The Hallowell Champion

Hallowell All Age-Friendly Newsletter Volume 8 Issue 1 All Are Welcome Here Fall 2026



Maine Historic Preservation Commission

The second Flagg Dummer Building. The first burned down in 1899.

The Story of the Stevens School

Barbara Williams

If you've had a chance to wander through the quiet, shady paths of Stevens Commons, or visit any of the offices or homes in the graceful Victorian buildings, you can't help but wonder what this place was like 150 years ago, when it first became a school for girls in trouble.

The prosperity that built Hallowell in the days of shipping and granite produced poverty in its wake, as all prosperity seems to do. In the early 19th Century, migrants hurried to Hallowell in hopes of work and farmland. For most, their hopes were realized, but some got lost in the boom. When times got hard, as they often did—a flood, a bout of scarlet fever—children were orphaned and wives were left without husbands.

However, Hallowell had no shortage of benevolence. Two women, Mary Flagg and Almira Dummer, figured out a way to help the young, sick and forlorn. Mary donated $10,000 and Almira sold the 54 acres atop Howard Hill at a bargain price. With the State Legislature's approval, the Maine Industrial School for Girls was incorporated, and the first group moved in in 1874. Its purpose was, according to the school's first annual report, to serve as "a home for the friendless, neglected and vagrant children of the State" to provide "kind treatment and physical and moral training."

The Industrial School for Girls was the first such facility of its kind in New England. Upon opening, it comprised one building, The Flagg Dummer (no longer standing), named for its founders, which had room for only 32 girls. Results were reportedly impressive, so it didn't take long for more Victorian-style brick and granite buildings to sprout up on the Hill. At the school's peak, 200 girls and young women from around Maine and other New England states lived there in safety, learning skills necessary for independence.

STEVENS SCHOOL cont'd on PAGE 14

Salute Maggie!

Much of the good stuff that happens in Hallowell is the result of volunteers who tend to plants, sample water, pack food, deliver meals – the list goes on and on. Astute readers of *The Champion* may have noticed that in the Spring issue, Maggie Warren announced that she put her red pencil in the drawer. She was the hawk-eyed editor and proofreader for twenty-two issues of the newsletter. Add that to the list of her other volunteer contributions and it is evident she is a force of nature, energized and action-oriented. Those who have worked with her and read this publication are the better for it. Thanks, Maggie!



Bob McIntire

Maggie Warren explaining the operation of a bicycle helmet to then-Hallowell Mayor Mark Walker.

Spotlight!

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Hallowell Election Update

City Clerk, Lisa Gilliam

As fall approaches, so does another election day here in Hallowell. The November 3, 2026, municipal election will be here before we know it, and the City Clerk's Office is already busy preparing for the election and helping residents get ready to cast their ballots.

Election Day will be Tuesday, November 3, 2026. As always, voting will take place in the gymnasium at Hall-Dale Elementary School, 26 Garden Lane in Hallowell. The polls will be open from 8:00 a.m. until 8:00 p.m.

As this edition of *The Champion* is going to press, the deadline for candidates to return their nomination papers has not yet passed, so I am unable to provide the names of the candidates who will appear on Hallowell's municipal ballot. I can, however, tell you which local offices will be decided by voters this November. Hallowell voters will elect a Mayor, a City Councilor for Ward 2, a City Councilor for Ward 4, and a School Board member.



Lisa Gilliam, City Clerk.



Dan, Leah, and I truly love serving this community. We are fortunate to work with residents who stop by City Hall, call us with questions, share a laugh with us, and make our days a little more interesting and rewarding. We appreciate your patience during the especially busy times and, most of all, the kindness you show our office throughout the year. It is a privilege to serve the residents of Hallowell, and we look forward to seeing many of you as we prepare for another election day!

Absentee Voting–The Facts

For those who prefer to vote before election day, absentee ballots are expected to become available during the week of October 5th. If you have already submitted a request to receive an absentee ballot by mail, we expect those ballots to be mailed out that same week.

If you have not already requested an absentee ballot, there are several easy ways to do so. You may stop by Hallowell City Hall and make your request in person, call the City Clerk's Office at 207-430-4400, or submit your request online through the State of Maine's absentee ballot request service by using this link: https://absenteeballotrequest.sos.maine.gov.

The deadline to request an absentee ballot is Thursday, October 29, 2026.

As election day gets closer, please do not hesitate to contact us if you have questions about voting, absentee ballots, voter registration, or the election process. You can reach me, City Clerk Lisa Gilliam, by calling 207-430-4400 or by email at cityclerk@hallowellmaine.org.

Finally, I want to take this opportunity to say something that sometimes gets lost among all the deadlines, ballots, paperwork, and preparations that come with an election. Thank you, Hallowell.

The Inside Scoop

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Water Quality Update

Hallowell Water District

Recent testing shows that PFAS levels are now 19 parts per trillion (ppt), which is below the State of Maine's current limit of 20 ppt. The Hallowell Water District continues to work on the development of our new water plant that will remove all PFAS.

Parts per trillion can be difficult to visualize. One part per trillion is roughly equivalent to one drop of water in 20 Olympic-sized swimming pools. So while 19 ppt sounds like a very small number—and it is—the District takes these compounds and their potential health impacts very seriously.

In the meantime, customers have access to 100% PFAS-free water available 24/7 at the Water District offices at 52 Winthrop Street in Hallowell.

Quarterly testing is required. Test results will be shared as they become available and will be posted on our website https://www.hallowellwaterdistrict.com/pfas.

The new filtration plant will also treat the manganese in our water supply. Manganese is a natural metal found in rocks, soil, and groundwater. Low levels are safe and essential for health, but higher levels in drinking water can cause dark brown or black discolored water, metallic taste, and fixture stains.

Manganese is currently regulated as a nuisance contaminant but the US Environmental Protection Agency has realized that it may be a health concern as well. This concern could result in their lowering the standard and in turn require water districts to remove it to levels below this new standard.

