

Sanford Springvale MAINE NEWS

Nonprofit newsletter produced with volunteers

Free

April 5, 2024

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APRIL '24 STORM EDITION

Jill Belleard and daughter Atleigh shovel their Springvale driveway with the storm still blowing.

Photo: Lee Burnett



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Community CALENDAR

Compiled by Lisa Blanchette

Add an event? Events@SanfordSpringvaleNews.com.
School Sports: <https://tinyurl.com/bd89duyj>

See complete details at SanfordSpringvaleNews.com

Saturday, April 6

- Fundraiser Dinner, 4:30-60 pm, VFW Post 9335, 1 Hutchinson St.
- Sanford Christian Academy Auction Night, 6 pm, 25 Riverside Ave.
- 3rd Annual Toss-For-A-Cause Cornhole Tournament, 6-10 pm, Nasson Community Center
- 101 Years of Broadway, 7-9 pm, Sanford Performing Arts Center

Sunday, April 7

- Chamber Talk with Rick Stanley, 7-7:30 am, Radio Station 104.3 The Oldies
- Weekly Softball Clinic, 5 pm, SHS, 100 Alumni Blvd.

Monday, April 8

- Solar Eclipse Party, 2-4:30 pm, Springvale Library

Tuesday, April 9

- Municipal Operations & Property Subcommittee Meeting, 8:30-10 am, Zoom
- Public Safety Subcommittee Meeting, 11 am-noon, Zoom
- Zoning Subcommittee Meeting, 1-2 pm, Zoom
- Sanford Water District Trustees Meeting, 4 pm, 242 River St.

Desperate Aid Agency Tries to Stem Flow of Immigrants

By Lee Burnett, Submissions Editor

The anti-poverty agency that has worked non-stop since last May to find housing for immigrants in Sanford sent out an urgent plea on Tuesday in an attempt to stem the influx.

"At this time, I do not have housing availability for any new families arriving unannounced in Sanford," read the WhatsApp message from Jennifer Davie, the chief housing navigator for York County Community Action Corp. "It is very important that you inform friends and family that they should not come to Sanford unannounced."

The message was sent to all asylum seekers, who have been arriving in droves since last May. The population has doubled since the initial influx and now stands at 240 or more, overwhelming the churches, volunteers and agencies trying to get them settled. Some 55 families are on a waiting list for apartments, according to YCCAC. That includes asylum seekers as well as the local population of unhoused people living in tents or cars or couch surfing.



Three immigrant families that had arrived just last week and were living at Quality Inn in South Sanford were evicted when their housing vouchers from the General Assistance Program expired, suddenly leaving them with nowhere to go in Sanford. "I'm standing here at the Quality Inn with 14 people – three families – waiting for a bus from Curtis Lake to take them to Portland," Rachel Phipps, the assistant director

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Neil Berg's 101 YEARS OF BROADWAY

Sanford Performing ARTS Center

100 Alumni Blvd., Sanford, ME

Saturday, April 6 - 7:00PM | www.SanfordPAC.org

NEWS NOTES

Compiled By Carolyn Cadigan



More than just watercolors are on display: Several local artists have their works on display at the Sanford Water District office. The public is invited to view the paintings, drawings, photographs and ink pieces that hang on the walls. People do not need to have business at the office to view the artwork, which will be on display for three months.

Helping both Mother Earth and those in need: A clothing donation bin has been placed in the Saint Thérèse of Lisieux Parish parking lot next to the Food Closet. Donated clothes, shoes and accessories that are dropped in the bin will be recycled by Apparel Impact, a family-owned, veteran-owned company that has been recycling textiles since 2014. Donated clothing is cycled through to be redistributed or recycled to create new products. This effort not only reduces landfill waste — textiles make up nearly 10 percent of total municipal solid waste in the United States — but also helps people in need. Items are provided to veteran organizations and nurses at schools in underserved communities. These organizations may request items directly. Apparel Impact then delivers or mails the items to the schools or veteran organizations to be given to the individuals in need.

The summer camp stage is calling: Registration for Nasson Little Theatre's 2024 Youth Camps is now open. This sum-

mer's offerings include Vocal Camp, "Matilda Jr. The Musical" and Improv Camp.

Library storm damage update: Goodall Library has reopened fully as of April 1 after recovering from storm damage it suffered at its temporary location at The Center for Shopping. The reopening was sooner than originally expected thanks to the work of the library staff as well as the Maine State Librarian, Lori Fisher, who loaned two industrial dehumidifiers to aid the library's reopening efforts.

The time has come to raise the roof and have some fun: The YMCA Winter Gala is scheduled for April 13 from 7 pm to 11 pm. The event will have a DJ and dancing, a cash bar, hors d'oeuvres, a grazing table, a silent auction, raffle baskets and a diamond earring raffle. "Raise the Roof" in support of the Sanford-Springvale YMCA's childcare expansion project. Tickets are \$50 per person. Register at the Welcome Center, online here or call 207-324-4942.

