

Sanford Springvale MAINE NEWS

Nonprofit newspaper produced with volunteers

Free

March 14, 2025



A few SRTC Certified Nursing Assistants are working at Pinnacle Health and Rehab in Sanford. Photo: Sanford School Department

SRTC Nursing Students Find Their Calling at Pinnacle Health and Rehab

By Sam Bonsey, Sanford Schools Communications Coordinator

In an innovative partnership between Sanford Regional Technical Center Health Occupations Program and Pinnacle Nursing Home, student Certified Nursing Assistants (CNAs) are gaining hands-on experience while bringing fresh energy to local healthcare. The program has expanded from four to six student positions this year due to high performance.

"These are the best students that they've seen in years," says co-Health Occupations Program Instructor Jenna Holmes. Students work up to 24 hours per week, earning \$15 per hour while gaining practical experience beyond the limited two-hour clinical rotations available during school hours.

"Our students are not burnt out, so their love and light and enthusiasm for the patients is probably their most magical ingredient," notes Shawnda Williams, who also instructs the Health Occupations Program. "They're fascinated with the

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A walker along Route 109/Main Street near the Center for Shopping. Photo: Lee Burnett

Options Sought on Roundabout Safety

By Lee Burnett

Transportation planners are proposing major investments to make it safer for walkers and cyclists to navigate Sanford's busiest intersection and nearby roads. They want feedback on their improvement ideas.

The Sanford Department of Public Works and Maine Department of Transporta-

tion are proposing to build sidewalks, bike lanes, multi-use bike paths and upgraded crosswalks in the vicinity of the Route 109/Route 4 roundabout in South Sanford. That intersection sees about 30,000 cars a day, according to MDOT figures.

The upgrades are needed because of noticeable use by walkers and cyclists in recent years, according to Public

Works Director Matthew Hill. The biggest driver of new use is the hundreds of units of housing developed along Patriots Lane, although the entire area has seen residential and commercial development.

Hill sought a partnership with Maine DOT to plan investments through the state's Planning Partnership Initiative. The PPI would make Sanford eligible to share construction costs with the state, as well.

"The city is actively seeking partnerships to support our community. Historically, we have had a great relationship with Maine DOT and look forward to future opportunities," Hill explained in an interview.

The proposed improvements will be presented at the Sanford City Council meeting at 6 pm March 18. Planners are also seeking citizen input through an on-line survey. The link is here: bit.ly/sosanfordppi.

The improvements are as follows:

- Add bicycle lanes and a sidewalk along the north side of Main Street/Route 109 from Patriot's Lane to the roundabout.

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SHS Theater Company Presents

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Photo: Pixabay

We Remain Committed to Local Journalism

By Kendra Williams

Despite shifts in the media landscape, the Sanford Springvale News is standing firm in our mission to provide reliable local journalism. Our volunteer-driven news source, which was founded two years ago in response to the loss of Sanford and Springvale's last remaining local news outlet, remains committed to delivering both digital and print editions.

The Maine Trust for Local News, the publisher for most of Maine's newspapers, recently announced that it's moving toward a more digital-focused model. Our team at the Sanford Springvale News wants to reassure readers that our print edition, which is produced at the Maine Trust for Local News plant in Portland, is here to stay. We continue to hear there are many people who want something tangible when they read their news. That's what led us to add our print edition last March. A recent conversation with the printer confirmed there will be no changes to our ability to continue publishing in newspaper format.

Our growing team of volunteers is dedicated to keeping local news accessible through print, email subscriptions, the website, and social media—all free of charge. However, sustaining this effort depends on advertisers, sponsors, and community donations. Readers are encouraged to support the businesses and organizations that make local journalism possible. And we continue to need and appreciate our generous donors and sponsors.

Our cohesive group of volunteers remains firmly committed to keeping Sanford and Springvale informed. The Sanford Springvale News isn't going anywhere! ■



NEWS notes

Compiled by Carolyn Cadigan

Small hands, big impact: The children's program of The Church of Jesus Christ of Latter-day Saints in Sanford recently organized a toiletry drive for those in need. The children learned about local struggles some people have with housing and hygiene, inspiring them to take action. With their congregation's support, they collected essential items like soap, shampoo, and toothpaste. They decorated collection boxes and greeted donors each Sunday with gratitude. Their efforts not only provided necessities but also strengthened their understanding of service. Reflecting on their experience, 10-year-old Harper Jones said, "Serving makes other people happy and makes us feel good." Fellow participant Boston Ivie added, "Serving helps people."