Normally a manganese filtration plant would be a significant expense for a small water district like ours but we will be able to construct this additional treatment system under the grants provided for PFAS treatment, thus saving the district the added treatment cost.

Storage Tank and Well Cleaning

The Water District is completing an important maintenance project this summer: cleaning its three water storage tanks and two well screens.

The largest tank holds about 850,000 gallons, while the other two hold 330,000 gallons for a total storage capacity of approximately 1.5 million gallons.

Specially trained divers enter the tanks and remove sediment and other material that naturally accumulates over time. The process allows for cleaning without draining the tanks completely. The wells are cleaned periodically to remove mineral buildup on the intake screens that can reduce the yield of the wells.

Regular cleaning and inspection of the tanks and well screens are an important part of maintaining the District's water system and ensuring a reliable supply of clean drinking water.

Annual Water Meter Replacement

Another project underway is the ongoing replacement of water meters throughout the District. Every year we proactively replace and inspect 80 to 100 meters.

Water meters eventually wear out, requiring a replacement cycle of approximately 12 years. Replacing meters on a regular schedule helps ensure that customers are accurately billed and allows the District to identify problems with the system.

Customers will receive additional information from the District when it is time for their meter to be replaced.



The Hallowell water storage tank located at Hall-Dale High. Tanks are cleaned about every five years.

Clear Communications

Questions or concerns? Contact the Water District office Monday through Friday from 8am until 12pm or call 207-623-9151. Leave a message after hours or email us at info@hallowellwaterdistrict.com.

The Hallowell Water District Facebook and Instagram pages keep community members and customers up to date on various water details, projects, and test results. Check them out and "like" us at: https://www.facebook.com/profile.php?id=61593279273851 https://www.instagram.com/hallowellwaterdistrict/ or our web pager at www.hallowellwaterdistrict.com.

Check our Diesel's water table on page 11!

Welcoming a New Class to Hallowell

Kristen Eaton, VP of External Relations

Move-in day always brings a little extra activity to Stevens Commons. Cars pull in packed with boxes, bedding and everything students think they might need for the semester. Families help carry belongings inside, roommates meet and, by the end of the day, Hallowell has welcomed a new group of neighbors.

This year's move-in felt especially busy. UMA is beginning the fall semester with its largest incoming class of first-year, first-time students on record. More than 350 new students joined the university this fall, including more than 300 who are attending full-time. They come to UMA from different places and with different plans. Some will study primarily online or at one of our statewide centers. Others will spend much of their time on the Augusta or Bangor campuses.

More than 100 UMA students now live at Stevens Commons in Hallowell, where the university's three residence halls are full.

Students living in Hallowell are studying nursing, medical laboratory technology, cybersecurity, aviation, architecture and many other subjects. Their days are filled with classes, labs, clinical experiences, athletic practices and campus activities. Hallowell is where they come home.

That has been part of UMA's story since 2019, when the first 34 students moved into Stevens Hall. Housing later expanded into Erskine and Cleveland Halls. Along the way, students have become familiar faces downtown, stopping for coffee or a meal, visiting local shops and getting to know the community beyond the university.



Jesse Keefe



Margaret Hall under construction. *Jesse Keefe*

Margaret Chase Morrill Hall

People passing Stevens Commons have probably noticed the newest sign of that growth. Construction is well underway on Margaret Hall, named for Margaret Chase Morrill, UMaine's first woman engineering school graduate and grandmother of Matt Morrill, the developer of Stevens Commons. The elevator shaft is complete, the exterior walls are going up and the building looks a little different almost every week.

The new hall is scheduled to open in fall, 2027. It will add 60 beds and a dining hall, giving more students a place to live near the Augusta campus and bringing more of them into the Hallowell community.

Hallowell may not think of itself as a college town, at least not in the traditional sense, but every fall, students arrive, settle in and become part of the city's daily life. We are glad they get to call Hallowell home, and grateful for the welcome the community continues to give them.

Volunteers Serve Up Kindness

Julie Howell

The Hallowell Food Pantry has been serving residents dealing with food insecurity for over thirty years. Every week, a dedicated group of volunteers gathers to stock the pantry with fresh, nutritious food. Currently, the pantry is providing food for more than 100 residents a week, and our needs are growing.



Food Pantry team completes the Old Hallowell Day Parade. *Nathan Howell*

Thanks to our Community

Our summer kicked off with donations from area students. At Hall-Dale Middle School, students participated in the United Way Day of Caring and used their artistic talents to create signs for the pantry. Also, Cheyenne Nault, a local Girl Scout, delivered over fifty pounds of cookies on behalf of her troop.

The Hallowell Food Pantry also partnered with the Hall-Dale School District to provide gift cards to qualifying families for use over the summer when school-based resources are unavailable.

The pantry can provide its services because of the generosity of local residents and organizations.



Girl Scout, Cheyenne Nault and Pantry Director, Julie Howell show off the troop's generous cookie donation. Thanks to Cheyenne's dad for the photo.

In the spring, we received large monetary donations from both the Maine State Credit Union and the Gardiner Federal Credit Union. We receive weekly food donations from the Augusta Food Bank and Hannaford, as well as Vaughan Woods and Historic Homestead and Snafu Farms. Hallowell gardeners also donate their fresh eggs or garden surpluses. Finally, Scrap Dogs Community Compost helps us reduce our food waste by offering free composting pick-ups.

All of this means that we can offer our customers fresh tomatoes, cucumbers, zucchini, Swiss chard, herbs, fresh eggs and more throughout the season. A highlight of the summer was celebrating our work and community by donning fruit hats and marching in the Old Hallowell Day Parade!

Visit us!

