

Here Comes the Floor! The Ugly Truth about Slips and Falls

It's summer! No more ice and snow. The weather-related issues that have us stepping carefully are a thing of the past. Or so you might think!

An apple falls from the tree. The favorite mug shatters on impact. You take a header. It happens and it happens fast! A free-falling object, like your body, travels 32 feet in 1 second assuming that nothing is in the way. That's the equivalent of moving at 21 miles an hour. One moment, you're up; the next instant you're down.

Falls happen a lot, and the older you are the tougher the landing. One in three people over the age of 65 will fall this year. Every 11 seconds, an older adult goes to an emergency department with an injury from a fall, according to the National Council on Aging. Aging is inevitable, falling is not. Many adults can benefit from learning low-impact exercises to improve balance and strategies to increase confidence and reduce their fear of falling.

The U.S. Centers for Disease Control and Prevention considers falling a serious problem and even has a special program called STEADI, short for Stopping Elderly Accidents, Deaths and Injuries. The agency recommends asking three questions to determine if you are at increased risk for falling:

(1) Have you fallen in the last year? (2) Do you feel unsteady when standing or walking? (3) Are you worried about falling? If you answer "yes" to any of these



questions, you need to be proactive and check in with your doctor or other health care provider.

There are three steps you can take to prevent tripping and falling.

1. Stay active.
2. Stay alert.
3. Clean up your act.

Stay Active. Charlotte Yeh, M.D., AARP's chief medical officer, puts it this way: "Too many people develop a fear of falling—and that can make you stop moving. It's important to keep using the brain-body connection." Regular exercise helps build strength and endurance. You can start where you are regardless of your age but check with your doctor first. Some medicines or an existing medical condition might affect balance, which could put you at risk. Your doctor might suggest a few sessions with a physical therapist or a trainer.

You can get guidance from a lot of sources to get you started. SilverSneakers, a service offered by some health insurance providers

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Covid-19 Recipe for Success:



Get Vaccinated Save Lives

School Budget Referendum June 8 Details on Page 2!



THE INSIDE SCOOP

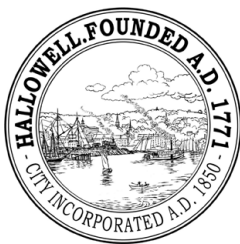
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Economic Development in Hallowell

By Mayor George Lapointe

At the 2021 Inaugural ceremony in Hallowell on Zoom, one of the tasks as Mayor is to appoint members to various committees. During this meeting, I established an Economic Development Committee to explore ways to promote economic development in Hallowell. During last fall's election campaign, many people mentioned the need for economic development, including promotion of Hallowell's businesses; the need for more businesses downtown; new businesses to increase the tax base; using grants to promote economic development, affordable housing, regional efforts, and to support businesses and people impacted by COVID. The EDC will focus on and prioritize all the good ideas mentioned.

The Economic Development Committee has been meeting since



February to explore these ideas, as well as others that have come up during Committee discussions. The Committee discussed cornerstones for economic development being property taxes, jobs, and quality of life. The Committee intends to build on Hallowell's strengths as a desirable place to seek culture, arts, music, and food, and our embrace of diversity. We're learning what brings entrepreneurs to Hallowell so we can build on our assets. Our goal is to develop a short list of ideas for Hallowell's citizens to consider as we move into the future.

We're also discussing potential uses of American Recovery Plan

(ARP) funds that will come to Hallowell this year and next to help with recovery from COVID-19 impacts. We don't know the exact rules by which the funds will be given but the City, residents, businesses, and organizations, looking back a year and into the future, all seem like they'll be eligible. Once rules come out for the ARP funds, City Council will hold a public meeting about the funds and potential application of the funds.

We would like to hear your ideas about how to promote economic development in Hallowell for the benefit of all of us. Email the Economic Development Committee, mayor@hallowellmaine.org, with ideas and suggestions or mail to Economic Development Committee, Hallowell City Hall, 1 Winthrop Street, 04347.

Motor Vehicle Registration Reminder

The clerks at Hallowell City Hall are always trying to find a better way to serve citizens.

You can now be sent an email reminder when it is time to renew your motor vehicle registration. Electronic messages are an eco-friendly and speedy way to communicate.

Are you interested in having an email reminder 30 days before renewal is due? If so, simply email Heidi Wardwell at assistantclerk@hallowellmaine.org. Put Email Reminder in the Subject line. Include your name and email address in the body of the message.

If you own more than one vehicle, please specify which one(s) you want an email registration reminder for.

Provide feedback if you like. The clerks want to provide the best customer experience possible.

You may reach Diane Polky, City Clerk; Dan Kelley, Deputy City Clerk; or Heidi Wardwell, Assistant City Clerk, at 430-4402, Monday-Friday, from 9-2. (DP)



School Budget Referendum—Tuesday, June 8, 2021

The RSU#2 Referendum Election to vote on the 2021–2022 RSU#2 Budget will be held Tuesday, June 8, 2021. Polling place for Hallowell is the Hall-Dale Elementary School at 26 Garden Lane. The hours will be 8AM until 8PM. Absentee voting ballots are available at the City Clerk's office at City Hall. You may request a ballot by calling the City Clerk's office at 430-4402 or vote in person at City Hall before June 4.

On your absentee ballot,

remember to sign your name on the flap of the return envelope (in black or blue ink) where it is highlighted in yellow. Fill in the oval next to your choice. If you make a mistake, ask for a new ballot. Ballots may be deposited in the City's secure Official Ballot Drop Box located at the Second Street entrance of City Hall, by USPS (One 55-cent stamp is required for postage), or in person (by you or a family member). Absentee ballots must be received by 8PM on Election Day.

Six Artists. Ten Days. Tons of Stone.

HALLOWELL GRANITE SYMPOSIUM

The 10-day Hallowell Granite Symposium will begin on September 10, 2021, at Stevens Commons. Originally scheduled for September 2020, the event was canceled as was just about every other happening as the COVID-19 Pandemic raged around the world.

