

## Veteran turns 100 with Windham family

By Ed Pierce

STAFF WRITER

On Wednesday, the Rev. Robert “Bob” Canfield achieved a milestone that only 0.027 percent of people ever attain when he celebrated his 100th birthday at the Maine Veterans Home in Scarborough.

Canfield, a World War II veteran, celebrated his big day at a party hosted by his daughter, Debbie Hutchinson and her husband John of Windham. They feasted on cupcakes with relatives from around Maine and out of state, including two grandchildren, and two great-grandchildren.

Born in Beloit, Wisconsin on Feb. 12, 1925, Canfield was one of five children in his family growing up during the Great Depression. His father was a World War I veteran, and his mother stayed at home to care for the children.

During World War II, Canfield became what he calls “a dry land sailor,” assigned to a Navy ammunitions depot in Indiana where he worked with 5-inch Navy shells and black powder as a Fireman First Class.

Following his discharge at the end of the war, he completed studies at a junior college in Michigan before transferring to Greenville College



Debbie Hutchinson of Windham hugs her father, the Rev. Robert ‘Bob’ Canfield, a World War II veteran who celebrated his 100th birthday on Wednesday at the Maine Veterans Home in Scarborough with a party attended by his grandchildren and great-grandchildren.

PHOTO BY ED PIERCE (Inset) Rev. Robert ‘Bob’ Canfield at the age of 18 while serving in the U.S. Navy as a Fireman First Class. COURTESY PHOTO

in Illinois to obtain a four-year degree. One evening his college roommate told Canfield that the woman he was dating had a roommate who would go to a school dance with him. That evening, he walked to the girls’ dormitory on campus and met his blind date, a student named Helen Anderson who would become his wife a year later.

The couple embarked upon a life of service to others as Canfield entered the ministry as a Free Methodist clergyman and served at Light and Life Children’s Home in Kansas City, Kansas, then at three churches in New York state before moving to Maine and leading a church in Gardiner. They had two children, a daughter, Debbie, who has lived in Windham for more than 50 years, and her older brother, Daniel Canfield, who passed away two years ago. Helen died in 2018.

Always having been handy since he was a child, Canfield remains active at the veteran’s home and his room is filled with spare parts and mechanical gadgets for him to work on his hobbies.

“He paints, he makes box kites, → see BIRTHDAY Page 6

## Local stylist aims for ‘USOA Mrs. Maine’ crown

By Ed Pierce

STAFF WRITER

A Windham hairstylist vying for the title of “United States of America Mrs. Maine” is seeking to raise awareness about infertility issues affecting women and step outside her comfort zone by entering the statewide pageant.

Nichole Burke, 41, and her husband moved to Windham in November 2023, and in March 2024, they became the parents of a son.

“Something many people may not know about me is that after four years of struggle, I became a first-time mom at 40, welcoming a beautiful son just 10 months ago,” Burke said. “My husband and I had a whirlwind year – we got married in June 2023, bought our first home five months later, and then, just four months after that, became parents.”

She was asked by the director a few months ago to join the pageant.

“I have some friends who have done pageants, so I talked with them and got a lot of encouragement,” Burke said. “I decided that this experience would be something just for me, where I could step out of my comfort zone and grow personally. A motivation to get back into self-care and regular exercise, something that I miss. Also, an opportunity to get more acquainted with our new community and be of service. Doing service work has been very fulfilling for me, and I am looking forward to it



Nichole Burke, a hairstylist, wife and mother, will represent Windham in the 2026 USOA Mrs. Maine Pageant in October. She is seeking sponsors and hopes to amplify her platform of promoting discussion about problems associated with infertility. COURTESY PHOTO

again. Another important part of my journey is that I have been in recovery for almost 16 years, a path that has shaped me into the resilient and compassionate person I am today.”

Originally from Saco, she’s been a hairstylist for 16 years, and she also

serves as an independent consultant with Arbonne.

According to Burke, she’s hoping that this new experience of competing in a pageant will help her obtain another level of personal growth, filling her spirit in a new way.

“The motto for the pageant is ‘Empower, Inspire, and Uplift’ and I am hoping to be and share those things,” Burke said, “Personal growth is important to me. This experience is an opportunity for me to build new connections in Windham and across Maine. I want to challenge myself personally, by stepping outside of my comfort zone, to embrace the confidence that comes with being part of the USOA Mrs. Maine Pageant.”

If honored as the pageant winner, Burke hopes to use this platform to amplify the conversation around infertility, breaking the stigma and fos-

tering a community of support for women facing similar struggles.

“I want to advocate for greater access to fertility awareness, mental health resources, and community support,” she said. “By sharing my own experiences, I hope to encourage open conversations, provide comfort to those struggling, and work toward a future where no woman feels alone in her fight to become a mother. I would also like to help young girls and teens with self-esteem and empowerment.”

The 2026 USOA Mrs. Maine Pageant will be held from Oct. 10 to Oct. 12 at the Senator Inn & Spa and the Augusta Civic Center and judges will select the winner based upon an interview, swimsuit, and evening gown categories. The pageant is the Official State Preliminary to the National United States of America Pageant which will be held July 4, 2026 in Las Vegas, Nevada.

Burke says that her friends and family are excited to see her enter the pageant, and she’s amazed at how supportive and encouraging everyone has been.

“My greatest strength in this pageant is my ability to connect with and uplift others. Through my → see PAGEANT Page 10

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# INSIGHT

## Life in the fast lane

In looking back regarding my experience with automobiles, I'd have to say it's not my favorite subject. That can probably be explained by a series of misfortunes and bad purchases through the years that left me wondering if I would ever find the right vehicle. Former U.S. Secretary of State Colin Powell once said, "Always focus on the front windshield and not the rearview mirror," and yet there are some automobiles that I've owned that are truly unforgettable.

The first one I owned was a 1956 Chevy that I purchased from a college classmate. That lasted for a few years until the left rear wheel well rusted through and driving through puddles resulted in a stream of rainwater spraying the back of my driver's seat.

My first new car purchase was a 1974 Mercury Capri and the difference between it and the 1956 Chevy was significant. The Chevy's interior was made of steel, while the Capri's interior was mostly plastic. The Capri's rear window was angled and the sun damage it caused to the back seats and rear window mat left me with no other choice than to place a bathmat there to absorb the harmful UV rays.

The Capri was sold when I entered the U.S. Air Force and was assigned overseas. Returning to the U.S. two years later, I purchased a 1969 Volkswagen Beetle for \$500 and was pleased with it until driving to work at the Pentagon one winter morning. The sun was shining, and I wanted some fresh air, and so I rolled the driver's window down about halfway.

Apparently, that knocked the driver's window off the track, and it was stuck in that position. No matter what I did to fix it, it wouldn't work. So, I tried taking the entire door apart to resolve the problem. That only created more of a problem in trying to put the door back together. I never could get the window back on its proper track, so I inserted a piece of wood there to hold the window up. If I needed to put the window down, I removed the wood. But after a while that got very tedious, and so I went to the auto salvage junkyard and found another Volkswagen door. The only issue was it was white, and my Volkswagen was green.

I drove the Volkswagen that way for a year until I traded it in for a new 1981 Datsun pickup truck. That truck took me across the country to my new military assignment in Arizona. The only problem with it turned out to be the truck's fuel filter which was so tiny that it frequently clogged from using inexpensive gasoline and left me stranded on more than one occasion.

That truck was sold, and I eventually purchased a 1978 Chrysler LeBaron. That was a huge lengthy automobile and was good for a few years until the brakes went out on it as I neared a brick wall at 40 mph. I struck the wall head-on, and that vehicle's front end crumpled like an accordion.

Moving to Florida, my father helped me buy a used 1986 Buick Regal for \$1,700. That was a decent car, but it was doomed when some sort of hose became loose while driving on I-95 late at night sparking an engine fire and resulting in it being sent to the junkyard.

A co-worker then sold me a 1985 Ford Tempo for \$400. It had belonged to his daughter, and he was selling it because his family had presented her with a new car for her high school graduation. The daughter's boyfriend had upgraded the stereo system in the vehicle, and it was good on gas. But one night at work, somebody returning from a break in the parking lot told me they thought they saw smoke inside my car. When I opened the side door, a fireball erupted inside, torching the steering wheel and most of the dashboard. The daughter's boyfriend hadn't connected wires properly installing the stereo and caused the fire.

A used car dealer took the Tempo in trade and gave me \$300 for it when I purchased a used 1988 Pontiac Grand Am from him. After spending thousands on mechanical repairs for the Grand Am over three years, I traded that in for a used 1996 Pontiac Firebird. I drove that for several years after paying off the five-year car loan. The Firebird had pop-up front headlights and when one of the headlight motors went out, I couldn't afford to replace it.