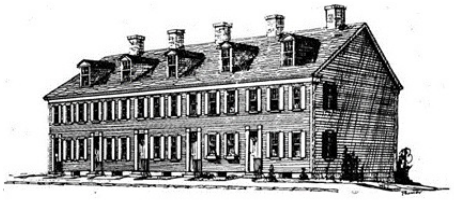
The Hallowell Food Pantry offers weekly shopping hours for seniors Friday mornings from 10:00AM until 11:00AM. All residents are welcome from 1:00 PM until 2:00 PM. If you need assistance contact the Food Pantry at (207) 992-6899, email hallowellfoodpantry@gmail.com. Visit our website at https://www.hallowellfoodpantry.org/ or our Facebook page for more information. Donations are greatly appreciated!

Join us!

Are you interested in meeting new people? Do you have an hour to spare? If so, consider volunteering at the pantry. We have openings for both regular and on-call volunteers. Pick a role that suits you: greet shoppers, prepare food deliveries, or pick up food donations. Reach out to Julie Howell at 207-992-6899 if you're interested. Another way to participate is by making a gift to support our work. Please visit our website at hallowellfoodpantry.org/donate to learn more. Every donation helps!



Julie Howell



Row House News

Larry Davis

Eliza Clark Lowell Award to Carolyn Manson

Row House Inc. is pleased to announce that Carolyn Manson is this year's winner of the Eliza Clark Lowell Award. Carolyn has been a member of Row House for 40 years, serving on the Board of Trustees most of that time with terms as President and Secretary. Her dedication and leadership produced highly effective results for Hallowell historic preservation.

One of her most notable achievements occurred in 1989, when Irving Oil, the large Canadian corporation, proposed putting a 24-hour gas station and convenience store on Water Street in the Historic District where The Hobby Hollow is now located. This looked like a slam dunk for Irving.



Joe Phelan, Kennebec Journal

Carolyn Manson at the beginning of the Hallowell City Hall Renovation April, 1994.

Carolyn organized and led significant opposition to the Irving proposal, calling on Row House members, Hallowell citizenry and the Mayor and City Council, to oppose the plan. Thanks to Carolyn's efforts and the persistent opposition of the community, Irving withdrew its application.

Under Carolyn's leadership, Row House and the City of Hallowell undertook the restoration of Hallowell City Hall, a ten-year effort that began with a grant from the National Trust, allowing Row House to hire an architect and develop a plan. Row House, along with Gaslight Theater and many citizens from the community, raised money and completed the restoration of City Council chambers in time for the 100th anniversary of the building in 1999. The City then issued a bond to finish the restoration. Both the City of Hallowell and Row House received an award from Maine Preservation for the effort.

While a member of the Hubbard Free Library Board of Trustees, Carolyn aided with fundraising efforts to replace the slate roof and retrofit the beautiful stained-glass windows.

As Row House President, Carolyn worked with Maine Department of Transportation and the Federal Highway Administration during the reconstruction of Route 201 through the downtown historic district. Under federal guidelines, Row House was granted "Consulting Party" status, ensuring that the design elements were in keeping with Hallowell's Historic District.

Eliza Clark Lowell was a philanthropist and direct descendant of Deacon Pease Clark, the first European settler of Hallowell. She donated $20,000 for the building of Hallowell City Hall which was completed in 1899 shortly after her death.

Dummer House

After a long and difficult process, the Dummer House, thought to be the oldest in Hallowell, was donated to Row House Inc. by the Estate of Linda Bean, former Hallowellian and granddaughter of L.L. Bean. Ownership was then transferred to Hitchcock and Company, a Hallowell-based contractor with extensive experience in historic building restoration. This is a major accomplishment for Row House in its mission to protect the city's architectural and cultural heritage.



Sam Webber

Dummer House 1968.

Fall Gala

Row House will be hosting its Fall Gala for members and guests at the home of Sonja and Don Fraser at 68 Second Street, formerly Second Street Bed and Breakfast. The event on Saturday, September 26, will feature hearty hors d'oeuvres and desserts prepared by the best cooks in Hallowell, showing off their finest dishes. Marcia Gallagher will provide musical entertainment. Tickets are $30 per person or $50 per couple. Text Larry Davis for information 207-557-0702.

Cohen Center Updates



Fran Gonzalez

Social Dinner at the Cohen Community Center
October 21 4:30 - 8 p.m.

Evening Schedule:

4:30-6:30 p.m. - Social Dinner with our nutrition team and volunteers!

5-8 p.m. - Cash bar and dessert (fees apply) offered by Maine Pine Catering

Join us on Wednesday, October 21 for an evening of good food, conversation, and community at the Cohen Community Center Overlook deck in Hallowell. This special dinner is a great opportunity for older adults, including those with busy daytime schedules, to connect with friends and neighbors. Adults aged 60+ may dine at no cost or make a voluntary donation; guests under 60 are welcome for $7.50. RSVP by calling 1-800-639-1553 or emailing info@spectrumgenerations.org. First-time attendees will need to complete a participant form (https://referral.spectrumgenerations.org).

A Day to Connect, Engage, and Thrive in Hallowell

Everyone deserves opportunities to stay connected, engaged, and supported and caregivers deserve peace of mind knowing their loved one is in a welcoming environment.

Bridges Home & Community Services
Empowering Independence

Bridges Home & Community Services, Adult Day Care Services at the Cohen Community Center in Hallowell provides a safe, supervised setting where adults can enjoy meaningful activities, social connections, and personalized support throughout the day. Whether participating in activities, spending time with others, or simply enjoying a change of scenery, each day offers opportunities for individuals to be active, build relationships, and maintain a sense of independence.

Adult Day Care Services can also provide valuable respite for caregivers. While a loved one enjoys a structured and engaging day with caring staff, caregivers can have time to work, manage personal responsibilities, run errands, or simply recharge, knowing their loved one is supported. We make each day meaningful while helping individuals and families find a balance that works for them!

To learn more about Adult Day Care Services at the Cohen Community Center in Hallowell, call 1-800-876-9212 or visit www.BridgesServices.org.

SHIP
State Health Insurance Assistance Program

Navigating Medicare

Who Should Review Their Medicare Coverage?