The Symposium is a joint project of the City of Hallowell's Arts and Cultural Committee (HACC), the Maine Stone Workers Guild, and Vision Hallowell. The goals of the event are to bring the art of stone carving back to Hallowell and educate and engage the public of all ages. Other key partners include Stevens Commons, Historic Hallowell Committee, and the Vaughan Woods & Historic Homestead.

A presentation on the history of the granite industry in Hallowell will formally launch the symposium. A welcome center will include an illustrated timeline depicting the introduction, expansion, and ultimate decline of the granite industry. The display will feature tools and other artifacts from the granite industry.

The public will be invited to interact with the artists on site at Stevens Commons daily between 10AM and 4PM and to watch the sculptures develop over time. Visitors will vote for their favorite sculpture, and at least one work of art will be selected to commemorate the Maine State Bicentennial in Hallowell as permanent public art. The other sculptures will remain at Stevens Commons or be placed elsewhere in the city to be offered for sale on behalf of the artists through Hallowell Arts and Cultural Committee.

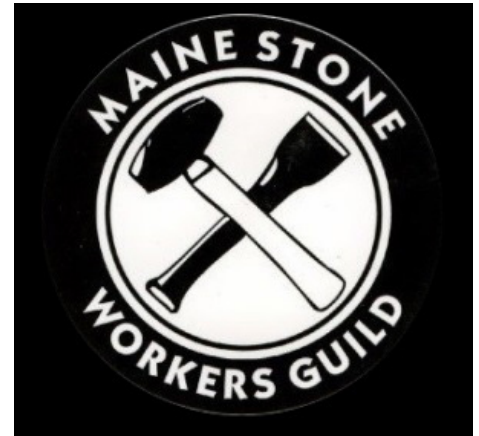
Maine Stone Workers Guild is the Hallowell Champion

key artistic partner in planning and organizing the Hallowell Granite Symposium and also a sponsor. Maine Stone Workers Guild has long experience with planning and conducting sculpture symposiums and has deep connections to Maine artists who work in stone. The mission of the Maine Stone Workers Guild is to recognize and encourage excellence in stonework and to educate the community about the value of its members and resources.



Jon Doody working on granite.

The Symposium is directly inspired by Schoodic International Sculpture Symposium, the Schoodic Granite Sculpture Tour, and other similar events in Maine in which members of the Maine Stone Workers Guild were involved. Building on these successes, this project will promote Maine art and artisans, celebrate Hallowell's past,



and leave a legacy of public art for the future.

Six artists will participate including Jon Doody, whose sculpture of a sturgeon entitled "Rising" is installed in Granite City Park overlooking the river near the crane. Other artists include Dan Ucci, Isabel Catherine Kelley, Andreas von Huene, Mark Herrington, and Dick Alden. Information about the artists and updated program information can be found on the website www.hallowellgranitesymposium.org. (BM)



Moving statuary in the yard of the Hallowell Granite Works. The carving shed and building stood behind what was the Worster House across the railroad tracks where the Camden National Bank branch office is located on Winthrop Street and covered the entire parking lot to the rear.

Hallowell Marks Maine's Bicentennial Better Late than Never

Hallowell, like many other cities and towns in the Pine Tree State, was preparing to “party hearty” in celebration of the State’s Bicentennial last spring when all activities were abruptly canceled. Thanks, COVID-19.

Hallowell Salutes



Maine's Bicentennial

Incorporated for 250 Years!

With everything in place, the City’s Historic Hallowell Committee decided to feature the planned presentations in a video program instead. *Hallowell Salutes Maine's Bicentennial* is a 35-minute presentation in celebration of Maine’s Bicentennial. Ron Kley, Vaughan Woods and Historic Homestead Archivist, describes how Maine’s State Seal was designed and the local connection. Earle Shettleworth, Jr., Maine State

Historian, explains how Hallowell was almost the state capital.

The program has been uploaded to the State’s Digital Maine Repository and can be viewed on demand. There is a link from the www.historichallowell.org website or go to <https://vimeo.com/534998291>.

Larry Davis, President, Row House, Inc., opens the program. Kate Tremblay, Executive Director of Vaughan Woods, introduces Ron Kley. Bob McIntire, chair of the Historic Hallowell Committee, introduces Earle Shettleworth. Segments were recorded on location at Hallowell’s Old South Church and the Vaughan Homestead.

Hallowell Bicentennial activities run through October. A complete list is available at the website www.historichallowell.org.

Hallowell celebrated a special historical milestone recently. Monday, April 26, 2021, marked the 250th anniversary of the legislative act incorporating the town of Hallowell. Row House, Inc., Hallowell’s historical society, in honor of the event, published



Hallowell in Olden Times

Hallowell in Olden Times, a series of accounts of life in the riverside town during the late 18th and early 19th centuries.

The collection of newspaper columns was written by Hallowell natives Alpheus Lyon, resident of Bangor, and the mysterious Senex who lived somewhere “out west.” The columns were originally published in the *Hallowell Gazette* between August 15, 1863, to February 20, 1864. Copies are available through the website www.rowhouseinc.org and will also be available as an E-book through the digitalmainerepository.com. (BM)

Recipe from the Pantry — Care to Cook?

One of the items often found in Hallowell Food Pantry boxes are packets of lentils. Lentils are legumes—cousins to beans, chickpeas, soybeans, and peanuts. The name *lentil* actually comes from the Latin word for lens, which makes sense since the dried bean looks like a little lens.*

If you’re not sure how to cook them, you might be tempted to donate them back! Fear not, here’s a recipe to get you started.

Easy Lentil Soup

- 1 onion, chopped
- 2 ribs of celery, chopped
- 2 carrots, chopped or thinly sliced
- 2 tablespoons of vegetable oil

- 14.5 oz can of diced tomatoes
- 4–6 cups of beef, chicken, or vegetable broth

- 1 cup of brown lentils
- ½ teaspoon of salt
- 1–2 tablespoons of lemon juice

Rinse the lentils in a sieve and check for any small stones that might have sneaked in. Sauté the vegetables in oil over a medium-low heat for 5–10 minutes, stirring frequently. Add the lentils, broth, and tomatoes. Bring to a boil, then reduce heat and simmer for 45–50 minutes, with the lid slightly ajar, until the lentils are soft. Add the salt and lemon juice last because they can make the lentils tough.