Instead, I inserted a spoon in the grill to the headlight framework to hold it up and that worked for a while. The other issue was the outlandish replacement cost for tires on the Firebird which I also could not afford. It was parked for about a year before I sold the Firebird to someone who wanted to use it to haul their boat around.

The next vehicle was a 2004 Hyundai Sonata which ended up being a total loss following a crash. These days I have a 2011 Hyundai Sonata which I purchased in 2014 and it's going.

If my vehicle history was a novel, its title would be "Exhausting." < ~ Ed Pierce

*Inspirational Quote of the Week*  
"Love is something eternal; the aspect may change, but not the essence." – Vincent van Gogh

### Today in HISTORY

**FEBRUARY 14**

**1822** – A patent is issued to Jeremiah Bailey of Chester County, Pennsylvania for the first hand-pushed lawn mower.

**1959** – Oregon is admitted to the U.S. as the 33rd state.

**1912** – Arizona becomes the 48th state of the Union as U.S. President William Howard Taft signs a proclamation.

**1920** – The League of Women Voters form in Chicago, Illinois.

**1924** – The Computing-Tabulating-Recording Co. of New York is formally renamed International Business Machines Corp., or IBM.

**1932** – The U.S. wins the first bobsled competition ever held during the Winter Olympic Games at Lake Placid, NY.

**1966** – Rick Mount of Lebanon, Indiana is the first high school male athlete to be pictured on the cover of "Sports Illustrated" magazine.

**1967** – Singer Aretha Franklin records her cover of Otis Redding's "Respect" at Atlantic Records in New York.

## ON THE SPOT

What small, insignificant thing gives you joy?

"Good pizza and cold Pepsi."  
– Steve Hatt

"Sunshowers."  
– Whitney Seitz Traylor

"Eastern Bluebirds at the winter feeder."  
– William D. Reiner

"Hearing snowmobiles in the distance having fun!"  
– Brian Butler

"See kids playing and laughing without a game controller in their hand or cell phone."  
– Tommy Matthews

"Serotonin molecules."  
– Alfred Traylor

"Seeing a red cardinal."  
– Carrie Colby

"Being able to make someone smile."  
– Kathy Bridge Frye

"Bird watching."  
– Darlene Pratt

"Nice people that open doors for you and say good morning, all that."  
– Cheryl L. Page

"Hand feeding and petting the chipmunks in the backyard. Friendly little guys."  
– Mike Jacques

"My granddaughter."  
– Deb Poirier Hall McPhail

"Riding my ATV early in the morning just after sunrise."  
– Mitchell B. Robinson

"Popcorn."  
– Rick Seacroft

"Breakfast with my parents."  
– Jennifer Harmon

"Well, joy by definition isn't insignificant! I'll say, though, making food that reminds me of lost family or friends far away."  
– Francisco Paredon

"The aroma of fresh coffee brewing."  
– Susan Laliberte

"My isopods."  
– Kate Salvato

"Dry socks."  
– Brian McCarthy

"The night sky when I'm alone, but then that's not really insignificant."  
– Lisa Purcell

"Insignificant is subjective. That said, my answer is walking on the beach year-round."  
– Stephen Signor

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# Several upcoming local events have been rescheduled

**By Ed Pierce**  
STAFF WRITER

Organizers say that several popular events, including the upcoming Annual George Bartlett Memorial Sebago Lakes Region Polar Dip, will be rescheduled after being postponed by storms and other conflicting issues.

The Annual George Bartlett Memorial Sebago Lakes Region Polar Dip is sponsored by the Sebago Lakes Region Chamber of Commerce and is one of the chamber's foremost fundraisers of the year. During the Polar Dip, teams and individuals dive into the icy waters while helping collect pledges that are then donated to "Feed the Need," an organization supporting 12 different food pantries throughout the Lakes Region.

The Polar Dip was supposed to be held Saturday, Feb. 15 in conjunction with the annual Sebago Lake Rotary Ice Fishing Derby. But according to chamber officials, it has been postponed to sometime in April. The chamber will be making an announcement in the coming weeks finalizing the date for the rescheduled event.

The event is held in memory of George Bartlett. Bartlett was a Rotary Club member for over 30 years, and

he worked with the Maine Children's Cancer Network to start the Polar Dip event.

When interest in the Polar Dip came to an end after many years, Bartlett approached Mullins wanting to restart the Polar Dip through a benefactor in town, leading to its subsequent connection with the chamber and "Feed the Need." After Bartlett passed away in 2023, it was decided the event would be renamed in his honor for the effort and dedication he had given this cause.

Participation in the Polar Dip is open to anyone of any age. You can sign up through the online registration form at [www.sebagolakeschamber.com/cal-event/sebago-lakes-region-polar-dip](http://www.sebagolakeschamber.com/cal-event/sebago-lakes-region-polar-dip).

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

Also, the first "Windham's Got

Talent" event was supposed to be presented on Friday evening, Feb. 7 at the Windham High School Performing Arts Center. That has been postponed until March.

The "Windham's Got Talent" event has been rescheduled for 6 p.m. Friday, March 28.

"A variety of conflicts within our district, including the Father/Daughter Dance were already scheduled," said event organizer Shelly Cook of Windham Middle School.

"Windham's Got Talent" is designed as a fundraiser to support Windham Middle School activities. It is open to residents, of any age, who want to step on stage before an audience and display their aptitude for singing, dancing, magic, playing a musical instrument, juggling, dramatic readings, a comedy skit, or any other creative skill.

Cook said the talent show organizers see a critical need in funding in Windham for certain school activities

such as field trips and other programs and are hoping whatever amount is raised at the talent show will help serve a need for WMS students.

"We hope to make this an annual event and although we don't know how this first one will turn out, we're excited about the concept and hoping the community will support this," she said.

The competition will include one round and feature a panel of four judges. Richie Vickers will serve as the emcee for the event and trophies will be awarded to acts finishing in first, second and third place.

Scan the QR code here to sign up to compete or find the link on local community boards on Facebook or signups may be done by visiting [www.bit.ly/windhamsgottalent](http://www.bit.ly/windhamsgottalent)

Tickets for "Windham's Got Talent" will be \$10 and \$12 for adults and may be purchased at the door on the evening of the competition. <



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# Space to Thrive conducts groundbreaking for new facility

By Ed Pierce

STAFF WRITER

Space to Thrive, also known as Windham/Raymond School Age Child Care, and Great Falls Construction conducted a groundbreaking on Tuesday afternoon for a new early childhood education center at 184 Pope Road in Windham.

The Windham/Raymond SACC program is designed to provide students with quality, affordable childcare before and after school with a special emphasis placed on creating an environment that fosters friendships, responsibility, respect and cooperation. It is a licensed child-care program inspected by the State of Maine with facilities operated in compliance with state rules for child-care programs. All SACC programs meet or exceed all licensing, fire, health, and safety requirements.

The new Space to Thrive building will be about 6,000 square feet and will include infant, toddler, and preschool classrooms, as well as a multipurpose conference room, and supporting spac-



Windham/Raymond School Age Child Care held a groundbreaking Tuesday for its new 'Space to Thrive' facility on Pope Road in Windham. From left are Pam Whynot, Board member; Hannah Marshall, Executive Director; Donna Cobb, Board President; Jeanette Lamb, Board member; Julia Champagne, Project Manager; and Sherri Evans, Board member. SUBMITTED PHOTO

es. Outdoor space will be designed to encourage children's natural wonder and curiosity. With an eye on sustainability, the facility will be built to have as minimal environmental impact as possible.

The Space to Thrive mission is to

provide every child with positive and accessible experiences that nurture development. This new facility will be crucial in expanding the nonprofit Windham/Raymond School Age Child Care's mission to encompass early childhood, in addition to supplementing the program's rich history of providing before- and after-school care.

"We are grateful for the State of

Maine Child Care Infrastructure Grant, as well as financial backing through Coastal Enterprises, Inc. Without these programs, this facility would not exist," said Hannah Marshall, Executive Director for Space to Thrive and Windham/Raymond School Age Child Care. "We understand the financial burden childcare places on families, and we will continue to seek funding sources to support quality care while minimizing impact on families."

State of Maine Child Care Infrastructure Grants are made possible through funding provided available by Maine Jobs & Recovery Plan investments and other state and federal funding distributed to support the child-care industry. As part of the Maine supplemental budget bill passed in April 2022 and in accordance with the original Maine Jobs and Recovery

→ see **GROUND BREAKING** Page 6

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# WHS Class of 2027 hosts 'Windham Skating Party'

By Jolene Bailey

STAFF WRITER

One of Windham High School's most-involved clubs in extracurricular activities is the student and class council.

