

The Hallowell Champion



Hallowell All-Age-Friendly Newsletter Volume 6 Issue 1 All Are Welcome Here

Fall 2024

Wham Bam You've Been Scammed!



Don't be a victim! 10 Scam-busting tips Page 11.

Shutterstock

No one is immune. The email arrived from the chair of the Hallowell All Age-Friendly Committee. "I need you to help get something done. I'm going into a meeting so I won't have access to emails....I need you to pick up some gift cards." The message sent to committee members was convincing enough to prompt some members to consider the request. No misspellings. Proper grammar. Still there was something odd.

The sender's name was in all capital letters which, in an email, is akin to SHOUTING! Whatever the cause, members paused and did the right thing. They checked with the sender before shelling out some cold, hard cash and good thing—the message was fake.

"Impostor scams were the most common form of consumer fraud in the last year, according to federal

authorities," Kathy Stokes from AARP's Fraud Watch Network reported. It can be a call from "law enforcement." A relative has been arrested and needs your immediate help. A grandchild, a niece, or nephew—they are in the slammer, in serious trouble! Maybe a text message, whatever the method. You have to act now!

Former Hallowell Police Chief Chris Lewis was asked about reports of fraud. "A person brought in some paperwork. Someone trying to hire a roofing company sent a \$10,000 check complete with a postage-paid return envelope." The accompanying note indicated that accounting cut too large a check. Could the recipient just cash it and send back a check for \$5,000 and keep the remaining \$5,000 for the deposit." He turned the matter over **SCAMMED cont'd on PAGE 11**

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From the Desk of the Hallowell City Clerk

In 2024, our office has been busy conducting elections; three in one year is a lot. Now we are in the home stretch with the final Election of the year, which is quickly approaching. Election Day will be on Tuesday, November 5th, and will be held at the Hall-Dale Elementary School at 26 Garden Lane with the polls open from 8AM to 8PM.

This year's ballots will include the State of Maine General Ballot (Presidential), State of Maine Referendum, and the Hallowell Municipal Candidates Ballot for City Councilors in Wards 1, 3, and 5, along with the City Councilor At-Large.

This year's candidates are as follows:

Ward 1 – Karen Knox (running unopposed)

Ward 3 – Benjamin Coolidge Gagnon and David Gilbert

Ward 5 – Lauren McPherson (running unopposed)

At-Large – Scott Cooper (running unopposed)

Absentee Ballots will become available on October 7th, unless they arrive sooner. Absentee Ballot application requests are available through the City Clerk's Office by phone, in person, or online.

You can request your Absentee Ballot online by completing the application at <https://apps.web.maine.gov/cgi-bin/online/AbsenteeBallot/index.pl>.

Absentee Ballot requests must be turned into the City Clerk's Office by the close of business on Thursday, October 31, unless there are special circumstances which have been clarified with the City Clerk. For your convenience, the secure Absentee Ballot Drop Box is located outside of City Hall at the Second Street entrance.



Join the Election Team!!!

The City is always looking for Election Clerks to assist with future elections. If you would be interested, please contact me so that I can add you to the City's list of workers.



City Clerk Lisa Gilliam.

Dog Licenses

WOOF! Another important reminder for our residents is Dog Licenses. If you are fortunate enough to have a dog in your family, then you will want to get them registered for the 2025 season. The new Dog Licenses will be available starting on October 15th. Don't forget to bring in your most recent rabies certificate and spayed/neutered certificate if that was recently done.

If you have any questions, feel free to contact City Hall. I can be reached at 623-4021, ext. 200, or by email at cyclerk@hallowellmaine.org. Deputy Clerk Dan Kelley can be reached at 623-4021, ext. 204, or by email at deputyclerk@hallowellmaine.org.

Finally, Dan and I want to take a moment to say thank you to the wonderful residents of Hallowell who make our work here at City Hall so enjoyable. (LG)

The Sand Bucket List

Don't look now but slips and slides are just a couple of calendar pages away. The Hallowell Public Works crew wants 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, Lisa Gilliam, is all it takes.

One of the handsome and dashing members of the Public Works crew will be dispatched to deliver a 5-gallon 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. (BM)



Unfortunately, this isn't the type of sand bucket we're referring to!



Hallowell Water District

The Hallowell Water District has started the initial phase of testing for removal of the PFAS contaminants in the Ferry Road well sources. With the assistance of the District's engineer, Wright-Pierce, and specialty water subcontractor Blueleaf Inc., pilot testing is under way to determine the best method for removing PFAS from the drinking water.

Pilot testing involves flowing a small side stream of raw source water from the well through four different granular medias to gauge the effectiveness of each individual media for the removal of PFAS from the water. Sampling is completed at intervals during the testing process to determine the expected lifespan of each of the removal medias. This real-world small-scale testing of the different medias is an invaluable tool in determining the best full-scale method for treating the water



Free water tap at Water District office, 52 Winthrop Street.

Hallowell Champion

PFAS Update



Pilot filtration system at the Hallowell water wellhead.

Darin Lary

and determining the size of the treatment system needed for long-term contaminant removal.

Due to the sensitivity of some of the medias, the District also set up a pretreatment system for removal of inorganic manganese prior to treatment for removal of PFAS. Manganese is a common, naturally occurring mineral found in rocks, soil, groundwater, and surface water. Manganese is an essential nutrient, and ingesting a small amount of it each day is important to stay healthy. At the low levels in the Ferry Road wells raw water, manganese can cause staining and black deposits

on sinks and bathroom fixtures. To alleviate this, the District is currently sequestering, or binding, the inorganic manganese using a water treatment phosphate compound. Removing the manganese prior to the PFAS treatment medias extends the life of the medias and maximizes the performance of each treatment process.

District personnel installed raw water piping and assisted Blueleaf in the installation of the pilot testing apparatus. The assemblies allow water from the wells to automatically flow through the test column whenever the wells are running. Periodically, water samples will be collected from each test column to graph the effectiveness of the treatment processes. The pilot testing phase is expected to be running for approximately three months for each of the two wells. This extended period testing phase is required to develop an accurate baseline for the evaluation of the treatment medias.

In parallel with the pilot testing phase, Wright-Pierce will be collecting geotechnical and site survey field data to expedite the preliminary design of the water treatment facility upon completion of the pilot testing and treatment alternatives evaluation. Field data collection is expected to be completed in the next couple of months. (DL)



Hallowell Water District wells in Chelsea.

Fire Safety—A Full-Time Job

October is Fire Prevention Month with a special focus on the week of October 9th in commemoration of the Great Chicago Fire, which began on October 8, 1871, and caused devastating damage. This horrific conflagration killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures, and burned more than 2,000 acres of land. Fire safety, however, is a full-time job.