Improving overall health practices: A diabetes prevention program offered at the Sanford-Springvale YMCA aims to help those at risk of developing Type 2 diabetes reduce that risk by taking steps that will improve their overall health and well-being. The program, led by a trained lifestyle coach, consists of 26 class sessions. A general meet & greet will be held on April 16, 6 to 7 pm., starting April 23. YMCA membership is not required. FMI on the program, contact Merilee Perkins at mperkins@sanfordymca.com or call 207-324-4942.

Main Street Memo - Edition 34 is now available: Be in the know about the latest news and announcements in Sanford. Access the latest publication here.



Sanford gets the big green light to update traffic signals: The Build Grant has enabled the Maine Department of Transportation and the City of Sanford to begin replacing all traffic signals in the community. Work started on March 12 near Walmart in South Sanford and has continued northward. The new traffic lights will be interconnected via Sanford Net Fiber, allowing for smart operation and prioritization for emergency vehicles. This networked system will be a first in Maine. Additionally, the Safe Streets and Roads for All (SS4A) grant may provide opportunities for future enhancements such as adding sensors for pedestrian safety.

Get your bagel fix in Springvale: Downhill Bagel Co. is now open at 446A Main St. They offer hand-rolled bagels, croissants from Maine-based The Pastry Pair and milk from Harris Farm. The shop is planning to be open Thursday through Sunday for breakfast and lunch, weather permitting.

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Car Accident?

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THOMAS G. VAN HOUTEN
ATTORNEY AT LAW

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Springvale, ME 04083-1870

Stem the Flow - Cont'd from page 1

of economic opportunity, explained on Tuesday. She said the only option was busing the families to the YMCA shelter in Portland, which had recently reopened. "We literally have nothing to offer them."

Fourteen people were bused to the YMCA Shelter in Portland, which opened at 4 p.m. Tuesday. "By the time we left at 5 they were already turning people away."

One of the people who has most felt the burden of settling new arrivals is Heidi Barker, a volunteer who has thrown herself full-time into the role. "I keep thinking things will be better next week," she said. "That's what keeps me going...if we could just get back to where we were. We were doing well getting them into jobs." The continuing influx seems to be driven by Sanford's reputation for being welcoming, said Barker. New arrivals tell friends and families about their experience. Word gets around. "I asked a family how they chose Sanford. They said when they came into Boston, everybody said 'go to Sanford.' They're getting that word as soon as they arrive. That's the message."

Stemming the tide will be difficult because the General Assistance Program, by law, must provide temporary relief to all comers as long as eligibility guidelines are met, Barker explained. "GA can't stop," she said. "We had to put a stop to our portion. We can't do any more." Many new arrivals speak little English. Being on their own means they will have no trained social workers or volunteers advocating on their behalf to navigate the various aid agencies and bureaucracies. These advocates have been instrumental in helping with transportation, permanent housing, kids' vaccinations, English-language schooling, medical appointments and legal cases.

"Nobody can do it on their own," explained Barker. Even families that are relatively settled need guidance to maintain their stability. Barker, for example, counsels families that they need two incomes to support a family, given the cost of living. If one family member takes a low-paying job it may not be enough to pay the rent, keep the heat on and buy groceries. Many asylum seekers have already settled in Sanford, but new arrivals will find few helping hands. Phipps stressed that "we absolutely need help. If people come, they will be on their own." ■



Red Cross Offers Free Smoke Alarm Installations

The American Red Cross Northern New England Region is offering free smoke alarm installations for residents of Sanford and Waterboro during a Sound the Alarm home fire safety event on Saturday, April 27, 2024.

Home fires claim seven lives every day in the United States, but having working smoke alarms can cut the risk of death by half. Here in Maine, the Red Cross responds to more than 250 home fires per year.

"A working smoke alarm can be the difference between survival and tragedy when a home fire strikes," said Executive Director Steve Thomas, of the Red Cross Southern Maine Chapter. "That's why the Red Cross is working to help ensure Maine residents, especially those most vulnerable, have access to these lifesaving devices."

Residents who need assistance can register here <https://www.redcross.org/local/me-nh-vt/about-us/our-work/home-fire-campaign/smoke-alarm-request-nh-vt.html> for a 30-minute home fire safety visit and free alarm installation on April 27. During the visit, trained Red Cross volunteers will also share information on the causes of home fires, how to prevent them, what to do if a fire starts and how to create an escape plan. ■

Calendar Cont'd from page 1

Wednesday, April 10

- Spring Job Fair, 9 am-6 pm, Crystal Athletic Training Facility, 414 Alfred Rd.
- Make It/Take It Craft-Spring Tube Flower Craft, 2-5 pm, Springvale Library
- Friends of Downtown Meeting, 4:30-6 pm, Growth Council Office, 919 Main St.

Thursday, April 11

- Airport Advisory Committee, 8 am, Sanford
- Regional Airport, 9 Presidential Ln.
- Homeschool Meet Up, 10-11 am, Springvale Library
- Senior Food Mobile, 10:00-11:30 am, Crossroads UMC, 15 Grammar Rd.
- Movie Night at CJL, 5:30-7:00 pm, 232 Shaw's Ridge Rd.

