Sanford Springvale NEWS

Nonprofit newsletter produced with volunteers

September 27, 2024

Campground Rules Move Forward

A controversial campground ordinance moved one step closer to enactment Sept. 18 when the Sanford Planning Board voted to send it on to the City Council.

The ordinance, revised after a Sept. 4 public hearing, would set a minimum size for any new campground at five acres and require a 75-foot setback and a 50-foot vegetated buffer from abutting property. Each campsite would have to be 200 square feet or larger and have off-street parking. Campgrounds could operate only between April 15 and Nov. 1. Staying at a campground, even for the whole season, would not entitle anyone to claim residency in the

Most who attended the Sept. 4 hearing and last week's meeting opposed the ordinance or the whole idea of new campgrounds, especially in the Sand Pond area, where developers have proposed a large campground.



Photo: Pixabay

Supporters of the campground said the 75-foot setback was too much, and opponents said it was too little, and argued for 200 feet. The Planning Board made minor revisions for clarity and then voted five in favor, one against, to send it to the council. Lenny Horr cast the dissenting vote, and Kyle Landry was absent. The council will schedule two readings of the ordinance with a public hearing at the

Cont'd on Page 6

Community CALENDAR

Copyright © 2024 - Sanford Springvale News - All rights reserved

Compiled by Lisa Blanchette

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

Saturday, Sept. 28

- Sanford Farmers' Market, 8 am, Central Park,
- Wrestling Clinic Getting Funky in Maine, 9 am, Sanford High School, 100 Alumni Blvd.
- Trails Safety & History, 10 am, Goodall Library
- Baby Blessings, 10 am, St. George's Episcopal Church, 3 Emerson St.
- Smitty-Con, 4 pm, Smitty's GameLAB, 1327 Main St.
- "Studio Two: The Early Beatles Tribute," 8 pm, Performing Arts Center
- "It Runs in The Family," 7 pm, Nasson Little Theater, 457 Main St., Springvale

Sunday, Sept. 29

• "It Runs in The Family," 7 pm, Nasson Little Theater, 457 Main St., Springvale

Monday, Sept. 30

- Baby Rhyme Time, 10 am, Springvale Library
- · Sanford Food Pantry, 10 am, 1204 Main St.
- Lego Builders Club, 3 pm, Springvale Library

Tuesday, Oct. 1

- · Sanford Community Forest native shrub and tree planting, 9:30 am, Oak St.
- Salvation Army Food Pantry, 10 am, Salvation Army of Sanford, 871 Main St.
- Family Story Time, 10:30 am, Goodall Library
- Free lunch at YCSP's Recovery Community Center, noon, 69 Brook St.
- York County Food Pantry, noon, YCSP, 5 Swett's Bridge Road, Alfred
- · 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.
- Dulcimer Group, 6 pm, Goodall Library

Cont'd on Page 2

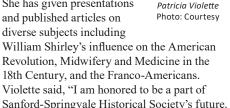
Patricia Violette Named Executive Director of the **Sanford-Springvale Historical Society**

Press Release

Sanford-Springvale Historical Society has named Patricia Violette as its new Executive Director, effective October 1. Violette most recently was the Executive Director of the Portsmouth Submarine & Maritime Association (Albacore Park) in Portsmouth, NH. She brings over 30 years of museum leadership experience to the role.

In addition to Albacore Park, Violette was Executive Director of Mt. Kearsage Indian Museum in Warner, NH, and the Shirley-Eustis House in Boston, MA. She was also Acting Director and Curator of Education at Old Fort Western in Augusta, Maine. She received a BA in History from the University of Southern

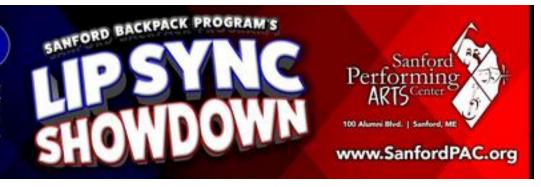
Maine, an MS in Education from Thomas College, and is currently pursuing a Higher Education Certificate from Harvard University. She has given presentations and published articles on



Revolution, Midwifery and Medicine in the 18th Century, and the Franco-Americans. Violette said, "I am honored to be a part of Sanford-Springvale Historical Society's future. There are so many opportunities for growth and I cannot wait to get started! "■

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!