Note: If the lentils remain stubbornly crunchy despite endless cooking, it could be that they’re old. Or perhaps your broth was too salty. Before you toss out the rest of the packet, try soaking the dry lentils in cold water overnight and then rinsing them before cooking.

* From www.cookinglight.com/.

Nourishing Our Neighborhood, Then and Now

Vicky Gabrion, the new director of the Hallowell Food Pantry, has been astounded by people's support, generosity, and affection for this organization. She decided to take a walk down memory lane and see how it all got started.

She stumbled upon a letter sent to Mayor Harmon and City Council members, dated January 1992, in which Carolyn Manson and Barry Timson outlined the need for a community food bank. In their letter they talked about the hardships experienced by some Hallowell citizens at that time due to the recession.

After conversations with local clergy to assess the scope of the problem and visits to food banks in surrounding communities, they decided that Hallowell's need was great enough to justify establishing a food bank of its own.

The Hallowell Fire Station seemed an ideal spot as it was "centrally-located and within a reasonable walking distance from most of the dwellings in Hallowell, as well as from the community's churches who will supply us with much of our food items." Official permission was requested and granted. The basement of the historic building became home to the Hallowell Food



Bank.

According to board meeting minutes, the food bank first opened its doors in March 1992, with Barry Timson as president, Mike Molloy as vice president, Carolyn Manson as secretary, and Peggy Booth as treasurer.

Twenty-nine years later, the original mission is still representative of how the Hallowell Food Pantry operates to this day. They are a nonprofit organization, supported entirely by donations. They coordinate efforts with other area food banks, pantries, local businesses, and support agencies.

The food pantry is open weekly but may be accessed at other times in case of emergency needs. The pandemic has brought new challenges to food distribution, but these were eased with permission from the City to use the adjoining hose tower room. This enabled volunteers to keep a safe distance from each other, as well as providing

storage for the many boxes of food prepared each week for curbside pickup.

And, last but not least, their year-round operations rely on the steadfast loyalty of the many



The Masked Thursday Crew: Claudia Glynn, Jean McWilliams, and Deb Donnelly-Poulin.

volunteers. All in all, this is a remarkable organization of which Vicky is proud to be a part. "Of course, it's important to move with the times and, to that end, we are proud to present our new website (hallowellfoodpantry.org), which was designed and developed by Sophie Gabrion." (Yes, there is a family relationship with the graphic designer. She is Vicky's daughter.) (VG)

Learn Not to Fall

Aging is inevitable, falling is not. Many adults can benefit from learning low-impact exercise to improve balance and strategies to increase confidence and reduce their fear of falling. Healthy Living for ME delivers evidence-based workshops that have been proven to help older adults reduce their risk of falling.

Classes are also offered in Diabetes Prevention & Self-Management, Caregiver Support, and Chronic Pain & Disease Management.

Healthy Living for ME is a joint partnership between Spectrum Generations, SeniorsPlus, and Aroostook Agency on Aging, three of Maine's Area Agencies on Aging and federally designated Aging and Disability Resource Centers. www.healthylivingforme.org/. (VG)



Food Drive Update

The food drive on February 27 to support Hall-Dale Elementary School was a big success. Despite gray skies and swirling snow that day, there was a steady stream of people stopping by with boxes of healthy snacks and cash donations. We filled 23 Hannaford-To-Go bags (one for each classroom) twice over and still had plenty of snacks left for next time. Thank you all for such a wonderful response.

The Summer of Pride Hallowell Pride Alliance

Throughout our nation and across the world, many communities are prepping for annual celebrations of Lesbian, Gay, Bisexual, Transgender, Queer, and Allied Pride for the month of June. LGBTQ Pride Month occurs in June to commemorate the Stonewall Riots of 1969, often noted as the start of the Gay Civil Rights movement. The Stonewall Riots occurred when two Transgender women of color ignited an effort to fight back against recurrent police raids. Sylvia Rivera and Marsha P. Johnson forged the path with support of activists and many others since that time to advocate for equality and inclusion for all members of the LGBTQ+ community.

These events and the symbols that have evolved from them are important ways for communities to visually express that they are welcoming and safe for people across the range of sexual identities, orientations, genders, and gender expressions.

The Hallowell Pride Alliance (HPA) was founded in 2018 by a group of LGBTQ+ Hallowell Community members who joined together to create the first City-wide Pride festivities. This organization is dedicated to creating an environment that promotes equality and understanding for diverse sexual and gender identities.

HPA began a tradition of celebrating Pride in Hallowell

during the month of June. These celebrations have included Pride Flags on Water Street and City Hall, a parade, a festival, youth LGBTQ+ dances and art shows, drag shows, and educational programming. Future projects aim to expand educational and advocacy efforts.

Summer Pride Events (Details to be announced)

- LGBTQ+ Youth Art Show: Hosted by area businesses and sponsored by Healthy Communities of the Capital Area (June)
- Presentation: "Beyond Rainbows and Unicorns: Understanding Queer Identities and Creating a Welcoming Community." Hosted by the Hubbard Free Library (June 12)
- Flags across Maine: Sign up for your own Progress Pride Flag. Cosponsored by HPA and Equality Maine (All Summer)
- Drag Queen Brunch (Details TBA)
- The Gender Show: Juried Art Exhibit at The Harlow (August)
- Waves of Love Floatilla (August)
- And more...(AA)



The Progress Pride Flag

The Progress Pride Flag was designed by Daniel Quasar in 2018. This updated version adds 5 colors in the shape of an arrow. The addition of black and brown offer elevated recognition of marginalized LGBTQ+ communities of color, and pink, white, and blue recognize members of the Transgender community.

For specific details, or to join HPA, visit them on Facebook at [hallowellpridealliance](https://www.facebook.com/hallowellpridealliance) or contact them at www.hallowellpride.org.

Help Wanted!



