

Sanford Springvale MAINE NEWS

Nonprofit newsletter produced with volunteers

Free

February 14, 2025

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Emily Sheffield: Nasson Champion

By: Jennifer Davie

How many hats can one person wear? That's a challenge that Executive Director Emily Sheffield of the Nasson Community Center & Little Theater, continues to test!

To say that Emily is "all in" is an understatement. Under her direction the community center and theater continue to grow and prosper.

Organizing youth sports, facilitating theater programming and curating eye-catching social media content to promote offerings are just a few of the hats that Emily wears. She also handles the finances and does payroll for the All Friends Learning Center. Add to all that, unclogging toilets, shoveling snow and overseeing ongoing capital improvements, Emily does it all!

Emily joined the Nasson Community Center & Little Theater family as a board member in 2015. She then became the assistant to its executive director in 2018 and took over as executive director in 2019. She now ensures seamless operation of youth sports, including sponsored basketball and volleyball as well as wrestling.

Community youth sports programming is a vital piece to a thriving community and offers developmental athletic opportunities to all kids. Youth who want to try a new sport or do not have the financial resources to participate in costly out-of-town travel sports, can be physically



Emily Sheffield

Photo: Autumn Bliss Photography

active, make new friends and truly become a part of their community. Who ensures that these programs run without a hitch? Who coordinates the registration process, collects payments, schedules the gym, cleans the gym, solicits the volunteers, coordinates team picture nights and more? Emily of course!

When asked if there's additional youth programming in the works Emily shared, "We're open to meeting with coaches or community members to discuss their ideas with us. Pickleball seems to continue to be super popular and since we have our own equipment, we would love to see a youth league start."

In addition to youth sports programming, another pillar of the Community Center is the Little Theater. It offers a convenient and cozy location for enriching arts offerings and can easily be converted into a meeting space for local civic groups. The public may also rent the space for private events.

Mary Poppins, Matilda Jr. and The Addams Family are

In This Issue

- Home Buyer Seminar - See News Notes - P3
- Hike Safely - P 2
- Delegates in Augusta - See School Notes - P5
- Welcome New Sponsor - Webb Law
- Vacation Activities - P8



just a few of the offerings that have been successful over the last year in the Little Theater. Emily believes that "community theater provides a safe space for people to explore their creative potential, live out their dreams on stage and experience the joy of performing in a supportive environment, regardless of their prior acting experience." She added, "We strive to offer this each and every time an actor walks through our door while offering quality performances to our community at an affordable price."

The Kiwanis Club of Sanford gathers in the space every Wednesday for their luncheons and club meetings and the York County Beekeepers Association holds regular meetings there. Countless memories have been made as commu-



Benji Hctor an enthusiastic youth basketball player

Photo: Jennifer Davie

nity members have celebrated birthdays, baby showers and celebrations of life in the space. Contact Emily to book the community center.

The gym and theater are enough to keep any one

Cont'd page 2

Homefront Support for First Responder Families



Homefront facilitators Abi Brown, Jill Belleard and Kristi Carr
Photo: Tammy Wells

By Tammy Wells, York County Government

A peer group for significant others of all categories of first responders from across York County – police, fire and EMS, dispatchers, corrections, and emergency managers – begins a new season Feb. 23 in Springvale. It will be the third year for Homefront, formerly known as Behind the Line. It's facilitated by Jill Belleard, Kristi Carr and Abi Brown — spouses of law enforcement officers themselves. Homefront group meetings are designed to provide support and education to navigate the lifestyle and challenges that come with being married to or in a relationship with a first responder.

The no-cost monthly meetings are not gripe sessions, but are discussions about communication, finances, gratitude, compassion fatigue and more — all tailored to encourage a healthy relationship between the first responder and the significant other. Belleard is a Springvale counselor and Brown, a psychiatric mental health nurse practitioner. "We put resources out there for the significant other and the first responder," said Belleard, who is certified in first responder mental health and post-traumatic

Cont'd page 2

STEP THE CREW

Saturday, March 1
7:00pm

Sanford Performing Arts Center
100 Alumni Blvd., Sanford, ME
www.SanfordPAC.org

Celtic THUNDER! The Step Crew dazzles! - Telegram & Gazette

Stay Warm While Winter Hiking

By John Henkelman, Registered Maine Guide

Maine, particularly our little corner of heaven, is known for having amazing hiking trails. While colder temperatures bring unique challenges, proper preparation ensures you can enjoy the season's beauty safely. Here are some tips to stay warm on your next winter hike.

1. Dress in Layers – Layering keeps you warm and dry. Start with a moisture-wicking base layer, add an insulating layer like fleece or down, and top it off with a waterproof and windproof outer shell. **Pro Tip:** Avoid cotton - it retains moisture and loses insulation when wet. Wool and synthetics are better choices.

2. Keep Your Extremities Warm – Hands, feet, and your head lose heat quickly. Use insulated gloves or mittens. Wear wool or synthetic socks, waterproof boots, and a hat or balaclava to retain body heat. **Pro Tip:** Even Maine Guides use handwarmers, I am less grumpy with warm fingers!

3. Stay Dry – Moisture is your enemy in winter. Adjust layers to manage sweat and bring extra gloves, socks, and a hat. Gaiters can keep snow out of your boots. **Pro Tip:** Start hikes feeling slightly cold; you'll warm up as you move.

