

August 2, 2024

Copyright © 2024 - Sanford Springvale News - All rights reserved

'Angels' on a Mission to Serve Street People

By Lee Burnett

Three times a week, Roxanne Hatch pulls a wagon through Sanford's downtown, delivering bottles of water, homemade sandwiches and other nourishment to street people. It's one of the few served meals available to unhoused residents.

Hatch recently took some time off for surgery, but she was back at it earlier this week with the assistance of Rebecca Harris, who drove down from Buxton to pull the wagon for her. She invited the Sanford Springvale News along to highlight the lives of Sanford's street people, who have been far more visible at Gateway Park and Central Park since the June 17 closure of the large encampment at Heritage Crossing.

On this morning, Hatch had the wagon loaded with ham sandwiches, chicken-salad sandwiches, containers of applesauce, cookies, bottles of cold water, and packets of chips and pretzels. "Everything they like," said Hatch. The food was prepared by Hatch and Harris



Roxanne Hatch, left, and Rebecca Harris, center, hand food items to Diana Bishop, who hadn't eaten in two days. Photo: Lee Burnett

with funds donated to It Takes a Village 207, the volunteer-driven assistance group serving unhoused people in southern Maine.

Before heading out, they were met by Alex, who had arrived by bicycle and who explained the latest laws being enforced in town. "It's OK to hang out with all your belongings in a backpack, but if you spread it out and it looks like you're

Cont'd on Page 3

Community CALENDAR

Compiled by Zendelle Bouchard

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

Saturday, August 3

- Sanford Farmers' Mkt, 8 am-noon, Central Park
- Yoga at the Orchards, 8 am, McDougal Orchards
- Kitten Adoption Event, 11 am-2 pm, Pet Supplies Plus
- Annual Lobster Bake, 6 pm, First Baptist Church of Springvale, 429 Main St.
- Neil Berg's 101 Years of Broadway, 7 pm, SPAC

Sunday, August 4

- Car Wash Fundraiser, 10 am-2 pm, Napa Auto Parts, 960 Main St.
- Summer Splash, noon-3 pm, Curtis Lake Church, 38 Westview Dr.
- SHS Powder Puff Football Game, 4 pm, Shaw Field, 137 Shaw's Ridge Rd.
- Low-Cost Rabies Clinic, 4-5:30 pm, Tractor Supply, 1770 Main St.
- DaPonte String Quartet, 4 pm, Sanford-Springvale Historical Museum
- The Blue Shell Tour, 5 pm, Pilot's Cove Café, 199 Airport Rd.

Monday, August 5

- Baby Rhyme Time, 10 am, Spvl. Library
- Sanford Food Pantry, 10 am, 1204 Main St.
- Lego Builders Club, 3 pm, Spvl. Library
- Sports Physical Clinic for SMS and SHS Students, 3-5 pm, Sanford High School
- Summer Soccer Camp (through 8/8), Shaw Field

Tuesday, August 6

- Site Plan Review Committee, 9 am, City Hall and via Zoom
- Food Themed Story Time, 10:30 am, Goodall Library
- Free Hot Meal, noon, Lafayette School, 69 Brook St.

Cont'd on Page 3

Community Health Center Celebrates 20 Years of Service



Molly Lobel, a nurse practitioner and director of clinical services at Nasson Health Care, attends to patient. Photo: Nasson Health Care

By Mike Froning, Nasson Health Care communications specialist

When York County Community Action Corporation (YCCAC) opened Spruce Street Health Center in 2004, Google had just launched a new email service called Gmail, Mark Zuckerberg had just begun his Facebook venture, and after 86 years many long-suffering Red Sox fans were celebrating a World Series title. Though much has changed over the course of 20 years, one constant is that health care center, now called Nasson Health Care, and its dedication to York County citizens.

The center will celebrate its 20-year anniversary with an open house from 5 to 7 pm on Thursday, Aug. 8, that will

Cont'd on Page 5

THE ULTIMATE TRIBUTE TO TINA TURNER

PROUD Tina

On sale now!