Get ready to preview items before they're going, going, gone: Springvale Library is hosting its 5th Annual Online Auction from April 14 to 20. Wondering what is being offered this year? Get an early preview online beginning April 1 and in-person in the Community Room beginning April 4. For those interested in adding to the list of available items, the library's fundraising group welcomes donations of experiences, gift baskets and gift cards. FMI and to donate to the auction, contact Lesley Unger at 207-324-4624.

Sweetser CEO urges Maine legislature to pass budget and pay COLA: Jayne Van Bramer, Sweetser president and CEO, recently appeared on WMTW's Mental Health Moment to discuss ways legislation can improve mental health services in the state. She talked about workforce shortages at agencies like Sweetser and about the state budget shortfall. One measure Van Bramer



From left, Lucia Torres, Elsa Farwell, Lila Ivie, Harper Jones and Boston Ivie stand with some of the toiletry items they collected for those in need. Photo: Jennifer Davie

suggested to tackle staffing needs is to create a task force to evaluate how other states are addressing the issue and to explore ways to incentivize students to become clinicians. Some initiatives could include enhanced loan repayment programs, stipends for internships and field work placements, and other efforts to get students into the workforce more quickly. She also recommended that the state make it easier for out-of-state licensed clinicians to work in Maine as well as create alternative pathways for licensure. According to Sweetser – which has eight locations around the state, including one in Sanford – the need is dire with over 10,000 Mainers currently waiting for mental health services.

Van Bramer called for the legislature to pass the supplemental budget and include cost-of-living adjustments in the negotiation. Without it, she stated, Sweetser's ability to serve clients in need of services will be impacted. Watch the full segment at <https://tinyurl.com/3jjmknc2>

A chance to satisfy that sweet tooth: Shaker Hill Bakery is reopening for the season in time for Maine Maple Sunday Weekend, March 22 and 23. The bakery will be open March 21 to 23, from 10 am to 3 pm, and

will feature maple products, including their maple squares, in addition to other items. The bakery is on the York County Shelter Programs campus atop Shaker Hill in Alfred. FMI, call 207-324-8811.

Share your vision: The Friends of Downtown is

asking for feedback on vision statements distilled from grassroots listening sessions during the past two years. The "Heart & Soul" statements are meant to guide city leaders in planning the city's future. They were drafted from hundreds of interviews and online interactions with residents of all walks of life, according to Mary Hastings, the small business advocate at the Sanford Regional Economic Growth Council. The statements will eventually be incorporated into the city's Comprehensive Plan, the long-range planning document that is currently being updated from the 2005 version.

"I think the town honestly wants to know what people think," explained Hastings. "Our city is growing. Are we heading in the right direction? As administration changes and

Cont'd next page



Public Hearing Notice

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

- File # 2025-11-K18-8A-1-AS – Witham Apartments – Amendment to Subdivision & Site Plan – Application for minor changes to the property lines and agreements between abutters, as well as updates to the parking layout, snow storage, and easement documentation for the two-unit Witham Apartments on property owned by Coastal Oaks LLC and located at an unaddressed parcel on Witham Street in Sanford, Maine (Tax Map K18, Lot 8A-1).
- File # 2025-06-J27-4-FS – Application for Final Subdivision and Major Site Plan for construction of a 12-unit multifamily residential building and associated parking on property owned by LSM Properties LLC and located at Stackpole Court (Tax Map J27, Lot 4).

The hearing will be held in Council Chambers at City Hall, 919 Main Street, Sanford, or via remote video and teleconference. Testimony may be provided in person, via mail or email, or via Zoom. Meeting information, including how to connect via Zoom, is provided at www.sanfordmaine.org. Questions or written comments should be directed to the Planning Office at 324-9150 or jlbabcock@sanfordmaine.org.

city councilors come and go, these Heart & Soul statements are what they should be looking to first. We are looking for community buy-in. We can let 10 people write these, or we can have a way bigger number. The more people put their input in, the better the direction.” For the survey: <https://tinyurl.com/5n7z757j>

Trafton Center itinerary includes Titanic exhibition: Trafton travelers will visit Boston on April 16 to attend Titanic: The Artifact Exhibition. Visitors will embark on an interactive tour of the ship with re-creations of its interior and exterior. More than 250 authentic artifacts that have been recovered from the wreck site of the Titanic will be on display with full-scale room re-creations. Following the exhibit, travelers will have a family-style lunch at Maggiano's in Boston. The cost is \$159 per person and includes transportation, the tour and lunch. This tour involves a

lot of walking. FMI and to reserve a spot, call Robin Bibber at the Trafton Center at 207-457-0080.