CALENDAR Cont'd from Page 1

Wednesday, Oct. 2

- Community Café, noon, Mayflower Place, 27 Mayflower Dr.
- Lego Club, 2:30 pm, Goodall LibraryFiber Arts Group, 5 pm, Goodall Library
- Community forum on the new fire stations, 6 pm, Performing Arts CenterWednesday Night Bite free meal, 6 pm, Curtis Lake Church, 38 Westview Dr.
- Family History Library, 6:30 pm, Church of Latter-day Saints, 25 Westview Dr.

Thursday, Oct. 3

- Sensory Story Time, 10 am, Springvale Library
- 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.
- Free community meal, 5 pm, New Beginnings Christian Church, 181 Grammar Rd.
- Scrabble Night, 5 pm, Goodall Library

Friday, Oct. 4

- Nasson College Homecoming 2024, various times, Nasson Campus, Springvale
- Salvation Army of Sanford Harvest Table food pantry, 9 am, 871 Main St.
- York County Food Pantry, noon, YCSP, 5 Swett's Bridge Road, Alfred

Saturday, Oct. 5

- Sanford Farmers' Market, 8 am, Central Park, 920 Main St.
- Nasson College Homecoming Class of 1984, Community Ctr, 457 Main St., Springvale
- St. Thomas School bean supper, 4:30, 69 North Ave.
- North Parish Church Players Murder Mystery Dessert Theatre, 7 pm, 893 Main St.

Sunday, Oct. 6

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

Visit our Events Calendar at sanfordspringvalenews.com for details.



NEWS NOTES

Compiled By Carolyn Cadigan



A rendering of the proposed Springvale Fire Station

Photo: City of Sanford

Forum on new fire stations aims to inform before Nov. 5 vote: A big crowd is expected Wednesday evening at the city council's community forum to discuss plans to build two new fire stations at a cost of \$42.5 million. The session is scheduled for Oct. 2, from 6 pm to 8 pm, at the Sanford Performing Arts Center. The City of Sanford has already purchased land for the stations proposed to be built at the former Notre Dame Church in Springvale and the former Springvale Nurseries on lower Main Street. However, construction requires passage of a bond issue on Nov. 5. The city council and firefighters have been promoting the project for months with videos, information sheets and public comments. New this week: glossy flyers, paid for by Jonathan Mapes, landed in mailboxes urging residents: "Don't be afraid to ask questions!"

Shipyard impact: The Seacoast Shipyard Association has published the 2023 Report on the Portsmouth Naval Shipyard (PNSY) and its economic impact on the economy of southern Maine. As in past years, Sanford/Springvale residents make up the largest slice of the payroll pie at \$45.9 million and represent the largest number of employees (520) from Maine. PNSY impacted the regional economy by more than \$1.5 billion in 2023. In addition to payroll, Sanford/Springvale companies and local in-

dependent contractors have also benefitted by doing business with the shipyard.

Give them something good to eat: This year's Trunk or Treat at Mikini Embroidery and Sports Apparel is scheduled for Oct. 31 from 5 pm to 8 pm. Anyone interested in joining the event to hand out candy can call the shop at 207-459-1200.

With pricing set, York County training center project to begin: Work should start soon to build a \$24 million, combined recovery center and first-responder training center in Alfred, according to York County government. The center will include space for 58 beds for substance abuse disorder treatment, as well as space to conduct trainings for law enforcement, dispatching, and fire and emergency medical services. Much of the funding from the two projects comes from York County government's \$40 million allocation from the federal American Recovery Plan Act.

Voting day info on new location, free rides, and absentee ballots: Beginning with the Nov. 5 election, all Sanford/ Springvale voters will cast their ballots at Sanford High School & Regional Technical Center, 100 Alumni Blvd. (Voting Door #42). To help Sanford and Springvale voters get to the polls, Sanford is offering free transportation. If you

Cont'd next page





- 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. need a ride, call York County Community Action Corporation (YCCAC) at 207-459-9283 by noon on Nov. 1 to reserve a spot. YCCAC will pick you up, bring you to vote, and take you back home. All vehicles are wheelchair accessible. If you prefer to vote by absentee ballot, call the city clerk, use the Secretary of State's online service, or submit a written request to get an absentee ballot. In-person absentee voting is available from Oct. 7 to Oct. 31 at the Clerk's Office. For more info contact Sue Cote, registrar of voters, at 207-324-9107.

