

Windham volunteer completes cycling adventure to raise money for Fuller Center for Housing

By Masha Yurkevich STAFF WRITER

How far would you go to help someone in need? A bag of groceries, a tank of gas, a few extra dollars? Diane Dunton Bruni was willing to ride 488 miles through Florida on a bicycle as part of the Fuller Center Bike Adventure to raise funds to eradicate poverty housing.

Bruni is the Board Chair, President and a founding member of the Sebago Lakes Region Fuller Center for Housing, an organization that launched in 2019 with five churches and Saint Joseph's College. Original churches involved were Raymond Village Community Church, Windham Hill UCC, Faith Lutheran Church, North Windham Union Church, and the Unity Center for Spiritual Growth. Since then, St. Ann's Episcopal Church has joined.

"We are connected to a National Fuller Center in Americus, Georgia," says Bruni. "The Fuller Center for Housing was started in 2005 by the former founder of Habitat for Humanity, Millard Fuller. He left Habitat in 2004 to get back to the grass

roots philosophy of building and repairing homes. He called it Theology of the Hammer."

This was the fourth time Bruni has been part of the Fuller Center Bike Adventure.

"The Fuller Center has rides in different areas of the country and one that is cross country every year. I did the last week of the cross-country trip in July of 2022 from Burlington, Vermont to Windham, Maine. In 2023, I biked the Tour de Florida west coast and the East Coast ride from Tybee Island, Georgia to Wilmington, North Carolina. This year, the Tour de Florida was on the east coast of Florida starting just south of Orlando to Key West."

Even though the ride was in Florida, it was far from a vacation.

"Every ride keeps a rigorous schedule," says Bruni. "We are up at 6 in the morning after a night sleeping on thin mattresses, pack our gear and get it to the support van by 6:30, eat breakfast and clean our host church by 7:30 a.m. We circle up and hear about the route for the day, then → see **CYCLING** Page 10

90 Miles to HERNMOST CONT

Sebago Lakes Region Fuller Center for Housing's President Diane Dunton Bruni of Windham recently completed a 488-mile bicycle through Florida to raise money to eradicate poverty housing. She rode as part of a group traveling down the east coast of Florida from just south of Orlando to the southernmost part of the United States in Key West. COURTESY PHOTO

Presumpscot Regional Land Trust announces partnership with local libraries for Nature Story Times

By Ed Pierce **STAFF WRITER**

Combine the beauty of the outdoors with some fantastic children's literature and you have the basis for some memorable times for kids. That's the premise of an exciting new partnership between the Presumpscot Regional Land Trust and Baxter Memorial Library in Gorham, the Gray Public Library, Walker Memorial Library in Westbrook, and Windham Public Library.

According to a press release issued by the land trust, this new collaboration aims to bring the joy of reading and the wonders of nature together through a series of Nature Story Times on Presumpscot Regional Land Trust trails.



ies and gnomes, allowing participants to create their own fairy/gnome crown and explore the wooded terrain of Pride Preserve while searching for enchanting fairy houses along the trails.

The next event is what is being called a "Stream Explore Nature Story Time" at Black Brook Preserve in Windham with the Windham Public Library from 10:30 to 11:30 a.m. April 10.

Crothers says Black Brook Preserve offers diverse habitats including meadows, woods, and wetlands where a variety of critters can be discovered along the trails, making it a perfect setting for children to explore and learn about nature.

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Presumpscot Regional Land Trust Community Engagement Manager Brenna Crothers says that the Nature Story Times are set to take place at local preserves within each town.

She said the free Nature Story Times events will incorporate themes such as streams, fish migration, fairies, gnomes, and more. Each event will be around an hour long, including one or two books read aloud, followed by a nature hike. These outings are geared toward families with kids ages 2 to 5, although older children will be welcome as well.

Families and children will gather for a Nature Story Time at Black Brook Preserve in Windham on April 10 as part of a new partnership series between local libraries and Presumpscot Regional Land Trust. SUBMITTED PHOTO

Families and nature enthusiasts alike can look forward to engaging storytelling sessions surrounded by the serene beauty of these preserved areas, Crothers said.

The Presumpscot Regional Land Trust believes that connecting children and families with the outdoors fosters a love for nature and a sense of environmental stewardship from an early age, she said, and the Nature Story Time Series offers engaging and interactive experiences for children and families to connect with the outdoors.

The first Nature Story Time was held at Pride Preserve in Westbrook in conjunction with Walker Memorial Library on Wednesday. Crothers said the theme revolved around fair-

"On Mav 15th, there will U.S. POSTAGE be another Nature Story Time TIME4PUBLISHING event in anticipation of the www.TheWindhamEagle.cor annual Alewife Local -> see NATURE **Postal Customer** Page 11



One of my favorite things about being a journalist is having an opportunity to meet people who changed our society for the better and 44 years ago I interviewed a man who had done just that.

During Black History Month at The Pentagon in Washington, D.C. in February 1980, our unit commander brought in a special guest speaker to a lunchtime gathering and I got to spend some time that afternoon with him and write about his visit for our command newsletter. His name was Ernest Green and at the time, he was serving as the Assistant U.S. Secretary of Labor for President Jimmy Carter.

But Green was much more than a government official, he was someone who had fundamentally helped to change America to live up to the promise of equality and freedom for all, no matter what race you may be. As a teenager, Green was a member of the "Little Rock Nine," a group of black students who desegregated one of the nation's largest high schools in Little Rock, Arkansas in 1957. Prior to his brush with history, Green had been an exceptional student at an all-black high school and a member of the Boy Scouts who had attained scouting's highest rank as an Eagle Scout. His favorite subject in school was mathematics and he was aiming for an eventual career in finance or accounting after going to college.

In 1954, the U.S. Supreme Court had ruled in the landmark civil rights case "Brown vs. Board of Education" that state-sanc-



FEBRUARY 9 1870 – The U.S. Weather Bureau is authorized by Congress and becomes officially known as the National Weather Service.

1884 – Thomas Edison and Patrick Kenny submit a patent application for a stock quotation telegraph.

1889 – The U.S. Department of Agriculture is established as a Cabinet-level federal agency.

1895 – The sport of volleyball is invented by William G. Morgan of Holyoke, MA.

1909 – The first forestry school in America is incorporated in Kent, Ohio.

1932 – The U.S. enters the 2-man bobsled competition for the first time at the Olympic Winter Games.

1942 – Daylight-saving "War Time" regulations go into effect across America.

1960 – The first star is placed on the Hollywood Walk of Fame in California and honors Joanne Woodward.

1964 – The Beatles make their first appearance on CBS Television's "Ed Sullivan Show' and draw 73.7 million viewers. tioned segregation of public schools across America was a violation of the 14th Amendment and was unconstitutional. It ended the long standing "separate but equal" precedent established by a Supreme Court decision years before and became a catalyst for a rapidly growing civil rights movement in the 1950s and 1960s.

Finishing his junior year at the all-black Horace Mann High School in May 1957, Green volunteered for an effort by black students to register and attend the all-white Little Rock Central High School that fall. When the attempt to integrate the school became known, Arkansas Gov. Orval Faubus mobilized the Arkansas National Guard to restrict black students from gaining entry to the school and a tense confrontation with the federal government ensued. Massive public protests followed with white segregationists threatening violence if the students enrolled at the school.

Public school students returned to classes in Little Rock after the summer break on Sept. 4, 1957, and Arkansas National Guard soldiers carrying rifles and bayonets blocked doorways and turned away the nine black students, including Green as they tried to register for school. The crisis grew deeper as Eisenhower sent Faubus a telegram in which he wrote the governor that he would uphold the U.S. constitution through every legal means he could.

Over the next few weeks, a team of attorneys led by future Supreme Court Justice Thurgood Marshall obtained a federal district court injunction to have Faubus remove Arkansas National Guard troops from the school, but again he refused to do so.

On Sept. 24, 1957, President Eisenhower directed soldiers from the U.S. Army's 101st Airborne Division to Little Rock to protect the rights of the black students to enroll at the school. He also federalized the Arkansas National Guard troops and ordered them to not interfere with the students attending the school. In a speech broadcast across America on television, the president said he was serious about upholding the law.

"Mob rule cannot be allowed to override the decisions of the courts," Eisenhower said during that speech.

The next morning, on Sept. 25, 1957, Green and the other eight students prepared to go to enroll for classes under federal troop escort.

"We went to school in an Army station wagon and were part of a convoy with an Army Jeep in front of us and one behind with mounted machine guns," Green said. "There were soldiers with rifles. And when we got to the front of the school, the whole school was ringed by paratroopers with helicopters hovering around and we slowly walked up the steps with this circle of soldiers with bayonets drawn. Walking up the steps that day to the school was probably one of the biggest feelings I've ever had in my lifetime."

Federal troops and the National Guard remained at the school through the end of the school year to protect the students and on May 27, 1958, Green became the first black student to graduate from Little Rock Central High School. Civil rights icon Dr. Martin Luther King, Jr. attended the graduation ceremony as the guest of Ernest Green's family and shook his hand marking his achievement. Green went on to attend Michigan State University on a scholarship and earned degrees in public finance.

"I figured that I was making a statement and helping black people's existence in Little Rock. Now, beyond that, we'd never had much of a focus on what the nation or what the world impact of Little Rock was," he said.

His courage and bravery as a teenager helped change our nation and paved the ay for America to fulfill its promise of liberty and justice for all. <



What food or meal could you absolutely not live without?

"Pizza. Delicious and versatile." – Rob Juergens

"My mom's mashed potatoes and gravy! Best ever!" – Morgan Peters

"French Fries." – Devin Fahie

"BBQ." – Darrell Janoushek

"My mom's enchiladas, they are so yummy!" - Rosie Haibon

> "American Chop Suey." – Amber Webster

"Chicken Francese. Hard to find, so I learned to cook it myself." - William D. Reiner

"Pizza. Yummy in my tummy." – Miki Mayberry

"Butternut squash ravioli!" – Beth Carvette

"Chocolate ice cream." Jennifer Lefebvre-Minchev

"Salad." – Rebecca Coffin

"Chocolate." – Stephen Signor

"Cheese." – Jenn Maynard

"The amazing chicken soup from A La Mexicana." – Julie Mallett

'Pizza, pizza, and more pizza." – Rob Marquis

> "Luchador quesarito." – Jay Binnion

"Pizza, spaghetti and a cold Moxie." – Steve Hatt

> "Mac and cheese." – Caryn Bicknell

"Fudge, shrimp, lobster rolls and spinach salad."

– Ed Pierce



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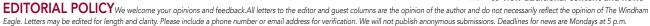
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"Lasagna, Chinese Beef with Broccoli, turkey with stuffing, sweet potatoes and cranberry sauce, and meat loaf. Those are my favorites." – Anne Glotchshuk

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MaineDOT releases timeline for Three-Year Plan projects

By Ed Pierce

Maine Department of Transportation has unveiled its list of road and bridge projects for the next three years with sites in Windham and Raymond on the schedule.

According to MaineDOT Commissioner Bruce A. Van Note, the state's Three-Year Plan is the primary way the department delivers on its mission to support economic opportunity and quality of life by responsibly providing residents with the safest and most reliable transportation system possible, given available resources. The new plan contains 2,672 individual work items statewide with a total value of \$4.74 billion.

"We are grateful that policymakers came together, recognized the benefits of infrastructure investments, and worked in a bipartisan way to deliver significant steps forward for transportation," Van Note said. "This will help us continue a pivot from making do to making real progress."

He said that at the federal level, the Bipartisan Infrastructure Law (BIL) passed in November 2021 has allowed MaineDOT to compete for special funding in the form of competitive discretionary grant programs and



Funding for a project to replace the surface of Great Falls Bridge over the Presumpscot River on Windham Center Road is listed in MaineDOT's new Three-Year Plan. The work is estimated to cost \$55,000 and is scheduled for later this year. PHOTO BY ED PIERCE

Congressionally Directed Spending. With thoughtful grant applications and the continued support of the state's congressional delegation, federal transportation funding coming to Maine should more than double from pre-BIL levels. At the state level, the governor and legislators unanimously supported a state Highway Fund budget in June 2023 that took a significant step toward addressing the chronic underfunding of transportation.

Van Note said these expanded and new ongoing funding sources could not have come at a better time, given reduced fuel tax revenue projections, opportunities to use state funding to increase federal funding, and the need for state-funded capital projects.

"Transportation will always be a big job in Maine, and challenges will

always exist, but now is the time for MaineDOT and its partners to ramp up and deliver," said Van Note. "We can make a real difference with this Work Plan. That is both invigorating and uplifting."