Sanford Performing ARTS Center

109 Alumni Blvd. | Sanford, ME

www.SanfordPAC.org

AUGUST 21 - 7:00PM

A promotional poster for a tribute to Tina Turner. It features a photograph of Tina Turner singing into a microphone on stage. The text includes the title 'PROUD Tina', the date and time 'AUGUST 21 - 7:00PM', and the location 'Sanford Performing ARTS Center'.

Sanford Resident Hopes to be Named Ms. Maine

By Renée Morin

Kristen Pelletier of Sanford is looking for more than a title when she competes in the USA Ms. Maine Pageant this fall. She hopes to inspire people with disabilities to follow their dreams.

Pelletier, 41, who grew up in Sanford, has been paralyzed from the waist down since suffering a spinal cord injury from a car accident when she was in high school. Despite her injuries, she went to college, got married and became a mother. She and her two children now live in her hometown, where she says no one makes her feel like she has a disability.

Pelletier said the motto of the pageant -- "empower, inspire, uplift" -- resonates with her, especially these days. Through a family friend, Pelletier recently met Amanda Boxel, the founder of Bridging Bionics. The nonprofit offers physical therapy to help people regain mobility. Pelletier was given the chance to travel to Colorado to participate in this program and was subsequently able to take her first steps in 19 years.

After her return from the program, Pelletier raised enough money to purchase a Galileo vibration table to continue her ther-



apy. As these devices are not readily available in this part of the country, she hopes to be able to share her table with other people like her. She also plans to fundraise in the future to send another local individual to Colorado for this treatment program. In that same vein, Pelletier plans to use her platform in the pageant to fight the stigma associated with being disabled.

The Ms. Maine pageant, to be held on

Oct. 13 at the Augusta Civic Center, is one of four events that will send contestants to the national United States of America Pageant in Orlando, Florida next July, each representing a different demographic.

Before the pageant begins, each contestant will be interviewed by the judges to explain how they can inspire people. On the day of the actual pageant, contestants will model three different outfits: patriotic wear, swimsuits, and evening wear. Tickets are available for those interested in attending.

Pelletier is seeking sponsorships from local businesses to help cover the costs of her travel, lodging, wardrobe, and entrance fee. Sponsors will have their names printed in the pageant program and will be featured in Pelletier's social media feeds. Any money left over will be put toward Pelletier's goal of sending a local individual to Colorado for physical therapy.

Pelletier says she is honored to represent her community in this pageant with other like-minded people. She is happy to get exposure for individuals with disabilities and to be able to show that disabilities do not define a person.

Even after a devastating injury, she said, "You can find that spark again." ■

ELDREDGE
LUMBER & HARDWARE
Portsmouth Sanford York Portland

**HOUSEWARE,
HARDWARE &
LUMBER!**

SERVING OUR COMMUNITY
SINCE 1937

YORK, ME	PORTLAND, ME	SANFORD, ME	PORTSMOUTH, NH
627 US RT 1 YORK, ME 03909 207-363-2004	145 PRESUMPCOT ST PORTLAND, ME 04103 207-770-3004	1787 MAIN ST SANFORD, ME 04073 207-490-6304	275 CONSTITUTION AVE PORTSMOUTH, NH 03801 603-436-9663

ANGELS ON MISSION *Cont'd from page 1*

settling down, they'll hit you with loitering. We've been warned," he said.

The women's first stop was at Main Street Marketplace, where Hatch and Harris found a woman in a dress sitting halfway down the Gary Sullivan stairs and called to her by name. Diana Bishop met them at the top of the stairs and soon had her arms filled with food.

"These ladies, they're angels," said Bishop. "They really care."

Bishop said she lives out of a car that she parks in front of a friend's house. (Overnight parking at city parking lots is not allowed.) She said her last meal was two days earlier. "It's hard work being homeless," said Bishop. They all chatted a while more and when Harris and Hatch started to leave, Bishop reached out. "Give me a hug," she said to Hatch. "I'm glad you're out of the hospital."

Feeding street people involves sidestepping the powers that be. One of the owners of the Main Street Marketplace has told them to stay off his sidewalks. (They're legal on parking lots and stairs, which are city owned.) Their freelance approach also puts them at odds with city officials, some of whom have spoken publicly against individual acts of charity. Hatch and Harris say they have friendly relations with individual police officers. The city's systematic, directed approach follows a 19-step strategy aligned with the US Interagency Council on Homelessness. The focus is on persuading street people to enter the emergency shelter system, where meals, beds and resources are available, but where life can feel institutional.

