

October 4, 2024

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Small Succeeds Anderson as Sanford Police Chief

By Zendelle Bouchard

The Sanford Police Department has new leadership following the retirement of Craig Andersen, who served the SPD for 35 years, including the past three as chief. Eric Small, who served as deputy chief during that time, has been appointed to replace him.

Small started his law enforcement career with the Berwick Police Department in 2001. He was recruited to the SPD seven years later, where he quickly became a field officer training others. He was assigned to the criminal investigative division as a detective in 2010 and assisted in solving the Sanford Mill fire case and investigated several bank and pharmacy robberies. Recognizing the need for the department to focus on mental health needs and substance use issues, Eric spent time in the community building relationships with

people experiencing homelessness and substance use disorder and was instrumental in establishing and developing the SPD's mental health unit.

Small has an Associate's Degree in law enforcement from Southern Maine Technical College and a Bachelor's in political science from the University of Maine. He has received many law enforcement certifications and awards. At the City



L to R: Outgoing Police Chief Craig Andersen and new Chief Eric Small salute as the City Council looks on. Photo: City of Sanford

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Community CALENDAR

Compiled by Lisa Blanchette

Visit our Events Calendar at SanfordSpringvaleNews.com for more details.

Saturday, Oct. 5

- Free Shred Week at Partners Bank, all branches
- Sanford Farmers' Market, 8 am, Central Pk
- Nasson College Homecoming Class of 1984, Nasson Center, 457 Main St.,
- The Jumble Sale, 9 am, St. George's Episcopal Church, 3 Emerson St.
- St. Thomas School Bean Supper, 4:30 pm
- North Parish Players Murder Mystery Dessert Theatre, 7 pm, North Parish, 893 Main St.

Sunday, Oct. 6

- North Parish Players Murder Mystery Dessert Theatre, 2:30 pm, 893 Main St.

Monday, Oct. 7

- Baby Rhyme Time, 10 am, Springvale Library, 443 Main St.
- Sanford Food Pantry, 10 am, 1204 Main St.
- Red Cross blood drive, 10 am, Nasson Community Center, 457 Main St.
- Lego Builders Club, 3 pm, Springvale Library, 443 Main St.

Tuesday, Oct. 8

- Municipal Operations & Property subcommittee meeting, 8:30 am, Zoom
- Salvation Army Food Pantry, 10 am, Salvation Army of Sanford, 871 Main St.
- Family Story Time, 10:30 am, Goodall Library, 1364 Main St.
- Public Safety subcommittee meeting, 11

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Sanford Building Boom Still Not Enough

By Lee Burnett

Even as new homes are increasing faster than ever, city leaders are looking at ways to boost production. Two forums held last week addressed the housing shortage, particularly the housing that people of average means can afford.

The City Council held a housing workshop Sept. 24 that highlighted the gravity and complexity of the crisis. The next evening, the Comprehensive Plan Steering Committee heard similar presentations and also considered how zoning and ordinance incentives might ease the shortage.

According to Dan Coyne, the chief of impact and governance officer at United Way of York County those traditional measures don't begin

to capture the financial burden of current housing costs. The federal government defines financial hardship by the poverty level, which in York County is nine percent. He explained that a far more accurate measure is Asset Limited Income Constrained Employed (ALICE), which encompasses an additional 31 percent of households in York County. The ALICE numbers in Sanford are even higher than the York County average. "Forty eight percent of Sanford households struggle paycheck to paycheck," Coyne said.

A message that came through loud and clear on both nights was that solving the housing crisis requires a comprehensive approach that addresses not only the spectrum of housing types but is also integrated with strategies to

Cont'd on Page 2

**Saturday, October 19
7:00pm**

An exciting night of friendly competition, featuring some of Sanford's most notable figures in fun lip sync performances—all in support of a great cause!

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HOUSING BOOM *Cont'd from Page 1*

improve workforce development, economic development, child-care, roads and parks. City Manager Steven Buck described it as an “interconnected conundrum,” but he also asserted the primacy of housing. Without adequate housing, vacant jobs go unfilled, businesses can’t expand and the entire local economy suffers.

“I used to think housing was a critical component,” Buck told the Comprehensive Plan Steering Committee. “Someone in this room has convinced me that housing is key to everything.”

The problem has been building for years as the rate of new housing has fallen while demand has been rising. Labor and material shortages have slowed new construction, which has been compounded by an aging housing stock leaving some homes uninhabitable or undesirable. Meanwhile, immigration since Covid by people who earn \$10,000 more than the median has increased competition and a high number of seasonal homes.

Town Planner Erin Moriarty called it “historic under-production” and said it amounts to a shortage of 3.8 million homes nationwide. The regional vacancy rate of 2.3 percent is less than half of the 5 percent that is considered a healthy rate, she said.

Widely differing projections were offered for how much new housing Sanford needs to support a healthy economy. RKG, the city’s market research consultants, has estimated that population trends indicate Sanford will need 717 new housing units by 2040. However, Moriarty has extrapolated from state forecasting models to estimate that Sanford may need 1,750 new



Photo: Government of Prince Edward Island

housing units by 2030. “We’re looking at a hell of a lot more than 700,” said Moriarty.

Sanford Planning Director Jamie Cole pointed out the current pace of new housing construction is far behind either housing projection. 127 occupancy permits issued so far this year is higher than the 122 in all of 2023, but the rate needs to be two or three times higher to meet projections.

The current movement in planning circles is to allow greater housing density in core urban areas. “Two such housing development incentives are already in place, although results may take a while to see,” Moriarty said. Construction of so-called “mother-in-law” apartments, also known as accessory dwelling units or ADUs, are allowed throughout the city. In addition, four-unit multi-family units are allowed in the city’s zoned growth area. That change, mandated by state law, increases from 8 to 13 percent the land area in Sanford where multi-family apartment buildings may be built.

According to Moriarty, one reason for the delay effect is the city ordinances are opaque to the lay person. Under current rules, developers have “carte blanche” to build pretty much anything they want in the growth area,

though it takes an expert reader of ordinances to grasp that. She said additional incentives that increase housing density in the core, are probably warranted. “By all accounts building is going gangbusters. We’re building as fast as we can, but we’re still not hitting the numbers the state thinks we need to support a mediocre slash thriving economy,” she said.

