

Sanford Springvale MAINE NEWS

Nonprofit newsletter produced with volunteers

Free

February 7, 2025

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Rachel Schneider, Runner & Mother

By Quinnly Raducha
University of New England

Rachel Schneider wasn't always a runner, though it might seem that way looking at her impressive record of accomplishments. She finished third in the 5,000 meter in the 2020 Olympic Trials for track and field and competed in the preliminary round of that summer's Olympic games in Tokyo. She's held several records for long-distance running.

Schneider, 33, was born and raised in Sanford, the daughter of a doctor and nurse, Steven and Lynn Schneider. She said that before she started running, her parents got her involved in many other sports.

"I grew up playing soccer, basketball, swimming, which were the main three," she said. Her running career began in seventh grade at St. Elizabeth Seton School in Rochester, NH, when she joined a track program because her three older siblings had run track in junior high. This gradually started her love for running.

After graduating from St. Thomas Aquinas High School in Dover, NH, Schneider en-

rolled at Georgetown University, where she also competed. "I never had looked too far ahead, and it was probably around junior or senior year of high

champion and school record holder and earned multiple All-American honors. When her senior year of college came around, she realized she wasn't ready for her competitive running days to be over.

"I thought I would pursue it at an elite level," she said." So she did just that. After getting a graduate degree in human sciences at Georgetown, she moved to Arizona, where she competed professionally for sponsor Under Armour until 2021, then switched sponsorship to the running shoemaker Hoka. In April 2021, she won the USATF (US Track & Field) road mile championship, finishing ahead of well-known runners Shannon Osika and Heather Kampf. She then competed in the 2020 US Olympic Trials for track and field in the 5,000 meter and came in third, which qualified her for the 2020 summer Olympics.

In 2023, Schneider and her husband Mike Smith welcomed their first child, Nova. "There is a lot of juggling with being a mom and a runner," she said. "One of them is that running is no longer the number one pri-

Cont'd on Page 3



Rachel Schneider on a training run at week 14 of her pregnancy
Courtesy photo

school, I realized I wanted to keep competing in college," she said. At Georgetown she became a Big East Conference



A bobcat, spotted near Beaver Hill in Springvale recently, enjoys a spot in the sun.

Photo: Terrence McCarthy

Recognizing Excellence in School-Based Policing

By Sam Bonsey, Sanford Schools Communications Coordinator

Sanford Middle School's School Resource Officer (SRO) Joe Jourdain was recently honored with the Wayne Drown School Resource Officer Award at the Maine Association of Police annual banquet.

The award recognizes excellence in school-based policing and dedication to serving the school community.

"It's easy for me to do my job here because the staff, the school department, everybody's so welcoming," Officer

Jourdain said. The honor came as a surprise to Jourdain, who learned about his nomination just days before the January 25th ceremony.

Having served as the middle school's SRO for five years, Officer Jourdain stands out for his commitment to building meaningful connections with students and staff alike. His colleagues note that he can often be found sitting with students who are having difficult days, offering a compassionate ear and understanding support. What makes Officer Jourdain particularly effective is his deep knowledge of each student's individual needs, preferences,



Joe Jourdain has served as Sanford Middle School's Resource Officer for five years.

Photo: Sanford School Department

and challenges – information he gains not from reports, but from genuine personal

Cont'd on Page 5

**BROADWAY'S
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The New York Times

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IN THIS ISSUE

- ✓ SRTC Baking Program
- ✓ Coyotes - IN THE WOODS
- ✓ Mikini's - BUSINESS SPOTLIGHT
- ✓ Bus Service Expanded - NEWS NOTES

More Nasson Apartments OK'd

By Jack McAdam

The Planning Board took care of routine business and approved a site plan application for a new apartment building in Springvale during two meetings in January.

The apartments at 16 Summer St., behind the former Lincoln School, are on land formerly owned by Nasson College. Plans call for 18 units, parking spaces and other site improvements. Planners last spring approved the renovation of former Nasson dormitories nearby.

During a work session on Jan. 22, the board reviewed the process for evaluating future projects at Sanford Seacoast Regional Airport. Airport Manager Allison Navia gave the board an update of the Airport Ultimate Layout Plan. It includes future airport improvements that will add to safety and growth of the airport, keeping fuel trucks and vehicles off active runways. Some of these improvements are expected within five years and others could be up to 20 years in the future.

On Jan. 8, the board elected officers: Tom Morgan as chair, Crystal Tenny as vice chair, and Lenny Horr as secretary. Mark Yerkes and Samuel Vanderwater were approved as additions to the Design Review Committee.

NEWS NOTES

Compiled by Carolyn Cadigan

Partners Bank donation aids local anti-human trafficking organization: Thrive New England, a Sanford-based anti-human trafficking organization, recently received a \$1,000 donation from Partners Bank. The contribution makes possible a year of peer support groups for 20 survivors. The contribution was made by Rebekah Erwin, customer care assistant manager, through the bank's employee donation of the month program for January.

