

The Hallowell Champion



Hallowell All-Age-Friendly Newsletter Volume 5 Issue 1

Fall 2023

All Are Welcome Here Becoming a Dementia-Friendly City

When the All Age-Friendly Committee started its work a few years back, the challenge of crafting a mission statement resulted in a straightforward message. We would work “to make our city inviting, exciting, and accessible for people of all ages and abilities. All are welcome here.” The tasks are mostly obvious: challenges of physical accessibility, recognition of political differences, acceptance of personal gender preferences, understanding of racial issues, and tolerance of religious persuasions. These are commonly recognized differences that can sometimes cloud and color interactions. Missing or perhaps not formally acknowledged are the symptoms exhibited by those experiencing dementia.

Recognizing this challenge, the All Age-Friendly Committee is joining with the Hallowell Area Board of Trade to help make our City dementia-friendly. But what does that mean? First is understanding the terminology. Dementia is an umbrella term for a physical illness that encompasses multiple challenges to the brain resulting in many conditions such as progressive memory loss and personality changes. It is also important to recognize what dementia is not.

Dementia is not a mental illness, and it is not part of the normal aging process. There are many causes and types of dementia. The most recognizable is Alzheimer’s Disease, a brain disorder that worsens over time. It is characterized



Lend a welcoming hand.
(Shutterstock)

by changes in the brain that lead to deposits of certain proteins that cause the brain to shrink and brain cells to eventually die. There are many causes of dementia. All have similar results, and the condition is irreversible. A listing of some types of dementia and their causes along with information about support programs and resources appears on Page 3.

What can we do to help? There are actions we can take as individuals and as a community. We have to recognize that we cannot change the behavior of people with dementia using words. We can help by changing our behavior, by changing what we do. Over the next few weeks the Board of Trade and the All Age-Friendly Committee will share information about dementia throughout the community and also offer dementia workshops. The Hubbard Library will host a presentation on Saturday, October

**WELCOME continued on
PAGE 6**

Municipal Election

Tuesday November 7, 2023

Page 2



Mural Dedication

October 14, 2023

Page 3



THE INSIDE SCOOP

City Hall Update	Page 2
New Police Chief	Page 2
Mural Dedication	Page 3
Masciadri Closing	Page 4
Hallowell Food Pantry	Page 5
Vaughan Stream	Page 6
Cohen Center	Page 7
Tree Festival	Page 7
WindowDressers	Page 8
UMA Volunteers	Page 9
Digital Divide	Page 10
Vaughan Homestead	Page 11
EV Charging Station	Page 12
Salute to Veterans	Page 13
Grants	Page 14
Hallowell Helps	Page 15
Maine's First Fair	Page 16

City Hall Update

Election November 7, 2023

Election Day, November 7th, is quickly approaching. Voting will be held at the Hall-Dale Elementary School at 26 Garden Lane. Polls will be open from 8am to 8pm. This year's ballots will include the State Referendum items and the Hallowell Municipal Candidates for Mayor, Councilors in Wards 2 and 4, and RSU 2 School Board.

Absentee Ballot application requests are available through the City Clerk's Office, by phone or online. You can fill out an application online at <https://apps.web.maine.gov/cgi-bin/online/AbsenteeBallot/index.pl>.

Absentee Ballot requests must be turned in to the City Clerk's Office by the close of business on Thursday, November 2nd, unless there are special circumstances. The Absentee Ballot Drop Box is



Ballot Box at City Hall.

located outside of City Hall at the Second Street entrance.

Candidates for the City of Hallowell Municipal Election are as follows (Vote for 1):

- Mayor: Maureen AuCoin or George Lapointe
- Councilor Ward 2: Hannah Barry or Michael Frett
- Councilor Ward 4: Danielle Obery
- RSU 2 School Board of Directors: Christopher Asch

The City is recruiting Election Clerks to assist with future elections. If interested, please contact the City Clerk to be added to the City's list of workers.

Dog Licenses

If you are fortunate enough to have a dog in your family, you will want to register it for the 2024 season. Dog licenses for the year 2024 will be available starting October 15th. Bring in the most recent rabies certificate and spayed/neutered certificate.

If you have any questions, please feel free to contact City Hall. Lisa Gilliam, City Clerk, can be reached at 623-4021, ext. 200, or by email at cityclerk@hallowellmaine.org.

Deputy Clerk Dan Kelley can be reached at 623-4021, ext. 204, or by email at deputyclerk@hallowellmaine.org. (LG)

Welcome New Police Chief

As he stepped from his office into the squad room, Chief Chris Lewis hoped he wouldn't be asked any tough questions about the city or his position. "I've only been on the job a few days!" he explained. "I'm the only officer on duty right now so I may have to excuse myself if I get a call." Being on duty isn't new to him, however. He has over 29 years of experience in law enforcement.

He started his career as a deputy sheriff in his home state. "Law enforcement is organized differently in Florida. There is no state police so the county sheriff's departments had all the services from investigating traffic accidents to homicides, so you got a lot of experience."

So how did a Florida boy end up in the Pine Tree State? "I went to Florida State University where I met my wife. When I got married, I



New Police Chief Chris Lewis.

knew I would eventually be moving to Maine."

When they moved north, he joined the Topsham department first as an officer, then as Lieutenant, second in command, and finally was appointed Chief. "It was a great department."

His wife, Laura, owns Dance Unlimited in Augusta. They have three adult children. "We had a daughter and then twins. The oldest daughter is now married and living on Long Island, so we get that big city experience when we visit.

Our son is attending school in Florida to get a feel for southern life, and our second daughter attends college in Boston."

Opportunity knocked next when he was asked to join the staff at Foster Career and Technical Education Center in Farmington as the Law Enforcement Instructor.

