

Sanford Springvale MAINE NEWS

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Free

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Goodall Library is almost ready to open new doors
Photo: Lee Burnett

Library Shaken by Staff Departures

By Lee Burnett and Lawrence Furbish

Goodall Memorial Library, which has been facing financial and leadership challenges for months, abruptly lost three employees this week.

The departures began when General Manager Julie Norsworthy fired a staffer. In response, another quit and a third retired without notice. That leaves five employees, including Norsworthy, to run the library.

Board of Trustees Chairperson Jordan Godin confirmed the sequence of events when reached by

email.

“As a matter of policy, the Goodall Library does not comment publicly on personnel matters out of respect for the individuals’ privacy. While the recent departures from our team sadden us, we remain focused on building a positive future for the library and the community we serve,” she wrote.

“We are committed to stabilizing operations and ensuring a smooth transition. Once we complete the move into the new building, we will begin the process of hiring new staff to meet the needs of our patrons.”

The staff turmoil adds to multiple crises Goodall is enmeshed in.

The library is preparing to move back to its newly renovated building at 952 Main

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Sanford Springvale
News

City Hall Has a New Voice



Megan Boisvert
Courtesy Photo

By Lee Burnett

Sanford’s new communication coordinator comes with a dog named Portland, a background in recreation marketing, and an eagerness to explore her new home.

Megan Boisvert, 29, started work two weeks ago and has been busy meeting people, getting oriented to city procedures, and learning about city initiatives. She made time to dash off an e-mail in response to an

inquiry from the Sanford Springvale News.

“I always knew I wanted to end up back in New England. I am someone who feels the most at home when surrounded by trees and natural spaces, so being able to explore the Sanford Springvale community has already been a wonderful experience,” she wrote. “The City has a sweet, quaint charm and an immediate sense of community that

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Veggies, Seedlings, Hand Crafted Breads, & More



Baker Jackie Boroff is one of the vendors returning to Sanford Farmers' Market this year. Photo: Courtesy of Sanford Farmers' Market

The Sanford Farmers' Market opens for its 16th year Saturday, bringing fresh vegetables, flowers, bread, prepared foods and occasional music to Central Park.

Market hours are 8 am to noon.

New vendors this year include The Hungry Gains, prepared meals; Shaun's Table, canned and pickled foods; and later in the season Everyday Boost, cold-pressed juices, and a goat soap artisan, according to Marybeth Stocking, the market manager. Also new: Asparagus will be available for the first time from Two Toad Farm, co-owned by Stocking. Some weeks will feature live music.

Stocking said she's looking forward to "seeing the people – that's why we work hard." It makes her happy to provide a space for people to buy healthy food, meet farmers and their neighbors. "Our mission is to build a healthier and stronger community, not just through food, but through personal connections and support."

As in past years, the market features several special programs for shoppers:

- SNAP benefits: Anyone on the Supplemental Nutrition Assistance Program can spend SNAP benefits, which will be matched dollar for dollar with Harvest Bucks
- Power of Produce: Kids in kindergarten through grade 8 can receive \$2 to spend on fruits and vegetables.
- Vouchers for Veterans: Any Maine or New Hampshire veteran can receive \$20 to spend on vegetables during September
- Senior Farm Share: Senior citizens can sign up to receive \$50 worth of fruits and vegetables. ■



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Lakeside Sweets and Treats, the People's Choice winner

Fight Hunger - Eat Chocolate?

By Lisa Blanchette

On April 26, volunteers donned their signature glittery-gold aprons and welcomed approximately 200 guests to the Memorial Gym for the Chocolate Benefit Spectacular, an evening of music, raffles, and tasty chocolate treats.

This year's event raised \$28,425 to benefit the Sanford Backpack Program, which sends more than 400 students home each weekend with backpacks loaded with food. The program – the largest school pantry recipient of the Good Shepherd Food Bank – supplies more than 120,000 meals and 250,000 pounds of food annually.

At Saturday's event, approximately a dozen professional and amateur chocolatiers donated their time and talent to provide chocolate treats. The Most Creative Use of Chocolate Award was given to Don Twombly Photography for his chocolate martini

mocktail; Best Tasting Award was given to Caffè Prego for their gelato; Best Presentation was given to Jon Bettis for his chocolate nachos; and the People's Choice Award went to Lakeside Sweets & Treats for their layered brownies.

Other highlights of the evening included over 100 raffle items donated

by community members and local businesses. Brett Williams from the Sanford Performing Arts Center served as the evening's emcee. Wintery Mix, a local band, also donated their musical talents to the cause. A cash bar was provided by Above and Beyond Catering.



L-R: Bryce & Emily Lambert of Don Twombly Photography, Jon Bettis, A Representative of Caffè Prego, Celyn Reed of Lakeside Sweets & Treats, and Amanda Andre Chocolatier Awards Coordinator for 9 years

LIBRARY SHAKEN Cont'd from page 1

St. this summer, but to do so it must shut down for about a month to move its collection from its temporary home at the Center for Shopping. Completion of construction has been delayed due to severe cash-flow problems that forced contractors to pull crews off the job for six months. Costs have escalated \$600,000 to \$4.5 million.

The library has been without a library director since the departure of Ann Thomas last October. The board hired Norworthy, a former teacher at the Sanford YMCA, as business manager. The library has requested to post an advertisement for a permanent director on the Maine State Library website and expects a response shortly. In the meantime, the Board of Trustees has suffered from low participation and turnover. The last two to leave were the vice chair and treasurer. The board launched an active recruitment campaign and added 10 new board members.

The turmoil burst in the open during March budget deliberations before the Sanford City Council, which provides a portion of library funding. Several councilors expressed alarm at the situation and requested remedial action to address board experience and governance, expenditures, and number of library patrons.

In the meantime, the library, like others, is facing federal funding cuts that threaten interlibrary loans, high-speed internet, Cloud Library e-books and books for the blind and visually impaired. ■

NEW VOICE Cont'd from page 1 has been very welcoming. I feel thrilled to be back in the Northeast again.”