Student council is a representative group of students to promote and encourage school spirit and respect to all. Class council is an extension of that where students from each grade level elect positions in the spring to serve the class that the students themselves are in.

So far this year, Windham High School's Class of 2027 has held several events encouraging participants.

Bailey Ward is a part of the Class of 2027's class council and says that the sophomores are focused on raising money for future class events, such as homecoming, prom and senior events. This requires them to host several fundraisers during the school year. Last year around late winter they held a "Roller Skating Night" at Happy Wheels in Westbrook.

"The event turned out pretty good, but it was not a completely private event," Ward said. "We only received some of the proceeds because of this."

This year, the Class of 2027 has

planned an "Ice Skating Night" at William B. Trough Ice Arena in Portland.

"This time we have rented out an arena and the event will be open to the entire community, kids, families, etc.," Ward said. "The private event is different from the roller skating event since it is more focused on Windham and Raymond."

During the winter months, it can be difficult to find ways to exercise and plan fun events with others. Ice skating is a way to not only enjoy your time with others but also stay active while doing so.

"We thought an 'Ice Skating Party' would be perfect for this time of year," Ward said. "I am most looking forward to the outcome of this event. I am hoping it brings our community together even more and overall turns into a fun night for everyone."

Students involved with the community is an important part of learning and Ward said it can increase engagement, make lifelong friendships and improve overall attendance.



interact with others. Being able to get around new people and trying to step outside of your own comfort zone is vital in teenage years.

"It is also a great event to go to with your friends and grab a bite to eat after," Ward said. "Another thing I think will be nice is that it is a way for people to learn to skate if they already don't know how."

The "Windham Skating Party" will be from 6:45 to 8 p.m. Saturday, March 15 at William B. Trough Ice Arena, 225 Park Ave. in Portland. Ward says that throughout the event there will be music, food, and a few raffles. Skates will be included but students may bring their own pair if they choose to.

WHS Class of 2027 advisors Jennifer Long and Chris DiBernardo will oversee this event as they have helped coordinate this event and others in the past. <

"Everyone should feel welcome and hopefully enjoy their time," she said. "Hopefully, we will have a nice turnout and raise some good money for our class that will help us with prom and many other events in the future."

One positive impact that events such as the "Windham Skating Party" has is for students to get out and to

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**BIRTHDAY** *Cont. from page 1*

and he works on building models of ships and a truck," Hutchinson said.

When the weather is nice, sometimes Canfield is brought from the veteran's home to visit his daughter and son-in-law at their home in Windham and he spends every Thanksgiving with them when he's up to it.

Canfield has overcome more than a few health issues in reaching his 100th birthday.

He's hard of hearing, he's had a leg amputated, and is in a wheelchair, but his mind remains sharp, and his sense of humor is intact. He continues to read, watch television and carry on conversations with other veterans and staff members at the veteran's home.

"I read the Bible every night until my eyes hurt," Canfield said. "God is keeping me alive for some reason. Some of that may be to keep my daughter in line and to make sure she

behaves."

According to Canfield, he's slowed adjusted to living at the Maine Veterans Home.

"They don't give me what I want because I want everything," he said. "I'm always working on crafts and projects in my spare time and I drive them crazy asking for everything I need for that."

He attributes the secret to his longevity to his faith in God and living a clean life.

"I have never smoked, and I have never had any liquor," Canfield said. "But I believe you never really know. Sometimes the righteous die young and some die old. It's really all in the Lord's hands."

Now that Canfield has reached the milestone of being 100 years old, he described what it feels like to be a centenarian.

"Honestly, being 100 years old is just like being 99," he said. <

**GROUNDBREAKING** *Cont. from page 4*

Plan legislation of 2021, more than \$5.2 million in early childhood funds were reallocated to provide additional resources for grants to renovate, expand or construct child-care programs.

Coastal Enterprises, Inc. is a Community Development Financial Institution that works to build a more equitable economy by growing good jobs, livelihoods and diverse business ownership, while advancing a just transition to a climate-resilient future.

The Maine Department of Health and Human Services (DHHS) Office of Child and Family Services (OCFS) is administering the Child Care Infrastructure Grant Program through a partnership with CEI.

The Windham/Raymond School Age Child Care Program was originally founded in 1990 and began offering services at some RSU 14 schools in Windham and Raymond in 2002. It strives to provide a high quality, engaging and safe place for children to attend before- and after-school programs, as well as offering full-day programs.

According to the most recent census data, Windham has a population

of about 19,658 residents and the town has seen a population growth of 6.7 percent since the 2020 census.

Marshall said that this growing community includes many young families in need of quality childcare and preschool services.

"The Windham/Raymond School Department, RSU 14, serves a student population of 3,200 students across six public schools," she said. "The addition of Space to Thrive will help support the childcare needs of families in the area, ensuring that children receive the care and early education they need to thrive."

Great Falls Construction of Gorham will be the contractor for the Space to Thrive project with Taselpointe Architecture of Windham serving in the role as the new project's architect.

For more details about Space to Thrive early childhood education and before-and-after school programming available from Windham/Raymond School Age Child Care, visit its website at [windhamraymondsacc.com](http://windhamraymondsacc.com) to receive updates as it undergoes this transition. <

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# Windham Post 148 observes 'Americanism' month

► **By David Tanguay**  
SPECIAL TO THE WINDHAM EAGLE

To the American Legion, "Americanism" stands for 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.

Throughout the month of February, Windham's American Legion Field-Allen Post 148 observes the month of February as "Americanism Month" and takes time to reflect upon what it means to be an American.

The post's Americanism officer, David Horne, says this is accomplished through the Legion's various youth programs, flag programs, veterans support, and community outreach. Horne coordinates post programs and projects that reflect Americanism principles with support from the community and the post members.

Post 148 sponsors the annual Dirigo State program for students, an introduction to local and state government. It honors a male and female graduating student from high school who exemplifies leadership in school and the community. These recipients receive a leadership "School" medallion, pin and certificate and are awarded a modest scholarship for use in their education. Legion Baseball, the Youth Air Rifle Program and Boy Scout activities are also programs under the purview of the Americanism program and are supported by the Post. Boys Scout Troop 805 assist the post on Flag Day to retire American flags and the Windham High School Jr. Cadets Corps under the leadership of Dan Wirtz spon-

sors various events throughout the year including the clean-up and flag placement for veterans at Smith cemetery.

The American flag is a key precept of the post's Americanism program. The post supports flag etiquette and training programs for various clubs and schools. Starting in 2005, the post began placing 100 U.S. Flags on the utility poles on the highways and byways of Windham. Veterans are recognized each year by the post with flags at 31 different cemeteries in Windham. During the Christmas season, the post raises money to place wreaths on veterans' graves in their memory.

Other post programs that directly or indirectly support our veterans include sponsorship for blood drives and food drives. Since June, the post has collected an average of 30 units each covering six blood drives held at the Windham Veterans Center. Post members also collect food items annually for the local food pantry over Memorial Day weekend and support for the Portland VET-CENTER food pantry for homeless veterans on a weekly basis.

To remain in touch with community veterans, the post offers a "Veterans Coffee" program from 9 to 11 a.m. each Wednesday at the Windham Veterans Center, 35 Veterans Memorial Drive, where local veterans can gather to share experiences and receive helpful and timely information for veterans.

To give back to the community, American Legion Post 148 coordinates the Town of Windham's annual Memorial Day Parade and ceremony at Windham High School.

If you want to be part of the American Legion and Post 148, contact the Post Adjutant at 207-892-1306. <

## STUDENT OF THE WEEK **Eva Doughty**



**Grade:** Fifth  
**School:** Manchester School  
**Teacher:** Jennifer Breton and Meg Sparrow  
**Favorite subject(s) in school:** ELA – Reading/Writing  
**Parents' names:** Sara and Chris  
**Reason for selection:** Eva was chosen for Student of the Week because of her tenacity, kindness, humor, character, positivity, and willingness to help anyone who needs it. She lifts others up and truly cares about her classmates. She does what is right even when no one is looking. She is dependable and is a wonderful collaborator. She has high expectations of herself and strives to teach others to do the same in their work. We are all drawn to her great sense of humor and ability to connect with her peers and teachers through her example. She is also known for asking if can she throw in a walkover or handstand during our class at times to add that sparkle that she is known for. She is a connector but expects no recognition. She does this out of the goodness of her heart. Eva is a gem and deserves this recognition. It's a gift to have her in our class!