Hallowell is recognized as a Tree City USA community by the National Arbor Day Foundation, which requires annual projects completed by volunteers. The Tree Board champions Arbor Week which is the first full week in May. Whenever possible please consider planting a tree or saving an existing tree, and always remember to plant the right tree in the right place. You can help! The Board is searching for new members. If you have an interest, contact the Hallowell City office. (WD)

HALLOWELL PRIDE ALLIANCE



Advocating Love and Equality for All

A Year Like No Other!

Report from Spectrum Generations

The work of Spectrum Generations to serve older and disabled adults in Central Maine has spanned four decades, but the nonprofit has never before experienced a year like 2020. The staff and volunteers stepped up in truly heroic ways to serve some of our most vulnerable populations during these uncertain times.

Even at the outset of the pandemic, Spectrum Generations never closed its doors because they knew that their clients, who are among the highest-risk populations, needed them more than ever. So instead of closing, they quickly pivoted their staff and resources to provide much-needed services to the community, and they've continued evolving as various needs have emerged.

For example, their popular Meals on Wheels program, designed to address senior nutrition and isolation, doubled in size with meal production and packaging operations producing an impressive 1,800 meals every single day for seniors in their area. To accomplish this feat, they shuffled resources from programs that they had to cancel and used nearly their entire facility at the Cohen Center in Hallowell so volunteers could safely distance while packaging meals for seniors in need.

They also procured Personal Protection Equipment (PPE) so the staff could continue to provide consistent personal support services and community management services at people's homes safely, eliminating the need for these at-risk populations to travel during the stay-at-home order. Their staff also continued to assist with needs remotely from their hotline service, which operated as usual throughout the entire pandemic. Their remaining evidence-based health and prevention programs

went virtual so clients could still get the help they needed from the safety of their homes.

Then, as it became clear that first responders needed a safe place to leave their loved ones while they served their communities, Spectrum Generations reopened their doors for Adult Day and Community Support Services. The staff took on this task with great pride, as it was truly an honor to help those who kept everyone safe.

In October, they reopened the congregate dining service, with an eye toward safety, to give a much-needed reprieve to those who had been living in isolation for months. As of today, Spectrum Generations is the only Area Agency on Aging to have resumed providing this important service.

Today, Spectrum Generations has again shifted its mission to

assist with statewide vaccination rollout efforts by reallocating space and resources to provide clinics, in partnership with Northern Light Health and others. The first vaccination clinic was held on March 5, which was the first of its kind among Maine's Area Agencies on Aging. The staff stepped up to provide screening, coordination, and outreach, and partnered with organizations to provide transportation to clinics. For their homebound clients, they partnered with multiple other organizations to deliver vaccinations, as necessary.

Over the last year, the mantra at Spectrum Generations has been "Return to normal safely but quickly because the community counts on us!" Each passing day and week, the wonderful staff has jumped into action, taking on each new task and mission with grace. They work hard every day to continue to be a community resource for all of Central Maine. (VA)

Building Better Caregivers

A new program developed for family members and informal caregivers. Taking care of family members or friend with traumatic brain injury, post-traumatic stress disorder, dementia, or another form of diagnosed memory impairment is a challenge. Participants in this program make weekly action plans, share experiences, and help each other solve problems they encounter in their role as a caregiver.

Topics Include:

- Caregiver stress • Dealing with difficult care partner behaviors
- Getting help • Making decisions about treatment, housing, etc. • Communicating effectively with family, friends, and health professionals • Dealing with caregiver and care partner difficult emotions • Planning for future needs • Legal issues related to caregiving •

For more information about the program or future workshops, contact:v

Healthy Living for ME
info@healthylivingforme.org
1 (800) 620-6036
healthylivingforme.org



Rest and Remembrance – “The Benches Project”

Hallowell Initiatives, Inc., has recently focused on a relaxing project with a plan to sprinkle Hallowell with comfortable benches: places to sit, relax, take a load off, chat with a friend, wait for a reservation or appointment time, watch passing traffic...you get the idea. That is the “rest” part of the plan.

The “remembrance” part will come from a plaque on each bench memorializing a Hallowell resident who has passed on in the recent or distant past.

The group initially began with a focus on stabilizing the hose tower on the Old Town House/Fire Station. With that restoration work accomplished, the group searched for another effort to support the city.

These benches may be installed on public land, in front of business properties, or anywhere else

where appropriate with permission obtained. Six benches have been ordered and are being manufactured. The cost is \$1,262.44 for each bench.

Contributions may be made with or without a nomination of a specific person to be remembered. The committee has been discussing dedications to individuals who have played a noteworthy role in the history of our community.

Donors who purchase a bench can dedicate the resting place to a specific person or organization to be memorialized.

Inquiries about the project can be sent to Hallowell Initiatives, Inc.; P.O. Box 446; Hallowell 04347. Hallowell Initiatives is a nonprofit organization under section 501(c)(3) of the IRS code. Contributions are tax-deductible for federal and state income tax purposes. (DP)



Bench and Plaque.



FALLS continued from PAGE 1

has classes and online programs you might have available. The [AARP.org](https://www.aarp.org) website has links to numerous articles and videos for all ages and all levels. Healthy Living for ME offers evidence-based workshops that have been proved to help older adults reduce their risk of falling. These free workshops help empower adults to better manage their health issues by increasing self-efficacy, improving knowledge, developing positive behavior change, and improving self-management. Always remember, start where you are. Take a first step and you'll go far, but hopefully under control.

Stay Alert. Be aware of your surroundings, where you are going and what you are doing. This strategy sounds simple, but it can help keep you out of trouble. Staying alert means staying mentally engaged

and in the year of pandemic isolation, this has been especially hard for those of us living alone. An easy way to make some connection is to sign up for a wellness check. A friendly voice will give a ring. SEARCH, a program of Catholic Charities, is a call service provider. (See “Hallowell Helps” on Page 15 for details.)

Clean Up Your Act! The National Institute on Aging says 6 out of 10 falls occur at home. Take a look around. Use slip-resistant mats rather than throw rugs, tuck electrical cords out of the way, opt for door handles with levers instead of knobs, and use railings and grab bars to navigate your home. Finally, and critically, place slip-resistant mats in the tub or shower. You can arrange for a home safe assessment through Bridges Home Care, a service of Spectrum Generations. Call 1-800-876-9212 or (207) 623-0761.