Boisvert grew up in Concord, NH, and graduated from the University of New Hampshire, where she majored in recreation management and policy. For the last seven years, she’s been in the Charleston, SC area. Fun fact: one of the towns where she worked – Summerville – is the same town where Jordan Wilson, the city’s former communications coordinator, moved to. It’s nothing more than a small world coincidence, although the two met briefly in the transition.

In Summerville, she organized movies in the park, tree lighting, outdoor concerts, a weekly farmers market, and fireworks. More recently, she worked in North Charleston, primarily for the Parks and Recreation Department, managing com-

munications, sponsorships and marketing initiatives. She’s held leadership positions with the South Carolina Parks & Recreation Association and has honed her skills in graphic design.

“One of my favorite parts of the communications field is being out and engaged with what is happening in the community. I look forward to attending things happening in the City and working to communicate all those amazing things as they are happening,” she wrote.

Sanford’s outdoor spaces hold a special attraction to her.

“I am really looking forward to exploring all the beautiful natural spaces, trails, parks and greenspace Sanford has to offer, and I know my dog—whose name is actually Portland, despite being adopted from Georgia—is just as excited to explore them with me!” she wrote. ■

Community CALENDAR

Compiled by Lisa Blanchette

Visit our Events Calendar at sanfordspringvalenews.com for details.

Ongoing

- Kindergarten registration, online @ www.sanford.org, 2/26-6/1

Saturday, May 3

- Sanford Farmers Market opening day 2025, 8 am, Central Park, 920 Main St.
- Healthy Kids Day @ The YMCA, 10 am, 1 Emile Levasseur Dr.
- St. Thomas School bean supper, 4:30 pm, 69 North Ave.

Sunday, May 4

- St. Thomas Spring Fever Fair, 9 am, 69 North Ave.
- Dog Park Cleanup Day, 1 pm, Sanford Dog Park, Oscar Emery Dr.

Monday, May 5

- Red Cross blood drive, 9:30 am, Nasson Community Center, 457 Main St., Springvale
- Baby Rhyme Time, 10 am, Springvale Library, 443 Main St.
- Sanford Food Pantry, 10 am, 1204 Main St.
- Baby Rhyme Time, 11 am, Springvale Library
- Lego Builders Club, 3:30 pm, Springvale Library
- School Committee meeting, 6 pm, Sanford City Hall, 919 Main St.
- YMCA Gala 2025, 7 pm, 1 Emile Lavasseur Dr.

Tuesday, May 6

- Salvation Army Food Pantry, 10 am, 871 Main St.
- Baby/Toddler Rhyme Time, 10:30 am, Goodall Library, 1364 Main St.
- Pre-K story time w/craft, 11 am, Goodall Library
- York County Food Pantry, noon, YCSP, 5 Swett’s Bridge Road, Alfred
- Cribbage, 1 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 Elks Bingo, 4 pm doors open, 6 pm games start, 13 Elm St.
- Dulcimer Group, 6 pm, Goodall Library

Wednesday, May 7

- 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
- Career Center hiring event, 2:30 pm, Sanford Community Adult Education, 668 Main St.
- Fiber Arts Group, 5 pm, Goodall Library
- Book tote workshop, 5 pm, Springvale Library
- Mind, Body, Spirit personal dev workshop, 5:30 pm, North Parish Church, 893 Main St.
- Wednesday Night Bite community meal, 6 pm, Curtis Lake Church, 38 Westview Dr.
- Family History Library, 6:30 pm, Church of Jesus Christ, 25 Westview Dr.

Thursday, May 8

- Senior food distribution, 10 am, Crossroads UMC, 15 Grammar Rd.
- Sensory Story Time, 10 am, Springvale Library
- St. Therese 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.

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2025/2026 CITY OF SANFORD SCHOOL BUDGET PUBLIC NOTICE



A public hearing was held in the City Council Chambers at City Hall on Tuesday, March 18th, 2025 to receive public comment on the proposed 2025/2026 Sanford School budget. The Referendum Vote will be held Tuesday, June 10, 2025.

A summary of the proposed 2025/2026 budget is printed below. The 2025/2026 School Budget is available in the School Department and is also available online.

During the Hearing, the public had time to provide written or oral comments on any portion of the School Budget or ask any questions pertaining to the School Budget.

	Enacted Budget FY 24/25	Proposed Budget FY 25/26	Variance
Regular Instruction	\$ 18,525,781.00	\$19,829,160.00	\$1,303,379.00
Special Education	\$ 12,270,017.00	\$13,975,269.00	\$1,705,252.00
Career/Technical Education	\$ 4,352,099.00	\$ 4,857,276.00	\$ 505,177.00
Other Instruction	\$ 1,266,519.00	\$ 1,344,509.00	\$ 77,990.00
Student and Staff Support	\$ 4,091,853.00	\$ 4,108,000.00	\$ 16,147.00
System Administration	\$ 1,151,398.00	\$ 1,198,111.00	\$ 46,713.00
School Administration	\$ 2,799,026.00	\$ 2,949,415.00	\$ 150,389.00
Transportation and Buses	\$ 2,546,586.00	\$ 2,766,487.00	\$ 219,901.00
Facilities Maintenance	\$ 6,332,745.00	\$ 6,567,598.00	\$ 234,853.00
Debt Service	\$ 10,774,788.00	\$10,582,856.00	\$ (191,932.00)
All Other Expenditures	\$ 119,556.00	\$ 144,795.00	\$ 25,239.00
Summary of Total			
Authorized Expenditures	\$ 64,230,368.00	\$68,323,476.00	\$4,093,108.00
Adult Education	\$ 575,148.00	\$ 620,649.00	\$ 45,501.00
Total Education Budget	\$ 64,805,516.00	\$68,944,125.00	\$4,138,609.00

Referendum Vote on Tuesday, June 10, 2025.