"It was quite the experience." His enthusiasm for the program was obvious. "We had instructors from several departments including the Maine Army National Guard."

He learned about the open position in Hallowell and was delighted to be chosen to lead the department. He served as a sergeant in the HPD from July 2020 until July 2022 and was a reserve officer during the time he taught at the technical center. "I'm anxious to meet folks in town and encourage people to get to know me when they have the opportunity." (BM)

Historic Hallowell Mural Dedication October 14, 2023, 2-4PM

Chris Cart may not have fully appreciated the journey he was beginning as he took the first steps in researching and designing his mural depicting the women and men who have shaped the history of Maine's smallest city. He had a sense of Hallowell's history, but the more he learned the more he began to realize the enormity of the task. Conversations with historians Sam Webber and Earle Shettleworth helped him flesh out the story but it kept growing. Then the Covid pandemic tossed a wrench in the works that no one could have foreseen. Still, he kept at the task.

Contributors, including the Maine Arts Commission, believed in the project. With the ongoing support of his wife, Jen Greta Cart, Vision Hallowell, and the Arts and Culture Committee, he persisted. The City of Hallowell lent Chris second floor space in the former Town Hall/Fire Station for a studio where he and

Jen constructed a frame to hang the sections that would eventually be assembled into the giant mural we see today.

Last year the surface of the building was prepared for the application of the mural sections. Finally, when the weather warmed enough this spring to allow the special adhesive to dry, he and Jen, over the course of five days, applied each panel to the wall forming the remarkable mural. The City invites the public to join city leaders and the artist in a celebration of the Hallowell History Mural.

People are invited to gather at 2PM in front of the mural in the parking lot at 89 Water Street for a brief ceremony and ribbon cutting. The celebration will continue with a reception in the Hallowell City Hall auditorium next door where Chris Cart will give a presentation on "The Story of the Mural" followed by a question-and-answer session.



Chris and Jen Greta Cart near completion of the application of the Historic Hallowell mural.

Photo by Steve Thompson.

Visit Chris's website for more information: <https://christophercart.com/the-hallowell-mural/>. (BM)

All Are Welcome Here — Helpful Information on Dementia

Types of Dementia and Causes

- Alzheimer's Dementia - most common, gradual onset, destroyed cells and plaques
- Vascular Dementia -Blockage of blood supply, sudden onset, stepwise course, age 60-75
- Lewy Body Dementia - Gait disturbance, hallucinations, sleep disturbance, falls
- Frontal Temporal Lobe Dementia - Early onset (40-60), affects behavior/emotions 1st, impulsive, lack of inhibition.
- Wernicke-Korsakoff Syndrome Alcohol-related, wide gait, very poor short-term memory
- Parkinsonian Dementia - Gait disturbance, stiffness, memory loss

- Creutzfeldt-Jakob Disease - Infectious organism

Sources for Information and Support

- AARP - <https://www.aarp.org/health/dementia/>
- Alzheimer's Association <https://act.alz.org/maine> 24/7 Helpline: 1-800-272-3900
- Dementia Society of America <https://www.dementiasociety.org/>
- Spectrum Generations 1-800-639-1553 – Support groups, Partners in Caring Program, Respite Programs Information

Support Groups

- Alzheimer's Care Center, 152 Dresden Avenue, Gardiner. Meets 1st Wednesday of month 6:00 to 7:30

- Cohen Center, 22 Town Farm Rd., Hallowell. Meets 2nd Tuesday of month, 12:00 - 1:30
- Granite Hill Estates, 60 Balsam Drive, Hallowell. (Ballard Room). Meets the last Thursday of the month 4:00 to 5:30. Heather Preston-Weeks, 707-4666

Adult Day Programs

- Alzheimer's Care Center, Gardiner. Open 5 days a week. Call Shawna Buckmore 626-1834
- Cohen Center, Hallowell. Open 5 days a week. 626-7777

Homecare: Where to Find It ~

<https://www.maine.gov/dhhs/oads/get-support/older-adults-disabilities/home-care>

Last Vestige of the Granite Industry

This fall, Tony Masciadri will close the doors on the last business with a direct connection to Hallowell's granite industry, once central to the city's growth and development.

Settimio Masciadri, Tony's grandfather, was a skilled stone carver who came over from Italy in 1895 at the age of 24 to work in the local Hallowell quarries. He had learned his trade by working for 12 years in the Carrara marble quarry in Italy. After 5 years in Hallowell, he obtained his citizenship papers and returned to Italy to wed Emilia Lanfranconi.

"Grandfather came back sometime around '03 and teamed up with Joe Perrazzi, and they ran Kennebec Monument Works in the section of the city known as Joppy. They started in a building that was a motorcycle shop." Both men had worked in the Hallowell granite quarries and carving sheds. When Perrazzi died, Masciadri maintained the company under an agreement with his partner's widow until 1918 when the new firm was formed.

"After Joseph Perrazzi died, Settimio opened his own business as S. Masciadri & Sons in 1918 on land south of what became Fido's General Store."

Settimio was a true craftsman using blocks of raw materials, both granite and marble, to create family monuments. He passed this knowledge on to his son, Americo,



Masciadri & Sons circa 1950.



Tony Masciadri in the workshop.

who then passed it on to Tony.

Settimio died on December 28, 1937. His youngest son, Americo, assumed operation of the business until his death in 1981. Tony and Linda Masciadri purchased the business from the estate.

Tony Masciadri returned to the business in 1975 after his father's second heart attack. "I graduated from Hallowell High School in 1960. I think I was the next to the last class. I took a ride to Colorado. My sister was out there with her husband. He was training to be a helicopter pilot. So, I went out to Colorado Springs, and then they transferred back to the east coast! So, I came back and lived in Boston for a while but didn't have a job. That was about 1970. I thought, Well, I'll come back and help Dad, and here I sit. Dad died in '81. That's what got me back here. You get into a routine."

