives a day to supply hospitals with the blood they need. The Red Cross began collecting blood for the U.S. military in 1941 but then expanded their efforts to a nationwide program in 1948. They opened their first blood donation center in Rochester, N.Y. and more spread across the nation.

According to Thomas, the Red Cross knows what they are doing and will ensure that all donors are safe and comfortable during the entire process. <

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Maine Audubon offers new way to be part of Loon Count

Mainers might not be thinking about summer just yet, but Common Loons will start to appear on lakes and ponds shortly after the ice melts, so Maine Audubon is already getting set for its 42nd Annual Loon Count.

The organization has added an exciting addition to the annual count this year and is looking for volunteers.

Come spring, Common Loons will start reclaiming their territories and engaging in courtship rituals with prospective breeding partners and filling the air with their distinctive and beloved calls.

Once the breeding season is underway, thousands of volunteers will be taking to the water on July 19 across the state to count all the adult loons and chicks that they see in a designated half hour period. This long-running dataset has tracked the changes and trends in the population for more than four decades.

The valuable count information allows Maine Audubon to assess the impacts of conservation efforts over time, and to flag any significant changes in the population to aid better loon management in the future.

Last year Maine Audubon had the greatest amount of participation ever in

the annual count with 1,624 volunteers surveying and counting loons on 407 different lakes in the state.

Thanks to this tremendous effort by community scientists the organization was able to estimate a Common Loon population of 3,146 adults, south of the 45th parallel. Unfortunately, there are not enough lakes surveyed north of this line to estimate the population for the entire state.

“The data volunteers collect is used to track population trends over time,” says Maine Audubon Director of Conservation Sally Stockwell. “We expect some fluctuations year to year, but the numbers indicate a healthy loon population, with a slowly increasing adult population and relatively stable chick numbers.”

Overall, Maine has the largest population of loons in the eastern United States, which makes the breeding success of loons here critical to the regional population at large.

The Common Loon in Maine faces all kinds of threats from boat strikes, nest flooding and lead tackle, to eagle predators, and despite that, with the help of an ever-growing volunteer base, the loon population remains robust.

“There are so many people looking out for loons,” says Maine Audubon Loon Count Data Coordinator Ethan Daly. “Loons are something Mainers can appreciate and unite behind. More people are educating their neighbors, more people are involved in our loon restoration program, more people are getting rid of lead tackle, and more people are considering how shoreline management can impact freshwater ecosystems.”

All these steps can help ensure that Maine lakes are clean and clear, which loons depend on to find and catch their prey. These efforts also help increase loon nesting success and survival.

This year, in a new effort to expand the reach, involve more people in the count, and gain a better understanding of where loons are and what they’re doing in the northern part of the state, Maine Audubon is introducing Extended Duration Surveys this summer.

This is a pilot program for selected remote lakes and many lakes which are often not surveyed.

Community scientists who volunteer to survey these lakes will have seven

days, from July 19 to July 26, to scout out, access, and conduct a one-hour survey of their assigned lake. Many of these lakes lack boat launches or easy cartop access, and some range far from the beaten path.

These lakes will take a greater time and travel commitment than the standard loon count survey.

Volunteers may have to hike in and survey from shore, or carry a kayak or canoe in, and in some cases, it may be easiest to turn a survey into a camping trip. Many Maine lakes and ponds are only accessible through private land, so the volunteers may be asked to help in securing landowner permission to conduct a survey.

If traveling and hiking into remote lakes and ponds to find unrecorded loons sounds like an activity that you might be interested in, contact Community Science Manager Phil Keefe at pkeefe@maineaudubon.org and he can help you find a lake to survey that is of interest. For more about the Maine Audubon Annual Loon Count, visit maineaudubon.org/looncount



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Eagle HISTORY



In Ye Olden Times; The Steamer Fawn

► **By Mike Davis**
SPECIAL TO THE WINDHAM EAGLE
Howdy Neighbor!

My name is Mike Davis, the history columnist for the Bridgton News, and today I'm so pleased the Editor of The Windham Eagle has given me room as a guest this week to tell you all about the Steamer Fawn, the first steamboat ever to run on Sebago Lake, built at North Bridgton in 1847.

That spring the Fawn was built by the Sebago and Long Pond Steam Navigation Company. Since the 1830s there had been efforts considered to launch an inland steamer upon the Sebago Lakes Route, running from Bridgton down Long Lake, Brandy Pond and the Songo River to Sebago Lake, but it was not until 1846 that

a company of Bridgton and Harrison men organized and began selling stock to residents up and down the lakes as far as Standish.

The S&LPSN Co. sold some \$10,000 in stock at \$25 a share, raising funds sufficient enough to lay the keel in late March of 1847. They had hired the New York boatbuilding firm Lawrence & Sneden to build for them a sidewheel steamboat, 25 feet wide and 90 long – just narrow enough to pass within the 26-foot wide Songo Lock, and theoretically short enough to negotiate the Songo's many meandering gooseneck turns; twenty-seven turns in only six miles!

She was launched on June 5, 1847, captained by C.C.W Sampson of Harrison, and ran a thrice-weekly route,

which became daily by 1849, from her terminus at Harrison Village down the lakes to Standish, stopping at North Bridgton, Plummers Landing, and Naples along the way.

At Standish she docked at the wharf opposite Chadbourne's Lake House, which stood almost exactly at the terminus of what are now Routes 35 and 237 on Standish Neck, where the Portland Water District pumping station now stands. Here passengers were served by a line of stagecoaches running south to Portland, the southern half of the Portland to Waterford stage line which, from Harrison, took travelers off the boat up to Waterford and beyond.

The company had invested in this stage line, and it also bought out another running from Bridgton through Fryeburg to the White Mountains. This was the key to the Fawn's finan-

cial success, for in those days before railroads any tourist up from Boston looking to access the White Mountains, landing at the wharf in Portland, had to take a bumpy, uncomfortable stagecoach ride over several days all the way to Conway New Hampshire.

But with the steamer Fawn running upon the lakes, they could instead ride inland as far as Standish, zip up the picturesque lakes route to Bridgton in less than four hours, and then go by stage as far as Fryeburg border by nightfall, to stay at the Pleasant Mountain House. From there they could strike off the next morning by stage and reach Conway faster, in far greater comfort and having enjoyed far better scenery, than anything the old stage line up the Saco River Valley could provide.