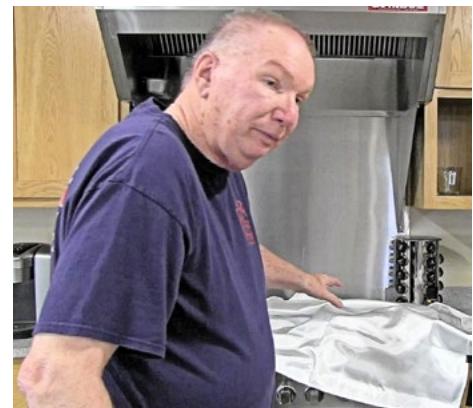
The Hallowell Firefighters' Association and members of the Hallowell business community are teaming with the All Age-Friendly Committee to underwrite the cost of fiberglass fire blankets for residents of the City's congregate housing facilities. However, Hallowell Fire Chief Jim Owens made it clear. "Our recommendation in case of a kitchen fire is turn off the stove, get out, close the door as you leave, and call 911. If you are able, and have a

fire blanket, you can cover the fire to smother it. Fire extinguishers are ok if they are charged and you know how to use them, but they can make a mess."

The fire blankets will be available first to residents of the Cotton Mill Apartments and Central Commons for a donation of \$5.00 on a first-come-first-served basis. The initial order is for 50 blankets.

Chief Owens demonstrated the use of the blankets for some of the All Age-Friendly Committee members. He reiterated that the first course of action is to ensure your safety. Turn off the stove if the fire is in the kitchen, leave and close the door, and call 911. If the resident feels able, simply pull the blanket from its storage pouch and cover the fire.

"Safety is our first concern, the Chief explained. "There are three important actions that people can



Chief Jim Owens demonstrating the use of a fire blanket on a cooking stove top.

Bob McIntire

take to protect themselves.

1. Install smoke alarms in every bedroom, outside each separate sleeping area (like a hallway), and on each level (including the basement) of the home.

2. Make sure the smoke detectors work! Test them once a month.

3. Change smoke detector batteries at least once a year." (BM)

Fill the Boot Drive October 13

One of the most important sources of support for the Hallowell Firefighters Association is the Annual "Fill the Boot" Drive being held Sunday, October 13, from 10AM–2PM at the intersection of Water and Winthrop Streets. Last year the boot drive raised nearly \$4,000!

The Hallowell Fire Department expenses represent less than 1½% of the City budget, thanks in large part to the volunteers who answer the emergency calls. The City contribution covers the operation of the department and little else. That is where the Firefighters' Association comes in. All the volunteers are members of the association and through their efforts, the department is able to purchase the ancillary equipment that ensures the department can effectively and safely respond to calls for help.



Deputy Chief Aaron Selwood on Boot Drive duty.

Logan Bennett

Over the past five years the Firefighters' Association has purchased a new rescue boat for the department, a thermal

imaging camera, a battery-powered chainsaw, and recently a Utility Task Vehicle (UTV). The Association, with the support of the Stephen and Tabitha King Foundation, was able to purchase a special trailer for the UTV with space for tools, a generator, hoses, and a stretcher. The total cost was over \$27,000, none of which was taxpayer funded. This unit will allow the Department to respond more effectively to areas like the trails at The Res, Vaughan Woods, and the Rail Trail.

Every contribution helps! If you won't be traveling through the City that day, you can still make a contribution by sending a check to the Hallowell Firefighters' Association, PO Box 85, Hallowell, ME 04347. If you would like more information about the Firefighters' Association, you can send an email to hffa1836@gmail.com. (BM)

Happening at Cohen Community Center!

Spectrum Generations, in collaboration with Healthy Living for ME, is excited to announce a six-week Living Well with Diabetes virtual workshop that offers practical skills for managing Type 2 Diabetes. Led by trained peers, the program covers essential topics such as healthy eating, preventing complications, and managing stress. Participants will gain increased confidence and leave with actionable plans to improve their health and well-being in a supportive environment.

Living Well with Diabetes is a virtual workshop offered through Zoom on Wednesdays from October 16–November 20 from 9–11:30AM.

A \$20 donation is suggested for participation in these workshops to support the nonprofit programming. A contribution helps us to continue offering valuable programs to our community. However, a donation is not required to participate.

Contact Monica Hawk, Health & Wellness Program Coordinator, at (207) 620-1642 or via email at mhawk@spectrumgenerations.org.

Leadership Opportunities!

Healthy Living for ME® (HL4ME®) has announced several leader trainings for Maine residents who are interested in volunteering with the organization as a workshop leader in a health and wellness capacity. Anyone interested is welcome to join the trainings. Community organizations are also welcome to have their staff and/or volunteers participate in the leader trainings.

Hallowell Champion

“If you have a passion for health and wellness, leading workshops with a HL4ME network partner offers a meaningful way to make a positive impact in the community while deepening your knowledge in an important area,” said Jen Paquet, HL4ME Director of Health Promotion and Disease Prevention. “We encourage anyone interested in learning more about these training opportunities to get in touch.”

The leader trainings schedule includes:

- Living Well for Better Health, October 8–11 (Tuesday–Friday), 9:00AM–5:00PM, Cohen Community Center, Hallowell
- Living Well with Diabetes, October 22, 24, and 29 (Tuesday/Thursday), 9:00AM–12:30PM, Via Zoom
- Living Well with Chronic Pain, November 5, 7, and 12 (Tuesday/Thursday), 9:00AM–12:30PM, Via Zoom
- Building Better Caregivers, January 7, 9, and 14, 9:00AM–12:30PM, Via Zoom

Successful completion of the Living Well for Better Health leader training is a prerequisite requirement for participation in the Living Well with Diabetes, Living Well with Chronic Pain, and Building Better Caregivers programs.

If you would like to discuss becoming a leader for HL4ME workshops or would like to register for one of these upcoming leader trainings, please contact HL4ME at info@healthylivingforme.org or 1-800-620-6036.

Healthy Living for ME is a statewide network of local organizations, health systems, and volunteers that work together to empower individuals to take control of their health. As the leader of a statewide Community Care Hub, our mission is to coordinate and align community resources to improve the health and wellness of the people of Maine. (LM)



Maine Pine Catering.

Check out Maine Pine Catering for Full-Service Catering and Event Support

Think of Maine Pine Catering when planning your next special event: BBQs, holiday parties, recognition events, retreats, birthday parties, retirement parties, celebrations of life, even weddings and more.

