

The Hallowell Champion



Hallowell All-Age-Friendly Newsletter Volume 3 Issue 1

Fall 2021

No Place Like Home— If You Can Stay There

You like where you live. Maybe it's the neighbors. Maybe it's the town. Perhaps there's family nearby or friends you don't want to leave, but the old place needs some tender loving care, and you don't know where to turn. There are three programs that might be able to help.

Comfortably Home is a Community Aging in Place grant program administered by the Augusta Housing Authority. It offers no-cost home safety checks, minor maintenance repairs, and accessibility modifications to eligible low-income and disabled homeowners.

Applicants must be 55 or older with a household annual income 80% or less than the average median annual income in Kennebec County for a single household of \$42,250 or \$48,250 for a couple. Home ownership is verified through the local tax records. You can get the ball rolling by calling Nancy Hale, Augusta Housing Authority Community Aging in Place and Family Self-Sufficiency Coordinator, at 207-626-2357, Ext. 4.

The Kennebec Valley Community Action Program, known by the acronym KVCAP, offers The Home Repair Program. It provides assistance to income eligible homeowners seeking support to repair critical health and safety issues in the home. Eligibility is based upon income less than 80% of area median income and ownership of the home or property in need of



The old home place - Union Street neighborhood in old Hallowell. Photo by A.F. Morse.

The Home Repair Program provides amounts based upon individual or family needs, the program you qualify for, and available funding. The program is funded by the Maine Housing Authority and the Department of Economic & Community Development. This funding provides Home Repair Grants, Elderly Hardship Grants (age 60 and older) at zero interest, and deferred forgivable loans funded by the Maine Department of Economic and Community Development. Applications are available online at www.kvcap.org, then click on "For the Home."

The U.S. Department of Agriculture offers Single Family Housing Repair Loans and Grants through the Rural Development program, also known as the Section 504 Home Repair Program. The focus is on very low-income

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Voting– Birthright of Citizenship Municipal Election November 2, 2021

Election time is fast approaching. The absentee ballot applications have been rolling into City Hall daily.

Absentee ballot application requests are available through the City Clerk's office, by phone, or online. You can fill one out online at www.maine.gov/sos/cec/elec/voter-info/absent.html. **Absentee ballot requests must be turned in to the City Clerk's office by the close of business on Thursday, October 28, 2021**, unless special circumstances exist. Ballots will become available the first week of October. They can be returned via our Ballot Drop Box located outside at the Second Street entrance of City Hall.

Candidates for the City of Hallowell Municipal Election November 2, 2021 are:

Councilor-At-Large (3-year term)
Maureen AuCoin

Councilor-At-Large (1-year term)
Peter A.T. Spiegel

Councilor Ward 1 Kate Dufour

Councilor Ward 5 Patrick Wynne

If you have any questions, contact the City Clerk/Registrar of Voters Diane Polky at 430-4400. Or by email at cityclerk@hallowellmaine.org. The Election polling place is

Hall-Dale Elementary School, 26 Garden Lane, in Hallowell. Polls are open from 8am to 8pm. (HW)



Sand Bucket Brigade A Different Kind of Bucket List

Slips and slides are just a couple of calendar pages away. Hallowell Public Works and volunteers are teaming up to make sure it is a safe season for all. If you or someone you know can use some extra traction, sign up for the Sand Bucket



Brigade. A call to City Clerk, Diane Polky, is all it takes.

A volunteer will be dispatched to deliver a bucket of sand and salt and pick up an empty bucket, if one is available. Call 207-623-4021, press 3 for the City Clerk, and ask to be placed on the bucket list. Volunteers will spread the sand on request if the homeowner is unable. (HW)