4. Fuel Your Body – Cold weather increases calorie burn, so pack energy-dense snacks like nuts, chocolate, and granola. Combine carbs for quick energy with healthy fats for longer-lasting warmth. Stay hydrated with water in an insulated bottle to prevent freezing.

Pro Tip: Store water bottles upside down so any ice forms at the bottom. You can still get a sip even if the bottle starts to freeze.

5. Carry Emergency Gear – Carry extra layers, a space blanket, a fire-starting kit. A flashlight is not a bad idea as the sun sets earlier just in case you take a little longer than expected.

Pro Tip: Your gear is only as good as your knowledge – learn how to use everything properly.

6. Know the Signs of Hypothermia – Uncontrollable shivering, confusion, and slurred speech are bad news. If you or a hiking buddy show symptoms, take immediate steps to warm up and seek help if necessary. **Pro Tip:** Regularly check your hiking group for changes in mood. The best treatment is no treatment, so catch the signs and symptoms early!

With the right preparation and gear, winter hiking can be an amazing experience. Take it slow, plan for shorter daylight hours, and always let someone know your itinerary. Embrace the season, now get out there! ■

As always, if you want to learn from an expert, hire a Maine Guide. Find one near you at <https://www.maineguides.org/find-a-guide/>

Contact the author: John.Henkelman@outlook.com

Snowshoeing is a great way to explore snow covered trails

Photo: Shalimar DeBusk



HOMEFRONT SUPPORT - Cont'd from page 1

stress treatment.

The three leaders and those who attend talk about coping when family plans get skewed because of unexpected work requirements, raising children when their first responder is working long hours and unavailable, couples working opposite shifts, or when their first responder has had a particularly grim day. They talk about the times when the significant other's own challenging day takes a back seat. Sometimes, significant others and spouses have demanding careers of their own – and that can play into the family dynamic. "Balance and appreciation on both ends are very important," Brown said.

And there is the worry factor: worry that their loved one will be injured, or worse. Sometimes, a first responder can become cynical and there can be burnout. "If you don't cope, you become resentful," said Brown. "How do we make this (relationship) work?"

The meetings include guest speakers, resource sharing and even social activities like game nights and trail walks.

The peer group began in 2023 after Belleard attended a wellness conference and heard a presentation by Carr, who was talking about support for spouses of first responders. "My husband was in a critical incident and I thought it was time for spouses to come together for debriefing," said Carr, an area bookkeeper who is married to a law enforcement officer. She

EMILY - Cont'd from page 1

person on their toes and busy, but Nasson also houses another critical offering for the Sanford/Springvale community: the All Friends Learning Center, a childcare program.

With the shortage of childcare centers in Maine, this Nasson program is crucial for the greater Sanford/Springvale community. It services between 30-40 families, offering quality childcare and, more importantly, peace of mind that children are safe and loved as their caregivers head to work each day.

In a time when gaining access to information takes just the touch of a button, we can be quick to forget that all the happenings and information you see about the Nasson Community Center and Little Theater have a real, live person making those things happen: its Executive Director, Emily Sheffield!

BREAKING NEWS:

Nasson Community Center hasn't officially announced their 2025 season yet, but permission has been given to share that they have received the artistic rights to the following shows!

- Summer 2025: Annie
- Summer 2025: Frozen Jr.
- Winter 2025: The Sound of Music

The Nasson Community Center and Little Theater is a 501c3 non-profit. To support the community center and/or make a donation, email Emily directly at: office@nassoncommunitycenter.com or check out their website at nassoncommunitycenter.com. ■

has conducted considerable research into how being a first responder plays into family dynamics. "I read a lot and I'm a big one on offering grace," said Carr, whose niche is faith and finances, and the latter she noted, often plays a role in family strife. "I love seeing marriages thrive."

There are hundreds of first responders across the county, employed by its 29 municipalities and the York County government. Many are married or in relationships. "Resiliency and mental health are a concern, not just for the firefighter, dispatcher, police officer, EMT, emergency manager or corrections officer, but for their families too," said York County Fire Administrator Roger Hooper. He's looking to incorporate resources for all into the York County First Responder Training Center, currently under construction.

"It's easy to feel lonely, forgotten and misunderstood," said Belleard of significant others and first responders alike. "There are resources. We're building that community to help significant others be resilient." Over the past two years, the Homefront peer group has attracted 8-10 people at each meeting, the three organizers say, but twice as many can be accommodated.

Meetings are held at 6 pm on the last Sunday of each month at Able Oak Mental Health, 469 Main St., (Heritage Place), Suite 201, Springvale. The driveway and parking lot off Main Street serve that building and the more visible Alumni Hall. People are invited to drop by, and confidentiality is respected. FMI, contact Jill at behindtheline.jill@gmail.com. ■

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NEWS notes

Compiled by Carolyn Cadigan



Sweetser's Liz Smith (left) and Karen Dow were on hand at a recent Health & Wellness Fair to inform college students on ways to take charge of their mental and behavioral health.

Photo: Sweetser

Helping students address their mental health needs:

Sweetser recently attended the 2nd Annual Health & Wellness Fair at the University of Southern Maine to support students during the cold winter months. Sweetser's Liz Smith and Karen Dow, who staffed a table at the event, informed students on ways they can access treatment for their mental and behavioral health needs. This time of year can be isolating for people, especially for students overwhelmed by exams and deadlines. Smith and Dow shared how Sweetser's resources, including its 24/7 Peer Support Line, are available to help students to take full ownership of their mental health needs.