A special night out to benefit local programming: The YMCA Gala 2025 will be held April 5, 7-11 pm, at the Sanford-Springvale YMCA, 1 Emile Levasseur Drive. The event features a DJ and dancing, a silent auction, raffles, hors d'oeuvres, a grazing table, and a cash bar. Proceeds from the event will help with YMCA programming and childcare for the local community. Purchase general admission tickets, \$35 each, here. FMI, contact the Welcome Center at 207-324-4942. sanfordymca.org/ymca-gala

Want to buy a home but unsure how to begin? York County Community Action Corp. (YCCAC) is offering monthly Home Buyer Education Classes for first-time home buyers. The classes provide honest, accurate information about homeown-

ership and prepare individuals and families for the steps in the home-buying process. The next YCCAC 8-hour class, consisting of three Zoom sessions, will be held March 25 to 27 at 6 pm. Registration fees are \$45 per person and \$80 per couple. FMI, email Lee Sullivan, home buyer education coordinator, at lee.sullivan@yccac.org, or call 207-459-2961. To register, go to yccac.org

For new parents with questions on weaning your baby: The Basics Sanford shared information on an upcoming online event from Boston Children's Hospital on "Answers for Families: Baby-Led Weaning," to be held on YouTube on March 20 at 12 pm. The event offers an opportunity for participants to submit questions for the panelists ahead of time. A recording of the event will be available for viewing at a later date on the hospital's YouTube channel. Submit questions here. Subscribe to watch the event here. <https://tinyurl.com/yymn44wya> ■

SCAM Unexpected Package Warning

By Kendra Williams

Beware of brushing Scams. They work like this. You receive an unexpected package from Amazon or another company with an item you didn't order. The package will have your address but not your name. However, it will include a QR code that you're asked to scan to find out who sent the gift.

Don't scan it! If you do, the information from your phone will be sent to scammers who then get access to your personal and financial information through your phone. Victims' bank accounts are often drained.

If you receive such a package, you can keep the contents or throw it away. But do not scan the QR code for any reason! ■

Public Hearing Notice



The Sanford City Council will hold a public hearing and receive written and oral comments at its March 18, 2025 meeting, starting at 7:00 pm, regarding:

- Proposed Ordinance Revision to §280-11-9 Airport Development - Proposed Ordinance revisions to §§280-11-9, 280-11-10, 280-2-2, and 280-16-6 which alters the Review Authority for projects within the AD Airport Subdistrict and aligns the regulation of all other projects in the AD Zone with §280-16-3.

The hearing will be held in Council Chambers at City Hall, 919 Main Street, Sanford, or via remote video and teleconference. Testimony may be provided in person, via mail or email, or via Zoom. The meeting will be broadcast on cable channel 26 and online at <https://townhallstreams.com/towns/sanfordme>. Comments may be submitted in person, via mail, email, or at www.sanfordmaine.org under Email City Departments/City Council. 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.



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Community CALENDAR

Compiled by Lisa Blanchette

Ongoing

- Kindergarten registration, online @ www.sanford.org, through June 1
- 3rd Annual March Madness-online auction for It Takes A Village 207, 3/20-3/31

Saturday, March 15

- What's the Buzz on Bees @ Eldredge Lumber, 2 pm, 1787 Main St.
- Rolling Thunder fundraiser buffet for veterans, 4:30 pm, VFW, 1 Hutchinson St.
- Corned beef and cabbage dinner, 4:30 pm, Sanford First Baptist Church, 905 Main St.
- The Wintery Mix, 6:30 pm, River Junction Brewing Co., 1491 Main St.
- Maine Attraction water ski team dance/auction, 6:30 pm, Memorial Gym, 678 Main St.

Sunday, March 16

- NE Colonial Meeting Houses lecture, Historical Society, 3 pm, 505 Main St.

Monday, March 17

- Baby Rhyme Time, 10 am, Springvale Library, 443 Main St.
- Family Fun rock painting, 10 am, Baptist Church, 10 Pleasant St., Springvale
- Sanford Food Pantry, 10 am, 1204 Main St.
- Lego Builders Club, 3:30 pm, Springvale Library
- School Committee meeting, 6 pm, Sanford City Hall, 919 Main St.
- SHS & Casco Bay Wind Symphony, 7 pm, Performing Arts Center, 100 Alumni Blvd.