"That's when the hair gets up on the back of my neck, when they say 'you shouldn't help,'" exclaims Harris. She also disagrees with the city's closure of large homeless encampments prior to the expansion of other

housing options. "I think there's a better way."

"If you don't have housing and you don't have food, what good are steps?" she asks, in reference to the U.S. Interagency Council on Homelessness's 19 Strategies.

Hatch began her food service work as an outgrowth of walking her dog. "I've always been a social butterfly," she said. As acquaintances developed with street people, she realized the prevalence of their hunger and began making cookies she donated to It Takes a Village 207. She prefers giving food to cash because she can stretch money further. She began preparing more food items and delivering them herself.

"I love her passion," said Harris. "She can take five loaves and feed (the proverbial) 5,000 people. She will figure out how to do it."

Harris got involved through a lifetime of working in food pantries. "I have a passion for helping the homeless," she said. Since retiring at age 51 from a career as an insurance agent, she has more time to help. Her work is informed by both college coursework and her religious orientation. "Because of my religion, I don't judge."

"People need more than one meal a week. They also need love," she said. "You say 'angel,' I say 'meet them where they're at.'"

This sentiment was applauded by York County Shelter Programs, which recently gave a shout-out to Hatch on the agency's FB page.

"She knows where people congregate; she knows nearly everyone by name. She listens to peoples' stories and she suggests resources. She is utterly present for those she encounters," the post reads. "We are so grateful for people like Roxanne who are extending themselves like this. It does indeed take a village."

The women rolled on through the Main Street Market parking lot to Central Park, where they were soon surrounded by a half dozen people and one young girl. ■

CALENDAR *Cont'd from page 1*

- York County Food Pantry, noon-3 pm, 5 Swetts Bridge Rd., Alfred
- Knit Lits, 3 pm, Springvale Library
- Bingo, 6 pm, Sanford Elks, 13 Elm St.
- City Council, 6 pm, City Hall and via Zoom
- Maine Attraction Adaptive Water Ski Clinic, 6 pm, Number One Pond

Wednesday, August 7

- Community Café, noon, 27 Mayflower Dr.
- Lego Club, 2:30 pm, Goodall Library
- Fiber Arts Group, 5 pm, Goodall Library
- Wednesday Night Bite, 6 pm, Curtis Lake Church, 38 Westview Dr.
- Planning Board, 6:30 pm, City Hall via Zoom
- Sanford Family History Library, 6:30 pm, Church of Jesus Christ of Latter Day Saints, 25 Westview Dr.

Thursday, August 8

- Airport Advisory Comm., 8 am, 9 Presidential Ln.
- Nason Health Care Patient Appreciation & Open House, 9 am-7 pm, 15 Oak St., Springvale
- Senior Citizen Food Distribution, 10 am, Crossroads United Methodist Church, 15 Grammar Rd.
- Community Food Distribution 10 am, Willard School and SHS
- Free Hot Meal, noon, Lafayette School
- St. Thérèse of Lisieux Food Bank, noon, Holy Family Church, 66 North Ave.
- Free Community Meal, 5 pm, New Beginnings Christian Church, 181 Grammar Rd.
- Scrabble, 5 pm, Goodall Library

Friday, August 9

- Staple Foods Distribution, 9 am-3 pm, Salvation Army, 871 Main St.
- Produce Pantry, 10-noon, Salvation Army
- Music on the Patio with Jim Sharkley, noon, Springvale Library
- York County Food Pantry, noon-3 pm, 5 Swetts Bridge Rd., Alfred
- MarioKart Tournament, 1 pm, Goodall Library
- Legacy Lane Petting Zoo, 2 pm, Spvl. Library
- Art Walk, 4-6 pm, Central Park
- Mamma Mia Abba Disco, 7:30 pm, Nason Little Theatre, 457 Main St.