With the opportunities clear-
→ see HISTORY Page 13

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→ **HISTORY** *Cont. from page 12*

ly shown, the eager tourist public of antebellum America responded. The Fawn ran for almost a decade, until 1856, and in that time, she attracted the patronage of some of the most famous tourists to come to Maine in this era. Among her many noteworthy passengers in this time we may count John Jacob Astor, the first American multi-millionaire; Henry Wadsworth Longfellow, who surely needs no introduction here, and famed Transcendentalist Mary Emerson, aunt and tutor of Ralph Waldo Emerson. So many are the humorous and fascinating stories of this time, so many the difficulties whose solutions proved novel or exciting, that I could well serialize the Fawn's history across ten dozen newspaper columns – but in this I will spare you, for it will make a better book, and I do intend to properly publish this story sometime soon.

Initially the Fawn was a success, but ultimately the same driving forces that led to her creation, those of technological innovation and the eager tourist market, are the same which led to her collapse. Eventually steam-power was turned to locomotion, and the coming of the railroads

at once robbed the Fawn of her twin advantages of speed and comfort.

While still just as beautiful, the prospect of reaching the White Mountains in a matter of hours by rail from Portland cut out nearly all her tourist traffic by 1853 – struggling on until 1854, she was put up for auction in 1855 and eventually sold to George Pierce of Otisfield. He kept her going a few years more in a highly diminished capacity until 1856, but in 1857 she was torn to pieces at North Bridgton, her boiler and engine works sold to steamboat builders in Greenville, Maine, and her wooden hull left to rot on the shore of the lake.

There are no photographs of the Fawn, there are no known engravings, and while it appears she was once painted, I have yet to find any copy of the portrait. I'm told she was once pictured on the china plates of the Lake House hotel on Standish Neck, which continued to exist until the early 1900s, but that hotel burned long ago and no one now living can tell me if even a single plate survived. If any Readers out there have seen any pictures of her, please write in and contact me via oldentimesmike@gmail.com.

Thanks, and until next time! <



Grady Johnson



Grade: Seventh Grade
School: Windham Middle School
Teacher: Pamela Mallard
Parents' names: Daniel and Shannon Johnson
Reason for selection: Grady is on the Sebago Team where he exemplifies integrity in everything he does. He excels academically in all subjects. What truly sets Grady apart is his high level of compassion for others. He demonstrates this with peers, adults and his buddy from Windham Primary School. Grady's kindness makes others seek him out. His gentle mannerisms make him very approachable by others. In addition to his academics, Grady is on the school's wrestling team. Thank you Grady for being a valued asset to Windham Middle School.

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➔ **PLASTICS** *Cont. from page 4*

and an increased risk of obesity, diabetes, infertility, and certain types of cancer, such as breast and prostate cancer.

Just one example is from Dr. Shanna Swan, author of *Count Down*, who has tracked human sperm count since the 1970's, and she has documented a drop in over 50% since the beginning of her studies (6). Chemicals in plastics are linked as a major contributor. (<https://academic.oup.com/humupd/article/23/6/646/4035689?login=false>).

In addition, scientists are concerned about the cumulative effects of exposure. While individual doses of these chemicals may be low, people are exposed to a wide variety of plastics throughout their lives—from the food they eat to the air they breathe—leading to a constant stream of endocrine-disrupting substances into the body. As plastic waste continues to accumulate in landfills and oceans, the problem is only expected to worsen.

Vulnerable Populations at Risk

Certain groups are particularly vulnerable to the effects of endocrine disruptors. Pregnant women, infants, and children are at the greatest risk because their endocrine systems are still developing and can be more easily altered by exposure to harmful chemicals. For instance, research has shown that prenatal exposure to BPA can affect fetal brain development, leading to long-term neurological and behavioral issues.

Additionally, women of childbearing age may face fertility challenges

due to endocrine-disrupting chemicals. Both BPA and phthalates have been linked to reduced fertility in both men and women, and some studies suggest that these chemicals may contribute to early onset puberty in girls.

Industry Response and Regulatory Gaps

Despite growing evidence of harm, the regulation of endocrine-disrupting chemicals remains insufficient in many countries. In the United States, the Environmental Protection Agency (EPA) has not banned BPA or phthalates outright, though some restrictions have been placed on their use in certain products like baby bottles.

In the European Union, some of these chemicals have been banned from certain consumer products, but many still remain in use.

The problem lies in the fact that endocrine disruptors are not always clearly labeled on plastic products, making it difficult for consumers to avoid exposure. The plastics industry, while aware of the concerns, has been slow to phase out harmful chemicals, and in many cases, substitutes may still carry similar risks.



As plastic waste continues to accumulate in landfills and oceans, exposure to chemicals from plastics breaking down is expected to worsen. COURTESY PHOTO

Alternatives to BPA, such as bisphenol S (BPS), are sometimes used, but early studies suggest that these substitutes may be just as harmful.

What Can Be Done?

Consumers can take steps to reduce their exposure to endocrine-disrupting chemicals by making more informed choices. Opting for glass, stainless steel, or other non-plastic alternatives for food and drink storage is one way to reduce the risk. Avoiding plastic products labeled with the recycling codes 3 (polyvinyl chloride, or PVC), 6 (polystyrene), and 7 (other, which can include BPA-based plastics) is another precaution.

Choosing natural personal care products that are free from phthalates and other harmful chemicals can also reduce exposure. (<https://www.edf.org/health/chemicals/getting-toxic-out-what-we-buy>)

At the policy level, experts are calling for stronger regulation of endo-

crine-disrupting chemicals, including more rigorous testing and better labeling of products that may contain them. Public health advocates are urging governments to take a more proactive approach to reduce the use of toxic plastics and encourage the development of safer alternatives.

A Call to Action

Maine has been ahead of most states by enacting laws starting in the 1980's with the bottle bill, and accelerating the cause with more regulation, much at the hand of Defend Our Health, a Maine based organization that advocates for toxic free health. They have led the charge in enacting some of Maine's laws relative to phthalates, bis Phenol a (BPA) and PFAS (all of which are known EDCs). There's so much more to do.

The dangers of endocrine-disrupting chemicals are clear, and their widespread presence in plastics poses a significant threat to public health. As consumers, we must demand safer products, and as a society, we must push for stronger regulations to protect future generations from the long-term consequences of plastic pollution.

The time to act is now. The hidden chemicals in plastic may seem invisible, but their effects are anything but. It's up to all of us – individuals, industries, and governments – to create a safer, healthier future for people and the planet.