Tuesday, March 18

- 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 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.
- 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.
- City Council budget meeting, 5 pm, Sanford City Hall, 919 Main St.
- Toddle Time, 5:30 pm, Memorial Gym, 678 Main St.
- Dulcimer Group, 6 pm, Goodall Library
- City Council meeting, 6 pm, City Hall, 919 Main St.

Wednesday, March 19

- Paint Fun @ Goodall Library for children of all ages, 10:30 am
- Community Café, noon, 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
- Fiber Arts Group, 5 pm, Goodall Library
- Wednesday Night Bite community meal, 6 pm, Curtis Lake Church, 38 Westview Dr.

Thursday, March 20

- Sensory Story Time, 10 am, Springvale Library
- St. Therese of Lisieux Food Bank, noon, Holy Family Church, 66 North Ave.

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NURSING Cont'd from page 1

human being in front of them."

For students like Natalie Lam, who aspires to become a pediatrician, the program has been transformative. At Pinnacle, her day-to-day duties include helping residents get dressed, assisting them with bathroom needs, helping during mealtimes, and providing shower assistance.

"One memorable experience I had with a resident was around Christmas time," Lam shares. "While on our way to the bathroom, I was singing Rudolf the Red-nosed Reindeer, and the resident's face lit up. She told me that was one of her favorite Christmas songs and we danced down the hall singing the song."

These experiences have confirmed Lam's career path.

"After getting to experience what it's like working in the medical field and forming relationships with residents, I now love working. I am no longer hesitant when it comes to becoming a doctor."

Kadden Veilleux, another student planning to pursue nursing, values the opportunity to earn a certification and CNA license before he graduates high school. His daily work involves helping residents with everyday tasks, keeping nurses informed about residents' conditions, and engaging them in activities like puzzles and games.

"Caring for the elderly has opened my eyes to life," Veilleux reflects. "During my first clinical weeks, a resident helped me understand that they were kids once too, a mom once, and now elderly. She told me stories I would have never gotten the opportunity to learn from. These experiences are worth more than a paycheck."

The program has also revealed unexpected learning opportunities. Many students, having grown up in a technology-driven era and affected by COVID-19 shutdowns, needed additional support in developing face-to-face communication skills.

While many of these students will eventually pursue nursing degrees, their time as CNAs provides essential experience that will serve them throughout their healthcare careers.

"Getting to be someone who brings joy to individuals in situations like my residents has brought so much more joy into my life as well," Lam said. "I cannot wait until I get my very own white coat." ■



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OUT IN THE WOODS

By Kevin McKeon, Maine Master Naturalist

We May Be in for a Real Light Show

The night sky lights up with dancing streaks of pinks, greens, blues and reds, showing us folks in the upper Northern Hemisphere the wonders of the aurora borealis, or northern lights. As we approach the March 20 spring equinox, astronomical conditions will align in such a way that it may be possible to view this skylit nighttime show in the Sanford area.

What makes all this "space weather" happen, and why is this phenomenon more highly expressed at certain times? It all starts with photons from the sun. The star in the center of our solar system is essentially an ongoing nuclear explosion called a solar dynamo — a rotating, disorganized, chaotic, tumultuous fiery mass in which electrons and ions have separated, creating a super-hot mix of electrically charged particles that form a state of matter called plasma. All this activity generates a magnetic field, similar to the magnetic field around Earth generated by its revolving molten, iron core.

And, like just about everything else, the sun has cycles, whereby the pulses of this fiery orb tend to follow an 11-year cycle of growing and ebbing energy levels called solar maximum and solar minimum. At solar maximum, high power levels cause the reversal of the star's magnetic poles. The previous solar maximum was July 2014. So now, 11 years later, the building solar dynamo is reaching its maximum energy level and with it, the highest activity levels of the sun surface: sunspots, flares, and ejections.

As the cycle grows towards its maximum, the lines in the sun's magnetic field become increasingly disorganized, sometimes twisting together to form magnetic blockages in the sun's surface. These blockages can effectively prevent plasma's heat from reaching the surface, causing relatively cool spots; these are sunspots. Pressure builds at the sunspot, eventually bursting through the sunspot with great energy. This could be seen as either a solar flare or a coronal mass ejection. The relatively smaller flares appear as beams of light. Ejections appear as huge waves of plasma. Both can cause auroras by their interactions with Earth's atmosphere.