Friday, April 12

- AWS Presents Furry Tales Story Hour, 10:30-11:15, Goodall Library
- Sanford Arts Commission Art Walk, 2 pm, 900 Block of Main St.

Saturday, April 13

- Free Reiki Circle, 10-11 am, Springvale Library
- More Composting, 11 am-1 pm, Eldredge Lumber, 1787 Main St.
- Comedy Fundraiser, 7-9 pm, Sanford Elks, 13 Elm St.
- YMCA Gala, 7-11 pm, 1 Emile Levasseur Dr.

Sunday, April 14

- Chamber Talk with Rick Stanley, 7-7:30 am, Radio Station 104.3 The Oldies
- DowneastCon, 9 am-4 pm, Memorial Gym, 678 Main St.
- US Army Field Band & Soldiers' Chorus, 3 pm, SPAC, 100 Alumni Blvd.
- Weekly Softball Clinic, 5 pm, SHS, 100 Alumni Blvd. ■

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SHS Theater's Guys and Dolls Rocks the Boat

NEWS NOTES - *Cont'd from page 2*



With a cast and crew of more than 50 students, SHS presented "Guys and Dolls" to over 2,000 audience members at Sanford Performing Arts Center.

By Lawrence Furbish and Barbara Sutcliffe

Guys and Dolls is one of the most famous Broadway shows. Everything about it is big - cast, lots of dialogue, music and dance numbers, and history. To succeed, this show needs to start big, and it did with the Fugue for Tinhorns. "I got a horse right here; his name is Paul Revere." Drake Wilson (Nicely Nicely Johnson), Braeden Landry (Benny), and Salem Brown (Rusty) brought it off with a bang.

Based on short stories by journalist Damon Runyon, Guys and Dolls is set in post WWII New York City and is populated with gamblers and dames speaking a humorous mixture of formal speech and colorful slang called Runyonese. The cast did a great job of capturing this. Maybe they were channeling Marlon Brando and Frank Sinatra from the movie version.

The leads were all first rate, Hope Abbott-Eaton (Sarah Brown), the Sergeant of the Mission to Save Souls, Kaylin Penley (Miss Adelaide), headliner at the Hot Box Club, Mason Van Gieson (Nathan Detroit), purveyor of the "oldest established permanent floating crap game in New York," and Jack Van Gieson (Sky Masterson), gambler extraordinaire. It wouldn't be at all surprising in a few years to see Kaylin and Hope furthering their careers on the stage.

The male leads were charming and sweet, complementing the talented females. Several of the supporting characters were also excellent; Val Randall (Aunt Abby Abernathy) was perfectly matched with Sarah in their Act II duet, Ben Terril (Harry the Horse) was first-rate, and Jack Sevigny (Big Jule) displayed great athleticism and a talent for cheating at the Chicago-style of craps.

A highlight of the show was the humorous yet moving duet, Sue Me, where Nathan tries to convince Adelaide that he loves her while she expresses her doubts and frustration with their 14-year engagement. Another highlight was the big final number, Sit Down, You're Rocking the Boat led by Drake Wilson (Nicely Nicely Johnson), but featuring the whole ensemble. It truly rocked.

The sets were great, especially the large and colorful background scrim featuring New York City and, of course, the sewer where the crap games took place. The pit orchestra was up to the task in handling this big score, and one of the really clever touches was the way the quality of the mission band kept deteriorating as the show went on until, at the end, it was practically unlistenable as they lost steam for their cause.

Congratulations, Sanford High School Theater Company for taking on this really big show and doing a fantastic job. ■

Historical Society elects new president: The Sanford-Springvale Historical Society (SSHS) announced the election of Lawrence Furbish as its new president on March 14. Furbish takes over the office formerly held by Harland Eastman, who served as president of the Society since its creation in 2005. Eastman passed away on Feb. 29 at age 94. "No one will ever know as much about Sanford's history as Harland did," Furbish observed. "He will be greatly missed." Nevertheless, the Historical Society's Board remains committed to Eastman's legacy and passion for preserving and promoting the history of the City of Sanford and Village of Springvale. Furbish has been a SSHS Board member since its creation and was also a member of the Sanford Historical Committee.

Bowl-A-Rama hosts cancer fundraisers: At the Candlepins for Cancer Fundraiser, hosted by Bowl-A-Rama on March 27, Team Graffam (Bob Heap, Ryan Graffam, Robert Newport, Gerry Newport II and Gerry Newport III) was selected in a raffle to bowl for a strike to win a \$1,000 jackpot. Gerry Newport III got the strike and his team donated \$200 from the winnings to Candlepins for Cancer. A total of \$1,100 was raised for the charity that evening. Over \$2,000 was raised at Bowl-A-Rama in two events over the past month. In addition, they will host the Men's and Women's Individual Roll-Offs in May and the Top 5 Mixed Live Show in June.