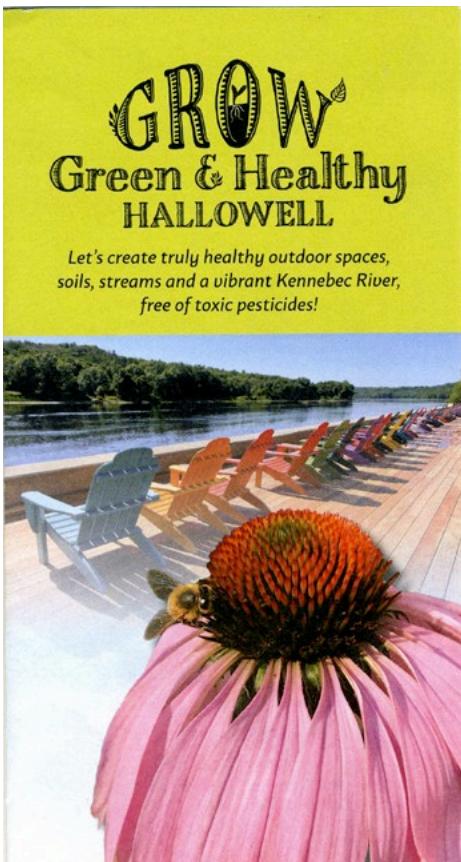


City Manager Gary Lamb.

Meet Gary Lamb New City Manager

Although he has been on the job for about two months many folks may not have had the opportunity to meet Hallowell's new City Manager, Gary Lamb. He moved into the front office at City Hall the second week in August. He served as City Manager of Waterboro for eight years before coming to Hallowell. He was also the Town Manager for Greenville and the Director of Planning and Economic Development in Old Orchard Beach. Since arriving, Gary has been attending as many local committee meetings as possible and there are many! In fact, that was one of the reasons he said he applied for the job; he was impressed with the amount of citizen involvement.

He can most easily be reached by email citymanager@hallowellmaine.org or call (207) 623-4021 and dial 1 for the City Manager's office.



Concerned Hallowell Citizens Launch Grow Green Campaign

Grow Green & Healthy Hallowell (GGHH) was started by a group of concerned citizens who realized that we can have beautiful, healthy lawns and yards without using toxic chemicals. Yet, most of us aren't quite sure how to do this. So we mistakenly buy lawn-care chemicals that are harmful to our health, especially to our children, our pets, all wildlife, insects (like critical pollinators such as bees and butterflies), our streams and rivers, and even to essential soil microbes.

Grow Green is here to help! The focus of the effort is to provide information on safe organic ways to care for your lawn/yard. You will find members of the group at the Hallowell Farmers Market where they answer questions and provide user-friendly informational

materials and suggestions. Grow Green is also planning to sponsor several speakers and demos, including a talk by Ryan Martin (Executor Director of the Viles Arboretum) on Integrated Pest Management as a practical, safe way to manage yard problems.

Grow Green is also hoping to have a landscaper demonstrate how to put in a new lawn and how to repair problem areas in an old lawn. The space in front of the Hallowell Fire Station is their target. Dates for these and other events will be posted on the Hallowell Conservation Commission (HCC) Facebook page, facebook.com/HallowellConservationCommission. You can send messages to Grow Green via the Hallowell Conservation Commission Facebook page. (MJ)

Fall-Season for Growing

If you want a nice lawn next summer, now is the time to start. A great way to prevent weeds in the spring is to overseed any areas that do not have thick grass growth. Use good quality pure grass seed with "no noxious weeds" on the label. The best grass seed for the Northeast is a combination of Kentucky bluegrass, fine fescues, and perennial ryegrass. Many people are now adding 2 to 5 percent microclover (or large white clover), which "feeds" nitrogen to the grass. One grass mixture is "Yardscaping Mix," developed by the State of Maine, available from Allen, Sterling & Lothrop Nursery in Falmouth. For partial shade, try "CR Lawn Mix" from fedcoseeds.com.

Fertilize your lawn in the fall with 1/4" well-seasoned compost—no more—and aerate hard compacted soils. It's a good idea to do a soil test (U. Maine Cooperative Extension

Office, 207-633-7546) to find out what nutrients your lawn needs.

Renovate bare spots: New grass grows well in September when the days are warm and the nights turn cool, and there is less weed competition. Remove weeds using a nontoxic herbicide and loosen the soil. Make sure topsoil is at least 4" deep. Rake the area. Mow adjacent grass down to 2". Overseed the area with best grass mixes for sun like Kentucky bluegrass. For shady areas, red fescue works well. Cover the seed with 1/4" compost and a light layer of seed-free straw, if desired. Water thoroughly with a gentle spray.

Remember that in the United States, the heaviest use of pesticides/herbicides per acre is on our own lawns and gardens, not on agricultural land. Fortunately, we can learn simple healthy strategies to avoid using these toxic pesticides.

