



Mini horses making large impact at RTT

By Nicole Levine

STAFF WRITER

Riding to the Top, Windham's local non-profit therapeutic horse riding center, has welcomed two new mini horses, AppleJax and Apollo, to their farm.

Riding to the Top (RTT) has been serving the Windham community for 31 years and offers services such as therapeutic riding, therapeutic carriage driving, equine assisted learning, and hippotherapy for individuals ranging in age from 3 to 90-plus. They assist with a wide range of disabilities.

Despite their size, mini horses are classified as horses and not ponies. They have a significantly longer lifespan than larger horse breeds, and can live into their 30s. Because of their size and calm nature, they are known to make fantastic therapy animals, providing individuals with comfort and companionship.

RTT has been home to mini horses for many years, but when the pandemic hit, much of the farm's normal operation was up in the air.

During this time, a friend and donor of the farm was looking to find some companions for her own horse. The minis that were living at RTT in 2020 were then relocated and integrated into her herd. This became the mini's new home, and it was later de-

cidated that it was in their best interest to stay where they were, and not relocate them back to RTT again.

The organization had continued to work with their generous friend, and began providing mobile field trips during COVID, where they would take the minis on the road.

"This proved to be very popular and we realized that the minis were easier to transport and less intimidating for people of all ages," said Sarah Bronson, RTT's executive director. "In 2023, we started looking to have minis at the farm again."

Currently, RTT has two mini horse residents. AppleJax, who, following an assessment in Western Massachusetts was donated to the farm last fall, and Apollo, who is a new addition just this spring.

Both of the mini horses work with unmounted therapy sessions, and are planned to be an active part of RTT's school-based programs, field trips, and summer camps.

AppleJax also has carriage driving experience and is planned to join the program for that at RTT in the near future.

Currently age 9, AppleJax has been doing very well on the farm. Bronson describes him as having a curious and adventurous personality.

"AJ's been working on his 'office



Apollo is a 17-year-old mini horse who is adjusting to his new surroundings after joining Riding To The Top in Windham a few weeks ago. SUBMITTED PHOTO

skills' and is pretty comfortable visiting all of our staff in their offices," she said.

Apollo is 17 years old and is continuing to adjust to his new environment, after arriving only a few weeks ago. He is a "free lease" horse, meaning he has an owner, but resides on the farm where RTT takes care of his needs.

Following protocol, Apollo was in two weeks of quarantine to ensure the safety and health of the rest of the herd on the farm. He's been doing well, and is slowly being introduced and spending more time with his new mini buddy, AppleJax.

Apollo is currently located in the mini paddock also known as RTT's ambassador area. Although visitors do not have access inside the gated area, people visiting the farm can easily see the minis and can pet them through the fence.

RTT volunteers say that the minis are much less intimidating due to their size, which could serve as a great introduction to equine riding and therapy for those new to horses. Although less intimidating, they still need as much care and leadership to guide them, just as the other horses require, especially in any new circumstances.

The minis, like the rest of the horses, eat hay and grain, but in significantly smaller amounts. Their veterinary and farrier costs are roughly the same as the rest of the ponies and horses, which is estimated to cost around \$5,000 per year.

RTT's minis also require the same grooming and farrier care as the other horses at the farm. However, due to their size, they require more flexibility from their groomers while picking their hooves and trimming their feet. By utilizing a pedestal, this process is made easier and more comfortable for AppleJax and Apollo. It is still one of the challenges that come along with grooming the minis.

RTT is excited to welcome back mini horses to their farm and programs. They make a wonderful addition to the diverse group of horses at the farm.

"We believe that the minis will be a great fit to have at RTT again and are looking forward to being able to have them active in all sorts of programming," explained Bronson. "Training is an ongoing process and involves lots of people handling them, working them in a variety of environments at the farm and then expanding their horizons to off farm activities." <

Wellness Walk inspires students at Raymond Elementary School

By Ed Pierce

STAFF WRITERS

Outdoor experiences have been proven to help improve academic and physical performance for many students and that's the concept behind RSU 14's Wellness Program. To demonstrate the benefits of being outdoors, Raymond Elementary School hosted a special Wellness Walk and Nature Talk on Tuesday, May 7.

According RSU 14 Wellness Coordinator Donna Morton, Loon Echo Land Trust Executive Director Matt Markot led students on the walk and promoted the idea that being outside is one of the best things that students can do.

Morton said Markot guided the students around Frog Pond near the school and answered their questions about the environment surrounding the pond and how it affects all of them every day.

"Not only did they learn about the eco system, but they also learned about how nature makes them feel better," Morton said. "Hopefully it builds a lifelong love of the outdoors for the students."

Markot was a great choice to lead the walk for the students. Prior to joining Loon Echo Land Trust in 2017, he worked for the Nature Conservancy in Maine as its Northern Maine Lands



Matt Markot of Loon Echo Land Trust speaks to students about the benefits of being outdoors during a Wellness Walk and Nature Talk on Tuesday, May 8.

PHOTO BY DONNA MORTON

Steward, and he served as an AmeriCorps Environmental Steward with the Maine Natural Areas Program, and as an environmental educator at Kieve-Wavus. He's been the land trust's Executive Director since 2019.

The intent of having him come and talk to the students about nature and the outdoors is to have them love and care for nature," Morton said.

The Frog Pond Trail at Raymond Elementary School is a family trail about 1.93 miles in length of easy to moderate terrain centered around a scenic nature pond. The trail offers a

short walk to a pond with easy access for the whole family that connects to a trail network extending into the woods.

During the pandemic, the school set up an outdoor classroom space near the pond and other spots for teachers to gather with students for learning activities outdoors and Markot's walk with students fit right into that outdoors theme.

The RSU 14 Wellness Program strives to show that time spent learning and playing in nature benefits the

→ see WALK Page 6

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On my 10th birthday in December 1963, my parents gave me a gift that became an invaluable part of my life for the next few years. It was a Panasonic AM transistor radio, and it gave me an opportunity to experience music as I never had before.

By inserting the earplug, I could tune in late at night in bed without disturbing my younger brother and it just happened to be the era of the "British Invasion" of bands from England and of Motown, featuring soulful singers and performers whose songs endear to this very day.

My radio station of choice was WBBF in Rochester, New York because it played popular music of the day and rock n' roll oldies, although many of the records that WBBF disc jockeys aired in those days were from 1956 and later. Some of the oldies' records that were played on the radio were ones my older sister owned on vinyl before she had graduated from high school including "Venus" by Frankie Avalon, "Poor Little Fool" by Ricky Nelson and "Stagger Lee" by Lloyd Price.

But many of the new songs I first listened to on my new transistor radio were ones that came around after my sister had moved into her own apartment. Some of those tunes included "Sherry" by the Four Seasons, "Duke of Earl" by Gene Chandler, "If I Had A Hammer" by Trini Lopez, "Sukiyaki" by Kyu Sakamoto, "Heat Wave" by Martha and the Vandellas, and "Puff the Magic Dragon" by Peter, Paul and Mary.

The little 9-volt battery used to power my radio was only 29 cents in 1964 and would last for four or five months of daily use. Besides listening to music, I could tune in for the latest news and weather reports, or Rochester Red Wings baseball games. My transistor radio became part of my day-to-day world, along with the sports section and the comics page of the daily newspaper, baseball cards, 12-cent comic books and my Huffy Roadmaster bike.

Early in 1964, the radio airwaves were dominated by The Beatles, and the first one of their songs I can recall listening to was "I Want to Hold Your Hand" followed in succession by "She Loves You" and "Do You Want to Know A Secret," then "Love Me Do," and "I Saw Her Standing There" and "P.S. I Love You."

Soon British bands and singers were everywhere on WBBF with The Dave Clark Five ("Glad All Over" and "Bits and Pieces"), The Animals ("House of the Rising Sun") The Zombies ("She's Not There"), Gerry and the Pacemakers ("Ferry Cross the Mersey" and "Don't Let the Sun Catch You Crying"), Dusty Springfield ("Wishin' and Hopin'") and The Hollies ("Just One Look") frequently played.

One evening in 1964, a song from a girls' singing group called The Supremes was played and it was unlike anything I had ever heard before. It was called "Where Did Our Love Go" and I quickly became a big fan of theirs. Their first radio hit was followed by "Baby Love," then "Come See About Me," and my personal favorite, "Stop in the Name of Love" which at the time I thought was simply the greatest song ever recorded.