Expanded bus service in York County: Starting this week, bus service between Sanford, Biddeford and Saco is expanding to six round trips a day, according to York County Community



Rebekah Erwin (left), customer care assistant manager at Partners Bank, presents donation to Jen Holt, board member at Thrive New England.
Photo: Partners Bank

Action Corp. (YCCAC). This doubles the number of trips of the Southern Maine Connector route, which runs Monday through Friday. Buses leave Sanford every hour or so between 7 am and 2 pm with pickups at Nasson Health Care, CVS pharmacy, School Street and Maine Health Care's main entrance. Returning buses leave Saco Transportation

Center between 8:15 am and 3:15 pm and pick up at seven Biddeford stops.

The expanded service is made possible by funding through the Portland Metropolitan Planning Organization. This is part of YCCAC's overall plan to expand and diversify services to meet the transportation needs of residents, businesses and communities of York County, according to YCCAC Transportation Director Tom Reinauer. For more, go to yccac.org

Nasson Health Care behavioral health providers have a new home: Through an expansion of services grant, renovations of a new treatment suite at Nasson Health Care were recently completed. The expansion, which includes seven treatment offices, a conference room, a kitchen and a private check-in station for patients, will greatly impact the services the organization provides. Nasson will be able to hire additional staff to provide enhanced patient care. Behavioral health services are open to their primary care patients; they are also accepting new patients.

Support your library. Go grocery shopping: During February, every time someone purchases a \$3 reusable Give Back Bag at Shaw's in The Center for Shopping, Springvale Library will receive \$1. Shaw's selected the library as this month's nonprofit recipient in its Give Back Where It Counts reusable bag program.

Dental team news from Nasson: Nasson Health Care announced that Amanda Wells recently passed the Certified Dental Assistant examination administered by the Dental Assisting National Board. In addition, Nasson recently welcomed Bailey Gryskwicz, a fourth-year student extern from the University of New England College of

Dental Medicine. Gryskwicz, who hopes to practice dental medicine in Southern Maine after graduation, will provide patient care this winter and early spring.

It's not often that we welcome an Arctic Blast: The Sanford Water District was grateful to its friends north of the border when they had to deal with a fire hydrant that had frozen solid four feet down in the ground. They used pressurized steam from the Arctic Blaster Steamer they had just acquired from a company in Alberta, Canada, to thaw the hydrant.

Virtual balance and strength class to help prevent falls: The Southern Maine Agency on Aging is offering its popular falls prevention class, A Matter of Balance, virtually via Zoom. Participants can now exercise to increase strength and balance in the comfort and



Photo: Pixabay

convenience of their own home. This evidence-based class has proven successful in reducing the incidence of falls in older adults. The nine-session class will meet from March 11 to April 8 on Tuesdays and Thursdays from 1 pm to 3 pm via Zoom. Register today at smaa.org or call the Agewell team at 207-396-6578.

Sanford's banking community welcomes back a familiar face: Jeremy Deering recently returned

Cont'd on Page 3

NOTICE OF DANGEROUS BUILDING HEARING FEBRUARY 18, 2025, CITY OF SANFORD, MAINE



Parties in Interest are hereby notified that the City Council of the City of Sanford, Maine will hold dangerous building hearing on Tuesday, February 18, 2025, the meeting beginning at 6:00 p.m. in City Council Chambers, 919 Main Street, Sanford Maine and by remote methods, pursuant to 1 M.R.S.A. § 403-B(2)(D) and Section 6 of the City Council Rules of Procedure. Video and teleconference remote login information to participate by remote methods will be published on the City website at www.sanfordmaine.org/meetings on and not necessarily before Saturday, February 15, 2025.

- 254 Sunset Road, Tax Map R1 Lot 5 and further described in a deed recorded in the York County Registry of Deeds at Book 1896, Page 875 and a mortgage recorded at Book 14818, Page 0224.

This hearing is to determine whether this property is a dangerous building or a nuisance within the meaning of 17 M.R.S.A. §§ 2851-2859, and to determine what, if any, remedy is appropriate and are a party in interest's opportunity to present evidence as to why these properties are not a dangerous building or a nuisance and to oppose or consent to any corrective action ordered by the City Council. A party in interest's failure to attend these hearings may result in the waiver of certain rights with regard to this property.

If the City Council finds that the property is a dangerous building or a nuisance, it may order the nuisance to be immediately abated and the appropriate corrective action taken, including, but not limited to, removal and disposal of the building and securing of the property. If the nuisance is not abated and the ordered corrective action is not taken by the City Council's order, and no appeal is taken, the City may abate the nuisance by taking the appropriate corrective action at the City's expense. The City may recover all expenses, including reasonable attorney's fees and costs, by means of special tax or civil action.

Parties in interest can discuss attending the hearing and this notice with Michelle LaBree, Assistant City Manager for the City of Sanford prior to the hearing at (207) 608-4101 between the hours of 7:30 AM and 5:30 PM Monday through Thursday.

as the senior vice president, senior commercial banker at the Partners Bank main office in Sanford. Before SIS Bank rebranded to Partners Bank, between 2003 and 2013, Deering held several positions, most recently vice president of commercial lending before amicably parting to work in commercial banking at other institutions in Maine and New Hampshire. Deering also serves as a Director on the Board of the Maine Real Estate & Development Association (MEREDA), a nonprofit organization that promotes responsible development and ownership of real estate throughout the state.