Great resources can be found at hallowell.govoffice.com and click "Helpful Links," then "Grow Green and Healthy Hallowell Initiative." The Grow Green brochure is available at City Hall, Hubbard Free Library, and the Hallowell Farmers Market. (MJ)



Anne Young at the Hallowell Farmers Market Grow Green table.

Spectrum Generations' Cohen Community Center 3rd Annual Pie Crawl

Do you love pie? Sweet pie, savory pie, all types of pie will be available at Spectrum Generations' 3rd Annual Pie Crawl. Over 15 local businesses are coming together on Saturday, October 16, to serve their favorite pies to you. The Pie Crawl will be held from 11:30am–1:30 pm. The cost is \$20 per person. There will be two registration areas available, one on the deck outside the Harlow Gallery and the other in the Antiques Mall parking lot. When you arrive, register at either site and you will be given an orange bracelet, a bag for leftovers, and a card listing all participants.

Enjoy a beautiful fall day in downtown Hallowell. Peruse the local shops while sampling scrumptious pies. When you have had your fill of pie, you can vote on your favorite sweet pie and favorite savory pie. Don't worry, calories don't count on this day.

Bring your appetite and wear your walking shoes. You can register online by going to SpectrumGenerations.org – Events – Pie Crawl or by calling the Cohen Community Center at 626-7777. (CS)



The Traverse Coffee Team, the Sweet pie winner of the 2019 Pie Crawl.



Apple Rose Pie, a delight from the 2019 Pie Crawl.

Cohen Center Fully Open!

The Spectrum Generations Cohen Community Center on Town Farm Road in Hallowell is now fully open Monday through Friday from 9:00AM until 3:00PM. Lunch is available Monday through Friday from 11:00AM until 12:30PM. The Center is open for all other activities as well.

Spectrum Generations is a private, non-profit corporation with its home office in Augusta, Maine. The agency is one of five federally

designated Area Agencies on Aging in Maine. As the local AAA in Central Maine, the agency serves as a primary resource for information, guidance, education, and social, financial, and homecare programs and services for seniors, disabled adults, and caregiver residents of Kennebec, Knox, Lincoln, Sagadahoc, Somerset, and Waldo Counties plus the communities of Brunswick and Harpswell.



Cohen Community Center Dining Room open for business five days a week 11:00AM until 12:30PM.

Granite Symposium Great Success!

For anyone who wasn't around during our city's bustling granite heyday back in the 1800s, Hallowell's first Granite Symposium was the next best thing to time travel. The quarry laborers and carving shed artisans are long gone, but for 10 days in September 2021, folks in Hallowell could once again experience the thrill of watching a human being transform a massive chunk of stone using strategy and skill.

Three years in the planning, this collaboration between the



Andreas von Huene cutting Hallowell granite for his sculpture.

Help Keep “Bloom” and “Flowing Through” in Hallowell!



“Bloom” by Isabel Kelley.

Maine Stone Workers Guild and the Hallowell Arts and Cultural Committee was intended to be part of Maine's 2020 Bicentennial Celebration. Postponed for over a year because of the pandemic, the organizers agreed to proceed this fall, taking care to implement Covid precautions in addition to observing the stoneworkers' safety protocols.

The long-awaited, open-air event drew an average of almost 150 visitors a day to Stevens Commons. The convivial group of stone workers, invited from all over Maine, chiseled, sawed, sanded, and polished local granite they had selected from the city's stone pit to create bold and enduring works of art. They also graciously fielded questions, demonstrated techniques, and even invited spectators young and old to try their hand. Many repeat visitors came from across town and across the state to witness the sculptures taking shape over the course of the Symposium.

Adjacent to the sculptors' work area, volunteers greeted visitors in a large “welcome center” tent which showcased historic photographs and

a brief history of Hallowell granite, and vintage tools and gear, along with information about the Maine Stone Workers Guild. During the event and before and after, behind the scenes, hundreds of volunteer hours made the whole Symposium flow smoothly.