Saturday, August 10

- Sanford Farmers' Market, 8 am-noon, Central Pk
- Yoga at the Orchards, 8 am, McDougal Orchards
- Sanford Community Forest Work Day, 9 am, Oak Street
- Low-Cost Rabies Clinic, 9:30-11 am, Pet Supplies Plus
- Reiki Circle, 10 am, Springvale Library
- Best Cookie in Town Bake-Off, 10 am-2 pm, McDougal Orchards
- Jimmy Kenny and the Pirate Beach Band, 6 pm, Pilot's Cove Café
- EWA Maine "Point Break" Pro Wrestling Show, 7:30 pm, Memorial Gym, 678 Main St.
- Cedar Mountain Bluegrass Band, 7:30 pm, Sanford-Springvale Historical Museum, 505 Main St.

Sunday, August 11

- Welcome to the Opera, 2:30 pm, Nason Little Theatre ■

6 month warranty on all auto sales

DECADES OF COMMUNITY TRUST

15% Off on All Buildings & Sheds

DON'S AUTO SALES NHP

**No Doc Fees
No Hassle
Pricing!**



2018 Chevy Silverado Z71 Crew Cab
2020 Jeep Compass High Altitude
2017 Chrysler 200 LTD Platinum
2011 Honda CR-V EX

AUTHORIZED DEALER
Rent to own/90 Days same as cash available with no credit check!
Payments from \$156.70* per month in stock now

*Stk #10527 Sales Price \$3385 payment of \$148.80 mo. (\$313.43 upfront)

donsautosalesnhp.com 207-977-3546 • 439 Sanford Rd, Alfred, ME

NEWS NOTES

Compiled By Carolyn Cadigan



Popular restaurant coming soon to Sanford:

Jason Cole, the owner of Ted's Fried Clams in Shapleigh, announced that the restaurant will open in August at Main Street Marketplace in the space previously occupied by Bubba Frye's. The restaurant has been closed since May 2023 when a fire damaged the building and caused Cole to be taken to the hospital for smoke inhalation. The Shapleigh location is not expected to open for several more months as repairs continue. In the meantime, the vacancy in Sanford provides a kitchen set-up that suits the restaurant's fare.

Fire station assessment details available:

In 2020, Mitchell Associates and WBRC Architects conducted an "Existing Conditions and Functional Assessment" of the Springvale and Central fire stations. The report revealed a robust list of deficiencies in both fire stations relating to working conditions, care of equipment and decontamination, living quarters, offices and training, site and general conditions, and compliance issues. In separate assessments of each station, the reports conclude that each station "has outlived its useful life. It does not comply with current codes, standards, or recommended practices. It is unsafe, inefficient, and disrespectful of female employees. In addition to exposing the staff to risk, Sanford is exposed to tort liability in the event of an accident, illness or legal action taken by a disgruntled staff

or member of the public. It should be replaced at the earliest possible moment."

Helping veterans receive the support and resources they deserve:

The Maine Bureau of Veterans' Services website offers several resources for veterans, including an interactive map that can help locate behavioral health services, dentists, education, employment, housing, legal services, and much more. There are also links to the Maine Veterans' Benefits and Resource Guide PDF as well as suicide prevention and awareness resources.

Dispatcher serves the city for a quarter century:

Joleen Maynard, dispatcher at the Sanford Regional Communications Center, recently received a Certificate of Appreciation for 25 years of service in Sanford. Maynard's hard work and dedication have been an asset to the community. Congratulations, Joleen!

Rising prices may impact Stuff the Bus:

For 17 years Stuff the Bus has been providing teachers and needy families with free school supplies. However, this year the nonprofit organization is facing a challenge. The rising cost of goods has generated a surge in requests, a downturn in donations, and fewer discounts on items than in previous years. As a result, Stuff the Bus may need to cap the number of backpacks it distributes this year at 500, down from over 900 last year, leaving many families in the lurch. Stuff the Bus is appealing to the public for support. The organization will be at Walmart in Sanford on Aug. 3 and Aug. 10 from 9 am to 4 pm, on Aug. 16 from 2 pm to 8 pm, and on Aug. 17, from 9 am to 4 pm. Some of the needed items are: large backpacks, #2 Ticonderoga pencils, colored pencils, colored markers, erasers, calculators, spiral notebooks, construction paper, composi-

tion notebooks, two-pocket folders, three-ring binders (1 or 2"), binder paper, Post-It notes, index cards, glue sticks, crayons (24 pack), tissues, Clorox or Lysol wipes, rulers, pens, and ear buds. Financial donations are also welcome. In addition, the organization is seeking volunteers, including students who may need community service hours. FMI and to volunteer, email wmparent@hotmail.com.