Medicare Open Enrollment (October 15–December 7) is a good time to review your coverage, especially if you have Original Medicare with a Part D drug plan, and if your medications, pharmacy, or health needs have changed. Medicare Advantage (Part C) members can review their options during Open Enrollment or use the Medicare Advantage Open Enrollment Period (January 1–March 31). Spectrum Generations' SHIP counselors offer free, unbiased Medicare counseling.



Call 1.800.639.1553 to schedule an appointment.

COHEN CENTER cont'd on PAGE 15

A Fall Gathering and a New Opportunity for Hallowell's Young People

Sunday, October 4, 2026 11:00am - 1pm

Vaughan Woods & Historic Homestead

Kate Tremblay



Contributed

As autumn arrives in Hallowell, Vaughan Woods & Historic Homestead invites neighbors to gather at Vaughan Homestead for its annual Fall Gathering, an afternoon celebrating the season and the simple pleasures of being together outdoors.

Bring a picnic and enjoy live music, fresh-pressed cider, and fall treats cooked over a campfire. Take a walk, enjoy the changing landscape, and spend time with friends and neighbors on the historic grounds. It's a relaxed afternoon for all ages and a chance to welcome the changing season together.

Following the gathering, families with children ages 8–18 are invited to stay for an informational meeting about a new local 4-H club focused on community service, which will be hosted at Vaughan Homestead. Families can meet the organizers, learn more about the club, and find out how young people can get involved in projects that make a difference in our community.

Reservations are not required. Come for the afternoon, stay for the 4-H meeting, or simply stop by for any part of the day and enjoy the fall season at Vaughan Homestead.

The Season of Apples!

Bob McIntire

Fall is synonymous with apples. Makes sense, since the fruit ripens and comes of age just as the harvest in the garden wanes. Leaves change and it is time to pick and prepare the sweet-tart harvest for storing. The word apple is derived from Old English æppel, meaning, "fruit," not specifically the red, juicy one that we now associate with the word.

Few folks in Maine are more connected to apples, their history and life cycle, than John Bunker. His books and articles about apples explore stories of the fruit and how it came to spread around the world. Apples were grown for thousands of years in Eurasia before they journeyed to the American continent with European colonists. Apples had, and still have, a vital role in the agricultural economy of The Pine Tree State.

As *The Champion* goes to press, Bunker is scheduled to present a program at the Vaughan Homestead entitled, "Heritage Apples: Stories from Maine's Lost Orchards." He was instrumental in establishing The Maine Heritage Orchard, a 10-acre preservation and educational orchard located at the Maine Organic Farmers and Gardeners Association (MOFGA) in Unity. The orchard is home to over 360 varieties of apples and pears traditionally grown in Maine.

The Hallowell connection is exemplified by the Black Oxford apple. Bunker notes, "In 1999, I visited a Black Oxford tree in Hallowell documented to have been planted in 1799" by Benjamin Vaughan. "The top had long ago died … the hollow trunk had split vertically and then wrapped back around itself so that it was now inside out."

In a previous article in *The Champion*, Dan Mitchell, the Property Manager at the Homestead, described his efforts to discover other notable apple trees in town. If you have any such examples in your yard, you can email Dan at danmitchell@vaughanhomestead.org. Dan's article is available online at https://www.hallowell.org/champion in the Fall 2023 edition.

Kennebec Cigar, an Old-fashioned Sign of the Times

David Hayes

The lettering on the window at 128 Water Street still reads “Kennebec Cigar Co.” but the cigars have given way to vintage Lionel trains. For the past 40 years, owner Tom Allen has navigated the shifting tides of downtown Hallowell, rising rents and taxes, and the Kennebec’s flood waters.

(Before we go any further, Tom wants to be clear that, while his business is up and running, and people are welcome to visit when it’s open, he is not running it as a retail storefront on regular hours. More on that later.)

Tom’s presence downtown began in 1986 when he and his partner, Liz, opened Liz’s Ceramics. Over the decades, his footprint shifted across storefronts that mirror the evolution of modern Hallowell. He ran an oriental rug and antiques shop in what is now the entryway to The Liberal Cup, moved to 107 Water Street (now eSteam Salon), and eventually bought a cigar shop across the street (now part of The Quarry Tap Room). At various points, his rugs occupied 130 Water Street (now Cocoon) and the then unpowered 134 Water Street (now Uncorked Wine & Cheese).

As downtown rents climbed and retail changed, Tom adapted. In 2002, Liz set up an eBay storefront (eBay ID: Liz04330) for his sideline of Lionel trains. When the 2023 “Grinch Flood” wiped out his tobacco inventory alongside rising tobacco taxes, the online train business became his main focus.

Today, 128 Water Street serves primarily as the packing and shipping headquarters for his thriving eBay operation rather than a traditional retail store. While passersby are welcome when the shop is open, don't look for regular retail hours or card readers.

If the shop is closed, as it often is, remember that the real business is open online 24 hours a day. Tom is often up at night working online



David Hayes

Tom Allen.

auctions to acquire more inventory.

Tom’s story is remarkable at first for its longevity but ends up being a testament to adaptability. He changed locations and the focus of his business as times changed and opportunities arose. Though he was pushed into his eBay store by Liz, he has tended it and adjusted to shifts in online sales for over two decades. The fact that the Kennebec Cigar shop is frequently closed and, when open, you won’t find a single cigar in it, is a mark of Tom’s success and ultimately the point of the story.

Eye On October



David Hayes

Rusticator’s Emporium presents the annual Scarecrow City along Water Street from September 21st to November 4th. To enter a scarecrow, register at 151 Water Street or online at therusticatorsemporium.com. Mark your calendar for the Scarecrow Festival on Saturday, October 17th, featuring backyard games, food vendors, and a mini-market.

Throughout October, Sacred Sage celebrates Samhain (pronounced sow-win or sah-win, with month-long flash sales, giveaways, and crafts, culminating in traditional festivities and rituals on October 31st. Find updates on their social media and WaterStreetHallowell.org.