Page 3

Local road maintenance funding to be provided to Windham for 2024 is \$303,480, while MaineDOT will provide \$61,496 in local road funding to Raymond.

Here is a rundown of upcoming local projects, estimated costs and the year scheduled for work that are included in the new statewide Three-Year Plan.

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** Route 302 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. Construction/Rehabilitation Urban Highways Intersection, Estimated Funding \$1.27 million, work to be performed in 2024.

** Route 302/Albion Road at the intersection of Route 302 and Albion Road. Highway Safety and Spot Improvements, Intersection Improvements with a signal, Estimated Funding \$626,000, work to be performed in 2025.

→ see **DOT** Page 20



- Submission of a completed *Kindergarten Online Registration* (see rsu14.org for link) by <u>May 1, 2024</u>
 - In-person screening times for the week of June 17, 2024

- (see rsu14.org for link)
 Lottery Application Form must be completed and submitted online by <u>April 1, 2024</u>
- In-person screening times for the week of June 17, 2024 will be scheduled with individual families in advance

• Submission of a completed Pre-K Lottery Application Form

A February 1, 2024 Pre-K Lottery Opens

and are not of kindergarten age



- April 1, 2024: Pre-K Lottery Application Due
- C April 12, 2024: Pre-K Admittance Notification

Pre-K Screening by Appointment in June will be scheduled with individual families in advance

February 1, 2024: Kindergarten Registration Opens

May 1, 2024: Kindergarten Registration Due

Kindergarten Screening by Appointment in June

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VALENTINE'S DAY ORIGINS HOLD SPECIAL MEANING WORLDWIDE

By Ed Pierce

By tradition, Valentine's Day is celebrated as a day in which people express their love to one another by presenting their loved one with gifts, such as cards, candy, flowers and other symbols of love or affection.

Through the years, the origins of St. Valentine, for whom the day is named, say that he was a Catholic clergyman who was executed for secretly marrying couples in ancient Rome. There are several stories about the origin of February 14 being celebrated as Valentine's Day.

The romantic holiday, according to Brittanica Encyclopedia, originated from the Roman festival of Lupercalia where men and women were paired with each other through a lottery draw. The festival also included rites where women were hit by men, allegedly to boost their fertility. Britannica says by the end of the 5th century, Pope Gelasius I replaced the festival with St. Valentine's Day.

Other versions claim the festival of love is named after a martyred saint called Valentine who was killed by King Claudius II Gothicus. As per other accounts, the holiday was named after St. Valentine who secretly married off couples to spare their husbands from war.

It was only in the mid-16th century that formal Valentine's Day messages appeared.

The first commercial Valentine's Day greeting cards came into being in Ireland in the 1700s. They reached the United States by mid-1800s. Esther Howland of Massachusetts is thought to have come up with the notion of creating and selling the first Valen-

tine's Day cards in America during the 1840s.

While greeting cards now bear all kinds of symbols like teddy bears, chocolates and diamonds, back in previous times, Valentines mostly depicted "Cupid," the Roman god of love. But by 1913, St. Valentine's Day was forever changed as Hallmark Cards started mass producing Valentine's Day cards in Kansas City, Missouri.

The day, with its origins in Christianity, is now celebrated world over

→ see VALENTINE Page 5



All You Need is Love

Valentine's Day February 14

Appetizers:

- Fried Ravioli: Breaded cheese ravioli, marinara, fresh basil & parmesan
- Caprese: Burrata, marinated tomato, basil & toasted pine nuts
- Proscuitto Flatbread: Prosciuto, spinach, pepperoncini & hot honey drizzle

Entrees w/choice of soup or side salad:

- Charbroiled Ribeye: 16oz. Ribeye, garlic mashed potato, compound lobster butter. Served with broccolini
- Maple Dijon Salmon: Westeros Salmon, maple dijon glaze. Served with wild rice & broccolini
- Chicken Marsala: Chicken Breast, mushroom blend, marsala cream over fettucini



...AND A RESERVATION!





→ VALENTINE Cont. from page 4

by people of many religions. With romance all around, many couples also use the special day to propose marriage to each other.

Through the centuries, what began as a Catholic holy day evolved into a day to exchange love messages, and St. Valentine became known as the patron saint of lovers.

That simple expression of love and care for others endures to this very day as one of the highlights of each school year for students is exchanging Valentine cards with their classmates.

Here are some other interesting facts regarding Valentine's Day:

**As of 2023, about 85 percent of all Valentine's Day cards sold in the U.S. are purchased by women. **More than 73 percent of flower arrangements sold for Valentine's Day are purchased by men.

**According to the U.S. Postal Service, Valentines Day is the second most popular day for sending a greeting card, trailing only

Christmas.

**In 2023, Americans spent almost \$26 billion for Valentine's Day gifts.

**Richard Cadbury of England created fancy heart-shaped boxes to boost sales of chocolate candy for Valentine's Day in 1861.

**A total of a whopping 58 million pounds of

Valentine's Day chocolates are purchased worldwide every Valentine's Day.

**Daniel Chase of the New En-

gland Confectionery Company is credited with inventing a press which could print messages onto treats called "Conversation Hearts" in 1866.

**Red roses were established as a Valentine's Day tradition in the 17th century, when King Charles II of Sweden proclaimed them as the "flowers of love."

**The most popular recipients of Valentine's cards each year are schoolteachers, followed in order by children, mothers, parents, wives, and girlfriends.

**Alexander Graham Bell applied for a patent for the telephone, on Valentine's Day in 1876. **The infamous St. Valentine's Day Massacre took place in a parking garage in Chicago, Illinois on Feb. 14, 1929. Assailants dressed as policemen shot and killed seven members and associates of Chicago's North Side Gang. The killers were never caught but were suspected to have been hired by crime bosses Bugsy Moran and Al Capone to eliminate their rivals.

**Of the 124.6 million families in the U.S., it is estimated that about 43 million of them purchase Valentine's Day flowers.

** In Greece to be awoken by a kiss on Valentine's Day morning is considered lucky. <







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TOP 10 MOST POPULAR ROMANTIC MOVIES OF ALL TIME

As Valentine's Day approaches, what better way to celebrate love and romance than by cozying up with a classic romantic film? Whether you're spending the day with your significant other, friends, or even enjoying some solo time, these timeless movies have captured the essence of love and continue to enchant audiences worldwide. "Casablanca" (1942) - This iconic film starring Humphrey Bogart and Ingrid Bergman is a timeless tale of love, sacrifice, and redemption set against the backdrop of World War II. "Casablanca" remains a cinematic masterpiece for its unforgettable romance.

"Titanic" (1997) - James Camer-



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on's epic romance aboard the ill-fated RMS Titanic swept audiences off their feet with its grand scale, breathtaking visuals, and the poignant love story between Jack (Leonardo DiCaprio) and Rose (Kate Winslet). The film's powerful emotions and tragic ending have made it a beloved classic.

"The Notebook" (2004) - Based on Nicholas Sparks' bestselling novel, "The Notebook" tells the story of Noah (Ryan Gosling) and Allie (Rachel McAdams), two young lovers whose romance spans decades. Filled with heartwarming moments and emotional twists, this film has captured the hearts of romantics everywhere.

"Pride and Prejudice" (2005) - Jane Austen's timeless romance receives a captivating adaptation in this film starring Keira Knightley and Matthew Macfadyen.

"Pretty Woman" (1990) - Julia Roberts and Richard Gere sizzle on-screen in this modern-day fairy tale about a wealthy businessman who falls for a spirited prostitute. "Pretty Woman" is a feel-good romantic comedy that celebrates love's ability to transcend social barriers and transform lives.

"When Harry Met Sally..." (1989) - Nora Ephron's witty and charming romantic comedy explores the complexities of friendship and love through the decades-long relationship between Harry (Billy Crystal) and Sally (Meg Ryan). Filled with memorable moments and insightful observations, this film is a perennial favorite.

"La La Land" (2016) - Damien Chazelle's enchanting musical romance follows the passionate love affair between aspiring actress Mia (Emma Stone) and jazz musician Sebastian (Ryan Gosling) in modern-day Los Angeles. "La La Land" captivates audiences with its dazzling visuals, and unforgettable soundtrack.

"The Princess Bride" (1987) - Rob Reiner's beloved fantasy romance combines adventure, humor, and true love in a whimsical fairy tale for all ages. "The Princess Bride" has charmed generations with its timeless story of romance and adventure.

"Romeo + Juliet" (1996) - Starring Leonardo DiCaprio and Claire Danes, "Romeo + Juliet" is a visually stunning and emotionally powerful retelling of Shakespeare's masterpiece.

"Ghost" (1990) - This supernatural romance starring Patrick Swayze and Demi Moore explores love's enduring power beyond the realms of life and death. With its iconic pottery scene and heartfelt performances, "Ghost" remains a poignant reminder of the eternal nature of true love. <



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HOW TO MAKE YOUR VALENTINE'S DAY ROSES LAST LONGER

Valentine's Day spending shows little sign of waning. Floral arrangements are among the most popular

purchases on this special day. According to Rio Roses, customers spent \$2.3 billion on flowers for Valentine's Day in 2022. Valentine's Day tends to be the busiest day for florists as plenty of people want to surprise sweethearts with bouquets and other floral ar-

rangements. Red roses account for 70 percent of all Valentine's Day flower purchases.

Early in 2023, Finance Buzz researched the average cost of a dozen roses in each state so shoppers could expect what they would pay to gift their loved ones, and the average price for a dozen roses in the United States was \$80.16 at that time. Pennsylvania had the most affordable roses and Hawaii the most expensive. Roses can be costly, and recipients may want to do their bests to ensure the flowers last as long as possible.

• Unwrap the bouquet from any

plastic as soon as possible to let the flowers breathe. Also, recut the stems an inch or so with sharp scissors at a 45-degree angle.

> • Remove any leaves from the stems that would end up sitting in the water when the roses are placed in a vase.

> • Wash the vessel to rid it of dirt, dust and any grime to give the roses the best start possible.

• Use lukewarm water to fill the vase. Water that is too hot or too cold may shock the blooms and shorten their life span. Fill the vase to three-quarters full.

• Use the flower food that comes with the roses. It is a good mix of nutrients to help prolong the life of the roses. A teaspoon of sugar dissolved in water also can be used in a pinch if the roses didn't come with flower food.

• Change the water every few days, especially if it is cloudy. This is a good time to re-snip the stems and add more flower food to the lukewarm water.

• Keep any cut flowers away from direct sunlight, drafts and radiators or heating vents.

With proper care, cut roses may be able to last seven to 10 days.











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SPICE UP YOUR VALENTINE'S DAY WITH THESE FUN GAMES

Valentine's Day is not just about romantic dinners and exchanging gifts; it's also an opportunity to share memorable moments and laughter with your loved ones. Whether you're celebrating with your partner, friends, or family, here are some fun games to add a playful twist to your Valentine's Day festivities.

Love Letter Scavenger Hunt: Write love notes or clues leading to hidden treasures around your home or neighborhood. Get creative with riddles or inside jokes that will make the hunt even more enjoyable.

Couples Trivia: Test how well you know each other with a trivia game tailored to your relationship. Prepare questions about your favorite memories, quirky habits, or shared interests. It's a fun way to reminisce and learn new things about each other.

DIY Chocolate Tasting: Explore different types of chocolates with a blind taste test. Purchase a variety of chocolates, from dark and milk to exotic flavors, and challenge each other to guess the type or brand. It's a deliciously indulgent way to bond over your love for sweets.

Valentine's Day Pictionary: Put a romantic twist on the classic game of Pictionary by drawing love-themed clues. From hearts and Cupid to iconic romantic movie scenes, let your artistic skills shine as you guess each other's drawings.

Love Song Charades: Create a playlist of your favorite love songs and take turns acting out the lyrics while the other guesses the song title. Bonus points for dramatic gestures and heartfelt performances.

Cooking Competition: Channel your inner chefs and compete to

create the most romantic dish. Set a theme, such as aphrodisiac ingredients or Valentine's Day colors, and let your culinary creativity shine. Don't forget to enjoy the delicious results together!

Love Letter Mad Libs: Put a hilarious spin on love notes with

Love Letter Mad Libs. Create blanks in pre-written love letters and fill them in with funny or romantic words suggested by each player. The results are guaranteed to induce laughter and heartwarming moments.