As I started seventh grade in the fall of 1965, I was still listening to my transistor radio, although its leather cover had been chewed on by one of our family's dogs. By then the Rolling Stones had released "(I Can't Get No) Satisfaction" and I was also listening to The McCoys ("Hang on Sloopy"), Herman's Hermits ("Mrs. Brown, You've Got a Lovely Daughter" and "I'm Henry VIII, I am"), and The Temptations ("My Girl").


My father and I had watched a program on television in February 1965 that included a performance of the top song in America that week called "This Diamond Ring" by the son of comedian Jerry Lewis. The band was called Gary Lewis and the Playboys, and I would turn the volume up each time one of their other songs was on the radio. Those included "Count Me In," and "Save Your Heart For Me," "Everybody Loves a Clown," and "She's Just My Style."

As I was finishing up junior high school in June 1967, I first heard on my transistor radio what has since become one of my all-time favorite songs "Love Is All Around" by The Troggs. It's probably the last song I can recall hearing on that radio.

The very last thing I do remember listening to on that radio was Game One of the 1969 World Series. I was on the sidelines of our high school's football game in October and my friend Mike Wilson, who was playing in the game, had asked me during a timeout what the final score in the game was. It was Baltimore 4, New Yorks Mets 1. He bet me that the Orioles wouldn't win another game in the series, and I took the bet. The Mets swept the next four games and I lost \$5 to him.

I don't know what happened to the transistor radio after that but my memories from it remain strong more than six decades later. < - Ed Pierce

Today in HISTORY



MAY 10

1503 – Explorer Christopher Columbus discovers the Cayman Islands.

1773 – The English Parliament passes the Tea Act, which taxed all tea in the American colonies and the legislation led to the Boston Tea Party.

1869 – The Central Pacific and Union Pacific Railroads meet in Promontory, Utah and a golden spike is driven in at the celebration of the first transcontinental railroad in the U.S.

1872 – Victoria Woodhull becomes the first woman nominated for the U.S. presidency.

1908 – The first Mother's Day observance takes place during a church service in Grafton, West Virginia.

1924 – J. Edgar Hoover is appointed as the director of the Bureau of Investigation, later known as the Federal Bureau of Investigation (FBI).

1962 – Marvel Comics publishes the first issue of "The Incredible Hulk."

Inspirational Quote of the Week

"To assess the quality of thoughts of people, don't listen to their words, but watch their actions."

- Amit Kalantri

ON THE SPOT

What is the most used app on your phone?

"Instagram, so I can see what great things my grandchild is up to!" – Janet Paul

"Amazon or Weather. It's a toss-up." – Cherie Segal

"Messenger or Solitaire." – Anne Glotshuck

"Facebook and Candy Crush." – Julie Mallett

"It's a toss-up between Facebook and Amazon." – Tommy Matthews

"Instagram." – Fi Brickel

"Safari." – William D. Reiner

"You Tube." – Rhonda Fenderson

"Waze." – Christopher Wallace

"Google." – Vickie Hall Clarke

"Facebook." – Stephen Signor

"Pay Pal, Cash App, or Venmo." – Lynn Getty-Stanhope

"Temu and Tik Tok." – Lois Fuller

"Spotify and Snapchat are the two I use the most." – Lollie Gomez Nunez

"Disney." – Jerry Greene

"Google Maps, Zoom and WhatsApp, especially when I am traveling." – Oscar F. Kellner

"The Wonder Weeks." – Sachem L. Sullivan

"Hot Schedules to check when I'm working." – Sarah Singer-Miller

"Last Pass." Dean A. Smalley

"I'm getting ready to take a trip to Europe, so I downloaded Duolingo and Google Translate, and it will help me tremendously in countries where English is not spoken." – Chris Macklin

"Pandora. Sirius XM. I love music." – Mia Potenzio-Ransey

"My banking app." – Jude Orestes-Sanchez

"Fishbrain." – Mitchell Robinson

"Duck Duck Go or Firefox for Android." – Barney DiPietro



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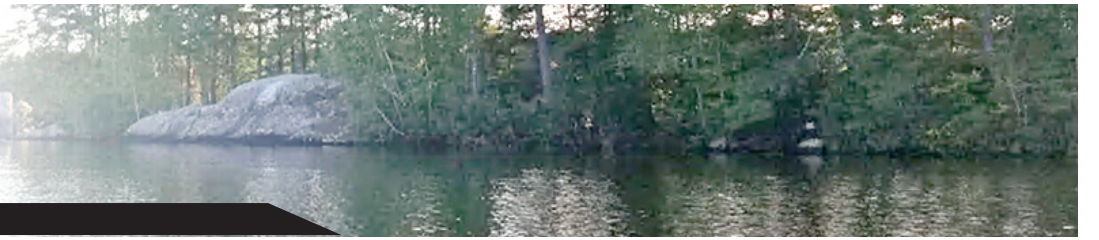


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Little Sebago Lake Association celebrates centennial

By Kaysa Jalbert

STAFF WRITER

In honor of its centennial anniversary, Little Sebago Lake Association (LSLA) is hosting an abundance of events this summer in celebration of 100 years since the association was first formed in 1924. Activities kick off with a golf outing for lake community members and friends, then later a blessing of the lake with special guests from a Native American tribe, and many more festivities for all ages, all summer long.

To keep you caught up, here's an ordered list of the events.

The first event is an inaugural fundraiser Golf Classic tournament created and planned in celebration of the centennial anniversary. "We hope to do this every year," said Debra Lavoie, Board of Directors, and centennial Golf Classic organizer. "If the community really embraces it and we have a good turnout, then we will make it an annual event."

The LSLA Golf Classic will take place on June 24 at Spring Meadows Golf Club in Gray. It starts at 8 a.m. for the lake community and friends to take part in foursomes in contests and win prizes.

"We have been really supported by the Windham and Gray businesses

who have donated gift certificates and other gifts in-kind," says Lavoie. "The tournament costs \$125 per person or \$500 per team includes golf, cart, contests, and lunch."

The LSLA Annual Meeting will be held on July 13 at the American Legion Hall in Gray and will end with a social gathering.

The headline event of the centennial celebration will be the Blessing of the Lake at 10 a.m. July 14 on the shoreland of the pasture on the lake. People are invited to bring their boats and listen to the blessing.

"We are thankful for the lake for the past 100 years," said Pam Wilkinson, President of the Little Sebago Lake Association. "Then we will bless the lake for the next 100 years. A pastor will say some words and lead a chant for the blessing."

LSLA welcomes special guests that will play an invitation song on the windpipes and drums to welcome spirits and bless the land.

"They will also call for the Four Directions, welcoming the spirits to come forwards and help us in the blessing," says Wilkinson.

In addition to those events, on July 17 LSLA hosts a "Lake Learn Fun Day" for kids to learn about the water, do

some painting, study facts about loons and build fairy houses.

On July 20, LSLA will conduct a "Music on the Beach" event in the lower lake on the east shore for participants to float around and listen to live music.

The annual Pirate Parade will happen on August 10 and will include more than 100 boats with pirate decorations. People are also allowed to decorate their boats for this year's Olympic Games. The parade begins in the lower narrows and travels to the upper narrows of Little Sebago Lake.

Test your knowledge starting August 3 with an online scavenger hunt called "So You Think You Know Little Sebago Lake." Participants must take specific pictures of the lake, answer questions about the lake, and submit their answers on the LSLA website.

A classic boat and Amphicar parade also is set for August 10 and anyone is welcome to show off their antique boats. This usually includes Christcrafts, Corsons, and many others.

LSLA will also host a Waterski show with the date to be determined and an ongoing decoration of the scarecrow



that is a three-month event in which people submit their names and each month a name is drawn for that person to decorate the scarecrow how they please, so keep an eye out for the scarecrows changing costumes throughout the summertime.

Little Sebago Lake Association is a non-profit organization that owns and operates Hopkins Dam. They prioritize protecting, restoring, and improving the lake's water quality and fragile ecosystem, including the 2,009 acres, 30.6 miles of shoreline and 25 or more islands from degradation. The association is operated by 15 board members and volunteers.