A beloved Valentine's tradition marks its 30th year:

The staff at Southern Maine Agency on Aging prepped for Valentine's Day this week by lovingly wrapping 1,250 roses for their Meals on Wheels clients and Adult Day members. This is the 30th anniversary of this tradition, made possible by an endowment left by the late Loraine Merrill, a former Meals on Wheels recipient. Her generosity has ensured that 20,000+ clients have received a beautiful long-stemmed rose over the last

three decades. In addition to the roses, Meals on Wheels clients also received hand-crafted cards donated from ME Sew Crafty and Coastal Care Solutions.

Interested in beginning a career in law enforcement?

York County is hiring corrections officers at the York County Jail in Alfred. The position offers competitive pay, training, benefits, and retirement packages. To learn more, go here. <https://www.yorkcountymaine.gov/careers>

Does all this snow have you pining to hear the crack of the bat?

After a championship run in 2024, the Sanford Mainers are looking forward to the new season at Goodall Park. Despite the cold temperatures, season tickets for the 2025 season are on sale. Access to all 22 regular season games begins at \$70 for seniors (60+), children (5-12) and veterans/military personnel, while adults (13-59) are \$100. The Mainers are also offering family packs with either a 3 Adult Pack or a 2 Adult/2 Child pack for \$200. FMI, go to sanfordmainers.com

Updated fee program helps those in need receive health services:

Nasson Health Care offers a sliding fee scale program for their patients who are either uninsured or under-insured. The program provides discount levels based on a patient's income. FMI, and to check if you qualify, call an outreach and enrollment specialist at 207-490-6900 and press 4, or visit nasson-healthcare.org

Gain insight on the sometimes daunting home-buying process:

Atlantic Federal Credit Union will present a free virtual Home Buyer Seminar on March 19, from 5:30 pm to 6:30 pm. During the session, experienced financial professionals will offer insights and provide valuable tips about the home buying process. Attendees will learn what to expect during the loan process, the definitions of real estate jargon, and how to prepare for an application. The registration deadline is March 18. FMI, or to sign up, go to atlanticfcu.com

Thank You Generous Donors

*Jeanna Day
Lynne Ouellette
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*Paul & Kendra Williams

* Denotes donors who
have made a monthly
giving commitment

Correction

Last week, we mistakenly featured the wrong bird with the Airport story. This is a grasshopper sparrow.



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Click the 'donate' button, and then 'become a sponsor'.

Community CALENDAR

Compiled by Lisa Blanchette

ONGOING

- Winter Reading Program for Kids and Adults-Goodall Library, through March 3
- Bundle Up and Read @ the Springvale Library, through March 8

Saturday, Feb. 15

- 5th Annual Al St. Laurent Bowling Tournament, 8:30 am, Bowl-A-Rama, 1217 Main St.
- Date Night-Babysitting! (Swim Team Fundraiser), 4 pm, YMCA, 1 Emile Levasseur Dr.

Sunday, Feb. 16

- Sanford Elks MCCC-Square Pond Fishing Derby, 6 am, West Shore Dr. Acton
- Laura Kargul & Calie Brennan, 3 pm, Historical Society, 505 Main St. Springvale

Monday, Feb. 17

- Sanford Food Pantry, 10 am, 1204 Main St.
- Family Sledding Meetup, 10 am, Gowen Park

Tuesday, Feb. 18

- Toddle Time, 10 am, Memorial Gym, 678 Main St.
- Salvation Army Food Pantry, 10 am, 871 Main St.
- Baby/Toddler Rhyme Time, 10:30 am, Goodall Library
- Pre-K Story Time w/Craft, 11 am, Goodall Library
- York County Food Pantry, noon, YCSP, 5 Swett's Bridge Road, Alfred
- YCSP's "To-Go" Lunch @ St. George's Episcopal Church, 2 pm, 3 Emerson St.
- Glitter Sensory Bottles @ Goodall Library, 2 pm
- Cribbage, 2 pm, Springvale Library
- Knit Lits, 3 pm, Springvale Library
- Sanford Elks Bingo, 4 pm Doors Open, 6 pm Games Start, 13 Elm St.
- Toddle Time, 5:30 pm, Memorial Gym, 678 Main St.
- City Council meeting, 6 pm, City Hall, 919 Main St.
- Dulcimer Group, 6 pm, Goodall Library
- Magic show @ Smitty's, 6 pm, 1327 Main St.

Wednesday, Feb. 19

- Community Café, noon pm, Mayflower Place, 27 Mayflower Dr.
- It Takes A Village 207-Indoor Meal @ St. George's Church, 2 pm, 3 Emerson St.
- Lego Club, 2:30 pm, Goodall Library
- 3-D Snowflake Craft, 2:30 pm, Goodall Library
- Fiber Arts Group, 5 pm, Goodall Library
- Hospice Education: Two Part Series, 5:30 pm, Springvale Library
- Wednesday Night Bite Community Meal, 6 pm, Curtis Lake Church, 38 Westview Dr.

Thursday, Feb. 20

- Senior Food Distribution @ Crossroads Church, 10 am, 15 Grammar Rd. (was 2/13)
- Sensory Story Time, 10:00 am, Springvale Library
- St. Therese of Lisieux Food Bank, noon, Holy Family Church, 66 North Ave.

Cont'd page 7

Readers Share Their Love for Our City

By Lisa Blanchette

Happy Valentines Day! Time to express what's in our hearts to those we love-our family and friends. And a few weeks ago, the Sanford Springvale News asked you to think about expressing what was in your heart for your city. We asked the simple question... "What do you love about Sanford Springvale?" Several of our readers responded. Here are five heartfelt stories of love for our special community. I hope you enjoy reading these personal stories and that you appreciate your fellow readers for taking the time to write and share them with us.