Public Works Director Matt Hill told the Comprehensive Plan Steering Committee that what is needed to ramp up housing production is the same level of commitment and political support that resulted in the city securing a \$25 million federal grant to rebuild downtown infrastructure. The successful RAISE grant campaign began years earlier with a conscious decision by city leaders to prioritize the downtown revitalization. It included building grassroots support and developing partnerships with state and federal agencies. “Through this process, we need to develop that same type of support for housing. Target where we want it, be good partners and invite others in,” he said.

Eliminating a requirement to build sidewalks in new subdivisions was discussed as a potential incentive to developers, although there was strong push back on that suggestion. Planning Board Member Jack McAdam said he doesn’t see the wisdom of requiring subdivision developers to construct “sidewalks to nowhere” that don’t connect to other sidewalks. City Manager Buck pointed out that the hundreds of units of housing in the Patriot Place area were allowed to be constructed without sidewalks and now there is pressure on the city to build them at taxpayer expense. Buck said, “Patriots Lane was a sidewalk to nowhere, at one point in time. It’s not anymore.” ■

Library Director Steps Down

Ann Thomas, the library director who steered Goodall Library through stressful times during the past eight months, stepped down this Wednesday. She said she plans to move back to the Blue Hill area to be with her family “who I love dearly.”

She praised the Board of Directors as “great” and staff and patrons as “wonderful” members.

Thomas began work on February 20 while

the library was occupying temporary space at Center for Shopping due to a major expansion of the main library on Main Street. Within weeks, she was dealing with a roof leak that damaged many shelves of books. Then, the delay in receipt of a \$3 million federal grant to fund the expansion forced the library to dip into its endowment income. When those funds were exhausted by early April, construction was halted. Maine’s Congressional delegation got

involved and funds were finally released in late August. Construction cost escalation and unexpected expenses due to the unexpectedly long relocation have driven up the overall cost of the expansion from \$3.9 million to \$4.5 million. The library hopes to reopen its Main Street building in June. “I’m excited to see the new library in June 2025,” she texted. ■



Ann Thomas



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Early Childhood Teacher Gets a Call from President Biden

By Lee Burnett

Liz Reynolds had only been teaching Pre-K at the Sanford Springvale YMCA for two days when she got a call from the White House. Within a week, she was talking to President Biden on Facetime.

"It was wild," said Reynolds. "I was a little speechless." Reynolds had rehearsed for the occasion with YMCA Director Andy Orazio and was anxious about delivering scripted messages, but was put at ease by Biden's manner, she said. "He called me 'kid.' That was comforting," she said.

The promotional event was arranged to promote Biden's "Invest in America" agenda. It was a \$250,000 grant from the American Rescue Act that helped fund construction of three classrooms at the Y, enabling the expansion of childcare to kids as young as six-weeks old, and benefiting 30 families. Biden has been holding direct conversations with people who are benefitting from investments to lower health care costs, upgrading infrastructure projects, improving job opportunities, expanding access to high-speed internet, and more.

The shortage of childcare has become a national crisis that was discussed in the televised debate this week between Republican Vice-Presidential candidate JD Vance and Democratic Vice-Presidential candidate Tim Walz.

In his Facetime remarks, Biden told Reynolds, "The pressure you're taking off so many parents and the ability for them to work and make a living and grow the economy, it's really amazing." Reynolds replied, "It's been great to have them drop off and they know that they can join the workforce and their kids are safe here."

Reynolds, 30, of Sanford has been teaching for ten years, first at the kindergarten level at Carl J Lamb School. She said Pre-K education is more important than ever.

"Honestly, it's a necessity because of where Kindergarten is and is going," Reynolds said. "The expectation of what young children know has changed so much. All of my students are Covid babies. This is the first time for them to use scissors, crayons or a pencil and how to write their name. Once you know that, you're ready to go."

The call came together within a week, according to YMCA director Orazio, who said he almost deleted the first email from the White House that landed in his inbox Friday, Sept. 6. A White House staffer wanted to talk with a teacher and Reynolds, who happened to be working late, took the call. By Sunday, the White House had confirmed that the President would like to talk with her in the next several days after tech issues were resolved and background research conducted. The actual call happened Thursday, Sept. 14 after which the Y had to keep mum for two weeks.

"It was an amazing experience," said Orazio. "It's really amazing to be representing not only the Y, but the community ... Support for early learning is so critical."

Reynolds was home sick when the news broke last week, but she heard about it from friends who texted her.

"Oh, yeah," she laughed. "I got a lot of messages." ■



Liz Reynolds in her new classroom at Sanford Springvale YMCA

Photo: Lee Burnett

SMALL Cont'd from Page 1

Council's Oct. 1 meeting, City Manager Steve Buck recognized Small's empathy, dedication and abilities, and said as Police Chief, he will "continue the department's strong pathway of leadership."

The Council voted unanimously to affirm the appointment. Outgoing Chief Andersen pinned the Chief's pin to Small's uniform, following which he was sworn in by City Clerk Sue Cote.

Buck gave a moving tribute to Andersen, outlining his career accomplishments and the benefits to the city stemming from his leadership. Buck said Andersen achieved major changes within the SPD by engaging the department at all levels, which he called a paradigm shift that resulted in the SPD becoming a center of excellence within the region and the state. He said the support Andersen has had from his department through his time as chief is "the mark of a true leader."

Buck said Andersen's focus on community policing, including the implementation of social workers, community outreach and partnership with other agencies has been outstanding. This focus has greatly improved the favorable

impression of the SPD, their delivery of service and the safety of the entire city as a whole. Officer recruitment and retention programs instituted under Andersen's leadership resulted in a work environment and attitude within the department which has attracted both non-certified and certified officers to Sanford. He praised the reorganization and succession plans for the SPD, which Andersen spearheaded.

Buck concluded by noting the outgoing Chief's exceptional communication skills and ability to connect with the public, and his empathy in solving problems. "This has been one of your greatest strengths and your greatest contributions to the department," he said.

Small thanked Andersen for his leadership and example of humility, teamwork and support.