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Tricia Zwirner, Agent

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# President's Day origins recall contributions of U.S. leaders

**By Ed Pierce**  
STAFF WRITER

Celebrated on the third Monday in February, President's Day pays tribute to those who have led the nation by serving in the office of President of the United States.

In 1885, U.S. government workers chose to salute the first U.S. President George Washington by creating a federal holiday marking his birthday on Feb. 22. That year, Feb. 22 fell on a Sunday, so the holiday was observed the following on a Monday. Through the years, the federal holiday followed the day that Feb. 22 fell on the calendar.

But in 1968, the U.S. Congress

passed the Uniform Monday Holiday Bill, which moved the observance of federal holidays officially to Mondays. The change was designed to schedule certain holidays so that workers could have several long weekends throughout the year. At that time, many states had also lumped recognizing U.S. President Abraham Lincoln's birthday on Feb. 12 in with celebrating George Washington's birthday during February.

In 1971, the US Congress officially changed the date for Washington's birthday celebration to the third Monday in February to create a three-day weekend known as "Washington's Birthday." As a federal holiday, it man-

dates the closure of federal services, such as U.S. Postal Service post offices for the holiday. Schools and banks are also closed to observe the holiday.

The federal holiday has now become commonly known as "President's Day," and traditionally, members of the U.S. Senate read George Washington's "Farewell Address" every Presidents' Day.

George Washington was born on Feb. 22, 1732, and he led the American colonists in the Revolutionary War against Great Britain eventually helping achieve the nation's independence. To raise awareness of the occasion of Washington's 200th birthday on Feb. 22, 1932, and to remember his mili-

tary significance to the United States, Washington's depiction was thereafter engraved on the Purple Heart medal, awarded to those servicemen wounded in action defending America.

The observance of Presidents' Day never falls on the actual birthday of any American president. Four U.S. presidents were born during the month of February including Washington, Lincoln, William Henry Harrison and Ronald Reagan, but none of their birthdays fall on President's Day.

Today in 2025, the President's Day holiday celebrates the presidency as a unique institution and recognizes the contributions made by all U.S. presidents to the nation. <

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- Class B, \$23.07/hr - \$24.41/hr
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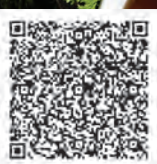
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# Age Friendly event focuses on neglected health issues

By Masha Yurkevich  
STAFF WRITER

While it may often be overlooked, your teeth and toes are an important part of your health. From 11:30 a.m. to 1 p.m. Wednesday March 5, Age Friendly Windham will be hosting a free Teeth to Toes event at Union Gardens, teaching how to properly care for your teeth and toes with specialists Tara Wilson of Lunder-Dineen Health Education Alliance of Maine about oral health and foot care from Heather Fogg of Fundamental Foot-care.

Erica Bell-Watkins, Age Friendly coordinator, connected with Wilson and Fogg and thought that it would be a great idea for Age Friendly to offer their valuable information and services to the community.

“Even though these are opposite ends of the body, it is still important to know how to care for them properly, especially as you age,” says Bell-Watkins.

Tara Wilson is a health education

implementation specialist and is a part of Lunder-Dineen Health Education Alliance of Maine as well as Maine’s Oral Team Based Initiative: Vital access to Education (MOTIVATE).

It is a program that helps educate and promote oral health for older adults. The MOTIVATE at Home program provides free education, information, and tips. The program teaches older adults, caregivers, and health care professionals the importance of oral health and what their role can be for promoting oral health for their older adult living at home, even if they do not provide hands-on care.

This is important as older adults have unique needs that put them at greater risk when oral health is overlooked. The majority of the program is available online offering 24/7 access to education in the form of videos, tip sheets, audio recordings and oral health resources and tip sheets. More

→ see HEALTH Page 13

## HELP WANTED

### Freelance Writers Wanted

THE WINDHAM EAGLE NEWSPAPER IS ALL ABOUT HIGHLIGHTING COMMUNITY.

If you are interested in helping us cover stories please reach out to us!

Call Ed at 207-894-3500 or send an email to: [editor@thewindhameagle.com](mailto:editor@thewindhameagle.com) for details!



Town of Frye Island  
FRYE ISLAND GOLF CLUB

### JOB OPENING

## ASSISTANT SUPERINTENDENT

This is a responsible position which shall report directly to the Golf Course Superintendent. The position entails routine maintenance tasks associated with the proper care and maintenance of the golf course utilizing basic landscaping skills and typical lawn care maintenance equipment.

The successful candidate must work well in a team environment, have good communication skills, be able to handle stressful situations and carry out the responsibilities professionally.

**This is a seasonal full time employment position operating between mid-April and Mid-November which requires employees to access the Frye Island Ferry to get to and from work at no costs to employees.**

**Competitive hourly rate of \$20/hr. with benefits.**

**MINIMUM REQUIREMENTS:**

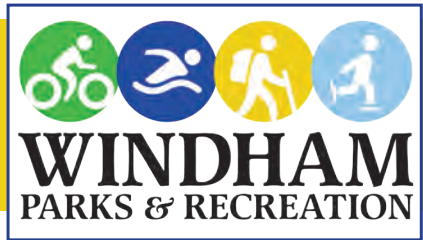
High School diploma with 3 years’ experience in turf management or landscaping and a valid driver’s license.

Interested applicants must complete an application for employment which can be found at: [www.fryeislandtown.org](http://www.fryeislandtown.org).

Applications must be submitted by March 5, 2025 by 4:00 PM.



The Town of Frye island is an Equal Opportunity Employer and encourages women and minorities to apply.



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

### SUMMER DAY CAMP:

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

### 7-WEEK DAY CAMP RUNNING FROM JUNE 23<sup>RD</sup> - AUGUST 8<sup>TH</sup>

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

#### WHAT TO EXPECT:

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

Deadline to apply: Thursday, April 3<sup>rd</sup>

### DUNDEE PARK:

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

### POSITIONS BEGIN MAY 24<sup>TH</sup> & END SEPTEMBER 1<sup>ST</sup>

#### WHAT TO EXPECT:

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

Deadline to apply: Thursday, April 3<sup>rd</sup>

### SUMMER USATF YOUTH PROGRAM:

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

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

### 8-WEEK DAY PROGRAM FROM JUNE 16<sup>TH</sup>-AUGUST 9<sup>TH</sup>

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

Deadline to apply: Thursday, May 1<sup>st</sup>

### SUMMER INTERNSHIPS

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

**Applications accepted until position is filled**

Applications & full descriptions available at: [WindhamRecreation.com](http://WindhamRecreation.com)

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Please submit all completed applications to: [jbhanken@windhammaine.us](mailto:jbhanken@windhammaine.us)

– The Town of Windham provides Equal Employment Opportunities –

→ PAGEANT *Cont. from page 1*

years of service in the recovery community, speaking, organizing events, and offering support, I've developed strong leadership skills and a deep passion for helping people," Burke said. "However, my biggest challenge will be stepping into a completely new environment and applying these skills in a different way. To overcome this, I plan to embrace the experience with an open heart, lean into my ability to inspire others, and stay true to my mission of spreading hope and resilience."

Currently Burke is looking for sponsors and seeking ways to be of service to others in the Windham community.

"I would love to partner with local businesses in Windham and surrounding areas," she said. "Businesses get promotion at the pageant and an ad in the program. Also, social media promotion and media articles are shared by contestants and current title holders. If interested in a sponsorship, or for any questions please contact me at [allure.hair@live.com](mailto:allure.hair@live.com)." <

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— BRIEFS —

**Cribbage Club**

The Cribbage Club will meet from noon to 2 p.m. Tuesday, Feb. 18 at the Windham Public Library, 217 Windham Center Road in Windham. Join Marie Bishop and other cribbage enthusiasts every first and third Tuesday in the library's Meeting Room. All ages and abilities are welcome. FMI, call Ray at the Library Help Desk at 207-892-1908, ext. 5 or send an email to [rmarcotte@windhammaine.us](mailto:rmarcotte@windhammaine.us).