One of the goals of the Symposium was to foster an appreciation of Hallowell's historic heritage by publicly showcasing examples of art created with local granite. Two of the sculptures created during this Symposium, “Flowing Through” by Mark Herrington and “Bloom” by Isabel Kelley, were selected by the Committee to be permanently displayed in Hallowell. Fundraising efforts are now under way to augment the purchase funds already set aside, in order to acquire both pieces.

And while it will likely take a couple of years to make it happen, members of the Hallowell Arts and Cultural Committee and the Stone Guild are already enthusiastically looking forward to a second Symposium in our area. (NM)

Hallowell, PO Box 43, Hallowell, ME 04347



“Flowing Through” by Mark Herrington.

Nourishing Our Neighborhood

Business has been brisk at the Hallowell Food Pantry since in-person shopping resumed in mid-June. It has been wonderful to chat with customers as they browse the shelves, relishing being able to choose the products they want instead of receiving pre-packed boxes.

Shortly after I was hired, Good Shepherd Food Bank announced an amazing grant opportunity and, to my great delight, we received a \$25,000 award for essential improvements to our program. This will include the purchase of a commercial vehicle to simplify the transportation of donations, increased cold storage equipment, and a proper sign for the main entrance. However, finding a used vehicle is proving to be more of a challenge than anticipated.



The basement of the former fire station has been the food pantry's home for 29 years, but operating during the pandemic has revealed an urgent need for more space and better ventilation. We are currently using only half the basement; however, the city's Property Committee has graciously agreed to the removal of the wooden partition, which will allow our operations to extend into the remaining basement space.

We are eager to begin planning the next steps in this exciting process, which will enable us to serve our community more effectively in the coming years.

In addition to regular donations of fresh produce from Hannaford Supermarkets, we have been fortunate to receive weekly donations of fresh vegetables and herbs from Maine Medicinals organic farm in Dresden, as well as the Hall-Dale Elementary School Garden. These generous contributions have allowed us to offer stunning local food to our customers throughout the summer season.

Another exciting facilities improvement—thanks to Peter Schumacher—is the installation of a new outdoor light fixture, which directs the light downward to avoid disrupting the environment while still providing adequate illumination of Perleys Lane. This will be a welcome relief for our volunteers during the dark and slippery winter months ahead.

As always, a big thank you to all, from the volunteers who contribute their time to the generous community members and businesses who donate year-round to support our mission to nourish Hallowell's neighborhoods!

Vicky Gabrion, Director

OPEN FRIDAYS

10-11 AM - reserved for residents age 65 and older, as well as those with mobility issues
1-2 PM - open to all Hallowell residents



Food Pantry Favorites

Here's a family recipe that I find useful when the cupboards are bare. This is comfort food at its finest, especially with a squirt of ketchup on the side!

Tuna Fish Cakes

1½ cups of cooked, mashed potatoes—don't add any milk or butter

1 egg - lightly beaten

1 T dried parsley

2 x 6oz cans of tuna - drained

1 t curry powder

1 small onion - finely chopped

½ t salt

¼ t black pepper

After the mashed potatoes have cooled, mix all the ingredients together and form into 6–8 balls. Flatten slightly and chill on a plate in the fridge for 30 minutes.

Add enough oil to coat the base of your frying pan and bring to a medium high heat. Coat the patties lightly with flour and fry them for about 3–4 minutes per side or until golden. I find it easier to cook and flip 3 patties at a time, adding a little more oil for the second batch.



Putting “YOU” in the Hallowell Comprehensive Plan

The Hallowell Comprehensive Planning Group has been hard at work on the draft of the City’s plan. Members want to make sure Hallowell residents are up to date on the work.

Since the public forums last fall, the Planning Group has been meeting regularly to take all the information gathered and start to develop the forward-looking part of the Comprehensive Plan. They have worked on elements of the plan, including Housing, Recreation, Arts & Culture, and Education, Families & Youth. They developed a draft vision statement for the future of Hallowell and are working on a future land use map of Hallowell. In each area, they outlined goals, policies, and strategies to implement a desired future for the city we love.

As one example, here is the draft vision statement for the city:

“Home for many centuries to the Wabanaki people, Hallowell became the shire town of Kennebec County. In the industrial era, maritime shipping and railroads connected Hallowell to the country and to the world. Today, digital technologies give us the ability to bring the world once again to Hallowell and Hallowell to the world.