Upcoming schedule changes for Sanford DPW: The transfer station and demo debris area will be closed on Thursday, Feb. 13, for required training. For the Presidents' Day holiday on Monday, Feb. 17, the Public Works Department will be closed. The transfer station and demo debris area will be closed on Tuesday, Feb. 18. The rubbish and recycling pick-up schedule for the week will not change.

SCHNEIDER *Cont'd from page 1*

ority, it's taking care of my daughter, and all of her needs come above my needs as a professional runner, which is great, and I wouldn't have it any other way."

In the past year, Nova has traveled with Schneider to all her races. "I think she has been to 13 states, and has flown across the country, staying in a variety of hotels. It has been such a joy having her there and being able to share it with her," Schneider said.

Not that it's always been easy. "I nursed her for 13 months," she said. "Right before I would go race, I would be nursing her and right after the race I would be nursing her. Also, silly things like the number of things you have to pack for these trips. Her stuff takes up two-thirds of my luggage now. Just a lot more to consider and prioritize."

Schneider jokes that she is going to take her parents' approach and introduce her daughter to many sports. "I want to make sure if she decides to become a runner it's because she really wants to, and not because she feels pressure to. So, she will be signing up for soccer and all the other sports teams," she said.

As of May 2021, Schneider had run many of the fastest times ever by an American woman. This includes the sixth fastest mile (4:20.91 in Monaco), the 13th fastest 5,000 meter (14:52.04 at Irvine, CA), and the tenth fastest 10,000 meter (31:09.79 at San Juan, CA). She also is currently a part of the Big Brother and Big Sisters organization in Flagstaff, AZ. She is in a little bit of a pause right now because she's 30 weeks pregnant. Their second daughter is due in April, and she hopes to resume racing later in the year. ■

Technical assistance is at the ready: Is your computer misbehaving? Do you press "print" but nothing happens? Or is your new desk for your homework area still in its box? The new Public Technical Assistance Program from the LeClair Foundation may be able to help. The organization offers cost-free, in-person support for a range of technical and assembly services for qualified community members across Maine. The program helps seniors (age 53+) as well as disabled, low-income and veteran-status people. FMI on their services, call 978-308-2045, or visit leclairfoundation.org

Looking for a way to be of service to others? The Center for Grieving Children is seeking volunteer Peer Support Group facilitators to make a difference in the lives of grieving children, teens, young adults and adults. The center still has space available in its next volunteer facilitator training sessions scheduled for March. All facilitators receive 30 hours of training

over the course of two weeks before being placed in a peer support group. Both in-person and virtual volunteer opportunities are available. FMI, email volunteer@cgmaine.org.

Ho hum, yet another earthquake: A third earthquake occurred in the area on Feb. 2 at 7:57 am, southeast of York Harbor, in roughly the same area as last week's two tremors. According to the US Geological Survey, the Feb. 2 earthquake registered a 2.0 magnitude. ■

Broadway's Next Hit Musical

Press Release
Returning to the SPAC stage at 7 p.m. Saturday, Feb. 8, Broadway's Next Hit Musical presents an original improvised awards show that guarantees a night of spontaneous music and comedy. Even if you have enjoyed "The Phony Awards" in the past few years at SPAC, this year's show will be different, of course, because they base their show on your suggestions! Audience members suggest made-up hit songs, and master improvisers create a full-blown, improvised musical from the winning song. Expect memorable characters, witty dialogue, and plot twists that will have you laughing and humming for days.

With extensive tours across the U.S. and internationally, and a residency at NYC's Tony Award-winning cabaret club "54 Below," this acclaimed show offers a unique and hilarious experience. The New York Times calls it "Hilarious!" and Time Out NY praises it as "A musical of, for, and by the people." Don't miss this exciting return performance!

Tickets are \$29-\$39, with discounts for subscribers, students, seniors and military veterans. Call the box office at (207) 206-1126 or visit in person Tuesdays and Thursdays from 9 am-noon. For information, visit sanfordpac.org. ■

What Do You Love About Sanford/Springvale?

The month of February is approaching quickly. Pink and red hearts, chocolate candy, stuffed animals and beautiful flowers line the store aisles as a reminder that the season of love is upon us.

The Sanford Springvale News wants to know what our readers love about Sanford and Springvale.

Your response can be a line or two or a complete story. It can even be a photograph. Just submit your reply to submissions@sanfordspringvalenews.com no later than Feb. 11.

Our editorial staff will review these submissions. Some will be selected for publication on our Facebook page, and some will appear both on our Facebook page and in the Valentine's Day print edition of the Sanford Springvale News. (Proofreaders reserve the right to make minor edits before publishing.)

Take a moment, pick up your pen, and write your love letter to your community; we are waiting to read it. ■



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.

Community CALENDAR

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

ONGOING

• Winter Reading Program for Kids and Adults-Goodall Library, through March 3

Saturday, Feb. 8

- Springvale Fish & Game Ice Derby, 6 am, Iron Tails Saloon, 559 ME-109, Acton
- Italian Night @ Trafton Center, 4 pm, 19 Elm St.
- Broadway's Next Hit Musical, 7 pm, Sanford Performing Arts Center, 100 Alumni Blvd.