Love Letter Writing Contest: Set up a love letter writing contest where each participant writes a heartfelt letter to their significant other, friend, or family member. Set a time limit and encourage creativity, sincerity, and humor. After everyone has written



their letters, exchange them anonymously and take turns reading them aloud. Vote on the most touching, humorous, or creative letter, and award a prize to the winner. It's a heartwarming way to express love and appreciation while showcasing your writing skills. **Romantic Mov-**

ie Bingo: Create bingo cards

filled with romantic movie clichés, such as kissing in the rain, passionate declarations of love, or unexpected plot twists. As you watch your favorite romantic movies together, mark off the clichés as they appear on screen. The first person to get bingo wins a romantic prize!

These games are sure to add joy, laughter, and a touch of romance to your Valentine's Day celebrations, creating cherished memories that will last long after the day is over. <

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> Adj: Beautiful or creative;

peaceful & perfect



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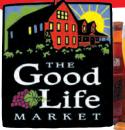
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Tim Nangle: Proud to sponsor a bill to protect our local waters, empower communities

By Senator Tim Nangle SPECIAL TO THE WINDHAM EAGLE



If you're like me, you live in this area because of its natural beauty and access to both summer and winter outdoor recreation activities. The communities in

— Sen. Tim Nangle our region rely on water bodies for recreation and to bring visitors to enjoy what we have in our backyard daily.

With so many water bodies in our area, water protection has never been more important. However, there is one challenge that every town in the region and across the state has faced at one time or another: violations of Maine's shoreland zoning laws. One of our communities is facing a rather significant and egregious violation. That is why I worked with State Rep. Jessica Fay, D-Raymond, to introduce LD 2101, "An Act to Strengthen Shoreland Zoning Enforcement."

For those who might not know, the state government creates rules on how the land near our lakes and rivers should be used to protect these areas, known as "shoreland zoning." The state's involvement ends there. Once these rules are made, it's up to each municipality to adopt local ordinances and enforce them. The state does not assist in enforcing shoreland zoning in any way. Instead, it's up to the local communities to fight the battle, often with no other tools at their disposal than a lengthy and expensive court battle.

Many shoreland zoning violations are genuinely accidental, and the property owner works with the town to resolve the violation quickly and willingly. Unfortunately, there are other violations where a property owner with deep pockets considers the violation a "cost of doing business" and works to drag out a resolution in order to require the town to spend sometimes hundreds of thousands of dollars to enforce the shoreland zoning ordinances.

This enforcement problem becomes particularly evident when towns attempt to uphold local- and state-mandated environmental standards. The current legal structure prevents towns from withholding permits for further development, even when property owners ignore these crucial regulations. This means an offending property owner can keep building and changing their property while ignoring the laws that protect our state's precious natural resources.

My bill, LD 2101, would allow a local municipality to restrict, suspend, or revoke any locally issued permit to the property and property owner where the violation has occurred. Notably, a town would not be required to impose these restrictions; it would be at the town's discretion. This would prevent the property owner from working to complete any renovations or continue work on the property until the violation has been resolved.

Typically, when the violation is re-

solved in the courts, the court assigns the cost of enforcing the violation and any applicable fines to the property owner. Then, in some cases, another fight ensues to collect those costs, which places another undue burden on taxpayers in the town. The second part of LD 2101 allows the city or town to place a lien on the property's title to prevent the transfer of the property until the court-determined costs have been paid.

The public hearing on this bill has already happened in the State and Local Government Committee. However, you can still submit official testimony online until the work session, which has yet to be scheduled. More information on how to submit testimony can be found at mainelegislature.org/testimony. Additionally, you can email SLG@ legislature.maine.gov expressing your support. Your email will be sent to all members of the committee.

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As your Senator and Chair of the State and Local Government Committee, I am committed to equipping our towns with tools for effective self-governance. This initiative represents a crucial addition to our collective toolbox, further empowering our communities.

If you have questions about LD 2101 or need assistance submitting testimony, please don't hesitate to reach out. My email is Timothy.Nangle@legislature. maine.gov, and the Senate office phone number is 207-287-1515. You can also find me on Facebook at facebook.com/ SenatorTimNangle. To receive regular updates, sign up for my e-newsletter at mainesenate.org. <







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CYCLING Cont. from page 1

someone in the group shares a devotional, a prayer is said for our safety, and we are off. The days average ride is 65 to 70 miles. The support vans stop every 20 miles to offer snacks and water or Gatorade."

After they arrive at their next location, the riders unpack the van, get escorted to showers, share in a community dinner and then do it all again the next day.

There were 34 riders on this year's ride.

"It is not the ride," says Bruni, "It is the experience and the people you meet that you are riding with or on teams with or sharing some down time with during the course of the adventure."

For Bruni, it is listening to people's life stories, their joys and their hardships. It is listening to their faith stories and how God has shown up in their lives.

Some people ride because it is an inexpensive way to see the country, but many people are changed by the ride. "I have lifelong friendships from the rides I have been on," she says.

The goal of the ride is to raise funds



to eradicate poverty housing. There are 95 Fuller Centers in the United States and 20 global sites.

"During the ride, there are always days when we work on building a home or repairing a home," says Bruni. "This becomes a shared experience and riders see the true impact of what the Fuller Center is all about. My faith in God is always renewed by the connections I have with the people we meet and strangers along the way. We rode in rain, thunderstorms, wind, and nice weather but we all looked after each other. If someone stops, we make sure we do not pass the person without making sure they are okay. Strangers listen to our story and are in awe of what we do. We are so divided today and yet but having a shared experience and listening to each other, we are connected. As one of my very good cycling friends told me on my very first ride, 'It is not about the ride, it is about the people you ride with and meet along the way."

Bruni tries to stay in shape by riding her road bike year-round, even during the winter in Windham.

"I had foot surgery on Sept. 7, so I had not been on my bike since Sept. 6,



the day before my surgery," she says. "I did strength training. I have to be honest, my foot was in pain the whole ride. I persevered though and completed the

whole 488 miles." To date, Bruni has raised \$3,000 this year for materials for home repairs in the Sebago Lakes Region community.

"We are in Windham, Standish and Raymond," she says. "All of the funds I raise stay local. We are an all-volunteer organization repairing homes for seniors and veterans. Last year, we worked on over 15 projects to help people

in our community stay safe in their homes."

The January Tour de Florida is the first ride of each year. There are multiple rides from January until October across the country. While Bruni will not ride again this year, she will ride





Jim McBride, chair of the Sebago Lakes Region Fuler Center's Family Committee, encourages Diane Bunton Bruni during her 488-mile bicycle ride in Florida last month to raise money for Fuller Center housing programs. SUBMITTED PHOTO

> next year in some part of the country that she has not seen before.

Bruni has always been active with nonprofits. She is an author, entrepreneur, photographer, and artist. She is also a former Board volunteer and Chair of the Good Shepherd Food Bank, a volunteer for Junior Achievement of Maine, Relay for Life and the Dempsey Center.

She is married to Jeff Bruni and the couple makes her home on the shores of Sebago Lake with their two dogs, Mia and Charlie. <

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> NATURE Cont. from page 1

Migration at Mill Brook Preserve in Westbrook with Walker Memorial Library from 10 to 11 a.m.," Crothers said. "Participants can immerse themselves in this beautiful preserve, as they search for signs of fish making their way upstream every spring."

She said Presumpscot Regional Land Trust staff members are enthusiastic about this new Nature Story Times project.

"We are thrilled to collaborate with our local libraries to combine the magic of storytelling with the natural

wonders of our region," Crothers said. "It's a fantastic opportunity for families to bond, learn, and create lasting memories in the great outdoors."

The Presumpscot Regional Land Trust is dedicated to preserving and protect-

ing the natural landscapes in the Presumpscot River watershed. Through conservation efforts, educational programs, and community engagement, the land trust strives to ensure that



To learn more about PRLT, how to get involved and to keep up with their events follow then on Facebook or visit their website at www.prlt.org.

> these valuable natural resources are enjoyed by generations to come.

PRLT has 20 public access preserves and 3,000 acres of conserved lands with miles of public access trails

and water access in the area and partnered with the Town of Windham Land to create the East Windham Conservation Area. That site opened in December and is 99 percent forested and includes 661 acres with 1,545 feet of undeveloped water frontage on Little Duck Pond, some 38 acres of wetlands and numerous headwater streams.

For more details about the land trust's collaborative project with the libraries, call 207-200-4067 or send an email to brenna@prlt.org <

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A Four Chaplains Interfaith Ceremony was held at the Windham Veterans Center by American Legion Post 148 on Sunday, Feb. 4 to commemorate the 81st anniversary of the sinking of the U.S. Army transport ship Dorchester, with a loss of over 700 lives including four Army chaplains who gave up their lifeboat positions and life jackets so that other soldiers could survive. The event in-cluded four local faith leaders including Rev. Tim Higgins of St. Ann's Episcopal Church, Rev. Sharon Rankin of Windham Hill UCC Church, Rabbi Moshe Wilansky of Portland, and Rev. Lou Phillips of Our Lady of Perpetual Church. The ceremony was coordinated by Field-Allen Post 148 2nd Vice Commander Yvonne Johnson assisted by Post Americanism Officer John Facella and Post Chaplain Gerald Beaulieu. Posting of the colors and the event's opening ceremony were led by Post 148's Honor Guard. PHOTO BY LIN TANGUAY



TOWN OF WINDHAM, MAINE PLANNING BOARD NOTICE OF PUBLIC MEETING

Mon, February 12, 2024 • 6:30 PM **Town Hall, Council Chambers** 8 School Road*

- Public hearing for 23-36 Amendment to Code of the Town of Windham Chapter 120 Land Use Ordinance, Article 4 Zoning Districts, related to marijuana registered dispensaries in the Commercial I (C-1), Commercial I North (C-1N), Industrial (I) and Enterprise Development (ED) Districts.
- 19-16 The Cove at Highland Lake (formerly Sunrise Cove) Tax Map: 7, Lot: 66 - Roosevelt Trail Amended subdivision and site plan review for transfer of ownership.
- 24-04 Shaw's Commercial Subdivision Tax Map: 70, Lot 1A – Tandberg Trail & Manchester Drive Amended subdivision to create two additional lots, one for

Legislative committee advances Pringle's bill to remove barriers to patient care

AUGUSTA – A majority of mem-

bers of the Maine Legislature's Health Coverage Insurance and Financial Services Committee (HCIFS) voted last week to advance legislation sponsored by State Rep. Jane Pringle, D-Windham, that would ease the administrative burden of prior authorization on healthcare providers. The vote was seven to five among committee

members present. As amended, the bill would also

direct the Bureau of Insurance to collect data from insurers about their use of prior authorizations, including the percentage of claims denied, appealed, upheld, and overturned. The data would be collected from 2021 to 2023 and then be reported to the HCIFS Committee in early January 2025.

"LD 796 would keep insurance companies honest, revealing whether they are truly delivering benefits to their patients as promised," said Pringle. "Often, an insurance company's ruling to approve prior authorization is based on medical evidence, but sometimes their reasoning is arbitrary and aims at reducing expenditures, rather than prioritizing the

patient's best interest."

The bill would seek to ease the administrative burden of prior authorization for medical professionals and, ultimately, reduce costs and improve quality of care for patients.

The prior authorization system was established as a cost-control plan for private and public insurance companies to ensure that patient care remains

It is up to the discretion of the organization to approve or disapprove the medical provider's course of treatment. If the insurance company decides to deny prior authorization, it is left to health care staff to take on the clerical burden of advocating for their patients by appealing the decision.

The bill faces further votes in the Maine House and Maine Senate in the coming weeks.

State Rep. Jane Pringle is serving her second non-consecutive term in the Maine House and represents part of Windham in the legislature. She is a member of the Joint Standing Committee on Health Coverage, Insurance and Financial Services. <





State Rep. Jane Pringle

cost-effective for the companies.

multi-family development and one for a sewer pump station as part of the wastewater treatment project.

• 24-05 Donnabeth Lippman Park Expansion & Stormwater Management Improvements Tax Map: 18, Lots: 19A, 20 -Plaza Drive

Amendments to stormwater management and for additional future development.

• 24-07 308 Pope Road Subdivision Tax Map: 11, Lot: 40 Pope Road. Subdivision review to divide one lot into two.

*NOTE – MEETINGS VIA ZOOM ONLY WHEN NECESSARY TO ENSURE QUORUM OF THE BOARD.

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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Clean air houseplants make great gifts, provide health benefits

By Kendra Raymond **STAFF WRITER**

With the winter slump well underway, many Mainers seek a reprieve from the drab landscape that envelops us in winter. For some, a new diet or workout routine does the trick, or for the lucky ones - a vacation to someplace warm. For the rest of us, some small touches to brighten our home can work wonders.