NEWS notes

Compiled by Carolyn Cadigan



Bob Myott, president of Sanford Rotary Club, Keith Patterson and Lawrence Furbish Photo: Bridget Salantri

Roundabout cleaned up despite the weather: Three hardy souls picked up litter in the rain last Saturday at the Route 4/Route 109 roundabout. Bridget Salantri organized the cleanup as part of Sanford Rotary Club's efforts to rejuvenate the native plantings. They removed cups, plastic covers, food wrappers and cigarette butts. Salantri said she was pleased to see white sedge in bloom, as well as lush growth of sweet fern, low-bush blueberries, and bluestem, supporting pollinators and other beneficial insects. "So, when driving around the roundabout, take care and appreciate the work that a few do to help with the upkeep of our community," she said. The next clean-up date is scheduled for Saturday, May 31, starting at 7 am, leaving from the Lil General's parking lot. Volunteers are welcome.

Nothing is certain, except death, taxes and postage stamp increases: Mailing services through the US Postal Service (USPS) will cost more starting July 13 if newly proposed price adjustments are approved by the USPS Board of Governors. The new rates include a 5-cent increase in the price of a Forever stamp, raising the price from 73 cents to 78 cents. The Forever stamp cost just 41 cents when it was introduced in 2007. Increases to other mailing services will be approximately 7.4%. According to the USPS, these price adjustments are needed to achieve the financial stability sought by the organization's 10-year plan.

Free training offered for those who sell and serve alcohol: Alcohol retailers play a vital role in keeping communities safe from alcohol-related harms. MaineHealth is offering a free training to help those who sell and serve alcohol to do it safely. A Responsible Beverage Server & Seller Training will be held June 2, from 10 am to 2 pm, at MaineHealth Maine Medical Center in Sanford. The training covers safe practices that help ensure the safety of workplace staff, customers and the community. Attendees will learn how to assess and prevent intoxication, detect impairment, identify false IDs, and build refusal of sale skills. Attendees will receive a 2025 ID checking guide. Lunch will be provided. To register, email stephanie.mastersplamondon@mainehealth.org.

Springvale Library — more than just books: Thanks to the generosity of Town Square Realty Group, Springvale Library is offering to card holders free museum passes to the Children's Museum & Theatre of Maine in Portland, the Coastal Maine Botanical Gardens in Boothbay, and the Portland Museum of Art. Visit the library or call 207-324-4624 to reserve tickets.

Can you recognize the warning signs of a stroke? Every 40 seconds, someone in America has a stroke. It is the fifth leading cause of death and a leading cause of long-term disability. However, strokes are largely preventable, treatable and beatable. Nasson Health Care recently called attention to the American Stroke Association's guide on how to recognize the symptoms and F.A.S.T. warning signs (Face drooping, Arm weakness, Speech difficulty, Time to call 911) of a stroke. Learn more and access the guide at <https://tinyurl.com/yzjwxnsv>

Don't forget your blue suede shoes for this Trafton trip: The Trafton Travelers will be setting sail aboard the M/S Mount Washington on May 20 for a 2.5-hour cruise on Lake Winnepesaukee. The trip features a performance of "Cruisin' With the King," with Rick Anthony as Elvis, as well as a buffet luncheon. The cost of \$159 per person includes transportation, the boat ride, lunch, gratuities and taxes, and the live performance. FMI, call Robin Bibber at 207-457-0080.

June closure for Goodall Library as it readies to return home: Goodall Library will be closed for the month of June as the staff prepares to move back to their newly renovated building at 952 Main St. in Sanford. The last day to order any interlibrary loan requests from other libraries is May 2. Also, as a result of the move, the library's summer reading program will kick off in July this year. More details on the reading program are expected to be released in the next few weeks.

Vendor applications still available for St. George's fair: An outdoor Vendor and Craft Fair will be held at St. George's Episcopal Church, 3 Emerson St. in Sanford, on May 17, from 9 am to 2 pm. A wide range of handmade items, gifts and more will be sold. Vendor spaces are still available. If interested, contact Sara at goochy@metrocast.net to request a seller application by May 10.

DPW continues street striping project: The Sanford Public Works Department expects to continue street striping (lines, crosswalks, arrows, stop bars, etc.) nightly over the next two weeks from 7 pm to 7 am (weather permitting). The project began April 28. The department urges people to watch for crews, striping equipment and wet paint, and to use caution in areas where crews are working. FMI, contact Public Works at 207-324-9135.

June cheerleading fundraiser still accepting vendors: Sanford Youth Cheerleader is holding a Craft Fair fundraiser on June 1, from 9 am to 2 pm, at the Bowl-A-Rama parking lot in Sanford. A variety of handmade items, vendor offerings, raffles and concessions will be available. The fundraiser will help support the cheerleaders' participation at the NCA Cheer Camp in Bangor this summer. Organizers for the fundraiser are still accepting vendors. If interested, contact Nichole Daigle-Clarke at nicholescustomvinylsandmore@gmail.com.



A bill proposed by Rep. Anne-Marie Mastraccio aims to lower the barriers faced by young Mainers to access driver's education. Photo: Pixabay

Proposed bill would lower barriers to obtaining a learner's permit: Young adults learning to drive would have more flexibility in how to earn a driver's license, under a bill proposed by Rep. Anne-Marie Mastraccio, D-Sanford. Under current law, minors pass a written driving exam and complete a driver's education course in order to obtain a learner's permit. LD 1480 would allow students to obtain a learner's permit before completing a driver's ed course, although they would still have to complete the course in order to obtain a full license.

Rep. Mastraccio said the bill would give young people more time to learn from a parent, guardian or trusted adult. The trusted adult must have held a license for at least two years and must be at least 25 years old.

"There was a time when driver's education was taught in public schools and paid for by taxpayers, giving every student the same opportunity to learn to drive. At some point, driver's education became privatized and not easily accessible to Mainers due to the rising cost of classes," said Mastraccio. "This bill addresses the increasing barriers to accessing driver's education, and gives young people in Maine a greater opportunity to learn to drive before we send them off to college or into the workforce."