Walk and chew gum at the same time. Check. What now? Jason Bigonia is going after a world record on May 19 by juggling 50 miles! No, it's not a typo. Juggling is juggling while running. The time to beat: 7:53.55. Bigonia is taking on the challenge as a fundraiser for Gramtastic Connection's superstars. The Springvale-based organization provides free technology to children with cancer and other serious illnesses to support their education and emotional well-being. Go here to pledge your support. ■

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We are looking for more writers and volunteers to help us bring you this weekly newspaper.

*If you have an interest or an area of expertise, please contact us at
SSNews@SanfordSpringvaleNews.com.*

Council Approves Budgets for 2024/25; Tax Rate up \$1.03

By Zendelle Bouchard

At its regular meeting on April 2, the City Council approved the combined municipal and school budget for the fiscal year 2024/25, which begins July 1. That is the last word on the municipal side of the budget; the school budget must be validated by voters on June 11. The net to be raised by taxation is \$39,142,006, an increase of 8.34% over the current fiscal year. (See below for more numbers.)

During a two-hour budget meeting before the regular meeting, there was lengthy discussion on the proposed new Community Paramedic (CP) position that has been in the planning for more than a year. The city has already been awarded a \$100,000 grant to purchase a vehicle and equipment for the CP, but the state has now put off final approval on the law which will allow the city to bill insurance companies for CP visits, until a study on reimbursement rates can be completed. The position cannot be created and filled until that is done, which may not be this year. Councilors debated whether to go ahead and purchase the vehicle and equipment with the grant funds, as the money must be spent by June 30.

Ultimately six of the seven councilors agreed to go ahead with the purchase, after being assured by Fire Chief Scott Susi that the funding for the CP program has already been approved at the state level and “it’s bureaucracy now... DHHS just has to have their say.” If the program does fall through for some reason, the city would have to pay back the grant money, but

the medical equipment could still be used by the Fire Department and the vehicle, which is the same model used by the Police Department, could be repurposed by the city in place of a regularly scheduled future capital purchase.

In the 2024/25 budget, the total municipal appropriation is increasing 10.69% and the school appropriation is increasing 5.41%. The combined capital reserve is decreasing by 4.02% and the county tax is estimated to increase 6.31%. Total combined appropriations are up 6.71%.

Revenues on the city side are increasing 7.64% and on the school side are up 4.63%, a combined total of 5.51% increase.

After adjustments for the homestead exemption, business equipment taxes, use of overlay and tax increment financing revenue, the bottom line is the projected tax rate will rise to \$16.17, an increase of \$1.03 per \$1,000 of valuation. This represents an increase of 6.81% from the current fiscal year.

City Manager Steve Buck showed a graph detailing the impact to the average property tax bill for a single-family home with a homestead exemption, broken down by property values:

- \$100,000 homes will increase \$77.32 annually
- \$200,000 homes will increase \$180.42 annually
- \$250,000 homes will increase \$231.96 annually
- \$300,000 homes will increase \$283.51 annually
- \$350,000 homes will increase \$335.06 annually
- \$400,000 homes will increase \$386.60 annually
- \$500,000 homes will increase \$489.70 annually

Buck announced that Sanford/Springvale has a total real and personal property valuation of \$2,479,090,440, which is an increase of \$32,493,860 in new valuation over last year. This represents \$525,456 in new tax revenue for the city.

The final budget vote was 4-3, with Councilors Bob Stackpole and Pete Tranchemontagne joining Mayor Becky Brink and Deputy Mayor Maura Herlihy voting in favor of approval. Brink said she was satisfied with the cuts that had been made from the initial budget recommendation. Herlihy added that it would be hard to go much lower without cutting significant positions from city staff. Tranchemontagne said he did not want to cut any more positions from either the city or the School Department.

Councilors Ayn Hanselmann, Jonathan Martell and Nate Hitchcock voted against approval. All three indicated they would like to see more cuts but did not offer any specific suggestions that got any traction during the budget discussions. Hitchcock said although he was voting against finalizing the budget numbers, “ultimately I would be OK with this percentage” if no more cuts could be found. ■



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PUBLIC HEARING NOTICE

Tuesday, April 16, 2024 6:00 PM

City Council Meeting

The City Council will open a public hearing to seek and receive comments on the following:

An application submitted by Frosteez LLC D/B/A Enzy Farms, 72 Emery Street, Unit 303, Sanford, Maine, for a New Medical Marijuana Grower/Cultivator license. The hearing will be conducted in person in the Sanford City Council Chambers and via remote video & teleconference at 6:00 P.M. on the date above-referenced. Members of the public wishing to join the meeting by phone should dial 1 (929) 205-6099 and use the meeting ID & Password provided in the link on the City of Sanford website calendar for the meeting date listed above: (www.sanfordmaine.org).

Public comments may be submitted via email to info@sanfordmaine.org in favor or against the requested license.

TDD/TTY users may call local TTY number or 711. If you are physically unable to access any of the City’s programs or services, please call Lorisa Ricketts at (207) 324-9173 so that accommodations can be made.