Another factor involved with appearances of auroras, and also at its peak during solar maximum, is solar wind. These energy waves are released by the sun's plasma at varying speeds reaching over 1 million miles per hour, carrying electrically charged, high energy particles called photons and electrons throughout



Aurora borealis at Sanford Seacoast Regional Airport last May
Photo: Wyatt Worcester

our solar system, and dragging the sun's magnetic field with it. As these magnetic particles reach Earth, our planet's magnetic field "captures" them — like a magnet capturing a small steel ball. The particles then travel along the Earth's magnetic field lines into its upper atmosphere. The atoms and molecules in the atmosphere get bombarded by these particles, causing the release of this high energy which manifests as various colors — the auroras!

Now, for the interesting factor that could impact the Sanford area's viewing of the aurora. At the spring and fall equinoxes, the Earth's and sun's poles are parallel. This alignment causes the sun's high energy particles to hit Earth's magnetic field (the magnetosphere) at a direct angle, allowing more of these particles to be captured by Earth's magnetosphere, creating geomagnetic storms during which the auroral ovals expand from Earth's poles towards the equator. Also, the sun is currently at solar maximum in its 11-year cycle so is releasing more particles with more energy that bombard more of Earth's atmospheric molecules and atoms. All this creates more color over a larger area.

Cont'd page 7

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Take an Outing on the Sanford Trails System

By Lawrence Furbish, Sanford Trails Committee Chair

The Sanford Springvale News recently asked readers to comment on what they loved about Sanford and every one of the submissions mentioned our trails system. Each year the Trails Committee reports to the Mayor and City Council on its activities for the year. Here are some highlights from our 2024 Report.

Committee members put in over 540 volunteer hours of service working on the trails. After the 2024 major spring storm, there was extensive damage on all our city trails and our volunteers turned out with their chain saws and loppers for a couple weeks of cleaning up debris. It is because of the dedication of our committee members and volunteers that our trails network is as fine as it is.

Each year the Committee sets priorities for various projects on all of our trails, and this year we made the Rail Trail our priority as it is our premier and most-used trail. Bull Pine Tree Service trimmed and chipped brush and trees along the sides of the trail from Hanson's Ridge Road to Carpenter's Bridge. Stuart and Torno did a major regrading and added addi-

tional gravel to upgrade the trail. Use of the Rail Trail has increased dramatically since this work was done. In winter, the Sno-Goers snowmobile club grooms the Trail for hikers, cross country skiers, and snowshoers.

The High School Loop Trail was completed last year. The two new legs create a loop with Alumni Blvd. and the Mousam Way bike path. The SRTC welding students with their instructor, Adam Hartford, came up with a very creative design and modified the three gates near the High School retaining their ability to stop motor vehicles but allowing easier and more friendly access to walkers and bicyclists.

The upgrade of the kiosk and trailhead on William Oscar Emery Drive was completed. It celebrates the various types of trees producing lumber that have been important to Sanford and New England's history. It is now more noticeable and attractive, even more important when the Mousam Way Promenade is completed.

The safety of trail crossings came under review in conjunction with the Safe Streets for All initiative. We applied for and received a \$3,000 Pence Grant to improve the signage for crossings at Han-

sons Ridge Road, Oak Street, Main Street and Pleasant Street.

We received wonderful news that the State has agreed as part of its reconstruction of the Powers Bridge to build an underpass beneath the bridge to allow passage beneath Route 4. This is a key to our long-term goal of extending our trails system down past the Sewer Department's birding ponds and on to connect with the Eastern Trail.

The Native Plant Trust, Three Rivers Land Trust, and the Trails Committee received approval for a grant to develop a trail from the Community Forest on Oak Street to the Rhododendron Preserve. This will greatly improve access to this beautiful, but not-often visited preserve.

Our trails are a great asset to the city, and we hope you are all able to find a little time and get out there to enjoy them. ■



Enjoying the Rail Trail
Photo: Melanie Taylor Coombs

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Historical Society Lecture Series

New England Colonial Meeting Houses
Presented by Paul Wainwright
MARCH 16, 2025
3:00 PM



Sanford-Springvale Historical Society Lecture Series

FREE at the Sanford-Springvale Historical Museum, 505 Main Street, Springvale
For more information, visit SanfordHistory.org

New England's colonial meetinghouses embody an important yet little-known chapter in American history. Built mostly with tax money, they served as both places of worship and places for town meetings and were the centers of life in colonial New England communities. Using photographs of the few surviving "mint condition" meetinghouses as illustrations, Paul Wainwright tells the story of the society that built and used them, and the lasting impact they have had on American culture.