Judi R.

I'll start with a disclaimer. I live in Shapleigh. But rarely does a day go by that I don't head into "my city," as I refer to Sanford Springvale. One of my favorite stops is the Springvale Library, with the delightful staff and a plethora of activities offered. I also would be lost without the YMCA and the Trafton Senior Center, where I work on staying healthy in body and spirit. The Sanford Performing Arts Center was a well-timed addition to the new high school. It's perfect for anyone wanting to see an amazing assortment of shows, and to get home at a reasonable hour. I'm so proud of Sanford Springvale for the teamwork and support given by so many individuals, agencies, and churches to the asylum seekers who have arrived over the past two years. And in no particular order, I'm grateful for the Mousam Way trails; Number One Pond; Gowen, Gateway and Goodall parks (and the Mainers); the helpful, friendly workers at the grocery stores and restaurants and one more kudo to all those involved in the production of the Sanford Springvale News. I usually pick up the paper copy at the Trafton Center on Friday, and on Saturday, I look forward to the color photos and

other additional information. I'm glad I'm only a few minutes away from all of the offerings of Sanford Springvale.

Carol F.

My husband and I moved here in 1985 after having moved to Caribou from our home state of Texas in 1980. He was hired in Boston in the field of psychiatric social work, but we wanted to stay in Maine, and I was hired by the Sanford Schools. We knew nothing about the area when we moved here but have truly enjoyed our stay. Through a 32-year career at Sanford Junior High School, I got to know so many families and learned much about their resilience and hard work and dreams for their children. Working in a school system that educates students from a varied socio-economic background is enriching, humbling, and rewarding. I have great respect for the educators with whom I have worked, and I think the school system does not always get the credit it deserves. Sanford Springvale is a generous and giving community, and the recent arrival of immigrants is just one example of that. There is a diverse population with people from all over the country and for one reason or another, they have come to call this home. I love the availability of great walking trails and the fact that you can walk miles on the Main Street sidewalks and feel safe and comfortable. I enjoy the small-town aspect of going into stores and seeing people with whom you have interacted for years. I love that we have excellent Thai, Jamaican and Mexican food available. Its location is ideal with easy accessibility to both the mountains and the ocean. A drive to either Portland or Boston is not too lengthy, but I look at that from the experience of living in West Texas where you could drive for five hours and still be in the state with the landscape not changing. No place is perfect, but we truly enjoy living here and are so glad we do.

Cont'd page 6



SHS Theater Club's Grease cast at rehearsal
Photo: Grace Pearson

Grease Coming to SHS Stage

By Grace Pearson, Sanford High School Senior

Rehearsals are underway for the Sanford High School Theater Club's spring musical, Grease, which will be performed at the end of March. The show tells the story of Danny Zuko, leader of the greaser gang, the "T-Birds," and Sandy Dumbrowski, the sweet and innocent new girl at school. It tackles social issues like peer pressure and gang violence. The lead roles

of Danny and Sandy will be played by Ben Terril and Ava Fagan, both with lots of theater experience.

Terril who has done theater his whole life, is excited about the classic nature of the show. Fagan, who started in fourth grade shared, "I think what excites me about this show is it's such a classic and Sandy has always been a dream role of mine. So, getting to play her is so exciting for me."

Director Brett Williams

Cont'd page 6

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SCHOOL notes

Compiled by Carolyn Cadigan

SRTC delegates have a productive day at the Hall of Flags in Augusta: A group from Sanford Regional Technical Center (SRTC), pictured right, visited the Maine State House on Feb. 5 in the Hall of Flags to showcase the school's commitment to technical education excellence. The delegation included SRTC Director Matt Petermann, Extended Learning Opportunities Coordinator Sally Quarles, and two SkillsUSA student officers — State Officer Candidate Brian Graffam, a senior from Massabesic High School, and Officer Riley Smith, a junior from Marshwood High School. During their time at the Capitol, the representatives held productive discussions with senior officials from the Department of Education's career and technical education division, focusing on current initiatives and future developments in the field. The delegation also met with several legislators representing the Sanford region, allowing them to share firsthand accounts of SRTC's impact on student success and workforce development. A highlight of the visit was a meeting with Governor Janet Mills, demonstrating the state's support for career and technical education programs.

Pre-K information for the 2025-2026 school



L-R: Brian Graffam, Matt Peterman, Sally Quarles and Riley Smith
Photo: Sanford School Department

year: For the upcoming school year, the Sanford School Department expects to continue offering full-day Pre-K programming at Carl J. Lamb School, Margaret Chase Smith School, Sanford Pride Elementary School, Sanford-Springvale YMCA and Sanford Regional Technical Center. Sanford and Springvale families with children 4 years old on or before October 15, 2025, and not of kindergarten age are eligible. Children who are 5 years old by October 15, 2025, and not enrolled in Sanford's Pre-K program can enroll in kindergarten by calling one of the elementary schools.