The Masciadri family has always been active in the City of Hallowell. Americo operated S. Masciadri & Sons from 1937 to 1981 and served on the city council for a number of years. Tony served as Councilor

Ward 4 from 1974–1980 and 1998–2007, Councilor-At-Large from 1981–1982 to fill out his father's term, and Mayor from 2007 to 2010.

For 105 years, the Masciadri family would like to say it has been their sincere honor to provide this very personal service during the loss of a beloved family member.

As winter sets in, Tony will close the doors on the shop and another chapter in Hallowell history comes to an end. (BM)



Americo Masciadri at work.

Nourishing Our Neighborhood



Volunteer Spotlight

The Hallowell Food Pantry is a cheerful and caring place to visit. One of the main reasons for this is our wonderful crew of volunteers, who are friendly, dependable, and always willing to go the extra mile. Bob Ladd is a well-known figure here in Hallowell as a result of his former businesses, such as Rachael's, The Wharf, Maple Hill Farm, and The Depot. He is also a longtime, beloved volunteer and board member at the food pantry, and he kindly agreed to answer a few questions.

When did you first volunteer with the food pantry and what prompted you to get involved?

After the flood of 1987, I moved to Hallowell and reopened The Wharf. Barry Timson had us doing fundraisers for the food bank. He was never afraid to ask for donations, but never did he offend. It was the spring of 2018 that I answered the call from Alice Buck. She said the food bank was going to



Bob Ladd.

lose one of its volunteers who used his pickup to move products. I will be forever grateful to her for getting me involved.

When did you become a board member?

It was in late 2018 at a board meeting that was held at the town office. It was to be an open forum with town officials to discuss the future of the food pantry and fire station. I was there for support to everyone and somehow before I got home, I had found myself on the board with more commitments!

Are there any experiences that have been particularly memorable?

In March of 2020, along came COVID, bringing confusion, new rules to operate by, and new ways of handling and distributing products. We changed from people doing their own shopping to prepacking boxes and a lot of deliveries. This tripled the time needed to get the product safely to our clients. The first few weeks were a near disaster as we were really short of volunteers—many had left for their own safety. Then as if from above, Jeanne Langsdorf was able to find Vicky Gabrion. The input she has been able to infuse into our food pantry has been unmeasurable. She has organized and set a path for the food pantry to serve our community in a compassionate way. She has recruited a volunteer staff that is dedicated and efficient.

What do you enjoy most about volunteering at the food pantry?

I have been around just long enough to see where the food bank was and where the food pantry is. It is really a treat each Friday morning to be part of such a large dedicated group. With the support of the community, the food pantry can be a vital part of Hallowell well into the future. (VG)

Just a few Food Pantry reminders...

To learn more about the Hallowell Food Pantry, please contact Vicky Gabrion, executive director. Call (207) 992-6899, visit the website at www.hallowellfoodpantry.org, or check out the Facebook page at facebook.com/hallowellfoodpantry.

Handy Donation Box

Non-perishable items for the food pantry may be dropped off at City Hall. A clearly labeled box is located in the Council Chamber. For

larger donations, please call Vicky to make an appointment.

Join the Food Pantry Reserves

We keep a list of on-call volunteers, who like to lend a hand when we need coverage for our regular crew. Once you contact us, you'll receive the "grand tour" of the food pantry and enough information to feel ready when we call for help!

Bags Needed

Although many of our clients bring their own reusable bags, we like to keep a supply on hand at the food pantry. If you have any clean bags that you'd like to donate, please call Vicky. We have found that the paper bags with handles don't work well for our purposes. Thank you.

Helping Our Neighbors

Be on the lookout for our Annual Appeal letter coming in October!

Vaughan Stream: A Hallowell Gem

Let's Keep It That Way

What do dissolved oxygen, specific conductance, and sensitive aquatic insects have to do with Vaughan Stream? They are early indicators of water quality. Hallowell Conservation Commission (HCC) volunteers have been collecting data on these indicators from Vaughan Stream for the past three summers. As part of and under the guidance of the Maine DEP's Volunteer River Monitoring Program and Maine Audubon's Stream Explorers, volunteer community scientists visit and collect data from nine sites located on tributaries surrounding Hallowell.



Water quality volunteers sampling in Vaughan Stream.

Undisturbed streams in Maine have cool summer temperatures, high concentrations of dissolved oxygen (DO), and low concentrations of dissolved salts. Low DO is often a consequence of algae blooms and can cause a decline in aquatic life that depends on oxygen to thrive. Specific conductance (SPC) is used as a measure of dissolved solids, like salts and minerals, in water; high SPC may indicate a source of

pollution to the stream from runoff or groundwater. The juvenile stages of aquatic insects are collected and classified into categories of "sensitive" and "tolerant" based on their tolerance to water pollution. There are many other measures used to assess water quality, but this initial set can help us focus future efforts.

HCC's preliminary data indicate some Vaughan Stream tributaries show impacts from nonpoint source pollution. Our watershed's proximity to the interstate can lead to increased disturbance or threats from development. The tributaries covered by the hemlock canopy on the hills of outer Central Street have high DO concentrations, low SPC, and a tremendous number of sensitive insects. This is our "pristine" baseline to compare with other sites within the watershed. Unfortunately, the tributary that parallels Whitten Road and flows south along I-95 to Litchfield Road generally has lower DO, higher SPC, and a lower number of sensitive insects.

What does our data tell us? First, the water quality of our freshwater ecosystem is degraded as it flows through our watershed and collects in Cascade Pond at Vaughan Woods. Second, we need to mitigate future impacts by using best practices to keep the Vaughan Stream off of Maine DEP's threatened and impaired stream listings.