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SCHOOL notes

Compiled by Carolyn Cadigan

SHS student awarded for excellence and leadership:

Benjamin Terril, a senior at Sanford High School, has been selected to receive the 2025 Principal's Award. Principal Tracy Gibson noted, "Throughout his years at Sanford High School, Benjamin has distinguished himself in the classroom, in the theater program, on the playing field, and as a leader in the school and the community." Terril and Gibson will join other award winners and their principals for an Honors Luncheon on April 5. At the luncheon, award winners are recognized with the presentation of an individual plaque and 10 recipients are chosen by lottery from those in attendance to each receive a \$1,000 scholarship. The Principal's Award is presented



Benjamin Terril, senior at Sanford High School, was chosen to receive the 2025 Principal's Award. Photo: Sanford High School

in more than 100 Maine public and private high schools by member principals of the Maine Principals' Association. Congratulations, Benjamin!

SRTC instructor honored at Mariners' First

Responders Night: Captain Harold Smith, longtime fire science instructor at Sanford Regional Technical Center (SRTC), has been named the 2025 recipient of the Captain Joel Barnes Community Service Award, recognizing his decades of service and commitment to training future firefighters across Maine. The award, jointly presented by the Maine Mariners and the Berwick Firefighters Union, honors the legacy of Captain Joel Barnes, a Berwick firefighter who lost his life while saving fellow firefighter Mitch Manfredonia during a 2019 fire. Smith, who was selected from three finalists, formally received the award on March 8 at the Maine Mariners' First Responders Night game. This marks the sixth year the award has been given out.

During his 12 years at SRTC, Smith built the fire science program from the ground up. His teaching philosophy centers on preparing the next generation. According to Matt Petermann, SRTC director, students gravitate toward him. In fact, it was a

former student who nominated Smith for the award.

Smith's impact is evident throughout the region's fire services. "The new game that I play now is when I go to mutual aid calls, I count how many former students are here fighting the fire," Smith said. During a recent fire in Acton, six of the 12 responding firefighters were graduates of his program. Congratulations, Captain Smith! To read the full story <https://tinyurl.com/5bp72dc7>

Young journalists at SMS develop a nose for news: Sanford Middle School students have launched a new student newspaper, called The SMS Times. Their debut issue, published in February under the guidance of Chambree Kumka, shared what's happening at the school through news stories, club spotlights, sports and arts updates, and more. Their investigative reporting covered a broken water fountain in the Grade 5 wing. Students are learning

valuable skills in writing, interviewing, and meeting deadlines while reporting on issues that matter to them. Read the February issue at www.sanford.org/article/2071066.

Do you know an early childhood educator who deserves the spotlight?

Nominations are open for the 2025 Outstanding Early Childhood Professional Spotlight, an annual recognition program from the Maine Department of Education (DOE) in collaboration with the Department of Health and Human Services. The program recognizes early childhood professionals working with children (birth to 8 years old) and celebrates the foundational role they play during this critical stage of growth and development — whether it be in a childcare program, public school, private school,

or home-visiting setting. The nomination deadline is March 21, so don't delay. FMI, and to submit a nomination, go to <https://tinyurl.com/37mhbz9z>

Teens, tap into your funny bone and improve your improv:

Nasson Community Center and Little Theatre is offering a five-week Improv for Teens course with Tyler Paterson beginning April 17, from 6 pm to 7:30 pm, with a showcase scheduled for May 16. The course, for students ages 13 to 18, will teach the tenets of improv comedy. Participants will get plenty of stage time and productive feedback inside of a safe learning environment. At the showcase, they will perform alongside veteran improvisers from the local troupe Stranger than Fiction. The cost for the course is \$154. FMI, and to sign up, go here. <https://tinyurl.com/mrx6mfhm> ■

ROUNDAABOUT Cont'd from page 1

- Add a multi-use path along the north side of Main Street/Route 109 from Westview Drive to the roundabout.
- Add a multi-use path along the east side of Route 4 from Country Club Road #1 to the roundabout.
- Add bicycle lanes and a sidewalk along the west side of Route 4/Alfred Road from the roundabout to the School Street/Gavel Road intersection.
- Add ADA-compliant crossings at the Route 109/4 roundabout.

The idea of improving bicycle-pedestrian safety seemed to be welcome to a few residents of Patriots Lane who were interviewed by the Sanford Springvale News this week.

Joshua Hesch was sitting at a picnic table preparing some vegetables for dinner when he was asked about planned improvements. He skateboards and said he would use new bicycle-pedestrian facilities on

weekends and maybe weekday evenings.

"It would enhance my life in so many ways, more than the safety of getting there," he said. "It would be cool to be able to go all the way to frickin' Smitty's."

Stefanie Chiasadona was helping her mom in a walker get into her apartment.