As part of the department's succession plan endorsed by the council, Major Matt Gagné has been promoted to deputy chief. There will be a competitive internal process to fill the vacant major position. Sergeant Colleen Adams has been promoted to lieutenant and Officer Jeremy Riddle has been promoted to sergeant. If a lieutenant or sergeant is promoted to major, there will then be another competitive process for such replacement as necessary. ■

LIBRARY Cont'd from Page 1

- am, Zoom
- Free Lunch at YCSP's Recovery Community Center, noon, 69 Brook St.
- York County Food Pantry, noon, YCSP, 5 Swett's Bridge Road, Alfred
- Zoning subcommittee meeting, 1 pm, Zoom
- Solid Wast subcommittee meeting, 2 pm, Zoom
- Cribbage, 2 pm, Springvale Library-Williams Reading Room, 443 Main St.
- Knit Lits, 3 pm, Springvale Library,
- Bingo, 4 pm (doors open) 6 pm (games start), Sanford Elks Lodge, 13 Elm St.
- Local Candidates Night, 6 pm Sanford City Hall, 919 Main St.
- Matthew Meal, 6 pm, St. Thomas School,
- Dulcimer Group, 6 pm, Goodall Library

Wednesday, Oct. 9

- Sanford Community Forest Native Shrub & Tree Planting, 9:30 am, Oak St.
- Southern Maine Agency on Aging Informational Presentation, 10 am, Goodall Library
- Thanksgiving/Christmas Salvation Army Assistance Applications, 10 am, 871 Main St.
- Fire Station Working Group, 11 am, Zoom
- Lego Club, 2:30 pm, Goodall Library,
- Thanksgiving/Christmas Salvation Army Assistance Applications, 4 pm, 871 Main St.
- Friends of Downtown, 4:30 pm, Regional Economic Growth Council, 919 Main St.
- Fiber Arts Group, 5 pm, Goodall Library,
- Poetry Group meeting, 5 pm, Goodall Library, 1364 Main St.
- State Candidates Night, 6 pm, Sanford City Hall, 919 Main St.
- Wednesday Night Bite Free Meal, 6 pm, Curtis Lake Church, 38 Westview Dr.

Thursday, Oct. 10

- Airport Advisory Committee meets, 8 am, Seacoast Regional Airport
- Sensory Story Time, 10 am, Springvale Library, 443 Main St.
- Senior Food Mobile, 10 am, CrossRoads United Methodist Church, 15 Grammar Rd.
- Thanksgiving/Christmas Salvation Army Asst. Applications, 10 am, 871 Main St.
- Dining to Donate @ Applebee's for St. Thomas School, 11 am, 1364 Main St.
- Free Lunch at YCSP's Recovery Community Center, noon, 69 Brook St.
- Food Bank at St. Thérèse of Lisieux, noon, Holy Family Church, 66 North Ave.
- Thanksgiving/Christmas Salvation Army Assistance Applications, 4 pm, 871 Main St.
- Golden Hour @ McDougal Orchard, 4 pm, 201 Hanson Ridge Rd., Springvale

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NEWS NOTES

Compiled by Carolyn Cadigan



The Rev. Tim Higgins of St George's Episcopal Church
Photo: Sanford School Department

Celebrating St. George's new rector: St. George's Episcopal Church in Sanford will hold a special celebration of new ministry for The Rev. Tim Higgins. The Right Reverend Thomas J. Brown, Tenth Bishop of Maine, will institute The Rev. Tim Higgins as rector of the church. The celebration will be held on Oct. 6 at 4 pm, followed by a reception in the parish hall. All in the community are welcome to join. The church is ability-friendly, with a ramp for those who need it closest to the parking lot. Staff members are working on offering closed captioning during the service. For those unable to attend in person, the service will be streamed on the church Facebook page and YouTube channel.

Library hosts SMAA info session for seniors and caregivers: Goodall Library will host SMAA 101, an information-program for seniors and caregivers

presented by the Southern Maine Agency on Aging (SMAA), on Oct. 9 at 10 am. Attendance is free. Get information on the agency's programs, including nutrition services, fall prevention classes, Medicare counseling, money management, adult day programming, caregiver support, and more. SMAA is a focal point for resources, services, and information to empower older adults, adults with disabilities, and their caregivers to live to their fullest potential.

Mainers thankful for Mainers: Every Thanksgiving, the Portland Press Herald recognizes 10 Mainers whose hard work and generosity have made life better for their fellow Mainers. These are people who haven't previously made news headlines or received major awards. They are the unsung heroes who go above and beyond, simply because they care. Do you know someone who fits this description? Submit your nominations here for the 2024 Mainers To Be Thankful For. The story will be published the Wednesday before Thanksgiving.

Social distancing, other steps in place at Nasson to help combat illnesses: As respiratory illness rates increase this fall and winter, Nasson Health Care is requesting that

patients adhere to the following steps to help combat the spread of viruses when at the health center: (1) When checking in, let the staff know if you are experiencing a fever, a new cough and congestion, shortness of breath, loss of taste or smell, or a sore throat; (2) If you are feeling sick, the health center staff strongly encourages you to either stay home or wear a mask when visiting the facility. Please maintain a healthy social distance of six feet and stay up to date with your vaccinations.

Hear from state candidates before you vote: The City of Sanford is hosting State Candidates Night on Oct. 9 at 6 pm at City Hall, 919 Main St., 3rd Floor, in Sanford. Candidates for the State Senate and Legislature will answer questions posed by hosts Shawn Sullivan, of the York County Coast Star, and Tammy Bostwick Wells, a local news writer. The public is invited. The event will also be live streamed on WSSR-TV and recorded for later viewing. Questions can be directed to Deputy Mayor Maura Herlihy by email at maherlihy91@gmail.com or phone at 207-651-1542.

SHS/SRTC closed Oct. 1 after threat found: Matt Nelson, Superintendent of Schools in Sanford, notified students, staff and families on Sept. 30 that a threat, dated Oct. 1, had been found in a bathroom at Sanford High

Cont'd on page 11



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Public Hearing Notice



The Sanford City Council will hold a Public Hearing and receive written and oral comments at its October 15, 2024 meeting at 6 pm to approve proposed changes to Chapter 280 of the Sanford City Ordinances pertaining to Campgrounds.

The hearing will be held in Council Chambers at City Hall, 919 Main Street, Sanford, or via remote video and teleconference. The meeting will be broadcast on cable channel 26 and online at townhallstreams.com/towns/sanfordme. Comments may be submitted in person, via mail, email, or at www.sanfordmaine.org under Email City Departments/City Council. Instructions for joining the meeting by remote methods will be posted by Friday, October 11, 2024. Questions may be directed to the Planning Office 324-9150.