The Pre-K program is free and will include free breakfast, lunch and transportation. To provide equal opportunity

for families to enroll their children, students will be chosen using a lottery system to fill the anticipated 112 Pre-K slots. Lottery registration will close at the end of the day on March 15. To be considered for admittance to the program, families should fill out the form found here: <https://www.sanford.org/article/1467956>

St. Thomas March Madness fundraiser calendars are for sale: The fundraiser for St. Thomas School gives participants who purchase a calendar multiple chances to win over 100 prizes, including gift cards, gift baskets, museum tickets, sporting event tickets and more. Multiple prizes are pulled each day,

with total prizes valued at over \$5,500. Purchase calendars, at a cost of \$10 each, after Masses during the month of February, by reaching out to a current St. Thomas student or family, or by calling the school at 207-324-5832.

New SRO brings experience and a community focus to SHS: Officer Chris Gosling, Sanford's newest School Resource Officer, serving at Sanford High School and Sanford Regional Technical Center, brings 15 years of law enforcement experience and a deep commitment to building relationships with the district's youth. After serving in the military and working at York County Jail, Gosling joined law enforcement and has been serving Maine communities ever since. He has been a resident of Sanford since 2008, giving him deep connections to the community he now serves in this expanded capacity.

The transition from patrol officer to SRO marks a shift in focus for Officer Gosling. "My job as a police officer here is ten percent law enforcement. The rest is mentoring, teaching, and counseling," he said. "It's completely different from patrol work." With his own

children in the school system, including one who recently graduated, he understands firsthand the challenges students face. Read the full story at sanford.org.

AFCU scholarship applications are now available:

The 2025 Atlantic Federal Credit Union Foundation College Scholarship Program is now accepting applications. Members graduating high school this spring and planning to continue their education are eligible to apply for the scholarship. Atlantic will award five scholarships — one \$10,000, one \$5,000, one \$2,500, one \$1,500, and one \$1,000 scholarship — for a total of \$20,000. To be considered for the scholarship awards, applicants must fill out and submit an application, write an essay (350 to 400 words), and provide a resume and a letter of reference. All applications must be received or be postmarked by March 25. FMI, and to apply, go to atlanticfcu.com/scholarships. ■

PASSAGES

Compiled by
Rev. Susan Murphy

Brian Michael Griffin, 61, passed away at his home surrounded by his loving family on Sunday, February 2, 2025. There will be no services at his request.

April L. Hilton, 70, of Lebanon, passed away peacefully at her home on February 1, 2025. A graveside service will take place in the spring at Forest Grove Cemetery in Lebanon, with a date to be announced.

Brian Todd Martin, 50, of Sanford, passed away February 4, 2025. Visiting hours will be held from 12:00 – 2:00 pm, with a prayer service and sharing of memories at 1:00 pm, on Saturday, February 15, 2025, at Bibber Memorial at Autumn Green, 47 Oak St., Alfred. ■

DELIVERY VOLUNTEERS NEEDED

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READERS SHARE - Cont'd from page 4

Lorraine T.

My 60th birthday was upon us. My sisters were visiting from Florida. We had moved back from Florida a few years before that, and they were wanting to move back too. So, during that little celebration visit, we did some thinking about what we were going to do as a family and decided we should try to find a two-family home, get rid of mortgages, and live together. We're not getting any younger! Our search led us to a two-family here in Sanford on June Street - it was so perfect - it met all our needs and more. It's a wonderful location and we jumped at the chance to purchase it. The one thing I came to realize once we moved here was that there were so many wonderful trails and so many outdoor places to explore. Everything was close by; we had the hospital, library, grocery stores, YMCA, restaurants, everything was right here at our disposal. One thing that really stands out for me is the fact that there were so many trails. We had two small dogs who were very leash reactive. Willy had gotten attacked in Florida, so he was nervous of other dogs. I had so many options to get them out and give them long enjoyable walks. Gowen Park and all the trails throughout there, the "Y" trails, the Rail trails - the options were limitless. We love our home here in Sanford. It's a beautiful property; people go by and remark on it all the time. We have wonderful neighbors. It's a friendly loving neighborhood and we're very happy to be here in Sanford.

Donna Hodgdon

I love our place in Maine where we are located, close to the mountains, lakes, and the ocean in central York County. We're close to New Hampshire within minutes and there is NO better

place to live but in Sanford! The people, my family and friends, our amazing Performing Arts Center, our parks and trails, our churches, our Goodall Park, our businesses - what's not to like! I was born here, raised here, and have lived in other places, but there's no place like our little hamlet where I reside and have spent most of my life. I chose to live and work here in this small city where the people I love, family and friends have done the same thing! It's community, a good place to raise your kids and be involved in area activities. Love you, Sanford!

Brenda F

I've always said Sanford Springvale is not perfect but it's a nice place to be. There are many things to enjoy and appreciate, like the small-town community feel and people always willing to help one another out. This winter driving down Main Street during the holidays, the beautiful Christmas tree at Central Park and all the lights throughout town really did give the feeling of a small New England town. Number One Pond is a great place where you can watch the sun rise or set, fish, or just sit and enjoy the sunshine. There are wonderful walking trails throughout the town, especially the Rail Trail that leads to beautiful Deering Pond. How great is Gowen Park in the summer with its bounty of beautiful flowers and how many kids have grabbed their sleds to fly down the hill in excitement? On Saturday mornings, I head out to the Farmer's market while grabbing a coffee and donut. These are some of my favorite things. There are more. I have lived in other places in my life, but when I came back to Sanford Springvale I said, "this is a nice place to be." ■

GREASE AT SHS - Cont'd from page 4

described Grease as "the sugar of musical theater." He's hoping the fun energy comes off the stage and that "people leave having forgotten about their real lives for just a little while and just step into this escape and enjoy. Because that's what it's all about with this show."