There is no Halloween Parade planned for Hallowell this year.

Contacting Vision Hallowell

Vision Hallowell needs your input. Residents, business owners, and visitors are encouraged to share their views on Vision’s Listening page at WaterStreetHallowell.org/vision-listening.

WaterStreetHallowell.org Redesign

WaterStreetHallowell.org is undergoing a major redesign. Downtown businesses and community organizations are urged to review their listings for accuracy. To request updates or add a new listing, please submit your details via the site’s contact page.

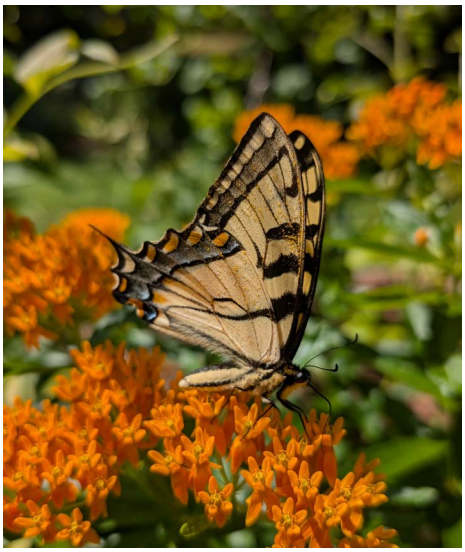
HCC
Hallowell Conservation Commission

Native Plants for Beautiful and Beneficial Yards

Judith Graber

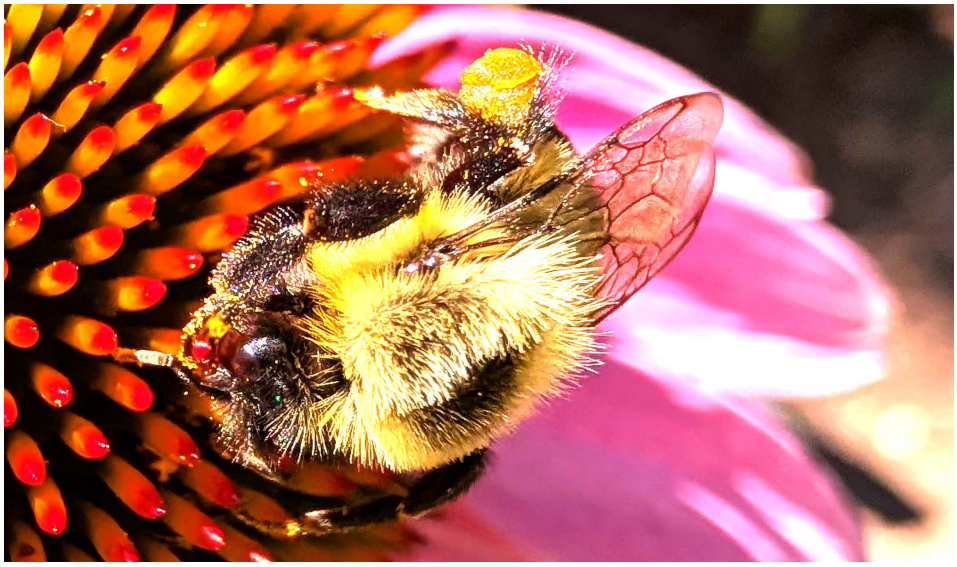
When my husband and I moved into a new house in Hallowell in 2020, our property had a lot of lawn. We knew lawns aren't especially ecologically friendly but didn't know how to transform our yard into a healthier environment. Then we attended a workshop hosted by the Hallowell Conservation Commission that featured local ecologist, Deborah Perkins.

We learned why an eco-friendly yard matters and how replacing turf grass with native plants at a slow but steady pace can lead to big changes. Once native plants are established, they use much less water than many non-native landscaping plants, especially most of the grasses used for lawns. Native plants also resist disease, filter pollutants from runoff before they reach our waterways, and, importantly, provide food and shelter for pollinators.



Hilary Neckles

An Eastern Tiger Swallowtail sips nectar from a native milkweed flower in a Hallowell yard.



Hilary Neckles

A bumblebee feeds on a native purple coneflower in a Hallowell yard, collecting pollen in a specialized basket on the hind leg.

Pollinators are the animals that move pollen either within the same flower or from one flower to another, and in the process make seeds, fruits, and new plants. They can be insects, like bees and butterflies; birds, and even some small mammals, like bats. We all rely on pollinators for many of our food crops, and they are also essential to maintaining flowering trees, woodlands, meadows, and of course, our gardens. Native plants and native pollinators evolved together over thousands of years. The food and shelter that native plants provide tend to be better suited for pollinators than non-native plants. In fact, non-native plants are often largely inedible to insect pollinators.

Why does this matter? Maine, like almost everywhere else on our planet, is experiencing a dramatic decline in the numbers and types of pollinators due to habitat loss, the loss of native plants, climate change, and pesticide use. One thing we all can do to help increase pollinator abundance is plant native plants.

To make our yard more eco- and pollinator-friendly, we started by learning what plants were already there. We encouraged the native plants and removed the more invasive non-native plants, like bittersweet. We then added a few native flowering plants to our existing garden beds: perennials like cone flowers, yarrow, and milkweed, and two baby shrubby St. John's worts that have beautiful little yellow flowers.

The explosion of color was awesome, but what really exploded was the number and types of bees and other pollinators buzzing around them. When I looked closely, I saw that there were different kinds of bumble bees. There are 17 kinds of bumblebees that have been recorded in Maine including little fluorescent green bees. Large proboscis moths (aka hummingbird moths), tiny blue and white moths, and swallowtail and monarch butterflies all started showing up. By adding just a few plants, we had an explosion of pollinators!

As we have slowly replaced

PLANTS cont'd on PAGE 11

Button Up Your Home

Public lecture on Thursday, November 5, 5:30 - 7pm, at the Hubbard Free Library

Things you can do yourself!