Raise your voices, lift your hearts:

St. Thérèse of Lisieux Parish is looking for people interested in joining its music ministry. Anyone with some level of vocal or instrumental talent is encouraged to join the choir. Auditions will be held at the parish on Aug. 6 from 5 pm to 8 pm and Aug. 7 from 6:30 pm to 8 pm. FMI or to set up an audition time, email brandy.irishgerjuoy@portlanddiocese.org.

Help blaze a new trail:

Three Rivers Land Trust is holding a volunteer workday on Aug. 10 starting at 9 am at the Sanford Community Forest. The group needs help clearing brush and trees for a new accessible trail. Anyone interested in helping should email daniel@3rlt.org.

St. George's bids farewell to Fr. Fales:

Several members of the congregation at St. George's Episcopal Church gathered at a farewell brunch on July 28 to say goodbye to Fr. Steve Fales. Serving as interim priest since early 2023, he led the congregation through a period of growth and expansion of its ministries. Fr. Fales also assisted in finding a new rector for St. George's. He, along with a search committee comprised of congregation members, selected Rev. Tim Higgins who had been serving as the rector at St. Ann's Episcopal Church in Windham since 2007. Fr. Fales is now moving on to St. Ann's in Windham to serve as interim priest and assist with their rector search. ■

CABANA'S Auto Body

- Direct Repair Facility for Many Insurance Companies
- Down Draft Spray Booth & Baking Oven
- Limited Lifetime Paint Warranty
- Computerized Wheel Alignment
- Towing
- Auto Rentals Available

1811 Main St, Sanford
207 324-5038
cabanaautobody.com

Precision Collision Work Since 1961
Voted Best of the Best 28 year running.



SEAMLESS GUTTERS

LARRY FLOYD

SERVING SANFORD SINCE 2004

Company Motto:
ALWAYS MAINTAIN HIGH STANDARDS
OF QUALITY WORKMANSHIP

Offering Military and Senior Discounts
TEXT FOR QUICKEST RESPONSE
207-651-3794



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.

PO Box 958, Sanford, ME 04073
SanfordSpringvaleNews.com

Contact Us

STORIES: Submissions@SanfordSpringvaleNews.com
ADS: Adperson@SanfordSpringvaleNews.com
COMMENTS: SSNews@SanfordSpringvaleNews.com

Editors and Contributors

Lisa Blanchette, Sam Bonsey, Zendelle Bouchard, Brian Boisvert, Gail Burnett, Lee Burnett, Carolyn Cadigan, Barbara Crider, Lawrence Furbish, Connie Garber, Kristi King, Jack McAdam, Kevin McKeon, Renée Morin, Rev. Susan Murphy, Dave Rude, Barbara Sutcliffe, Kendra Williams, Jordan Wilson

Design & Production - Michelle McCarthy

Our fiscal agent, Strategies for a Stronger Sanford, is a registered 501c3 non-profit.

HEALTH CENTER *Cont'd from page 1*

feature tours of the facility at 15 Oak St. In Springvale, including the new dental suite. In addition, members of the public are invited to celebrate anytime from 9 am to 5 pm. Light refreshments, raffles and other activities and information will be available.

From its humble beginnings on the ground floor of the YCCAC building on Spruce Street in Sanford that had limited space and medical providers, the organization served nearly 1,600 patients. Demand continued to increase. Over time, through community partnerships and a dedicated staff team, the organization came to the realization that they needed to expand.

As additional funding became available, Spruce Street Health Center transitioned into York County Health Center and moved to a larger location on Patriots Lane in South Sanford. Added space meant that providers had access to additional medical exam rooms, behavioral health rooms and dental suites. But as York County continued to grow, so did the demand for health care services that offered patient-centered care in a facility committed to coordinating comprehensive treatment for all health needs.