Dennis Brown is the Chair of the Town of Windham's Natural Resources Advisory Committee. Reach him by email at lakesideme@yahoo.com <

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THE ROOKIE MAMA

THE ADVENTURES OF MOTHERHOOD



GOING BANANAS FOR THE SWEET WORLD OF FOOD DEHYDRATION

By Michelle Cote
SPECIAL TO THE WINDHAM EAGLE



- Michelle Cote, Columnist

In this era of trendy pink Stanley cups and hydration focus, here's a term with which you may not be overly familiar – the wonder of dehydrating. (Drying food, that is.)

A friend recently asked me what gadget I use to make dried fruit, and it occurred to me this process is a frugal, fun, tasty favorite activity I haven't really touched upon in this column, and dehydrating delicious snacks is truly worthy of its own space in print.

My family and I love to batch together trail mixes when packing for travel, and our blends of nuts and chocolate have always included some sort of commercially prepared delectable dried fruit – bananas, mangos, apples, you name it.

Dried fruit is widely available in packaged form at most grocery stores.

One could make a date of shopping for pitted dates.

A few years ago, my husband and I reevaluated whether there might be a better way to obtain large quantities of dried fruit without such added cost, especially as our family was growing like fruit by the foot.

Life itself was bananas and nutty, which I suppose made us a trail mix variety of its own.

As it turned out, dehydrating our own fruit strips was not only an economical choice, but a healthy one, and

an easy enough task to accomplish.

Like a well-loved slow cooker, one must do a bit of prep, then it's set and forget, as the home fills with delicious aroma.

So, we purchased a fairly inexpensive dehydrator appliance with multiple trays and began our test strips, so to speak.

The science to dehydrating food is that controlled heat and airflow sucks out water, reducing moisture to a level that prevents bacterial growth and spoilage, thus extending shelf life and reducing weight and volume.

Although moisture is removed, nutrients are preserved – a win for the whole gang. And not only is this process a fantastic frugal choice because it's less expensive than buying prepared dried fruits, it can reduce food waste.

Think of all those fresh fruits for which you had high hopes that were rendered to the ol' compost bin because rot and bruising got the better of them before they could be gobbled up.

Think of all the naturally sweetened strawberries and oranges galore you could dehydrate.

And did I mention the bananas?

Once you've dehydrated your own

fruits, you've got yourself a healthy snack, whether for hitting the road or for scrumptious, colorful, nutrition-dense school snacks.

Another favorite – arguably tastier – road snack is homemade beef jerky.

Pick up a lean cut such as top round, bottom round, or flank steak, as fatty cuts can become rancid during the drying process.

Slice into very thin strips – or ask your butcher to do this if preferred.

From here, the Google is aplenty with beefed up easy marinades, and you likely already have many of the ingredients that are just the ticket to create these savory strips, such as Worcestershire sauce, soy sauce, paprika, garlic powder, onion powder, and so on.

Homemade jerky is seriously cost-effective just as fruit is, but also high in pro-

tein, iron, and vitamins A and C. Unlike the storebought variety, homemade jerky has no added preservatives. Ingredients are higher quality, and the resulting treat may be more flavorful.

Look, my family loves some Jack Links from a fuel-up stop as much as the next traveling circus, but the homemade variety – if you can carve the time to carve the beef – really makes for the cool jerk.

There are many other foods to experiment with in a food dehydrator, from fruit leather to herbs, from vegetables to even watermelon jerky.

So as with other new kitchen tools, have fun and experiment. Follow directions carefully. Dehydrators range in price and can be quite costly, but our inexpensive Nesco has been operating tremendously for years, its soft hum a familiar mainstay.

Dried foods are also best when shared with those you love, so don't forget to gift some of your snack experiments to family and friends – they make a super Christmas gift.

Because that, my friends, would be enough to make anyone go bananas.

Columnist Michelle Cote lives in southern Maine with her husband and four sons, and enjoys camping, running, biking, gardening, road trips, arts and crafts, soccer, and singing to musical showtunes – often several or more at the same time! <

RECIPE

DEHYDRATED FRUIT LEATHER

- 2 cups fruit (mango, strawberry, etc.), fresh or frozen
- 1-2 tbsp honey or maple syrup (optional)
- 1 tsp lemon juice (optional, helps preserve color)

1. Puree the fruit, sweetener, and lemon juice in a blender until smooth.
2. Pour onto a parchment-lined dehydrator tray or silicone mat, spreading evenly to about 1/8-inch thick.
3. Set your dehydrator to 135°F (if using an oven, set it to 140-170° or lowest temp) and dry for 6-8 hours, or until the leather is no longer sticky.
4. Let cool, then peel off and cut into strips.
5. Roll in parchment paper and store in an airtight container for up to a month.

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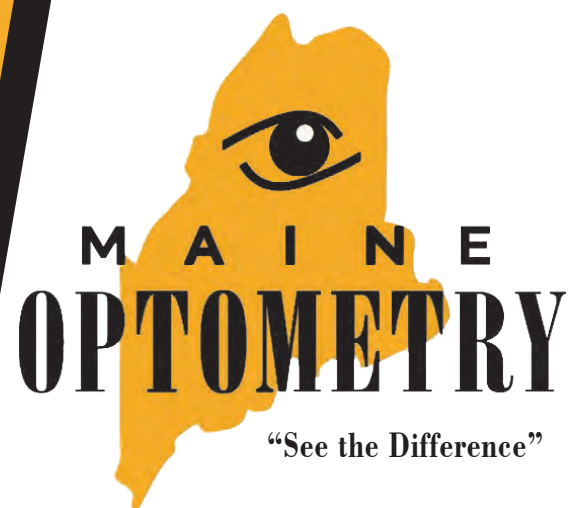
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Insurance Bureau approves decrease in Maine Workers' Compensation costs

Maine Superintendent of Insurance Bob Carey has announced the approval of the National Council on Compensation Insurance (NCCI) 2024 loss costs for Maine, which will lower workers' compensation insurance loss costs by an average of 9.6 percent. The restructured loss costs took effect for new and renewing Workers' Compensation policies as of April 1, 2025.

"The NCCI filing will lower workers compensation premiums for most employers in the state," Carey said. If all insurers fully adopt the decrease, Maine businesses could save approximately \$27 million."

According to Carey, the state's workers' compensation insurance loss costs are based on prior experience and projected losses and benefit payments.

He said that the 9.6% decrease ranges from -6.5 percent to -10.7 percent, depending on the industry group.

Most Maine businesses will see a reduction in their workers compensation premiums, Carey said. However, some businesses may pay higher rates if their experience differs materially from the average. Maine's reduction in loss costs is one of the largest in the country for 2025, among the 38 states that use NC-

CI's services.