Kay Mann

These days, energy prices are like a compass needle: they are only heading north. With many other expenses also climbing out of sight, we are all looking for ways we can stabilize some of our household costs. On November 5, Hallowell Climate Action is offering the second in its energy literacy series to empower residents to take control of their energy sources and costs.

There are many simple things that homeowners can do themselves to make a house warmer, cut down on the drafts, and save money on winter heating bills. Come learn how to identify where heat energy is being lost, as well as some simple and low-cost DIY steps you can take to weatherize your own home. You will learn how small, targeted improvements such as insulation, caulking, improving windows, air sealing, and more can improve indoor comfort and reduce heating costs.



Caulking windows. *Kay Mann*

Our speaker is Colin McCullough, an independent Building Performance Institute-certified energy auditor with over a decade of experience, living right in Farmingdale. Light refreshments will be served. So bring your curiosity and your house questions! For more information, email HallowellConservation@gmail.com.

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sections of grass with native flowers, shrubs, and trees, we continue to see more pollinators. We also see an increased diversity of birds, because almost all our songbirds raise their young on caterpillars, and most of our North American caterpillars need specific native plants to feed on.

Most importantly, we have learned we can make a difference. Native planting provides valuable resources for pollinators and birds. Even a small flower bed or plants in containers can help. You'll be amazed at their beauty and thrilled by the pollinator visitors you will attract. For links to native plant resources, visit the Hallowell Conservation Commission website or email HallowellConservation@gmail.com.

Thanks for the Table, Diesel!

The Editors

The Hallowell All Age-Friendly Committee gives a well-deserved "tip of the hat" to Diesel, a.k.a. David Marquis, for yet another outstanding contribution to the quality of life in our fair city. His fanciful and thought-provoking sculptures of found materials adorn many establishments in town, not to mention his front yard. When Hallowell Water District customers needed a sturdy bench to support containers while filling them with PFAS-Free water, Diesel stepped up to the plate. He shies away from public displays of affection, so instead, the committee chose to embarrass him here, in *The Champion*. Thanks Diesel!



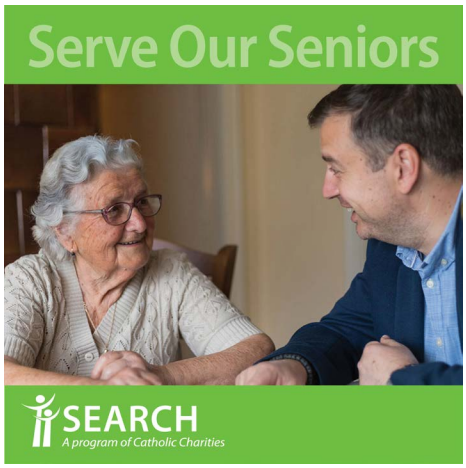
Diesel and his table. *Bob McIntire*

Volunteers Needed! Join the Heart of Maine

Lynn Kidd

SEARCH/RSVP (Seek Elderly Alone Renew Courage and Hope)/Retired Senior Volunteer Program

Volunteers are the heart of our mission, offering friendship, support, and dignity to older adults across Maine. Many older adults in Maine struggle with transportation. A simple ride to the grocery store or an appointment can make a huge difference. If you are 55 years or older and have a few hours to spare, you can help a neighbor stay independent in Kennebec County. Become part of something meaningful in Kennebec County. Learn more at ccmaine.org/search or contact Lynn Kidd at (207) 530-0137 or lkidd@ccmaine.org.



Dementia Caregiver Support

Bob McIntire

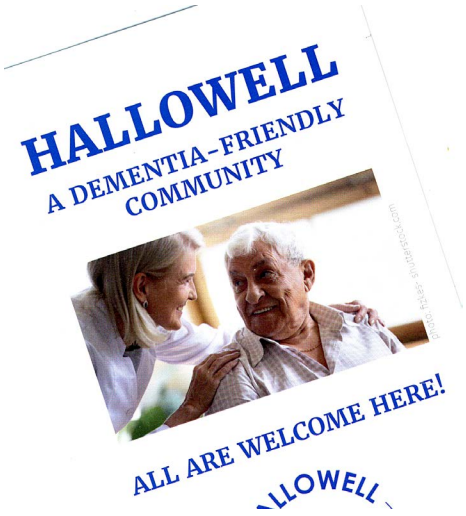
One of the most challenging roles in our lives can be providing support for spouses, partners or friends experiencing cognitive issues such as dementia. If that sounds familiar, you are not alone! There are several support groups that meet on a regular basis at different times of the day.

Family Caregivers meet at noon on the second Tuesday of each month at the Cohen Center on Town Farm Road Hallowell. Contact Rita Fraser for more information at 1-800-639-1553.

Spectrum Generations also hosts Dementia Care Educational Workshops entitled, "Dealing with Dementia." This is a four-hour, interactive workshop that helps caregivers understand dementia, manage problem behaviors and take better care of themselves. It gives family and professional caregivers access to the powerful "Dealing with Dementia" guide with information like useful safety tips, strategies on managing dementia behaviors and self-care resources. Contact Rita to learn about upcoming sessions.

Granite Hill Estates hosts a Caregiver Support Group the first Thursday of the month beginning at 4pm. All are welcome to attend. Heather Preston-Weeks, Resident Engagement Director, can provide more information. She can be reached at 207-707-4666 or by email at hpreston-weeks@granitehillestates.com.

Maine General's Alzheimer's Care Center at 154 Dresden Avenue in Gardiner, has a Family & Caregiver Support Group the first Wednesday of the month, from 6 to 7:30 pm. The Center partners with The Alzheimer's Association to provide a safe place for caregivers,



family and friends of persons with dementia. Contact Vanessa Broga by calling 207-588-3525 or email vanessa.broga@mainegeneral.org. The main number is 626-1770.

The Alzheimer's Association helpline is available 24/7 at 1-800-272-3900 for immediate assistance or visit the website www.alz.org/maine.