Hallowell will continue to be a welcoming place to live, work, raise a family, and enjoy arts and culture. We will welcome all people to visit and live:

- By providing a variety of quality neighborhoods, housing options, schools, and social groups, Hallowell will be home.
- By investing in a thriving downtown and employment opportunity, Hallowell will be dynamic.
- By providing unique and

quality recreational, artistic, and cultural opportunities for all, Hallowell will be a destination.

- By providing a variety of ways for people to get around and live actively, Hallowell will be healthy.
- By embracing new ways to link to the rest of the world, Hallowell will be connected; and
- By investing in low-carbon initiatives and lifestyles, Hallowell will be sustainable.”

This vision statement will guide the details of the plan and steps to

implement it.

Committee members used the good weather months of the summer and early fall to take to the streets, sharing information at numerous community events. They told residents about the plan and asked about the future of Hallowell.

Next committee members will develop a plan for formal City review with a City Council hearing on the Hallowell Comprehensive Plan early next year.

The Committee meets the third Thursday of every month. All are welcome to attend and participate! (JL)

Show Planning Smarts - Win \$50!!

You could win \$50 if you correctly answer the following questions about the Hallowell Comprehensive Plan. One winner’s name will be selected from a list of all who submit correct answers. Send your entry to John Bastey, 61 Middle St., Hallowell, 04347 or email to jbastey@roadrunner.com.

(Super Hint! You can find the answers in the Comprehensive Plan's Existing Conditions report 11-2020 on this web page: <https://tinyurl.com/hallowellcpc>)

1. How many acres in total are in the City of Hallowell?
2. Between 2013–2019, the Planning Board gave out the most Certificates of Appropriateness for historic preservation projects in which year?
3. How many occupied housing units were in Hallowell in 2018?
4. What was the median single family home sales price in Hallowell in 2019?
5. How many renting households in Hallowell spent 35% or more of their income on rent in 2018?
6. What is the estimated need for affordable rental units in Hallowell?
7. What was the average weekly wage of workers who lived in Hallowell in 2018?
8. Approximately how many parking spaces are near downtown Hallowell?
9. How many Asian residents of Hallowell were there estimated to be in 2018?
10. What percentage of Hallowell workers drove alone to work in 2018?

The Champ Is Free! Thanks to the Publishing Partners Donations Accepted!

The Champion is published by the Hallowell All-Age-Friendly Committee and sent to every mailing address in the city—free! This is made possible by the Publishing Partners. You'll see the names of the organizations on the back page along with a list of the writers who contribute stories. The support of the Partners covers the publication of information about their programs and services, plus providing stories about community activities and City services.

That said, the Age-Friendly Committee gladly accepts donations to help in our mission. Vision Hallowell is our fiscal agent. Contributions can be sent to PO Box 43, Hallowell, ME 04347. Just

note that the donation is for *The Champion*.

The Champ by Mail Subscriptions Available

Do you know someone out of town who would enjoy reading about Hallowell? *The Champion* is now available by subscription—three issues for just six bucks. What a deal!

Send a check payable to Vision Hallowell, PO Box 43, Hallowell, ME 04347 with Champ in the memo line. Be sure to include the name and address of the recipient. Remember that *The Champion* is also available online at www.hallowell.org/champion.

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homeowners. The family income can only be 50% of the area median income. More information about the program is available by calling (207) 990-9110.

Demand is high for these programs, and chances are there is a waiting list for services.

Should homeowners need assistance with simple repairs or projects, send a request to hallowellhelps@gmail.com, check the website hallowellhelps.org or call (207) 370-1406. Volunteers may be able to help.

If you or someone you know are able to assist homeowners with these kind of jobs as a community volunteer, email the address or call the number and leave a message. Add your name to the list!

We might not like to think about it, snow shovelers are also being recruited. Help if you can. (BM)

Imagine! Connect! Plan! Act!



The Hallowell Heart & Soul process first *imagined* how our team could discover what matters most to our community, and is now *connecting* with individuals to record what matters to them. We are well into gathering this information with over 60 stories collected. So, what is next?