What can we do? Vaughan Stream is one of our greatest natural assets. However, as trees and shrubs are removed to make room for homes, businesses, and roads, there is an increase in the area of impervious surface, which results in greater amounts of storm water runoff. Any removal of trees and shrubs in the stream's buffer area can increase



Examining the catch.

erosion caused by extreme rainfalls. The runoff carries sediment, debris, excess fertilizers, and toxins to our streams.

Hallowell residents can reduce the amount of polluted runoff and protect the quality of our waters. If you live near a stream or pond, establish vegetated buffers or enhance existing ones. As a community, we can all pick up after pets; limit the use of pesticides, herbicides, and fertilizers; and properly dispose of hazardous materials. HCC plans to develop helpful guides for the community in the future. In the meantime, email hallowellconservation@gmail.com for more information. (RP/HN)

WELCOME continued from PAGE 1

28th, at 2PM with Jane O'Rourke, a Hallowell resident who has worked with caregivers and patients throughout her career. Workshops can also be scheduled by request for civic and social organizations and churches.

The dementia-friendly initiative in Hallowell is being supported in part by a grant from the University of Maine Center for Aging through its Lifelong Communities program.

Connect at the Cohen Community Center!

The Cohen Community Center offers life-long learning opportunities, classes on healthy living, and an ever-changing calendar of fun recreational activities for all generations with a key focus on older adults and adult persons with disabilities. The Cohen Community Center offers a social dining experience, adult day programs, and an aging and disability resource counselor to answer questions. The kitchen at the Center supports the Meals on Wheels program for the southern central and Midcoast areas of Maine.

Volunteering at the Cohen Center is a wonderful avenue to give back to those in your community. Serving others brings a uniquely rewarding sense of accomplishment. Volunteers help community members receive nutritious meals/ food security, camaraderie, and friendships. Volunteers invest in their communities and in the mission to promote and advance the well-being and independence of older and disabled adults, with the support of their care partners, to live in their community of choice. Check Hallowell Helps, page 15, for opportunities! (LM)



"Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud."

—Helen Dyer

Midcoast Tree Festival—Mark Your Calendar!



Holiday spirit, good will, and lots of laughter echo through the Midcoast Tree Festival for good reason. Beautiful Christmas trees are decorated and donated by businesses and organizations in the vibrant Midcoast Maine area and are brimming with gifts worth more than \$500 each. These incredible trees are raffled off to the public who buy tickets for chances to win! Join our Spectrum Generations team at St. John's Community Center, 43 Pleasant Street, Brunswick, for the Midcoast Tree Festival.

Proceeds from the Midcoast Tree Festival support Spectrum Generations' programs and services including Meals on Wheels, St. John's Parish, and the Bath-Brunswick Regional Chamber. The

three partner organizations use this unique and special fundraiser to help the community in diverse ways throughout the midcoast and central Maine.

Volunteer at the Midcoast Tree Festival or Sponsor the Event

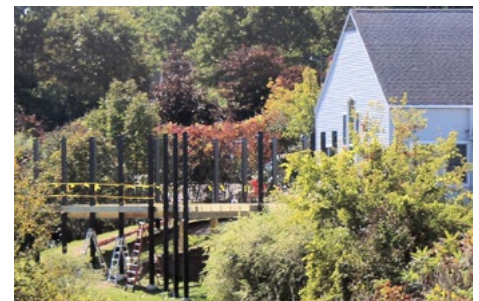
From the businesses who make donations, to employees who buy, create, and carefully wrap presents for each tree, all is fueled by good will and love for our community! Would you like to become part of our event as a volunteer or sponsor? Learn more at <https://www.midcoasttreefestival.com/>.

Dates and times

- November 17, 5:00PM–8:00PM
- November 18, 19, 24, 25, and 26, 10:00AM–6:00PM

Special Driver Opportunity

Check Hallowell Helps on page 15!



Cohen Center Deck under construction.

Cohen Center Deck and a Chance to Contribute

The Cohen Center deck project is well under way. Support the project by donating long-lasting furniture. Visit <https://donatenow.networkforgood.org/spectrumgenerations> and designate your donation using the dropdown box provided. Checks can be written to "Spectrum Generations" with "Cohen Deck Project" in the memo. Memorials, bequests, and planned gifts are also graciously accepted toward the Cohen Deck Project. A "bucket" fundraising campaign is ongoing at the Cohen Community Center. For more information, contact Lindsay MacDonald, Vice President of Community Engagement, at lmacdonald@spectrumgenerations.org. (LM)

Volunteers Needed for WindowDressers Community Build November 3–8

All too soon winter's breezes will be buffeting our homes. Some windows may not be as warm as desired. That's where WindowDressers comes in! The nonprofit organization supports volunteers in constructing lightweight insulating window inserts for homes in their communities. Residents come together at "Community Builds" to assemble the inserts, making them much less expensive than comparable commercial products and are free for households with limited income.

Hallowell Climate Action (HCA), a project of Hallowell Conservation Commission and Manchester Conservation Commission are partnering with Capital Area New Mainers Project to host the Community Build from November 3 to 8 at the Hallowell Multicultural Center at 20 Union Street. All summer long, HCA volunteers have been out in the community measuring customers' windows for



Hallowell Climate Action volunteers Heather Gilbert and Janet Paxton measure a Hallowell window for custom-fit insulating window inserts.

the custom-sized inserts. The insert frames will be cut to order at the WindowDressers production facility in Searsmont to be assembled at the Community Build.