A few well-curated house plants can be a healthy choice during the indoor winter months. A study by the National Institutes of Health concluded that "indoor plants affect participants' objective functions positively, particularly in terms of relaxed physiology and improved cognition".

Aside from the advantages to our mental and physical health, plants can be an enjoyable hobby.

Area stores say they sell a lot more houseplants at this time of year and have an increased inventory with a wide range of plants available in 4 to 12-inch pots as well as all many accoutrements such as soil, fertilizer, pest control, and plant pots.

When it's dreary and grey out, it helps people's spirits having greenery around the house, they said. With the snow this week, local residents are buying a lot of pothos and palms.

Health benefits

The presence of houseplants can reduce both physiological and psychological stress and potentially improve concentration. Horticultural therapy is a practice where plants are used to boost the mood of those with anxiety or depression. Plants can improve creativity, productivity, and help people recover from illness faster.

Plants can improve the quality of indoor air. Phytoremediation is the use of plants to clean up toxic contaminants in the environment. A 1989 NASA study concluded that houseplants reduced airborne volatile organic compounds (VOCs) substantially which include a variety of chemicals, some of which may have shortand long-term adverse health effects.

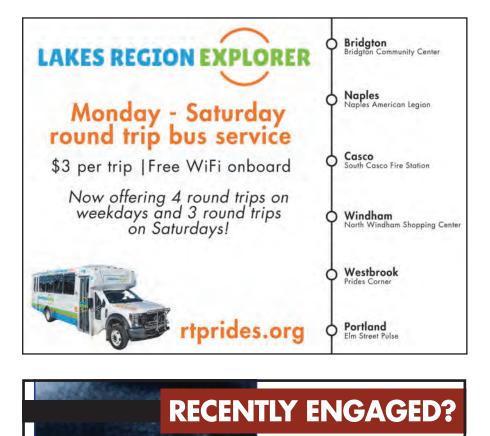
A plant-filled home can be a peaceful sanctuary where you can recharge from the outside world. The plant-owner relationship can also be positive - the plant depends on you for its care, and they reciprocate by cleaning the air and providing visual charm.

What types?

If you wish to add a clean air plant to your home, it is important to choose the right species.

The University of Florida Gardening Solutions program provides the following suggestions: philodendron, dracaena, or aloe vera. The spider plant and peace lily are extremely hardy varieties that anyone can grow and thrive on neglect.

The spider plant also reproduces readily, developing "spiderettes" on



tiny vines that emerge from the base. Simply snip the baby off and place it directly into a new pot of soil. No rooting is necessary, and before you know it, you will have another fullsize plant.

Other clean air varieties include bamboo palm, snake plant, English ivy, rubber plant, bromeliad, and Boston fern. If you are interested in a flowering type, a bird of paradise, chrysanthemum, or gerbera daisy will provide a pop of color.

Safety

Some varieties of house plants can be toxic to animals or children so it's a good idea to become informed before making a plant purchase.

Resources to research this include: www.aspca.org/pet-care/animal-poison-control/toxic-and-non-toxicplants and National Poison Control center plant list: www.poison.org/articles/plant

Many houseplants can be transferred outdoors in the spring when all chance of frost has passed. They can add a homey touch to decks, steps, or porches and the plants will thrive in the sunlight and fresh air. Just keep an eye out for pests such as aphids that may travel inside.

And, some fresh greenery is always appreciated to brighten homes for Valentine's Day and is a relatively inexpensive and available gift. <



★ Request online: www.windhammaine.us > go to: How Do I > Request/Absentee Ballot

If you need to register to vote, the Registrar of Voters is available at Town Hall during regular business hours, and at the polls on Election Day from 7:00 a.m. to 8:00 p.m. Please bring your I.D. and proof of residency. If your address or name has changed, you must update it before voting. You may do it early by coming to the Town Hall or at the Registrar's table on Election Day.

THE DEADLINE TO VOTE ABSENTEE WILL BE THURSDAY, FEBRUARY 29, 2024 AT 7:00 P.M.

NEW MAINE TRANSITIONED FROM A CLOSED PRIMARY SYSTEM TO A SEMI-OPEN PRIMARY. **UNENROLLED VOTERS ARE NOW ABLE TO** PARTICIPATE IN PRIMARIES INCLUDING THE MARCH 5, 2024, PRESIDENTIAL PRIMARY, AND THE JUNE 11, 2024, PRIMARY.

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VOTERS ENROLLED IN A PARTY – may only vote in that party's primary. Democratic and Republican parties are the only parties that will hold primaries on March 5th. Padline to change party enrollment: Thursday, February 15, 2024, by 4:00 p.m. to be able to participate in the primary.



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ALL BALLOTS MUST BE RETURNED TO THE CLERK'S OFFICE NO LATER THAN 8:00 P.M. ON MARCH 5TH TO BE COUNTED. For your convenience you may deposit your ballot envelopes in the Secure Ballot Drop Box at the Town Hall's front entrance, bring them inside or mail them with Return postage is: .68¢

Election Day voting will take place at the Windham High School, 406 Gray Road in the Main Gym. The polls will be open from 7:00 a.m. to 8:00 p.m.

*Town Clerk Office is Open: Monday/Wednesday 7am - 5pm, Tuesday 7am - 6pm & Thursday 7am - 4pm **Closed Friday**

For more information please call the Town Clerk's Office at 892-1900. Thank you.

THE ROOKIE MAMA THE ADVENTURES OF MOTHERHOOD

PLOTS AND PLANS FOR A FABULOUS GARDEN PARTY: I DIG IT

By Michelle Cote SPECIAL TO THE WINDHAM EAGLE



As we turn the corner to longer days and amble our way through February throes, take in these frigid temps moments to close your eyes and think spring. Let that distinct scent of melt-

Michelle Cote, Columnist

ing snow, freshly unearthed dirt and budding greens manifest in your mind to take you to the happy, green place.

It's garden prep time, folks, and I invite you to dig in with me.

Growing your greens is a fantastic way to eat more nutritiously, save tremendously on funds, and - just as beneficial – pass down life skills to your little two-legged sprouts.

Like raising little ones, the venture into gardening is often best when you start small. My husband and I have expanded our growing escapades considerably through the years, through much trial and error and humble beginnings.

Today, we manage a greenhouse, an indoor potting room with shelves of grow lights and camp kitchen-turned-potting bench ¬to harvest goods year-round, an outdoor orchard and several raised beds and trellis arches, but we started with little more than a few pots, decent compost, and snippets of a pipe dream.

Gardening sprouted in our mind initially from curiosity. Wouldn't it be great to pick our own dinner, farm-totable style? The concept intrigued us, but we hadn't been exposed to it as kiddos

ourselves.

For all I knew, grocery stores may as well have been the stork from which carrots and lettuce heads came into existence. Still, the notion of freshly harvested, nutrient-dense goods that could conceivably save us green as we produced our own continued to prod at us in adulthood, more aggressively once we began raising boys with healthy appetites, rendering us knee-deep in the lengthy grocery receipts.

So here we have it. Plotting our garden plots takes work, a meticulous grid system, and a touch of math skills. It's not square roots, but root vegetables that we've got our eye on for a grand ol' yield.

If you're enthusiastic to try growing greens for size, consider the vegetables, fruits, and herbs you like best.

Shop your local greenhouses and peruse varieties of seed packets and seedlings, taking into account growing time and other instruction needed for each.

Research which of these plants can be grown together as companions and draw up your plans.

While planting rows are most traditional, my husband and I turn to the square foot gardening method, which is exactly as its name suggests and makes the most of given spaces. Raised beds are divided into square feet – commonly 4x4 or 4x8 - and each foot is individually reserved for various amounts of seeds or seedlings, dependent on that plant's eventual growth size.

For example, one can plant 16 radish seeds in a square foot, because they don't take up much space at harvest time, but only one tomato plant may be planted in that same space, because they grow large.

Square foot beds aren't ideal for vining plants, such as gourds, but with care, one can vine them up a trellis or fencing. Bountiful online and book resources abound with ways to design and space your plants in a square foot garden. These raised beds have no built-in walking paths, so no space is wasted on good growing soil - Your garden beds' compost will also remain loose and untrampled this way.

Leaving out spaces between traditional rows also limits unnecessary extra weeding. These gridded plots produce high yields with minimal maintenance -We mitigate weeding by tucking in our own dry grass clippings atop the soil to tamp down weeds' attempts to rear ugly heads, and we pre-line our beds with a highway system of drip irrigation set to timers which helps conserve water and, let's be honest, allows us to be totally lazy and avoid manual watering.

A garden's initial planting is a commitment. For our family, we had to arrange for childcare when the babes were wee ones so we could really dig in and get the garden party started.

And though my husband and I are avidly into composting now - which comes with virtually no monetary cost - this incubation process takes time; to start a garden one must purchase ready-made gardening soil, which can be costly.

And carving time for maintenance

is critical, for as orderly and best-intentioned these gardens may be, they're bound to evolve into something one can cultivate but not truly control.

Ah, nature. It's like something that begins looking like a New York Citystreet map design of intentions and winds up like Boston.

Gardening is trial and error, always. It's understanding we can't control the outer elements, from deluge rains to scorching droughts to freak hailstorms that increasingly serve as recurring characters in our changing climate.

But oh, how sweet it is to watch my often-picky little ones reach for a fresh bell pepper straight from its stalk and eat it like an apple while weaving about our raised beds and trellises.

Make this time of year the season to research what can work best for you and your needs in your hardiness zone - a quick Google away. Where is your property's optimal growing area that makes best use of the sun? Are you able to start seeds indoors by a sunny south-facing window, or is it more reasonable to pick up seedlings from your local farm stand, ready to plant when the time comes?

Whether you've got the landscape to plant an entire orchard, or if you've got space to tuck a pot on a front stoop, it's baby steps. I'd be remiss to not mention the wonderful bonus mental health benefits offered up by spending time with plants. Studies show gardening helps lighten moods and lower levels.

As the saying goes, gardening's like therapy and you get tomatoes.

So, if I can dig it, you can dig it. <





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BRIEFS

Bean Supper

American Legion Post 148 will host a Bean Supper from 4:30 to 6 p.m. Saturday, Feb. 17. The event is sponsored by the Windham Veterans Association to benefit the WVA Window Fund. A variety of beans will be on the menu along with side dishes, hot dogs, casseroles, salads, desserts and beverages. The cost is \$10 at the door. Kids ages 12 and under are admitted free and a 50-50 raffle will be conducted. FMI, call 207-892-1306.

Little League registration

Player registration for Windham Little League is now open and closes March 7. To register, visit www.windhamll.com

Tech Help

Need some tech help? Want to sign up for the Affordable Connectivity Program (eligible households can receive \$30 off internet bills per month)? Sign up for our new Technology Assistance program at the Raymond Village Library. The program starts Saturday, Feb. 3 and registration is required. This program is in partnership with the Bridgton Public Library. For details, call 207-655-4283.

Sand available

Free sand is available at the Windham Public Works facility, 185 Windham Center Road. You may obtain sand from 7 a.m. to 3:30 p.m. and on weekends during snow events when crews are plowing. Sand is available

to residents, but no contractors will be allowed. Enter at the old entrance. Drive down the hill and the sand pile will be in the graveled area on the lefthand side before the gate. Each resident is allowed two 5-gallon buckets at a time. This sand is mixed with road salt. Bring your own buckets and a shovel. FMI, call 207-892-1909.

Child car seat inspections

Monthly child car seat inspections are performed at the North Windham Fire Station, 718 Roosevelt Trail in Windham from 10 a.m. to 1 p.m. on the third Saturday of each month. Appointment can be scheduled with Safe Kids Maine by calling 571-310-4330.

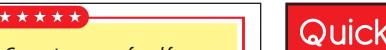
Suicide Support Group

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, 207-803-8707.

Meals on Wheels

The Meals on Wheels program provides up to five meals for homebound participants each week. Volunteers and agency staff deliver meals four days a week. No deliveries on Wednesdays. Meals generally arrive between 10:30 a.m. and 12:30 p.m. and are delivered frozen or preheated based upon request. There is a suggested donation of \$3.50 per meal. This service is provided by the Southern Maine Agency on Aging. Call 1-800-400-6325 for more information.





Universities salute local students for academic performance

The following students from Windham and Raymond have been recognized for outstanding academic performance by the colleges and universities that they attend:

Maine Maritime Academy

Nicole Snow of Windham has been named to the Dean's List for the Fall 2023 semester.