Listening! Do you like to hear what folks have to say? Really listen for Values – the reason someone cares about something? Listen for Hopes

and Concerns – What people hope/think will happen in the future? Listen for Action – comments that suggest a possible idea or wish for action? If so, you have a place on the Hallowell Heart & Soul Team. Over the winter the Hallowell Heart & Soul crew will be listening to all the stories gathered to do just that. Hallowell Heart & Soul will provide you with the training and tools you need to capture the kernels of values, hopes, concerns, and ideas in each story you will hear. You are invited to join in the effort. Your heart and mind will be welcomed in this task.

Once the Values, Hopes and Concerns, and Ideas for Action have been gathered together, folks look for recurring themes and create statements that reflect the community as a whole in each of those categories. Then a broad cross section of our community will

have an opportunity to inform and confirm those statements. Then the Heart & Soul team will be ready to begin making decisions on how to create our future as a community, based on the articulated statements that reflect our community's Values, Hopes, and desired Actions.

To join us in listening to the gathered stories, or to tell your own story, contact hallowellheartand soul@gmail.com or call 207-530-2754.

Community Heart & Soul is a resident-driven process that engages the entire population of a town in identifying what they love most about their community, what future they want for it, and how to achieve it. Community Heart & Soul is a proven process for engaging a community in shaping its future.

You can learn more about the program at the website communityheartandsoul.org (KTK)

University of Maine at Augusta Residential Students Move into Stevens and Erskine Halls

A new academic year is under way at the University of Maine at Augusta. During the last week of August, UMA residential students moved into Stevens and Erskine Halls located at the historic Stevens Commons in Hallowell. Kim Kenniston, Residence Manager, along with Community Advisors Jenn Christensen, Xavier Gomez, Isabella Precourt, Logan Rabar, and Abbey Small, welcomed 25 returning students and 49 new residents. The Community Advisors are UMA students who live in the residence halls and provide support and programming to those residing there.



Three students sharing a moment in their new apartment.



UMA students cleaning the trails and bridge at Vaughan Woods.

To start the 2021–2022 academic year, several residence hall students took part in a service project volunteering at Vaughan Woods to help clean up the trails. This service project and other orientation activities helped students learn more about Hallowell and meet their fellow residents. Additional events and community service projects are anticipated to take place throughout the semester. New and returning students are eager to explore Hallowell and the greater Augusta area.

Kate Tremblay, the Executive

Director of the Vaughan Woods and Historic Homestead, said, “We love having the students come and help. They bring great energy.”

This year Dan Mitchell, the Property Manager at the Homestead, handled the arrangements working with Kim Kenniston, the UMA Resident Manager. “The students are very interested in being part of life in Hallowell. They spread wood chips to aid in erosion control and helped clean water bars on the trails. We hope they can see the Homestead as a place they can be involved with in the future.” (KK)

Black Cat Fundraiser for the Hubbard

The Hubbard Free Library is kicking off its annual fundraising campaign by publishing *Black Cat and Other Stories*, the childhood recollections of Sam Webber, the City Historian. Sam moved to Hallowell in 1941 when he was four years old. Earle Shettleworth, Jr., the Maine State Historian, noted in his introduction to the work that World War II was the focus for many at that time, “One in eight Mainers were

in uniform. Four hundred of them were from Hallowell.” He goes on, “Despite the dark shadows of war, Hallowell provided a safe haven for pursuing the simple pleasures of youth.”

Sam became friends with the owner of the first house the family lived in, Dr. Henry Clearwater, purveyor of Joint-Ease, a concoction designed to bring relief from “Pains, Stiffness, Sore Muscles” and other maladies of

hard work and age. Sam’s memories of life in Hallowell are sure to bring smiles and leave one pining for the gentler aspects of a life gone by.

The fundraising campaign will start with a special Zoom conversation with Sam and Earle Friday evening, October 22, at 6:30PM. Join the conversation by visiting <https://bit.ly/HFLBLACKCAT>. Copies of *Black Cat and Other Stories* are available for \$20 with all proceeds going to the library.

Vaughan Brook Monitoring

Eagle-eye to a Micro View

If you've been driving, biking, or running in the outer reaches of town lately, you may have seen folks with orange vests dropping what looks like a microphone into the waters of Vaughan Brook. Maybe you have seen folks clustered around a table near the Little League Field examining the contents of a dishpan with magnifying glasses. What's going on? Some pretty cool science to save our stream, that's what!