Little Sebago Lake Association's first annual meeting was held Sept. 6, 1924 where they discussed different topics than those of today, such as fishing, ice harvesting, firewood procurement and road maintenance. Since 2002, LSLA has partnered with Cumberland County Soil and Water Conservation and the Maine Department of Environmental Protection focusing on a long-term collaborative effort to protect water quality at Little Sebago Lake. <

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- ★ **Fri. May 24th @ 10am – Naturalization Ceremony**
*at Windham Veterans Center**
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- ★ **Mon. May 27th @ 10am – Memorial Day Ceremony**
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WPS Instructional Leader a champion for learners

By Ed Pierce
STAFF WRITER

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

Kaley Petros believes that a school leader presents the past, reveals the present, and creates the future.

It's what she strives for every day in her position as the Instructional Leader at Windham Primary School. She joined the administrative team at WPS in mid-October and says that a large part of her job is focused on advocating for the needs of student learners who need more support both inside and outside of the classroom.

"As such, I get to wake up and know my work is purposeful and meaningful," Petros said. "Helping to find what is going to work best for learners and seeing those learners ultimately succeed is the greatest feeling."

As WPS Instructional Leader, she provides leadership at the school in a variety of ways.

"One of my primary responsibilities is coordinating the Academic Support program at WPS, partially funded by Title 1," she said. "I consult with teachers and interventionists, supervise, and evaluate educational technicians and classroom teachers, assist with technology, coordinate, and facilitate professional development, and even run a few of my own intervention groups with students. I'm a core member of our school's Response to Intervention (RTI) team and I work to facilitate the plans laid out in those

meetings for students. I assist our school in analyzing different types of data to help us inform programmatic decisions concerning student learning. I am also a Diversity Equity and Inclusion team member."

According to Petros, the most challenging aspect of her work is not having perfect answers every time.

"When we're monitoring student progress for one student or for a whole school and we don't have the exact reason why, it's hard for me," she said. "I always want to be able to provide our teachers and ed techs with a clear path forward, but education is a process, and that process is often messy. I'm thankful to have a supportive team of creative thinkers at the table in situations like those."

Originally from Ellsworth, she moved to Massachusetts and completed an undergraduate degree in English and Elementary Education at Wellesley College and then went on to obtain a master's degree in educational leadership at Boston College's Lynch School.

She started her career in education as a student teacher in the Boston Public Schools while also helping to coordinate volunteers for after-school



Kaley Petros has served as the Instructional Leader at Windham Primary School since last fall and a large part of her job is focused on advocating for the needs of students who need more support both inside and outside of the classroom. SUBMITTED PHOTO

and summer programs that served the Chinatown neighborhood of Boston.

"I taught and led grade level teams as a fifth-grade teacher in Needham, Massachusetts for five years where I also interned in educational leadership," she said. "My husband and I returned in 2019 and began our family shortly thereafter. I worked at Pownal Elementary School in RSU 5 from 2019 to earlier this year as a second- and third-grade teacher as well

as leadership team member. I've done urban, suburban, rural, you name it."

Searching for the right school leadership position for her since moving back to Maine, Petros had a dream to help lead a school for many years, but it had to be the right position.

"The role of instructional leader seemed to be the perfect blend of what I was looking for, a leadership role with a focus on the improvement of teaching and learning," she said. "The role of instructional leader is unique and very few districts have similar roles. When I tell people my job title inside and outside of our district, there's always ultimately the question, 'So what does that mean?' I think that

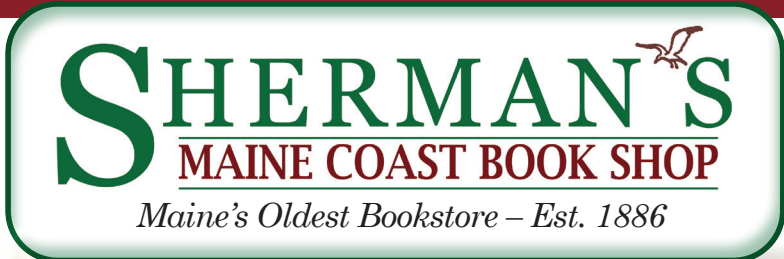
is both the beauty and the challenge of a position that people do not have a preconceived notion of. Having to define my position helps me remain focused on the goal of my work."

"My husband, Matt, has always been one of my biggest supporters. He moved his entire life to Massachusetts for me, and he continues to fully partner in this crazy life we lead. We have two beautiful yet wild toddlers under the age of 4 and without his help, jumping head-first into a leadership role would have been impossible," Petros said. "He loves to know I'm doing what I love. Sometimes I won't stop talking about it. My daughters would probably say they like that they get to come to fun events like WPS Fall Fest and Movie Nights, plus extra time on the playground when Mom needs to do some extra work."

She says the public would be surprised to know that very few decisions are made without input from someone or whole teams of people and she leans heavily on the other members of the leadership team at WPS including Dr. Kyle Rhoads, Diana Jordan, and Rebecca Miller to give her honest feedback and input.

"My work at WPS so far has emphasized the importance of building, prioritizing, and maintaining relationships with students and staff," Petros said. "It is so easy to feel lost in a large school, and I feel it is one of my many duties to ensure that staff and students feel safe, welcome, and respected at our school." <

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Windham Lions Club's Touch A Truck event nearing

By Ed Pierce
STAFF WRITER

The time is nearing to start revving up those big engines once more as the Windham Lions Club will offer a free "Touch A Truck" for children and local families in North Windham next weekend.

The 3rd annual Windham Lions Touch A Truck event runs from 9 a.m. to noon Saturday, May 18 in the parking lot behind Reny's off Route 302 in North Windham.

At this year's 'Touch A Truck,' participants will be able to climb into the cab of a fire truck, see the inside of a police car, watch a police K-9 demonstration, explore land excavators, dump trucks and much more. There will be many large vehicles on hand from throughout the community for kids to inspect, climb into the driver's seat, and honk the horn.

Although admission is free, donations will be greatly appreciated as proceeds benefit a variety of programs year-round in the community.

Free water will be supplied by Poland Springs and snacks will be available. Ice cream treats will also be sold at the event and a special prize raffle will be conducted.

"As with all events we hold, all profits are returned to our Windham community, said Evelyn Brissette, Windham Lions Club president. "One of our local businesses started us off with a gift to raffle off and others joined in. This added feature will hopefully help us to raise more money. Our intentions have always been



The 3rd annual Windham Lions Touch A Truck event runs from 9 a.m. to noon Saturday, May 18 in the parking lot behind Reny's off Route 302 in North Windham. SUBMITTED PHOTO

that our Touch A Truck add enjoyment to the children and their families that come to our event. However, the raffle could help us raise more funds as we try to help as many families as possible through our Adopt-A-Family program during the holidays as well as other activities throughout the year."

Brissette said members of the Windham Lions Club are grateful for the participation of Windham agencies and local businesses that have helped make this event possible.

"The Touch A Truck event provides a hands-on educational community event to see and touch the trucks and machinery used in the community and to meet the men and women who operate these machines," Brissette said. "Participating vehicles will be displayed in a safe, supervised environment and it's the perfect venue

for exploring the machinery while learning about the people who build, protect and serve Windham."

The idea for hosting 'Touch A Truck' staged by the Windham Lions Club came from an idea Brissette had a few years ago.

"I had done some research online and it seemed like 'Touch A Truck' would be a fun way to interact with kids and people in our community,"

she said. "We also want our community to be aware that the Windham Lions Club does exist and with everyone's help we can make life a lot brighter for those less fortunate."

Brissette said that the Windham Lions Club staged its first 'Touch A Truck' in 2022 and it has exceeded expectations in terms of participation and the Windham community's willingness to help others.

She said the Windham Lions Club works throughout the year to uplift the community, such as providing Christmas gifts for local students and families in need and contributing donations for worthwhile school activities such as Odyssey of the Mind.

Brissette said that she believes when Windham residents take an interest in their own community, and work together for a cause, they can make a significant difference.

All proceeds from this year's Touch A Truck event, coupled with the annual Windham Lions Club's Craft Fair in October, and money donated at the club's annual "Stuff-the-Bus" event in November will go a long ways to helping those in need in Windham, Brissette said.

Since its inception, the Windham Lions Club has played a significant charitable role in the community, supporting a variety of causes and issues affecting the lives of residents.