Tree Planting Begins Rejuvenation of Sanford Community Forest

By Lee Burnett

Three Rivers Land Trust has launched a planting program at Sanford Community Forest and is looking for volunteers willing to dig holes and shovel dirt. Two planting days are scheduled in the coming weeks: Wednesday, Oct. 9 and Tuesday, Oct. 15. On both days, volunteers are invited to gather at 9:30 am at the Sanford Community Forest parking area on upper Oak Street, Springvale (opposite 440 Oak Street).

The planned planting continues a program that began last fall with help from volunteers from Great Bay Services, an agency that supports adults with disabilities in leading full lives.

“We had an amazing morning planting blueberry and beach plum bushes and birch trees,” said Three Rivers Executive Director Ruth Gutman. “We continued that partnership this year and hope to continue working with Great Bay and other organizations... It can’t be a community forest if we don’t make everyone feel welcome.”

The planting of native trees, shrubs and pollinators is aimed at restoring forest diversity and health to 550 acres of woods that are still recovering from heavy logging 15 years ago. The Land Trust has sought suggestions from the community on the mix of species to plant.

The planting is supported by local donations and a \$3,543 grant from Project Canopy, a program of the Maine Forest Service. The planting is part of an ambitious rejuvenation plan that includes restoring impaired wetlands, enhancing wildlife habitat, repairing eroded trails and building new trails.

Over the past year, Three Rivers Land Trust has received a total of \$73,600 in grant funding



Some of the volunteers that helped with planting at Sanford Community Forest earlier this week.
Photo: Sanford School Department

to invest in the rejuvenation of the community forest.

- The Maine Outdoor Heritage Fund awarded \$15,000 to help build the new parking area at the trailhead, which provides ample space for school buses to turn around and van-accessible parking spots.
- LL Bean Land Trust awarded a \$5,000 grant to fund a tool purchase and cover salary needs for a stewardship assistant, a new position at the Land Trust.
- The Recreational Trails Program awarded \$50,000 to build a universal access trail, meeting Forest Service Outdoor Recreation Accessibility Guidelines, that would connect the parking lot to a former log landing being developed as an educational programming area.

More funding is needed. The Land Trust seeks to raise an additional \$80,000 in donations from the Sanford community by early 2025 to complete the accessible trail and assist with trail improvements in other areas of the forest. ■

LIBRARY *Cont'd from Page 3*

- Free Community Meal, 5 pm, New Beginnings Christian Church, 181 Grammar Rd.
- Scrabble Night, 5 pm, Goodall Library,

Friday, Oct. 11

- Salvation Army of Sanford Harvest Table Food Pantry, 9 am, 871 Main St.
- Salvation Army Staple Box Distribution, 9 am, Salvation Army of Sanford, 871 Main St.
- Homeschool Meet Up-Fire Safety w/ Springvale Fire Crew, 10 am, Library, 443 Main St.
- AWS Furry Tales, 10:30 am, Goodall Library, 1364 Main St.
- York County Food Pantry, noon, YCSP, 5 Swett’s Bridge Road, Alfred
- Golden Hour @ McDougal Orchard, 4 pm, 201 Hanson Ridge Rd., Springvale
- Sanford Art Walk, 4 pm, Central Park,
- FREE Family Movie Night-Smitty @ First Baptist Church Springvale, 6 pm, 429 Main St.
- Romantic Atmos-FEAR, 7:30 pm, Nason Little Theatre, 457 Main St.

Saturday, Oct. 12

- 3rd Annual Pete Levasseur Fall Classic, (12th-14th), Shaw Field, 137 Shaw’s Ridge Rd.
- Sanford Farmers’ Market, 8 am, Central Park
- Free Reiki Circle, 10 am, Springvale Library, 443 Main St.
- Art Sale, 10 am, Alfred Parish Church, 8 Kennebunk Rd. Alfred
- Romantic Atmos-FEAR, 7:30 pm, Nason Little Theatre, 457 Main St.

Sunday, Oct. 13

- Romantic Atmos-FEAR, 2 pm, Nason Little Theatre, 457 Main St.

Visit our Events Calendar at sanfordspringvalenews.com for details. ■

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SCHOOL NOTES

Compiled by Carolyn Cadigan



CJL students channel their inner Paul Bunyan, enjoying flapjacks in flannel.

Photo: Sanford School Department

Celebrating classic American tales over flapjacks:

Second graders at Carl J. Lamb Elementary School dined over flapjacks, and some even wore flannel, to mark their recently completed unit on fairy tales and tall tales. They explored classic stories such as “The Fisherman and His Wife” and “Beauty and the Beast,” learning about story elements and important life lessons. The unit also introduced American tall tales featuring characters like Paul Bunyan and John Henry. These stories helped students understand the concept of exaggeration in storytelling and gave them a glimpse into life on the American frontier.

This fall, the band marches on: On Sept. 21, the Sanford High School Marching Band performed their show — the second competition of the season — at Old Orchard Beach High School and was awarded three out of five stars for the overall performance. SHS student

Tim McGee recounted, “I can definitely see how much we’ve grown since band camp, but I can also see how much we can improve on.” The band’s show, titled “Beacon,” is based on the poetry of Portland-born Henry Wadsworth Longfellow and explores the protection, strength and beauty of the rocky coast of Maine and its lighthouses.

From trial by jury to summer lovin’ on the SHS stage: The Sanford High School Theater Club has announced its fall play and spring musical for this school year. The fall play, scheduled for Nov. 22 through 24, will be “12 Angry Jurors,” based on the classic film and Broadway show, “12 Angry Men.” The cast will have the unique opportunity to use decommissioned chairs from the Alfred Courthouse, as well as the jury box and table from the Maine State Courthouse. In the spring, the musical will be “Grease,” which follows the lives and relationships of teens at fictional Rydell High School in 1959. Auditions will be held in December with performances planned for March 28 through 30. 11 am, at Gowen Park. Each slot is 10 minutes. Participants get five digital negatives with the rights to print. Sign up for a time slot here. at www.signupgenius.com

A dozen reasons to smile: Sanford Pride Elementary School PTA recently organized a “Donuts with Grownups” event, where each

student was accompanied by a special adult figure in their life — be it a parent, a grandparent, a guardian, or a mentor. The event created a warm, inviting atmosphere where the pairs could spend quality time together, coloring pages side by side or reading some of the available donut-themed storybooks.