The Hallowell Conservation Commission (HCC) has been concerned about the water quality of Vaughan Brook for more than 15 years. They have intervened in decisions about the mall in Augusta, the Downeast Energy facility on Whitten Road, and other developments, trying to minimize the degradation of this stream, which serves about 75% of Hallowell's land area and smaller parts of Augusta and Farmingdale.

"Threatened"

On December 2, 2020, the Maine Department of Environmental Protection (DEP) identified Vaughan Brook as "threatened" on its list of Nonpoint* Source Priority Watersheds. DEP created this list to encourage improvements in the most vulnerable watersheds in the state. Upon hearing this news, the HCC gathered volunteers with water quality, mapping, and science backgrounds to learn more about where Vaughan Brook is most healthy and most impaired.

Eagle-eye View

Our resident eagles, soaring above town, can see that Vaughan Brook is made up of 4 main tributaries. Two come from lightly developed areas of Farmingdale. One comes from the cool hemlock woods of Outer Central Street and nearby farm

fields. The fourth, and seemingly largest, drains the ponds and woods of The Res, the fields and hills on the east side of I-95 along Winthrop Street, Whitten Road, and I-95 itself. These 4 major tributaries join just upstream from the Little League Field. The stream then flows under the highway to Cascade Pond, through the protected lands of the Vaughan Woods and into the Kennebec River.



Kristin Feindel, Bureau of Water Quality in Maine Department of Environmental Protection, provided stream monitoring training. She is working here with Karen Simpson.

Micro View

DEP's decision to call the brook "threatened" was based on pollution information collected at one site downstream from all the tributaries. The HCC needs more information to understand the whole watershed. This summer, HCC volunteers took training in two water quality data collection efforts: the DEP's Volunteer River Monitoring Program and Maine Audubon/DEP's Stream Explorer Program. HCC is using DEP equipment (looks like a microphone attached to a meter) to measure temperature, oxygen levels, and salt/chloride content at 8 locations along the stream. Lower temperatures, higher oxygen levels, and lower salinity indicate healthier stream conditions.

Using the Stream Explorer training, the HCC is sampling aquatic life in the stream with nets, dishpans, and magnifying glasses. Certain critters like early stages of mayflies, stone flies, and damsel flies are less tolerant of pollution. Where they are found in abundance you know the stream is healthier. Where tougher critters like aquatic worms and midges are predominant, you know the stream is stressed.

Preliminary Results

This effort is just beginning, but some patterns are emerging. You won't be surprised to learn the tributary draining Whitten Road and the highway seems to be the most challenged. When the other tributaries join, the overall health indicators improve. And yet, all is not well, given the DEP's findings. Stay tuned as more discoveries are made and say "hi" to the HCC volunteers in the orange vests :)

**"Nonpoint" means that pollution runoff is not coming from a single source such as a discharge pipe, but from snow and rain flushing toxins and erosion into the stream from diverse locations.*

(CM)



Rosemary Presnar measures oxygen levels in Vaughan Brook.

Do You Need Help? Do You Want to Help? Make the Connection!

www.hallowellhelps.org
hallowellhelps@gmail.com
207-370-1406

Meals on Wheels Drivers
Congregate Dining Servers
Needed



Cohen Community Center.

Cohen Center and Spectrum Generations

Spectrum Generations' Cohen Community Center needs volunteers to assist our Nutrition team with delivering meals for our Meals on Wheels program or providing backup to the dining servers for congregate dining. There are currently immediate openings for:

- Backup lunch servers on Tuesdays and Thursdays from 10:15am–12:30pm
- Backup MOW delivery drivers on Wednesdays and/or Fridays from 9:30am–12:00pm.

Other opportunities include:

- State Medicare Patrol: Share your knowledge of insurance programs (training will be provided).
- Healthy Living for ME trainers: Share your love of arts and crafts and creativity.

Contact Tracy Lloyd, Volunteer Coordinator, at volunteer@spectrumgenerations.org or call 207-620-1684.

Companions, Shoppers,
Drivers

SEARCH (Seek Elderly Alone, Renew Courage & Hope) and RSVP (Retired Senior Volunteer Program) of Catholic Charities.