NCCI is the advisory rating organization for insurance companies that offer workers compensation coverage in Maine. The NCCI-approved loss costs are available to insurers to reference when filing their workers compensation rates with the Maine Bureau of Insurance.

Maine has a competitive market for workers compensation insurance. Insurers may modify the NCCI loss costs and set their own expense and profit factors in developing rates, all of which are subject to review and approval by the Maine Bureau of Insurance.

Under provisions of Maine law, all public and private employers are required to have workers' compensation coverage. It defines employers as "private employers, the state, counties, cities, towns, water districts, other quasi-public corporations, municipal school committees, and design professionals."

The Maine Workers' Compensation Board may impose penalties for failure to have coverage when required by law. Failure to obtain coverage does not relieve the employer of their responsibility for payments required due to a workers' compensation claim. <

Greeting the champs



During a recent visit to the State House in Augusta, Republican State Representatives Mark Cooper of Windham, front center, Barbara Bagshaw of Windham, front left, and Rolf Olsen of Raymond, front right, greet Windham High School Coach Chad Pulkkinen and members of the Windham High boys' basketball team, who won the 2025 Maine Class AA state championship for the second consecutive year. To recognize their achievement, the team was presented with a legislative sentiment from Cooper, Bagshaw and Olsen. 'For the second year in a row, the Windham High School Boys Basketball Team are state champions,' Bagshaw said. 'I am sure Coach Pat Moody is smiling down from heaven as this team pulled off another winning season. Congratulations once more to the Windham Eagles.' SUBMITTED PHOTO

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Making a case for trophies

By Andy Young

STAFF WRITER



- Andy Young, Columnist

I got the first of what I assumed would be many athletic trophies when I was a member of the championship baseball team in my hometown's Little League.

Never mind that I rarely played; back then 9-year-olds were only there to chase foul balls, coach first base, and go through the stands passing the hat so the coaches could give each kid 15 cents after the game to go get something from the snack bar.

Recently I learned that the word "trophy" originated from the Greek "tropaion," which referred to captives, weapons, property, or enemy body parts that were collected in war.

That information surprised me, since like most people I had previously assumed the word had derived

from some Latin term meaning "dust collector." Fortunately, none of my subsequent trophy-worthy honors ever involved the forcible removal of anyone else's body parts.

I knew in my soul that someday I'd need a huge trophy room to properly display all the individual awards I'd win for my many astounding baseball and basketball exploits. After all, those multiple Major League Baseball and National Basketball Association Most Valuable Player awards I'd earn during my dual-sport career would need proper displaying.

And besides that, I'd likely need more space in the future, since my trophy wife (and later our trophy kids) would undoubtedly be awash in athletic accolades as well.

There are more different kinds of trophies than there are ice cream flavors. They can look like a knight standing atop a reel of film (the Oscar), an old record player (the Gram-

my), or a football player (the Heisman Trophy).

There are trophies that look like cars, dogs, pianos, horses, typewriters, microphones, elephants, donkeys, fish, ballet slippers, Rubik's Cubes, and pinking shears.

Still others are shaped like singers, mechanics, doctors, accountants, police officers, dancers, fishermen, chefs, librarians and hunters. Trophies are regularly handed out to top performers and coaches in baseball, softball, football, basketball, hockey, soccer, lacrosse, volleyball, swimming, tennis, wrestling, pickleball, rowing, gymnastics, running, jumping, throwing, pole vaulting, and skiing.

There are also trophies for non-athletes like bowlers, race car drivers, and golfers.

Unfortunately, it's now official-spring-cleaning season, and who wants to waste time relocating clutter, vacuuming up dirt, washing windows,

de-cobwebbing the basement, mopping the kitchen floor until it returns to whatever its original color was....or dusting off old trophies?

After a long winter, the last thing(s) I want to waste time on involve cleaning the garage, freshening up the cellar, or disinfecting bathrooms.

That's why I always start my seasonal home-cleansing ritual small, by sanitizing my dream-come-true, appropriately sized trophy room.

The most recent addition to my trophy collection came in 1984, when a softball team I was on took home the league championship.

Actually, I had to leave at mid-season, since I had taken a job 4,000 miles away.

I felt guilty about that, since at the time it was obvious to all concerned it was my batting, fielding, and leadership skills which had led us to victory in seven of our first 10 contests. Thankfully though, the team somehow won 23 of their 24 games after my departure.

The upside to having a modest number of trophies: my long-anticipated display case isn't just a dual-purpose one; it's portable! And the only times I have to temporarily move my two treasured statuettes are when I need to reheat soup, melt butter rapidly, or make a quick bag of popcorn.

Finally, I keep an old pie plate atop my portable miniature trophy room. It's a convenient place to stash all the hate mail I get from bowlers, race car drivers, and golfers. <

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*Data sources: Nielsen Scarborough, Coda Ventures Newspaper Ad Effectiveness Service

Page 20 | www.TheWindhamEagle.com | April 4, 2025

BRIEFS

Church Supper

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

Free Painting Class

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

Lions Scholarship

The Windham Lions Club is a local service organization dedicated to improving the health and well-being of the community and supporting those in need through humanitarian work and service. It seeks to make our community a better place in which to live, in particular by supporting those with visual and or hearing impairments and diabetes, as well as food insecurity. 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: WindhamLion-

sMe@gmail.com The deadline to apply is May 3.

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 the one and only 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. Be sure to 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 windhamme.myrec.com

Water Quality Monitoring

Every spring is the start of data collection season for the Presumpscot Regional Land Trust examining water quality throughout the region, and

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volunteers are always needed. Water quality monitoring volunteers must attend a training led by the Maine Department of Environmental Protection and then collect water samples and data every other Saturday morning from mid-May through mid-September. To sign up, go to <https://www.prlt.org/water-stewards-sign-up> FMI, send an email to toby@prlt.org

Legislative Memorial Scholarship

The Maine Legislature annually recognizes students currently pursuing or planning to pursue education at a two- or four-year degree-granting Maine college or technical school. High school, current college, and graduate students are all eligible to apply. One high school or college student from each county will be award-

ed a \$1,000 scholarship to the Maine school of their choice. Full details and the application form are available at www.famemaine.com. The application deadline is May 1.

Story Time

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

Suicide Support Group

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



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Eagle SPORTS

Windham graduate takes lacrosse skills to college team

By Matt Pascarella

STAFF WRITER

Windham High School 2022 graduate Logan Campbell grew up playing Windham Youth Lacrosse and is now competing in the sport in college at Southern New Hampshire University.