Our talented chef and catering team offer fully customized menus to meet all tastes and budgets. Our beautifully renovated facilities offer plenty of room to accommodate up to 100 guests (actual number determined by room configuration) and the Cohen Center Deck!

All proceeds from Maine Pine Catering are reinvested in Spectrum Generations' mission to promote life-long learning, health, wellness, nutrition, and community.

Learn more about Maine Pine Catering on the web at <https://www.mainepinecatering.com/>, [Facebook.com/mainepinecatering](https://www.facebook.com/mainepinecatering), and on Instagram @207mainepinecatering.

Spectrum Generations is the Central Maine Area Agency on Aging as well as a federally designated Aging and Disability Resource Center. The 501c(3) nonprofit organization helps older and disabled adults (plus those who care for them) live healthy, independent lives in their own homes and communities. For more information, please call 1-800-639-1553 or visit online at www.spectrumgenerations.org. Find us on Facebook/SpectrumGenerations.



Vaughan Woods & Historic Homestead

Grab your friends and join us under the twinkle lights in the Homestead's Garden Pavilion for a hearty meal of soup and homemade bread in a beautifully crafted bowl. Warm up by the campfire while sipping hot cider and stroll the gardens under the stars.

Gates open at 5PM for bowl selection, and serving begins at 6PM. Tickets include dinner and a handmade bowl that diners can take home. Tickets will go on sale October 1.

The potter is Hallowell's own Ellen Gibson. This event supports

Harvest Empty Bowl Supper

Friday, October 25, 5–8:00PM



Ellen Gibson's bowls. *Bob McIntire*



Ellen installing new welcoming pineapples. *Kate Tremblay*

apples, carrots, tomatoes, and greens as it is able. (KT)

the Hallowell Food Pantry and the VWHH Community Garden. Over the past 12 months the Hallowell Food Pantry has served 2,486 households, which comprise 4,615 individuals. The VWHH Community Garden helps support the Food Pantry by donating eggs,

Homestead November Notables Twilight Tour “Famous Friends, Correspondents, and Visitors”

Twilight is pure magic at the Homestead. Enjoy an evening out with light refreshments in the dining room and an informal “Notable Friends”-themed stroll through the c. 1794 Homestead. Visit with interpreters in each room or follow

along the self-guided tour. Across 200+ years of Vaughan Homestead residents, their distinguished friends, correspondents, and visitors have included founding fathers, presidents, authors, artisans, and even a future king!

Explore oral history, personal correspondence, photographs, journals, and more on this twilight tour. We're not above a little name-dropping. Some featured notables include George Washington, Benjamin Franklin, John James Audubon, Sarah Orne Jewett, Julia Ward Howe, Franklin Delano Roosevelt, and the list goes on.... You don't want to miss this tour!

Mark Your Calendar. The Notable Tour is Thursday, November 7, 2024, between 4:00 and 7:00PM (purchase tickets for the 4:00 or 5:30 tour). Ticket sales start in October. Drive through the gates at 2 Litchfield Road in Hallowell



Kate Tremblay, Executive Director, introduces guests to some of the "Notables" that visited the Vaughan Homestead.



Nona Thompson researches the writings in the archives of the Vaughan Homestead.

City of Hallowell and Hallowell Conservation Commission Receive Maine DEP Award

In June 2024, the Maine Department of Environmental Protection (DEP) notified The City of Hallowell and the Hallowell Conservation Commission (HCC) of a conditional award for Watershed Based Planning. The Maine DEP grant award, for a total of \$64,000, will focus on nonpoint source pollution controls for Vaughan Stream.

The HCC's project team, consisting of commission and community members and funded by grant and match amounts, will collaborate with an environmental consultant over a 2-year period to develop a Watershed Based Management Plan. The final award contracts are still in process, but work is planned to begin in late 2024. The resulting 10-year management plan will guide the community in how best to remove the Vaughan Stream from the Maine DEP's Threatened Streams Priority List.

Vaughan Stream is a Class B stream and is listed as "Threatened" on Maine DEP's Nonpoint Source Priority Watersheds List due to threats from development in the watershed. Based on monitoring results from the DEP's Biomonitoring Unit, Vaughan Stream has failed to meet Class B water quality standards in recent years. Portions of Vaughan Stream also regularly fail to meet Class B standards for dissolved oxygen based on data collected by HCC volunteers for the DEP's Volunteer River Monitoring Program, which has been collecting data since 2021.

Sixty-eight percent of the land area in the City of Hallowell is located within the Vaughan Stream Watershed. The watershed provides significant opportunities for year-round public recreation, including



Devin Walker measuring the oxygen level in Vaughan Brook.

Rosemary Presnar

swimming, hiking, biking, fishing, birding, as well as snowmobiling and skiing in the winter. The stream and its tributaries are a major component of Hallowell's acreage, scenic beauty, and recreational assets. Vaughan Stream also provides valuable wildlife habitat.

There are 504 acres of freshwater wetlands within our watershed, including a few large areas, which provide additional habitat for wildlife and migrating birds who use the watershed as a resting and feeding area. Sensitive areas include a state-listed inland wading bird and wildlife habitat, one area of deer-wintering habitat, and multiple large areas of undeveloped habitat blocks.

Protecting Vaughan Stream and its watershed was identified as a community priority in the City of Hallowell's 2020 Comprehensive Plan. The receipt of the Maine DEP award is a major step toward this community priority. As the Watershed Based Management Plan development project progresses, the project team will update the community via public meetings, social media posts, and newsletters.

The Hallowell Conservation Commission would like to thank City Manager, Gary Lamb, for his support and congratulate Hilary Neckles, Deb Sewall, Judith Gruber, and Rosemary Presnar for participating on the grant application steering committee and submitting a winning application. Project partners include the Vaughan Woods and Historic Homestead and the Kennebec Land Trust.

For additional information on this project, please email hallowellconservation@gmail.com. (RP)



Vaughan Brook.

Bob McIntire

Is it Vaughan STREAM or Vaughan BROOK?

It is obvious to most people when an activity involves a river or trout stream, but there can be some confusion over some small streams and brooks. Maine's Natural Resource Protection Act (NRPA) requires the Maine DEP to issue permits for activities that may alter rivers, streams, or brooks. Streams and brooks are interchangeable terms with the same meaning. To qualify as a river, stream, or brook, a water feature must have a defined channel. In addition, the water feature must have two or more characteristics that are described in the NRPA definitions section. For more information, please reference <https://www.maine.gov/dep/land/nrpa/documents/nrpa-stream-id.pdf>.