Lasell University

Riley Silvia of Raymond has been named to the Dean's List for the Fall 2023 semester.

Eastern Connecticut State University

Kiana Webster of Raymond and Ryan Silva of Windham have been named to the Dean's List for the Fall 2023 semester.

Rivier University

Mattingly Babb of Windham has been named to the Dean's List for the Fall 2023 semester.

Georgia State University: Austin Bergeron of Raymond has been named to the Dean's List for the Fall 2023 semester.

University of Maine Fort Kent Matthew Bell, Kathleen Denslow and Katherine Lydon of Windham have been named to the Dean's List for the Fall 2023 semester.

Le Moyne College

Cameron Dempster of Windham has been named to the Dean's List for the Fall 2023 semester.

University of Mississippi

Ella Novak of Windham has been named to the Chancellor's Honor Roll for the Fall 2023 semester.

Saint Michael's College

Diane E. Ingalls of Windham has been named to the Dean's List for the Fall 2023 semester.

Western New England University

Kaila Mank of Raymond has been named to the President's List for the Fall 2023 semester.

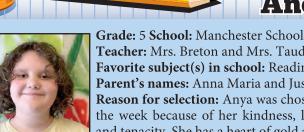
University of Maine Augusta

Miranda Hopkins and Lisa Parisi-Baribeau of Windham have been named to the President's List for the Fall 2023 semester.

Morgan Burkholder of Raymond and Arthur Cohen and Jessica Cox, both of Windham, have been named to the Dean's List for the Fall 2023 semester. <

Anya

Andre



STUDENT OF THE WEEK

Teacher: Mrs. Breton and Mrs. Taudvin Favorite subject(s) in school: Reading Parent's names: Anna Maria and Justin Reason for selection: Anya was chosen as student of the week because of her kindness, leadership skills, and tenacity. She has a heart of gold and treats everyone with respect. She is a leader and gently guides and assists others when needed. Anya has an impressive work ethic and strives to do her best every day. She

is a learner but also a natural teacher too. She is a determined, sweet, and respected classmate. She is extremely deserving of this week's Student of the Week honor. She makes our days at Manchester School even richer!

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Legion designates February as 'Americanism Month'

By David Tanguay SPECIAL TO THE WINDHAM EAGLE

This message to the community has become an annual event reflecting on one of the basic tenants of the American Legion. The Legion Americanism Pillars are divided into major subsets: Youth programs, Flag programs, Veterans support, and Community outreach. You may or may not recognize some of these Legion programs in the community. Hopefully, after reading this article, you will have a better appreciation of some of the many areas that the American Legion serves the community.

Why Americanism? It increasingly important that all Americans reflect on the concept of Americanism. As defined by the American Legion, "Americanism, one of the American Legion's four pillars, is the love of America, loyalty to its ideals and institutions, allegiance to the American flag, willingness to defend the country against all enemies, foreign and domestic, and a desire to advance the blessings of liberty to future generations." Today, more than ever, with everything going on nationally that is undermining the very fabric of our institutions, a reflection on what it means to be an American is needed.

Under Youth programs, the Legion family supports many youth activities. The Legion family hosted three Windham High School juniors at Dirigo State held in June at Colby College for about 160 high school juniors. This coed program is a weeklong activity

for local students as they participate in mock local and state government. If you are a high school junior, now is the time to make your interest known to your guidance counselor. The other major Legion Program for our youth is the annual Oratorical Contest. This program provides an opportunity for high school students to participate in a competitive presentation on the U.S. Constitution at the Post, District, Department, and national level with scholarships ranging for \$250 (Post) to \$20,000 (National). The program is open to public, private and homeschool students.

The Field-Allen Post annually selects a male and female graduating senior from the high school class who exemplifies leadership in their school and the community. Recipients are presented with a leadership "School Award" medallion, pin and certificate and provides a modest scholarship for use in the student's education. The post also sponsors a junior air rifle shooting program, open to youth ages 11 to 18. The program emphasizes safety, and three competitive shooting positions on a 10-meter air rifle range. The team meets twice a month on alternate Mondays.

The Legion also connects with the local Boy Scout Troop on many projects including each June 14 for Flag Day, a community flag retirement ceremony. Scout troops, both girls and boys have supported the Americanism theme by assisting in the placement of flags and wreaths on the graves of our

fallen vets as well.

Post Americanism Officer John Facella has been instrumental in bringing the Americanism programs to the local schools with literature, flag programs, and opportunities to participate in Legion programs. The Post collaborates with the Windham High School Jr. Cadets Corps under the leadership of Dan Wirtz to sponsor various events throughout the year including the clean-up and flag placement at Smith Cemetery and marching in the Memorial Day Parade.

The Flags Around Town Program involves the placement of some 100 American flags on the utility poles on the highways and byways of Windham. Starting in 2005, the Post undertook an Americanism program in collaboration with the Town of Windham to place flags in town. Support is provided to place a flag on a veteran's grave every year in the 31 recognized cemeteries in the town. Another program, established in 2013 around Pearl Harbor Day, has simple evergreen wreaths with red, white, and blue bows placed on each of the veterans' graves, as a tribute to our veterans.

Since last January, the Field-Allen Post in Windham has collected an average of 30 units of blood each month during blood drives for the Red Cross held on the third Wednesday of each month from noon to 5 p.m. at the Windham Veterans Center.

A highly successful Vet Coffee program is conducted each Wednesday at the Windham Veterans Center from 9 to 11 a.m. weekly. It's an opportunity for local veterans to "drop-in" for coffee and provides for a social experience with their peers.

The Legion Family Poppy Program, an annual collection of donations, is used exclusively for the support of veterans and their families and active-duty service personnel and their families. When you see that red flower being offered, consider that it is being offered in memory of a Veteran and any donations will go 100 percent to the support of veterans.

In the area of Veteran Services, the American Legion Field-Allen Post will be hosting a Veterans Resource Fair from 10 a.m. to 2 p.m. Saturday, March 30 with service area representatives in attendance to answer veteran questions.

Each year on Memorial Day the Field-Allen Post 148 coordinates and orchestrates the Town of Windham's Memorial Day Parade and Ceremony at Windham High School.

Americanism programs are a yearround opportunity for our members to serve fellow veterans, local youth, and their community. For more details about any of these programs, call 207-892-1306. <



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February 9, 2024

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FEBRUARY IS NATIONAL Pet Dental Health MONTH

THREE THINGS YOU CAN DO FOR YOUR PET'S TEETH AT HOME

By Dr. Jennifer Keaten MAINELY VETERINARY DENTISTRY

Do you have concerns about your pet's teeth and not sure what to do? Read on to learn more!

Did you know? In addition to trimming your pet's nails, cleaning their ears, and occasional bathing you should also be doing something daily for their teeth. Arguably, oral care may be even more important than some of the other daily maintenance things we do for our pets.

We know from human medicine and dentistry that oral health is significantly and directly related to a person's overall health. Excessive plaque, tartar, and bacteria in the mouth leads to inflammation, which is the immune system's response to invaders of the body. This inflammatory response not only causes damage in the mouth with gingivitis and eventual bone destruction but also weakens the immune system's ability to deal with other problems. Additionally, bacteria in the mouth enters the bloodstream and can cause changes to the heart, liver, kidneys, and brain. We also know that systemic bacteria can lead to cognitive dysfunction and worsening of Alzheimer's disease.

Other than the fact that pets, unfortunately, do not live as long as we do, their teeth are very much like ours and prone to many of the same problems. Their oral health is also directly linked to their overall health and taking care of their teeth could mean we get to spend a little more time with our beloved animals. Here we will discuss some options for taking care of their teeth at home, one of the tools recommended to keep the mouth healthy and increasing the time between cleanings and assessments.

The best thing you can do for your pet's teeth at home is mechanical removal of plaque every day. We recom-

mend using a soft bristled toothbrush of the appropriate size for your pet. We cannot use our toothpaste in their mouth because it generally has fluoride in it and they do not know to not swallow it. Find a flavored pet toothpaste that your pet will willingly eat. We recommend starting slow, and first just introduce the toothbrush and paste and slowly work your way up to brushing for a minute or two. Starting a brushing routine is all about making it a positive experience for both you and your pet. We have a great video at: www.mainelyvetdentistry.com on how to introduce brushing. Brushing should be done at minimum every other day since plaque becomes tartar in 24 to 72 hours and cannot be brushed off. Brushing your pet's teeth less than that is probably not worth it. While brushing is the best means since the bristles can get under the gumline, dental wipes can also help remove plaque from the teeth.

While mechanical removal of plague is the best form of dental homecare, we do not recommend scaling or scraping your pet's teeth while they are awake. This can cause damage to the enamel and does not remove the biofilm and build up that causes the inflammatory response under the gumline. Scraping and scaling on an awake animal removes only superficial tartar and may make their teeth look better above the gumline but does not actually prevent dental disease that happens under the gumline. Not to mention the stress it can cause an animal. When teeth are professionally cleaned, the teeth are cleaned under the gumline and are also polished to remove micro abrasions caused by scaling after. This cannot be properly done on any animal while they are awake and, therefore, should be avoided.

We realize that brushing is not possible for some people and pets. It takes

time and patience to train your pet and brushing can be easy to forget. Thankfully, there are a few other options. The next best option is a daily dental chew or dental diet. Some people give their pets antlers and marrow bones to chew on. We do not recommend this. While hard objects do remove tartar, they also remove enamel (the protect layer of the tooth) and often cause fractured teeth. Instead, we recommend dental chews certified by the Veterinary Oral Health Council (VOHC). You can check out their website at VOHC.org to see the full list of approved products. Our favorite chew is Oravet as it has a waxy substance that helps coat the teeth to prevent plaque from sticking. We also use Oravet sealant on all our patients' teeth after they are cleaned. Besides daily chews, there are also complete dental diets. These dental specific diets are a great option, especially for pets that are prone to dental disease, or for those animals that will not tolerate their teeth being brushed.

After brushing and dental chews or diets, water and food additives can also be helpful in reducing plaque and tartar in your pet's mouth. Again, we stick with products recommended by the VOHC and our favorite is Healthy Mouth because it is approved for both cats and dogs and even horses! Healthy Mouth is an all-natural water additive and can be added to your pet's food if they will not drink it in the water. It comes in a few flavors as well, so most pets find it to be palatable.

While daily dental homecare is a huge part of preventive dentistry and keeping your pet's mouth healthy, it does not replace the need for regular oral exams and cleanings with a veterinarian. It can, however, increase the time between cleanings for some animals. One monumental difference between pets and people is that pets cannot tell us when something is bothering them in their mouth and animals are much more stoic than we are. We often find significant changes in an animal's mouth once they are under anesthesia either on oral exam or dental x-rays. Even on the best animal, we cannot do a thorough oral exam while they are awake, and we definitely cannot take dental x-rays. If we wait to do assessments and cleanings for our pets until we can see a problem on an awake exam, there are often significant problems at that point that cannot be reversed without extracting teeth. This is why it is recommended to have your pet's teeth assessed under anesthesia on an annual basis by your veterinarian.

Many of these homecare products may be found online, at a pet store, or from your veterinarian. If you have not talked to your veterinarian about your pet's oral health and what you can do at home, we highly recommend it. We also carry many of these products at our clinic. Schedule your pet's oral health assessment and consultation today. <



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DOT Cont. from page 3

** Loveitt Bridge over the Pleasant River located 0.13 of a mile north of Laskey Road. Bridge Deck Replacement, Estimated Funding \$1.72 million, work to be performed in 2025.

** Varney's Bridge over the Pleasant River. Located 0.43 of a mile from Route 4 on William Knight Road. Bridge Replacement, Estimated Funding \$1.64 million, work to be performed in 2024.

** New construction of Bicycle/Pedestrian Off-Road Trail/Path for the Mountain Division Line beginning at Bridge Street in Westbrook to the Route 202 crossing in Windham. Estimated Funding \$450,000, work to be performed in 2026.

** Route 35/Route 115/Route 302 creation of East Connector Road, Middle Connector Road, Route 302 improvements and Route 115 and Route 35 improvements. Project includes a new roadway from Franklin Drive and extending south to Route 115. Estimated Funding \$38.2 million, work to be performed starting in 2024.

** Great Falls Bridge over the Presumpscot River located 0.04 of a mile east of the Gorham town line on Windham Center Road. Bridge Wearing Surface Replacement, Estimated Funding \$55,000, work to be performed in 2024.