Sand Bucket Season

We don't want to think about it, but icy sidewalks and driveways are just a couple of calendar pages away. Hallowell Public Works provides a pile of sand and salt for residents at the garage. If you or someone you know can use some extra traction, and are unable to get out, call City Clerk, Lisa Gilliam. Ask about the sand bucket brigade. The program is for folks 60+ or with mobility challenges.

One of the handsome and dashing members of the Public Works crew will be dispatched to deliver a bucket of sand and salt and pick up an empty bucket, if one is available. Call 207-623-4021, press 3 for the City Clerk, and ask to be placed on the bucket list.

AARP Community Challenge Grant Celebration 9/28

Karen Knox

The City of Hallowell has received a Grant of $14,875 through the 2026 AARP Community Challenge grant program. This was an incredibly competitive year, but the City of Hallowell project stood out among the 5,100 applications nationwide. Help us celebrate at a pizza party on September 28th, from 5 to 7 pm at City Hall Auditorium! Police Chief, Zachery Kindelan and Fire Chief, Theodore Marshall, two new city employees will be on hand to meet you. Don't miss this opportunity to welcome them into our community and share some pizza!

The AARP Challenge Grant money will be used to improve pedestrian safety by placing LED flashing stop signs at two high-traffic intersections on Central St. The new stop signs will be at the Middle and Second Street intersections. Our past Police Chief reported 42 accidents in the past two years at these intersections. There have been numerous other accidents that did not meet the reportable threshold of $2,000 in damages. LED flashing lights will increase the stop sign visibility and hopefully reduce or eliminate accidents. The installation is scheduled to be completed by the end of October.

The grant will also pay for two digital speed signs, which will be rotated at village gateways. These signs will provide valuable data through real-time speed information to drivers. The data will help identify problematic times and locations where enforcement is needed

Come celebrate Hallowell's latest public safety improvements and welcome our new Chiefs!



Central and Second Street-a troublesome intersection. *Bob McIntire*

Did You Know that Pesticides are Illegal in Hallowell?

Scott Cooper, City Councilor At Large

As summer winds down and many of us are giving our lawns and gardens a little extra attention, I wanted to take a moment to remind everyone about Hallowell's Landcare Management Ordinance. The ordinance limits the use of synthetic pesticides and herbicides on all properties, helping protect our children, pets, pollinators, waterways, and the overall health of our community.

Many neighbors now use natural, manual, or organic approaches, Thank you! It helps all of us. For do-it-yourselfers, please select over-the-counter products that have the OMRI, USDA "For Organic Gardening," or MOFGA labels. Some examples of effective organic-based pesticides include insecticidal soaps, vinegar-based herbicides, diatomaceous earth, and essential oil-based insecticides.

If using a reputable lawn care company, ensure that they are licensed by the Maine Board of Pesticides Control and ask about product ingredients. Review the Hallowell Code of Ordinances, Chapter 4, Public Safety, starting on page 103, found on the city's website, for details and exemptions.

The Hallowell Conservation Commission (HCC) also has resources and information posted on the city website. Still not sure? Reach out to the Code Enforcement Office or the Hallowell Conservation Commission. They are here to help.



Rosemary Presnar

Thank you for keeping Hallowell green, healthy, and welcoming for families, pets, and wildlife, now and for future generations.

3rd Annual Hallowell Backyard Games

At the Res on Town Farm Road, October 3, 9am to 5pm. Admission and parking are free.

Barbara Williams

If the first two years of this competition are any indication, the third annual Hallowell Heavies Competition should be on everyone's not-to-be-missed list. Athletes will compete in the Braemar (heavy) stone toss; the open stone toss; heavy weight for distance; light weight for distance; the caber toss; the heavy and light hammer throw; the sheaf toss (imagine throwing a bale of hay); the weight-over-bar toss; and the grand finale, a massive tug-o-war competition.



Bill Axell

Kara Walker competes in the weight over bar.



Bill Axell

Dave McIntosh competes in the sheaf toss.

Athletes from all over New England, New York and North Carolina, with many in the top 15 in the world in their age bracket, will compete in six athletic categories. The categories are: Women's Under 40, Men's Under 40, Women's Masters, Men's Masters, Men's Lightweight (under 200 lbs) and the Women's Lightweight (under 155 lbs). This event is produced every year by our own David McIntosh of the Mackintosh clan. In addition, two local Scottish groups will have booths with informational displays: The Ulster Scots and the Maine Scottish Society.

Thanks to local sponsors: EJ Perry Construction, Gardiner Family Chiropractic, Planet Fitness, Quality Copy, Wander Pizza, The Quarry Tap Room, The Liberal Cup and Teachers' Pension.

STEVENS SCHOOL continued from PAGE 1

It was renamed Stevens School in 1962, in honor of Nellie Stevens. Nellie served as superintendent for two decades, during which time she instituted reforms to banish the punitive direction the school had taken and return it to its original mission. The Stevens School served as a haven for unlucky girls for 100 years.

In time, the school that gave hundreds of girls back their lives was at the end of its own. In the late 1970s, the State abandoned the Stevens School for a more modern, co-ed facility in South Portland. The State then used the Stevens Property for various bureaucratic offices and a Department of Corrections pre-release center. Probably because of the size of the campus and the age of the buildings, the State invested very little in its upkeep during this time. By 2003, the once-stately campus was shuttered. It sat derelict and a safety risk for 13 years until local developer Matt Morrill took a leap of faith with a vision of a verdant mixed-use campus that could supply a host of the City's unmet needs.

The public/private partnership that made the modern mixed-use campus possible is the story for a future issue of *The Champion*. In the meantime, if you haven't had a chance to walk the campus and the Effie Berry Conservation area, you are in for a treat. Learn more about the Stevens School. Visit www.historichallowell.org and click on "Special Exhibits."



Maine Historic Preservation Commission

Original Flagg Dummer building, circa 1880.