Campbell began playing in fourth grade and grew to love lacrosse. Now a junior in college, Campbell is majoring in construction management and minoring in finance. After college, he hopes to have a job working for a commercial construction company.

“He has always shown a positive approach to everything he does on and off the field,” said Paul Calkins, SNHU men’s lacrosse coach. “Logan began showing leadership qualities this season. When we talk about ‘glue guys’ and ‘SNHU guys’ he is the first name that pops up with our staff. He is the first guy to the building for meetings, lift and practice. His best quality is his calm presence. There is nothing that rattles him. He has always sets an example of ‘if you work hard your opportunities will come.’”

Campbell says that he loves the challenge of playing in every college game, along with the preparation for playing in those games.

One of the reasons he chose SNHU was because his friend and Windham graduate Travis Brown also goes to school there. He and Brown grew up playing Windham Youth Lacrosse which eventually transitioned into them playing for the varsity team at Windham High School.

When Campbell visited SNHU, Brown, now a senior on SNHU’s men’s lacrosse team, introduced him to members of the team and Camp-



Windham High graduate Logan Campbell is now a junior at Southern New Hampshire University. He has been playing lacrosse since he was in the fourth grade and is working very hard to show he has what it takes to play the game well while leading on the field. (Right) Logan Campbell stays alert on the field in a men’s lacrosse game against Felician University on Monday, Feb. 10. Since graduating from WHS, Campbell has majored in construction management with a minor in finance while showing he’s a skilled leader on the field for SNHU. PHOTOS BY JIM STANKIEWICZ

bell said he felt welcomed knowing that this place would be his spot for the next four years.

“Logan and I were very close throughout our youth,” Brown said. “His dad was our first lacrosse coach. We have been playing lacrosse together since as long as I can remember. He reached out to me for advice in his recruiting process. Of course, I helped him as much as I could, but at the end of the day, I was pushing him to join me at SNHU.”

“Overall, I thought he’d fit in well at SNHU educationally and athletically and would love to have him on

my team for another three years,” said Brown. “Logan is a great leader on the field. Logan is 110 percent focused on his craft and wants to better himself every chance he gets. I’ve seen this rubbing off on the younger defenders around him. Seeing a life-long friend in front of you makes you want to work that much harder.”

Peter Small, Windham’s varsity boys’ lacrosse coach, prepared Campbell for collegiate lacrosse by teaching him that your stick skills can never be the best no matter who you are, and he also showed him how to be a good teammate on and off the field.

Campbell said playing for a college team is always a grind. But there is a good culture at SNHU and especial-

ly this year, he said. The team hangs out together outside of lacrosse and there’s never a dull moment.

He loves working hard for things and Campbell is addicted to the process of improving his game, whether that be in the gym, running or stick work. Playing time is not guaranteed in college, it’s granted. Any day you take off, your competitors are getting better than you.

“I define success as doing the little things on a daily basis and having discipline,” said Campbell. “Fall in love with the process, and the success will come along with it. If you have discipline and know you have to do something when you don’t want to, you will succeed.” <

ATHLETE OF THE WEEK



Peyton McLean

Age: 14 Team: WMS Eighth Grade Basketball Coach: Darcey Gardiner

Parents’ names: Deanna and Joe McLean

Reason for selection: Peyton’s hard work, passion, and joy for the game of basketball shows up every single day in practice and games. Little but mighty, Peyton is one of the best rebounders on the court

and shows no fear when tasked with defending the tallest opposing player out there. Always wanting to compete and get better comes naturally to her, she brings up the level of play from everyone around her. Peyton was named captain for her team this year, and she was so deserving of it from how she treats her teammates and encourages them.

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WHS pitchers, catchers preparing for strong seasons

By Matt Pascarella

STAFF WRITER

Last week was the start of Windham High's varsity baseball and softball pitchers and catcher's practices and the teams are rounding into shape.

Both teams got things going at Windham High School on Tuesday, March 25 and since a lot of players had been throwing or catching prior to the start of preseason, their preparation was evident as they got ready for the upcoming season.

BASEBALL: "It's a big week for building attitude and character," said Windham varsity baseball coach Chris Doughty on the first day of practice for pitchers and catchers.

By just the fourth day of pitchers and catchers practice Doughty said he thought WHS pitchers were well conditioned and had been working hard in the offseason. Doughty and his coaches said they are ingraining a team-first attitude for the players. The only name that matters is the one on the front of their shirt, not the back.

WHS pitcher Caden McCartney, a senior, first began pitching in Little League. This week his accuracy has improved, and he's pitched to a variety of catchers with strong skillsets.

"Everyone has been working very hard," said McCartney. "Everyone has been putting in a full effort and taking the throwing really serious. Catchers are all working really hard; they look good, like they want to play."

Veteran player Cam Davis, a senior, stepped up and volunteered to be behind the plate as a catcher, although he'd never played there before. It was a huge example of leadership and an excellent example of putting the team first, Doughty said.

"It's not as hard as it seems to be, but I'm definitely ready to keep learning it," said Davis, who caught in his first bullpen on Tuesday, March 25. "I'm trying not to get in my head as much, breathe, talk it out with my teammates. This year I feel like it's going to be different; there's a great team chemistry."

The WHS baseball season opens at 11 a.m. Friday, April 25 against Biddford at Windham High School.

SOFTBALL: Windham varsity softball coach Darcey Gardiner said



(L to R) Windham's Cam Davis, a senior, catches a pitch during pitchers and catchers practice at Windham High School on Friday, March 28. Senior Caden McCartney throws some heat during pitchers and catchers practice. PHOTOS BY MATT PASCARELLA

her goal this early in the season was to see where the girls are fitness-wise. She knows many of them have been working in the offseason in preparation for the spring.

"It's been going absolutely phenomenal," said Gardiner on the fourth day of practice. "You can't ask for more with a group of kids. It's really nice to see the team bonding that we've already put in place four days in."

Windham senior Kennedy Kimball will be in the pitching circle this season and catching for her will be WHS senior Stella Jarvais. They have been working together as pitcher-catcher duo since Little League and have a real strong sense of how to communicate with each other.

"It feels really good to be back in here and pitching full for a longer period of time and to be able to throw to Stella," said Kimball. "It's really nice to start that process of communication, we know what counts work the best, what pitches worked, it is easy since I've thrown to her for so long."

Kimball said she sees the team is coming together and has gotten back in the swing of things.