In 2012, the organization became Nason Health Care, and along with the new

name, Nason received additional funding to expand into its current location space, the site of the former Nason College science center. With six providers, 25 employees and a larger space, Nason was able to serve more than 5,500 patients.

Fast forward to 2024, and Nason Health Care now has two locations, Springvale and 357 Elm St. in Biddeford. Annually Nason serves over 7,500 patients and employs 75 staff members that include 20 providers in 28 medical exam rooms. With a shortage of dental care throughout the state, Nason understood that dental care needed to be a focus, so soon they will be opening a new dental suite that will increase its capacity by 50 percent. Staff will employ state-of-the-art technology to serve the ever-increasing demand for dental care. There are also plans for a new behavioral health wing with check-in areas and waiting room updates. ■

**So much news...
so little space!**

**There's much more to explore in
our weekly E-Newsletter.**

**Subscribe today by scanning
this QR code on your
phone camera:**



Public Hearing Notice

Tuesday, August 6, 2024 6:00 PM
City Council Chambers
City Hall Annex, 917 Main St., Sanford, ME

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

Per M.R.S.A Title 21-A S631 and 5631 -A (2), the City Council will hold a public hearing to take resident comments on the proposal to consolidate Wards and reduce the current three City voting locations to one. The location of the new polling place will be the current Ward 3 polling place at Sanford High School and Regional Technical Center, 100 Alumni Boulevard, Sanford. The regular voting entrance is door #41 with an alternate accessible entrance to be labeled on election days.

All persons may appear in the City Council Chambers on August 6, 2024 at 6:00 PM to give comments for or against the proposed changes to voting places and consolidation of City Wards. This meeting will be conducted in person and via remote video and teleconference. Members of the public may join the meeting by phone or via computer by the link provided on the City website.

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 Executive Assistant, Lorisa Ricketts at (207) 324-9173 so that accommodations can be made.

Susan H. Cote, City Clerk

Dates Posted: July 8, 2024 Sanford Springvale Newspaper: July 19, 26 & August 2



Summer Melodies at Springvale Library

The Springvale Public Library, in collaboration with the Sanford Springvale Chamber of Commerce, is continuing its popular “Music on the Patio” series this season. The summer event, which began this year on June 28, will continue to entertain the community every Friday from noon to 1 pm until September 6. Attendees are encouraged to bring a chair and their lunch to enjoy an hour of live music in a relaxed outdoor setting.

This year’s lineup is diverse and exciting, featuring a mix of jazz, blues, classic rock, folk, modern music, and a couple of Irish performers. Among the new artists gracing the patio this year is the talented folk musician Jim Sharkey, who will perform on August 9.

Sharkey, a singer-songwriter originally from County Roscommon, Ireland, has made a significant mark in the music scene with his unique blend of Irish folk and Americana. His journey to the United States began in 1982 when he joined the US Navy and served as a photographer for five years on the USS Dixon in San Diego, California before transitioning to a career in television and video production. Over two decades, he worked in California, North Carolina, and Maine, earning numerous awards, including three Regional Emmy nominations. He moved to Portland in 2022.

Sharkey’s music is deeply influenced by both Celtic traditional ballads and his experiences in America. His original songs often reflect contemporary issues and are set against the backdrop of the places he has lived. His discography includes four albums of original songs, with his latest, “Our Old Village,” released this past February.



Folk musician Jim Sharkey will perform on August 9. Photo: Daniel Coston, www.jimsharkeymusic.com

Known for his gentle, introspective compositions, Sharkey’s music celebrates the unhurried life and the merits of contemplation and remembrance. His performances are not only about the songs but are also infused with Irish wit and humor. He captivates his audience with stories and jokes, making each show a memorable experience.

The “Music on the Patio” series is more than just a concert; it’s a community gathering that brings people together to enjoy the simple pleasures of live music and good company. With four more performances scheduled after Jim Sharkey’s on August 9, there’s plenty left to enjoy before the series concludes in September.