Jonathan Gillis arrested for Bodwell St. Stabbing: Last night, April 30th, at around 7:30 PM, officers received a tip that Mr. Gillis was at an apartment on Breary Avenue in Sanford. After surrounding the residence, officers were able to get Mr. Gillis to come out of the residence on his own, where he was taken into custody without incident.

Mr. Gillis was arrested on an active warrant for Aggravated Assault, a Class B crime. He was booked at the Sanford Police Station and later transported to the York County Jail. Bail has been set at \$50,000, as determined by the judge who signed the warrant affidavit.

The Sanford Police Department would like to thank the Maine Drug Enforcement and especially the Sanford community for their support and efforts to help us find Mr. Gillis. This outcome is a reminder that when we stand together, we are stronger and safer as a community. ■

Ukrainian Exchange Student Shares Experiences

Originally published in the Sanford High School Spartan Times

By Grace Pearson, Sanford High School Senior

Sofiya Frey is a senior at Sanford High School and an exchange student from Ukraine. She spent the first semester at Massabesic High School and has been attending SHS since the start of second semester.

While she has been very excited and grateful about the experience, she noticed a lot of differences between American and Ukrainian schools. For example, schools in Ukraine start at 9 am. She does not like how early our classes start.

Students in Ukraine stay with the same group of students all day long from elementary through 11th grade, and they have different

teachers for different classes when they reach fifth grade. All grade levels are in one building. Frey said the students “become like siblings.”

Ukraine does not have as many different classes, especially when it comes to being creative. There are no school sports or clubs. Students find somewhere to do it on their own. All subjects are chosen for the student until they go to a specialized school after ninth grade. These specialized schools are considered a college and are similar to Sanford Regional Technical Center.

Frey says that home life is also very different in Ukraine. You never have shoes in the house. Children, especially older siblings, carry a lot of responsibility. It is normal for a parent to go away for a week

while the older child watches the siblings. It’s also not common for people to have divorced parents, as it’s normally frowned upon.

Openly talking about politics is a part of daily life in Ukraine. They also do not have taxes in stores. Frey was very confused about why that exists here.

Ukrainian people are very touchy and affectionate, Frey said. They don’t have small talk; however, Ukrainian people are very affectionate with everyone and will hug you when they see you. “It’s so honest and pure,” she said. “You just feel so loved by



Senior Sofiya Frey highlights her experiences at SHS and sheds light on life in war-torn Ukraine

Photo: Ema Stanková

everyone around you and by how they show it. I really miss that.”

Another large difference is the lack of consumer culture in Ukraine compared to the US. “It’s not common to go and get a coffee somewhere every day,” said Frey. It is common to eat at home and save as much money as possible. This is a large contrast to many students’ connections

Cont’d page 7

COMMUNITY CALENDAR - Cont’d from page 3

- Kindergarten playground exploration event, 5 pm, CJL School, 233 Shaw’s Ridge Rd.
- Kindergarten playground exploration event, 5 pm, MCS School, 248 Twombly Rd.
- Kindergarten playground exploration event, 5 pm, Sanford Pride School, 708 Main St.
- Game Night @ the Library, 5 pm, Goodall Library
- SMS 5th & 6th Grade Band/Chorus concert, 6 pm, Performing Arts Ctr, 100 Alumni Blvd.
- York County Stamp Club, 6:30 pm, Preble Lodge #143, 16 Elm St.

Friday, May 9

- Harvest Table food pantry, 9 am, Salvation Army, 871 Main St.
- Toddler Time @ SCAE, 9 am, 668 Main St.
- Salvation Army staple box distribution, 9 am, 871 Main St.
- Homeschool Group, 10 am, Springvale Library
- Kids Free to Grow Playgroup @ SCAE, 11:30 am, 668 Main St.
- York County Food Pantry, noon, YCSP, 5 Swett’s Bridge Road, Alfred
- Sanford Art Walk, 4 pm, Main St.

Saturday, May 10

- Sanford Farmers Market, 8 am, Central Park, 920 Main St.
- 11th Annual Stepping Out for Seniors, 8 am, Trafton Senior Center, 19 Elm St.

Sunday, May 11

- Happy Mother’s Day!

Check Sanford School Department sports schedules at <https://tinyurl.com/cm4tz7v>

Visit our events calendar at sanfordspringvalenews.com for details on these and other events. ■

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Becky Jackson is an "Outstanding Woman"

By Kristi King

Rebecca "Becky" Jackson, founder of It Takes A Village, a local organization that offers valuable services to community members, received the prestigious "20 Outstanding Women" Award sponsored by Hannaford on April 28 at USM's Hannaford Hall in Portland to honor her work with the unhoused and veterans in the Sanford community.

Rachel Driscoll, a member of Saint George's Episcopal Church nominated Becky saying, "When I heard of the award, I immediately thought of Becky Jackson. With great humility and unceasing drive, Becky Jackson is on a mission to lift up people who are too often unseen. Becky sees them, and without judgement, reaches out with a helping hand and a warm and welcoming hug."

The goal of It Takes a Village 207 is to be "the village" that helps struggling community members get on their feet, while making them feel loved

and understood. ITAV207, established in 2020 and voted Best Non-Profit Organization in 2023 by the Portland Radio group, helps community members by providing resources for local veterans through the Maine Homeless Veterans Alliance along with families and individuals struggling with financial hardship, homelessness, food insecurity, substance misuse, domestic violence and other life challenges. It connects them with housing, recovery programs and jobs along with a weekly community hot meal outreach for the unhoused.

Reverend Timothy Higgins arranged for the group to hold the weekly hot meal distribution at the church as a permanent meeting place where many of the weekly volunteers are church members. He said, "We have relationships and respect here. We are building community and connection," while noting that they've had no issues or trouble. Linda Farr, a church volunteer for six years through her connec-

tion with Becky's mom said, "Becky deserves the award. She's good at what she does and everyone involved are great people."