** Route 115/Route 202 beginning 0.07 of a mile west of the Gray town line and extending east 0.08 of a mile. On Route 202 beginning about 0.04 of a mile north of River Road and extending north for 7.98 miles. Highway Paving Ultra-Thin Bonded Wearing. Estimated Funding \$55,000, work to be performed in 2025.

** Beginning at Depot Street and extending north 0.74 of a mile. Work Highway Paving Ultra-Thin Bonded Wearing. Estimated Funding \$23,400, work to be performed in 2024.

** Route 202 beginning 0.01 of a mile south of Swett Road and extending north 0.57 of a mile. Highway Safety and Spot Improvements. Estimated Funding \$255,000, worked to

be performed in 2026.

For 2023, Van Note said the following roadway projects were completed in Windham:

One bridge was sealed; nine bridges were washed; 0.10 tons of patch applied; six Emergency Event Responses; 111.60 miles of striping applied; 0.30 shoulder miles of sweeping; six drainage structures were cleaned; 1,200 linear feet of brush was removed; three bridge inspections performed; 100 linear feet of backhoe ditching; 650 linear feet of shoulder rebuilt; 266 square feet of pavement legend applied; 12 person hours of traffic signal maintenance; six square feet of bridge wearing surface repaired; 8.50 shoulder miles of litter and debris removal; 100 square feet of bridge curb or sidewalk repaired; and 160 linear feet of bridge rail repaired or replaced.

RAYMOND

** Capital improvements to the Frye Island Ferry Service between Raymond and Frye Island. Estimated Funding \$311,000, work to be per-

** General multimodal improvements to the Frye Island Ferry between Raymond and Frye Island. Estimated Funding \$389,000, work to be performed in 2024 and 2026.

formed in 2025.

** Route 302 installation of backplates with yellow reflective strips and supplemental signal heads for Highway Safety and Spot Improvements. Estimated Funding \$574,000, work to be performed in 2024.

For 2023, Van Note said the following roadway projects were completed in Raymond:

Five trees removed; three bridges washed; 3.80 tons of patch applied; 27.80 Emergency Event Responses; 56.80 miles of striping applied; 10 miles of shoulder graded; 36.40 shoulder miles of sweeping; five drainage structures cleaned; 480 linear feet of brush removed; 816 linear feet of shoulder rebuilt; 1,042 square feet of pavement legend applied; 41.70 shoulder miles of herbicide applied; and 32 person hours of traffic signal maintenance. <

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rescue at a very reasonable price. Thank you!" – Mark S



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MAINE

DHHS and Maine Hospital Assoc. agree to reform MaineCare rates

AUGUSTA - The Maine Department of Health and Human Services (DHHS) and the Maine Hospital Association have announced an agreement to reform hospital reimbursement rates to improve the health of Maine people.

Under the proposal, which will be included in the forthcoming supplemental budget proposal, every medical center in the state is estimated to receive roughly the same or higher reimbursement, based on information available in the fall of 2023. This proposal applies to all hospitals except for four psychiatric hospitals that are categorized differently under Medicaid.

Hospitals would become the latest major service area to undergo MaineCare's award-winning process to ensure payment methodologies are data-driven, fair, consistent, informed by the public, and sufficient to promote access to quality care. The Maine-Care rate reforms support high-quality health care for more than 400,000 Maine people and fair and sustainable reimbursement to Maine's health and social services providers.

Under the agreement provisions, hospitals would see improved reimbursement because the payments will better align with Medicare - a more consistent and fair approach to paying for outlier costs that relate to patient

need - improved outpatient rates to encourage more community-based care when possible, and improved transparency and uniformity for similar hospitals across the reimbursement system as a whole. The agreement maximizes the available funding under federal payment limits and is subject to approval by the U.S. Centers for Medicare and Medicaid Services.

"This agreement helps MaineCare to move away from outdated and arbitrary rates and toward a uniform and fair system at a time when existing sources of ongoing revenue alone are not enough," said DHHS Commissioner Jeanne Lambrew. "We thank the Maine Hospital Association and its members for their partnership in developing and supporting this proposal that meets our shared goal of improving the health and quality of care for Maine residents."

Maine Hospital Association officials agree.

"This proposal provides our members with needed Medicaid rate increases at a critical time," said Steve Michaud, President of the Maine Hospital Assoc. Specifically, the set of initiatives in the supplemental budget:

**Support MaineCare rate reform for hospital inpatient and outpatient services by investing \$90.3 million in federal and state dollars in State Fiscal

Year (SFY) 2025, starting July 1, 2024;

**Finance most of this rate investment by increasing the hospital tax rate from 2.23 to 3.25 percent, raising \$29.5 million in SFY 2025, starting January 1, 2025, to complement the Federal share of these MaineCare (Medicaid) payments; and

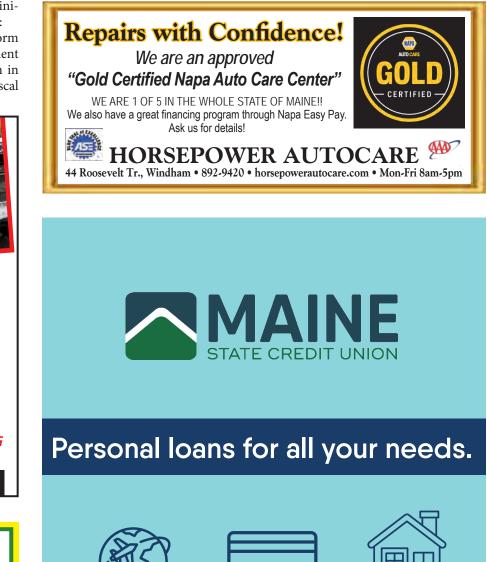
**Add \$2.5 million of General Funds to the \$6.3 million already in the FY24-25 biennial budget to help with rate reform, including for a transitional payment to assist York Hospital, which has a unique grandfathered funding structure, in moving to the new system consistent with all other acute care hospitals in the state. This payment to York Hospital is targeted, based on data shared with hospitals, to total \$5.6 million annually for the next five years.

As part of rate reform, the plan would repeal both the tax on and supplemental payment to critical access hospitals effective December 31, 2024 while adjusting cost reimbursement from 109 to 104.5 percent starting on July 1, 2024.

Additionally, the budget proposal would direct that net hospital tax revenue be directed to the "Medical Care - Payments to Providers" program in the Department of Health and Human Services to be used for MaineCare hospital payments.

The agreement builds on Maine-Care payment improvements to behavioral health providers, Federally qualified health centers, and for inpatient psychiatric and substance use care, which was implemented in July 2023 with a similar transition payment to Northern Maine Medical Center.

The Department's sweeping and unprecedented plan to transform Maine-Care (Maine's Medicaid program) rate setting from a fragmented, often outdated and arbitrary approach into a coherent, streamlined and data-driven system is well under way. The plan is a culmination of Governor Mills' directive to DHHS on her first day in office to expand MaineCare and develop a plan to make the health coverage program for low-income people more accessible, affordable, and sustainable. <











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Windham varsity basketball squads post victories

By Matt Pascarella

Tuesday, Feb. 6 was Senior Night for Windham's varsity boys' and girls' basketball teams and it turned out to be a night to remember for players and fans. The girls fought hard and won 34-27, while the boys also battled in a tight game and held off Edward Little, 60-56.

Seniors Blake McPherson, Quinton Lindsay, Eric Bowen, Beni Ninziza, Matthew Searway, Noah Mains, Ryan Smyth, Paolo Ventura and Mallory Muse were each presented with a small gift as a thank you for their dedication to Windham Athletics throughout high school.

Bowen and Muse received the Windham Youth Basketball Little Eyes Upon You Awards presented by Maine Optometry. This honor goes to a senior that demonstrates commitment to the youth in their community. Both Bowen and Muse said it felt really good to know they are looked up to and are making a difference.

BOYS: "We knew it was going to be tough tonight," said varsity boys' basketball coach Chad Pulkkinen. "Our mindset was to recognize the seniors and make it about them tonight, play our absolute tails off and not worry about their record, just worry about playing our best basketball. Some things we need to improve on are just simple things defensively, some things that can help make those possessions a little harder for the other team. We talked about it a little bit and what they've been able to create as a group; and what they've been able to build for community involvement ... hats off to our guys to be able to battle night-in and night-out."

The boys made Windham High School history when they earned their 15th win of the season over Oxford



(L to R) Members of the Windham Youth Basketball Association present Windham senior Eric Bowen (middle) with the Little Eyes Upon You Award presented by Maine Optometry; next to Bowen are Dr. Rachel Achenbach (right), Dr. Andre Achenbach and Pat Moody on Friday, Feb. 2 at Windham High School. Ben Delewski (far right) and Dr. Rachel Achenbach along with members of the Windham Youth Basketball Association present senior Mallory Muse with the Little Eyes Upon You award. PHOTOS BY SIERRA SPARROW

Hills on Friday, Feb. 2. They are undefeated at home with Tuesday's game being their 16th victory of this season.

Edward Little jumped to an early lead, but Windham defense kept their score low and Windham offense hit some three-pointers in the first quarter. Soon the game was tied at 21. Edward Little pulled away 31-27 at the half.

Searway hit three three-pointers in the second half and the game remained close. Windham eventually pulled out in front to put some distance between the teams.

"The whole team works hard and works together as a team," said Searway. "Every night we have a person that steps up. I was lucky enough to have open shots and I was lucky enough to hit them tonight. The community that is here for us is amazing and we can feel that energy. We want to cherish every moment; we went out and executed. We moved the ball well, defensively, we ... ran the floor pretty well, got a lot of transition points ... the way we can control the pace of the game is how we can win some of these; tonight was definitely electric. According to Quinton Lindsay, Windham players knew this game was going to be a dog fight and they wanted to get everyone in the game because they are a family. Mentally Windham had to lock in on defense, get their shooters rattled and rebound. They need to talk more on defense.

Four points separated the teams with 1:18 left but Windham persevered to earn the "W."

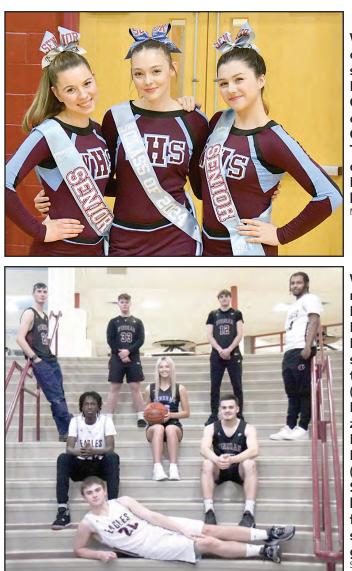
GIRLS: Windham defense kept Edward Little to a small number of points in the first half, but Windham struggled to have their shots fall. Edward Little led 11-7 midway through the game.

"I thought we played really good defense in the half court," said Windham varsity girls' basketball coach Brody Artes. "Holding a team to 11 points in a half is great; just a matter of us getting going a little quicker on offense ... missed some free-throws in the first half. We were a little slow to get going. I think we let their pressure get to us a little bit. At halftime we adjusted and ... came out with more of an assertion to score. I think it was a good second half for us; I think there were some nerves there for sure; we got over it."

In the second half, more Windham shots fell. They rebounded and soon had the lead. Their defense kept Edward Little to five points in the third quarter.

Windham really turned up the heat in the fourth quarter and pulled away from the Eddies significantly. Muse hit a three-pointer before the final buzzer.

"Our defense was pretty solid," said Muse. Throughout the game we picked up off each other's energy. We had really good looks at the basket. I think we just need to play our hardest; whenever ... we play our hardest, we play our best." <



Windham cheerleading seniors (L to R) Monica Lewis, Olivia Saucier and Abby Chason on Tuesday, Feb. 6 during Senior Night at Windham. PHOTO BY MATT PASCARELLA

Windham se-



Carter Ammons Age: 14 Team: 8th Grade boys' basketball Coach: Adam Manzo Parents' names: April and Nolan Ammons Reason for selection: Carter Ammons is a h

Reason for selection: Carter Ammons is a highly coachable kid who has a high basketball IQ. He shows up to practices and games for Windham Middle School and is consistently one of the hardest workers on the court. His coach says that Carter is a team first type of kid who is supportive and encouraging to all his teammates. His commitment to his team's goals and his willingness to continue to work to improve makes him an invaluable member of the 8th Grade boys' basketball team at WMS.