The show will have some fun special effects too. Williams notes, "we just got these new high intensity foggers that we're just going to blast and fog up the stage like we're in the clouds."

Rehearsals currently take place Monday, Tuesday and Thursday for two and a half hours with more intense sessions in March. During the final week before the show, rehearsals extend to five or six hours every night.

Cast members also put in a lot of time and effort outside of school, while balancing other activities at the same time. Some work with voice

teachers and coaches outside of rehearsal. Terril describes "a lot of tiers" to the music including the lines, delivery, character and vocals. He says a voice teacher "can really take it to the next level."

Williams works closely with the production department, choreographers and the Music Director, Ryan Geary. He thinks of it as "tiers on a cake" working with songs, then dancing and adding scripting. "We just keep building it up and up. At the end we're adding costumes, seats, sounds and lights. It takes planning to coordinate and unite seven independent visions into one."

"I really love the bonding that happens with the cast and watching them form a family and a tight group of friends. When it's all said and done, they've really been on a long incredible journey and created something awesome together.

Cont'd page 8

Obituary - Kevin J. Kitchen

On February 3, 2025, the world lost a kind-hearted, gentle, and humble soul. Kevin Joseph Kitchen, 48, of Wells, ME passed away at Maine Medical Center surrounded by his family and close friends.

Kevin was born in Sanford, ME to Delcina "Dellie" and Deryl Kitchen. He graduated from Sanford High School.

Kevin will be remembered for his love of cars old and new. The pride he took in detailing them. The amount of time he spent (trying to) fix them. He was a consummate car guy spending time at Oxford Plains Raceway with close friends, and time tinkering on whatever project he had going on at that current moment. Had he had a choice between a Buick Gran National or a Bentley, his choice would be the Buick all day long.

If you needed help with anything - painting, moving, yard work - he was always there to lend a hand. If all he had was the shirt

on his back and a dollar bill in his pocket, if you were in need, he would insist you take them both. Family and companionship were the most important things to him. Kevin much preferred the company of others than solitude. If you were in his life, you mattered to him. He did not care about the size of your bank account or house. Not supporting the Red Sox, however, would have been a sticking point.

Kevin would be dumbfounded by the outpouring of shock and sadness among those whose lives he touched when they heard the news of his passing.

He was preceded in death by his mother and father, "Dellie" and Deryl and grandparents Jeanette and Edgar Bailey and Cleta and Larry Kitchen.

He is survived by his brother Jeff (Michelle); nephews Connor and Colin; uncle Craig Kitchen (Judy) and aunts Donna Glovinski (Keith), Kyle Osborne (Tom), Karen Kitchen, Janet Bridges, and Jill



McCormick; many cousins; and his chosen family.

A celebration of Kevin's life will be held on Saturday, February 15, 2025, at Jonathan's Restaurant in Ogunquit, ME, from 12:00 PM to 1:30 PM.

In lieu of flowers, please consider a donation to York County Shelter Programs at P.O. Box 1268, Alfred, ME 04002 or www.yorkcounty-shelterprograms.com/ Arrangements are in care of Bibber Memorial at Autumn Green, 47 Oak St., Alfred, ME 04002. www.bibbersautumngreen.com

PAID NOTICE

Public Hearing Notice



The Sanford Planning Board will hold a public hearing and receive written and oral comments at its February 19, 2025 meeting, starting at 6:30 pm, on applications for the following projects:

- File # 2025-07-R18A-16-AD - Application for Minor Site Plan for construction of a 6,400 sf airport hangar and the associated parking and site improvements on property owned by the City of Sanford located at 199 Airport Road (Tax Map R18A-16).

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:

- §280-11-9 Airport Development Zone - Proposed Ordinance revision to §280-11-9 which alters the Review Authority for projects within the AD Airport Subdistrict to the Site Plan Review Committee and aligns the regulation of all other projects in the AD Zone with §280-16-3.

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 jibabcock@sanfordmaine.org.

SPORTS notes

Compiled by Sam Bonsey, Sanford Schools Communication Coordinator

SHS girls basketball rolls past Massabesic to advance in Class AA South Playoffs

Paige Sevigny scored a game-high 16 points to lead the Spartans to a 67-27 win over Massabesic in the quarterfinals of the Class AA South Playoffs. Mollie Puffer added 14 points, Ava Hudson had 13 and Ella Tederous finished with 10.

Sanford advances to face the winner of Bonny Eagle and Gorham in the semifinals on Wednesday, February 19 at the Cross Insurance Arena in Portland.

SHS Spring Sports Registration Open

Spring athletic registration is now open for the 2025 season. To participate, students must register through



Junior forward Ava Hudson dribbles the ball up the court.
Photo: SHS Athletics

the Arbiter Sports platform and ensure they have a current physical on file with the athletic office.

If you are unsure about the status of your physical, please contact the athletic office to verify, as a current physical is mandatory for participation in all spring sports.

Please use the following

link to register. <https://students.arbitersports.com/programs/hs-spring-athletic-registration-2025>

Youth Baseball Camps Return to Sanford for Summer 2025

The Sanford Mainers have announced their 2025 youth baseball camp schedule, with two sessions planned for children ages 6-12. The summer camps will provide young players the opportunity to learn from current Mainers players and coaching staff.