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OUT IN THE WOODS

By Kevin McKeon, Mousam Way Land Trust Director

Buzzing Hummingbirds can Fend Off Larger Intruders

Editor's note: Did you see something unusual last time you were out in the woods? Were you puzzled or surprised by something you saw? Ask our "Out in the Woods" columnist Kevin McKeon. He'll be happy to investigate and try to answer your questions. Email him directly at: kpm@metrocast.net

The Ruby-throated Hummingbird is eastern North America's sole breeding hummingbird and is viciously territorial. I once spotted one at our feeder with the beak of another in its breast. Another one of our visitors flew at 30 mph, with 50 wingbeats a second, fending off all comers to any of our three feeders and our flowers, guarding them while perched upon our garden arbor. They'll dive-bomb intruders at 60 mph—amazing!

Hummers display exquisite control—the only birds able to fly backwards—stopping in an instant, hovering while adjusting up and down as they visit our feeders and flowers, and forage for insects. A favorite stop are spiders' webs, eating both the spiders and their webbed-trapped prey. Hummingbird feeders are generally safe for hummingbirds, but they can create a problem if they make the birds easy targets for cats or if the feeders are placed around nearby windows that the birds might fly into. Also, use one-quarter cup of white sugar in one cup of water, with no red dye. Audubon instructions on feeding are here - <https://www.audubon.org/news/hummingbird-feeding-faqs>

Males woo females that enter their territory, making a looping, U-shaped dive starting from as high as 50 feet above the female, shifting to making fast side-to-side flights while facing her. It takes about a week to build a two-inch nest directly on top of a branch, 10-40 feet high, made of dandelion down held together with strands of spider silk and pine resin, and camouflaged with lichen and moss. The female stamps on the base of the nest to stiffen it, but the walls remain pliable, pressing and smoothing it between her neck and chest. Two to three eggs will take about two weeks to hatch and

three weeks later, the chicks will leave.

Many critters eat these little hummers, even some insect-eating birds, but they need to be quick to nab these speedy flyers, and very few can catch an accomplished acrobatic adult. Hawks, patient lizards, stealthy snakes, even praying mantises will grab them during their daily dormant period called torpor. <https://www.youtube.com/watch?v=-Gzp-PX4c2hk>. Nests get raided by large spiders, dragonflies, birds, bats, and squirrels.

Hummingbirds are Apodiformes, meaning "without feet," an apt description, since their short feet prevent hopping or walking, but they can stretch and scratch their heads and shuffle along a perch. They lap up nectar by flicking their long, forked, brushy tongue deep within a flower at rates up to ten times per second, inadvertently collecting pollen on their feathers and



bill before darting off to their next meal, thus pollinating with the efficiency of a honeybee. Weighing less than a nickel and living about eight years, their yearly migration takes them as far as Central America, with some summering in eastern Canada, and others flying 500 miles non-stop across the Gulf of Mexico.

After their long flight to their summer homes, consider welcoming them to your backyards with some needed nutritious sweet water. The reward is watching their acrobatic antics! ■



PUBLIC HEARING NOTICE Wednesday, April 17, 2024 6:30 PM Planning Board Meeting

The Sanford Planning Board will hold a public hearing & receive written & oral comments at its April 17, 2024 meeting, starting at 6:30 pm, on a Minor Site Plan and Minor Subdivision Application to convert the vacant commercial building at 37 Cottage Street to 9 units of multifamily residential dwellings on property owned by Pine Tree Properties at 37 Cottage Street (Map J27/Lot 39).

The hearing will be held in Council Chambers at City Hall, 919 Main Street, Sanford, and via remote video and teleconference pursuant to City Council Rules of Procedure. Testimony may be provided in person, via mail or email, or via Zoom. Meeting information, including how to connect via Zoom, is provided at www.sanfordmaine.org/planning. Questions or written comments should be directed to the Planning Office at 324-9150 or jlbabcock@sanfordmaine.org.

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Homeless Shelter Bill Advances

Press release

AUGUSTA – Legislation sponsored by Rep. Anne-Marie Mastraccio, D-Sanford, that would increase funding for homeless shelters in Maine, received unanimous approval from the Maine Legislature last week.

The bill would allocate \$10 million for ongoing funding for all shelters across the state and an additional \$2.5 million for ongoing funding to increase the nightly rate the state pays to low-barrier shelters.

“In York County alone, there are an estimated 300 individuals without shelter right now,” said Mastraccio. “Across the state, shelters are reporting that they are at risk of closure due to insufficient resources. The need for shelter space in Maine has grown significantly since this funding was last increased, and so too must our investment in these vital community services.”

Last year, the Legislature provided a one-time infusion of \$10 million for shelters, which was a fourfold increase from prior years. LD 2136 would make that increase permanent as an ongoing provision in the state’s budget.



The bill would also address the unique funding needs of low-barrier shelters, which are funded at the same rate as regular shelters, though they cost more to operate. Staff at low-barrier shelters must get specialized training for overdose prevention, the use of Narcan, and de-escalation tactics in the event of a mental health crisis. With these increased costs, many are facing significant financial shortfalls.