Monday, Feb. 10

- Baby Rhyme Time, 10 am, Springvale Library, 443 Main St.
- Sanford Food Pantry, 10 am, 1204 Main St.
- A Family for ME Live Q&A, noon, online
- Lego Builders Club, 3:30 pm, Springvale Library
- A Family for ME Live Q&A, 6 pm, online
- The Hidden History of American Shorebirds-An online talk with Kenn Kaufman, 6pm

Tuesday, Feb. 11

- Property Subcommittee meeting, 8:30 am, online
- Toddle Time, 10 am, Sanford 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, 11:00 am, Goodall Library
- Public Safety Subcommittee, 11 am, online
- York County Food Pantry, noon, YCSP, 5 Swett's Bridge Road, Alfred
- Zoning Subcommittee meeting, 1 pm, online
- Cribbage, 2 pm, Springvale Library
- YCSP's "To-Go" Lunch @ St. George's Episcopal Church, 2 pm, 3 Emerson St.
- Knit Lits, 3 pm, Springvale Library
- Sanford Water District Trustees meeting, 4 pm, 243 River St., Springvale
- Sanford Elks Bingo, 4 pm Doors Open, 6 pm Games Start, 13 Elm St.
- City Council Budget Workshop, 5 pm, City Hall, 919 Main St.
- Toddle Time, 5:30 pm, Sanford Memorial Gym, 678 Main St.
- Matthew Meal, 6 pm, St. Thomas School, 69 North Ave.
- Dulcimer Group, 6 pm, Goodall Library

Wednesday, Feb. 12

- Land Bank meeting, 8:30 am, online
- Fire Station Working Group, 11 am, online
- It Takes A Village 207-Indoor Meal @ St. George's, 2 pm, 3 Emerson St.
- Make It & Take It-Valentine Craft, 2 pm, Springvale Lib.
- Lego Club, 2:30 pm, Goodall Library
- York County Career Center Hiring Event at SCAE, 2:30, 668 Main St.
- Friends of Downtown, 4:30, Economic Growth Council Office, 919 Main St.
- Fiber Arts Group, 5 pm, Goodall Library
- Paint Night w/Lizz, 5 pm, Pilot's Cove Café, 199 Airport Rd.
- City Council Budget Workshop, 5 pm, City Hall
- 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. 13

- Airport Advisory Committee meeting, 8 am, Seacoast Reg. Airport, 9 Presidential Ln.
- Senior Food Distribution-Crossroads United Methodist Church, 10 am, 15 Grammar Rd.
- Sensory Story Time, 10:00 am, Springvale Library

Continued Page 7



Manager: Airport's Not for the Birds

By Quinny Raducha
University of New England

The manager of Sanford's airport made a pitch to the City Council on Feb. 4 for state legislation that would exempt airports from some endangered species restrictions.

Allison Navia, who manages both Sanford Seacoast Regional Airport and the Fryeburg Airport, explained that the bill from Sen. Rick Bennett of Oxford would treat airports differently from other areas because of the possibility that airplanes will run into birds or other animals enjoying the protected natural environment near runways.

"Airports and wildlife don't mix," Navia said. The Federal Aviation Administration has spent

money on wildlife hazard assessment, wildlife hazard management plans, and a federal depredation permit for migratory birds. This means airports must keep grass between 6 and 10 inches long. In the summer months, grass near the airport gets much longer, Navia said, because of protections mandated for the endangered grasshopper sparrow.

"You are not allowed to touch that grass from May until August 15," she said. This can have the unintended consequence of attracting deer and other wildlife that could pose a danger to planes.

There were two deer strikes at Sanford's airport in 2017, before fencing was put up next to the runways. The deer deemed

that area a safe zone and would cross back and forth between runways at dawn and dusk, when it was hardest to see them, Navia said.

The Council voted to adopt a resolution in support of LD 138, the act to exempt airports from certain state endangered species habitat protections. ■



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News

New Owner 'A Perfect Fit' for Mikini

By Kristi King

Mikini Embroidery and Sports Apparel, a business that has kept local sports teams and organizations in stitches since 2005, has a new owner and a new business model. Chris Caswell bought the business on Jan. 1 from his longtime friend Duane Romano. After discussing their mutual need for change, the two decided to split the business, with Romano still running The Garage, a maker of signs and designs, while Caswell and his family focus on the apparel, embroidery and printing at the business's 1458 Main St. location.

Caswell, an Alfred native, was the facilities director at the Sanford Springvale YMCA for eight years before he got the itch to be his own boss. He explained that as a longtime softball coach for 15 years with youth sports, including the last three years as head coach of the men's SMCC collegiate softball team, sports and apparel have been an important part of his life.

"It's really a perfect fit for me," he said. He said he enjoys working with commercial businesses, schools and sports teams. "I've got the best of both worlds. I run my own business and I'm able to support the community in a meaningful way." Mikini supplies a wide variety of ready-to-go swag, embroidered items, and art-inspired merchandise.