Needed: Families, singles, retirees, college and high school students

Help: Volunteer a couple hours a week for seniors who need a helping hand. Provide companionship, assistance with grocery shopping/errands, and/or rides to doctor appointments for senior clients 60 years and older who live in Kennebec County. Contact SEARCH Program Coordinator Lynn Kidd at 207-530-0137 or lkidd@ccmaine.org.



SEARCH volunteer at work.

Hallowell Food Pantry

Join the Food Pantry Reserves. The Hallowell Food Pantry is fully staffed right now but we are aware that life intercedes. We need backup. Go to hallowellfoodpantry.org where you can complete a volunteer application, complete an interview, and then join the Reserves to help when needed.



Hallowell Conservation Commission

The Hallowell Conservation Commission (HCC) needs additional volunteers to assist with projects or events targeted to protect and conserve the City's natural assets, manage invasive species, and maintain our open spaces and streams. If you are interested in being added to our Volunteer List, please email hallowellconservation@gmail.com and follow us on Facebook.

Harlow Gallery

Love art? Like to help?

If you are interested in gallery sitting or volunteering in some capacity, the Harlow would love to have you. The gallery is actively seeking enthusiastic art lovers to help cover gallery hours. If this might be a good fit for you, please email us at harlowgallery@gmail.com.

Hallowell Volunteer Fire Department

The Hallowell Fire Department has an ongoing bottle drive to aid the Hallowell Firefighters' Association. There is a drop-off box behind the fire station on Coos Lane. Proceeds benefit projects that are not covered under the municipal budget such as funding a new training dummy that firefighters could use to practice extracting fire victims from a building. For more information, contact Chief Jim Owens at 207-754-2518 or email firefd29@aol.com.

Hallowell Geography Polliwog Pond

When you leave Stevens Commons behind and head to Berry Field on your way to Howard Hill, you tunnel through trees and pass a small pond on your left. It is surrounded by native and non-native shrubs and saplings. On a calm day the pond mirrors the birch bark and colorful leaves above. After a good rain or snow melt, the overflow bubbles under and through the crushed stone trail you are walking on. During spring migration, a pair of mallards sometimes takes a rest stop here, but most of the pond's denizens are harder to see.

Last summer the Hallowell Conservation Commission asked folks to suggest names for the Pond. A couple dozen names were submitted variously reflecting



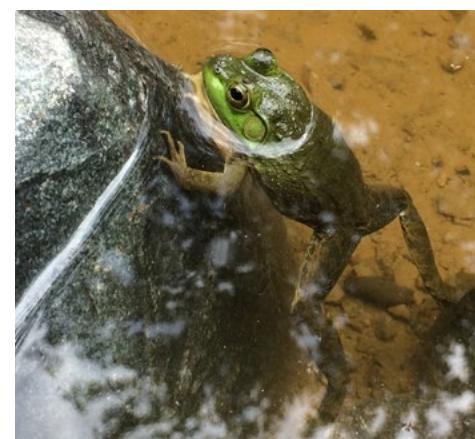
Polliwog Pond.

Hallowell's penchant for history ("Lac LaFlamme" after a long-gone relative), humor ("Soggy Bottom" or "London Frog") and the natural world ("Mallard Pool"). One name, or variations of it, was suggested several times. And what clinched it for the HCC was that it was suggested by some of our youngest and our eldest citizens! The name is "Polliwog Pond."

Bob Stubbs has been walking the hills and



along the streams of Hallowell since he was a tiny tyke, and that was quite a few decades ago. He made his case for the name, recalling his polliwog exploits as though they were yesterday. It seems fitting that the young people of Hallowell will be delighted by the descendants of those polliwogs, and the bullfrogs they turned into, in Polliwog Pond today!



A resident of Polliwog Pond.

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Contributing writers: Kim Kenniston (KK), Karen Knox (KTK), Jeff Levine (JL), Cathie Murray (CM), Molly Jennings (MJ), Cindy Sullivan (CS), Nancy McGinnis (NM), Heidi Wardwell (HW).

Edited by Maggie Warren and Bob McIntire. Graphic design by Brian Ayotte/At Sea Graphic Design. Printing and distribution by Quality Copy.

Comments and suggestions welcomed! Email hallowellagefriendly@gmail.com or mail to *The Champion*, PO Box 43, Hallowell, ME 04347

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