Volunteers are needed throughout the week of November 3rd through 8th in 4-hour shifts to help assemble the window inserts. HCA will provide food, tools, and training. Shifts are available on weekdays, weekends, and in the evenings. 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 inserts affordable or free. The effort assists your neighbors and is fun! Sign up for a shift online. Find the Manchester/Hallowell Community Build on the Maine Community Builds page at WindowDressers.org or email manhallwindowinserts@gmail.com (HN)

City Searching for Environmental Steward

If all goes well, Hallowell will reap the benefits of a new position focused on conservation projects. The City has applied for an Americorp grant administered through the Maine Conservation Corps environmental steward program. If approved, the Hallowell steward would work 40 hours a week for about 11 months.

Ryan Martin, City Councilor representing Ward 3, proposed the position during budget hearings in August. The City agreed to contribute \$15,500 to the Maine Conservation Corps that in turn advertises for applicants and actually employs the steward. The program would be overseen by the

Maine Department of Agriculture, Conservation, and Forestry.

The responsibilities of the position would vary and could include conservation efforts such as assisting the Conservation Commission in trail planning and maintenance, working directly with land owners, or embarking on community education projects.

Councilor Martin can see the potential of the possible new position. His day job is the Executive Director of the Viles Arboretum. "The environmental steward would gain valuable experience while providing the City with much needed services. The City Manager

would supervise the steward and coordinate the work with other city departments."

Qualifications for the position include a high school diploma or equivalent. Applicants must be at least 18 years old, have a clean driving record, be a U.S. citizen or permanent resident, and agree to a background check. Details of the application process will be available if and when the grant award is announced. For more information, contact the City Manager at (207) 430-4403 or email citymanager@hallowellmaine.org. (BM)

University of Maine at Augusta Students Help Local Communities

Approximately 100 University of Maine at Augusta (UMA) students live at Stevens Commons in Hallowell, but their contributions are not limited to this little city on the Kennebec River. Many students assist local communities in various roles in the surrounding area.

The university now has students living in three residence halls: Stevens Hall, Erskine Hall, and recently opened this fall, the new Cleveland Hall. To support the residential students, UMA has six Community Advisors (CAs) that are in residence there. Each semester, each CA is involved in a civic engagement program involving other residential students that builds community, strengthens relationships, and assists a local nonprofit.

This year, students have done work at Vaughan Woods and for the Effie L. Berry Conservation group for the trails behind Cleveland. The Effie L. Berry Conservation Area, long a conservation priority for the City of Hallowell, protects wildlife habitat and wetlands, enhances access for public recreation, and provides trail connectivity to the adjacent 164-acre Augusta Howard Hill Historical Conservation Area.

Students also contributed time to the Augusta Food Bank, a Partner Agency of United Way of Kennebec Valley.

The Humane Society Waterville Area (HSWA) also benefited from UMA student involvement earlier this year. Established in 1970, HSWA has been a safe haven for animals in need. Their facility at 100 Webb Road in Waterville is a high-adoption (placement rate of 97.1%), open-admission facility. They do not euthanize animals due to lack of space or poor health, but go the

extra distance with every animal that comes through their doors.

The CAs receive as much as they give in their projects. Loghan Raber, a fourth-year architecture major from Southern Maine says, “I’m excited to be able to help improve and work with our community for another academic year.” This year marks Loghan’s second year as a CA for the residence halls and his fourth year living in them.

Raquel Shaw, who is an enthusiastic student pursuing her second year in Business Administration, has a passion for involvement, planning, and lending a helping hand. “I am excited to bring my leadership skills to the college community advisor position. The modern dormitories and welcoming staff impressed me during my interactions with the University, and with the addition of access to resources such as tutoring and study spaces, it truly makes this school an ideal choice for my academic journey.”

Yonas Medfu is from Orlando, Florida, and is also a second-year Business Administration major. You may see him in the community or on the basketball court as he’s a 6’5” forward with the UMA team. “This is my first year as a CA for the residence halls, and I can’t wait to have a positive impact as we create a more unified community.”

Samantha Thornton from Chelsea, Maine, will be playing on the UMA women’s soccer team this year. Now in her second year, she is pursuing a Social Science degree with a minor in Psychology. “I am excited to take on this role to create a strong sense of community, providing support while creating memorable experiences.”

Xavier Gomez is a third-year



architecture major from Caribou, Maine, and says UMA’s close community was an instant draw for him. “This will also be my third year staying at Steven Commons, this time hoping to make the residence hall as welcoming for incoming students as it was for me.”

Another architect major, Haley Guilmet, was born and raised in New England and is just starting her



UMA Community Advisors in Hallowell (L to R): Samantha Thornton, Xavier Gomez, Loghan Raber, and Yonas Medfu.

educational journey at UMA. “I’m in my first year as an architecture student and am also the goalie for the women’s soccer team. This is my first year as a CA, and I’m super pumped to get to know everybody and work in our community.”

UMA’s mission is to “transform 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, excellent student support and civic engagement, and innovative professional and liberal arts programs.” These are just a few of the students who make our communities a better place to live and work. (BW)

New Effort in Kennebec County to Help Bridge the Digital Divide

It is no longer optional to have access to a digital device in our online world. *Digital Equity* is a condition in which all individuals and communities have the information technology capacity needed for full participation in our society, democracy, and economy. Digital equity is necessary for civic and cultural participation, employment, lifelong learning, and access to essential services.

To bridge the digital divide, the State of Maine, through the Maine Connectivity Authority (www.maineconnectivity.org), has established 13 Regional and Tribal Broadband Partners across the state to help towns plan for broadband infrastructure and assist residents with affordable and accessible digital literacy and connection. Hildie Lipson of GrowSmart Maine serves as the Regional and Tribal partner for Kennebec County. The Maine Connectivity Authority is the state's quasi-governmental agency charged with achieving universal access to affordable high-speed broadband in Maine.