The bill now faces a funding decision from the Legislature’s Appropriations and Financial Affairs Committee. ■

UMaine Extension Offering a Free Nutrition and Cooking Class

Press release

The University of Maine Cooperative Extension will offer a free, six-session nutrition education program at Cousens School, 12 Day Street, Kennebunk. It will be held Thursdays, April 11, 18, 25 and May 2, 9 and 16, from 5:30 to 6:30 pm.

The program will cover a range of topics including meal planning, smart shopping, food safety and cooking techniques that maximize nutrition while minimizing costs. Participants will have the opportunity to engage in hands-on cooking activities, where they will learn how to prepare delicious and nutritious recipes using affordable ingredients. The program will also provide food samples and Hannaford gift cards to participants who complete all six classes.

This free nutrition and cooking class series is a collaborative effort between UMaine Extension and a community partner, Cooking Matters, who share a common goal of promoting healthy eating habits and enhancing food preparation skills.

Registration is required. Space is limited to 12 adult participants. Children are welcome.

To register or to request reasonable accommodations, contact Mikaela Grenwald, mikaela.grenwald@maine.edu, 207-581-8161.



Patrick Mueller via Creative Commons



PUBLIC NOTICE

The Sanford Housing Authority (SHA) administers Federal Housing Choice (Section 8) Vouchers designated to enhance the affordability of rental housing for low-income persons or families within Sanford Housing Authority’s area of operation. The Sanford Housing Authority will commit up to four (4) Section 8 Project Based Vouchers for a proposal to create/renovate an affordable housing property within the City of Sanford/Springvale. If interested in obtaining a copy of the Request for Proposal, please contact Plummer Potter at Sanford Housing Authority, 17 School Street, P.O. Box 1008, Sanford, ME 04073. Phone – (207) 206-7232 Email – ppotter@sanfordhousing.org



PUBLIC NOTICE

The Sanford Housing Authority is making a significant amendment to its annual plan. The significant amendment is available for public review at the main administrative office located at 17 School Street, Sanford, ME. The plan is available for 45 days beginning on April 5, 2024. Anyone interested in viewing this plan should call the Sanford Housing Authority office at (207) 324-677 to setup an appointment. A public hearing to present the significant amendment to the annual plan and further public comments will be held at 1:00PM on May 20, 2024 at Sanford Housing Authority offices located at 17 School Street. The significant amendment to the annual plan pertains only to the Housing Choice Voucher Program consisting of 598 vouchers. Phone – (207) 206-7232 Email – ppotter@sanfordhousing.org

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Immigrant Support Network Reaches Out to Sanford

By Lee Burnett, Submissions editor

An immigrant mentoring program in Portland is reaching out to volunteers in Sanford to see if there is interest in starting a program here. The Welcoming the Stranger Program, developed by the Maine Association of New Americans (MANA), matches community volunteers with asylum-seeking families to ease their transition to a new life. MANA supports 60 active matches in the Portland area and has received expressions of interest from about 12 Sanford-area people. The organization is putting out the call for more potential mentors before holding an orientation meeting later this month.

“We would love to extend this program into Sanford if there is interest,” said Amy Titcomb, volunteer coordinator for MANA. Titcomb lives in Alfred and has witnessed the reception new residents have received since they began arriving in large numbers last May. “I am so impressed with how Sanford has responded,” she said.

In the last year, a core of volunteers and church groups, working in concert with York County Community Action Corp., has sprung up to welcome the new arrivals in ways that continue to evolve. Assistance has taken the form of donated home furnishings, rides to appointments, bicycles, invitations to events, assistance at laundromats, and guidance in dealing with various aid bureaucracies.

But the aid network is getting tapped out, especially since the numbers of asylum seekers has doubled since the initial influx last May of 130 asylum seekers, primarily from Angola and the Democratic Republic of Congo. The Welcoming the Stranger program would support the existing network with family-to-family matches, cross-cultural training, and guidance in troubleshooting problems as they develop. Each mentoring relationship would be unique to the families involved. “We let each match figure out what works best,” said Titcomb.

MANA provided a list of examples that volunteers may provide:

- rides to appointments or errands
- fun activities in the area such as parks, the Children’s Museum, the beach and community events
- a chance to practice English or ask questions about American culture
- assistance in finding and accessing resources, such as school registration, social services, food banks, clothing, legal resources and furniture.
- assistance with logistical tasks that require strong English such as phone calls,
- applications, sorting and understanding mail.
- Titcomb said qualifications to become a mentor are mostly a willingness to learn and be flexible.

MANA provided a list of expectations that include:

- A willingness to commit two hours per week for at least three months, with a little flexibility in your schedule. For example, if you can only meet on weekends and you can respond to text messages in between, that works great. If your only availability is 1-4 pm on Thursday, that probably won’t work in building friendship with someone from a culture less rooted in scheduling.
- Facility with a smart phone. Most program participants communicate mainly through WhatsApp or text messages rather than phone calls or emails. Translation apps like Google Translate or Say Hi are a big help too.
- A willingness to navigate a language barrier, by speaking slowly and clearly and being patient with misunderstandings. Fluency in languages other than English is not required, but volunteers who know some French or Portuguese can make use of it.
- Experience navigating cultural differences or a strong motivation to learn. This means having patience, making the most generous interpretation of confusing interactions, and being willing to examine your own biases and assumptions.