Federal grant supports expanded burial options for veterans: The Southern Maine Veterans' Cemetery will benefit from a significant federal grant awarded to the Maine Bureau of Veterans' Services. Part of the Veterans Cemetery Grants Program under the U.S. Department of Veterans Affairs, the grant provides \$1,641,330 to fund the construction of columbarium niches and cremation plots at the cemetery. Cemeteries in Springvale and the Northern Maine Veterans' Cemetery in Caribou received grant money, enabling both locations to increase capacity.

SCAE offers free CDL class: Sanford Community Adult Education is offering a free, five-week CDL - Class B, Theory Only class from Oct. 21 through Nov. 27 at 6 pm. A \$60 fee for textbooks will be due the first night of the class. Participating agencies are Ledgemere Transportation, York County Community Action Corporation and Biddeford Saco OOB Transit. FMI, call 207-490-5145. To register, go to sanfordlearns.org

Meets training and objectives. Check that box: Recently, two probationary fire-



Probationary Firefighters Fahey (left photo) and Estela (right photo) receive their helmet shields. Photo: Sanford Fire Department

fighters with the Sanford Fire Department were awarded their traditional helmet shield. The awarding of the shield is done after probationary firefighters complete all training and objectives required of them during their probationary year. Probationary FF Fahey was presented her shield by Captain Beecher and Probationary FF Estela was presented his by Captain Jones. The department is proud of their hard work and dedication in meeting their probationary goals.

Salvation Army offers meal and gift assistance for the holidays: The Salvation Army is again offering Thanksgiving and Christmas assistance this year. If you are in need of Thanksgiving or Christmas meal assistance, stop by The Salvation Army, 871 Main St. in Sanford, to fill out an application either during its Food Pantry hours or between 4 pm and 6 pm on one of these dates: Oct. 9, 10, 16, 17, 23, 24 or 30. For parents needing Christmas gift assistance, remember to bring all the required paperwork (a passport or photo ID with proof of address, children's birth certificates, and proof of income and expenses). The organization will be serving children up to age 13 this year. Teens will be assisted by Toys for Tots this year.

Want to buy a home but unsure how to begin? York County Community Action

Corporation (YCCAC) is offering a monthly "Buying Your First Home" webinar. Home Buyer Education Classes provide honest, accurate information about homeownership and prepare individuals and families for the steps in the home-buying process. The next sessions of YCCAC's 8-hour class will be held Oct. 8 to 10, starting at 6 pm, or Nov. 2 and 3, starting at 9 am. Registration fees are \$30 per person and \$50 per couple. FMI, email Home Buyer Education Coordinator Lee Sullivan at lee. sullivan@yccac.org, or call 207-459-2961. To register, go to yccac.org.

Nasson Health Care earns badge for health quality: Nasson Health Care recently earned a Community Health Quality Recognition (CHQR) award for its commitment to improving health access, health equity, health information technology, and its COVID-19 public health emergency response. CHQR badges recognize health centers nationally for notable achievements in patient care and improving health outcomes of those in our community. The organization congratulates its team for putting patients first and providing compassionate and quality care each day to those they serve.

Are visions of sugarplums already dancing in your head? The Sanford Alumni Association is seeking tree sponsors for the 6th Annual Spree of Trees, to be held Dec. 5 through 8 at the Memorial Gym Cafeteria. Tree sponsors need to provide the tree and decorations for their chosen theme. Set-up will be Dec. 2 through 4 from 4 pm to 7 pm. To sponsor a tree, contact Theresa Salls at gsalls@metrocast.net or 207-651-4969. ■

Passages - John A Ferris

John A. Ferris, 80, of Sanford, passed away Monday, September 16, 2024, at The Lodges in Springvale following a period of failing health.