New Owner Chris Caswell with daughter and employee Hailey Caswell at Mikini.
Photo: Kristi King

Besides running the business with his daughter, Hailey, and wife, Rose, Caswell is head of the Southern Maine Monarch travel softball team for 10- to 18-year-olds in Saco. And while learning the new business and clients can sometimes be stressful, he said, "I really have enjoyed it. I've had to learn a lot, but this

is the perfect place for me to be." Daughter Hailey says, "It's been great to be able to share the work with Dad," and she is truly grateful for the experience. Meanwhile, this year looks busy for Caswell: Coaching the game and outfitting his community's sport teams with uniforms. ■

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SCHOOL NOTES

Compiled by Carolyn Cadigan



Students at Carl J. Lamb Elementary School, many wearing red for luck, ring in the Lunar New Year.

Photo: Sanford School Department

CJL students celebrate Lunar New Year: Pre-K and kindergarten students at Carl J. Lamb Elementary School brought their art and music lessons to life with their annual Lunar New Year parade through the school halls. Students proudly displayed their colorful handcrafted dragons and festive decorations while sharing the joy of this important cultural celebration with their school community. Many students wore red clothing, traditionally considered a lucky color during Lunar New Year festivities.

Youngest MCS students showcase their learning progress: Kindergarten students at Margaret Chase Smith Elementary School (MCS) transformed into eager teachers during their recent showcase event, demonstrating their learning through hands-on activities. Students guided their families, who were guests at the event, through various interactive stations, showing confidence in sharing their knowledge and skills. The showcase, part of Maine's K for ME curriculum, drew an impressive turnout, with parents, grandparents, and siblings in attendance.

Pre-K students at MCS had their own opportunity to show how far they've come at a special Literacy Showcase. Throughout the classroom, students guided their families through various hands-on learning stations. At the letter-building station, children used mini erasers to construct letters, strengthening both their understanding of letter formation and their fine motor skills. At other stations, students identified

uppercase and lowercase letters, explored rhyming words, and sorted letters by their shapes. The showcase exhibited how the children are building strong foundations in early literacy through play-based learning and hands-on exploration.

Latest news from First 10 Sanford: The February newsletter from First 10 Sanford is now available. It includes information on the 2025-2026 Kindergarten Trail as well as the Community-Wide Registration Night to be held on Feb. 26, 3:30 to 6 pm, at Sanford Pride Elementary School.

Community service opportunity for high school students: Sanford High School student volunteers are needed to help at an upcoming event at Sanford Pride Elementary School on Feb. 26 from 3:30 to 6 pm. Students are needed to dress up as mascots as well as to run a craft/fun table. Interested students should email Mrs. Letourneau at bletourneau@sanford.org.

SHS graduate named to college Dean's List: Ana Cote, a political science major at Endicott College in Beverly, MA, has been named to the Dean's List for the fall 2024 semester. Cote, daughter of Paula Cote and Adam Cote, maintained a grade point average of at least 3.5, received no letter grade below "C," had no withdrawal grades, and was enrolled for a minimum of 12 credits for the semester.

Summer Theatre Camp details are out: Nasson Youth Theatre has announced that Disney's "Frozen Jr.," directed by Cat Mathews, will be its 2025 Summer Camp production. The camp, for kids ages 8 to 18, runs Monday through Friday, Aug. 4 to 15, with an evening performance scheduled for Aug. 15 and a matinee performance on Aug. 16. To secure a spot, a deposit of half the tuition is due upon registration with the remainder due by July 27. The number of participants is limited. FMI, contact Nasson Youth Theatre at 207-324-5657.

Sanford school happenings: For more news from the Sanford School District, read the February 2025 edition of the "Sanford Spotlight" newsletter at sanford.org. ■

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EXCELLENCE *Cont'd from page 1*

interactions.

"Coming to school and making that difference, meeting with the kids, dealing with the parents, understanding what's going on behind the scenes to support them – that's what drives me," he said. "Here I can be proactive and see results right away. That's what I like."

His impact extends well beyond regular school hours. Even after the final bell rings, Officer Jourdain remains actively involved in ensuring school safety and supporting his school community. During summer breaks, he continues to check on students who might be struggling. He also uses this time to inspect and enhance school security measures, from checking doors to monitoring camera systems.

The nomination for this award particularly highlighted Officer Jourdain's ability to forge connections with students who might typically be hesitant around police officers, helping them develop more positive interactions and less fear. His commitment to continuous learning and improvement is evident in the countless hours he spends researching new techniques and information to benefit both his school and police department.

The Wayne Drown School Resource Officer Award represents Officer Jourdain's impact on the Sanford school community, but for him, the real reward is seeing students succeed.

"When you get some of those wins, you want more. Working with the kids here, having them check in and knowing their backstory... you can just kind of be like, 'I know you don't want to talk about it, but I'm here.' At least they know someone knows, and they can talk to someone." ■

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OUT IN THE WOODS

By Kevin McKeon, Maine Master Naturalist

Was it a dog, a wolf, or a coyote that you heard or saw? Well, yes it was. Recent DNA studies found that the average eastern coyote, *Canis latrans* x *C. lycaon*, is 64% western coyote, 26% wolf, and 10% domestic dog. They're a relative newcomer around here, originating in Southeastern Canada in 1919, then migrating to the northeastern United States in the 1940s. So, the folks who say, "It's too big for a coyote," or "It's too small for a wolf", or "No! It's a coy-dog!" are not all wrong! (A future article will discuss wolves in Maine.)