There is an art to falling. The AARP website offers these four tips to keep in mind.

- Stay Bent. If you sense you are falling, bend over and try to loosen up.
- Protect Your Head. Try to land on your side and tuck your chin to protect your head.
- Land on the Meat. It is better to land on your bottom where there might be some padding.
- Keep Falling. As you land, roll to lessen the impact of the fall.

These tips might be hard to remember in the midst of a tumble but thinking about an issue beforehand could help avoid more serious injuries.

The Art of Falling Safely <https://www.aarp.org/health/conditions-treatments/info-2017/how-to-fall-safely.html>

Healthy Living for ME <https://www.healthylivingforme.org/>

Calling All Voices!

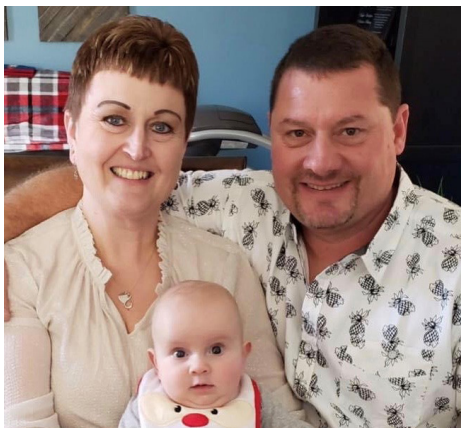
Hallowell Heart & Soul is collecting your ideas about what you love, what brought you to Hallowell, and what keeps you here, and we just can't get enough! Team members love learning what is most important to you, and we will continue to capture this "snapshot" of Hallowell throughout the summer and fall. Please be a part of this exciting project by spending 15 minutes speaking with a Heart & Soul Interviewer. Over 50 interviews have been recorded, and the recording team is going strong.



Join us! A team of listeners will carefully listen to the interviews to glean important details. This information will be shared with the community, to help inform the City's leaders and help focus on any priorities and ideas that may arise.

Here are the questions interviewers ask:

- How long have you lived in Hallowell, and, if you were not born here, what attracted you to move here?



Hallowell Champion



- What specifically has happened to you or happens regularly in Hallowell that reflects what is great, or what you love, about this community?
- What, if it were gone, would make this community not seem like Hallowell anymore?
- What changes would you like to see in the next 10 years and into the future that would improve Hallowell? If you could have one wish for this community, what would it be?
- City services: Which ones do you appreciate? What services would you like offered that are not?
- What matters most to you about your community?



Here are just a few quotes from interviews so far:

"Hallowell is #1 for me! I feel I'm in a cocoon. My neighbors take care of us, share, and help with child care. I am a single mom."

"Like a community version of

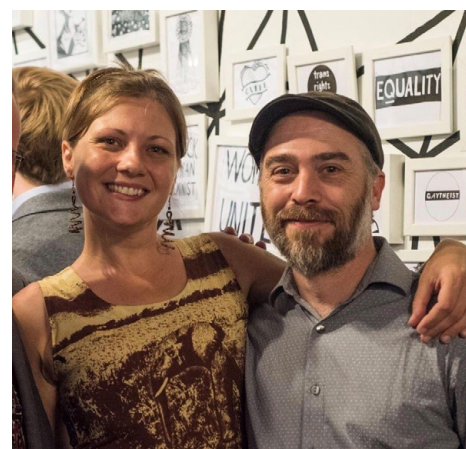


"Cheers" TV Show—everybody knows your name and is glad you came."

"More affordable rents, so the artists and musicians that are part of what is special here can live in town."

"Hallowell is welcoming, diverse, and feels like a community."

Now that more people are vaccinated and downtown Hallowell is beginning to awaken, the Heart and Soul team is looking for opportunities to collect views about what is important to people about living, working, and playing in Hallowell.



If you would like to help collect stories, become a "listener," and be involved in this fun, short-term project, email hallowellheartsoul@gmail.com. You can also find Hallowell Heart & Soul on Facebook and message us there. See you around town! (KK)

Vaughan Stream – It's Got Love Now It Needs Care and Attention

If you live in Hallowell, you have probably walked through the towering Vaughan Woods to reach the site where water from Cascade Pond tumbles over and through the dam. You may have rambled along the streambank. Many senior pictures and wedding photos have been made streamside. It is a place of beauty, where memories are made.

Have you ever wondered where that water comes from and how it stays clean and healthy?

Cascade Pond is fed by Vaughan Stream, also known as Bombahook Stream. The stream is made up of many small tributaries and intermittent streams that drain almost three-quarters of Hallowell's land and a small part of Augusta. When you see that water come over the dam, it has travelled several miles and is just about to empty into the Kennebec River below.

Wildlife abounds in many parts of the stream's watershed. Have you seen a great blue heron fishing there? Or a mink scurry along the bank? Wood ducks nest in more secluded parts. Turtles lay their eggs in sandy stretches nearby, and their young find their way back to the stream after hatching.

Some of Vaughan Stream's waters are still very clean, flowing through cool hemlock forests or along banks shaded by native shrubs



Vaughan Stream.

with brook trout feasting on insects in the oxygen-rich water. Others are in decent shape, draining old farmland, the Hallowell Recreation area, and lightly developed areas of town. Other stretches of Vaughan Stream face serious challenges from mall development, poorly designed culverts, road salt and other chemicals.