Élise Bolduc, along with husband Ben Hitchcock, both graduates of the University of Maine, have a passion for preservation of historic homes. The interest led Élise to join the Row House Board of Trustees. Her interest in Hallowell's architectural heritage also inspired her to create a set of watercolor greeting cards depicting some of the City's iconic buildings, including the Hubbard Library and City Hall. The cards are available in a box

Row House Offers Unique Hallowell Greeting Cards

set of 12 cards with four of each design, perfect for seasonal gifts! The cards are available online at www.rowhouseinc.org, by emailing rowhouseinc@gmail.com, or calling 207-557-0702 for personal service.

Another great gift idea, the Hallowell book, *Dwellings*. This full-color book highlights some of the unique homes of Hallowell. Photos are by Bill Haley. Just \$10.00 – delivered free in town. Also available online.



Row House greeting cards.

Bob McIntire

Give a Great Gift – Row House Membership Help Preserve Hallowell History

Row House, Hallowell's historical Society, is dedicated to preserving and celebrating the history of the City. One of the more unusual artifacts in the City collection is the cannon known as the "Thunder Jug" that sits by the Powder House on High Street. Also known as the "Beeman Cannon," the ordnance was originally part of the armament of the British Navy brig *HMS Boxer*, which was captured by the *USS Enterprise* in a sea battle off Portland during the War of 1812.

About 1837 a group of local businessmen, led by John Beeman, purchased the cannon in Portland and brought it to Hallowell. It was placed on a gun carriage and converted to a field piece. Today it serves as a memorial to the Hallowell Light Infantry and Hallowell Artillery Company.

As the cannon was being moved into winter storage last year, Larry Davis, President of Row House, noticed that the wood carriage wheels were rotting and unsafe. Rob Saucier, the craftsman who restored the cannon carriage two decades ago, has since retired. Larry

contacted Shawn Malone, a cabinet maker, who agreed to undertake the repairs. The project took several months at a cost of \$4600.

Projects like restoring the Thunder Jug take money. One of the most important sources of support is dues paid by members or, and here is

the pitch, gift memberships! There are several levels from Individual memberships at \$25 to Patrons at \$75. Joining or gifting is easy! Visit the website www.rowhouseinc.org and click on "Membership." Want the personal touch? Email rowhouseinc@gmail.com. (BM)



Thunder Jug at Powder House Park, High Street in Hallowell.

Larry Davis

Fall Means Lawn Prep for the Spring!



On September 26, 2023, the Hallowell City Council approved a Landcare Management Ordinance that limits the use of synthetic pesticides and herbicides on public and private properties within the City. The ordinance passed unanimously with all 5 Councilors who were present voting to approve. A condition of the ordinance states that citizens be given a year to learn about alternative lawn care practices before it actually takes effect on January 1, 2025. We can get ahead of the game and start our healthy lawn care practices right now.

September to early October is prime time to plant or repair a lawn. A good plan is to lightly compost the bare or thin areas and then overseed with a mix of Kentucky bluegrass, fine fescue, and perennial ryegrass. Throw in a handful of clover seed to provide extra nitrogen for the grass

and food for pollinating insects. The cooler weather and more frequent precipitation is perfect for establishing strong, healthy lawns. A short and informative video How to Maintain a Pesticide-free Lawn narrated by Chip Osborne is available online through the City website.

During the past year the GrowGreen&Healthy Hallowell Committee has hosted several information sessions to help community members become better acquainted with the ordinance and to learn sustainable and earth-friendly practices. In addition to Chip's video, the Committee has assembled resources focused on healthy yard care. Details are available on the GG&HH website: www.growgreenhallowell.org. The City website also has a wealth of information linked through the Conservation Commission. If you have any additional questions, contact HallowellConservation@gmail.com.

The Landcare Management Ordinance fulfills an important goal stated in the City's 2022 Comprehensive Plan: To regulate



Flowers and Sign. *Rosemary Presnar*

pesticide application by ordinance to ban most pesticide applications on residential lawns, gardens, parks, playgrounds, and athletic fields. This ordinance will play a vital role in protecting the health of city residents, our children and pets, as well as the Vaughan Brook Watershed, the waters of the Kennebec River, and the city's wildlife, plants, and soils. Let's get busy and make this happen. (RP)

Committee Spotlight: Recycling

The goal of this five-member group is obvious in the title: to encourage residents to recycle as much household refuse as possible. The goal is to reduce the impact on the regional solid waste landfill. The more that is diverted from the waste stream the longer the landfill can accept "deposits."

Recent city budget issues put this committee's major project, the North Bay Recycling Center in the Public Works Building, on the chopping block. Public outcry caused the City Council to reconsider the expenditure, and it appears the City will keep the center open.

Recyclables can be sorted and left for the refuse companies to pick up or residents can take cans, paper, and cardboard to the Water Street location. A "sort sheet" and recycling handbook are available in the City's website at <https://hallowell.govoffice.com/>. Select the "Government" dropdown and click on Recycling Committee for all the info including how to sign up as a North Bay volunteer.

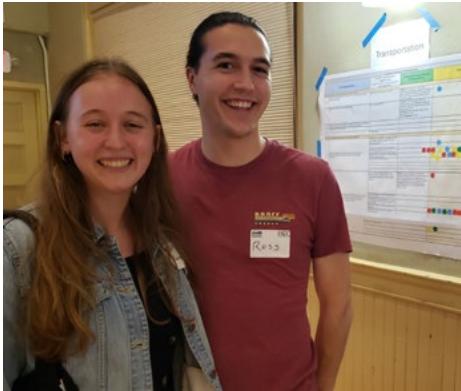


Hallowell Recycles!

Hallowell Celebrates Climate Action Prioritizes Future Efforts



On July 31st, over 50 Hallowell residents gathered in City Hall Auditorium to celebrate Hallowell's achievements and prioritize future actions toward reducing carbon pollution, transitioning to clean energy, and becoming more resilient to climate change effects such as flooding, extreme weather, drought, and public health impacts. The event was organized by Hallowell Climate Action (HCA), a project of the Hallowell Conservation Commission, and what a party it was!



Planning Participants' job well done! *Hilary Neckles*

The rocking and soulful music of the Mediocre Craftsmen provided listening enjoyment for socializing over delicious food and celebration cake, and the music continued to energize participants as they prioritized future climate actions. The fact that everyone was comfortable in the third-floor auditorium on a sweltering July evening was due to the recent installation of energy-efficient heat pumps to heat and cool the

auditorium, a project made possible by a state Community Action Grant to support climate action and resilience. Participants saw (and felt) climate action in action!