To register your interest in Welcoming the Stranger, go to mana-maine.org. ■

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SPORTS NOTES

By Sam Bonsey, Sanford Schools Communications Coordinator

Sanford High School Students Volunteer for Special Olympics Basketball Team

Two Sanford High School students, Matt Hebert and Scott Robitaille Jr., have been making a significant impact through their volunteer work with the Great Bay Services Special Olympics Basketball team since the start of January.

Matt's involvement with Great Bay Services – a Maine and New Hampshire-based service that helps adults with intellectual and developmental disabilities and their families – stems from his participation in the school's Extended Learning Opportunities program. Spending four days a week at Great Bay Services, Matt has immersed himself in various aspects of adult services, including employment, independent living, and specialized training.

He has been actively engaged in supporting the Great Bay Services Special Olympic Athletes, demonstrating his enthusiasm and passion for making a positive difference in the lives of others.

"As soon as I got there, I had a blast," he said. "The game flew by just because it was so fun. We might not have won every game, but everyone had an amazing time. They all said they couldn't wait to be back next year."

Similarly, Scott has been contributing his time and effort to the basketball team, volunteering on Mondays and Fridays after school.

His dedication and hard work have not gone unnoticed. Jon Stimmell, the Maine program director of Great Bay Services, acknowledged his contributions to the team.

"Scott has done an amazing job," Stimmell said.

Together, Matt and Scott volunteered with the Great Bay Services Unified Basketball Team at the Special Olympics Tournament held at the University of Southern Maine in Gorham on Saturday, March 16.



This event was a culmination of their efforts, providing an opportunity for athletes to showcase their skills and celebrate the spirit of sportsmanship and camaraderie. For Matt, the highlight of the tournament was the collective achievement of ensuring that everyone had the chance to score.



SHS students Matt Hebert, far left, and Scott Robitaille Jr., right, volunteered with the Great Bay Services Special Olympics Basketball team. Photo: SHS Athletics

"There was one teammate who scored with a minute left in our last game" he said. "Overall, it was an amazing event and I'm so glad we were able to attend." ■

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SCHOOL NOTES

Compiled By Carolyn Cadigan

Who you gonna call? Reminiscent of a scene from "Ghostbusters," the York County Hazmat team recently visited the Sanford Regional Technical Center to work with the firefighting program. The students were able to gear up in full hazmat suits to experience how difficult it is to walk and communicate with each other while dealing with hazardous materials.

Food donations needed: The staff at several local salons and barbershops are working with the Sanford Backpack Program to collect food for Sanford students. Specifically, cans of pasta meals (SpaghettiOs, ravioli, Beefaroni, etc.) and pasta sauces are needed for the program to fill weekly food bags for over 200 students. Cans must be 16 oz. or smaller. No glass, please. Donations can be dropped off at these participating businesses: 4 Gen Barbershop, The Best Little Hair House in Town, The Downtown Shagg, Hollywood Hair, Magnolias Salon & Spa, Hair Extreme Barber Shop, Rand & Co. House of Beauty and Shine Hair & Nails.

Who knew learning could be so fun? The Board Game Club started last month at Margaret Chase Smith Elementary School. Through strategic challenges and collaborative activities, students are developing crucial skills such as critical thinking, decision making, teamwork and communication, all while having fun.

Grade 8 band excels at Maine festival: Sanford Middle School's Grade 8 band received the highest rating at the Concert Band Festival, sponsored by the Maine Band Directors' Association, on March 27. The band received a 5 out of 5 in sight reading and a Superior rating overall, which is very difficult to get at the middle school level. Sanford High School's Honors Wind Ensemble, which has 14 members, also traveled to the festival and earned an Excellent rating.



When dinosaurs roamed the classroom:

Students from Ms. McGuiggin's Grade 2 classroom at Sanford Pride Elementary School have been learning about dinosaurs. On March 28, they put their knowledge on display in a Dinosaur Museum.

It's time for some springtime color:

The Spring Pansy Sale will be held April 8 - 14 at Sanford Regional Technical Center's greenhouse. Along with pansies, a variety of houseplants, early spring herbs and veggies will be sold. The greenhouse is open most school days from 8:30 am to 1 pm. For this sale, it will also be open during vacation week on Monday, Tuesday and Wednesday from noon to 4 pm.

Elementary school reading fosters connections:

More than 120 students and families participated in the Reading Under the Sea event last month at Margaret Chase Smith Elementary School. The enthusiasm and excitement among

parents and children added a unique charm to the atmosphere as they explored marine-themed displays. Families bonded over a shared love for reading and learning about marine life.