John was born November 2, 1943, in Minneapolis, MN, the son of Donald J. and Ruth Stixrud Ferris, and is a graduate of Hopkins High School in Hopkins, MN. He furthered his education attending Cuesta College and Cal-Poly in San Louis Obispo, CA.

A veteran of the US Navy, John served aboard aircraft carriers as a plane captain.

For many years following his time in the navy, he worked as an entertainer in San Luis Obispo, California, in Minneapolis, MN, and Jackson, NH. In his free time, he loved to play golf, ski, craft furniture for his home and spend time with his wife and family. In his quiet time, he liked to sew and make his own shirts.

He is predeceased by his brother, Anthony of Reno, NV, and James of West Palm Beach and Key West, FL and a nephew James of MN. Survivors include his loving wife Karen Boivin Ferris of Sanford, a nephew Zachary Sylvain and his wife Megan Ruxton of Indianapolis, IN, a niece Emily Sylvain and her husband David Runyan of South Grafton, MA, and his sister-in-law Carol (Bernard) Sylvain. He is also survived by his brother Alan (Nancy) Ferris, a nephew David, nieces Kate, Lori, Marina, and Becky, as well as their respective spouses and children, and sisters-in law Jeanette and Lou Ferris.

His family would like to thank all of his wonderful caregivers at The Lodges. You made a huge difference in his life.

There will be no services per his request. Should friends desire, memorial contributions may be made to the Animal Welfare Society, PO Box 43, West Kennebunk, ME 04094 in John's memory. To share a memory or leave a message of condolence, please visit John's Book of Memories Page at www.bibbersautumngreen.com. Arrangements are in care of Bibber Memorial at Autumn Green 47 Oak St, Alfred, ME 04002.

SCHOOL NOTES Compiled by Carolyn Cadigan



Photo: Sanford School Department

Fun on the field at SRTC: In an effort to build community among the students, Sanford Regional Technical Center hosted its annual field day on Sept. 20. Although the morning weather was a bit dreary, students enjoyed a day of activities, popcorn, apple cider donuts, and inflatable fun.

Info about mosquito-borne illnesses from the school department: Reports of an elevated risk of mosquito-borne illnesses across Maine have spurred the Sanford School Department to ask that the school community take precautions to protect students, staff, and families. To ensure safety during outdoor activities, including recess, sports practices, and field trips, the Maine CDC is strongly advising the following precautions: (1) Use EPA-approved insect repellents; (2) Wear protective clothing that covers skin, including long-sleeved shirts, pants, and socks, especially during evening activities; (3) Eliminate standing water sources around homes and school grounds to reduce mosquito breeding sites; (4) Ensure all windows have intact, tight-fitting screens; and (5) Consult with the school's Integrated Pest Management coordinator for additional strategies to improve campus safety. For the full story, go to sanford.org

It's as easy as pie to raise some dough: The Annual Pie Fundraiser at Sanford Middle School starts Oct. 3. Top sellers from each grade will receive a \$25 gift card of their choosing.

Show your Spartan spirit for the SHS Class of 2025: Sanford High School (SHS) Project Graduation 2025 is offering Spartan blankets, measuring 60x70 inches, for \$40, payable in cash or via Venmo. Blankets are available at SHS home football games.

SHS marching band blends tradition and innovation this year: The Sanford High School Marching Band has been hard at work already preparing for another exciting season under the guidance of Music Director Hailey Francoeur. The band is in the Maine Band Directors Association circuit, which consists of five regular season shows and the finals, to be held at SHS on Oct. 26. The band graduated "a ton of seniors" in 2024, according to Francouer, but still has nearly 60 members this year. Strong student leadership is key to their success. Upperclassmen are mentoring newer members, helping with everything from daily warm-ups to prop management. As the season progresses, audiences can expect to see the band add more props, music, and visual elements to the show to enhance their performance and storytelling. Read the full story at sanford.org.

Public Hearing Notice

The Sanford Planning Board will hold a public hearing and receive written and oral comments at its October 2, 2024 meeting, starting at 6:30 pm, to approve proposed changes to Chapter 280 of the Sanford City Ordinances pertaining to Medical Marijuana Office provisions.

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.



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.