Camp registration is now open through the organization's website. The Mainers, who compete in the New England Collegiate Baseball League (NECBL), have made these youth camps a regular part of their community outreach programming. ■

The City of Sanford still has a few openings on Boards & Committees in 2025:

The **Airport Advisory Committee** has one opening to fill an unexpired term ending 12/31/25. This committee studies, researches and develops all aspects of the Sanford Seacoast Regional Airport and advises the Airport Manager.

The **Board of Appeals** has two openings, each for a three-year term. This board hears and decides administrative and dimensional variance appeals and works closely with the Director of Planning and Code Enforcement.

The **Board of Assessment Review** has two openings, each for a three-year term. The Board reviews and rules on appeals duly filed in writing by taxpayers regarding any tax assessment made by the Tax Assessor.

The **Design Review Committee** has up to two openings, each for a two-year term. The committee advises the Planning Director, the Planning Board, the Code Enforcement Officer, the applicant, and may make recommendations concerning project design proposals.

The **Planning Board** has one opening to fill an unexpired term ending 12/31/25. The Planning Board's responsibility is to review and act upon all subdivision requests; to hear and decide "conditional use" permit requests; to help draft new or amend relevant land use ordinances; and to review and assist in developing policy, goals and objectives of the Comprehensive Plan.

The **Recreation Advisory Board** has two openings, each for a two-year term. This board acts in an advisory capacity to the Parks and Recreation Director.

The **Sanford Arts Commission** has one opening, for a three-year term. The commission focuses on identifying, strengthening, promoting, and broadcasting Sanford's cultural assets, infrastructure, and artistic treasures and facilitating community involvement in the arts.

The **Sanford Housing Authority** Board of Commissioners has one opening to fill an unexpired term ending 12/31/25. The SHA Commissioners are responsible for overseeing the operations of the Housing Authority and expenditures of federal monies, helping direct the management of programs that benefit the community and ensuring the provision of quality services to the residents of their housing properties.

Applications and committee descriptions are available by contacting the Sanford City Manager's office at (207) 324-9173 or by email at sancommittees01@sanfordmaine.org, or by visiting the City's website at www.sanfordmaine.org under Government/Boards & Committees to download a fillable application form. Positions will be filled as suitable candidates are found.



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

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Lisa Blanchette, Sam Bonsey, Brian Boisvert, Gail Burnett, Lee Burnett, Carolyn Cadigan, Jennifer Davie, Claudette Dupee, Lawrence Furbish, Connie Garber, Kristi King, Jack McAdam, Kevin McKeon, Andrew Morin, Rev. Susan Murphy, Grace Pearson, Barbara Sutcliffe, Kendra Williams, Jordan Wilson

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COMMUNITY CALENDAR - Cont'd from page 3

- YCSP's "To-Go" Lunch @ St. George's Episcopal Church, 2 pm, 3 Emerson St.
- Disney Kingdom Day @ Smitty's, 2 pm, 1327 Main St.
- Winter Bingo @ Goodall Library, 4 pm
- Free Community Meal, 5 pm, New Beginnings Christian Church, 181 Grammar Rd.
- Game Night @ the Library, 5 pm, Goodall Library

Friday, Feb. 21

- Harvest Table Food Pantry, 9 am, Salvation Army, 871 Main St.
- York County Food Pantry, noon pm, YCSP, 5 Swett's Bridge Road, Alfred
- I Come from Away Part 2-Screening/Discussion, 6 pm, Nasson Theatre, 457 Main St.
- The MomCo @ Pleasant St. 6 pm, Pleasant St. Baptist Church, 10 Pleasant St., Spvl
- Comedy Show Jim McCue @ Smitty's, 7 pm, 1327 Main St.
- Mill Towne Tavern Totally 80's Party, 8 pm, 898 Main St.

Saturday, Feb. 22

- Baby Blessings, 10 am, St. George's Episcopal Church, 3 Emerson St.
- Board Gaming @ Goodall Library, 1 pm, 1364 Main St.
- DaPonte String Quartet: Haydn & Korngold, 3 pm, Historical Society, 505 Main St.

Sunday, Feb. 23

- Sledding @ Gowen Park w/MCS Pride PTA, 1 pm, Gowen Park Dr.
- Lecture-Banjoes, Bones & Ballads by Jeff Warner, 3 pm, Historical Society, 505 Main St. ■

Check Sanford School Department sports schedules at <https://www.mpschedules.org/public/genie/1142/school/73/>

Visit our Events Calendar <https://sanfordspringvalenews.com/events/> for details on these events and on events to come.

Winterfest February Vacation Activities



Parks maintenance workers prepare ice rink for Winter Fest 2025
Credit: Kristi King

Compiled by Kristi King

It's back! The **"Ice Fishing Derby"** is on February 15 at #1 Pond for ages 15 and younger. This free event is 8-11 am with over \$250 in prizes to be given away. Sponsored by Sanford Parks and Rec and the Maine Department of Conservation, there will be free bait and lots of equipment to use, if you don't have any. Register at #1 Pond from 7:30-9 am. There is a three-trap limit, and parents please support your children. Enjoy free hot chocolate, doughnut holes and coffee. There will be **"BBQ at the Rink"** at #1 Pond in the ice fishing setup area at 11 am. All participants from the ice fishing derby along with those sledding at Gowen Park or ice-skating at the pond rink are welcome to join the BBQ. It's a wonderful way to kick the week off right!

The fun continues on Sunday, February 16 by joining others who have the same love for **ice skating** at #1 Pond Ice Rink. Shain's of Maine offers a recreation special that includes \$1.00 cones and \$1.00 hot dogs each day from noon to 8:00 pm daily. Just mention **"Jeff's \$1.00 Recreation Special"** to get the deal. On Monday, February 17 join us for **"Family Fun Sledding"** at Gowen Park all day for free. Bring your sled, board, or ski.