Some of those include purchasing and manning Windham's first rescue van in 1968; donations to the Windham Public Library; helping with expenses related to eye exams and eyeglass when they meet the Lions Club criteria; assisting with expenses related to hearing tests and hearing aids when they meet the Lions Club criteria; conducting RSU 14 eye screening with more than 5,000 students screened so far; sponsoring the "Student of the Month" program in local schools; Breakfast with Santa; Stuff-the-Bus with more than 10,000 pounds of food collected for those in need; supporting the Windham Veteran's Center; and collecting used eye glasses and hearing aids. <

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WALK *Cont. from page 1*

whole child and can help children attain their full potential.

Spending time in nature enhances educational outcomes by improving children's academic performance, focus, behavior and love of learning, Morton said.

"Get Outdoors is the RSU 14 Wellness Theme for May," she said. "There are so many benefits to bringing nature into wellness. Time outside brings mental and physical health. It elevates our moods while lowering blood pressure, heart disease, diabetes, and stress. Being outside raises levels of Vitamin D, helping to build strong bones and our immune systems. It just feels good."

For children, access to safe, natural areas can enhance children's physical and mental health, from improving cardiovascular vitality and weight management to reducing stress and

ADHD symptoms. In addition, regular access to high-quality green space inspires strong connections to the natural world.

Morton says that outdoor play is not only beneficial, but also crucial for the brain's healthy development. Research studies have shown that the frontal cortex, which is responsible for controlling emotions and problem solving, is activated during playtime and imaginative play and child development go hand in hand.

Another area addressed by children being outdoors is childhood obesity. Morton says children playing outdoors are running, jumping, climbing, squatting, and rolling which are great forms of exercise and assist in motor skills development, a better sense of balance, and enhancing bone strength. And safe and protected exposure to sunlight helps keep children's immune systems strong, Morton said. <

Grand Opening Welcome



Presumpscot Regional Land Trust Executive Director Will Sedlack speaks during the Grand Opening ceremony for the East Windham Conservation Area on Saturday, May 4 while flanked by Windham Town manager Barry Tibbetts, left, and Windham Town Council Chair Mark Morrison. The new recreational site is a collaboration between the land trust and the Town of Windham. It is about 700 acres and part of a 2,000-acre conservation corridor featuring the largest wildlife habitat, clean water, and recreational trails in Greater Portland. The grand opening event included a three-mile trail hike to a scenic overlook with views of the White Mountains and additional views of Little Duck Pond. COURTESY PHOTO



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PUBLIC HEARING ON

TUESDAY, MAY 14, 2024 AT 6:00 P.M.

in the Council Chambers at Town Hall, at 8 School Road, for the purpose of receiving public comment on the proposed fiscal year 2024-2025 municipal budget, a copy of which can be viewed at:

www.windhammaine.us/DocumentCenter/View/10006/FY-2024-2025-Budget

~ Linda S. Morrell, Town Clerk, CCM



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Chamber Singers able to reschedule Lewiston concert

By Masha Yurkevich
STAFF WRITER

The April snowstorm caused many to lose power and caused the Windham Chamber Singers (WCS) to lose most of their entire spring tour. But Dr. Richard Nickerson, the conductor of the Chamber Singers since 1988, said that the performance at the Franco Center in Lewiston was the only concert that was able to be rescheduled.

The Chamber Singer's history goes back 37 years and they have performed all over the world, but this was their first time they were performing in Lewiston. It was a wonderful night in a beautiful venue and both the choir and audience were electric.

"There isn't enough time or space to tell you what this group means to me," says Nickerson. "My primary goal is to make music at the highest level. I hope the students will also gain an understanding of how to work together towards a common goal. We are ambassadors for our school, town, state and country and take that

responsibility very seriously."

Abigail Coleman, Windham Chamber Singers president, has been part of the Chamber Singers for all four years during her high school career.

"I have looked up to the Chamber Singers since third grade when I performed with them during the District Art Show, but I had never felt a very fierce interest in auditioning, mostly because I was convinced that I'd never be accepted," says Coleman. After a virtual audition during COVID, she was delighted to learn that she had been accepted.

"Chamber Singers means the entire world to me," says Coleman. "I have met some of my dearest friends through this group, friends who share the same passions as I do. This group has given me an incredible relationship with music; it has allowed me to sing so many amazing songs and be a part of so many fulfilling performances."

Performing with the group has made her want to continue singing for a long time after she graduates,

and she doesn't anticipate that this feeling will go away for a long time.

"I enjoy everything about being part of the Chamber Singers. I love rehearsing for three hours every Wednesday, and I love spending time with my peers beforehand while we wait for rehearsals to start. I love the sense of community it brings, and the bonds that can only be created with something as powerful as music," says Coleman. "I love traveling with

them and creating memories. I love every minute of every performance we do. Being able to show every audience what we have worked so hard for, whether that be the RSU14 faculty at the very beginning of the year, or the incredible people who come to AmFam, or any of the concerts in between, it fills me with a sense of pride and belonging that I have failed to find anywhere else."

→ see **SINGERS** Page 10

Welcome, Sandy Tarrío - LMT!



Sandy completed the Holistic Massage Therapy program at SpaTech & graduated in 2024. Through this program, she learned many different modalities such as cupping, trigger point therapy, positional release, assisted stretching, myofascial release, & polarity therapy. Sandy is passionate about the health & wellness of her clients. Her work helps alleviate stress, tension, pain, & promotes a deep sense of relaxation and well-being. She firmly believes that everything in the body is connected, including body, mind, & soul.

She takes a holistic approach to treat her clients & believes that we can reach our highest potential with this approach. Sandy is planning on expanding her knowledge & education by attending an advanced seminar for myofascial release in the summer of 2024 as well as various other continuing education courses. She looks forward to partnering with you to help you feel your best!

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"Only mothers can think of the future – because they give birth to it in their children." ~ Maxim Gorky

"When you look into your mother's eyes, you know that is the purest love you can find on this earth."
~ Mitch Albom

"Such a mysterious business, motherhood. How brave a woman must be to embark on it."
~ M.L. Stedman

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→ **SINGERS** *Cont. from page 7*

Coleman says that Chamber Singers has taught her many valuable lessons, big and small, but the biggest lesson that she will take away from her time in this group is taking responsibility.

"It sounds very simple," she says, "but I have been taught through practicing my music, being to every single rehearsal and performance, and being in the Vice President and President roles that if you take full responsibility and make sure you are prepared, the outcome will be so much more fulfilling knowing how hard you worked.

It was a lesson that I as a freshman needed to learn, and it is a lesson that I will carry throughout my entire life."

Next year, Coleman will be majoring in Business Management and Marketing in college. Her career goals have nothing to do with music, and that is fully intentional.

"Music is my outlet and my personal way to decompress and allow myself to forget every other stressful component of my life," she says. "I completely plan to pursue music throughout my life; however, it will strictly remain a hobby. My love for music is very special to me, and I do not want that love to fade by making



The April nor'easter storm forced the Windham Chamber Singers to cancel much of its planned spring tour, but the concert in Lewiston at the Franco Center was able to be rescheduled and was held in late April. COURTESY PHOTO

it something that I have to do rather than something I get to do."

Being part of Chamber Singers for the past four years has been an honor and something that will always be special to Coleman.

"It's given me so many dear friends, life lessons, and I can thank this group for being responsible for how happy

I've been during high school. I will always be incredibly thankful for everything that the music, my friends, and Dr. Nickerson have done for me."

The next upcoming Chamber Singers concert will be on Thursday, May 30. This will be the Senior Concert and this event will honor the graduating class of 2024. <

STUDENT OF THE WEEK **Grayson Bridges**



Grade: 4 **School:** Windham Christian Academy
Teacher: Mrs. Willard **Favorite subject:** Spelling
Parents: Jarred and Bethany
Reason for selection: Grayson is a good friend to all of his classmates. He works very hard in his classwork and loves Jesus. He makes sure to include everyone and is quick to lend a helping hand to anyone who needs it.

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RVL to host presentation by Maine crime novelist

Whether you're an outdoorsperson, bookworm, or just interested in a night out, a presentation by a noted crime novelist may be just the ticket.

"A Night with Paul Doiron" will be offered at 5 p.m. Wednesday, May 15 at the Raymond Village Library.