**Habitat for Humanity**

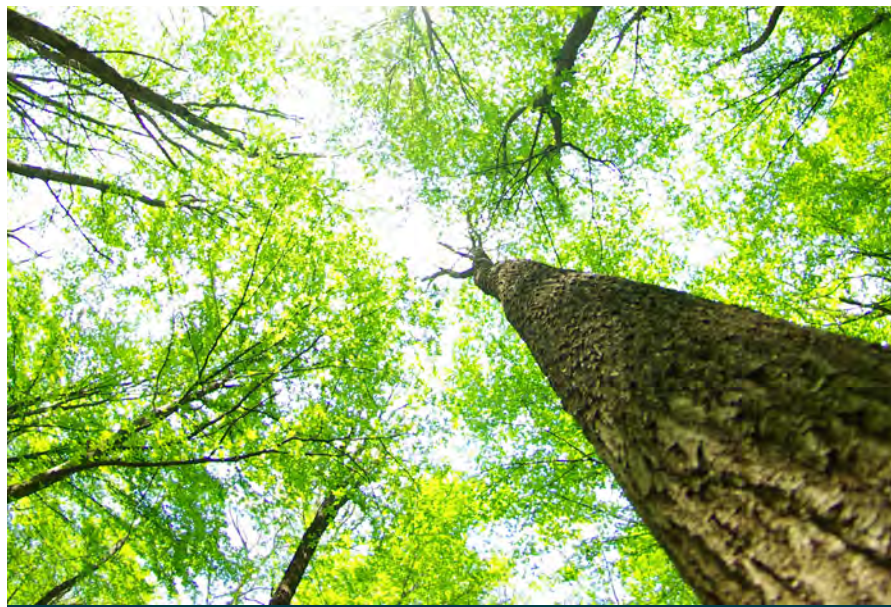
Applications are now being accepted for two new homes in Standish built by Habitat for Humanity of Greater Portland. Income limits vary by household size. Applications are due by 4 p.m. Wednesday, Feb. 19. For more details and an application, visit [habitatportland-me.org/apply/standish](http://habitatportland-me.org/apply/standish) or email [molly@habitatme.org](mailto:molly@habitatme.org).

**Blood Drive**

The American Red Cross monthly blood drive will be conducted at the Windham Veterans Center, 35 Veterans Memorial Drive in Windham from noon to 5 p.m. Wednesday, Feb. 19. Call 1-800 RED CROSS or visit the Red Cross app to make an appointment to donate blood. FMI, call 207-892-1306.

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*Welcome Aboard*

A New Member Initiation Ceremony was conducted at the American Legion Field-Allen Post 148's February membership meeting at the Windham Veterans Center. At the event, James Burbridge, left, was welcomed to the Legion Family in Windham by Post 148 Commander Tom Theriault. Burbridge is the Maine Veterans Bureau (MBVS) Regional Veterans Service Officer (VSO). He holds office hours at the Windham Veterans Center (WVC) on the second Wednesday of each month from 9 a.m. to 1 p.m. and appointments are preferred by calling 207-255-3306. SUBMITTED PHOTO

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# TALES FROM THE OUTDOORS

# Let's do some ice fishing!

► **By Bob Chapin**  
SPECIAL TO THE WINDHAM EAGLE



— Bob Chapin, Columnist

From a casual look at an outdoor thermometer and the number of cars you see parked alongside some of our local ponds, you could think that the ice fishing season has started, and you would be correct.

Before you head out there, there are a few things you should think about even if you are an experienced fisherman or lady. The first concerns your safety. Just because you see others out on the ice don't assume that you and your party can proceed to their location safely. The only way you can be certain and know for sure the ice is safe is if you check it yourself about every few yards.

Assuming you have an auger or an ice spike with you, drill a hole now and then, and check it. Look for clear, not bubbly or snow-infused ice, where you intend to walk.

Be sure to check the depths of ice to ensure it is safe for your planned activities. Stay away from areas you know where water either enters, leaves, or moves within a pond and anywhere rocks come close to the surface. You

cannot trust these areas to support your weight.

Inches of Ice 2: Stay off!

Inches of Ice 4: Safe for 1 person

Inches of Ice 5-6: Safe for snow machine or ATV

Inches of Ice 8-12: Cars/ small trucks

Inches of Ice 12-15: Safe for large groups/medium vehicles. I use as a rough measure 5-6 feet between holes, so I know I am not creating a weak spot in one area.

This also helps with fish tangling your line as they swim around after being hooked.

Before you go out on the ice dress warmly especially your feet and head area as that is where you will lose body heat. I use small chemical hand warmer pouches and tape them to my toes after I have my socks on just before I stick them into my boots. They don't bunch up and they last all day. Wear a hat that can cover your ears. The last item I equip myself with is a pair of hand-held ice picks. They sell them connected with a stout cord and you thread them from one cuff, across your shoulders to the other cuff.

Should you ever go through the ice these can be lifesavers. After you get over the shock of emersion into incredibly cold water, your next task

quickly. Why... because you have about 14 minutes max in the water before you are beyond your ability to help yourself. It is called "time of useful consciousness" after which you are relying on a rescuer to pull you out... you can't even help them. End of safety discussion.

Equipment – Fortunately, ice fishing is relatively simple. You drill a hole in a likely spot where fish congregate and set up one of your traps. Traps look like "X's" across a hole with another arm sticking straight up to which a spring steel flag is attached and fastened to the trap with a trigger mechanism.

When a fish bites your bait the spring steel flag shoots straight up out of the hole and announces you have a

→ see **FISHING** Page 16

## FREE FISHING WEEKEND

February 15 & 16 is free fishing weekend in Maine. Anyone without a license can legally fish as long as it has not been suspended. This is the perfect time to try ice fishing for the first time!

is to get yourself out while remaining laid out on the ice so you don't plunge in again. The picks allow you to get a grip on the edge of the ice and gradually pull yourself out. It is important to get out quickly. During my Air Force cold weather survival school training, the instructors harped on getting out

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## Art teacher ignites student creativity at WMS

**By Ed Pierce**  
STAFF WRITER

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

Hillary McHugh believes that the art of teaching is the art of assisting students to discover a world of possibilities and it's made her a successful teacher at Windham Middle School.

McHugh is a Visual Arts Teacher and is part of the sixth-grade team working out of the Field-Allen Building on the WMS campus.

"When the entire middle school was housed in Field-Allen School, my room was the cafeteria," McHugh said. "I love the history of the school and being part of a generational community."

She says her role at Windham Middle School assists middle school students to develop a love of learning.

"I want my students to look forward to coming to school, and I try to make class fun for them every day," McHugh said. "In our hands-on learning environment, I crack a lot of corny jokes and try to get to know my students individually. Responding to their academic and social-emotional needs is not always easy, with close to 120 students. We create and study Art, but there is so much more to it than that. I have six different classes of sixth grade Art and Advisory, and one class of eighth grade Ignite. I enjoy developing an interdisciplinary curriculum and feel grateful to have such an

active studio program. My students love working with clay, and we were fortunate to get pottery wheels recently. We look forward to the district Art Show each May. I have been on several committees at school, and this year I am faculty sponsor of the Pokemon Club and the Art Club."

Her duties include teaching art techniques like drawing, painting, and sculpture, demonstrating art techniques through lectures and demonstrations, instructing students on how to use art materials like pencils, brushes, and watercolors, and assigning art projects and grading student work. She also is tasked with developing lesson plans that teach art theory and principles of design, incorporating technology into art lessons and creating an age-appropriate curriculum for her art students.

Originally from Long Island, New York, McHugh has been teaching for 30 years in a variety of settings for all ages from PreK to adults.

"My career has taken me to public and private schools, colleges, community centers, commissions, art museums, and most recently as an instructional designer with the Maine



**Hillary McHugh is a Visual Arts Teacher for sixth graders at Windham Middle School. She has worked at the school since 2019, and also serves as the faculty sponsor for the WMS Pokemon Club and the school's Art Club.** SUBMITTED PHOTO

Department of Education's MOOSE platform," she said.

She started at Windham Middle School as a long-term substitute in January 2019, after moving to Maine from the Washington, D.C. area in 2017. Before that she worked for L.L. Bean.

"It has been fun to see siblings come down through the years, and my students graduate high school," McHugh said. "The senior clap out in June has been a fun tradition. I love it when students come back to say hello."

According to McHugh, the best thing about what she does in her job

is getting her students excited about learning, finding success at school, and fostering creativity.

"The most challenging aspect of what I do is starting at 7 a.m.," she said.

For McHugh, she says learning about the new Windham/Raymond Middle School has been her most memorable moment of working at the school so far.

"We are scheduled to start at the opening of the 2027 school year, and it will be fantastic for the whole community to have a new facility," she said.

Her family is proud and supportive of her work.

"My family enjoys hearing my success stories and think I should write a book about all the funny moments and quips I hear from my students," McHugh said.

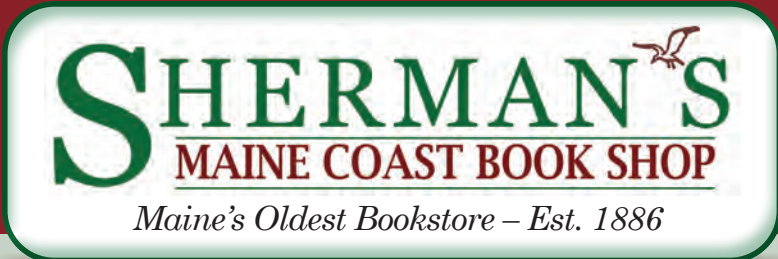
She said teachers often work and advance their training during the summer and art teachers are no exception to that.