Whatever music you enjoy, this series has something for everyone. So, mark your calendars, pack your lunch, and head to the Springvale Public Library for an hour of musical delight every Friday. Make this a summer to remember with Music on the Patio! ■

Sanford Mainers Surge into NECBL Playoffs After 11-Game Win Streak

The Sanford Mainers surged into the NECBL playoffs on the strength of a remarkable late-season run, winning 11 of their final 12 regular season games.

The team’s momentum was punctuated by an 11-game winning streak, which ended only in their regular-season finale against the Keene Swampbats, their first-round playoff opponent, at Alumni Field in New Hampshire on Tuesday, July 30.

Sanford finished with a 26-18 regular season record, its most wins since 2016.

The Mainers capped their winning streak with a rain-shortened 6-3 victory in six innings over the Vermont Mountaineers at Goodall Park on Monday, July 29. Daniel McAliney earned the win in relief, throwing three shutout innings while striking out two. Blake Schaaf put the Mainers ahead for good in the bottom of the sixth with an RBI single, driving in Colin Barczy.

The Mainers play Keene in a best-of-three series with the opportunity to advance to the second round of the playoffs.

Deadline for Field Hockey Registration

The Sanford-Springvale Youth Athletic Association is reminding parents that the deadline to register for field hockey is Aug. 9. The draft for new players will be held Saturday, Aug. 17 at 9 am at the Witham St. Field. Practices begin Aug. 18. Sign up at <https://sportsoffice.com/>. ■



Sorry for your loss.
Need some help with the
things they left behind?

eavesorganizing@gmail.com



OUT IN THE WOODS

By Kevin McKeon, Maine Master Naturalist

Milkweed: Food Fit for a Monarch

Our common milkweed's scientific name, *Asclepias syriaca*, refers to Asklepios, the Greek god of medicine, and to Syria from where it was mistakenly thought to have originated. Found primarily in North America, it's a hugely beneficial wildflower with over 100 species living in the United States, including three in Maine: butterfly, common, and swamp milkweeds. More than 450 insects feed on some portion of the plant, and since insects are a super food for wildlife, so is milkweed.

The flowers produce a lot of nectar that attracts bees, flies, ants, beetles, and of course, butterflies. We're all familiar with the relationship our monarch butterfly has with its leaves and milky sap. These beauties lay their eggs exclusively on milkweed, and the caterpillars eat milkweed — only milkweed. Other common creatures we'll also see on this plant are the colorful red milkweed beetle, with its black dots; the fuzzy tussock moth caterpillar with its stinging hairs that can cause a burning, itchy rash, and the large and small red and black milkweed bugs — yup, that's their name — that feed on seeds and can cause a 90 percent loss of seeds.



Common milkweed in bloom
Photo: Courtney Celley, USFWS

Many insects that eat milkweed have developed orange-red and black colors, and here's why. Milkweed contains various levels of steroids called cardiac glycosides that cause the plants to be toxic to most insects and animals. For some insects, the steroids become a defense: Monarch caterpillars feed on the leaves, ingesting and storing the plant's toxins. This gives both caterpillars and butterflies a very bad taste, making them unpalatable to the birds and small rodents that want to eat them. Monarchs are one such insect, and birds have learned to leave both the butterflies and caterpillars alone.

The orange-red and black colorization of the bugs is called aposematic, meaning the color advertises to other creatures that it might be a good idea to leave this bug alone. Because it eats milkweed, the bug will have a very bad taste and actually be toxic. Aposematic coloration also applies to our monarch. And a monarch butterfly lookalike, the viceroy, has adopted a survival technique called mimicry. Its coloration has evolved to mimic the monarch's, thus fooling predators into thinking that it tastes bad too, but it doesn't. (Full disclosure: I've never actually tried one!)

As with many toxic plants, milkweed has several other uses.

To read more, subscribe to our weekly *E-News*. Go to sanfordspringvalenews.com and click the 'Sign Up' tab. ■

THANK YOU TO OUR SPONSORS!



To become a sponsor of the Sanford Springvale News, visit SanfordSpringvaleNews.com and click the 'donate' button.

TOWN SQUARE REALTY GROUP
883 Main Street | Sanford, Maine
207-324-2860 | www.townsquarerealtygroup.com

Let us help you open new doors!

Specializing in Residential, Multi-Family, Land, Waterfront, and Commercial Real Estate. Call us today!