Sponsored by Friends of the Raymond Village Library partnering with Sherman's Maine Coast Book Shops, the groups are pleased to offer this rare opportunity to the community. The event is free and pre-registration is required.

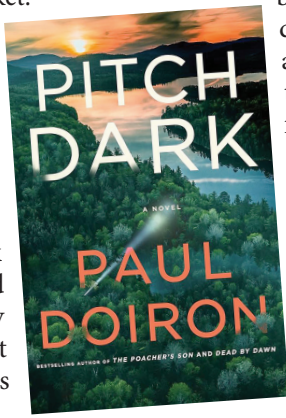
Don't jump in the car just yet; Librarian Rachel Holden says that there is a lot of interest in the event. In fact, Holden says there has been so much hype that the house is already full. As a backup plan, she has started a wait list in case of cancellations.

Doiron enthusiasts are encouraged to call the library to be added to the list. The hour-long event will feature a reading by Doiron from his upcoming novel, "Pitch Dark," the 15th book in his Mike Bowditch series.

Following the reading, Doiron will accept some questions from attendees.

"The reading will be followed by a Q&A and a book signing. Sherman's Maine Coast Bookshop of Windham

has agreed to partner with us and will send a representative for onsite sales of Mr. Doiron's currently published



books and to take pre-orders for Pitch Dark before and after the event and these sales will be cashless for simplicity's sake," said Holden. "Additionally, Mr. Doiron will bring an advanced reader copy of "Pitch Dark," which one lucky attendee will win."

Holden explained that an advanced reader copy, or an ARC, is a copy of the book that publishers send out for free to booksellers, librarians, book reviewers, before the book is printed for mass publication and distribution.

According to the Goodreads website, Paul Doiron is the best-selling author of the Mike Bowditch series of crime novels set in the Maine woods.

His first book, "The Poacher's Son," won the Barry Award and the Strand Critics Award and was nominated

for an Edgar for Best First Novel. His second, "Trespasser," won the 2012 Maine Literary Award.

His novelette "Rabid" was a finalist for the 2019 Edgar in the Best Short Story category. Paul's 12th book, "Dead by Dawn" won the New England Society's 2022 Book Award for Fiction, as well as his second Maine Literary Award. It was also a finalist for the Barry Award.

His books have been translated into 11 languages. He is the former chair of

the Maine Humanities Council, Editor Emeritus of Down East: The Magazine of Maine, and a Registered Maine Guide specializing in fly fishing.

Doiron attended Yale University, earning a degree in English. He also earned a Master of Fine Arts in Creative Writing from Emerson College. He resides in coastal Maine with his wife, Kristen Lindquist.

Doiron has been featured in stories by News Center Maine, the Maine

→ see **NOVELIST** Page 12

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→ NOVELIST *Cont. from page 11*

Writers and Publishers Alliance, Maine Voices Live, and the Portland Press Herald, to name a few. He's also been interviewed by numerous library representatives and bookstores, and many of Doiron's recordings are available on YouTube.

A prolific author, Doiron manages to keep fans engaged by releasing a new book most years, usually in the early summer. He has also been known to publish two in a year's time.

The prestigious Kirkus Reviews heralds "Pitch Dark" as "A perfect beach read that will make you hug

yourself in pleasure and excitement and search for a little more warmth." It follows Warden Service Investigator Mike Bowditch as he embarks on his next adventure that is sure to have you on the edge of your seat.

Pitch Dark goes on sale June 25 from Minotaur Books and MacMillan Audio.

Registration for the free event is required by calling the library at 207-655-4283. Fans are reminded that the event is presently full. However, people can be added to a waitlist. The Raymond Village Library is at 3 Meadow Road in Raymond. Visit the website at www.raymondvillagelibrary.org <



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NOTICE OF PUBLIC MEETINGS**

**- SITE WALK -
Saturday, May 11, 2024**

- **9:00AM** 24-15 Anglers Road Senior Affordable Housing Tax Map: 80, Lot: 58 – Anglers Road. Site plan review 48 unit residential building with associated infrastructure.

**ANNUAL PLANNING
BOARD TRAINING**

Monday, May 13, 2024 • 5:00PM

- REGULAR MEETING -

**Monday, May 13, 2024 • 6:30 PM
Town Hall, Council Chambers, 8 School Road**

- Public Hearing for 23-34 Natural Wonders Daycare Tax Map: 43, Lot: 30 A-2 Pope Road. Site plan review for a childcare facility.
- Public hearing for 24-15 Anglers Road Senior Affordable Housing Tax Map: 80, Lot: 58 Anglers Road. Site plan review 48 unit residential building with associated infrastructure.
- Public hearing for 23-27 Anglers Road Residential Development Tax Map: 80, Lot: 66 Anglers Road. Site plan review for a 24-unit residential development with associated infrastructure.
- 24-18 Tandberg Trail 11-Unit Residential Development Tax Map: 18A, Lot: 48-1 Tandberg Trail. Site plan review for a two building residential development with associated infrastructure.

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

LETTERS to the editor

Submit letters by Monday at 5p.m. to: editor@thewindhameagle.com
or mail to: 588 Roosevelt Trail, Windham, 04062

Editor,

We all can be very proud of our Sebago Lake Region Chamber of Commerce and leader Robin Mullins for many reasons, but mostly for me it's because as a group they have literally stepped up, supported, and endorsed Walk a Mile in Their Shoes, (WAMITS) a 501c3 nonprofit foundation dedicated to preventing deaths of children in state care.



Last Tuesday several members traveled to the State House in Augusta to support our Child Abuse Prevention Rally. I was extremely proud to have our local Chamber make such an extraordinary effort to underscore their statement about the importance of our mission to end the tragic record Maine now holds as the state with the highest rate of child abuse in the nation, in fact, Maine's child abuse rate is over twice the national rate.

A Big Proud Thank You to the following members of the Chamber who traveled to Augusta to support our cause: Jonathan Priest, President; Barb Maurais; Misty Coolidge; Maureen Mazur; Beth Hall; Chrissy Williams; Kenny Cianchette; Lorraine Glowczak; Pete Neelon; and Kathy and Richie Vraux. They are true role models and distinctive leaders of our lakes region communities.

~ Bill Diamond, Windham, Founder – Walk a Mile in Their Shoes

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Mills requests federal funds to assist in nor'easter recovery

Maine Gov. Janet Mills has formally requested that President Joe Biden issue a Major Disaster Declaration to help Cumberland and York Counties recover from the severe April Nor'easter that resulted in significant infrastructure damage across southern Maine.

In a letter to the president, Mills wrote that costs resulting from the two-day storm, including debris removal, damage to roads and bridges, and emergency protective measures is expected to exceed \$3.5 million.

If the president Biden approves the governor's request, Maine would gain access to emergency grants from FEMA that could help communities across the two counties as they continue to recover from the storm.

"With the increased frequency and intensity of storm events in Maine over the last 24 months, emergency management officials across all levels of government remain stretched in their fiscal and programmatic capacity to respond to and recover from disasters," Governor Mills wrote in her letter to President Biden. "While my administration has pledged \$60 million to helping Maine

communities recover and build back stronger, supplemental grants through FEMA would specifically enable communities across Cumberland County and York County to support the comprehensive recovery needs associated with the severe early April storm."

The requests submitted by the governor are specifically for the Public Assistance (PA) Program and the Hazard Mitigation Grant Program. FEMA's Public Assistance Program provides supplemental grants to State, local, and Tribal governments so communities can quickly respond to and recover from major disasters or emergencies. The Hazard Mitigation Grant Program provides funding to State, local, and Tribal and governments so they can develop hazard mitigation plans and rebuild in a way that reduces, or mitigates, future disaster losses in their communities.

Last month, Mills signed into law her proposal as part of the supplemental budget to make available \$60 million to help Maine communities. She has also directed members of her Administration to plan to immediately distribute funds as soon as statutorily possible. <

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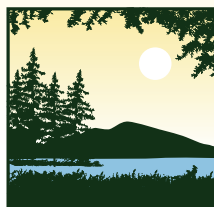
- Separate piles will be maintained for leaves and brush – PLEASE SEPARATE.
- Dispose of leaves and brush in designated areas ONLY (Please follow signs).
- Leaves must be removed from bags, please REMOVE them from the bags and TAKE THE BAGS WITH YOU.
- Leaf and brush disposal area is for Windham residents ONLY
- Brush must be less than 12" in diameter

For more information please call Public Works at 892-1909 or visit their website at www.windhammaine.us

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Eagle SPORTS



Outdoor track and field team soars in early season meet

By Matt Pascarella

STAFF WRITER

Windham High School's outdoor track and field team headed to Massabesic High School in Waterboro on Wednesday, May 1 for a meet against Gorham, Massabesic and Sanford and both Windham squads did well, with the girls finishing first with a score of 127.5, and the boys finishing third with a score of 66.