"This year, I will be doing both," McHugh said. "I am teaching Ceramics classes through Windham Raymond Adult Ed and completing my UMaine Educational Specialist degree. 'Sigma,' as my students would say."

As far as the most important thing she has learned while working for Windham Middle School, McHugh says it's not an abstract idea.

"It's all about relationships – with my students, colleagues and families," she said. "Building bridges gets everyone further." <

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**HEALTH** *Cont. from page 9*

info about MOTIVATE can be found on its website at [lunderdineen.org/program/motivate-at-home-portal](http://lunderdineen.org/program/motivate-at-home-portal)

“There is a lot of value in bringing this kind of education to nursing homes and organizations that really do not have funding and other sources to help provide this kind of education,” says Wilson. “Many people do not understand that oral health is very important; there is a lot of evidence out there that really shows the connection between oral health and overall health, especially for older adults who are at greater risk for oral health problems.”

Wilson stresses the need to understand that without good oral care, our older population is more at risk for health disease, cardiac disease, diabetes, and many other health issues that can impact them.

“Fogg reached out to me because she is always looking to train nurses to help people with toenails and feet maintenance,” says Bell-Watkins. “We talked about what she does and then it grew into this education opportunity.”

Fogg says that chronic illnesses such as obesity, diabetes, peripheral vascular disease, and cancer are growing at an alarming rate, due to lack of health maintenance, patient education, and difficulty accessing affordable care.

“I have seen too many patients, young and old, lose toes, feet, and limbs unnecessarily,” she says. “Being proactive in the management of our health will minimize the burdens on ourselves, our loved ones, and to our overall healthcare system. That is why I started Fundamental Foot Care.”

Feet are often overlooked by the majority of the medical community.

Consequently, the hospitalization of people with diabetes is most often due to diabetic foot ulcers. The cost burden to our healthcare system is in the billions.

“The majority of older adults cannot safely trim their toenails themselves — due to arthritis, reduced eyesight, weight gain, loss of balance — and are embarrassed to ask family or friends for help or feel ashamed that they can no longer do it themselves,” says Fogg.

Fogg provides in-home, person-centered care, that focuses on prevention of infection, avoiding falls, improving comfort, and maintaining dignity, and is committed to growing

the availability of competent, medically trained nurses to fill this void in care.

Bell-Watkins said she hopes that the valuable information that these ladies will share will help our community gain more knowledge about proper oral and foot care.

The event is free and will be held at Unity Gardens in Windham, 124 Tandberg Trail, Windham. Each specialist will speak for about 20 minutes, followed by questions. There will then be handouts and other resources that can be taken home.

For additional details regarding other Age Friendly Windham events, go to [agefriendlywindham.org](http://agefriendlywindham.org). <

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# Eagle SPORTS



## Varsity cheerleading team competes in state competition

By Matt Pascarella

STAFF WRITER

Windham’s varsity cheering squad qualified for the state competition after finishing sixth in the regional competition on Saturday, Feb. 1. They competed at the state competition against schools from all over Maine at the Augusta Civic Center on Saturday, Feb. 8, where they did a fantastic job.

Making it to the state competition was a huge goal for the team, so it was already a win, before they even took to the mat. Every Windham cheerleader was integral to the team’s success.

“They continued to come in every day with a positive attitude and mindset,” said Windham varsity cheerleading coach Amber DiRenzo Bushey. “They worked together as a team to perfect skills and gain new ones. It truly was a successful season. Our opening stunts I thought went really well, our dismount was a little off on one of them, but the actual skill itself went very well. The girls were determined and never gave up.”

DiRenzo Bushey said the Windham team changed all their tumbling routines before the state competition, and she thought that it went well.

“Our goal is to come out and do the best we can do. We just want to do better than last year and keep improving,” she said. “We improved our partner stunt technique as well. They put on a great performance at states; we couldn’t ask for a more determined hard-working group of kids. I had a blast with these kids; they are all willing to work so hard, get new skills and try new things, it’s been awesome.”

The team dealt with a lot of chal-

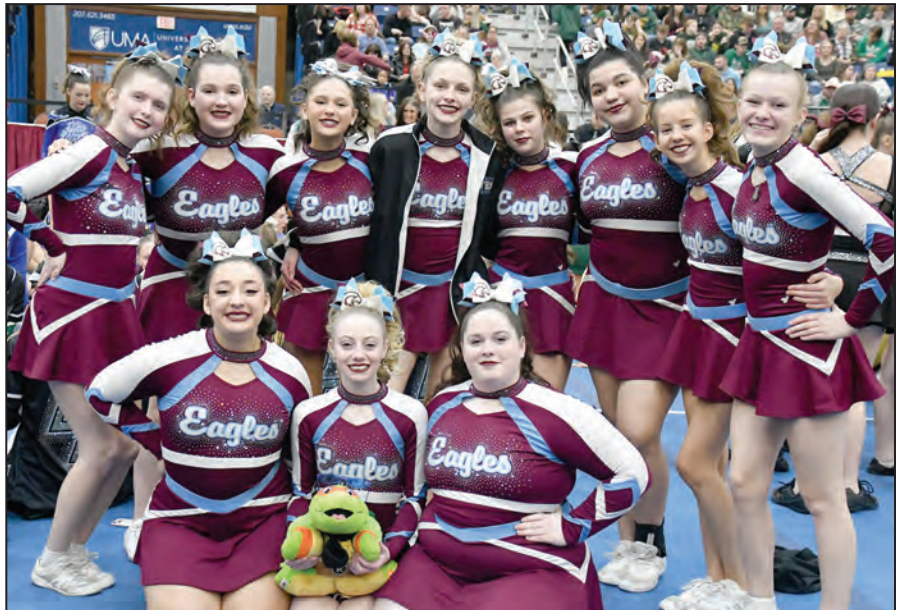
lenges near the end of the season and had to rework the entire routine. The team has worked consistently on improving their stunts and tumbling skills. It worked all season to perfect their 360-switch up, and half-switch up, which they performed perfectly.

According to DiRenzo Bushey, Windham’s cheerleaders worked hard to hit coed switch-ups in their pyramid, which are extremely difficult. She said the team also worked hard to perfect their toe touch back handsprings and running tumbling and they all came together to put out the best routine possible.

“It was kind of sad that we didn’t have as many baskets,” said Windham senior Ella Roberts. “We did have one basket in the back that went high; our pyramid was pretty good because it showed off our coeds – when you only have two people under a stunt. As long as we’re proud of ourselves, it’s good either way, whatever we place, as long as we’re happy with (how we performed). Be proud of how far you’ve come, because inside it’s a lot.”

Windham senior Morgan Beck said that the team definitely got stronger through their performances and every time it was better and better. She said that she was happy with how the team performed and was glad she experienced her final competition with this team and was proud they gave their all.

“I’m so proud of us, we’ve been through a lot,” said Windham senior Talia Salazar. “We had to switch things around and I’m really proud of what we did today. I really love all the girls on this team.” <



Windham High’s varsity cheerleading squad competes in the state competition on Saturday, Feb. 8 at the Augusta Civic Center. Back row: Brooklyn McAlevey, left, Hali Candelfmo, Mila Thomas, Maddi Kovats, Brooke Tuttle, Annabelle Harris, Brooklyn Harding, Violet Boatman; Front row: Talia Salazar, left, Ella Roberts, and Morgan Beck. PHOTOS BY MATT PASCARELLA



Freshman flyer Brooke Tuttle, left and senior flyer Ella Roberts look out over the crowd from a high viewpoint in the state competition.

### ATHLETE OF THE WEEK



#### Ashley Cloutier

Age: 16

Team: Cheverus/Windham/Medomak girls’ hockey

Coach: Scott Rousseau

Parents’ names: Ray and Michelle Cloutier

Reason for selection: Here in the last two weeks Ashley has had a goal in the last three games; her team uses her in high-leverage minutes, providing great energy and high defensive play, especially on the penalty kill – and when they needed five players on the ice at the end of the game, they’re picking her. She’s shown a lot of maturity as a junior by making a lot of really good decisions. She’s just been a really great role player for her team this year; she does all the little dirty things that do not come up in the stat sheet, but lead to winning hockey.

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# Windham High School increases energy in second half to shut down Deering on Senior Night

By Matt Pascarella  
STAFF WRITER

Windham varsity boys' basketball played Deering in its final home and regular game of the season on Friday, Feb. 7, and although the Eagles started a little slow, they quickly turned their game around and sent the Rams packing, 68-56.