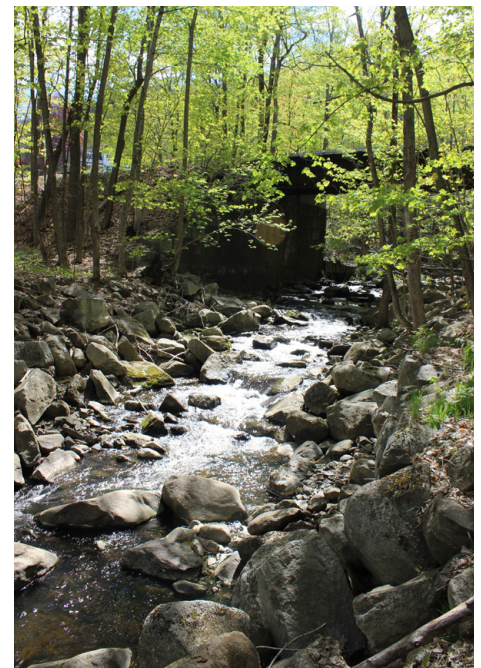
Cascade Pond.

Recently, members of the Hallowell Conservation Commission (HCC) were distressed to learn that Vaughan Stream's water quality is now identified as "threatened" by the Maine Department of Environmental Protection. Algae growth deep in the Vaughan Woods indicates that our stream's formerly clean water has degraded, likely due to a combination of human activity and shorter ice-in winters (condition of "no open water").

An important step to improving the stream's water quality is monitoring. Fortunately, Maine Audubon launched Stream Explorers, a new community science project with that goal. Volunteers sample aquatic insects and learn what they can tell us about wildlife habitat and water quality. The Stream Explorer approach will be used to learn more about Vaughan Stream this summer. Hallowell Conservation Commission members are training to learn how to tell where stream

waters are healthy and where they are in trouble. They will then use this initial assessment data to help develop a long-term management plan that will include community volunteers.

Remember three-quarters of Hallowell's land sheds water into this stream. What we take away or add to the land makes a difference. Check out the tips for a stream-healthy lawn in this issue of *The Champion* on Page 12. Consider planting more native trees and shrubs to slow erosion and filter stormwater runoff. Pick up dog waste. It is high in nitrogen and can contain parasites that harm the stream's ecosystem.



Stream Railroad Bridge.

Do you have a story, favorite spot, or concerns about Vaughan or Bombahook Stream? Email hallowellconservation@gmail.com, visit the Hallowell Conservation Commission Facebook page, or contact any HCC member listed on the City website. (CM)

A Peek into the Vaughan Homestead Archive

The Vaughan Homestead archive is a treasure trove not only of Vaughan family stories but also of local and national history. There are over 25,000 catalogued items, primarily documents. The archive contains letters, receipts, photographs, and much more, from over two centuries. Ron Kley and Jane Radcliffe of Museum Research Associates have been working to catalogue the Vaughan Homestead collection for over 10 years. Caring for this archive supports Vaughan Woods & Historic Homestead's goal of connecting people to place through nature, history, and the arts.

Many of the letters reveal first-



Documents and photographs are stored in archival folders and boxes in the Homestead's research room.

hand accounts of historic events like the Civil War or the Spanish Influenza epidemic. Others report details of everyday life in Hallowell over many decades.

A search in the archive database for "Water Street," for example, brings up 54 records of an eclectic array of documents. One letter dated March 14, 1936, from William Warren Vaughan to his granddaughter Diana, reports that 36 hours of rain flooded the Kennebec and made it possible for Cecil Grimes to paddle a boat up Water Street just days after her Uncle Sam had been able to ski over the garden fences!

A note dated January 4, 1876, on Masters & Livermore letterhead says the firm is enclosing their rent for a store on Water Street in a building owned by William Manning Vaughan. Another record lists an advertisement postcard, dated 1930, showing items on sale at the A&P grocery store on Water Street. And yet another shows a yellowed ticket to the 1962 Hallowell Bicentennial street dance on Water Street!

The archive is available to researchers on a limited basis



A&P advertising postcard.

with staff assistance by contacting collections@vaughanhomestead.org. VWHH is currently transitioning to a cloud-based database, with a goal of making it more easily accessible in the future.

Vaughan Woods & Historic Homestead is a nonprofit nature preserve and historic house museum. Information at vaughanhomestead.org/. (KT)

Hallowell Tree Board – Made in the Shade!

Trees and people have always held a close relationship, and trees were here first. While humans generally respect and admire the beauty of trees, it is sad to say trees are often taken for granted when they are removed or topped so that trees can yield to man's needs such as building materials, firewood, improved views, and food. For centuries trees have been viewed as a resource for our benefit.

Hallowell has a long history of recognizing the value of trees even

before a tree board was created in the 1990s and endorsed by the City Council. The Tree Board makes recommendations to the City with respect to selection, acquisition, and planting of new trees. Also, the Tree Board may review plans for tree removals, replacement trees, and make suggestions for care and preservation of City trees. The Tree Board acts on behalf of the City as its eyes and ears concerning public trees.

The Tree Board has secured

several grants in the past which funded tree planting, maintenance of City trees, and a management plan for the City Forest. Board members are also working on an inventory of public trees which is an ongoing project.

A current project in cooperation with the Hallowell Conservation Commission is focused on controlling invasive weed species at the Granite City Park. Join in the fun! Members are needed. Contact City Hall. (WD)

HELP 2021 Earth Day Event a Success

Hallowell community members came out in force on Saturday, April 24, as part of Earth Day 2021 Great New England and Global Cleanup. Sponsored by the Hallowell Conservation Commission with assistance from Public Works, the Hallowell & Earth Litter Patrol (HELP) collected approximately 250 pounds of trash from Granite City Park, Front Street, the Kennebec River Rail Trail, Public Boat Launch, and other downtown destinations. A group even tackled the Whitten Road and Winthrop Street intersection! Thank you to everyone that HELP'ed on April 24 and every day to keep Hallowell litter-free. (RP)



Dick Davies and Susan MacPherson with their fair share of refuse.

Tips for a Healthy Lawn

- Rake the lawn lightly to remove matted layers of leaves and seed thin or bare areas. An all-purpose seed mix that works well in the Northeast: 50% Kentucky bluegrass, 30% fine leaved fescue, 5% white clover (helps fix nitrogen from the air into a form that plants can use), and 15% perennial rye grass.
- Wait to fertilize until Labor Day weekend. Spring fertilization encourages shoots at the expense of root development and promotes weed germination. Fertilizer runoff can be detrimental to streams and rivers.
- Set your mower to 3 inches. Longer grass blades have deeper roots and shade out weeds. Leave the clippings on the lawn to recycle nutrients and add organic matter back into the soil. Keep the mower blade sharp for the best cut and to reduce disease.
- Remove weeds with hand tools. Avoid chemicals that are harmful to human health and the environment.
- Water when the top 2 inches of soil are dry. One inch of water per week. Morning is best. Water deeply to at least 6 inches.
- Plant native plants around your yard to bring in the pollinators and birds.