GIRLS - In the first section of the 100-meter dash, senior Khalysa Hammith finished first with a 13.00-second time. Sophomore Myla Vercoe finished third with a time of 14.02.

In the 200, sophomore Kendra Eubanks finished first with a time of 31.54, freshman Annabelle Harris finished in second place with a 34.31 time. In the second section, freshman Leana Robbins finished first with a 33.70 time.

In the 3200, sophomore Emma Fox finished second with a time of 14:23.22 minutes.

Junior Tayla Pelletier finished first in the 100-hurdles with a 15.28 time and broke a school record set in 1997. She also finished first in the triple jump with a distance of 36-08.25.

"I think the day went great. It was definitely overwhelming, but I think I made the most of it and the team made the most of it," said Pelletier. "Everyone on the team was supporting, everyone was helping each other out. Getting my mindset in the right place has helped me ... I need to focus on my technique a lot and trust in my speed."

In the high jump, sophomore Jo-



(L to R) Windham junior Tayla Pelletier sails over a hurdle during a track and field meet against Gorham, Massabesic and Sanford. Sophomore Josephine Sibley clears the high jump bar. PHOTOS BY MATT PASCARELLA

sephine Sibley finished first with a height of 4-08.00.

Hammith finished first in the long jump with a 16-06.00 distance, junior Ava Gerrity finished second with a distance of 15-02.50; Vercoe was third with a 14-09.00 distance.

Junior Marina Schwartz finished first in the discus with a throw of 82-05 and second in the shot put with a 26-07.50 distance.

"We witnessed massive efforts by all in the meet in all 19 events which offered us this dominant win," said Windham girls' outdoor track and field coach Jeff Riddle. "What went well was skilling-up the players, asking them to try new things to best determine what events best suit them



and support our program plan, and then having them respond to the opportunity in front of them. We have to sustain the dedication to shelf self-doubt. We have to keep introducing players to new events when they are strong enough physically and mentally to take it on; we need to never be complacent in thinking there is not more work to do."

BOYS - In the first section of the 100-dash, senior Marcus Tillery finished second with an 11.33 time; sophomore Karl Longstreth was third with an 11.39 time, a personal record for him.

"Everyone has had a great meet," said Longstreth. "A lot of personal records; I'm very confident in what we have as a team. I had a really good block start which I've been dawning over for the past year. Everyone as a whole has been really good and locked in the past couple practices. We need more commitment from the guys ... and we need to stay more focused in the classroom and on the track."

In the second section of the 100, senior Ezra Foster finished first with a 12.09 time. In the third section, sophomore Sam Hutchinson finished first with a time of 12.44. Senior Jinqi Li was second at 12.46. In the fifth section, freshman Gabriel Bois finished first at 13.25.

In the 200, sophomore Ronan Mace finished first in the first section

with a 27.22 time. In the third section, junior Dylan Fillingier finished first at 28.10. In the fifth section sophomore Connor Witham was first with a 24.58 time; junior Jacob Gagne was second place at 25.67.

Junior Andrew Young finished fourth in the 1600 with a 5:17.84 time.

In the 110 hurdles, junior Carter Engelman finished second with a 16.69 time. Junior Rory Good was third at 17.63

Engelman was first in the pole vault with a 13-00 height.

Sophomore Mason Arbor finished first in the triple jump with a 40-04.00 distance and third in the high

jump with a 5-06.00 height.

In the shot put, senior Teddy Sanborn finished second and threw a 38-03.00 distance.

Witham finished seventh in the javelin with a throw of 116-10. Freshman Emmett Hutchinson threw 105-02.

"We had many athletes building on earlier performances and were able to get season best," said Windham boys' outdoor track and field coach Paula Pock. "Our goal is to continue to improve week to week and get athletes qualified for the SMAA Championships and the State Meet." <



Windham sophomore Mason Arbour competes in the triple jump.

ATHLETE OF THE WEEK



Chloe Edwards

Age: 16 **Team:** WHS varsity softball
Coach: Darcey Gardiner

Parents' names: Nichole Mack Edwards & Ryan Edwards

Reason for selection: Chloe Edwards is one of the most selfless, hardworking players on the team. She is a phenomenal teammate. You see her supporting teammates who are down, and you always hear her cheering for hitters. On top of that, Chloe hits in the nine-hole for WHS ... the nine-hole hitter could be the worst hitter on the team, but Chloe is one of the best hitters on the team, she's hit multiple homeruns from the nine-hole, and she helps turn that lineup over to the top of the lineup. That's really what her coaches are looking for out of her and she just does such a phenomenal job at it. Defensively she's got to be one of the best third basemen in the league. She doesn't get a lot of balls hit her way, but when they do get hit her way, coaches have all the confidence in the world in her. Any bunt that's in the air, even if it's down the first base line, she's fast enough to go get it and that's what we encourage her to do. She's a great teammate, a hard-worker, and a phenomenal person.

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Varsity softball extends win streak against Westbrook

By Matt Pascarella
STAFF WRITER

Windham High School's varsity softball team showed they remain strong as the season approaches its halfway point. The Lady Eagles crushed Westbrook with a 10-0 win on Monday, May 6 at home. Junior Kennedy Kimball was in the circle for Windham and struck out 14 over six innings. She threw 57 strikes of her 76 pitches.

"We didn't completely know Westbrook," said Kimball. "We figured our way throughout the game. Stella [Jarvais] did a great job calling behind the plate, figuring it out from batter to batter and it felt really good today. We all did a great job making adjustments at the plate; we didn't all have the same at-bat ... we did good getting runs across and did really good base-running today. We were all really aggressive; we didn't have our best at-bats today; we were a little out in front of it - we all know we need to pay more attention and get our pitch, work a little deeper in counts to get our pitch."

Kimball sent the first three batters back to the dugout in the first inning. Then, senior Brooke Gerry walked. A fly out and a ground out brought Gerry across home plate. Kimball hit a grounder and reached first base on an error. Sophomore Oakley walked, as did sophomore Nola Bryant. After sophomore Lacie Higgins walked, pinch-runner junior Dakota Small scored. McLeod scored on a wild pitch and Windham led 3-0 after one inning.

Kimball, along with Lady Eagle defense didn't give Westbrook many



(L) Windham sophomore Lacie Higgins slides into home plate during a varsity softball game against Westbrook on Monday, May 6 at WHS. (Above) Sophomore Oakley McLeod is greeted by her teammates after she hit a home run. PHOTOS BY MATT PASCARELLA



Junior Kennedy Kimball pitches the ball right down the middle.

opportunities to get on base.

Gerry walked again in the bottom of the second inning, then sophomore Addison Caiazzo walked. Junior Stella Jarvais grounded into a fielder's choice, but Gerry scored.

In the bottom of the third inning,

McLeod hit a homerun to left field. Higgins singled, as did junior Chloe Edwards. Higgins scored on a wild pitch, then Edwards did the same.

"It felt pretty good [to hit that homerun], said McLeod. "As a team we had pretty good energy. We just want to do our thing, not press in the box. We had very good energy, we were putting the bat on the ball, we had good defense and pitching/catching."

Keeping the energy up, despite a big lead, is something McLeod said they need to work on.

In the bottom of the sixth, Windham led 8-0. Senior Jaydn Kimball singled. Junior Lydia Marden walked. Freshman Evelyn Anderson walked. Small walked and pinch runner Bryant scored. Gerry grounded into a fielder's choice and Marden scored.

"[Windham] comes here every day with a focus, with a set, with a goal and

that is one run at a time," said WHS varsity softball coach Darcey Gardiner. "I think we really do a good job at accomplishing that. I see them being able to make those adjustments when they are up to bat - or at their next at-bat - timing up the pitcher, that's big moving forward for us as we see the second half of our season. Top to bottom it was a really good team win; I would have liked to see more base hits, but that's just me being picky. Kennedy threw awesome; I thought her fastball had a little more movement on it, she's got enough speed on it to control a game. I still think the adjustments [need work]. One through nine, we're a really fast lineup, so if we can put the ball in play, we have a chance to put a runner on."