"We just have this insane chemistry that honestly I've never had with another pitcher," said Jarvais. "Just being able to have someone who un-

derstands you as a pitcher and vice versa. We talked through her pitching and when I'm able to be in her ear, like 'oh you're doing a great job' that helps her confidence."

The more they are practicing together as a team and the more Jarvais hears what Coach Gardiner tells her, the more prepared she feels each and every day, she said.

The WHS softball begins at 11 a.m. Friday, April 25 against Bonny Eagle at Windham High. <



(Above) WHS Senior Kennedy Kimball winds up during practice as she prepares for the start of the spring softball season on March 26. (Left) Senior Stella Jarvais demonstrates her behind-the-plate skills.

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Town of Windham Annual Educational Scholarship

The Town of Windham, Maine is offering three \$1,500 scholarships to Windham, Maine residents wishing to pursue educational opportunities.

This scholarship would support someone pursuing education at a university/college, 2-year college/technical school, or a trade school.

All applicants must submit a completed application including a high school transcript, and a one-page document indicating your future educational and career objectives and why you feel you deserve this scholarship.

For an application & submission details please scan here or visit:
www.windhammaine.us/769/
Town-Annual-Educational-Scholarship

MUST APPLY BY APRIL 30TH

Fly fishing tips for beginners

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

I'm no expert, but I love fly fishing for brook trout and salmon. When our favorite spot became artificial lures only, I decided to try fly fishing despite not knowing anything about it. The rods we used were long, heavy, and super flexed and casting was an all-out effort. We spent more time changing out flies than actually catching fish, so we got a lot of practice tying knots. In short, it was all trial and lots of errors, so once we had success it was all the sweeter. Being a novice can be challenging, so I've shared some tips to help you get started.

If you buy nothing else, buy a better beginner fly rod: a combo to take the guesswork out of buying and will prevent casting bad habits. My first better rod was an 8 foot, 5 to 6 weight, 2-piece combo that now costs around \$149; however, I recently found one major outdoor retailer has a similar one for \$59. Ten years later, I still use my combo along with my 9 foot, 6 weight., 4-piece (\$169) combo. Major outdoor retailers have similar options within the same price range, so it's not

that hard to find a beginner outfit. I recommend buying an extra spool or matching reel for a sinking line if you plan to fish a river or do some trolling; most combos come with floating line.

I first used a traditional cloth vest, but now I use a small harness-style chest pack that can be bought for almost the same amount as a cloth vest, and it has everything at my fingertips. These types of pack give you more freedom to move than the full-size vest packs and are cooler to wear in the summer. Mine has a rod holder and all the tools are on zips. I am still guilty of cramming too much in it, but it makes changing a fly or tippet on the river easier.

If you plan to fish a river, or wade a shallow pond, buy a pair of waders that fit. Good waders are not cheap, but I quickly learned that sweating in a pair of men's rubber waders with size 11 boots for my size 8 feet is no fun and fishing in freezing spring water with my sneakers doesn't cut it either. If you can't buy your "dream pair," at least make sure they fit properly and that you can wear fleece pants and wool socks under them for the

early season freezing waters. A good breathable pair of stocking foot waders with separate pair of boots is my preference.

The net may seem insignificant, but it's hard to land a fish without a net. For years, I netted my catch with a \$14 wooden net. The net was barely big enough for a decent salmon, and the fly hooks got tangled in the black netting. Thinking I finally found a better net, last year, I doled out a whopping \$34 for an aluminum one with a rubber net.

It hung low on my back but was bigger than the wooden one. I think I used it twice before it disappeared, presumably down the river last fall. I'm back to using one of the wooden nets I kept as backup. For my birthday, I've asked for an upgrade!

Understanding the hatch cycle will help you determine what flies to use and when to use them.

While everyone has an opinion, here's what I have had the most success using. Early spring on the river, use streamers or nymph setup using sinking line. Woolly Buggers (size 8 olive or black) with a tan, beadhead Hare's Ear Flashback nymph (size 10 or 12) tied 18 inches down, or using a Black Ghost, will yield ice-out salmon.

Early season, we troll for native brook trout on the pond using sink-



Staci Warren recommends plenty of practice for anyone new to fly fishing in Maine and shares some tips to help those just starting out in the sport. SUBMITTED PHOTO

ing line and one of the following: Black Ghost, Grey Ghost, Mickey Finn, or Maple Syrup (red or white). Save the floating line and dry flies for May trout fishing. My favorites are (size 10 or 12) Mosquito, Black Gnat, Blue Wing Olive, Elk Hair Caddis and Adams. I recommend buying a dozen nymphs and six each of the others to start the season off.

It'll be hard but try to avoid the lure of filling your box with flies you won't need. Don't forget extra tippet and leader, and practice, practice, practice: "Hello, It's for You" casting! Remember, any fly fisherman at some point was a beginner. Wherever you fish, be safe, know the laws, and have a great season!

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

TOWN OF WINDHAM, MAINE PLANNING BOARD NOTICE OF PUBLIC MEETINGS

- SITE WALK -
Saturday, April 12, 2025 • 8:00AM

- 25-04 Highland Cliff Conservation Subdivision
Tax Map: 7, Lot: 44 – Highland Cliff Road.
Major subdivision plan review for a 10 lot conservation subdivision. Meet at 41 Highland Cliff Road.

- SITE WALK -
Monday, April 14, 2025 • 5:00PM

- 24-29 Camping World Expansion
Tax Map: 15, Lot: 1A – Roosevelt Trail. Site plan review for construction of an RV sales and service addition and associated site improvements. – Meet on site.

- REGULAR MEETING -
Town Hall, Council Chambers, 8 School Road
Monday, April 14, 2025 • 6:00PM

NOTE NEW TIME! ↑↑↑

- Public Hearing for 24-29 Camping World Expansion
Tax Map: 15, Lot: 1A – Roosevelt Trail. Site plan review for construction of an RV sales and service addition and associated site improvements.
- Public hearing for #25-07 Amendments to the Code of the Town of Windham, Chapter 120 Land Use Ordinance, Article 3, 8, 9 regarding stormwater consistencies with Maine DEP for municipal delegated review authority.
- 24-25 Andrews School Redevelopment
Tax Map: 37, Lot: 24 – High Street
Subdivision and site plan review for 17 market rate apartments in two buildings.
- 25-08 A-Plus Auto Sales & Service
Tax Map: 21, Lot: 12 – Roosevelt Trail
Site plan review for construction of an auto sales and repair building and associated parking.