On a recent Wednesday, a large group of people gathered at the church saying they look forward to seeing each other every week with smiles, laughter and renewed hope. Becky Jackson greeted each person before setting them up with necessary supplies by providing clothing, gear and other essentials. They also assist local families with heat, appliances, repairs, school supplies and through their annual ITAV207 Christmas Assistance Program. The organization recently held another successful Spring Auction in which local businesses donated services and products for the event.

Becky's mother, Journey Jackson, explained the large amount of work that Becky dedicates to the organization which includes a variety of services. "She's amazing! She works so hard! She deserves



L-R Rebecca Jackson, mother Journey, daughter Gracie, and Rachel Driscoll at awards ceremony
Photo: Courtesy

the award." The volunteers and donations come through for the group each time a need is requested so "we always have enough," said Journey. A weekly outreach participant, "Gabbie," appreciates what they do for the unhoused and veteran community members

saying, "They really care and it's wonderful to feel that!"

Becky, who said, "It was really wonderful to be honored with this award," was busy throughout the meal and was still organizing the packing up at the end of the community outreach saying, "Another

successful community connection is completed!" Everyone agrees she's a valuable asset for the community and deserving of this award. For more information: <https://maine-homelessveteransalliance.org/it-takes-a-village-207/> ■

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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.



SCAM

Beware of Online Pharmacies

Adapted from SES, StopElderlyScams.com

Prescription drugs can be very costly, so more and more people are turning to online pharmacies to save money. Statistics show that there are roughly 35,000 online pharmacies worldwide and a very high percentage of them are operating illegally. These fake pharmacies target seniors because they make up around 70% of outpatient prescriptions.

Keep these tips in mind when looking for a legitimate pharmacy:

- Only buy from online pharmacies that require a prescription from your doctor.
- If the online pharmacy offers pricing that seems too good to be true, it probably is.
- Avoid pharmacies that offer to ship prescriptions worldwide.
- Avoid pharmacies that claim to be in the United States but do not list a location or a phone number.
- Avoid pharmacies that do not post their state license or state health authority license.
- Avoid pharmacies that do not have state licensed pharmacists available to answer your questions.
- As always, do your research and look for reviews online from prior customers or the Better Business Bureau. ■

Did You Know?
The month of May was originally named for the Greek goddess Maia.

EXCHANGE STUDENT Cont'd from page 5

to local coffee spots and fast-food restaurants.

"It's also because of how we were influenced by the U.S.S.R. and how poor we were raised," said Frey. "You had to save every penny in communism, and since you would consider that a generational trauma, it has passed down to me for example, but it will probably not pass down to the next generation. I still feel it from my grandma and my mom, who had spent time living in the U.S.S.R."

The War with Russia

Frey said she had dreamed of attending an American high school since she was 8 years old. However, life as an exchange student is not all glamour. As a native of war-torn Ukraine, Frey worried her opportunity to study in the US would be affected. She hopes to bring awareness to the reality that Ukraine is currently experiencing.

Schools from the eastern side of Ukraine have been destroyed, and many have been rebuilt as Russian schools. "What they're teaching kids is very bad," she said. Towns on the eastern border are bombed every day. It's very common in Central Ukraine that you still go to school if there is a shelter.

Ukraine says more than 19,000 children have been illegally taken by Russia since

the war began, according to National Public Radio. Frey says that the kidnapped children are being "brainwashed" in Russia and that this is not shown here in the media.

"It's way harder to learn when you get constant air alarms," said Frey. "You never know if you're going to go downstairs and have to get out through an already destroyed school." If they don't have enough shelter space at the school, students only go for part of the day, and some of their days are online. Russia has destroyed many schools and children's hospitals, even in Kyiv, the capital of Ukraine.

Besides preventing Ukrainians from practicing their culture, the Russian government also continues to attack civilians. "We also had mass shootings," said Frey. There was a mass shooting that took out 43 people, and it was under a minute of shooting. It was just artillery."

"They had the Bucha massacre happening, and it was just a bunch of Russian soldiers raping and killing our civilians, our children and our women and men, and they were not even soldiers," said Frey. "It was all over town, a bunch of dead bodies who have been raped and destroyed." She escaped through those destroyed cities with her family. As they were driving out, tanks were driving in. A week later, the bridge they drove on was destroyed so the

Russian tanks couldn't get out.

The attacks also target civilians, hospitals, schools and civilian homes for bombings, she said. "We had a lot of people dead, mostly civilians. They take civilians hostage. They rape them," said Frey. Frey was worried that while she was an exchange student in the U.S., something bad would happen to her family members.

"I don't think I know anyone who lost nothing. I have a lot of people that I lost. I have places that I lost, and I have property that I lost. I know a lot of people who lost way more than I did. The hardest part was not knowing if I'd have a place to come back to, and whether my family would still be alive when I came back. And I'm still wondering, in the three months I have left here, if something is going to happen to them and if something might happen any day. That's probably my biggest fear."

It will soon be a year since Frey lost a friend who was a war medic. "It's going to be a hard period for me," she said. "You always have somebody that you lost. I know a few people that I lost personally, and I know my friend whose whole family are soldiers. It's rough. We have a lot of problems in our country, but I don't think it's necessarily the Americans' responsibility to solve them. We have linguistic, free speech and many other problems. But when the war is happening there's nothing more important than saving the lives of our people and fighting for our liberty and democracy. That was what we did for hundreds of years since the Russian Empire had occupied us. That we have been doing always. Our young people, our older people, everyone."



Wearing her Ukrainian clothing, Sofiya enjoys a moment in the sun.
Photo: Maria Chmil

Perseverance

Despite the hardships, many Ukrainians are still finding ways to persevere, Frey said. "We are getting judged largely that our people are still living life even under war, and I want to say that if we didn't, we would all realize what depression we're in. And having fun and living your life, you just need it to survive. Because we're already having so many external factors. And we need to have fun, everyone does. It's completely fine that we do," said Frey.

"We do need a lot of help. You can donate and it's very important. I hope people donate. We need money. It's not like I'm here begging on my knees. My home was destroyed. I don't want to see that happen to other homes. I don't want to see that happen to my friends. When you donate money you're saving civilians, and it all goes to the warfront."