In fact, the Canid Specialist Group in Oxford, England says the most appropriate name, given its mixed origin, is "coywolf," and suggests that the taxonomic species name be changed from *Canis latrans* x *C. lycaon*, to *Canis oriens* — meaning "eastern dog." The "x" in *Canis latrans* x *C. lycaon* denotes a hybrid or cross between the listed species. So, the cross between *C. latrans*, western coyote, and *C. lycaon*, eastern wolf, gives us our eastern coyote/coywolf. At 35 to 50 pounds, it's larger than the western coyote but smaller than the eastern wolf.

Some folks think that residential areas are not wildlife habitat, and that coywolf should not exist near them. But these intelligent creatures know that humans are their predator, so they avoid them and their back yards, especially when we make them feel unwelcome by removing food sources and keeping pets inside at night and dawn/dusk times. But regardless of habitat, coywolf behave like coywolf — keeping to a mostly natural diet of rodents, rabbits, and the occasional sick, old, or young deer. They also prefer natural, wooded areas for their foraging, dens, and sleeping.

Coywolf can move extensively and rapidly through any landscape — wilderness, urban, or rural — traveling long distances, almost anywhere and quickly, colonizing and re-col-



Eastern Coyotes are part wolf, part dog Photo: Forest William Nohr in Springvale.

Our Coyotes a Mixed Breed

onizing territories. They've been documented crossing wide canals, bridges, and even using ice floes. There are even several packs on Long Island, so they made it through New York City! Some canid species have shown a natal-habitat-biased tendency, dispersing to areas similar to where they were reared, potentially forming a genetically based bias for such environments. But it's not yet known if our coywolf are so inclined.

Forming packs of seven to 12, comprised of about three to four adults and their pups, they'll defend large territories — eight to 10 square miles — and the coywolf pack will forage about 15 miles per night. It's the rare human who hasn't heard the howling nighttime communications among their fellow

pack members over long distances. These far-ranging vocalization habits give the impression that there's a lot of them around, but they self-regulate their numbers by both litter size and guarding their territory from other coywolf, maintaining an overall healthy population properly sized for the habitat within their territory. And coywolf from urbanized areas are more nocturnal than those in rural/wilderness locations, learning to be more active when people aren't.

It is important to be aware of the importance coywolf have in the maintenance of ecosystem health in all landscapes. Survival of the fittest ensures the evolution of the most wary and fastest prey, as the predator coywolf will snatch only the slower and weaker of their prey, leaving the rest to pass on their superior survival genes. The deer herd becomes more healthy and swift, rabbits more wary, and fewer grasshoppers eat hay fields. And what humans consider pests will be mitigated by coywolf predation. When the need vanishes — when human pests like mice, rats, and others have been minimized — coywolf's natural territorial behavior will result in the colonization of a different area and/or a decrease in their numbers.

With the knowledge we've gained of coywolf behavior and their ecological importance, these family-oriented, social, intelligent creatures deserve a high level of understanding regarding their importance to ecosystem health. Consider that we humans are a part of that ecosystem; we all live within nature, not next to her, so living with nature requires a better understanding of her needs because her needs are our needs. ■

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

NOTICE OF PUBLIC HEARING: ORDINANCE TO REGULATE SYRINGE SERVICE PROGRAMS TO A 1:1 EXCHANGE OF HYPODERMIC APPARATUS WHEN OPERATING IN SANFORD



Notice is hereby given that the Sanford City Council will hold a public hearing at 6:00 PM on Tuesday, February 18, 2025 in person at City Hall Council Chambers, 919 Main Street, Third Floor, Sanford, Maine and via remote video and teleconference pursuant to 1 MRSA §403-B (2) (D) and section 6 of the Sanford City Council Rules of Procedure. The purpose of this public hearing is to discuss a permanent Ordinance to regulate Syringe Service Programs to a 1:1 exchange of hypodermic apparatus when operating in the City of Sanford.

The proposed Ordinance can be viewed by visiting the City of Sanford website at www.sanfordmaine.org and clicking on Public Notices, or by visiting the City Clerk's office in Sanford City Hall.

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

Robert F. Drew

Robert F Drew, aged 75, died peacefully on February 1, 2025, at the Kennebunk Rehabilitation Facility, where he had lived for nearly three years. He was predeceased by his father, Donald L Drew in 1995, and a grandson, Mark Drew. He is survived by his mother, Rita Grant Drew of Wells, his three children, Michael Drew of Arundel, Steven Drew of Wells, and Amy Sharpe of Centerville, OH, as well as five grand-children, Brianna Drew, Maxwell Drew, Alex Drew, Brennon Sharpe, and Jillian Sharpe. Also survived by his four sisters, Cindy Johnson of Wells, Pamela Drew of Arundel, Debbie Belanger of Lyman and Tina Hoag of Alfred.

Bob was born December 1, 1949, in Biddeford. At the age of 2 ½, he had successful, experimental open-heart surgery at Boston

Children's Hospital for a birth defect. He grew up in Arundel, graduated from Kennebunk High School in 1967, and then from NMVTI in Presque Isle in the building trades program in 1969. Bob worked as a carpenter for New England Homes and other builders throughout York County. He was a sawyer in his father's sawmill and delivered firewood to many York County customers, including the fuel assistance program. He instilled in his children the values of honesty and hard work.