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

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Eagle REAL ESTATE & Home

Common mistakes when buying your first home

► **By Carrie Colby**
SPECIAL TO THE WINDHAM EAGLE



— Carrie Colby
Allied Real Estate

Buying your first home is an exciting milestone, but it can also be a complex process filled with potential pitfalls.

Avoid these common mistakes to make a well-informed decision:

1. Looking for a home before applying for a mortgage
Many first-time buyers start house hunting before securing mortgage preapproval. However, in a competitive market, sellers may not take your offer seriously without preapproval. Getting preapproved also helps you understand your budget and consider locking in your interest rate to mitigate concerns about rising rates.
2. Prioritizing the house over the neighborhood
While finding a home that meets your needs is important, overlooking the neighborhood can lead to dissatisfaction in the long run. Consider factors like commute times, amenities, schools, and the community culture to ensure the area aligns with your lifestyle and long-term goals.
3. Making decisions based on emotion
Buying a home is both a financial and emotional decision, but it's crucial to stay objective. Letting emo-

tions drive your choice can lead to overpaying or stretching beyond your budget. Stick to a financial plan and long-term goals to make a wise investment.

4. Talking to only one lender

Shopping around for a mortgage can save you thousands of dollars. Comparing rates and terms from multiple lenders allows you to secure the best deal. Even a slight difference in interest rates can have a significant impact over the life of your loan.

5. Being Careless with Credit

Your credit score plays a crucial role in securing a mortgage. Lenders will check your credit report during preapproval and again before closing. Opening new credit accounts, taking on additional debt, or making late payments can jeopardize your loan approval.

6. Buying more house than you can afford

It's tempting to stretch your budget for a dream home, but over-extending financially can lead to difficulties down the line. Higher mortgage payments may limit your



ability to cover other essential expenses, save for retirement, or handle financial emergencies.

7. Not finding a good real estate professional

A knowledgeable and ethical real estate agent can make the homebuying process much smoother. A good agent will help you navigate different property options, negotiate the best deal, and set realistic expectations.

8. Choosing an incompetent inspector

A qualified home inspector is an essential part of your home buying

team. They help identify potential issues with the property, allowing you to negotiate repairs or reconsider your purchase. A thorough inspection can save you from unexpected costs and regrets in the future.

9. Waiving the home inspection

What's worse than choosing the wrong inspector is waiving the home inspection altogether. While it may seem like a good way to save money upfront or to get the seller to reduce the asking price, it's highly risky. You'd be purchasing the property without full knowledge of its condition, which can be costly in the long run.

By avoiding these common mistakes, you'll be better prepared to make a sound investment and enjoy your first home with confidence.

This article was brought to you by Carrie Colby, a Broker with Allied Real Estate, 909 Roosevelt Trail in Windham. She can be reached at 207-232-5497. <

If you are a real estate or home services professional and would like to share tips and education with our readers by being a contributing writer for this column, call 207-894-3500 or send an email to: ed@thewindhameagle.com for details.

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Find the words hidden vertically, horizontally, diagonally, and backwards.

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CRYPTO FUN

Solve the code to discover words related to heart health. Each number corresponds to a letter. (Hint: 11 = R)

A. 15 6 5 11 10

Clue: Pumps in chest

B. 13 5 11 14 3 4 23 5 12 13 20 1 5 11

Clue: Having to do with the heart

C. 2 11 6 12 12 20 11 6

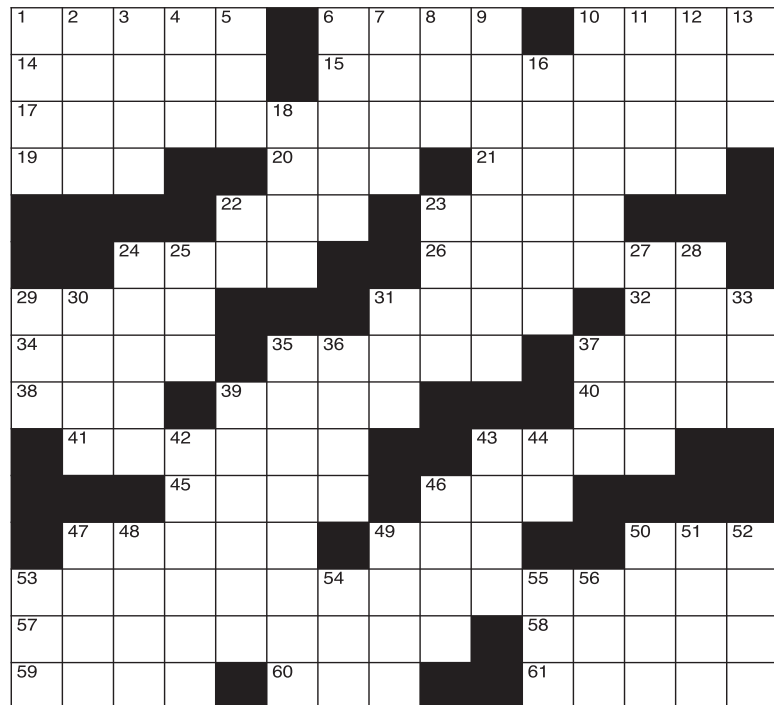
Clue: Force of blood moving through body

D. 23 6 12 12 6 1

Clue: Vein or artery

Answers: A: heart B: cardiovascular C: pressure D: vessel

CROSSWORD PUZZLE



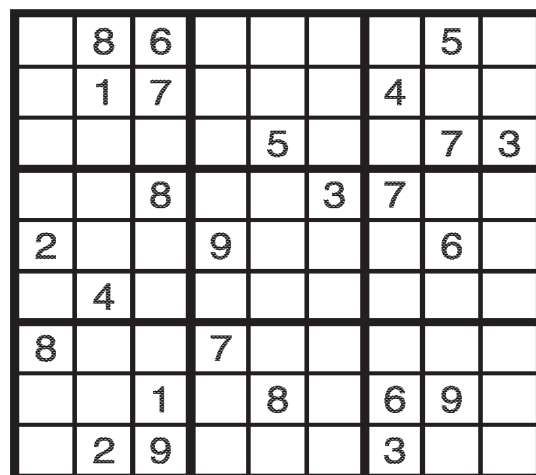
CLUES ACROSS

- | | |
|---|-------------------------------------|
| 1. Type of cat | 35. Stood back from |
| 6. Weaponry | 37. Philippine Island |
| 10. Western Christian Church service | 38. Popular winter activity |
| 14. Significant eruption of pustules | 39. Type of amine |
| 15. Baltic nation | 40. Small freshwater duck |
| 17. Start of American holiday season | 41. Filled with love |
| 19. Unhappy | 43. Without (French) |
| 20. Maintains possession of | 45. Vetch |
| 21. Metrical foot of one long and three short syllables | 46. Swiss river |
| 22. Mountain pass | 47. Describes a sound |
| 23. Vestments | 49. Sign language |
| 24. Type of dish | 50. Hair product |
| 26. Escaped quickly | 53. Have surgery |
| 29. Zoroastrian concept of holy fire | 57. Quality of being imaginary |
| 31. Wings | 58. Far-right German party |
| 32. Political action committee | 59. Drove |
| 34. Touches lightly | 60. Former French coin of low value |
| | 61. Hard, durable timbers |