It was Senior Night for WHS and Joseph Blige, Lukas Hammond, Conor Janvrin, Esa Antonio, James Ammons, Grant Coppi, Braycen Freese, and Creighty Dickson, as well as cheerleaders Morgan Beck, Ella Roberts and Talia Salazar were honored along with their parents, for their time and commitment to Windham Athletics and were presented with a small gift from their coaches.

"It was bittersweet," said Freese about Senior Night. "I've been waiting four years to be in this position and now that it's finally here, it's a little sad. You always work for nights like this and once it gets here, it's gone so fast. Everyone agreed we weren't playing to our full potential in the first half, and we needed to pick up the energy. I thought we did really good stopping Deering's best player. I think offensively we could have moved the ball better, had better shots, and not played so timid with the ball in our hands. I think it was their defense and now that we've seen that defense, we can grow from it and play better the next time."

It was a close game for the entire first half. Windham was stellar from the top of the key; Freese, junior AJ Moody, junior Tyrie James and sophomore Colin Janvrin all sank three-pointers in the first half. This fast-paced game was tight, and Windham led 27-25 at halftime.

"Great atmosphere ... I think our energy on the defensive end and overall, we moved the ball around and just kept playing," said Dickson, who scored 14 points against Deering. "We knew we had to step it up in order to



(L to R) Windham senior Creighty Dickson won't be stopped as he shoots the ball over his Deering defender's head on Friday, Feb. 7. Junior Tyrie James takes the ball to the hoop. Windham senior Braycen Freese sinks a three-pointer. PHOTOS BY MATT PASCARELLA

win and bringing that energy we just played better. Our rotations on the defensive end need work. On the good side, I thought our ball movement was good, and our defensive pressure was really good."

Defense and a more intense offense allowed Windham to take a small lead at the end of the third quarter. Tensions were high and the crowd was electric; early in the fourth quarter, Windham led by 10. As the clock wound down, Windham increased that lead and pressured.

James said it is the energy on and off the court that motivates this WHS team. He said they came out flat with an attitude that they were supposed to win but were more disciplined and came together as a team in the second half.

"It's just a great group of kids (the seniors)," said Windham varsity boys basketball coach Chad Pulkkinen. "The season goes by quick - the time is now for them. Just seeing those guys play their final home game and play like we wanted to which was with a lot of joy and gave it all they got. We've

got to trust one another; we're going to go through a lot of adversity no matter what. Guys have been in tough situations in really big games and really close games, so our starting core has been through a lot and even our bench players will come in and contribute and give everything we need. Our guys were playing really hard and knocking down shots, and we wanted to continue to play together with that energy and effort. If you consistently do that, good things will happen. Our experience helps us hold onto a lead like that against a really good team. Having Tyrie back is nice, having every-



Windham senior Esa Antonio gets ready to leap by his opponent toward the hoop. one healthy is nice; we're excited for the team." <

SEE SCOREBOARD OF OTHER SPORTS ON PAGE 16

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# WHS SCOREBOARD

★ **Indoor Track:** Windham's boys and girls indoor track and field teams competed in the regional meet on Saturday, Feb. 8 at the University of Maine in Gorham. In the open divi-

sion, the WHS girls placed seventh and the WHS boys were 10th. Senior Tayla Pelletier was awarded Outstanding Regular Season Female Athlete. She set a new school

record in the 55-meter hurdles with a time of 8.59 seconds. She also set a new school record in long jump at 17-03.50 feet and placed first in both events. Junior Addison Shanholtz tied for third place in the pole vault with a height of 8-6.00. In the triple jump senior Ava Gerrity finished fourth posting a distance of 32-10.75.

meet at Cape Elizabeth High School on Friday Feb. 7 and Saturday, Feb. 8. The boys finished second and the girls finished eighth.

Freshman Peter Funk was named Performer of the Meet. He won the 200-freestyle with a 1:51.86 time and the 100-butterfly with a 56.88 time. Sophomore Sullivan Scarf won the 200-individual medley with a 2:04.81 time and finished second in the 500-freestyle with a 4:58.00 time. Senior Sarah Inman finished third in the 500 with a time of 5:51.45. Freshman Stephanie Roghelia finished second in the 100-breaststroke with a 1:14.77 time.

## → FISHING *Cont. from page 11*

bite. Anyone out on the ice, even people not in your party, will yell "Flag... Flag" meaning to help you out. Run to your trap and before touching anything watch your reel buried under the water and see if it is turning. If it is...great you have a fish on, if not just watch it for a while as the fish may have stopped swimming wondering what this dragging line is protruding from his lip.

hole then quickly pull him up and out away from your hole.

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Slowly lift your trap from the hole and begin hauling in line hand over hand. You will soon feel your fish tugging back on the line. Keep firm but steady pressure on the fish until he is directly below the opening of your hole. Gently coax his head up into the

All other Inland Fisheries and Wildlife rules apply and be sure to check online or in their booklet to make sure the waters you want to fish are approved for ice fishing, some are not. Good luck out there and stay safe! <

Senior Carter Engelman set a new school record in the pole vault clearing 14-6 height and placing second. He was third in the long jump with a distance of 31-3.75. Engleman set another school record in the 55-hurdles with a third-place finish and a time of 7.86.

Junior Karl Longstreth finished sixth in the 55-dash with a time of 6.75. Senior Rory Good finished fourth in the 55-hurdles with an 8.18 time, a season's best.

★ **Swimming:** The WHS swim team competed in the Southern Maine Activities Association Southwestern

★ **Wrestling**  
The Windham/Gray New-Gloucester/Westbrook Wolfpack headed to Bangor on Saturday, Feb. 8 to compete in the North Regionals where they placed fourth and qualified 10 wrestlers for the state championship. Senior Ayden Cofone won his fourth regional title.

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# Your first step to homeownership: 2025's essential guide for first-time buyers in Maine

► **By Lisa DiBiase**  
SPECIAL TO THE WINDHAM EAGLE



— Lisa DiBiase, Broker/Owner  
Landing Real Estate

Buying your first home can feel like stepping into the unknown – exciting, a little overwhelming, but absolutely worth it. It's not just about the house; it's about laying a strong foundation for your future. When buying your first home, this isn't just a transaction – it's a milestone. Having buyer representation will help to make the process as seamless and rewarding as possible.

Here are a few tips and tricks to help guide you home.

**Step One: Know Your Numbers**

Before you start house-hunting, it's essential to know where you stand financially. Understanding your budget range guarantees you're making decisions with confidence.

- **Down Payment Options:** You don't need 20 percent down to get started. Many first-time buyers qualify for programs offering down payments as low as 3 percent, like Maine-Housing's First Home Loan Program. Research your eligibility for grants and first-time homebuyer programs.

- **Check Your Credit Score:** A strong credit score can lead to better loan rates and terms. If you're unsure about yours, pull a free credit report and address any errors before applying for pre-approval.

- **Pre-Approval Matters:** Speaking of pre-approval, getting pre-approved for a mortgage signals to sellers that you are serious about finding a home. It also gives you a clearer understanding of your budget range and what you're able to afford comfortably.

**Step Two: The Value of a Local REALTOR®**

A REALTOR® is the key to unlocking the best opportunities. The housing market varies by location, so having a local expert with you from start to finish makes all the difference.

- **Neighborhood Insights:** Your REALTOR® understands market trends at a hyper-local level, helping you to find hidden gems or avoid overpriced areas. They know the ins and outs of every neighborhood, from the up-and-coming areas to the more established communities that will match your lifestyle and can provide



you with invaluable insights into what it is like to live there – schools, amenities, traffic, and even the overall vibe.

- **Tailored Recommendations:** Everyone's dream home looks different. Think about your priorities: school districts, walkability, commuting distance, or proximity to parks and shopping centers. Your REALTOR® can help you evaluate all your options and match you to an area that aligns with your priorities.

- **Networks and Resources:** Your REALTOR® often has a robust network of contacts, from home inspectors to contractors, they can help connect you to the right people through every step of the buying process.

**Step Three: Partner with the Right REALTOR®**

Buying your first home is easier with the right team by your side. A great REALTOR® is more than a guide

– they're your advocate throughout the entire home buying process. They can provide you with:

- **Local Expertise:** Our Realtors® know the market inside and out, which is a necessity for helping to find you the best neighborhoods and homes within your budget. Here are some questions you might want to ask when buying your first home.

- **Negotiation Skills:** From opening the front door the first time to closing, your REALTOR® ensures you're getting the best value for your budget.