PUBLIC HEARING NOTICE



The Sanford Planning Board will hold public hearings & receive written & oral comments at its August 7, 2024 meeting, starting at 6:30 pm, on

- File # R6-41 – Railroad Avenue & Ridley Road, Preliminary Major Subdivision, Major Site Plan and Private Way Application to develop a seven-lot, single family, residential subdivision on property owned by Thibeault Properties & Investments, LLC at Railroad Avenue and Ridley Road (Tax Map R6, Lots 41 and 41M).

The hearing 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



10 Winslow St. (7/22 closing date, listed right)
Photo: Google

7/22, 10 Winslow St., 8-room Colonial, 3 bed/2 bath, updated, family room, finished basement, detached 2-car garage, deck with awning, patio, fenced-in yard, irrigation system, \$480,000 (pictured left)

7/22, 665 Main St., Springvale, 6-room A-frame, 3 bed/1.5 bath, family room, bonus room, laundry on first floor, slab, \$270,000

7/23, Oak St., Springvale, wooded lot across from Whipple Street, rural, 1.03 acres, \$50,000

7/26, 786 Main St., 2-story Colonial Duplex, 2 rental units: 3 bed/1.5 bath in house and 1 bed/1 bath above garage, glass-enclosed porch, unfinished walk-out basement, attic, attached 2-car and 1-car garages under, patio, intown, corner lot, \$410,000 ■

7/19, 3 Boothby Ave., 4-room Ranch, 2 bed/1 bath, full basement, walk-up attic, metal roof, shed, level lot, \$305,000

7/19, 22 Charles St., 2-story Greek Revival, 3 rental units: one 3 bed/1 bath and two 2 bed/1 bath, unfinished basement, detached 1-car garage, porch, ample parking, intown, \$438,000

7/19, 72 Old Post Rd., 6-room Split Entry, 3 bed/1 bath, family room, finished walk-out basement, 2-car garage under, deck, 3 sheds, rural, 1.72 acres, \$385,000

PASSAGES

Compiled by Rev. Susan Murphy

Ann L. Austin, born in Sutton, WV, on Aug. 5, 1933, died on July 26, 2024, in Sanford. Ann will be interred with her husband at the Southern Maine Veterans Cemetery in Springvale at a date and time to be announced.

Margaret E. Marceau, 86, of Springvale, died Sunday July 7, 2024, in Sanford. At Margaret's request there will be no services at this time. A small graveside service will be announced at a later date.

Kelsey Rae Roberts passed away peacefully on Monday, July 22, 2024, with her mom and dad by her side. There will be no services at this time.

Priscilla Kenney, 88, of Springvale, died on July 24, 2024. A celebration of her life will be held at a later date.

Richard R. "Richie" Thayer, 57, of Sanford, died Friday July 26, 2024. Visiting hours will be at the Carll-Heald and Black Funeral Home, Friday August 9 from 2:00 to 4:00 pm with a service at 4:00 pm. ■

PUBLIC NOTICE NOTICE OF INTENT TO FILE

Please take notice that:

Sanford Sewerage District, 281 River Street, PO Box 338, Springvale, ME, 207-324-5313, is intending to file a Site Location of Development Act permit application with the Maine Department of Environmental Protection pursuant to the provisions of 38 M.R.S.A. §§ 481 thru 490 on or about: August 9, 2024.

The project proposes a new maintenance and administration building, material storage area, access drives, and parking lot and will make improvements to stormwater treatment at the Wastewater Treatment Facility.

A request for a public hearing or a request that the Board of Environmental Protection assume jurisdiction over this application must be received by the Department in writing, no later than 20 days after the application is found by the Department to be complete and is accepted for processing. A public hearing may or may not be held at the discretion of the Commissioner or Board of Environmental Protection. Public comment on the application will be accepted throughout the processing of the application.

The application will be filed for public inspection at the Department of Environmental Protection's office in Portland, during normal working hours. A copy of the application may also be seen at the municipal offices in Sanford, Maine.

Written public comments may be sent to the regional office in Portland, where the application is filed for public inspection:

MDEP, Southern Maine Regional Office, 312 Canco Road, Portland, Maine 04103