She hopes that people will become more aware of her people's situation and help them continue to persevere in the future. ■

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OUT IN THE WOODS

By Kevin McKeon, Maine Master Naturalist

Animal? Vegetable? No, Lichen!

By Kevin McKeon, Maine Master Naturalist

Plants, animals, fungi, algae and other organisms all have their distinct place in the world of living things. Generally speaking: Plants make their own food, animals and fungi eat other organisms, bacteria and protists (things like algae) eat both living and non-living things, and some also make their own food.

But what's a lichen? It's a combination of a plant (alga), and an animal-like thing (fungus). About nine years ago, scientists found two seemingly genetically identical lichens that displayed varying characteristics. One produced a toxic acid and the other didn't. Studies uncovered that a third fungal component — a yeast — was present in most lichens. It's a relationship manifested as a protective entity, shielding lichens against other destructive microbes, adding toxicity, and/or a bad taste. So, a plant, an animal, and a yeast combine to form lichens. Classification depends on their most obvious visual component — their fungal body.

A lichen begins to form when a fungal spore finds and captures a compatible species of algae. It

then grows around the alga, forming the lichen body. The alga continues to photosynthesize food for itself, while the fungus robs some of this food for itself — effectively “farming” the alga, protecting it from harsh environmental conditions, and providing water and nutrients. This beneficial relationship is called symbiotic and is either mutual — when both species gain; communal — when one benefits while the other is unaffected; or parasitical — when one benefits while the other is harmed. The ongoing debate with lichens is which symbiosis applies: Is the alga being held captive, or is the alga enjoying a protective, productive life within the lichen? Julianna Rakowski, U.S. Fish & Wildlife Service Environmental Educator, describes this debate thus:

“The theories in place right now both agree that the fungal partner is benefiting from the algal partner by receiving the sugars that the algae can produce via photosynthesis. The argument comes in when determining whether the algae receive anything in return. Some scientists believe that the algal partner is benefiting by gaining favorable living conditions and

having improved access to minerals. The other side states that only the fungal partner is favored, and that the stealing up to half of the sugars that the algae partner produces is more detrimental to the algae partner than if it were to be growing alone.”

Most lichenologists gravitate towards the position that algae can survive outside of the relationship, while fungi cannot — making the symbiosis parasitical, with the fungus parasitizing the alga. The issue remains debatable, yet another example where discovery demands further study.

There are three major types of lichen: foliose, fruticose, and crustose. Foliose are leafy lichens, with obvious upper and lower sides to their leaves, which can be flat, wavy, jagged, or bumpy. Fruticose are “shrubby” and can have erect stems that are either cupped, dangling like hair, or have long, thin leaves. Crustose lichens form crusts that appear painted onto their substrate, or underlying layer. They all attach to their substrate using thin filament-like hairs called rhizines, or by a stubby, central stalk called a holdfast. These “roots” do not feed the lichen; food comes from



British soldiers, a form of lichen, is often found on the ground, on dead wood, or among club mosses, showing its red spore-producing structures. Photo: Kevin McKeon

the air by absorption of mineral particles, water, trace chemicals, and pollutants from rain, dew, fog, and wind-blown dust. As it grows, the lichen's rhizomes slowly penetrate the rock by creating pressure and secreting acids that dissolve and release minerals. (This is how soil is made, a story for later.)

Lichen has pharmaceutical uses, including antibiotics, laxatives, and treatment for respiratory and digestive issues, even rabies, tuberculosis, and AIDS. Lichens are in dyes and cosmetics. Deer, squirrels, voles, snails and people eat lichen. Many insects eat and live in them. Birds build nests with them.

Reproduction is via the fungal part and is accomplished sexually or vege-

tatively. Sexually, spores form a new fungus. If this newborn doesn't “catch” another alga, it dies. Vegetatively, lichens can reproduce from fragments, i.e., cloning: A dislodged piece falls onto a suitable substrate — tree bark, rock, building, tombstone, plastic, cloth, soil — and grows.

Lichen emerged on Earth around 325 million years ago, but their diversity bloomed around 66 million years ago, after the fifth mass extinction event that did in the dinosaurs. Estimates vary, but there are at least 19,000 identified lichen species. In 2014, what was believed to be a single species turned out to be 126! Since hybridization is common among lichen-forming fungi, and with over 1.5 million

fungi species, lichenologists give estimates of over 250,000 species. Individual lichens in the Arctic are estimated to be 8,600 years old; one on East Baffin Island about 9,500, and some in Alaska 11,500 years old — making them the oldest living organisms on Earth. Because lichen feed from the atmosphere, studying them enables tracking of past pollution levels and compositions. And lichens are tough creatures, surviving under simulated Martian conditions, and unprotected in outer space. ■

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

SCHOOL notes

Compiled by Carolyn Cadigan



Matthew Bourassa, eighth grader at Sanford Middle School, traded his way to first place in a Maine stock market competition.
Photo: Sanford School Department

Five SMS students among top 10 investors in Maine competition: Sanford Middle School (SMS) students recently demonstrated their financial savvy in a statewide stock market competition, with five students placing in the top 10 across the entire state. The six-week competition, which began in early 2025, gave students \$100,000 in virtual money to invest, and hopefully grow, in the stock market. Eighth-grader Matthew Bourassa claimed first place in the overall individual rankings, winning \$100 and a box of prizes. His fellow SMS students followed close behind, with Jacob Hill taking second place (\$75 and prizes), Izzy Burns securing third, Jarezz Jackson in fourth, and Madi Dulle rounding out the school's showing at sixth — all impressive accomplishments given that the competition included students from colleges and high schools as well. The students joined the competition as part of their financial literacy education, where they've been learning about savings, checking, investing, debit, credit and other financial concepts before participating in the stock market game. "I wasn't expecting to win at all," said Bourassa. "I was in like 40th place, I think, the day before." What changed his fortunes was a volatile market day and some timely advice from SMS Jobs for Maine Graduates (JMG) teacher Tara Houle. "The stock market, everything just went crazy, and Miss Houle told us all to sell," Bourassa explained. "So I sold, and I woke up the next morning, checked my ranking... I was in first." Both Bourassa and fellow eighth-grader Burns pointed out the biggest lessons they learned in the competition — to "trust your gut" and follow the classic investment advice: "buy low and sell high." Read the full story here. <https://tinyurl.com/5a2nb946>

Kindergarteners-to-be explore the playground next: Incoming Kindergarten students for the 2025-2026 school year are invited to take part in the next stop on the Kindergarten Trail, which is a series of events offered by the Sanford School Department that aims to make each child's transition to kindergarten go smoothly. Playground Exploration is the theme on May 8, from 5 pm to 6 pm, where incoming students can explore their school's playground, connect with teachers and staff, get a free Sanford First 10 book, and perhaps even make a new friend.