CLUES DOWN

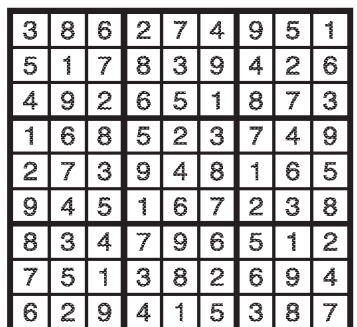
- | | |
|-------------------------------|---|
| 1. Body art | 30. A shot in a film production |
| 2. Middle East military title | 31. Afflict in mind or body |
| 3. Actor Pitt | 33. A passage with access only at one end |
| 4. Container | 35. Breathing devices |
| 5. Speak incessantly | 36. Employ for wages |
| 6. Relating to algae | 37. Kids' TV channel (abbr.) |
| 7. Jacob ___, journalist | 39. Popular Boston song |
| 8. Rock TV channel | 42. Made amends |
| 9. Boat's cargo | 43. Selling at specially reduced prices |
| 10. Most wise | 44. Atomic #18 |
| 11. Within | 46. With fireplace residue |
| 12. Chinese industrial city | 47. Unleavened cornbread |
| 13. Scotland's longest river | 48. Draw out |
| 16. Not capable | 49. Southwestern Alaska island |
| 18. Footwear | 50. Where the Pyramids are |
| 22. Savings account | 51. People of Nigeria |
| 23. Capable | 52. Smaller quantity |
| 24. Vaccine developer | 53. Destroy the inside of |
| 25. Tax collector | 54. City |
| 27. Fencing swords | 55. Chivalrous figure (abbr.) |
| 28. Native religion in China | 56. No (Scottish) |
| 29. Promotional materials | |

SUDOKU



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.

LAST WEEK'S ANSWERS



LAST WEEK'S ANSWERS





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BUSINESS SPOTLIGHT

Robbins Pest Services (RPS) specializes in helpful pest management solutions, offering safe and effective treatments to protect homes, businesses, and the environment.

Based in Gorham, Robbins offers a wide range of services customized to meet the specific needs of each customer with reliability and affordability. Owned and operated by Rick Robbins and his wife Nicole, the company's core services include general pest control by addressing household pests such as ants, cockroaches, spiders, and rodents through targeted treatments and prevention strategies, including organic options for environmentally conscious customers. It also provides bed bug extermination and mosquito and tick treatments.

"At RPS, we are dedicated to providing the best pest control solutions while prioritizing safety, effectiveness, and customer satisfaction," Rick Robbins said. "Whether you're looking for an eco-friendly mosquito solution or need reliable protection from other pests, we have you covered."

Robbins said that the company is excited to announce the addition of In2Care mosquito treatments, a revolutionary approach to mosquito control that reduces reliance on traditional chemical sprays.

"Unlike monthly fogging treatments, In2Care targets mosquito breeding sites, stopping mosquitoes before they become a problem," he said. "The In2Care system uses an in-



Robbins Pest Services

novative mosquito trap that attracts egg-laying female mosquitoes. Once inside, they pick up an EPA-approved bioactive ingredient that not only kills adult mosquitoes but also spreads to nearby breeding sites, disrupting the mosquito life cycle."

According to Robbins, one of the biggest advantages of In2Care is that it does not harm bees, butterflies, or other essential pollinators.

"Unlike traditional spraying methods that can affect all insects in the area, In2Care specifically targets mosquitoes, making it a safer choice for homeowners who want to protect their gardens and the environment," he said.

Along with this cutting-edge mosquito solution, RPS continues to provide full-service pest control for homes, businesses, and property managers.

"Our expert team is equipped to handle all sorts of pests including rodents such as mice and rats, ants and crawling insects, bedbugs and cockroaches, and also offers traditional mosquito and tick treatments for those who prefer or require conventional methods," Robbins said.

Robbins said that the company is keenly aware that every customer's

pest control needs are unique.

"That's why we offer a variety of customizable plans to accommodate different schedules, budgets, and pest concerns," he said. "Whether it's a one-time treatment or ongoing maintenance, we work closely with our customers to develop a plan that fits their specific requirements. We also understand the unique pest control needs of businesses and offer tailored solutions to keep commercial properties pest-free and in compliance with health and safety regulations, including organic treatments for businesses seeking environmentally friendly options."

He says what sets Robbins Pest Services apart from the competition is its exceptional commitment to customer satisfaction.

"As a family business, we prioritize personalized solutions tailored to each customer's needs," Robbins said. "Our experienced team stays ahead of the curve with innovative techniques while promoting sustainability. We offer organic options for those seeking environmentally friendly solutions, ensuring effective pest control with minimal environmental impact. Ultimately, we're dedicated to making our

customers happy and providing peace of mind. We aim to keep things competitive without sacrificing quality. Our prices are fair and upfront, and do not include hidden fees. We might not always be the cheapest, but we're all about giving you value. And we have different service plans to suit your needs. Our goal is to make sure you're getting top-notch pest control without breaking the bank. It's all about giving you the best bang for your buck."

Having worked in the Pest Control industry for more than a decade, Robbins said that he recognizes the importance of offering reliable and personalized pest control services that prioritize both quality and community well-being.

"Leveraging that experience in the industry and fueled by a passion for making homes and businesses pest-free, my wife and I established Robbins Pest Services," he said. "Our commitment to serving the community drives everything we do, from our personalized approach to pest control solutions to our dedication to sustainability and customer satisfaction. When you choose Robbins Pest Services, you're not just getting effective pest control, you're supporting a local family business that genuinely cares about making a positive impact in the community."

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he's an assistant at a butcher
shop, and wears size 9 shoes.
What does he weigh?

ANSWER: Meat

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