Stay in Shape this Fall with Sanford Recreation

Compiled by Zendelle Bouchard

As the days get chillier and the sun goes down earlier, it's easy to find excuses to become less active. Sanford Recreation has your back, with plenty of opportunities for adults to stay fit and have fun through the fall and winter.

Indoor Activities

Pickleball is the hottest game in Sanford. Play indoors at the Memorial Gym beginning Sept. 30. (Nasson Gym is also available, for players rated 3.5). There are different schedules for different levels of play, see the Sanford Recreation website for all the details.

Line Dancing with Lori for ages 50+ is held at the Memorial Gym from 11 am to noon on Wednesdays. No registration is needed. The cost is \$2 each week you participate. Park on the right side of the building or in back and enter through door 3.

Drop-in basketball on Monday nights begins Oct. 21 at the Memorial Gym. Form teams and play 4 on 4 or 5 on 5 from 7 -9pm. Cost is \$4 per night, no registration needed. Just pay the supervisor on duty the evening you attend. The program runs from Oct. 21 through April 14. Get more info and register here.



You can play Pickleball six days a week in Sanford
Photo: Sanford Parks & Recreation

Volleyball for adults and high school students on Monday nights starts Oct. 21 at the Margaret Chase Smith School Gym and runs through mid-April. The cost is \$2 for students and \$3 for adults. No registration needed, just show up and pay the supervisor on duty. Use the door near the gym.

Remember: activities at the Memorial Gym are not held on school holidays or snow days. Please do not pay with coins. Call the Rec Dept. at (207) 324-9130 with any questions. Don't forget to bring your water bottle!

Sanford Community Adult Education also has ways to keep in shape this fall, with yoga and tai chi classes, and an indoor walking program at the Willard School. Get all the info and sign up here.

Outdoor Activities

Ladies golf runs Sept. 19 through Oct. 24, from 8:45 am to 12:30 pm at Lebanon Pines Golf Course. This par 3-4 course is beginner friendly and great for a short game. Basic instruction is offered, and you don't even need to bring your own clubs. Don't worry if you can't make it every week; pay \$20 whenever you go.

Fitness Zone is Sanford's outdoor workout space, located near the skate park at the YMCA, and is free and open to the public. Get a good workout and then cool down with a walk on the abutting trail. And speaking of the trails, fall is the best time to take advantage of the many miles we have right here in town.

Mark your calendars for Sanford Rec's Annual **5K/10K Turkey Trot** and one-mile dog jog (dog not required!) on Saturday, Nov. 16. ■

We Need Your Support

Your tax deductible donation will help sustain this nonprofit, nonpartisan, volunteer-driven local news outlet.





\$2,200/mo 2 Gowen Park Dr.

Sanford

Enjoy easy, one-floor living in this delightful 2-bedroom, 1-bathroom home. Featuring a convenient attached 1-car garage and a relaxing 3-season porch, this property combines comfort and practicality. Located near grocery stores and shopping, you'll have everything you need within reach. Plus, the home offers lovely views of Number 1 Pond, adding a touch of tranquility to your daily routine. Don't miss the opportunity to make this charming residence your own!

Tenants responsible for all utilities including electricity, heating oil, cable and/or internet, water and sewer. Small dog or cat permitted with additional pet deposit.

Contact us to schedule your showing today! rentals@realestate2000menh.com or (207)770-1644.

THANK YOU GENEROUS SPONSORS!





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



SPORTS NOTES

By Sam Bonsey, Sanford Schools Communications Coordinator

Sanford High School wrestling coach Nate Smith has been selected as the 2023-2024 National Federation of State High School Associations (NFHS) State Wrestling Coach of the Year for Maine.

Coach Smith's selection comes from a competitive pool of wrestling coaches across the state. Smith led the Spartans to a third-place finish at the 2024 Class A South Regional Championships.

"I'm honored and humbled to be recognized," Smith said. "I am blessed to coach with an amazing assistant, Brent Coleman. My wrestlers give everything, every day, to make our community and our program look good. They are the real reason why we get any recognition."