Late bus schedule changes: Effective Sept. 30, the Sanford School Department implemented changes to the late bus runs for Sanford High School (SHS) and Sanford Middle School (SMS). To create a more structured and efficient system, both schools’ late runs now have designated stops. FMI, including a list of all the stops, go to sanford.org.



The Sanford High School 2023 Homecoming Parade
Photo: Sanford School Department

A jam-packed Homecoming Week at SHS: Homecoming Week at Sanford High School (SHS), scheduled Oct. 7 through 12, has a “Broadway Musicals” theme this year. Activities include Spirit Days and varsity home games
Cont’d next page

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throughout the week, as well as a Pep Rally on Oct. 10. The Homecoming Parade is set for Oct. 11 at 4 pm. The Student Council invites the entire community to join the celebration of school spirit. Many youth sports teams and community groups have already signed up. The parade starts at the tennis courts and ends at the softball field lot. Spectators should park at SHS no later than 3:30 pm, after which Alumni Boulevard will be closed until the end of the parade. People who arrive after 3:30 pm should park off campus and walk to the parade route. The Route 4 entrance will close at 3:30 pm, so be sure to enter from Main Street. After the parade is over, Alumni Boulevard will reopen to traffic for the football game, which starts at 7 pm. Concluding the week of activities is the Homecoming Dance on Oct. 12 from 7 pm to 10 pm. For more details on the week's events, go to spartan-times.com. ■



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SPORTS NOTES

By Sam Bonsey, Sanford Schools Communications Coordinator

Sanford High School's **volleyball team** recently beat Portland 3-0 behind a strong performance by Samone Gallagher, who had nine kills and 11 digs. Gabriella Favolise and Ellery Genest each had eight assists for Sanford.



SHS junior Leah Soucy in action during a Sanford volleyball match
Photo: SHS Spartan Team

On Wednesday October 2, Sanford High School senior Audrey Payeur had three goals and four assists to lead the Spartans **field hockey team** to a 9-0 win over Portland/Deering on Wednesday at Alumni Field. Ali Long and Olivia Tremblay each scored twice, and Hailey Payeur had a goal and three assists for Sanford, which scored six goals in the third quarter.

On Friday September 27, the **football team** lost to Kennebunk, 48-20. Scott Robitaille rushed for two touchdowns for the Spartans.

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My public service over the past 30 years as your Mayor, State Legislator, Town Councilor, and School Committee Member has given me a unique perspective on our community's needs and how best to meet them.

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Lineup for Lip Sync Challenge Growing

Press Release

Get ready for a night of fun, music, and friendly competition at the Sanford Backpack Program's "Lip Sync Showdown!"

The event is scheduled for 7 p.m. Saturday, Oct. 19 at Sanford Performing Arts Center. All proceeds go to the program's mission to provide food for local students in need.

Some of the area's most recognizable faces will hit the stage to battle it out for lip-sync supremacy, as voted by the audience in attendance. Confirmed groups include the Sanford City Council, Sanford Police Department, Sanford Fire Department, Sanford-Springvale Rotary Club, Maine Attraction Water Ski Show Team, Sanford High School, Margaret Chase Smith School PTA, Jazz Tappin' Dance Academy, Northern Explosion Dance Studio, Kiwanis Club of Sanford, SHS Football Team, SHS Field Hockey Team, and the Sanford Regional Technical Center.

With more groups being added to the lineup, the competition promises to be fierce and full of surprises. Ayn Hanselman, a board member of the Sanford Backpack Program, shared her enthusiasm for the event, stating: "We can't wait

to see these local groups go head-to-head in some fun rivalries, all for a great cause. It's going to be a night to remember, and the best part is that every dollar raised will help students right here in our community."

There's still time to join in on the fun! Teams and organizations interested in performing can register by contacting Brett Williams at bwilliams@sanford.org

For more details and to purchase tickets, visit SanfordPAC.org. ■



A team from Northern Explosion Dance Studio is signed up for the showdown
Photo: Courtesy of Northern Exposure



Scan this with your camera to get our Weekly E-News sent directly to your inbox on Saturday mornings.

Or go to SanfordSpringvaleNews.com and go to the SIGN UP tab.

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Passages - Dr. John L. Pare

It is with a sense of profound loss that the siblings of Dr. John L. Paré, announce his passing on September 8, 2024 at the age of 61. He resided in Rehoboth Beach, Delaware. He is predeceased by his loving parents, Laval and Theresa Paré. He is survived by his nine siblings: Father Paul (Godfather-WI), Robert (NJ), Norma (Godmother-NM), Khlaire (VA), Gerard (TX), Theresa (MA), Bernard (ME), Mark (GA), and Raymond (ME). He is also survived by 12 nieces and nephews and 11 grand nieces and nephews.

Dr. Paré received a degree of Doctor of Osteopathic Medicine from the University of New England in Biddeford, Maine in 1994. Dr. Paré, a highly respected family medicine physician, was practicing at Beebe Healthcare in Melville, Delaware specializing in Geriatric care. Prior to this he was a Family Health Care Physician in Manassas, VA.

Dr. Paré will be forever remembered for his unique sense of humor, quick wit and a ready joke. Through this gift, he was able to comfort, understand and "be there" for all he knew. In the words of Dr. Paré himself "Laughter - I prescribe it daily." His interests included Yoga, kayaking, travel and he was quite "a Foodie".

Dr. Paré will be forever remembered as a loving, special brother, and for the example he set as a dedicated, knowledgeable and compassionate physician who delivered high quality medical care.

Dr Paré leaves behind a legacy of love, service and happiness that will live on in the hearts of everyone who knew him. In the spirit of his compassionate and joyous life, let us celebrate him with gratitude alongside our tears.

Dr. Paré's family express their heartfelt gratitude for the overwhelming outpouring of condolences they have received from his large "circle of friends".