In 1990, he was injured in an accident with his truck and thereafter was confined to a wheelchair. For many years, he processed his own firewood at his home in West Kennebunk, driving his John Deere tractor nearly every day. Bob enjoyed reading the papers, watching TV, and more recently

going for rides with his sister Pam and stopping for Flo's hot dogs in Cape Neddick.

Funeral services will be Tuesday, February 11, 2025, at Black Funeral Homes, 580 Main St, Sanford. Visiting hours from 10-11 am and service at 11:00am.

In lieu of flowers, donations may be made in his memory to Boston Children's Hospital Trust, 401 Park Drive, Suite 602, Boston, MA 02215 or The American Heart Association, PO BOX 840692, Dallas, TX 75284-0692.

Arrangements are under the direction of Black Funeral Homes and Cremation Service, Sanford-Springvale.



PAID NOTICE



Photo: Andrew Morin

SRTC Admissions Open

By Andrew Morin, Sanford High School Senior

The admissions process for the 25 programs offered by the Sanford Regional Technical Center (SRTC) is currently underway. These programs offer students a chance to develop lifelong professional skills that will help them in their adult and professional future. The SRTC offers its programs to students from eight partner

high schools in York County: Kennebunk, Marshwood, Massabesic, Noble, Sanford, Traip Academy, Wells, and York. Most students begin a program during their junior year and continue through graduation.

Programs in the technical center can range from popular trades, like automotive engineering, welding, precision manufacturing and plumbing to more special-

ized fields, like cosmetology, culinary arts, and firefighting. Enrolled students are expected to spend half of their day focused on their chosen discipline.

With a capacity for a total of 800 juniors and seniors, the admissions process for SRTC programs is competitive. Each year there are more applications than spaces available. Students wishing to enroll in the programs are reviewed based on certain criteria to determine if they would be a good fit. In the words of Student Services Counselor Deanna Farrell, “Our admissions process begins with students who are interested in a career-technical education and choose to apply. Along with the application, we review transcripts, attendance records and information from their partner school related to applicant’s responsibility and effort; citizenship; graduation preparedness as well as academic and applied learning strengths.” In the next phase of the process, students are offered the opportunity to

interview with the instructor of their chosen program, giving them another opportunity to present themselves and their skills. Students who meet the requirements and are willing to put in the effort to be admitted into the programs, are usually rewarded for their hard work, as 75% of those who are interviewed are admitted into the programs.

Instructors for the programs are typically professionals in the industry or profession that they teach. According to SRTC Director Matthew Petermann, “once they’re hired, they begin the certification process, and we help them develop into teachers that can inspire students in their specific trade and get them excited about a career in their industry.”

Students who have graduated from SRTC programs in past years have seen great success towards their future development. About 55% of graduates have enrolled in higher education like college or certificate programs.

Cont'd on Page 8

CALENDAR *Cont'd from Page 3*

- St. Thérèse of Lisieux Food Bank, noon, Holy Family Church, 66 North Ave.
- YCSP’s “To-Go” Lunch @ St. George’s Episcopal Church, 2 pm, 3 Emerson St.
- Free Community Meal, 5 pm, New Beginnings Christian Church, 181 Grammar Rd.
- Scabble Night @ the Library, 5 pm, Goodall Library.
- York County Stamp Club, 6:30 pm, Preble Lodge #143, 16 Elm St.

Friday, Feb. 14

- Salvation Army of Sanford Harvest Table Food Pantry, 9 am, 871 Main St.
- Homeschool Group Meetup-Valentines Circuit Cards, 10 am, Springvale Library
- SMAA Community Café, 11:30 am, SMAA, 21 Bradeen St., Springvale
- York County Food Pantry, noon, YCSP, 5 Swett’s Bridge Road, Alfred
- Valentine’s Dace, 6 pm, Sanford Elks (Open to the Public), 13 Elm St.

Saturday, Feb. 15

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

Sunday, Feb. 16

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

Janet K. Grace

Janet K. Grace of Springvale, Maine, formerly of Tamworth, New Hampshire and Duncanville, Texas, passed away in her sleep in the early hours of January 23, 2025, at the home she shared with her son and daughter-in-law, after a brief battle with metastatic melanoma.

Janet was born on April 10, 1940, in North Conway, New Hampshire, the beloved daughter of the late Charles W. and Evelyn C. (Grames) Hill. She grew up in Center Conway, and graduated from Kennett High School in Conway, New Hampshire, where she met the love of her life, Robert Grace. They were married on December 6, 1958.

For the next 20 years, Janet and Bobby lived and traveled around the world with the Air Force. Though she “loved every minute of it”, they then returned to Tamworth in 1977 to build their dream home where they lived for over 40 years. After 25 years in the deli department, Janet retired from Shaw’s Supermarket; she then ran the Camp Store at White Lake State Park in Tamworth. When travel between Tamworth and their home in Duncanville, Texas became

too much, they moved to Duncanville where Bobby passed away in 2023. Janet then made one final move, to come live with Jeff and Risa in Springvale.