"Sanford High School is extremely fortunate to have Nate Smith as our wrestling coach," SHS Athletic Director Zach Lemelin said. "He does a tremendous job of coaching the sport and creating lifelong connections with our student-athletes in more than just wrestling. He is an asset to the athletics department and an even greater one to our wrestling community."



Nate Smith (left) with Richie Simpson (center) and Brent Coleman (right) following Sanford's 3rd place finish at the Class A South Regional Championships. Photo: Sanford School Department

As the Maine Coach of the Year, Smith is now eligible for consideration as the Section 1 Wrestling Coach of the Year, competing with top coaches from seven other states. This selection could lead to a nomination for the National Coach of the Year award.

CAMPGROUNDS Cont'd from Page 1

first reading. The Zoning Subcommittee will also discuss and make any recommendations for changes to the council before the second reading and before a final vote is held. Meeting dates have not yet been announced.

Other planning business

- On Sept. 17, the Site Plan Review Committee reviewed the proposal to renovate the vacant Springvale District Courthouse into an 18-unit senior living residential facility. All members thought that this was a good reuse of the building.
- Members of the Site Plan Review Committee also looked at a proposal from the Sanford Housing Authority for a 30-unit residential development in the Heritage Crossing area downtown. Issues of drainage, access for emergency vehicles, parking and amenities for residents were discussed.
- At its Sept. 4 meeting, the Planning Board held a public hearing on redevelopment of the Jagger Mill building on Water Street in Springvale into apartments. Developers of Jagger Lofts want to turn the old mill building into 80-85 units. They are seeking a historical tax credit, contract zone, TIF and parking waiver. One person spoke in favor of the project. The board moved the application along, meaning a final plan can be submitted. ■

Advertise With Us

Get your message directly to the people who live and work in our community.

FMI: adperson@sanfordspringvalenews.com





OUT IN THE WOODS

By Kevin McKeon, Maine Master Naturalist

Yellowjackets Aren't All Bad (Really)

Yup, yellowjackets sting, their sting hurts, and the reason is clear when you see a magnified picture. Those barbs look menacing but are relatively small — probably an aid in keeping the stinger inserted during venom injections. Some bees will die after a single sting, but these wasps often sting repeatedly.

Yellowjackets are one of more than 100,000 named species of wasps and come from relatives 200 million years old that flew over the supercontinent Pangea with the dinosaurs and Earth's first birds. In North America, there are 2,900 species of stinging, or predatory, wasps. Bees are in the same taxonomic order as wasps but are vegetarians, eating and feeding their young (larvae) pollen and nectar. Wasps are omnivorous, hunting insects and spiders to feed their larvae, while also eating nectar, sap, and honeydew — a sticky, sugar-rich aphid secretion. Adult yellowjackets also like fruits, meat, and sweet drinks so they're often visitors to our picnics and park areas.

Because they're strongly attracted to sugar, yellowjackets often feed on nectar while hunting for insects — helping to manage many agricultural insect pests and pollinating crops. The workers return to the nest to feed the larvae: a chewed-up (masticated) paste of insects and carrion. The larvae secrete a sugary substance that is eaten by the adults — a food exchange called trophallaxis. So,



Yellowjackets are considered quite beneficial to agriculture and should be left alone whenever possible. Photo: Judy Gallagher, iNaturalist.org

while yellowjackets can be a nuisance, they are quite beneficial and should be left alone when possible.

Let's get back to yellowjacket stingers: They'll grab and hold on with a bite while repeatedly unleashing those venom-laden lances. These gals are very territorial, are the most aggressive of all stinging insects, and responsible for most stings in the U.S. Those stings are painful to everybody, and some folks who happen to be allergic to their venom could face a life-threatening event. Those not allergic could sustain 1,500 stings prior to death. (I wonder who the test subject was for THAT one!) The intense pain comes mostly from an acidic chemical combination of amino acids called wasp kinin, which causes cell breakdown — and the formation of colorful human language! ■

Thank You

We extend our heartfelt gratitude to the following recent donors to Sanford Springvale News:

*Heidi Barker
*Carol Forbess
*Patricia Herrick
*Kevin McKeon
*Paul & Kendra Williams

* Donors who have made a monthly giving commitment.



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.