A memorial service is being planned to celebrate and remember his life and contribution to the medical community. In lieu of flowers, please contribute to the passions and interests of Dr. Paré:

Camp Rehoboth: <https://give.camprehoboth.org/give>
and/or University of New England College of Osteopathy: www.une.edu/givenow;
and/or Beebe Healthcare Foundation: www.beebehealthcare.org/donate

PAID NOTICE

City Council October 1 Meeting Summary

By Zendelle Bouchard

Officer recognized: At the City Council's meeting on Oct. 1, Detective Kyle Cutler of the Sanford Police Department was presented with a Life Saving Award for his actions on Sept. 28, 2023. On that date, Cutler (then a patrol officer) responded to a stabbing and applied a chest seal to the victim while waiting for paramedics to arrive. Police Chief Eric Small noted that it is not common for officers to carry chest seals with them, and that Cutler is the only member of the SPD to do so. The emergency department doctor who treated the patient later contacted the SPD to report that Cutler's actions played a major role in saving the person's life.

Legislative efforts: The city's second annual Homelessness Forum will be held at Sanford Performing Arts Center on Nov. 14, immediately following a presentation by the York County Superintendents Association. All local state legislators are invited to the event to hear details of desired changes to the state's essential programs and services funding formula, before city officials and partner agencies address statewide priorities for addressing homelessness and stress that York County be considered when resources are being allocated.

City Manager Steve Buck and Fire Chief Scott Susi serve on the Maine Municipal Association's legislative policy committee and



Det. Kyle Cutler and his family pose for a photo at the City Council meeting.
Photo: WSSR-TV

are focusing their efforts on issues that would benefit Sanford. A proposed change to the state laws on tax increment financing, if passed, could cover the entire debt service for the new fire stations without impacting taxpayers. (Right now, the law allows only 15% of captured revenue to be used to pay for public safety buildings, even though 50% may be used for other types of municipal buildings.) Other issues they are advocating for include higher MaineCare reimbursement rates, support for community paramedicine, greater recognition for social services and economically disadvantaged students that are currently absorbed through the local budget as well as support for more housing development and protection from commercial exploitation of housing for short-term rentals.

General Assistance: Vicki Martin, Sanford's Director of General Assistance, presented the new state maximums for GA benefits, and the Council held a public hearing and first reading. The city is reimbursed 70% of GA benefits it distributes. Councilor Jonathan Martell asked if the city could save money by holding to the current maximums, but Buck noted the state maximums don't even begin to address the cost of housing for program participants. Martin added that most GA recipients only receive benefits for one or two months, until they get back on their feet. The second reading and vote will be held at the next Council meeting on Oct. 15.

Roberts & Main apartments: A public hearing was held on a new tax increment financing (TIF) district for two new downtown market-rate apartment buildings. A 12-unit building on Main Street between Aroma Joe's and Sunset Tower, and a 24-unit building on the site of the former Ballenger Auto building were approved by the Planning Board in 2021. Keith McBride of the Sanford Regional Economic Growth Council said the new TIF and accompanying credit enhancement agreement will cover the financing gap for the developer, TPD Construction, while addressing two of the City Council's biggest priorities, downtown revitalization and the housing shortage. "Without

Cont'd on page 11

City Council Chambers and Via Remote Video and Teleconference Pursuant to 1 MRSA §403-B (2) (D) and Section 6 of the City Council Rules of Procedure Tuesday, October 15, 2024 6:00 PM



Notice is hereby given that the Sanford City Council will hold a public hearing at 6:00 PM on Tuesday, October 15, 2024 in person at City Hall Council Chambers, 919 Main Street, Third Floor, Sanford, Maine and via remote video and teleconference pursuant to 1 MRSA §403-B (2) (D) and section 6 of the Sanford City Council Rules of Procedure. The purpose of this public hearing is to receive public comments on proposed changes to the City of Sanford Airport Ordinance. Further information on the proposed changes may be obtained through the Airport Manager prior to the public hearing. Written comments and questions should be directed to Allison Navia, Airport Manager, and will be accepted until 4:00 pm on October 14, 2024 at the Airport Manager's Office, 9 Presidential Lane, Sanford.

The proposed amendments can be viewed by visiting the City of Sanford website at www.sanfordmaine.org and clicking on Public Notices.

Instructions for joining the meeting by in-person and remote methods are posted on the City's website on the Meetings calendar. The meeting will be broadcast on cable channel 26 and archived at <https://townhallstreams.com/towns/sanfordme>.

OUT IN THE WOODS

By Kevin McKeon, Maine Master Naturalist

Prickly Pear Creeping into Maine

Cacti in Maine!? Yup! Sort of. A cactus is making its way here from New Hampshire and is listed as native to all New England states except Vermont and Maine. It's called the Eastern Prickly Pear Cactus (*Opuntia humifusa*) because of the pearlike shape of its fruit and it's unrelated to the pear. Another one of its names, the Indian Fig, relates to the fruit's size. It's also called The Devil's Tongue, reflecting the makeup of its "leaves". These beauties can be found in some gardener's backyards that offer well-drained, sandy soils and lots of sun. Its natural habitat is along the coastal plains: dry fields, ledges, coastal dunes and beaches. This succulent is easy to identify as it looks like a cactus. Cuttings can be easily transplanted to your backyard in very dry, sunny locations, meadows, dry hilltops, recently harvested forests — maybe even in your outgrown kid's sandbox.

Speaking of names: There's another cactus species, *Opuntia cespitosa*, very similar to our *O. humifusa*, and is also commonly called the eastern prickly pear cactus. But the flower of *O. cespitosa*, unlike the *O. humifusa*, has a red center. All these names serve to highlight the reasons many gardeners often use botanical names when discussing their plantings. Plant names can be different for the same plant, and different plants may have the same local names: *O. humifusa* is commonly called the Eastern Pear Cactus, Eastern Prickly Pear Cactus, Prickly Pear Cactus, Indian Fig, or The



A team from Northern Explosion Dance Studio is signed up for the showdown
Photo: Kevin McKeon

Devil's Tongue. World-wide, in all languages, it's called *Opuntia humifusa*.

Under an optimal, desert-like habitat, the prickly pear can grow to 6 feet tall with 16 inch long "leaves" which are called pads or nopals and are modified sections of the stem. Around here, 1.5 feet is about the tallest it'll get. The spines grow from small light- to dark-colored bumps located on the cactuses cladodes, which are found on the nopals. The spines have barbs on the ends, so can be uncomfortable to touch and pull-out from probing fingers. These plants are loaded with all kinds of chemicals — which has generated research into many medical applications — so it's no surprise that some folks have reported reactions (other than an "ouch!") to these spinal encounters.