Janet was predeceased by her parents, her husband, and her daughter, Lisa Schock. She left behind her son, Jeff (Risa) Grace of Springvale, Maine; and her daughter, Connie (Roland) Johnson of Wassaic, New York. She also left behind her sister, Carole (Tony) Prata of Beverly, Massachusetts; her son-in-law, James “Woody” Schock of Independence, Wisconsin; her grandchildren, Stephanie Johnson James of New York, Karen (Gene Tuck) Johnson of New York, Paul (Bryn Edholm) Yahnke of Minnesota, Kenny Yahnke of Wisconsin, Danny Yahnke of Wisconsin, Clara (Jeff) Cracknell of Maine, and Chandler (Christie Graves) Grace of Texas; and many great-grandchildren and nieces and nephews.

Janet was a unique, independent person who always let you know what she was thinking. She was loved by all who knew her for her entertaining ways, making people laugh with her dry humor. Through her two hip

surgeries she kept pushing, determined to be able to get out and about, especially with her beloved friend and companion, Rachel Angis. Her favorite things to do were shopping and getting her nails done, which she did the Sunday before she passed. And after more than 40 days at Maine Medical Center, she couldn’t wait to get her hair cut, which she did the afternoon before she passed (thank you, Karen Matoin!). Once she was dolled up, she was ready to join those who went before.

A memorial will be held later in the year. She will be laid to rest with Bobby in the New Hampshire State Veterans Cemetery in Boscawen.

Arrangements are under the direction of Black Funeral Homes and Cremation Service, Sanford-Springvale. To leave a message of condolence visit www.blackfuneralhomes.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 jlbabcock@sanfordmaine.org.

SRTC Cont'd from page 7

Furthermore, 7% are in formal apprenticeships, 3% in the military and 20% have already joined the workforce in their technical field. This success seen in recent graduates can be attributed to real life technical skills, which will help them in their future. For this reason, over 90% of graduates said that they were either "sure" or "very sure" of their future plans.

According to Ms. Farrell, "We feel a lot of good momentum out there in the community about the value of a career technical education, where students learn by doing

and leave high school with specific skills related to their post-secondary plans. We want to expand that mindset while continuing to reduce stigmas. More importantly, we connect students who would be a good fit to opportunities at our school as it truly can be life changing." Further expansion of the programs is planned in the future.

Admission applications for the '25-'26 SRTC programs are open from Jan.13 to Feb. 28. Students must apply within this time period to be considered. For more info go to sanford.org. ■

REAL ESTATE TRANSACTIONS

Compiled by Carolyn Cadigan



13 Essex St. (1/24 closing, listed below)
Photo: Google

1/24, 13 Essex St., 8-room Cape, 4 bed/1 full and 2 half baths, primary and second bedroom on first floor, bonus room, hardwood floors, many updates, second kitchen and half bath in finished walk-out-out basement, detached 1-car garage, patio, porch, fenced backyard, intown, \$370,000 (pictured above)

1/27, 14 Yvonne St., 10-room New Englander, 4 bed/2.5 bath, primary bedroom with ensuite on first floor, office, partially finished basement, attached 1-car garage, detached 2-car garage, deck, porch, fence, intown, \$213,000

1/27, 7 Calvins Way, 5-room Ranch, 3 bed/1 bath, open

concept kitchen and living area, many updates, attic, unfinished walk-out basement, farmers porch, \$375,700
1/28, 15 Cross St., 7-room New Englander, 4 bed/2 bath, laundry on first floor, full basement, metal roof, intown, built in 1900, \$290,000

1/28, 18 Mousam St., 7-room Cape, 4 bed/1 bath, two bedrooms and laundry on first floor, unfinished basement, metal roof, intown, built in 1800, \$230,000

1/29, 281 Mt. Hope Rd., 5-room Ranch, 3 bed/1 bath, unfinished walk-out basement, attached 2-car garage, barn, house and barn need repair, rural, 55 acres, \$250,000

1/31, 25 Pearl St., 7-room Ranch, 3 bed/1 bath, newly remodeled, open concept kitchen, wood floors, attic, full basement, detached oversized 2-car garage with walk-up second floor, detached 1-car garage, deck, corner lot, \$399,900 ■

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Dianne Ames
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*Patricia Herrick
*Lynn Serritella
*Rynep Vaneldik

* Donors who have made a monthly giving commitment.

PASSAGES

Compiled by Rev. Susan Murphy

Charles "Henry" Fournier, 90, of Springvale, passed away peacefully on Monday, Jan. 27, 2025, at The Lodges Health Care in Springvale, surrounded by family and friends. A time of visitation was held on Friday, Jan. 31, at Carll-Heald & Black Funeral Home, 580 Main St., Springvale. A Mass of Christian Burial was celebrated on Feb. 1 at St. Thérèse of Lisieux Parish, Holy Family Church.

Derwent Jean Riding, 84, or "Derry", as she was affectionately known, completed her circle of life surrounded by the love of her family and friends on Jan. 26, 2025. In lieu of flowers, please consider reading a book and raising a glass of Pinot Grigio in her honor.

Gordon Norman Paul, 72, of Sanford, passed away Jan. 31, 2025, at Southern Maine Medical Center in Biddeford. Visiting hours will be held from 2-4 pm on Saturday, Feb. 8, at Bibber Memorial at Autumn Green. ■

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