There is a wide array of approaches municipalities can take to mitigate and adapt to climate change, from innovations in transportation, buildings, clean energy, and infrastructure to protecting the environment and building healthy and resilient communities. Maine's Climate Action Plan has prepared a list of about 100 suggested activities for communities that align with the goals and strategies of the state's plan. At the celebration, the state-suggested actions were posted around the auditorium and participants engaged in "dot voting" to identify their priorities for Hallowell.

Every participant was given six dot stickers to apply to actions they felt most important for reducing energy use and costs and making our community more resilient to climate change effects. In this way, actions with the most votes revealed the group's priorities.

Some focused projects received



Considering the alternatives. *Hilary Neckles*



Brainstorming the City's Climate Action Plan. *Hilary Neckles*

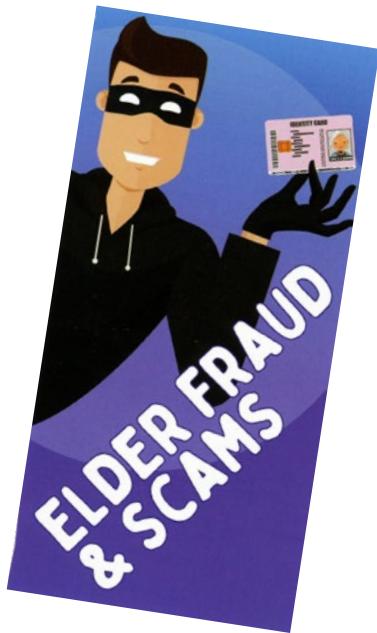
a high number of votes, such as improving corridors for pedestrian transportation and negotiating a community bulk purchase to provide low-cost heat pumps. Planning for the future through vulnerability assessments for both the community and critical infrastructure was also a high priority. Other group priorities included establishing natural, ecologically enhanced shoreline protection from riverine flooding; protecting the public drinking water supply; and initiating a residential food composting program.

HCA appreciates the enthusiastic input from the community and will use this information to guide future efforts. For more information or to get involved with HCA, contact HallowellConservation@gmail.com. (HN)



The Mediocre Craftsmen entertain the climate planners. *Hilary Neckles*

SCAMMED continued from PAGE 1



to the Postal Inspector.

He has heard reports of callers identifying themselves as police officers. There is a problem that must be taken care of immediately! The chief recommended asking for a badge number and then calling the local police department. "Officers will never ask for cash." He said that many retail stores now question customers when they try to purchase large numbers of gift cards. "You can't be too careful!"

Losing Big Money!

The problem is serious. Mainers filed fraud complaints for losses totaling more than \$7.1 million in 2023, according to the FBI. The U.S. Attorney's Office for the District of Maine launched an innovative new elder fraud awareness program with the aid of pharmacists. The Maine Rx Elder Fraud Program is a collaborative effort between the U.S. Attorney's Office, AARP Maine, and the Maine Council for Elder Abuse Prevention.

Informational brochures will be attached to prescription bags at Hannaford pharmacies alerting customers to the potential for fraud or they can ask for a copy at the

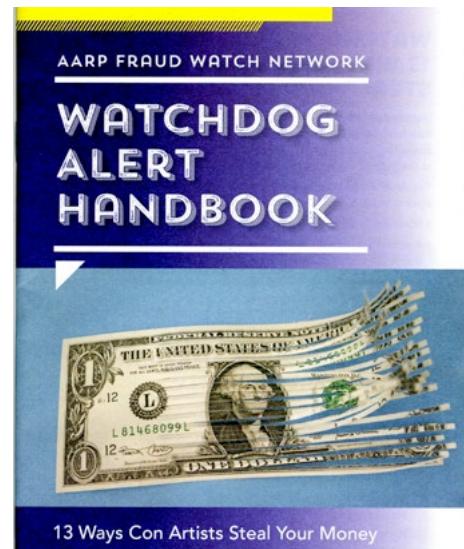
pharmacy counter. There were 397 fraud complaints in Maine last year, but many rip-offs go unreported. While some scams can have small losses, sophisticated operators have robbed victims of their life savings.

There are "phishing calls." Someone contacts you and explains that you need to verify your account. You are asked for your bank routing number, birth date, or Social Security number. Red flags should pop up! Criminals are sneaky and persuasive. They prey on people using strong-arm tactics. Hang up! Just say, "No!"

"There are so many different types of scams in circulation, it can be difficult to recognize them all. Add in technology, and it becomes even more difficult," said Jane Margesson, Communications Director for AARP Maine. "Increasingly, the scams are more sophisticated and with multiple layers, even multiple scammers playing different roles. As the schemes have become more complex, the potential losses have increased as well. Those losses can be especially devastating for victims

nearing or in retirement. Some of the stories we hear are absolutely heartbreaking."

There are many resources available to help you be informed and prepared. Hallowell City Hall and the Hubbard Library have free copies of the Watchdog Alert Handbook from AARP or you can call the Fraud Watch Network Helpline at 1-877-908-3360. Banks and credit unions have resources as well. Be alert! Be informed! Don't be scammed! (BM)



10 Tips to Avoid Being Scammed

Information provided in the brochure produced by the US Department of Justice and the Maine Council for Elder Abuse Prevention <https://elderabuseprevention.info>

1. Unknown number calling? Don't answer.
2. Don't share personal or account information.
3. Call from the IRS, bank, or Social Security? Hang up and call the bank or agency.
4. Fraud alert email? Don't click on the link! Call the number on your bank statement.
5. Never provide authorization codes.
6. Won the lottery? Likely a scam. Never pay money to receive winnings.
7. Pop-up says your computer is infected? Scam! Never click on the link or call the number provided.
8. Someone wants prepaid gift cards and they are coming to pick up the money? Call 911.
9. Urgent demand? RED FLAG! Contact a trusted friend or family member and talk it over.
10. Deal too good to be true? Likely a scam.

Questions? Call the National Elder Fraud Hotline 1-833-372-8311

Winthrop Street Crossing: A Step to Safety

Stevens Commons, the former "school for girls" that later housed a Department of Corrections prerelease center and various state offices is now a thriving community. There are dormitory apartments for UMA students, senior housing, and multiple condos on the campus with more dwellings to come. This vibrant redevelopment has dramatically increased the local population and pedestrian traffic in the area.

People walk back and forth across Winthrop Street to the Commons and vice-versa, for daily strolls or jogs, trips to the elementary school, the popular Farmers Market, and hikes along the beautiful trails through the Effie L Berry Conservation Area and Howard Hill Historical Park. However, senior citizens, children,



Four members of the High Street Brigade cross Winthrop Street in the new crosswalk featuring pedestrian-activated flashing lights.

Bob McIntire

dog walkers, and others were crossing the street, often in fear for their lives.