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niors (top L to R) Noah Mains, Matt Searway, Blake McPherson, and Quinton Lindsay: (middle L to R) Beni Ninziza, Mallory Muse, and Erik Bowen, and (bottom) Ryan Smyth gather before their final home varsity basketball game. РНОТО ВУ SIERRA SPARROW

Windham Youth Basketball competes in back-to-backto-back Southern Maine Hoops Championship games

By Matt Pascarella

Windham Youth Basketball Association had three teams compete in championship games at the Maine Basketball Academy in Portland on Saturday, Feb. 3 during the Southern Maine Hoops League Championships. It is quite an achievement to reach this level and all the teams worked incredibly hard during the season and in these championship games. Windham's sixth grade girls lost, 29-8, to Scarborough; while Windham's fifth grade boys won, 37-18, against Mount Ararat to claim the title; and Windham's fifth grade girls fell to Oxford Hills, 30-16.

SIXTH GRADE GIRLS: The girls started out with good defense and kept Scarborough's baskets to a minimum. Scarborough grabbed turnovers which helped them pull away.

Windham was quick to get rebounds and Eliya Krainis had a breakaway layup. Elsa Pearson sunk two consecutive foul shots. At the half, Scarborough led 14-6.

In the second half, Windham got several turnovers and took shots at basket. Their hustle showed they were going to battle until the final buzzer. They kept up defense, but fouled Scarborough a bit.

The score only tells half of the story.

"We went 12-0 up until today; we've qualified for the Rhode Island tournament," said assistant coach Dana Magee. "Keeping up with [Scarborough's] aggressive defense [went well]. I think playing more [high caliber] teams [could have helped us flip the score]."

Windham will also play in the Waterville tournament toward the end of the month.

"It felt awesome [to make it this far]," said Krainis. "Our defense went well; we definitely locked them down ... we still need to work on rebounds and offense. I think we played great, and I love this team."

FIFTH GRADE BOYS: After winning the tip-off, it was Joel Delewski who scored. He later sunk a three-pointer.

Windham had solid defense, nabbed rebounds and got several turnovers. Windham gave it all for the entire

ADVERTISING

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Windham's fifth grade boys won the Southern Maine Hoops League championship by beating Mount Ararat on Saturday, Feb. 3 at Maine Basketball Academy. (Front L to R) Bentley Rubino, Liam Wood, Preston McLean, Max Inzerillo, Lucien Kri, Joel Delewski, Tate Ammons, Henri Sirois, and Ethan Bonnvie; (Back L toR) Coach Chris Inzerillo, Coach Joe McLean, and Coach Ben Delewski. PHOTOS BY MATT PASCARELLA

game. They led 20-2 midway through.

Windham's defense limited Mount Ararat's shots, though Mount Ararat slowly increased their score. The Eagle's moved the ball well and kept a strong pace.

"It feels good because we had to work hard throughout the season," said Delewski. "We really ... built up our team very well. We started off good and defense went well ... that led us to the win. Hard work, effort and practicing [got us to this point]."

According to coach Joey McLean it took the boys showing up ready to practice week-in and week-out. The title game defense was the best they've played all season. Its "Help" defense limited points in the first half, boxing out, doubling down when needed, it was a thing of beauty and well executed by Windham. They've really improved over the season; and went undefeated in the league.

FIFTH GRADE GIRLS: Possession was gained by Windham early on; they fought hard for the ball, and it showed. They had multiple shots at the basket.

"Hustling and passing is what helped get [us] to this point," said Ella Higgins. She said collaborating went well; they needed better defense to flip the score.

Higgins put Windham on the scoreboard. Unfortunately, Oxford Hills got a few turnovers and pulled away.

to put the focus

on your business.

Windham had momentum and passed well, got rebounds and added to their score. Lily Nickel sunk a foul shot; Higgins scored again.

Oxford Hills led 14-9 partway through.

Windham was not about to give up and this was a closer game than when it started. However, Windham shots weren't falling. Kelenese Dickson sunk a foul shot.

"These teams have improved since the beginning of the year and they're just going to get stronger," said head coach Chris Sargent. "It was a tough loss and we're just going to keep battling – we're not done yet, the sky's the limit. We came up a little short, there's still room for improvement and ... we've got to stay focused. Help side defense, getting better quality shots and rebounds." <





(Top) Fifth grader Kelenese Dickson speeds past her opponent as she heads to the basket. (Bottom) Fifth-grader Joel Delewski keeps his defender away.

Talking with Teens About Alcohol & Other Drugs



It's never too late to start talking with your teen about the risks of underage drinking and other substance use.

As teens get older, they make more decisions on their own, and also face more temptation and peer pressure Though it may not seem like it, teens really do hear your concerns. It's important you show that you care and continue having conversations with them about the dangers of alcohol and other drugs, and why they shouldn't use them.

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You want your teen to make informed decisions about alcohol and other drugs with reliable information about its dangers. You don't want him or her to learn about alcohol and other drugs from unreliable sources. Establish yourself as a trustworthy source of information.



Just an average fellow -

By Andy Young special to the windham eagle



It's official: I'm an average guy.

I learned this recently while listening to a program on Maine Public Radio. I like having

pleasant-sounding - Andy Young, Columnist invisible people

speak to me, even if these days it's usually through a computer rather than an actual radio. Hearing random thoughtful voices is a great way to keep my mind active while I'm washing dishes, making beds, folding laundry, sweeping floors, or carrying out similar mundane but necessary household tasks. Some chores aren't compatible with radio listening because they involve too much noise, like vacuuming, preparing meals that require the fan above the stove to be operating, or cursing at the knife I cut myself with during an already-loud meal preparation session.

The program that informed me of

my averageness concerned air travel, which is ironic, given that I've only been on an airplane four times in the past two-plus decades. But that's what was on during the time I was doing the dishes that day, so I figured I'd take the opportu-

nity to learn a little something about the commercial airline industry. The show began with the host introducing a distinguished panel of experts, and what followed was a lively and informative exchange of ideas concerning the many pros and cons of flying the friendly skies.

Then, after a break for some public service announcements (and presumably a sip of water for the participants), the discussion was opened up to listeners.

Perhaps unsurprisingly, the first caller had something of an ax to grind. "How come," he asked, "the airlines keep making the seats smaller and smaller? I travel for business, and it



seems to me we're getting packed in like sardines these days."

The responding panelist explained that for the sake of efficiency (a nicer-sounding word than "profitability"), airlines need to put as many people as possible on each flight. He

then cited a study done some years back which revealed the average male American airplane passenger weighs 170 pounds. The folks who build airliners keep that in mind when designing the ideal width of the seats in the new planes they build.

My ears picked up when I heard that, because when I had stepped on a scale earlier that very morning, three red digits indicated that I weighed....170.0 pounds.

I'm not sure why, but learning I was in fact the average American male made me feel a lot more important than I had previously suspected I was. Imagine that: a major American industry was designing its business plan around me!

I'm not really sure how helpful it is to the airlines to know how much the average American male weighs, though. For one thing, while I haven't flown lately, I seem to remember that a fairly significant percentage of the people on past flights I've taken were female.

Also, a person of any gender who stands 6-foot-6 and weighs 170 pounds is going to take up considerably less seat width than a 170-pounder who is, say, four and a half feet tall. And while I appreciate the concern over girth, what about leg room? It hardly seems fair that a 6-foot-6 170-pound beanpole with three inches between either of his hips and a side of his airline seat has to fold himself up like an accordion, while his more corpulent 4-foot-6 170-pound pal gets to sit snugly while his or her feet dangle an inch above the airplane's floor.

I weigh 170 pounds, my height is between 4 and a half and 6 and a half feet, and I don't have to fly anytime soon.

If that's average, I'll take it. <



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Fall in love with your dream home: a real estate romance

By Nicole Foster SPECIAL TO THE WINDHAM EAGLE



Valentine's Day is just around the corner, love is in the air and the pulse of the local real estate market is really beginning to heat up with a -- Nicole Foster, Broker/REALTOR[®] boost to the num-

ber of new listings coming to the market each day. Turn your real estate crush into more than just a fantasy in 2024 by making your move with the help of a matchmaker extraordinaire: your fabulous REALTOR®!

Don't Fall in Love to Soon: A Prelude to Happily Ever After

Picture yourself scrolling along when your heart begins to flutter after seeing a fine-looking new listing, fresh to the market. You drive by to see it's in the perfect location and you are completely smitten, possibly obsessed. If you want a happy ending when shopping for a new home, it's important to start at the beginning. Get pre-approved or pre-qualified with a trusted lender, ensuring that when you find "The One" it's a match made in financial heaven.

How I Love Thee: Letters to the Seller

Looking to build a deeper connection? Prospective home buyers who





wish to proclaim their love of the brick and mortar by penning a letter to the homeowner should first consult with their matchmaking REALTOR®. It is possible that the sellers have requested that this display of affection not be shared with them, and your agent can help to guide you in how to draft this and help by including it with your real estate "proposal of marriage, with a mortgage."

The One That Got Away: The Ultimate Real Estate Love Triangle

You don't want your dream home slipping through your fingers because your current castle is practically destroyed. Get on top of things by having your current home ready for its grand entry to the spring market, if you need to sell in order to buy. Usually, a seller will want to see your current home listed with a top-notch REALTOR[®] and on the market within a week or so.

When Not to Follow Your Heart's Desire

It's important not to wear rose-colored glasses when your heart quickens at the fixer upper you believed was special and not like all the others. Your heart is selecting paint colors for each room while your brain is busy calculating the costs of repairs and updating, like a dreamy waltz

through the transaction. Sometimes you must allow your head to lead the dance and knowing when can make all the difference in the world. When the dance floor gets crowded with emotion and financial decisions, turn to your experienced dance instructor and REALTOR® to help you find your tempo again.

Breaking Up is Hard to Do: Real **Estate Edition**

Sometimes real estate agreements hit a rocky patch, which can be disappointing, but don't lose heart! Your REALTOR[®] is the relationship guru who can guide you through the procedures and timeframes, as it is just like a breakup only with more paperwork. I've witnessed several occasions where the parties have gone their separate ways only to realize that they were meant to be, after some reflection or seeing that the grass may not be any greener elsewhere, then coming back together to close and live happily ever after.

Keeping it Fresh: After the Closing

After the dust begins to settle following the whirlwind which has been your life while moving and you begin to settle into your daily routines, it's easy to lose that spark that you felt when you entered your home for the first time. You may be yearning for the visions of this space to finally take shape or feel discouraged that things haven't gone as planned when you first purchased it. All too often we wait until it is time to sell and move to put the effort into making our homes look their very best. Shower your home with the affection that it craves, and you will love the results.

Be sure to work with a local expert who is passionate about real estate to save yourself a whole lotta heartache. It is rumored that buyers may start to see some love with mortgage interest rates predicted to lower in 2024.

This article was brought to you by Nicole Foster, a real estate broker /RE-ALTOR[®] with Locations Real Estate. She has 19 years of experience and is a Windham parent who loves people and real estate. Follow Nicole on Instagram @207nicolefoster and on Face*book facebook.com/sellingmaine.* <





20

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52

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28

42

48



By Matt Pascarella **STAFF WRITER**

Runtime: 2 hours, 19 minutes

This movie takes place in or around "The Kingsman" universe, but I'm not familiar with that universe and enjoyed this film immensely. I wasn't asking myself a lot of questions that may have been answered in previous movies.

Elly Conway is a popular writer who likes to keep to herself. Her "Argylle" series tells the story of a secret agent and a global spy network that unintentionally begins happening in real life. She is

approached by an espionage agent, Aidan, who wants her to tell him what happens next in her series, so he can stop Director Ritter and protect the world. However, there may be things Aidan isn't telling her.

Argylle' (PG-13)

"Argylle" stars Bryce Dallas Howard, Henry Cavill, Sam Rockwell, Bryan Cranston, Dua Lipa, Ariana DeBose, Samuel L. Jackson, John Cena, and Catherine O'Hara. Elly Conway (Howard) is a successful writer of the spy series "Argylle" and is finishing a reading where an enthusiastic group has many questions about the series.

This movie begins with action right away. Elly has finished book five in her spy series. Her mother (O'Hara) really wants to know what happens. She tells Elly the book isn't ready and needs another chapter – readers can't be left on a cliffhanger.

Ellie is struggling with the ending. She decides to take a train (she has a fear of flying) to visit her mom. A guy sits down next to her - despite her mild protest and asks if she's read the "Argylle" series. He (Rockwell) quickly recognizes her; his name is Aidan. He works in espionage.

As it turns out, no one on the train can be trusted and Aidan helps Elly and her cat Alfie escape. He tells her it's bear-hug-o'clock as they escape from the train.

Elly wakes up in a cabin and Aidan tells her all about Director Ritter (Cranston) and what he is trying to do. Aidan says that her books have been predicting events in real time. He thinks Elly's imagination is the key to stopping Ritter.