"That would be a great choice," she said. She said there are no sidewalks along Patriots Lane, and she worries about children's safety. "When kids play here, they dart right around cars. It's not a walker-friendly street."

Jacob Emery was walking his dog along Patriots Lane.

"I feel like it would be a good thing," he said. "A lot of people walk around here." He said he's seen people walking through the roundabout and he worries about their safety. "It's probably not the brightest idea, but you do what you gotta do." ■

Renee Morin contributed to this story.

Department of Public Works



City of Sanford/Village of Springvale Maine

Notice of Bids

FOR: CURBSIDE COLLECTION OF MSW AND RECYCLING

The City of Sanford, Maine will receive sealed bids for: Curbside Collection of MSW and Recycling until 11:00 a.m. on Wednesday, April 16, 2025 at the Public Works Office, 156 School Street, Sanford, Maine, at which time and place all bids will be publicly opened and read aloud. The RFP is available at the Public Works Office and online at www.sanfordmaine.org under Businesses: Bid Opportunities.

Reach out to us today and discover how we can help you achieve your real estate goals.

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SPORTS notes

Compiled by Sam Bonsey,
Sanford Schools Communication Coordinator



Sanford High School's Annie Stimmell, Mollie Puffer, Ava Hudson, Paige Sevigny, Luke Gendron, Dylan Gendron and Brady Adams were recognized recently at the SMAA Basketball Awards Night.

Photo: SHS Athletics Instagram

SHS athletes honored at SMAA awards night: Seven Sanford High School athletes were recognized for their outstanding performances this season at the Southern Maine Activities Association (SMAA) Basketball Awards Night. The honored players include four girls' team members: Annie Stimmell, Mollie Puffer, Ava Hudson and Paige Sevigny. From the boys' team, Luke Gendron, Dylan Gendron and Brady Adams received All-Conference selections.

SCA girls serve up another state volleyball championship: Sanford Christian Academy (SCA) girls volleyball team won their division championship — for the second consecutive year — on Feb. 28 at Central Maine Community College. SCA competes in the ACEL Christian School league and completed the season with an undefeated record. Congratulations, Soldiers, on another championship season!



Volleyball champions at Sanford Christian Academy raise their trophy in celebration.

Photo: Sanford Christian Academy

An achievement to be proud of: Congratulations to the Sanford High School girls basketball team for recently winning the SMAA Sportsmanship Award! The team competed in the Class AA South Championship, making it to the semifinal round. ■

Please Help Us Grow

Scan this QR code to sign up for our E-News version sent directly to your email on Saturday mornings.



OUT IN THE WOODS *Cont'd from page 4*

Factors determining the colors of the aurora are the chemical composition of the atmospheric atoms and molecules, the level of molecular "excitement" caused by the energy bombardment, and the distance from our eyes to the bombardment. Sometimes auroras can appear whiteish. A digital camera is more sensitive and better able to discern color discrepancies, so capturing a digital image may reveal the colors in that funny looking, wavering light gray cloud in the nighttime sky.

Video, flare and coronal mass ejections (CME): <https://svs.gsfc.nasa.gov/11667/>

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 ■

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adperson@sanfordspringvalenews.com

COMMUNITY CALENDAR - *Cont'd from page 3*

- Family Dynamics & Grief-Supporting Young People Through Loss, 12:45 pm, online
- Southern Maine Garden Club meeting, 1 pm, Springvale Library
- 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.
- Game Night @ the Library, 5 pm, Goodall Library

Friday, March 21

- Harvest Table Food Pantry, 9 am, Salvation Army, 871 Main St.
- Toddler Time @ SCAE, 9 am, 668 Main St.
- Kids Free Kids Free to Grow playgroup @ SCAE, 11:30 am, 668 Main St.
- York County Food Pantry, noon, YCSP, 5 Swett's Bridge Road, Alfred
- The MomCo @ Pleasant St., 6 pm, Baptist Church, 10 Pleasant St., Springvale
- Paint Night with Amy @ the YMCA, 6 pm, 1 Emile Levasseur Dr.