More info: Maine Organic Farmers and Gardeners at www.mofga.org. University of Maine Cooperative Extension www.extension.umaine.edu/. Enter "Lawn" in the search box for both.

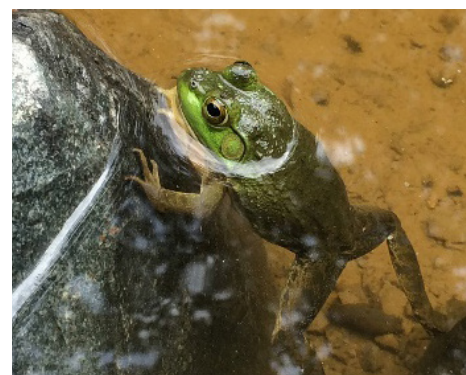
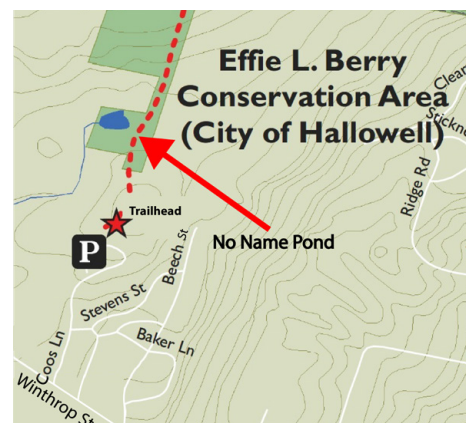
HCC
Hallowell Conservation Commission

Name That Pond!



The Little Pond needs a name!

The Hallowell Conservation Commission is looking for ideas, especially from children, for a name for the small pond that is on your left as you approach Berry Field. Please send your ideas to the HCC via email at hallowellconservation@gmail.com, message us via our Facebook page, or contact one of your friendly Hallowell Conservation Commissioners (City website has a list).



A frog from the nameless pond.

Welcome to Hallowell Summer 2021 Not a Moment Too Soon!



Member Meeting June 10, 2021 – No Old Hallowell Day.

The Hallowell Area Board of Trade and its members eagerly embrace spring and the summer that will follow!

New businesses join old favorites here in Hallowell. Welcome to new businesses: Maine Local Market, The Local Scoop, Bruno's, Nellie's Kitchen, and all other new businesses in Hallowell. Also, please welcome back and welcome home to Scrummy Afters (new summer location on Water Street across from Masciadri's Monuments), to Easy Street Lounge, and Hideout at the Wharf! The Hallowell business members of the Hallowell

Area Board of Trade are eager to serve you, sell to you, and get (re) acquainted.

The past 15 months have taken a toll on all of us as we struggled with new protocols because of Covid-19 and the new reality of staying home, safe distancing, curfews, etc.

Hallowell's business owners look forward to some degree of normalcy for summer 2021. Be sure to visit Hallowell businesses and get reacquainted with your downtown!

Watch for Hallowell Area Board of Trade events later in 2021. A full Members Meeting is scheduled for Thursday, June 10. Details will be forthcoming. Check the website www.hallowell.org.

As Maine emerges from the Pandemic, and more and more citizens have become vaccinated, it will be time to enjoy the outdoors. Hopefully some of the arts and cultural events, including live music, can return bringing visitors to Hallowell once again.

No Old Hallowell Day

From the Old Hallowell Day Facebook page:

After consulting with city officials, law enforcement, and the Hallowell Board of Health, the Old Hallowell Day Committee has voted unanimously to cancel this year's event, scheduled for July 17, 2021. The committee felt that the risk to public health and safety continues to be too great to resume Old Hallowell Day celebrations this summer. The committee looks forward to resuming Old Hallowell Day events next year on July 15, 2022. In the meantime, we welcome ideas from the community about changes and improvements. If you are interested in sharing your thoughts or suggestions or would like to join us in planning next year's event, please email oldhallowellday@gmail.com. (MW)



Clockwise from top left: The Local Scoop, Highwater Studio, Bruno's Woodfired Pizza, Nellie's Kitchen, Maine Local Market, Scrummy Afters.

Hallowell Officially Age-Friendly!

Five years ago, then Hallowell City Manager Nate Rudy began working with AARP Maine to have the City designated “Age Friendly.” The World Health Organization identified eight “Domains of Livability” that made towns and cities great places to work and live. AARP became the organization promoting the “Age-Friendly” initiative in the United States.

The Hallowell All-Age-Friendly Committee submitted the City’s Age-Friendly Plan to the City Council at its December 2020 meeting and then to AARP and the World Health Organization. On February 16, 2021, Hallowell officially became a member of the Network of Age-Friendly States and Communities. It was quite a journey.

Initially the City applied for a research grant to learn people’s opinions about how they viewed living in Hallowell. Is it a welcoming city for people of all ages? Are services available that will enable people to stay in their homes and “age in place”? Are there opportunities to engage in civic activities, participate in outdoor activities, and get the services

needed to stay healthy?

Then Mayor Mark Walker appointed an Age-Friendly Committee made up of individual citizens as well as representatives from a variety of organizations that provide services to the community. The committee officially began its work in January 2018. The group reviewed the research data and conducted a community listening session during the summer to fill in any blanks. A major goal of the committee was to develop an Age-Friendly Plan that could be submitted to the AARP Livable Communities initiative.

One of the first steps the committee took was to change the name to *All-Age-Friendly*, because it wanted to focus on services and facilities for people of all ages. A key research finding was that people didn’t feel that they were getting the information needed about goings-on in the community. The committee applied for and was awarded a grant from the Maine Community Foundation that funded the design and initial production of *The Hallowell Champion*. Publishing Partners were enlisted to help write, publish, and distribute a newsletter



to every active mailing address in the City.