And they are edible. Prickly pear cactus has been a staple in Mexican and Central American diets for thousands of years. It is described as sweet, similar in flavor to a melon. There are two edible parts of this cactus: The spine-covered nopal which is often treated as a vegetable

and the pear-shaped fruit. Prickly pears are loaded with flavonoids and vitamin C, giving the plant excellent antioxidant properties. They also contain calcium, minerals, amino acids, etc., and have been used to treat cancer, fungal issues, hypertension, diabetes, and heart diseases. Be careful when you pick and peel them and wear protective gloves. Read and watch about food prep here.

Prickly pear's bright yellow flowers attract many types of pollinators: ants, wasps, birds, and bees. Native bees will sometimes over-night in the closed blossoms and emerge as the sun's morning rays cause the blossom to open. After pollination, the red, fig-shaped fruits are formed and can be eaten raw after carefully removing the skin; jellies, candies and other sweets can also be processed from them. The fleshy part of the prickly pear is made up of flattened-like stems called cladodes, covered in spines. These can also be eaten after bypassing the spines and skin.

It is not only a beautiful plant but also provides food and protection for wildlife and can be used in native landscaping. It could be a wonderful backyard addition to your pollinator gardens. ■

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

Passages - Colonel Robert "Pat" Patterson Andrews, M.D.

Colonel Robert "Pat" Patterson Andrews, M.D., of Rye, New Hampshire, passed away at Exeter Hospital in the early morning of June 29, 2024 at the age of 88. He will be most remembered for his love of family and kindness to all.

Born at Newton Hospital on August 7, 1935, and raised in Quincy, Massachusetts, Pat was the son of George Robert Andrews of Sanford, Maine and Helen Brown Babcock of Cambridge, Massachusetts. He graduated from Thayer Academy in Braintree, Massachusetts and Tufts University in Medford, Massachusetts, where he earned an A.B. degree in Political Science. He then attended Tufts University School of Medicine, graduating with his M.D in 1963.

Pat completed a rotating internship and a Radiology residency at Maine Medical Center in Portland, Maine, before beginning his practice in Bangor, Maine, in 1967. He was a founding member of Andrews Lynch & Field PA, which later merged to form Spectrum Medical Group in 1996. Pat practiced radiology for 33 years in Bangor and Dover-Foxcroft, retiring in 2000. He continued to work locum tenens from 2000 until 2008, primarily in Cooperstown, New York.

A specialist in breast cancer diagnosis, Pat founded the Rosen Breast Diagnostic Center at St. Joseph Hospital in Bangor in 1978. He was board certified in Radiology and Nuclear Medicine and served as Chief Radiologist at both St. Joseph Hospital in Bangor and Mayo Regional Hospital in Dover-Foxcroft. He also established the associate degree program in Radiology Technology at Eastern Maine Technical College, where he served as program chairman for 22 years.

Colonel Andrews had a distinguished military career, spanning 33 years of reserve obligation. He served active duty as a radarman in the US Navy aboard the USS CK Bronson and as a flight surgeon in the Maine Air National Guard refueling F-16 fighter jets in flight. He participated in the first Gulf War and the Bosnia Herzegovina Conflict, amassing over 1500 hours as a KC-135 Tanker crew member. He was a life member of the DAV of America, retiring as the State Air Surgeon of Maine and receiving several medals, including the Air Medal for his service.

Pat was deeply involved in his community, serving on the Newburgh Fire Department, the board of the Bangor Symphony Orchestra, as chairman of the Newburgh Planning Board, as a member of Senator William Cohen's Republican advisory board, and as President of the Sugarloaf Ski Club & Ski Foundation. He played a key role in founding Carrabassett Valley Academy and was an emeritus member of the Eastern Maine Medical Hospital staff.

Airplanes were Pat's greatest passion. Over his lifetime, he owned several small aircraft for pleasure and travel. As an enthusiastic and experienced pilot, Pat flew numerous charitable missions for the Environmental Air Force, LightHawk Conservation, and the Nature Conservancy. He also loved skiing, particularly at Sugarloaf Ski Resort in Carrabassett Valley, Maine, where he built a family camp. Pat spent countless hours on the slopes, eagerly tracking and reporting his "vertical feet" to share with his many friends and ski partners.

Pat is survived by his loving and devoted wife of 18 years, Debra A. Barrett Andrews. His children, Beth Andrews and partner Jeff Bennert of Cumberland, Maine, Amy Buzzi and husband Daniel of North Kingstown, Rhode Island, Jeff Andrews and wife Julie of Denver, Colorado, stepdaughter Kristin Barrett of Denver, Colorado, brother-in-law Bruce Harrison of Sanford, Maine, and former spouse Bunny Thibodeau Andrews of Presque Isle, Maine. As he often claimed, Pat's immortality lies with his six cherished grandchildren: Lauren and Kyle Lamberson, Abby and Adam Brewer, and Sebastian and Audrey Andrews. He was predeceased by spouse Polly Davis Andrews, parents George and Helen Andrews, and brothers King and Gary Andrews.

A graveside service will be held October 11 at 1:00 at the Southern Maine Veterans Memorial Cemetery in Springvale. Visiting hours will be held at the Carll-Heald and Black Funeral Home, 580 Main Street, Springvale from 10:00 to 12 Noon prior to the service.

To view Pat's memorial page or share an online condolence, please visit www.blackfuneralhomes.com

Donations in Pat's memory can be made to Tufts University School of Medicine, 145 Harrison Ave., Boston, MA 02111, and/or Disabled American Veterans, P.O. Box 14301, Cincinnati, OH 45250.



PAID NOTICE

NEWS NOTES *Cont'd from Page 4*

School (SHS)/Sanford Regional Technical Center (SRTC). Although the administration, working with the Sanford Police Department, determined it was not a direct threat, Nelson cancelled school and all afterschool activities at SHS/SRTC on Oct. 1, out of an abundance of caution. School was back in session on Oct. 2 with increased police presence as an added safety precaution.