Affordable Connectivity

The Affordable Connectivity Program (ACP) provides eligible households with \$30 off their monthly Internet bill. Currently, only about 38% of eligible households in Maine have enrolled in this program, and MCA and all Regional and Tribal Partners are working to raise awareness and enrollment in the program. A household is eligible if household income is below 200% of the Federal Poverty Level or if a member of the household receives certain federal benefits like SNAP, WIC, MaineCare, or a Veterans pension. To begin enrollment, visit the website <https://www.getinternet.gov>.



Hannah Doktor providing Becky Cooper tech support at the Hubbard Library.

Affordable Devices

GiveIT GetIT, located in Waterville, is a nonprofit electronics recycler that refurbishes donated laptops and other devices. Eligible individuals and non-profits can request low-cost equipment and training with free support.

Recently, Hallowell resident Rena Heath obtained one of these devices. Rena uses an iPhone for calls and texts but does not use a computer. Rena is an avid volunteer with AARP and likes to keep an eye on the State Legislature. She wanted to be able to tune in to legislative hearings without having to be there in person. She was also interested in having access to history databases, books online, and Maine Public radio and TV programs.

Rena, along with a volunteer from the Kennebec Regional and Tribal Partnership Working Group, got on the phone with GiveIT GetIT to discuss what device would be appropriate for Rena. GiveIT GetIT configured it especially for her, and the volunteer picked it up and delivered it to Rena and helped get her set up at her apartment. Devices can be had for under \$250, or less.

Personal Help at the Hubbard

Staff at the Hubbard Free Library can offer technical assistance with computer operation on request.

Free Online Tech Classes

All Maine residents can take free online digital literacy classes offered by the National Digital Equity Center (NDEC). More than 60 classes are offered including iPhone Basics and Intermediate, Internet Safety, Introduction to Google Drive and Docs, Android Basics, and much, much more. One must first register online with NDEC to take classes, which are all offered via Zoom. NDEC staff can also answer your technical questions. Contact by phone, at 207-259-2010, or via online "Need Help" web form (<https://digitalequitycenter.org/need-help/>).

For more information, contact Hildie at GrowSmart Maine at hlipson@growsmartmaine.org or go to their website at <https://growsmartmaine.org/digital-equity/>. (HL)

Fall Means Heirloom Apples at the Vaughan Homestead

Fresh ripe apples are synonymous with this lovely season. The Vaughan family has played a significant role in the development and spread of apple cultivars in central Maine. Benjamin Vaughan was known to be generous with the distribution of scions to local growers. Scions are the trimmed twigs used in grafting old varieties onto newer root stock. The old Vaughan working farm, now the location of Maple Hill Bed and Breakfast, was where much of this work took place.

A very large apple pressing barn existed on Outlet Road across from Benjamin Drive. Possibly built in the early 19th century, this structure was still standing in the 1870s, and parts of it may have survived into the 1980s. John Hesketh, formerly an English landscape gardener at Knowsley Hall outside Liverpool, England, built a house on outer Central Street and saw to much of this work.

Many people consider heirloom apples to be those living before the winter of 1933–34, the most recent “test winter.”

Vaughan Homestead has three very old trees on the grounds. There’s an uncommon Black Oxford tree that dates to the 1790s. There’s a large Tolman Sweet tree that dates to sometime just after the Civil War. The third old tree is somewhat of a mystery. It is a ring of sprouts that defines the location of a long-gone parent tree.

Since apple trees can have a lifespan of around 200 years, Homestead staff are keen to find the oldest trees before they die. Generally, a 200-year-old tree might be near to 18"–24" (or more) in diameter. Maine Organic Farmers and Gardeners (MOFGA) currently has an heirloom apple orchard



Black Oxford apples waiting for the picking!

where significant varieties from all over the state are grown.

Searching for new old apple varieties

This fall, several interesting trees were located in the Hallowell area. Samples of apples were taken to John Bunker, founder of the heirloom orchard, for identification. Are these apples a known variety?

A large tree is growing behind the office of E.J. Perry Construction on Winthrop Street. The remains of an early orchard are in the field above the site of the old Hallowell High School on Middle Street. Two trees at the intersection of Mayflower Lane and Academy Street appear to be old stock. There’s a very interesting tree at Maple Hill that appears to be grafted with large apples that resemble the Wolf River variety.

The hunt is on for other apple varieties in Hallowell. Do you know of any old apple trees? Do you remember the old apple press barn? Contact Dan Mitchell at danmitchell@vaughanhomestead.org.

[org](mailto:danmitchell@vaughanhomestead.org) with any information at all. Any help will be greatly appreciated.

The idea of preserving trees and woodland adjacent to the Vaughan Homestead was first expressed in a note on the back of an envelope mailed by Sarah, Benjamin Vaughan's daughter, from England in 1838 in which she asks who owns the woodland adjacent to the Homestead, and expresses the desire to pay the taxes on that property with the desire "not to possess, but to preserve it as an ornament to the place and to the town." (DM)



Quartet of apples trees in the Vaughan Homestead orchard.

Hallowell Has New Public EV Charging Station Downtown

A survey by the Natural Resources Council of Maine (NRCM) found that 73% of electric vehicle (EV) drivers are more likely to choose a destination if EV charging is available. As of August 2023, downtown Hallowell has become a desirable destination for EV drivers! An EV charger with two charging plugs is now available 24 hours/day, every day, in the Central Street parking lot.

The Hallowell Conservation Commission/Hallowell Climate Action was awarded a grant from Efficiency Maine and The Nature Conservancy of Maine that paid 90% of the total cost of the charging equipment, electrical installation, and network connection. The remaining 10% was paid by the city's TIF (Tax Increment Financing) funds. This benefit to Hallowell was accomplished without any additional impact to taxpayers. Electrical work was done by Shumacher Electric of Hallowell, and Hallowell Public Works did the excavation and other site work.