Saturday, March 22

- Microchip-Rabies Vac. Clinic, 9 am, Animal Welfare Soc., 46 Holland Rd., Kennebunk
- Maine Maple Weekend, 9 am, Packy's Sugar House, 232 Harry Howes Rd.
- Baby Blessings, 10 am, St. George's Episcopal Church, 3 Emerson St.
- Big Kid Story Time @ Goodall Library, 10:30 am

Sunday, March 23

- Maine Maple Weekend, 9 am, Packy's Sugar House, 232 Harry Howes Rd.
- Wit & Wisdom-19th Century NE Humor w/Jo Radner, Hist. Society, 3 pm, 505 Main St.
- Sanford Schools PTA @ The Maine Mariners, 3 pm, Portland

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

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

ELDREDGE
LUMBER & HARDWARE
Portsmouth Sanford York Portland



photo of the week

Bald eagles basking in the sun on Number One pond.
Photo: Terry Jellerson

PASSAGES

Compiled by Rev. Susan Murphy

G. Wallace "Wally"

Ackroyd, 97, a former Sanford community leader, passed away peacefully on Feb. 12, 2025, in Kennebunk. A private family service will be held in his honor.

Walter Bland, 74, passed away at his residence on Wednesday, March 5, 2025. Services will be held at a later date.

Nancy Coutts, 84, passed away peacefully in her home on Feb. 11, 2025. A Celebration of Life will be held at a later date.

Louis A Lemay, 82, of Sanford departed this world peacefully on March 4, 2025, at his son's home, embraced by the love of his family. A celebration of life will take place in the near future.

Nancy Ann Lincourt, a loving wife, mother and lifelong resident of Sanford, passed away on March 8, 2025, shortly after her 81st birthday. A Mass of Christian Burial will take place Tuesday, March 18, 2025, at 11 a.m.

at Holy Family Church in Sanford followed by a gathering of families and friends (details to be announced at the service).

Mary Ann K. Van der Woude, 87, passed away peacefully on Saturday, March 1, 2025, at St. Andre's Health Care Center in Biddeford. A Mass of Christian Burial was celebrated on March 8, at St. Therese of Lisieux Parish, Holy Family Church. Interment will take place in the spring at St. Ignatius Cemetery in Sanford.

Michael Paul Verow, 69, of Springvale, entered eternal life with Jesus Christ on March 2, 2025. A Mass of Christian Burial was celebrated on Wednesday, March 12, St. Mary's Catholic Church, 236 Eldridge Rd, Wells.

These shortened notices are published free of charge for all decedents who have lived or worked in Sanford/Springvale. For more info about this or to purchase space for an expanded obituary with picture, contact adperson@sanfordspringvale-news.com. ■

New Adult Day Program in Springvale!



SMAA's Adult Day Programs are geared toward older adults with Alzheimer's and other dementias. For more information or to schedule a tour of our Biddeford or Springvale locations, contact us at **207.396.6508** or ngarrity@smaaa.org.



REAL ESTATE Transactions

Compiled by Carolyn Cadigan

3/3, 62 Twombly Rd., 6-room New Englander, 3 bed/1 bath, hardwood floors, many updates, glass-enclosed porch, unfinished walk-out basement, deck, wrap-around porch, fenced-in yard, corner lot, intown, built in 1892, \$289,000 (pictured Right)



62 Twombly Rd.
(3/3 closing, listed left)
Photo: Carolyn Cadigan

3/5, 107 Railroad Ave., Springvale, 5-room Ranch, 3 bed/1 bath, walk-out basement, 2-car garage under, 1.73 acres, \$318,500

3/5, 860 Main St., 2-story Mixed-use Building, four rental units: 2 bed/1 bath each (second floor), office/retail (first floor), business district, slab, flat roof, off-street parking, corner lot, intown, \$725,000

3/6, 10 Boulder Lane, #10, 6-room Cape-style Condo, 4 bed/2 bath, end unit, first floor bedroom, attached 1-car garage, patio, cul-de-sac, built in 2020, \$330,000

3/7, 68 Welch Lane, 4-room Ranch, 3 bed/1 bath, open concept living, unfinished basement, attached 1-car garage, deck, corner lot, rural setting, 1.19 acres, built in 2024, \$425,000

3/7, 33 Ridgeway Ave., 9-room Gambrel, 4 bed/2.5 bath, primary bedroom with ensuite, mudroom, walk-in pantry, laundry room in basement, partially finished walk-out basement, covered porch, detached 2-car garage, intown, \$450,000 ■



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

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

Contact Us

STORIES: Submissions@SanfordSpringvaleNews.com

ADS: Adperson@SanfordSpringvaleNews.com

COMMENTS: SSNews@SanfordSpringvaleNews.com

Editors and Contributors

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

Delivery Volunteers

Mary Blood, Bernice Chadwick, Corie LeClair, Vicky Lynn, Sharon McDonald, Rev. Sue Murphy, Dave Ouellette, Claire Thompson, Ryne VanEldik, Judy Ward

Design, Layout & Production

Michelle McCarthy

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