MCS delivers fun lessons about health and wellness: Margaret Chase Smith Elementary School recently hosted a Wellness Fair, offering students a variety of hands-on activities that promoted health, safety and social-emotional learning. Students planted seeds, learned about bike safety, watched fire safety demonstrations, and received cosmetology tips among other interactive presentations. Perhaps the biggest hit, though, was letting students pedal their way to a healthy treat on a smoothie bike. The fair wrapped up with an assembly focused on the theme of cooperation while celebrating teamwork, community and wellness.

SMS students navigate financial futures with Junior Achievement: Seventh-grade students at Sanford Middle School (SMS) recently participated in the annual "JA in a Day: Economics for Success" program, a day-long event that immerses students in financial literacy concepts to prepare them for future financial independence. Junior Achievement pairs volunteers from the business community with classrooms to teach students about personal finance. Financial professionals from the local community, including representatives from Tyler Technologies, Atlantic Federal Credit Union, Partners Bank, United Way and Kennebunk Savings Bank, guided students through practical workshops focused on budgeting, distinguishing between needs and wants, understanding credit, and planning for future income. Students explored important questions about saving, spending, and career planning throughout the day. They learned from the volunteers who shared personal experiences from their professional journeys, emphasizing how skills and interests can translate into career paths. The presentations encouraged students to reflect on their own strengths and consider how these might shape their future opportunities. According to social studies teacher Erin Barry, SMS has been partnering with Junior Achievement of Maine for over a decade.

SPE celebration showcases the fruits of students' months-long labor: Sanford Pride Elementary School recently held its annual Celebration of Learning event, featuring a vibrant art show and grade-level concerts — all showcasing student talent and creativity. Families were invited to explore the school's hallways, which were transformed into art galleries displaying student artwork and classroom exhibits that had been months in the making. Each evening featured musical performances from different grade levels, with kindergarten and first grade students performing Monday, second and third grade students on Tuesday, and fourth grade students closing the celebration on Thursday. Music teacher Meghan Mannino expressed her pride in the students' accomplishments: "Students in grades K-4 work on concert music, art projects, and classroom exhibits over several months. This week, students finally had their special nights to share their learning with family members, friends, teachers and the community." ■



Sanford Springvale News assembled a team to compete at the Chamber of Commerce Trivia Night held at the American Legion Hall on Friday, May 25. Our young high school and college writers amazed us with their knowledge and energy. We learned a lot. Did you know that the Caesar salad was invented in Tijuana, Mexico? Four teams (of 16) tied for fourth place, including the Sanford Springvale News team. Photo: Terrence McCarthy

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PASSAGES

Compiled by Rev. Susan Murphy

Rodney Joseph

Laurendeau, 71, died while tending his gardens at his home in Springvale on April 19, 2025. He was born at Goodall Hospital on Dec. 7, 1953, to Leo Joseph and Rose Lima (Grubb) Laurendeau. He was committed to the Catholic faith his whole life and attended St. Ignatius High School until it closed in 1969. He graduated from Wells High School, where he participated in musicals, landing the lead role in "Carousel." He was an ardent supporter of the arts and had a great love for music, especially his beloved Beatles. Rodney cherished his childhood on Loon Pond. He earned a degree in history and political science at the University of Maine in Orono and was known to randomly belt out verses of "The Maine Stein Song." He married many couples as a justice of the peace and spent 13 years coaching the Orange Crush football team. He retired from Genest, where he helped people create beautiful landscapes, in 2024. A strong, proud and dedicated Democrat, he would respectfully question and debate those on the other side of the aisle. Rodney was predeceased by his parents, his oldest brother, Joseph Francis "Billy" Melanson, and his dear wife Jacqueline Joyce (Duprez) Melanson, and their son, Brian John Melanson (nephew). Survivors include his wife of 38 years, Debbie Simpson Roberge Laurendeau; daughter Heather (David) Gale and granddaughter Hannah Gale of Amesbury, MA; son Todd Roberge and grandsons Keegan and Konnor Roberge of Wells; two younger brothers, Leo Paul (Sharla Dee Woodward) Laurendeau of Kaysville, Utah, and Thomas James (Diane Elaine Ryan) Laurendeau of Acton; nephew Mark (Laurie Flayhan) Melanson of Alfred, and many more nephews and nieces, all who loved him very much. A Mass of Christian Burial was held on Friday, May 2, at Holy Family Church. For more: <https://tinyurl.com/yc2huaax>



Dewain E. Ness, Jr., 70, of Sanford, died peacefully at his home on Friday, April 18, 2025. He was born in Sanford on Dec. 27, 1954, the son of Dewain Sr. and Fedora (Martin) Lozowski. He was predeceased by his parents. He is survived by his siblings, Stephanie Ricker, (Michael Ricker) of Shapleigh, Rebecca Moscato (Kevin Moscato) and Kristina Lozowski. There will be no services at this time. For more: <https://tinyurl.com/yc2huaax>