The time required to charge a vehicle depends on the charger's power output, the EV's charge acceptance rate, and the vehicle's battery size. "Level 1" is a very slow way to fully charge electric vehicles using standard 120-volt (120V) alternating current (AC) outlets like in our homes. "Level 2" chargers offer higher-rate charging through use of 240V or 208V electrical service and are the most prevalent type of public charger in the U.S.

Hallowell's charger is manufactured by FLO with a power output of up to 19.2 kW, which is more powerful than most Level 2 chargers in the capital area. This means that EVs connected to the Hallowell charger can charge at



Hallowell's new EV Charging Station.

the maximum power accepted by the vehicle for Level 2 charging. "Level 3" chargers supply direct current (DC) directly to the battery; these "DC fast" chargers deliver power very quickly and are found at commercial businesses and highway service stops.

The two parking spaces at the Hallowell charger are for EV parking only while charging. The Hallowell City Council established a charging fee of \$0.30/kWh, with plans to review the fee structure in 6 months. Users have two simple options to pay: They can use the FLO app on a smartphone as either a FLO member or guest, or they can use the app of another EV Charging Network that has a roaming agreement with FLO, including ChargePoint.

According to NRCM, there were more than five times as many EVs on the road in 2022 as there were in 2018. During the first two weeks of operation, Hallowell's charging

station was already seeing daily use. As more and more Mainers choose EVs to save money on gas and reduce carbon pollution, Hallowell is poised to attract more EV drivers to downtown. (BM)

A comment from plugshare.com: *"nice chargers right near shops and pubs. Chargepoint app got things FLO-ing."*



Supervisor of Public Works Tom Goraj breaking ground for the new EV charging station.

Veterans Day: The 11th Hour of the 11th Day of the 11th Month

A recently published book has a little-known connection to Hallowell. It's called *Valiant Women: The Extraordinary American Servicewomen Who Helped Win World War II* by Lena Andrews (Mariner Books). Merle Caples (Maggie Warren's mother), who is mentioned in the Prologue, lived on The Ledges off Central Street with her and Dave Wood from 2009–2016.

The book is well written, very interesting, and is an amazing account of how servicewomen came to be officially integral to the

military as more men were shipped off to war and their stateside jobs were taken over by military women.

A copy of the book has been donated to the Hubbard Free Library.

The Library staff is organizing a special Veterans Day Display this year. A call will be going out through Social Media asking Hallowell veterans or their families to loan pictures of local residents in uniform to the Library by November 1st. This special display will honor all those who have served in the U.S. Military, past and present. (MW)



**Book cover of *Valiant Women*.
Wedding photo of Private First Class Merle Selma Caples and Staff Sergeant T.K. Caples, 1944, Camp Lejeune, North Carolina.**

American Legion: A Hallowell Institution

One hundred four years ago veterans from World War I (the war to end all wars) and previous conflicts met to form an American Legion post in Hallowell. During the early years the members met in various locations from the smoking room at the Worster House to the City Hall.

The Post members began meeting in the vestry of what was then the Universalist Church. They purchased the building in 1938 for the sum of \$1.00 and meet in the building to this very day.

A year after the organization was formed, it honored the memory of Hallowell native Frank Goodrich who, at the onset of World War I, enlisted in the Canadian Army's 48th Highland Regiment. He was deployed to France where he was wounded in action. Not to be sidelined, he attended a private flying school to become a pilot. He reenlisted, this time in the Royal Flying Corps. He was killed in action September 12, 1916, and is buried in Aubigny-en-Trois,



**Caldwell brothers Maurice, Frank, and Cecil.
France.**

Then came World War II. Four brothers from a Hallowell family enlisted to serve: Cecil, Maurice, Frank, and George Caldwell. Maurice and Cecil were serving in the 103rd Infantry Regiment of the 43rd Division in 1943 fighting on Vangunu Island in the South Pacific Solomon Islands. Both soldiers were killed on the same day in that bloody battle. Brother Frank, who was serving in the 311th Infantry Regiment of the 78th Division, was killed in action in Germany in 1945. The fourth brother, George, was wounded in action but recovered to survive the war.

The Hallowell American Legion

adopted the name Goodrich-Caldwell Post 6 to honor that family's staggering sacrifice.

Legion members continue to meet at 114 Second Street; the present Commander is Bill Meehan. Photos and information from the Post 6 website <https://centennial.legion.org/maine/post6>. (BM)



Frank Goodrich.

City Hall Warming Up with \$50,000 Energy Grant

Hallowell was awarded \$50,000 in the Summer 2023 grants from the Governor's community climate program, the Community Resilience Partnership (CRP). The grant will fund a comprehensive energy audit for City Hall and installation of heat pumps on the building's third floor, which houses the auditorium. This project will greatly improve the efficiency of heating and cooling in the auditorium and identify subsequent cost-effective measures to reduce energy use, municipal expenses, and carbon pollution. This grant was made possible by the City Council resolution to join the CRP in August 2022. The Hallowell Conservation Commission prepared the application along with Hallowell Climate Action and City Manager Gary Lamb. Great job all! (HN)



"New" City Hall 1899. (Eastern Illustration and Publishing Company, Penobscot Marine Museum).

Home Accessibility and Repair Grants Available

Homes need repair as they get older, and sometimes we need to make alterations to our homes so we can stay in them safely as we get older. The Maine Housing Authority has a grant program that they describe this way: "Maine Housing's Home Accessibility and Repair Program provides help to low-income homeowners who cannot afford necessary home repairs in the form of a grant.