Decorated pumpkins in the fall
Photo: Creative Commons

Celebrating fall and charity on the ridge:

The Harvest Festival on the Ridge will be held Oct. 19, 12 pm to 4 pm, at Sky Island Homestead, 273 Hanson Ridge Rd. in Springvale. In its second year, the “farmers and makers” festival will offer local foods, live music, artisan crafts, farm animals, and a pumpkin decorating contest. Be sure to bring reusable bags for your purchases. Each year, the festival also includes a fundraiser for two local charities. This year, attendees at the festival are asked to bring new or lightly used item donations to support Maine Needs, a grassroots organization helping Mainers in

need to stay warm this winter. Check Sky Island Homestead’s Facebook page for specific items needed. On the animal front, proceeds from raffle tickets, to win a basket of items donated by the festival’s vendor artisans, will directly benefit No Bowl Empty 2, a pet food pantry.

Free at-home tests to help limit

COVID’s spread: Ordering free at-home COVID-19 tests resumed on Sept. 26, enabling households to place an order for four at-home tests, shipped free through the U.S. Postal Service. The new tests are able to detect infection from currently circulating variants. Order the free tests at: <https://special.usps.com/testkits>. FMI about COVID-19 testing, go to: <https://www.covidtests.gov/>

A career milestone is reached: Maine-Health Maine Medical Center recently celebrated Elaine Hartley, who started her career at Goodall Hospital in the Orthopedic office 35 years ago and currently works on the pre-services team as a per-certification representative. Congratulations on your 35 years of service, Elaine!

Say goodbye to your sensitive docu-

ments: Free Shred Week at Partners Bank ends on Oct. 5. Whether you’re a bank customer or not, bring your confidential and personal documents to any of the bank’s locations and drop them in the bin for free shredding. This service is provided by Secure Record Management Systems, a social enterprise of Waban

Projects, Inc. The bank also publishes monthly security tips to keep your identity safe. For tips and tricks, go here.

YCCC student awarded a scholarship: The Sanford Springvale Chamber of Commerce presented Charlotte Masse with a \$1,000 scholarship on Sept. 27. Masse is enrolled in the business program at York County Community College. Congratulations! ■

CITY COUNCIL *Cont'd from Page 9*

the City’s participation, this project wouldn’t happen,” he said. The Council approved the new TIF by a vote of 6-1, with Councilor Martell the sole vote in opposition.

Other items:

- Mayor Becky Brink reported on last week’s housing workshop. Read our related article here and view the video of the workshop here.
- City Manager Steve Buck gave a brief update on the Housing First and courthouse redevelopment projects that are being reviewed by the Site Plan Review Committee and Planning Board. He also encouraged residents to attend the Fire Station Forum on Oct. 2. ■

PUBLIC HEARING NOTICE

The Sanford Planning Board will hold a public hearing and receive written and oral comments at its October 16, 2024 meeting, starting at 6:30 pm, on applications for the following projects:

- File # H32-01 – 36 Wilson Street – Genest Concrete Works (Tax Map H32, Lot 01) - Major Site Plan and Conditional Use Application for the proposed addition of approximately 10,000sf to an existing manufacturing building for the production of precast concrete products made on site, and associated site improvements.
- File # R9-63 - 137 Shaw Rd – Sanford-Springvale Soccer Association – Zone Change - Application to change lots R9-63 and R9-64 from Rural Residential Zone to Urban Zone to allow a year-round food truck park in the existing gravel parking lot, in conjunction with the continued use of youth sport programming.
- File # K14-35 – 5 Water St – Jagger Lofts – Zone Change – Application to change lots K14-35 and K15-32 from Industrial Reuse Zone to Urban Zone in conjunction with the redevelopment of Jagger Mill into multifamily residential.

The Planning Board will also hold a public hearing and receive written and oral comments at this same meeting on proposed changes to Chapter 280 of the Sanford City Ordinances pertaining to:

- §280-11-6 Urban Zone – Proposed Ordinance revision to §280-11-6F(3) to remove the minimum unit sizes from the Ordinance and replace with allowances for urban infill lots.
- §280-14-13 Signs – Proposed Ordinance revision to allow historical signage to remain on buildings following the closure of a business and to not be counted towards the total allowable signage of a new business, at the discretion of the Planning Board.

The hearings will be held in Council Chambers at City Hall, 919 Main Street, Sanford, or via remote video and teleconference. 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. Questions or written comments should be directed to the Planning Office at 324-9150 or jlbabcock@sanfordmaine.org.



REAL ESTATE TRANSACTIONS

Compiled by Carolyn Cadigan



422 Main St., Springvale (9/20 closing, listed below)

Photo: Google

5/24, Lot 10 Roosevelt St., Springvale, wooded lot, town water and sewer available, .25 acre, \$35,000

8/23, 350 Twombly Rd., 7-room Colonial Farmhouse, 4 bed/3 bath, remodeled, primary bedroom with ensuite, bedroom and laundry room on first floor, attic, unfinished basement, 2-car garage, metal roof, two-story barn, 1 acre, built in 1860, \$485,000

9/20, 422 Main St., Springvale, 5-room Cape, 3 bed/1.5 bath, bedroom and laundry on first floor, pumpkin pine floors, built-in cabinets, attached 1-car garage, deck, landscaped grounds, 80-foot frontage on Mousam River, walking distance to amenities, built in 1870, \$475,000 (pictured above)

9/23, 33 Brunelle Ave., 7-room Split Entry, 4 bed/1.5 bath, remodeled, family room, finished basement, deck, shed, private backyard, corner lot, .56 acre, \$409,000

9/26, 178 Jagger Mill Rd., 5-room Ranch, 3 bed/1 bath, unfinished basement, attached 2-car garage, solar panels, fence, built in 2021, \$350,000

9/26, 3 Milton Ave., 3-room Ranch, 1 bed/1 bath, hardwood floors, unfinished basement, attached 1-car garage, screened porch, intown, corner lot, \$285,000



71 Flayhan Dr. (9/27 closing, listed below)

Photo: Carolyn Cadigan

9/27, 71 Flayhan Dr., 5-room Raised Ranch, 3 bed/2 bath, open concept living, primary bedroom with ensuite, central vacuum, full walk-out basement, 2-car garage under, deck, covered porch, abuts conservation land, cul-de-sac, 3.96 acres, built in 2008, \$520,000 (pictured above)

9/27, 115 Payeur Circle, 6-room Ranch, 3 bed/2.5 bath, primary bedroom with ensuite, pantry, partially finished walk-out basement, attached 2-car garage, screened porch, irrigation system, 3.4 acres, built in 2006, \$680,000 ■



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.

News and stories are published in print, electronically and posted on Facebook.

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