After many years of asking for the creation of a safe crossing, local residents formed the "High Street Brigade." They authored a petition in September 2020, gathered over 100 signatures in short order, and

submitted the document to the City prompting action, but it was a while in coming.

The project required engineering: a sidewalk with new drainage needed to be designed and built and lights installed. No simple feat. It took 4 years of prodding both the City and the Maine Department of Transportation, that funded 80 percent of the bill, to finally get the work done. The wait, while frustrating at times, was worth it. Pedestrians can now activate warning lights to alert drivers before stepping into the traffic lanes at the new crosswalk. Everyone can now cross the street more safely. Hurray to MaineDOT and the City! (SC/RP)

Loudon Hill School Now a Community Center



The third version of the Loudon Hill School.

Bob McIntire

The building at 330 Water Street has served many purposes. It was the Loudon Street School, later the Kennebec Masonic Lodge, and often a polling place for voters. When the local Masons could no longer afford it, they put the building on the market. Mark Kmen and his wife Christine Little, who currently own and operate The River Studio next door at 332 Water Street in Hallowell, took the opportunity to purchase the building with the intention of providing a venue for meetings, classes, workshops, parties, and special events.

They thought about many

different names for the building and finally settled on "The Loudon Hill Center," which honors the local area and the building's past use as a schoolhouse from 1830 to around 1970 at which time the Masons purchased it and added a large function hall and dining room.

Mark has worked tirelessly to renovate the building including lots of painting, reconfiguring stages into one larger main stage, landscaping, replacing windows and flooring, and he will soon have the parking lot paved. Mark jokes that if he forgets a tool all he has to do is go next door!

The Loudon Hill Center has several meeting rooms including a large hall available for rent as well as a full-service kitchen. The lower level currently houses the TAO Karate Dojo run by Karen Jones who can be contacted at misskarenjones@gmail.com.

The building also contains Mark's private psychotherapy office. He



Mark Kmen and Christine Little inside the Loudon Hill Center.

Bob McIntire

was previously seeing clients via telehealth literally from his living room couch since the COVID epidemic and hopes to see clients face to face in the near future.

An Open House is planned at the Loudon Hill Center on Saturday, October 26th, from 10:00AM to 4:00PM, featuring visual art by Michael Hart and Noreen Sadue and live music from 11:00AM to 1:00PM. Light refreshments will be served. Call Mark at 207-462-3812 for more information.



WindowDressers Returns to Hallowell, October 22–27 Volunteers Needed!

WindowDressers is a nonprofit organization that supports volunteers in constructing lightweight insulating window inserts for homes in their communities. In fall 2023, over 90 volunteers came together at Hallowell's first Community Build. Volunteers learned new skills, shared delicious meals, and made new friendships while assembling inserts for households in Hallowell and surrounding towns. WindowDressers returns to Hallowell for a second Community Build, October 22–27, and volunteers are needed to ensure a repeat success.

The 2024 Community Build is again co-hosted by Hallowell Climate Action (HCA, a project of Hallowell Conservation Commission) and Manchester Conservation Commission in partnership with Capital Area New Mainers Project, and will be held at the Hallowell Multicultural Center. This year's build will provide low-cost or free inserts for about 40 households, including nine New Mainer families, who will stay warmer, save on heating costs, and reduce carbon emissions this winter.

Volunteers are needed throughout



the week for 4-hour shifts to help assemble the window inserts for local community members. There are weekday, weekend, and evening shifts available. No experience is necessary; each simple skill will be taught. HCA will provide food, tools, and training. There are jobs to suit all interests and abilities, from performing a simple step in the insert assembly process to putting

out food to share. Some jobs can be done sitting down. Volunteer help is essential to keep the inserts affordable or free, to assist your neighbors, and the process is fun! Sign up online at <https://tinyurl.com/WindowDressersHallowell> or by contacting Hilary Neckles at manhallwindowinserts@gmail.com. (HN)



Volunteers assembling window inserts during the WindowDressers Community Build, November 2023, at the Hallowell Multicultural Center.

Photos by Hilary Neckles

Granite City Park Celebration October 20

Granite City Park as we enjoy it today is the result of the efforts and vision of many individuals, volunteers, and organizations over the past 20 years. What had been an abandoned lot, a snow dump, and dirt parking lot has been transformed into an oasis of peace, quiet, and beauty by the Kennebec River for all to enjoy. It is time to celebrate what we have created and remember together how it all came to be!

Come hear from some of the people who have worked to create the park as they recount this journey: First, the bulkhead and boardwalk were built to secure the eroding waterfront and encourage boaters to visit the City. Then the “Last Crane Standing” was erected by volunteers in 2014 with City help, and historical panels positioned to highlight Hallowell’s granite history. A year later the Hallowell Area Board of Trade sponsored a campaign to purchase the multicolored chairs making the bulkhead a sociable, friendly place to sit and watch sturgeons jumping and eagles and osprey flying.

The magnificent pollinator garden was created by Conservation Commission volunteers. Then the Tree Board obtained two grants to eradicate knotweed. This increased the size of the park by two-thirds, and the knotweed was replaced with native trees and shrubs for ecological restoration. A short loop along the shore was added, with an information kiosk about ecology.

The Hallowell Arts and Culture Committee sponsored the Granite Symposium in 2021 at Stevens Commons. Attendees selected their two favorite sculptures which were purchased and installed in the park. The Hallowell All Age-Friendly Committee aided by Vision Hallowell worked to make the park more accessible to all by writing two AARP Challenge Grants that funded installing a ramp between the parking lot and the bulkhead, and this year a bike rack and an ADA accessible picnic table. All these endeavors were made possible by years of service by citizens of every age.

On Sunday, October 20th, from 3–5PM, rain or shine, Vision



New accessible picnic table.

Hallowell and the All Age-Friendly Committee will hold a Hallowell Volunteer Celebration at Granite City Park. Everyone is invited to celebrate the City’s wonderful community spirit and recognize the many organizations that created this special place. Hallowell’s Public Works Department will also be recognized for the hard work that transformed the park into this iconic spot that people from the entire region enjoy visiting. Port City Sound Barbershop Quartet will provide entertainment and refreshments will be provided. Join the celebration. See you there! (SC/ KTK)



Granite City Park – a view from the Kennebec River.