- **Reduces Stress:** This is not a relaxing process, but an experienced REALTOR® can help streamline everything. Let them guide you home by handling all the details for a stress-free experience.

**Step Four: Leverage First-Time Buyer Resources**

There are so many resources designed specifically for the first-time buyer, and knowing how to take advantage of them will save you time and money.


→ see REAL ESTATE Page 20

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# Eagle FOOD AND GAMES

PLEASE NOTE: FOOD AND GAMES FEATURE ALTERNATES WITH MOVIE REVIEW

THE WINDHAM EAGLE'S

## Cooking Corner

By Angela Paris

SPECIAL TO THE WINDHAM EAGLE • JUGGLINGACTMAMA.COM

### Shortbread Magic Bars

These shortbread crust bars are loaded with chocolate and toffee chips, sweet coconut, and crunchy pecans - they're the best seven-layer bars without graham crackers you've ever tasted!

#### INGREDIENTS

##### FOR THE CRUST:

- 1 cup of unsalted butter at room temperature
- ½ cup of brown sugar
- 1 teaspoon of vanilla extract
- 2-¼ cups all-purpose flour
- pinch of salt

##### FOR THE TOPPING:

- 1 14 oz. can of sweetened condensed milk
- 1 cup of chopped pecans
- 1 cup of shredded coconut
- 1 cup of toffee chips
- 1 cup of mini semi-sweet chocolate chips
- ¾ cup of dark chocolate chips

#### INSTRUCTIONS

Preheat the oven to 350-degrees F. Line a 9x9 square baking pan with parchment paper so that it hangs over the sides. (This will make the bars easier to remove). Add the butter and brown sugar to the bowl of an electric mixer fitted with a paddle attachment. Beat until fluffy. Add the vanilla extract and mix to combine. Scrape down the sides of the bowl and then add the flour and salt slowly, with the mixer set on the lowest speed. Once the mixture is combined, press it into the prepared pan. Bake for 15 minutes until the edges of the crust are golden brown. Remove from the oven and set on a wire rack.

Sprinkle the crust with the chopped pecans and shredded coconut.

Pour the sweetened condensed milk over the top and then add the mini semisweet chocolate chips, toffee chips, and dark chocolate chips.

Place the pan back in the oven and bake for another 20-25 minutes. Remove and place on a wire rack to cool completely. Refrigerate for 30 minutes before using the parchment paper to remove the bar from the pan. Cut into squares and store in an airtight container for up to 1 week.

Find the full recipe with variations, tips, and more: [www.jugglingactmama.com/magic-bars-recipe-with-shortbread-crust](http://www.jugglingactmama.com/magic-bars-recipe-with-shortbread-crust)

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A	T	P							T	H	O	R
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67							68						69	

# CROSSWORD PUZZLE

### CLUES ACROSS

- Long piece of squared timber
- Emaciation
- "Bewitched" boss Larry
- Combining form meaning "different"
- Current unit equal to 10 amperes
- Older
- Large, stocky lizard
- Ringworm
- Actor Pitt
- Indian hand clash cymbals
- Data at rest
- Jeweled headdress
- Indicators of when stories were written
- Check
- Cigarette (slang)
- Arctic explorers (abbr.)
- Yearly tonnage (abbr.)
- Delivered a speech
- A place to bathe
- Postmen deliver it
- Surface in geometry
- More (Spanish)
- \_\_\_ and Venzetti
- Exclamation at the end of a prayer
- Hawaiian dish
- Aggressively proud men
- Fellow
- Mark Wahlberg comedy
- Mock
- When you expect to get somewhere
- Songs
- Pair of small hand drums
- Play
- Sword
- Evergreens and shrubs genus
- Filmed
- Italian Seaport
- Ancient kingdom near Dead Sea
- Pores in a leaf
- U. of Miami mascot is one
- Snakelike fishes
- Pretended to be
- Body part

### CLUES DOWN

- Piece of felted material
- Ancient Greek City
- Aquatic plant
- Potentially harmful fungus (Brit. sp.)
- Body art (slang)
- One who follows the rules
- Ordinary
- Honorably retired from assigned duties and retaining one's title
- Relaxing space
- Japanese socks
- Indian city
- Rip
- Icelandic book
- Satisfies
- Where golfers begin
- Small amount
- Snag
- Determine the sum of
- A distinctive smell
- Exposed to view
- Stain or blemish
- Small loop in embroidery
- River herring genus
- Large beer
- Deep, red-brown sea bream
- Partner to cheese
- At a deliberate pace
- Gurus
- Of each
- Angry
- Popular beverage
- Flower cluster
- Blocks
- Those who benefitted from efforts of relatives (slang)
- Polio vaccine developer
- A (usually) large and scholarly book
- Popular soap ingredient
- NBAer Bradley
- Popular movie about a pig
- Musician Clapton
- Not a sure thing
- Recipe measurement (abbr.)
- Father

## SUDOKU

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**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

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



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# BUSINESS SPOTLIGHT

Vigor Strength Studio is a raw and high energy strength and conditioning training studio at 39 Mechanic St. in downtown Westbrook that opened in 2021. Co-Owners Zachary Russell and Julian Despres both grew up in Southern Maine and found their passion for helping others with their health and wellness.

Everyone exercising in the gym has an experienced and educated strength and conditioning coach by their side for every workout. The gym is open-concept and brings the efficiency of collegiate strength and conditioning workouts to the general population by mainly using free weights, your own body weight, resistance bands, and other unique strength training equipment.

“People that train at our gym are there to get things done the right way. Our clientele ranges from complete beginners to adept exercisers, and most of them simply want the general physical benefits of exercise and strength training; they are training to live long and healthy lives doing what they love,” says co-owner and coach Julian Despres.

Coaches are experts at modifying exercises depending on the individual, making them easier or more challenging. However, our exercise circuits work for most everyone, athletes and the general population alike.

Its gym puts a huge emphasis on moving in pain free, sustainable ways. We don’t just want your squat to look



good, for example, we want it to feel good too! We teach proper movement (feeling the right muscles at the right times during exercises) so that you can train hard with no real pain and continue to get the results you’re after. We establish your initial goals before and during your first free session, and periodically after that we will need to set new ones.

Coaches design workouts as part of overarching programs that are created after meeting with you for the first time. Its young team has a combined training experience of over 30 years between them. They work next to each other every day and learn new ways to keep exercises feeling fresh and effective.

Vigor’s primary service is semi-private training sessions, where two to four people share their strength coach’s time. Each person has their own individual exercises to focus on specific to



From left, Zachary Russell and Julian Despres are co-owners of Vigor Strength Studio. SUBMITTED PHOTO

their goals. Think of the other few members in your session like your squad, they can help you in more ways than you’d think: from motivating you to keep going, to helping load your bar, to finding the kettlebell you need, or to spotting you through a set. Coaches like to keep people consistently working out with the same squad each week if schedules allow, building camaraderie and fostering productive energy. We do offer 1 on 1 training, but it is only at certain times when the gym is less busy.

Their strength and conditioning coaches also have experience training groups of athletes from high school level all the way to D1 college sports. Currently, coach Jaryd Penn works with Westbrook High baseball players, as well as a variety of hockey players from different training camps while co-owner and coach Zach Russell is

working with the Windham High basketball team on its movement quality and mobility.

Coaches work hard to push your limits so that you get the most out of your sessions and to get your money’s-worth every single workout and stay safe while doing it. It starts with effective but brief warm up circuits to help address joint mobility issues, activate the muscles we aim to use, and raise the heart rate.

Once warmed up, they move into their primary exercises which are specific to each individual at Vigor. Everyone has different exercise focuses, postures, muscular strengths, and weaknesses that we work on. Coaches believe that training should be challenging and should stimulate mental growth as much as anything physical.

Coaches write exercises and notes down diligently, tracking the sets and repetitions closely so that we continue to push toward better and better performances, the longer you train with them the better they can dial it into what you need. Their gym is a melting pot of positive goals and productive physical activity. They are driven to build a stronger community, and they can’t wait to meet you!

To schedule your free first session with one of their great coaches, contact them by email at [vigor.maine@gmail.com](mailto:vigor.maine@gmail.com) or call/text them at 207-615-1990. You can also check them out on Facebook and Instagram. <

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→ REAL ESTATE Cont. from page 17

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local REALTOR® for all your real estate needs no matter how big or small. We are trained professionals here to make your life easier. It's best to surround yourself with the right team of professionals that can continuously give you the right advice for all your circumstances.

*This article was brought to you by Lisa DiBiase, the Broker/Owner for Landing Real Estate. For all your real estate needs contact Lisa at [lisa@landinghomes-maine.com](mailto:lisa@landinghomes-maine.com) or call 207-775-SOLD. <*

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