"For eligible homeowners, the Maine Home Accessibility and Repair Program can assist with such things as: well repairs or replacements, heating and electrical system repairs, roof and chimney repairs, structural repairs, lead paint mitigation, repair or replacement of windows and doors, energy efficiency improvements, repair or replacement of siding, and improvements necessary to permit

use by persons with disabilities or who are experiencing physical barriers living at home."

The income limits for this grant program in Kennebec County are \$45,500 for one person living alone, \$52,000 for a household of two, and so on. The income requirements can be found at the website www.mainehousing.org/homerepair.

Home Repair Grant: Maine Housing can give up to \$30,000 to eligible households. Grant funds are for necessary improvements. This includes energy-related repairs or improvements. It also includes structural repairs.

Emergency Grant: This grant is for up to \$15,000. It is to help with emergency issues such as no heat in the winter, severe roof leaks, and dangerous electric systems.

Accessibility Grant: This grant is for up to \$15,000. It is to help

make a home more accessible and safer for someone with a physical disability.

To apply for a grant or for more information, contact Kennebec Valley Community Action Program, Augusta Office, Buker Community Center, 22 Armory Street, Augusta, Maine 04330. Phone: (207) 859-1500. Toll Free: (800) 542-8227. (BM)



(Shutterstock)

Want to Help? Make the Connection!



Cohen Center/Spectrum Generations—Volunteers Needed!

Early morning milk bag packers: Wednesdays and Fridays

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

Money Minder program facilitator
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: Monday, Wednesday, and Fridays at 7AM

Special Volunteer Driver Opportunity: Volunteers are needed: Monday, Wednesday, and Friday from 7:00AM to 8:00AM to pick up food donations at Hannaford in Gardiner and deliver the food back to the Cohen Community Center (Hallowell) using the Spectrum Generations van. Volunteer(s) must be able to lift 50lbs and have vehicle insurance. This volunteer activity could be shared among a group of volunteers, but consistency in the role is important to its success.

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



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

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

Companions, Shoppers, Drivers Needed: Families, singles, retirees, college and high school students. 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.



Hallowell Conservation Commission

Hallowell Conservation Commission

The Hallowell Conservation Commission (HCC) is seeking new members for 2024 and beyond. We have 3 commission openings starting in 2024. Interested in joining a passionate group that cares about the health and vitality of our natural resources, climate resiliency, and engaging with the community? Please contact the Commission this fall. All skill sets are welcomed and will be utilized to lead or assist with projects



and events targeted to protect and conserve the City's natural resources. If you are interested in joining the HCC, participating in our efforts, or wish to be added to our Volunteer List, please email hallowellconservation@gmail.com; follow us on Facebook.



Hallowell Food Pantry

Join the Food Pantry Reserves! If you're interested in helping, please contact Vicky Gabrion at (207) 992-6899, visit the website at www.hallowellfoodpantry.org, or check out our Facebook page.



Hallowell Volunteer Fire Department

The Hallowell Volunteer Fire Department has openings for firefighters. Training is available. One of the new firefighters is in basic firefighter training. This 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 firepfd29@aol.com for more information.

Hallowell Home to Maine's First Fair

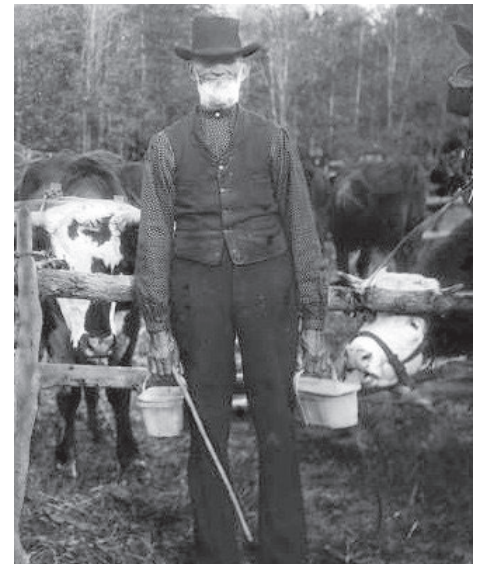
Fall is fair season in Maine. Whether it's watching the trotters, reveling in cotton candy and deep fried blossom onions, or marveling at mammoth vegetables unlike the ones produced in your garden, there is nothing quite like fun at a fair.

Here is a fair fact that might be news to many. Hallowell was home to Maine's first formal agricultural gathering. Eli Berry, in his essay appearing in *The Organic Farming Revolution* published by the Maine Organic Farmers and Gardeners Association and DownEast Books, provides this description of the event.

"In 1820, at the birth of statehood in a relatively young nation, Hallowell, Maine hosted the state's first agricultural exposition. It was organized by two brothers. Charles and Benjamin Vaughan, and a network of country and farmer's clubs. The brothers published widely circulated newsletters exploring animal and plant breeding, soil science, market development, tool design, and agricultural experimentation of all kinds.

"Their personal library consisted of more than ten thousand books, and their international correspondence and intercontinental trade of seeds, scions and livestock were rich assets for the establishment of agriculture in the young state. The Vaughans knew that as with corn, to truly thrive, the best of each year's yield must not only be saved, but crucially must be shared."

Ron Kley, archivist at the Vaughan Homestead notes that



Cattle World's Fair, an annual event in Oxford County. Photo from the Stanley Museum Collection at www.mainememory.net

Benjamin Vaughan was a penpal of both George Washington and Thomas Jefferson. The Vaughan Homestead's collection includes instructions provided to Jefferson by Benjamin Vaughan, in 1817 or thereabouts, for the raising and processing of "Swedish turnips" (rutabagas). The vegetables were raised at the Vaughan Farm which was located near the present Maple Hill Farm Inn. To this day rutabagas (perhaps the direct descendants of those sent by the Vaughans from Hallowell) are raised in Jefferson's gardens at Monticello. (BM)

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