Windham (9-0) defeated Portland, 15-0, on Tuesday, May 7 to remain unbeaten on the season. <

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BRIEFS

Shredding event

The Windham/Raymond School Age Child Program, a local 501c3 before and after school program, will

sponsor its annual paper shredding event from 9 a.m. to 1 p.m. Saturday, May 11 in the Windham Lowe's parking lot. There are no limits on the

amount of paper that can be shredded. Donations will be accepted for the program. FMI, call 207-899-5007.

Yoga and horses

The Maine State Society for the Protection of Animals and Ashley Flowers Yoga are teaming up to offer a unique yoga experience beside MS-SPA horses on Sundays in Windham. Hour-long yoga sessions will be held at 11:30 a.m. on May 12, June 9, and July 14 at the MSSPA, 279 River Road, Windham. The cost to participate is \$12 per session. FMI, visit msspa.org or call 207-892-3040.

Windham Cancer Support Group

The Windham Cancer Support Group will host a Special Caregiver Meeting at 6:30 p.m. on Monday,

May 13 at the Windham Public Library. The Windham Cancer Support Group's next regular meeting will be at 6:30 p.m. Tuesday, May 28 at the library. FMI, send an email to plrfrenchie51@aol.com

Citizenship ceremony

The American Legion Field -Allen Post 148 will host a Naturalization Ceremony where new citizens will swear allegiance to the United States at 10 a.m. Friday, May 24 at the Windham Veterans Center, 35 Veterans Memorial Lane in Windham. This event is open to the public. FMI, send an email to aileenpelletier22@gmail.com

If you have a nonprofit event to submit for a brief email: editor@thewindhameagle.com

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Eagle REAL ESTATE & Home

Prepping for the summer months

► **Compiled by Jonathan Priest**
SPECIAL TO THE WINDHAM EAGLE



— Jonathan Priest

Summers are a great time to spruce up the look of your home and bring in some cool elements, to escape the scorching heat. The easiest way to keep a house cool is by using heavy curtains and shutting the windows and drawing the curtains at 11 a.m. sharp. One can go in for blinds and bamboo curtains, to keep the excess heat out and keep the space cool. One can keep small pots filled with water in the corners, to cool the space, especially in areas where there is breeze blowing in. Also, in the evening hours, ventilate the house by opening the windows and allowing some air in.

Opt for cool and soothing colors
Use light colors as much as possi-

ble within the house, as it will reflect light and heat and give a pleasant ambience to the living space. In summer, let light colors be the base of your interiors. Work with neutral colors like ivory or shades of green, to retain the cooling effect. Warm tones like olive, lilac or burgundy can be soothing, without seeming overwhelming. Blues, greens and beige, are all ideal to use during the summer. Accent pieces, inspired by nature, can also brighten up the home. Prints that are abstract or floral and bright can remind one of the better side of summer, and not just the temperature.

Spruce up the home with natural fabrics

Cotton is by far the best natural fabric to use in the summer, for bedding and sofas, followed by linen. These fabrics are 'breathable' and



have great insulating properties, allowing you to remain cool when it is hot. Natural fabrics are skin friendly and environmentally friendly, as well. Moreover, changing the bed linen according to the season, and also livens up the décor.

Cool the home with indoor plants

Keeping indoor plants is a simple way to cool a space and purify the quality of air. Indoor plants or plants on the windowsills, not only bring the temperature down, but also add style to the house, when arranged in fancy pots. Some house plants like English ivy and peace lily, absorb moisture from the air and reduce humidity. Plants that are tolerant to heat, such as sunflower, lemon grass, banana and palm,

give a cooling touch to the house, while areca palm, aloe vera and baby rubber plant are known for removing toxins from the air. Homeowners can also grow plants on a terrace, to protect the house or building from the sun's rays.

Choose energy-efficient and cool lights

Artificial lighting tends to add heat to a space. Homeowners can counter this by switching to cooler lighting fixtures, such as compact fluorescent or LED lamps, in place of incandescent bulbs. In addition to reducing heat, these lights also help to save energy. For a pleasant ambience, you can even experiment with mood lighting.

Dust off your outdoor furniture

Summer is the perfect time to give your outdoor furniture a makeover. With a little effort, you can restore them to their former glory. Start by

→ see REAL ESTATE Page 20

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

FOOD AND GAMES

THE WINDHAM EAGLE'S

Cooking Corner

By Ed Pierce
STAFF WRITER

Harriett's Moist n' Crispy Chicken

As we observe Mother's Day this Sunday, here's a recipe straight from an index card that I found in one of my mom's old cookbooks. Harriett Pierce wasn't exceptionally adept in preparing meals, but this one was one of my favorite dishes that she would make for our family when I was small. It doesn't have a lot of ingredients, but turns out to be very tasty and juicy, especially great for a leisurely Sunday supper.

This recipe was handwritten by her and dated May 9, 1956. There was a side note with an asterisk that said my father enjoyed the dish and asked her to make it again sometime.

INGREDIENTS

- 1 whole broiler chicken, cut into parts
- 3 cups of Rice Krispies cereal
- 1/2 cup of Hellman's Real Mayonnaise
- 1/4 teaspoon of black pepper
- 1 teaspoon of paprika
- 1/2 teaspoon of salt

INSTRUCTIONS

- Preheat oven to 425 degrees.
- Coat bottom of baking dish lightly with butter.
- Crush the Rice Krispies and place in a brown paper lunch bag.
- Add the salt, pepper and paprika to the lunch bag and shake the bag thoroughly to blend all the ingredients.
- Place the cut-up chicken in a large baking dish and brush mayonnaise over it. Extract the chicken from the baking dish one piece at a time using tongs and place in the lunch bag. Shake well to coat the chicken.
- Remove each coated piece of chicken and place back in baking dish.
- Bake in oven for 40 to 45 minutes at 425 degrees until the chicken is golden brown in color and tender inside.

SERVING

Remove chicken and serve with a side dish of mashes potatoes or rice and asparagus or green beans. Serves four to six people.

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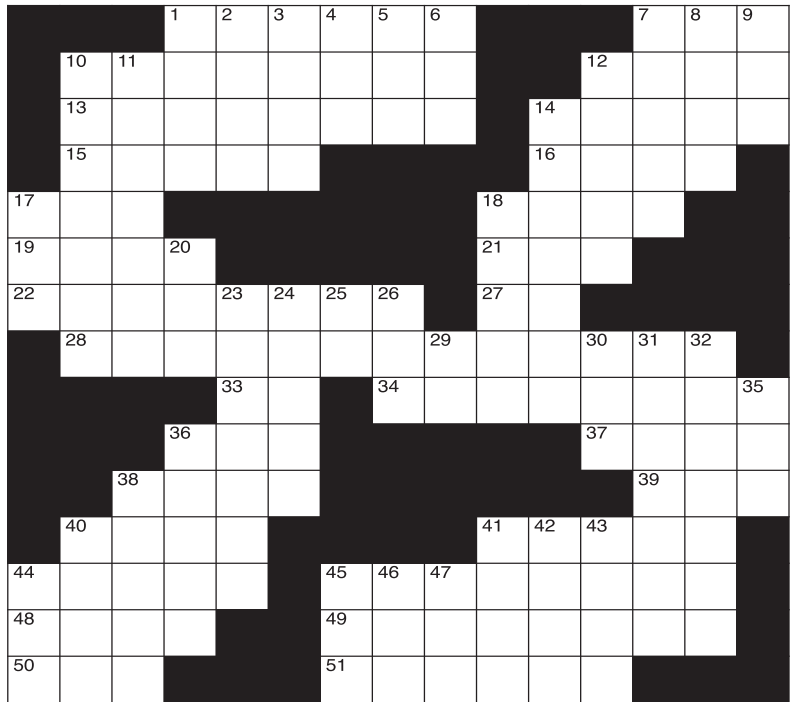
LAST WEEK'S ANSWERS