VOLUNTEER APPRECIATION & CELEBRATION OF GRANITE CITY PARK



Every Hallowell resident is invited to celebrate our wonderful community spirit! We have so many volunteers who have worked hard to transform Granite City Park into an iconic spot. Let's celebrate their hard work and our beautiful oasis on the Kennebec! **Please join us!**



Sunday, October 20th, 3-5pm



Free food and drink



Music by Port City Sound Barbershop Quartet





Record Number of University of Maine at Augusta Resident Students in 2024

Backpacks and blankets, clothing and computers, boxes of shoes, and baskets of school supplies were conveyed by excited students, helpful parents, and volunteers into the University of Maine at Augusta (UMA) student housing at Stevens Commons in Hallowell and Best Western Plus Civic Center Inn on August 29th.

UMA student housing at Stevens Commons in Hallowell is filled to capacity this year. Though it has been known as a commuter school and a pioneer in distance education for much of its 59-year history, UMA is seeing growth among students looking for a more traditional college experience.

The first student residence, Stevens Hall, opened its doors to 34 students and three residential life staff members in 2019. Now, just 5 years later, UMA has a total of three student residential buildings at Stevens Commons, having added Erskine Hall in 2020, which increased housing capacity to 48 beds, and Cleveland Hall, which opened in the fall of 2023, bringing the total number of beds up to 102.

Demand was exceeding supply for the 2024–25 school year, so the university began exploring options, finally negotiating with Best Western Plus Civic Center Inn to accommodate an additional 22 students. Jenifer Cushman, president of UMA, shared, “We are excited to welcome so many students into our UMA residence halls, and to partner with the Best Western to house even more! We are grateful that we can provide our students with housing in a tough real estate market so that they are able to concentrate on their education, building career skills to change their lives for the better.”

UMA students living at Stevens Commons will continue their tradition of community service and engagement. In the past, they have done trail work at Vaughan Woods, volunteered at an animal shelter, served at a food bank, and helped out at a fire station. The housing community advisors are in charge of finding and coordinating these engagement opportunities, which will get under way in the coming weeks.



Three UMA nursing students at UMA welcome back event.

Duncan Persons

While students are drawn to UMA for its convenience and affordability, they also come for its unique programs. UMA is the only school in Maine to offer a bachelor of architecture program, aviation, dental assisting, information and library science, holistic nursing, mental health and human services, music (contemporary and popular), public administration, trauma-informed emergency management, and veterinary technology.

UMA transforms the lives of students of every age and background across the State of Maine and beyond through access to high-quality distance and on-site education, excellence in



Two UMA students on move-in day at Stevens Commons in Hallowell.

student support, civic engagement, and professional and liberal arts programs. For more information, please visit <https://www.uma.edu/> (VL)



Stevens Hall and Erskine Hall, two of the buildings that house UMA students in Hallowell.

Maine Community Foundation Supports The Champion with Grant Award!

Maine Community Foundation Supports *The Champion* with Grant Award!

Several community members and Vision Hallowell joined forces to assist the Hallowell All Age-Friendly Committee to apply and receive a Maine Community Foundation grant to support the growth of our popular community newsletter. The Hallowell All Age-Friendly Committee (HAAFC) received a \$4,725 grant from the Community Building 2024 Fund of the Maine Community Foundation to help expand content of *The Hallowell Champion* to better serve the Hallowell community.

"This grant will carry *The Champion* expansion into the next fiscal year that started in July," said Bob McIntire, HAAFC chair. "The funding will contribute to the newsletter's longevity and continued benefit to the community while allowing several of our past business sponsors to recover themselves from the 2023 and 2024 Kennebec River flooding. We are



grateful for the grant funding and the continuing community support."

The Hallowell All Age-Friendly Committee was appointed by Mayor Mark Walker in January 2018. Their work provided the basis for the creation of the City's All Age-Friendly Plan recognized by the World Health Organization and AARP in December 2020. Since its inception, the committee has launched this community-wide newsletter; convened two regional transportation forums to explore the needs of individuals, communities,

and the region; and created a community awareness campaign focused on dementia awareness.

Vision Hallowell is the City's Main Street Maine Affiliate member in support of our historic downtown. The Maine Community Foundation brings people and resources together to build a better Maine through strategic giving, community leadership, personalized service, local expertise, and strong investments. To learn more about the foundation, visit www.maineacf.org. (RP)

Hubbard Red Doors Annual Campaign Kick-Off Joe Owen, *This Day in Maine*, October 27

The Hubbard Free Library's 2024–2025 Annual Fund Campaign kicks off October 27 with a presentation by Joe Owen, longtime reporter and editor for the *Kennebec Journal* and *Waterville Sentinel*. He wrote a regular column for the papers that "chronicled day-by-day, from January 1 to December 31, the highlights and lowlights, the famous and infamous, and the big and small of everyday life in Maine," according to his publisher, Islandport Press. The writings were gathered into a compendium, *This Day in Maine*, published in 2020 to

celebrate the State's Bicentennial.

Joe worked for the local papers for a quarter of a century. Before that he was a civilian correspondent for *The Stars and Stripes*, a daily newspaper published for the U.S. armed forces, spending nine years in Germany and four years in Japan. His son married a classmate giving Joe and his wife a reason to regularly visit Europe.

The Hubbard Annual Fund campaign is a vital source of operating funds that provides books, supports staff, and enhances technology, plus enables presentation of programs, pays for

heat, and keeps the lights on. Every contribution, in any amount, helps keep the red doors open. On average 2,500 people, young and old, local folks, and those from away come to the library each month looking for information on history and architecture, to participate in book groups, and browse for the fun of it.

The Annual Fund goal this year is \$45,000 and demand for the Hubbard's offerings is growing. Light refreshments will follow the program.

1st Annual HABOT ArtWalk, October 6th



Get ready to immerse yourself in an afternoon of creativity and community spirit as downtown Hallowell transforms into a vibrant canvas for the inaugural 1st Annual HABOT ArtWalk. Hosted by the Hallowell Area Board of Trade (HABOT), this free public event will take place on October 6th from 2PM–6PM, illuminating Water Street with an array of artistic talent from across Maine.

The HABOT ArtWalk promises to be a captivating experience, as Water Street's charming local businesses become temporary galleries showcasing the work of exceptional Maine artists. Each participating location will offer its own unique ambiance, turning everyday spaces into extraordinary artistic destinations. Attendees will have the opportunity to explore a diverse collection of art forms, engage with the artists, and experience the creative energy that defines Hallowell.

"We are thrilled to launch this new tradition that celebrates both our local businesses and the incredible talent of Maine's artists," said Stephanie Paradis, Chair of the ArtWalk Steering Committee at HABOT. "The ArtWalk is a community celebration that invites everyone to experience art in a dynamic and interactive way." This event is designed to inspire and connect people through the power of local Maine art.