Shipyard presentations at SRTC: Bath Iron Works (BIW) visited Sanford Regional Technical Center (SRTC) on March 26. The sessions were tailored to cater to SRTC students interested in exploring careers in shipbuilding and repair processes. Among the representatives were a former welder and trades inspector and a seasoned professional at BIW. Discussions covered shipbuilding, defense contracting and lifecycle support. The representatives also highlighted the BIW shipyard's five unions, which include mechanics, designers, security, firefighters and engineers, as well as the trades covered by each union. The presentations shed light on job opportunities within the shipyard as well as BIW's hiring process. ■



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City Council Report

Mayor's report - Mayor Becky Brink reported on the many positive developments in housing and new businesses over the past year.

Homelessness update - The Homelessness Task force last met on April 1. City Manager Steve Buck has identified "capacity issues" as an area of focus for the task force. The Lafayette Warming Center, which currently has about 40 clients, will close for the season on May 1. Current clients will have continued access to multiple services, but they must choose to opt in for them. Residents of the Heritage Crossing encampment have been "the most resistant" to accepting these services, according to Buck.

There are also efforts in the works to reconvene representatives of the 14 communities that participated in the legislative summit on homelessness this past Dec. to continue their work.

Communications/Presentations - Public Works Director Matt Hill gave a presentation on the Safety Action Plan developed by the Sanford Planning and Development Dept. The goal put forward by the plan aims to reduce the number of serious injuries and deaths resulting from traffic accidents in Sanford, and more broadly, to reduce accidents altogether.

The presentation discussed which sections of road in Sanford were the most accident prone to get the best use out of grant money allocated to Sanford by the federal government, and to reduce injuries and fatalities. Additionally, it also touched on issues such as equity, speeding, public education initiatives and sobriety checks.

Public Participation - Lee Burnett of Springvale advocated for the City Council to apply for an available one-time grant of \$200,000 to put toward tree planting in the city, as well as the removal of dead ash trees. According to Burnett, the City of Sanford falls into "a double sweet spot" in regard to applying for the grant: its demographics negate the need for a local match of funds and its location is in an area with an Emerald Ash Borer infestation. This incentivizes the Maine Department of Agriculture, Conservation and Forestry to put money toward the removal of affected trees.

Buck said the city was prepared to go ahead with an application, but the Council has to decide if they want the money and what it would be allocated for. Mayor Brink suggested that the Council should

forward the issue to the Property Subcommittee.

Public Hearings - Mary Hastings provided an update on the renovations funded with the façade grant, including improvements to the old 7-Eleven store, CarQuest Auto Parts and the building at 41 Washington St. Hastings wanted public input before applying for a second grant and got 6 people expressing their favorability to the renewal, including residents Todd Rothstein and Lee Burnett, as well as four emails espousing support that were read into the record. Under New Business, the Council gave the go-ahead for the second grant application. Herlihy asked if there are any plans for these funds. Hastings said she has several candidates for the funding that will be included in the application. Councilor Hanselmann complimented Hastings and the Growth Council for their work on the project.

Public hearings were held to allow feedback on marijuana applications submitted for an Adult Use Grower/Cultivator license by Blackbeard Farms LLC and a Marijuana Manufacturing Tier II license by Kind Farms Confections LLC. Councilor Pete Tranchemontagne questioned why both businesses had the same address of 81 Industrial Ave., Unit C. Deputy Mayor Maura Herlihy responded to Tranchemontagne suggesting that since the LLCs had different licenses they were probably just sharing the space. There were no other comments. The license applications were approved, as was an application by Waypoint Maine (formerly Waban) for a fundraising event on June 1.

Old Business - The City Council unanimously confirmed the orders adjudging 41 Emerson St., 51 Pleasant St. and 62 Twombly Rd. to be dangerous and nuisance buildings. For more information see our previous story from March 27 on Dangerous Buildings.

Other New Business - The Council reviewed the Maine Municipal Association's nomination process.

A proclamation was made by the City Council honoring the 75th anniversary of the Sanford VFW Post 9935.

A Municipal Warrant was signed by the Council calling for a referendum election on the school budget validation. The election will take place from 7 am to 8 pm on June 11, 2024 and will have three designated polling places.

The meeting ended with discussion and

vote on the 2024/25 municipal and school budgets. For more info see that story.

Council Member Comments -

Tranchemontagne promoted the online auction fundraiser which will be held by the Springvale Library from April 22-28.

Councilor Jonathan Martell requested that if a Sanford City employee is invited to Augusta for a photo-op, the councilors, senators, and state representatives of Sanford be informed about the date of the event.

Councilor Hanselmann expressed her pride in the City Council's budget work, and her appreciation that they had disagreement and avoided "groupthink." Mayor Brink commented that all the members of the council came from different parts of town and had different backgrounds, which has led to a very diverse group on the Council.

Future Agenda Items Councilor Stackpole requested an update on a proposed canoe launch on Number One Pond. Councilor Martell proposed some temporary canoe launch locations in the meantime.

Councilor Hanselmann proposed reducing the number of subcommittee meetings held over the summer.

Councilor Herlihy wants to have a discussion to clarify the expectations around public usage of Goodall Park. ■



The Mission of the Sanford Springvale News is to produce a free weekly publication that provides current and factual information about what is happening in Sanford and Springvale.

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