Alfred "Fred" R. Lamontagne

June 2, 1940 - April 23, 2025
Alfred R. Lamontagne, 84, passed away peacefully on April 23, 2025 at the Gosnell Memorial Hospice House in Scarborough, ME. after a brief illness. Fred was born in Sanford, ME on June 1, 1940 to Roger and Rita Lamontagne. He graduated from Sanford High School in 1958. He served 4 years in the U.S. Navy as a signalman on the Aircraft Carrier, USS Forrestal CVA59 from Aug. 28, 1957 to July 16, 1962. He received an Honorable Discharge. After leaving the navy, Fred worked for Alfred Lamontagne Sons, a Commercial Builder established by his grandfather, in 1913. Fred enjoyed playing cards, fishing, camping, snowmobiling, traveling and spending time with his family. Fred holds a Life Honorary Membership to the Knights to Columbus of Sanford and Springvale, ME. He was a member of the American Legion Post # 0019, and a member of the Sanford ME Elks Lodge #1470. Fred is survived by his wife Erlene Rix Lamontagne of Sanford, ME. Alfred is also survived by Sons, Jason Lamontagne and wife Wendy of Shapleigh, ME., Roger Lamontagne of Sanford, ME., his stepdaughter Michelle Socarras of Maidens, VA., his brother Paul Lamontagne and wife Janette of Sanford, ME., his sisters: Elaine Rhoney and husband Joseph of Stilwell, KS., Gloria Guillemette and husband Daniel of Sanford, ME., Marlene Gerry and husband Eugene of Newfield, ME., Angela Bradish and husband Dana of Cape Elizabeth, ME. Fred has 10 Grandchildren, 2 Great-grandchildren, several nieces, nephews, and cousins.

A Funeral Service will be held at the Alfred Parish Church, Alfred, ME. on May 7th, 2025, at 11:00AM. A burial service at 1:00PM will follow at the Southern Maine Memorial Veterans Cemetery, Springvale, ME. In lieu of flowers, please make a donation to your favorite charity Arrangements are in care of Bibber Memorial Chapel, 47 Oak Street, Alfred, ME 04002. ■



March Police Activity Report

Data from the March 2025 Police Activity Report shows that the Sanford Police Department received 2,448 calls for service, covering a range of incidents:

- Motor Vehicle Stops: 165
- Animal Complaints: 95
- 911 Hang-ups/Misdials: 100
- Disturbances: 66
- Domestic Disturbances: 24
- Theft Reports: 51
- On-View Physical Arrests: 35
- Summons & Complaints: 67
- Burglaries (including motor vehicles): 10
- Assaults: 14
- Scams: 18
- Sex Offenses: 4

The Mental Health Unit report included:

- Mental Health Calls: 31
- OD/Medical/Welfare Calls: 15
- Community Contacts/Admin: 9
- Homeless/Ordinance Violations: 6
- Protective Custody: 23
- Weapon Restriction Orders: 0

There was a total of 61 Mental Health Unit calls.

The daily press logs for the month of March may be viewed here: <https://tinyurl.com/2p9rwxjs> ■

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SPORTS notes

Compiled by Sam Bonsey
Sanford Schools Communication Coordinator



Photo: Pixabay

SHS baseball shows promise

The Sanford High School baseball team has started its 2025 season with a 1-1 record after two games. The Spartans began their campaign with an exciting 2-1 victory over Gorham on Friday, April 25. In that game, Sanford capitalized on a crucial sixth-inning opportunity when Brady Boissoneault hit a sharp grounder to second base on an 0-2 count. The potential double-play ball skidded under second baseman Wyatt Washburn's glove, allowing winning pitcher Brady Adams and freshman Drew Vessels to score. Sanford had loaded the bases earlier in the inning on a misplayed bunt, a walk, and a hit batter when Nadeau's inside pitch grazed Matthew Hebert's uniform. Sanford (1-1) then faced a tough Scarborough team on Tuesday, April 29, falling 13-1 in a five-inning contest at home.

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REAL ESTATE Transactions

Compiled by Carolyn Cadigan



1735 Main St. (4/22 closing, listed below)
Photo: Google

4/17, 30 Roberts St., 5-room New Englander, 3 bed/1 bath, full basement, detached 1-car garage with storage, walking distance to many amenities, \$313,000

4/18, 63 Payeur Cir., 8-room Colonial, 3 bed/2.5 bath, primary bedroom with ensuite, laundry on first floor, hardwood floors, many updates, office, bonus room, finished walk-out basement, attached 2-car garage, deck, shed, 2.15 acres, \$685,000

4/22, 1735 Main St., 1-story Commercial property, formerly Village Pizza, appliances and furniture included, crawl space, slab, ample off-street parking, .49 acre, \$270,000 (pictured above)

4/23, 28 Rockwood Dr., 6-room Ranch, 3 bed/2 bath, primary bedroom with ensuite, unfinished basement, attached 2-car garage, deck, porch, underground utilities, built in 2025, 2.29 acres, \$634,900

4/24, 7 Goodwin St., Springvale, 2-story Colonial, two rental units: 2 bed/1.5 bath each, laundry on first floor of each unit, slab, off-street parking, built in 2025, \$499,000

4/24, 14 Davis Ave., 8-room Colonial, 3 bed/1.5 bath, updated kitchen, mudroom, full basement, attached 1-car garage, glass-enclosed porch, intown, built in 1912, \$330,000



Photo: Pixabay



31 Fieldstone Lane (4/25 closing, listed below)
Photo: Google

4/25, 31 Fieldstone Lane, 9-room Ranch, 3 bed/1 bath, den, office, bonus room, finished walk-out basement, shed, deck, large backyard, .73 acre, \$390,000 (pictured above)

4/25, 5 East St., 2-story Duplex, two rental units: 3 bed/1 bath each, laundry in each unit, hardwood floors, attic, unfinished basement, detached 1-car garage with storage, porch, intown, built in 1900, \$480,000 ■



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photo of the week

The beauty of spring: apple blossoms in Springvale Photo: Anna Marie Hewko

Send your local photo for consideration to submissions@sanfordspringvalenews.com.
Be sure to let us know where the photo was taken and who the photographer is.

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