She is weary of trusting Aidan, but he seems legitimate. The two go to London. Aidan wants to know how book five ends. As Elly is trying to help, they are located by Ritter. It's a race against time to figure out what happens. Elly is onto a clue.

Aidan and Elly find something in a lock box. Ritter is not far behind.

Elly overhears Aidan on the phone and wonders if she is in trouble and if Aidan really is who he says. Elly's mother and father meet her in London.

Aidan warns her more bad guys are coming. She and Aidan go to France where they meet Alfie (Jackson). Alfie says it's time to meet the real Agent Argylle. The bigger the spy, the bigger the lie.

She and Aidan head to the Arabian Peninsula. Ritter is still following them.

This is a great movie. It had action, humor, a lot of twists and turns, all coupled with an all-star cast who give stellar performances. I was guessing until the very end; "what's really going on here?" The movie is a little on the long side, but it kept me engrossed and waiting to see what would happen next. It's one of the better mystery movies I've seen in recent years. There is extremely mild language, and I didn't think it was overly violent.



15

CLUES ACROSS

- 1. Helps little firms
- 4. Political action committee
- 7. Allowed
- 12. Olivia Colman played one
- 15. Open
- 16. He had a notable lamp
- 18. Promotional material
- 19. Domesticated animal 20. Larry and Curly's buddy
- 21. The best ever
- 24. TV network

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- 27. Checked for
- 30. Dry or withered
- 31. Expression of annoyance
- 33. Dash
- 34. Fifth note of a major scale
- 35. A secret clique

CLUES DOWN

1. Prevent from seeing	26. Taxi driver
2. Czech city	28. Semitic Sun god
3. and Andy, TV show	29. Town in India
4. A young pig	32. Traditional rhythmic pattern
5. Removed surgically	36. Fugitives are on the
6. Covered with	38. Type of dance
7. Chest muscle (slang)	40. Two letters, one sound
8. Nigerian City	43. Having a strong, pleasant tast
9. Midway between south and	44. Golf score
east	45. Mayhem
10. A way to shut	46. Drenched
11. Stop playing	51. River in northeastern Asia
12 Marshy places	54. Drug to treat anxiety (abbr.)
13. Takes apart	55. Part-time employee
14. Ten cents	56. A very large body of water
17. A gesture of assent	57. Aboriginal people of Japan
22. Scent	58. Millisecond
23. Teletypewriter	59. Forearm bone
24. General's assistant (abbr.)	60. Subway dweller
	 Czech city and Andy, TV show A young pig Removed surgically Covered with Chest muscle (slang) Nigerian City Midway between south and east A way to shut Stop playing Marshy places Takes apart Ten cents A gesture of assent Scent Teletypewriter

62. Royal Mail

37. Partner to cheese 39. school: where to learn healing

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- 41. City in ancient Syria
- 42. Gasteyer and de Armas are two
- 44. Established practice
- 47. Thanksgiving side dish
- 48. District in Peru
- 49. It's becoming more prevalent
- 50. State in India
- 52. Measure of illumination
 - 53. Raised platform
 - 56. Japanese warrior
 - 61. R.L. Stevenson novel
 - 63. Transitory 64. Advanced degree
 - 65. Fiddler crabs

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- or.)
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Parts toward the end were a little silly and overdone, but I think that was on purpose. See this on the big, big screen - you won't regret it. Stick around past the credits for an extra scene that sheds light on ... well, you'll have to see that to

figure that out.

LAST WEEK'S ANSWERS

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Two cat backpacks up. Now playing only in theaters. <

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25. Hillside

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LAST WEEK'S ANSWERS

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It may sound like a concept directly from the future, but community solar farms are generating power and sharing it for residences and businesses alike and reducing electric bills in the process. Based in Portland, Maine Community Solar educates consumers about the benefits of community solar programs and helps them enroll in one that's right for them. Locally owned and operated, Maine Community Solar envisions a sustainable future by making the state a leader in sustainability and renewable energy.

A solar farm is a collection of photovoltaic solar panels that absorb energy from the sun, convert it into electricity and send that electricity to the power grid for distribution and consumption by customers like you. Community solar farms are mounted to the ground instead of rooftop panels and come in all shapes and sizes.

"Maine created a free community solar program for residents to promote locally produced renewable energy and to offset the costs of this transition and other electricity cost increases for Mainers," said Tony Napolitano, the owner and founder of Maine Community Solar. "Most people don't know this program exists to benefit them, are misinformed, or don't understand how it works. We are here to educate people and help them participate."

According to Napolitano, services provided by Maine Community Solar



are free.

"What we do is help customers understand Maine's community solar program and join a local solar farm so they can support local renewable energy and save on their electricity bill," he said.

The company serves the entire state of Maine and all customers that pay an electric bill with CMP or Versant.

Napolitano said the best aspect of his work with Maine Community Solar is having an opportunity to assist everyday people understand renewable energy while helping protect the planet in the process.

He has worked in green building and renewable energy for 20-plus years. He grew up in Maine and attended Portland High School. He launched his own marketing company, Roundhouse Media, in 2010 and founded Maine Community Solar on Jan. 1, 2021.

"When I learned about community solar and the fact that anyone could benefit from renewable energy with no upfront costs, long-term commitment or other barriers to entry, I thought it was a game changer," Napolitano said. "I signed up for a local solar farm right away and made it my mission to spread the word as far and wide as possible."

Significant savings for Maine consumers is the foundation of Maine Community Solar's success.

"A Mainer that pays an average electric utility bill can save more than \$22 per month or \$250 per year on their electricity costs, or about 15 percent," Napolitano said. "Many people can save more. We've helped hundreds of Maine businesses and thousands of Mainers join a local solar farm. Customers we helped in 2023 will account for more than 80,000,000 kwh of locally-produced, renewable energy powering Maine homes and businesses. We focus on doing the right thing and the right way. If you put customers first, the success takes care of itself."

Well respected for taking an educational, community-based approach to advocating for renewable energy and its benefits, reviews posted online for Maine Community Solar are exceptional.

"I don't usually write reviews, but: Maine Community Solar! Everyone should be doing this. I had been meaning to make the change to solar energy for a while but kept pushing it off. A gal named Sydney followed up with me a few times and I'm so glad she did. The signup is super easy (you use your log in information with your existing electricity supplier, which couldn't be simpler!). I'm not super tech savvy, but Sydney walked me through every step to make sure we got it right. You save money, support the growth of local solar farms, and basically don't have to do a thing in *the process. Do it!*" – Emily Smith

^aGreat experience signing up with Maine Community Solar. Very professional, helpful, and responsive. The agent was personable and really aided me through the process. Excited to save 15 percent on my CMP bill." – Bill Nalls

"I tried to sign up for solar electricity and kept hitting roadblocks. Maine Community Solar made it easy." – Susan Hall

To arrange a meeting with one of Maine Community Solar's Education Specialists to learn more about what they can do for you and how they can help you start saving through community solar, call 207-888-3670 or visit them online at www.mainecommunitysolar.org. You can also find them on Facebook at facebook.com/ mainecommunitysolar207. Sign up now and receive a \$50 gift card as a thank you for helping to create a sustainable Maine. <





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Call our office in Portland at 207-888-3670 or visit www.MaineCommunitySolar.org for assistance



Editor,

I have read the article about the solar project on Thomas Pond and have some thoughts.

Mr. Fowler did not address the increased noise pollution residents are already experiencing. Then to say the impacts to the natural resources will be minimal begs the question what happens to the vernal ponds when the shade has been removed? Without the natural shade those trees provide, water temperatures and evaporation rates increase. These effects are particularly apparent in small wetlands like the area under proposal.

We are already seeing the results of climate change and over development on the insects and animals like bats and dragonflies we rely upon for natural pest control. Removing even a small wetland area will make it just that much more difficult for beneficial insects and animals that depend on such areas for food and shelter.

Regarding compliance with existing rules and standards, I would say in hindsight five or 10 years from now they may prove to have been woefully inadequate. It has happened frequently in the past. Of course, Mr. Fowler would say that numerous studies show solar projects of this size do not impact property values but even he admits not all studies show that. What about cases where the installations were situated just beyond residents' property lines and virtually in their backyards?

And for all his assurances of safety there is no guarantee that they will provide 100 percent protection, especially in the face of an increasingly violent change to our climate. Solar facilities help ensure Maine's goal for clean energy, but this facility is being proposed at the expense of the local environment, the insects and animals Submit letters by Tuesdays at Noon to: editor@thewindhameagle.com or mail to: 585 Roosevelt Trail, Windham, 04062

in the area and the residents immediately surrounding the project area. ~ *Linda Pankewicz Raymond*

Editor,

I am stymied by the silence of parents and those who profess to advocate for child welfare, as to how they would allow children's well-being to be administered by a collaboration between a minor child and the state without parental knowledge or consent. The government's audacious actions to subvert parents' rights and duties without court authority highlight its arrogance. Anyone who would entertain and promote the implementation of such odious measures should be removed from any position of authority or influence over children. It is a direct abdication of their responsibility as a parent of a minor.

Their insolence to parents, parents'

rights, and legal precedent that directs and delineates the responsibilities between parents and government entities are being openly assailed and sanctioned through unmitigated fiat throughout our government and its agencies.

Those of you who remain uninformed, uninterested, and disengaged are complicit in the most egregious, despicable, and destructive actions taken against the well-being of our most valuable and vulnerable asset, our children, and the parents who have the responsibility to guide and protect their future.

If you are unaware of the problem, then you are the problem. Delegating the authority for such decisions to some third party does not absolve you of the responsibility for outcomes you willfully allowed to transpire.

> ~ Jim Long Raymond





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Turnpike announces plan for new regional connector road

A specific location for a regional connector road between Exit 45 on the Maine Turnpike and the Gorham Bypass of Route 114, south of Gorham Village, has been announced by area municipalities in partnership with the Maine Turnpike Authority (MTA) and Maine Department of Transportation (MaineDOT).

Fueled by direction from the Maine Legislature and joint municipal/agency agreements with Gorham, Scarborough, Westbrook, South Portland, and MaineDOT, MTA has been working on plans for this connector for multiple years. The need for such a connection has been part of regional transportation conversations for over two decades.

MTA says that turnpike officials have been meeting with the U.S. Army Corps of Engineers and the Maine Department of Environmental Protection since 2014, with increased engagement since 2019 in prep-aration for the required environmental review for the new connector road.

Because toll revenue will fully fund the connector's construction and ongoing maintenance, no taxpayer dollars will be required to make the road a reality.

In terms of mapping the specific alignment the road will take, MTA started with determining the two endpoints of the connector: Turnpike Exit 45 in South Portland at one end, and the junction of the Gorham Bypass with Route 114, south of Gorham Village, on the other end. The criteria used to determine the route in between heavily depended on skirting as many environmentally sensitive areas as possible and avoiding negative effects on homes and businesses.

About 140,000 people commute to Portland from outlying communi-ties every day. More than 16,000 of those drivers use Routes 22, 25, 114, 112, and other local roads, Maine Turnpike staff say. The new connector road would slash congested traffic for drivers commuting from Windham, Standish, Buxton, Westbrook, Scarborough, and Gorham during morning and evening rush hours.

Turnpike staff members say that the new connector road will cut commutes by up to 10 minutes.

Bike lanes or pedestrian walkways are not permitted on any limited access roads as a matter of safety. But creating an adjacent bike or pedestrian pathway is possible, as is expanding recreational trails in the area. These could be considered in coordination with other age Because the project is in the early stages of design; avoidance and minimization opportunities is underway and includes outreach to the municipalities, and land trusts nearby, Turnpike officials said. Work-ing with state and federal environmental regulators, MTA will likely propose a blend of projects, as well as the use of Maine's in lieu fee program. Regardless, mitigation will be focused on the project area.

Area municipalities have long awaited this connector road and are helping to host and facilitate the public outreach program. Tom Hall, Scarborough Town Manager, indicated they will shortly be at the point where direct public feedback is desirable. A project website is immediately available for public access, showcasing a background video, FAQs, project updates, and, most importantly, an easy-to-access format for the public to comment and ask questions.

The first public meeting for this project will take place in March in Gorham. The meeting will provide multiple opportunities to learn about the project specifics, ask questions, and make comments. The meeting will be available virtually for those who cannot or do not choose to travel. More details on the public meeting will be available several weeks prior to the meeting date.

Please visit www.maineturnpike.com/ gorhamconnector for more details. <









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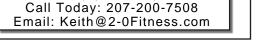
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