"We are incredibly proud to host the HABOT ArtWalk, an event that perfectly aligns with our mission to support local businesses and enrich our community," said Nick Lacasse, President of HABOT. "Hallowell

has a rich history of fostering arts and music, and this event celebrates that tradition by showcasing the exceptional talent of Maine's artists. It's a wonderful opportunity to honor our city's creative spirit and bring people together in a meaningful way. The ArtWalk is a testament to the commitment to celebrating Hallowell's rich cultural landscape and supporting the talents of Maine's artists."

Participating businesses include Berry & Berry Floral, McAllister Real Estate, Wrapped Up/Vignette's of Maine, Bistro Milliard, Burano's, Slate's, The Rusticators Emporium, Maine House, The Blanchard Gallery, and Michel Paul Artist Studio, among others.

The Hallowell Area Board of Trade is dedicated to fostering the growth and development of local businesses throughout the Greater Hallowell area and promoting community engagement through diverse and dynamic events.

For more information, please visit HABOT's Facebook page or contact the HABOT team at [\(SP\)](mailto:habotcloud@gmail.com)



The Blanchard Gallery and Michel Paul Artist Studio are two of the locations featured in HABOT's Artwalk on October 6th.

Bob McIntire



Scarecrows Haunt Hallowell

"Scarecrow City" is making its triumphant return this October! After about a decade-long hiatus, the downtown will once more be lined with these fun, festive Fall fabrications. Scarecrows will be found in store windows and doorways, on benches, lamp posts, inside and outside public places all over downtown. They will all be competing for the People's Choice award, voted for by the public. Ballots may be cast (as many and as often as you like!) during business hours at The Rusticators Emporium for your People's Choice favorite(s). Don't forget to bring your dimes in order to vote—all proceeds support the Fall Festival!

Scarecrow setups will start Friday, September 27th, and will be removed by Sunday, November 3rd.

Be on the lookout for other Autumn activities throughout the month, including Saturday, October 19th, where you'll find face painting, spooky storytelling, and more! If you are a business that would like to host an activity or simply provide space, let us know—we'll assist with coordination!

Join us in celebrating the season; we can't wait to see everyone!

And please reach out to be notified ahead of time for next year as well at [\(LJ\)](mailto:rusticatorsemp@gmail.com)



Hallowell Volunteer Fire Department

The Hallowell Volunteer Fire Department has openings for firefighters. Training is available. The course lasts 5 months, and when completed, the person is a fully trained and certified firefighter.

Contact Chief Jim Owens at 207-754-2518 or email firefd29@aol.com for more information.



Companions, Shoppers, and Volunteer Drivers Apply Here!

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

Senior Support Volunteers Needed 55+. You could be the

HISTORY continued from PAGE 20
firsthand. Club members of one group from Dirigo Pines in Orono recently visited Hallowell and spent the morning with City Historian, Sam Webber, learning about the real story of Martha Ballard as compared to the fictionalized version. He encouraged members to visit the

Make a Difference Lend a Hand!

answer to someone's lonely prayer. Do you have a bit of time to share with an older adult? Consider this opportunity to serve. Please contact Lynn.

Need Help? Crave Company? If you are 60 years and older and need support with companionship, grocery shopping, or doctors' appointments, please call us.

Companions, Shoppers, Drivers Needed age 55+ Volunteer a couple of 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.



Meals on Wheels Regular Drivers, Substitute Drivers, Packers Needed

Cohen Center/Spectrum Generations

Early morning milk bag packers: Wednesdays and Fridays at 6:30AM

Meals on Wheels "packers": Tuesdays and/or Thursdays. Assist with sorting meals for home deliveries (need a detail-oriented

website www.dohistory.org to learn more about the true life trials and tribulations of Martha Ballard and her compatriots.

The Hubbard Library, recognizing the enthusiasm for the topic, created a new Martha Ballard display that includes a map of the area drawn by Ephram Ballard,

person)

Volunteer dining staff: Monday through Friday 10:30AM–1:00PM. May include meal prepping in the kitchen—a great opportunity for cooking enthusiasts

Drivers and subs needed: Check in with homebound older adults on Friday mornings.

Volunteer Van Driver for Hannaford donation pickup: Fridays at 7AM

Contact Shawn Forkey, Regional Center Director, at smforkey@spectrumgenerations.org or call 207-626-7777.

Interested in Conservation?



Roll up your sleeves!

The Hallowell Conservation Commission (HCC) is seeking additional volunteers with conservation-focused interests and the love of Hallowell's natural resources. Help this passionate group protect the health and vitality of our natural resources, build climate resilience, and engage with the community. If you are interested in being added to our Volunteer List, please email hallowellconservation@gmail.com and follow us on Facebook.

the midwife's husband, who was a surveyor and sawmill operator, and the announcement of Martha Ballard's death from the extensive newspaper collection. The library is open Tuesday through Saturday at various hours. Check the website www.hubbardfree.org or call the library 207-622-6582. (BM)

Martha Ballard Is Back!

When Laurel Thatcher Ulrich published *A Midwife's Tale* in 1990, she brought the remarkable life story of Martha Ballard into the spotlight. The Pulitzer Prize-winning work "brings us closer than we have yet been to the texture of ordinary life in preindustrial America," according to the book's dust cover. The handwritten diary was passed down through generations of women. It informed other books such as *History of Augusta* by Charles Nash, which included several excerpts from the diary, but appeared to be little known even to the detailed eye of local authors like Emma Huntington Nason (*The Champion*, Summer 2024).

The book's publication and



Sam Webber entertains the members of the Dirigo Pines Book Club at the Hubbard Library.

Bob McIntire

the praise it garnered resulted in special events, including an evening celebration at the Augusta Civic Center, that featured a presentation by the author. Since that time awareness of Ballard's life and work has faded a bit, although a Mayor's Committee in Augusta is working to create a commemorative monument in the city's Mill Park. The website www.marthaballard.com details the effort.

The publication of Ariel Lawhon's *The Frozen River* in 2023 brought Martha Ballard back into the public eye. The book, a historical mystery

inspired by Ballard's life and diary, has thrust her and Hallowell back into the spotlight. Its popularity garnered praise, being chosen as a Good Morning America Book Club Pick, an NPR Book of the Year nod, as well as *People Magazine's* Book of the Week. David Hayes, prolific social media producer, documented many of the locations noted in a video series published on the website <https://www.onthekennebec.com/martha-ballard>. Hayes donated several copies of the book to the Hubbard Library. "They are rarely on the shelf," according to Annie Kromhout, Library Director.

Many book clubs have chosen *The Frozen River* for reading, and several groups have made field trips to the area to experience the locales

HISTORY continued on PAGE 19

***The Champion* Publishing Partners:**



Vaughan Woods &
Historic Homestead



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