The committee, along with seemingly everyone else in the world, suddenly began using the online Zoom videoconferencing platform for its meetings and informational sessions on each section of the plan. Now with the Age-Friendly Certification in hand, the Committee will track progress toward the goals in the City’s action plan and present a follow-up plan to the City Council in three years.

The Hallowell All-Age-Friendly Plan is available on the Hallowell City Government website, hallowell.govoffice.com. The AARP Network of Age-Friendly States and Communities is a program of the AARP Livable Communities initiative and serves as the organizational affiliate of the World Health Organization Global Network for Age-Friendly Cities and Communities. (BM)

City Council Works to Improve Communication with Residents

Mayor George LaPointe recently set up a new Communications Committee chaired by City Councilor Berkeley Almand-Hunter.

The Communications Committee has three main goals: (1) Keep citizens informed so that residents know what is happening in our City. (2) Ask for public input on important issues to make sure everyone has a chance to be heard. (3) Promote Hallowell as a great place to live, work, and run a business. It is also a great place to shop, have a meal, enjoy the arts, get outdoors, and

listen to music. We want to spread the word so more people visit and move to Hallowell!

Here are some of the committee’s ideas:

- Offer multiple options for City Meetings (in-person and online)
- Mail and email surveys to citizens
- Add signs and maps downtown
- Improve the City website
- Promote Hallowell and all it has to offer online and in the news.

Since Hallowell’s City Budget

is tight, the committee plans to do things that are cost-effective and efficient.

Committee members are working on a survey to find out the best ways to get information to you and get input *from you*, when there are important issues facing our City. Each resident should receive the survey in the next few months. Please keep an eye out for it. If you have suggestions for improving the City’s communication efforts, contact Berkeley Almand-Hunter by email at ward4@hallowellmaine.org. (BA-H)

Help Wanted! Need Help?



Need help? Want to help?

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

Cohen Center and Spectrum Generations

Spectrum Generations is looking for volunteers to join their regional councils and advisory councils. The goal of this group is to support older Mainers and their care partners to remain active and healthy in their communities of choice for as long as possible. Meetings are four times per year. If you are interested, please contact Cindy at the Cohen Community Center at csullivan@spectrumgenerations.org.

Volunteers are needed for the Nutrition team. Backup lunch servers on Tuesdays and Thursdays from 10:15AM–12:30PM and backup 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 Jessica Bucklin, Volunteer Coordinator, at volunteer@spectrumgenerations.org or call 207-620-1684.

Companions, Callers, Shoppers, Drivers

SEARCH (Seek Elderly Alone, Hallowell Champion

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 of hours a week for seniors who need a helping hand. Make check-in calls, provide companionship, assistance with grocery shopping/errands, and/or rides to doctor's 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.



SEACH Volunteer.

Hallowell Food Pantry

Before you toss your Hannaford To Go bags into the recycling bin, please give the Hallowell Food Pantry a call at 992-6899 or contact us at hallowellfoodpantry.org. We can certainly put those paper bags to good use. We also accept the brown, flimsy plastic bags. Thank you.

Hallowell Tree Board and Conservation Commission

The Hallowell Tree Board and the Hallowell Conservation Commission (HCC) are

collaborating to expand Granite City Park to the north, along the shoreline of the Kennebec River. We plan to plant and nurture native trees and shrubs to displace invasive species and restore the natural ecology. Interested? Contact westonjdavis@gmail.com.

Hallowell Conservation Commission

Two member openings. Appointed members expected to attend at least 6 monthly meetings per year, lead or engage in projects targeted to protect and conserve the City's natural assets, and advocate for conservation programs and their benefits. Please email hallowellconservation@gmail.com.

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 drop a line to 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 would use to practice extracting fire victims from a building. For more information, contact Chief Jim Owens at 207-754-2518 or email firepfd29@aol.com.

Granite and the Stream

Upcoming Events Connect the Resources

Two of the more important geological features of Hallowell are Vaughan Stream and the ridges of granite. Both topics are in the spotlight of events in the coming seasons.

The Hallowell Conservation Commission is launching an effort to improve the water quality in Vaughan Stream. There is little industrial development as in the old days when the Kennebec Wire Company used waterpower in manufacturing and then to generate electricity for Hallowell Power and Light. A sandpaper mill further downstream also harnessed the stream's force. Today when walking the Rail Trail, crossing the stream, and glancing up, it is difficult to envision a four-story building filled with workers or imagine the sound that must have been created



**Kennebec Wire Company mill
(Hubbard Free Library).**

crushing quartz.

Cross the road—be careful—and look toward the river. Squint your eyes and imagine an immense icehouse, a smoke-belching iron foundry, and sawmill, perhaps the first business in town. Now there are a couple of houses and the town's sand/salt pile. Imagine the effluent. This is a different stream now, for sure. Yet there is continued impact from sources like roadways, residential development, and agriculture. Find out more in the story on Page 10 that explains the project in detail.

Then there is granite. Piles of stone line the stream banks and form dams. The source of material is readily close at hand in the ridgeline running above the Kennebec and the next hills to the west where the big quarries were located. Today the granite works are mostly quiet but that will change for 10 days in the fall.

HALLOWELL GRANITE SYMPOSIUM

The Hallowell Granite Symposium will bring back granite carving to the City. The event will take place from September 10–20, 2021, at Stevens Commons. Six sculptors will be creating forms from Hallowell granite, some of which may ultimately reside in the City. More information is on Page 3.



**Sandpaper Mill, Vaughan Stream
at Greenville Street.**

The Champion Publishing Partners:



Vaughan Woods &
Historic Homestead



Contributing writers: Berkeley Almand-Hunter (BA-H), Alex AuCoin (AA), Weston Davis (WD), Vicky Gabrion (VG), Karen Knox (KK), Bob McIntire (BM), Cathie Murray (CM), Rosemary Presnar (RP), Diane Polky (DP), Kate Tremblay (KT), Mark Walker (MW)

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

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