NOTICE OF PUBLIC HEARING

The Sanford Planning Board will hold public hearings & receive written & oral comments at its October 2, 2024 meeting, starting at 6:30 pm, on



- File # L15-112 447 Main St. District Courthouse Renovation Sanford Housing Authority - Preliminary Subdivision (Tax Map L15, Lot 35) – Adaptive reuse of existing vacant District Courthouse building in downtown Springvale into an 18-unit congregate care senior living residential facility.
- File # J30-47 Heritage Crossing- 10 International Drive Sanford Housing Authority Preliminary Subdivision (Tax Map J30-47) – Construction of a 30-unit congregate care residential building and the associated parking and site improvements.

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.sanford-maine.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



28 Elm St. (9/20 closina, listed below) Photo: Carolyn Cadigan

9/12, Lot 22-A Grant St., Springvale, level lot, 120-foot road frontage, intown, \$70,000

9/16, 126 Jackson St., 2-story Cape, 2 rental units: one 2 bed/1 bath and one 1 bed/1 bath, second floor unit with private entrance and covered porch, full unfinished basement, intown, \$298,867

9/20, 16 Circle Dr., 5-room Ranch, 2 bed/1 bath, eat-in kitchen, partially finished basement, detached 1-car garage, porch, shed, private backyard, \$339,000

9/20, 28 Elm St., 6-room Cape, 3 bed/2 bath, bedroom on first floor, hardwood floors, unfinished basement, deck, porch, intown, \$349,000 (pictured above)

PASSAGES

Compiled by Rev. Susan Murphy

Donald Ralph Carle, Sr., passed away on Wednesday, Sept. 11, 2024, at Pinnacle in Sanford. Visiting hours will be from 5 to 7 pm on Thursday, Oct. 3, at Bibber Memorial at Autumn Green in Alfred.

John A. Ferris, 80, of Sanford, passed away Monday, Sept. 16, 2024, at The Lodges in Springvale following a period of failing health. There will be no services per his request.

Stephen "Steve" Harrison Sr., 72, passed away peacefully, surrounded by family and loved ones on September 21, 2024. Visitation will be held from 5-7 pm on Wednesday, October 2, at Bibber Memorial at Autumn Green in Alfred.

Paul LaBossiere, 81, of Springvale, Maine died on Sept. 19, 2024. Paul's family is planning a private military burial in Springvale and a Celebration of Life at a later date.

Lorraine J. Rodrigue, 85, of Shapleigh, passed away peacefully at her home on Sunday, Sept. 15, 2024. Visitation was held on Monday, Sept. 23 with a funeral service following at the Carll-Heald & Black Funeral Home. Interment was at the St. Ignatius Cemetery in Sanford. ■



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

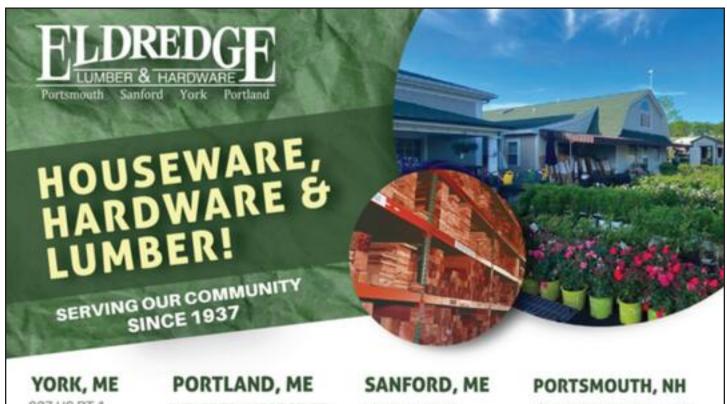
STORIES: Submissions@SanfordSpringvaleNews.com ADS: Adperson@SanfordSpringvaleNews.com COMMENTS: SSNews@SanfordSpringvaleNews.com

Editors and Contributors

Lisa Blanchette, Sam Bonsey, Zendelle Bouchard, Brian Boisvert, Gail Burnett, Lee Burnett, Carolyn Cadigan, Barbara Crider, Claudette Dupee 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.



627 US RT 1

YORK, ME 03909 207-363-2004

145 PRESUMPSCOT 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