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

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CROSSWORD PUZZLE



CLUES ACROSS

- 1. Lunatic
- 7. Doctor of Education
- 10. Able to make amends
- 12. Tight-knit group
- 13. Gland
- 14. Intestinal pouches
- 15. Fungal spores
- 16. Erstwhile
- 17. Engine additive
- 18. Nasal mucus
- 19. Fit a horse with footwear
- 21. Consumed
- 22. Settle
- 27. Larry and Curly's pal
- 28. Basketball's GOAT
- 33. Exclamation of surprise
- 34. Made tight
- 36. Before
- 37. Actor Nicolas
- 38. Not hot
- 39. Talk
- 40. Pledge
- 41. Abandon a mission
- 44. Trims by cutting
- 45. Aspects of one's character
- 48. Boxing GOAT's former surname
- 49. Holy places
- 50. Body art (slang)
- 51. Attributes

CLUES DOWN

- 1. How one feels
- 2. American Nat'l Standards Institute
- 3. Information
- 4. Licensed for Wall Street
- 5. Keyboard key
- 6. Born of
- 7. Choose to represent
- 8. Small European freshwater fish
- 9. Everyone has their own
- 10. Line from the center of a polygon
- 11. Lebanese city
- 12. Type of watercraft
- 14. A way to twist
- 17. Soviet Socialist Republic
- 18. Greek island
- 20. Medical practitioner
- 23. ___ DeGaulle, French President
- 24. Partner to "oohed"
- 25. Atomic #52
- 26. Santa's helper
- 29. Rapper ___ Rule
- 30. Month
- 31. Word formed by rearranging letters
- 32. Nullifies
- 35. Young woman ready to enter society
- 36. Unemployment
- 38. Weight unit
- 40. Formal party
- 41. Computer language
- 42. Residue formula in math
- 43. Duty or responsibility
- 44. Part of (abbr.)
- 45. Time zone
- 46. Body part
- 47. Nucleic acid

SUDOKU

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

HOW TO SOLVE:

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

LAST WEEK'S ANSWERS

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



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BUSINESS SPOTLIGHT

Expertise, keeping costs low, honesty and a passion for automotive repair excellence are the guiding principles of Tinker Automotive Services of Windham.

Now in an expanded site at 51 Tandberg Trail, the new location allows owner Levi Tinker and his team of technicians to deliver the highest quality vehicle repairs in a more convenient spot with more parking and easy access for many customers.

“The difference is significant because we’ve gone from one bay to five,” Tinker said.

In business since 2017, Tinker Automotive has worked hard to keep up with advances in the industry and has recently added wheel alignment racks for the new shop. They are also equipped to be able to do more rust repair work there.

In addition to performing state inspections for four-wheeled vehicles, Tinker Automotive Services also can perform state motorcycle inspections too and offers a complete line of affordable repairs and maintenance services for all types of vehicles.

“We’re really happy at this new place and glad that we’ve made this move,” Tinker said. “We’re grateful to be able to serve this community and have made so many wonderful friends through the years.”

Levi Tinker’s expertise in auto repair started at an early age and continues to this day.



“I’ve always liked to ‘tinker’ with repairs,” he said. “Even as a kid, I would go to the town dump to see if I could find a bike to fix up. For me, it was so much fun to take a broken bike and get it up and running again. There was a sense of satisfaction and accomplishment in that. And there still is.”

He’s worked in the automotive repair field for all his adult life and worked his way up to owning his own shop through hard work and a willingness to be honest and deliver exceptional work in a timely manner while doing everything possible to keep costs as low as possible.

Tinker also believes in transparency and taking the time to explain the extent of work required to his customers.

“I will take time to show people what the problem is and do my best to explain in a way they can understand,” he said. “Unfortunately, in the automotive repair field, women are often taken advantage of, and we are adamant about not doing that. We never upsell anything and we are straight-

forward and honest.”

Tinker Automotive Services has been voted for several years as a leading choice in The Windham Eagle’s annual Eagle Choice Awards and it doesn’t look like this trend will end anytime soon. Their positive reputation continues to spread throughout the community because of their commitment to performing exceptional repairs and maintenance on all makes of vehicles for every customer everytime.

Outstanding reviews posted online confirm Tinker Automotive Services’ devotion to its customers and the quality work it performs.

“We were referred to Tinker when our current mechanic retired. We were planning a long family road trip and wanted a thorough check of my vehicle before we hit the road. I immediately felt relieved by the fantastic customer service and great communication with everyone at the shop. When I needed to stop in with my kids they had toys and treats to keep them busy and were all very kind to my little ones. We had mul-

tiple issues with my vehicle that needed repair. The shop was thorough and very fair with their assessment and pricing. We feel that they went above and beyond to help us get on the road safely. It isn’t often that you find a kind and honest shop that is this great at repairs. We are happy to have found them and highly recommend to anyone in need of a good mechanic.” – Lynnsey Flynn

“Our vehicle was down, and we were in a pinch to get it looked at and fixed. Tinker Automotive was not only able to get us in to diagnose the problem quickly but they were able to get it fixed and back on the road fast. Communication and response time were fantastic. They even followed up after we picked up our vehicle to thank us for our business. We are very happy with our experience and will be using Tinker Automotive for all our future vehicle maintenance and repair needs. Thank you to Levi and the rest of your team.” – Aaron Pieper

“Just had one of my vehicles fixed by the guys at Tinker. They did an exceptional job, and they stand by their work. And I liked that they visually showed me what needed to be fixed and the price was totally affordable.” – Ronnie Lee

The mission of Tinker Automotive Services is to help customers maintain a safe, reliable vehicle, and to provide the community with honest, reliable, and exceptional service. FMI or to make an appt call or text 207-318-0342 and find them on Facebook. <

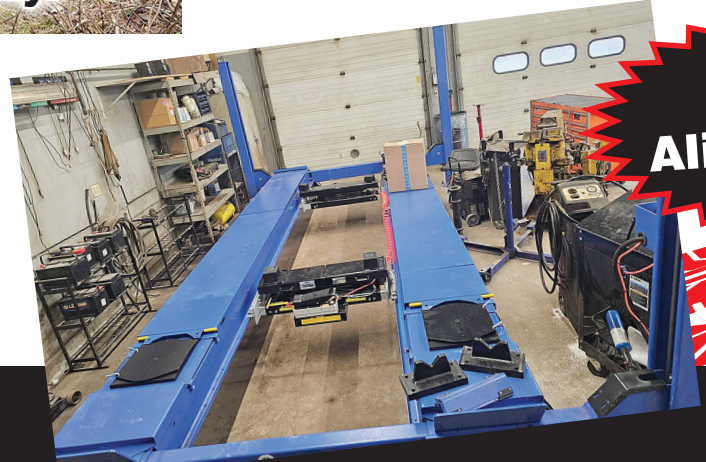


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→ REAL ESTATE *Cont. from page 17*

removing any dirt, cobwebs, and debris accumulated from the winter and spring storms. Warm soapy water is an effective and affordable way to do this. For wooden furniture or benches, a pressure washer can be used to get rid of stubborn grime. If your furniture still looks a bit worn out, consider giving it a new look with weatherproof paint or a coat of varnish. These simple steps can go a long way in rejuvenating your outdoor furniture without having to buy new ones.

Add a splash of vibrancy

Are you planning to give your home a seasonal makeover? Try incorporating fresh colors such as zesty yellows, pastel blues, and oranges to create a vibrant summer vibe. You can start by painting one wall of a room with a bright hue or adding some sea-green turquoise scatter cushions to your sofa.

Alternatively, consider buying new bed linen that captures the essence of a bright summer morning. Summer provides an excellent opportunity to experiment with home decor and add splashes of color and texture to your space.

Décor tips for summer

- Insulated walls and roofs and double-glazed windows can substantially reduce heat gain and reduce the load on air-conditioning units.
- Ensure that the air-conditioners in the house are serviced regularly and their filters cleaned, to maximize efficiency.
- For beds, do away with heavy duvets, velvet satin silk and opt for lighter cottons.

This article was brought to you courtesy of Farmers Insurance agent, Jonathan Priest, with an office at 57 Tandberg Trail, Suite 7, Windham and StaySafe.org. Call him at 207-893-8184 or email: jpriest1@farmersagent.com <

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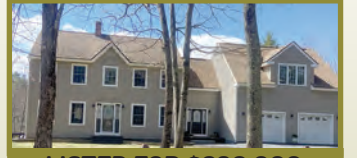
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