"Rock-N-Glo Bowl" sponsored by Bowl-A-Rama is available February 15-22 from noon-2 pm. \$15 includes shoe rental, a slice of pizza and a soda. This offer is all week except on Sunday.

"Wheels Fun Day!" at the Memorial Gym is being held from 2-4:30 pm on Tuesday, February 18. Bring anything with wheels: big wheels, tricycles, bicycles, roller skates, wagons, scooters, skateboards, RIP sticks, unicycles, wheelchairs, etc. All ages are welcome. Please enter using door #3 down back.

Also, on the 18th there will be **"Bowling Special AM Glo"** from 9:30-11:30 am for the cost of \$10 for shoes. You must call and make a reservation as space is limited.

On Wednesday, February 19 it's the **"Snow Sculpture Contest"** and here's how it works: build your snow sculpture in your yard and we will be out on Thursday, February 20 by noon to get a picture for the judges. Please call the office at 324-9130

to enter your sculpture team. Teams can be big or small and can include adults. Prizes include gift cards...for 1st place \$50, 2nd place \$30 and 3rd place \$20. We need a minimum of four sculptures for this contest, so please create your snow sculpture and give the judges a call.

Kids can get some great indoor exercise when they join us at the Memorial Gym for free from 2:30-3:30 pm on Thursday, February 20 for the **"Blow up Obstacle Course and Gaga Pit."**

Please use door #3 at the back of the building and park in the rear of the building. Also, on the 20th there's an **"Open Gym"** for grades 3-6 at the Memorial Gym from 2:30-3:30 pm. Feel free to bring balls, wheels and fun indoor toys to this free event. Enter using door #3 and use the locker room at the top of the stairs to change shoes. **"Open Gym"** for grades 7-12 is at the Middle School Gym from 3:30-4:30 pm. Please enter using door #3 and use the locker room to change shoes for this free event. The **"Polar Bear Swim"** at the YMCA is available for 40 children, from 1-2pm. All ages are welcome to participate. Y rules request children 7 and under must have an adult accompany them in the pool area. All non-swimmers must have an adult accompany them in the water. You must call the Rec Dept at 324-9130 to register.

On Friday, February 21 an art clinic with teacher Evelyn Nitzberg will be held from 9-11 am where children 2nd grade and up will be **"Making Prints with Roll Ink"** for a cost of \$10. Register at sanfordrec.com as the limit is 12. Enter through door 6 at the Memorial Gym, through the Cafe to the Art Room by following the signs. Wrap up your Winterfest on Sunday the 23rd at Shains of Maine where hot dogs and ice cream are \$1.00 each if you tell them **"The ice cream man sent me!"** Thank you to the Sanford Parks and Rec, Shains of Maine, Bowl-A-Rama, the Maine Dept. of Conversation, Sanford Art Commission, YMCA and gift card sponsors for giving us plenty of fun activities to enjoy on our school break. ■

GREASE AT SHS - Cont'd from page 6

They've presented something, and it's a lifelong memory that they're never going to forget. That's really special and it's something that I wish every high school kid had," said Williams.

Both Terril and Fagan say the people they meet and friendships they make with the cast and crew are their favorite parts about doing theater. Terril says, "Of any show I've done, it's just the one to have



Bald Eagle recently spotted in Springvale near Dunkin Donuts
Photo: Tarrah Littlefield

REAL ESTATE Transactions

Compiled by Carolyn Cadigan

1/31, 66 Brook St., 6-room New Englander, 3 bed/1 bath, large mudroom, bedroom and laundry on first floor, many updates, unfinished basement, porch, metal roof, ample off-street parking, intown, built in 1900, \$250,000 (pictured right)

1/31, 130 Brook St., 6-room New Englander, 3 bed/1.5 bath, unfinished walk-out basement, furnace not working, shared driveway, intown, built in 1900, \$125,000

1/31, TBD Lentago Lane, Lot 1, level lot, abuts conservation land, association road, underground electric on site, 3-bedroom septic and well existing on site, in new Lentago Landing subdivision, .54 acre, \$210,000

1/31, TBD Lentago Lane, Lot 2, level lot, abuts conservation land, association road, underground electric on site, septic and well needed on site, in new Lentago Landing subdivision, .54 acre, \$135,000

1/31, TBD Lentago Lane, Lot 3, level lot, abuts conservation land, association road, underground electric on site, septic and well needed on site, in new Lentago Landing subdivi-



Photo: Barbara Sutcliffe

sion, .56 acre, \$135,000

2/3, 62 Philbrick Rd., 9-room Contemporary Cape, 3 bed/2 bath, pantry, laundry on first floor, mudroom, 3-season sun-room, office, central vacuum, unfinished basement, attached 2-car garage with storage above, porch, outbuilding, fence, rural, 6.37 acres, \$550,000

2/4, 380 High St., 6-room Ranch, 3 bed/1 bath, mudroom, glass-enclosed porch, attic, unfinished basement, new septic system, new roof, deck, patio, shed, 3.45 acres, \$322,000

2/4, 49 Payne St., Springvale, 6-room Bungalow, 3 bed/1 bath, bedroom and laundry on first floor, hardwood floors, built-ins, leaded glass cabinet, unfinished basement, detached 1-car garage, porch, intown, built in 1910, \$295,000 ■