Welcome Chiefs Kindelan and Marshall



Contributed

Chief Zachary Kindelan.

Barbara Williams

Our new police chief, Zachary Kindelan, has a lot of ideas about how to manage a small city police operation. His 15 years of law enforcement experience comes from an array of policing environments: security forces for the US Air Force, the Sagadahoc County Sheriff's office and the Maine State Police.

When he heard about the job in Hallowell, he jumped at the opportunity to reframe people's ideas about law enforcement. "Community policing is key to the City's safety, so I have an open-door policy." Chief Kindelan wants to hear people's concerns from the source. He says, "It's the best way to build trust and be proactive about public safety."

So, don't be surprised when your kids come home from school saying the cops were there. Everything is ok! He wants the students to know and trust our officers, so he intends to be a familiar face at Hall-Dale Elementary and Hall-Dale High School. Make sure you stop by the station to say "hello" the next time you are downtown.

Like Chief Kindelan, our new fire chief, Ted Marshall, will soon become a familiar face around town. That's because he sees fire prevention and public awareness as the most important parts of his role as leader of the FD. Chief Marshall is planning to conduct fire prevention presentations around the City, so keep an eye out for those. Our new Chief started his career as an aviation electronics technician at Cherry Point Marine Corps Air Station in North Carolina. While



Bob McIntire

Chief Theodore Marshall.

there, he volunteered with the Havelock, NC Fire Department and earned his paramedic certification, before working there full-time.

When he was ready to come back home to Topsham, he secured a job as a fire fighter at the Togus VA Fire Department. Chief Marshall has been on five deployments as a wildlands fire fighter in Alaska, Colorado, Nevada and Quebec. He's worked for the Kennebec Emergency Management Agency and is a member of the Augusta Fire Honor Guard. While serving as our fire chief, Ted will also cover shifts with the Topsham and Augusta Fire Departments. Welcome, Chief Marshall!

COHEN CENTER cont'd from PAGE 7

Coming January 2027: Medically Tailored Meals

We'll launch our new Medically Tailored Meals program in January 2027, beginning with heart-healthy meal options. Designed to support individuals with heart disease, cardiovascular disease, congestive heart failure, hypertension, and high cholesterol, as well as those looking to follow a lower-sodium, lower–saturated fat, or higher-fiber diet, each meal will follow evidence-based recommendations for sodium, saturated fat, and dietary fiber to support heart health. Our new program makes it easier than ever to enjoy meals that are both delicious and supportive of your health.

If you are a home-delivered meal consumer and are interested in enrolling in this program, please contact your Nutrition Coordinator.

Cohen Community Center featured activities

***Wu Ming Qigong* for Breast Health**

Mondays in October: 5, 12, 19, and 26, 11am-Noon

Each session blends gentle Qigong movements with five-element wisdom to help restore balance, reduce stress, support breast health, and cultivate greater awareness and inner peace. No experience is necessary and all are welcome! Registration is required, $10 suggested donation per class.

Amazing Anatomy of Birds

Friday, October 16, 10-11:30am

Join Maine Master Naturalist Brianna Minor for an engaging presentation exploring the remarkable adaptations that make birds some of nature's most fascinating creatures.

Reserve your spot today! Visit the reception desk or call (207) 620-1195.

Matthews' Grave and Hallowell Cemetery on Network to Freedom Website

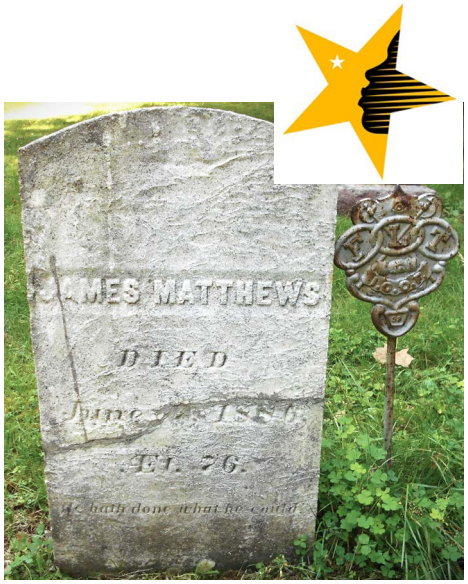
Bob McIntire

James Matthews was born enslaved in South Carolina but escaped and made his way to Hallowell where he lived for nearly fifty years. Matthews told his story to a local minister, it is thought, and it first appeared in 1838, in the *Advocate of Freedom*, a Hallowell-based abolitionist newspaper, then republished in the national slave movement's New York publication, *Emancipator* in 1838, where it received widespread attention.

Entitled "Recollections of Slavery by a Runaway Slave," Matthews' horrific account added fuel to the abolitionist movement. His story, told in candid and graphic detail, described countless examples of the cruelty he witnessed and suffered at the hands of slave masters, including cruelty to very young children. Matthews managed to escape, thanks in part to the kindness of a ship's steward who smuggled him onboard a vessel bound for Boston. Little, if anything, is known of how Matthews reached Hallowell, but he never healed from the continuous trauma of his first 20 years of life. He lived at the Hallowell Poor Farm where he died June 7, 1886. Members of the Sanborn Lodge of the International Order of Oddfellows arranged for his burial in the Hallowell Cemetery and paid for his headstone.

The National Park Service created the Network to Freedom website in 1998 to document stories and locations of the Underground Railroad. Dr. Susanna Ashton, from Clemson University, learned of Matthews' life and aided by student Brian Mueller, applied on the part of the city to have the gravesite added to the listing. There are over 800 sites identified, but only three others in Maine.

James Matthews' story figures in the Historic Hallowell mural. Hallowell artist, Chris Cart envisioned Matthews stealing his way through a birch forest on the way to freedom.



Sam Webber

He hath done what we could.

Row House, Hallowell's historical society, is raising funds to install a bronze plaque at the entrance to the Hallowell Cemetery, identifying it as a Network to Freedom site and another plaque on Monument Avenue near Matthews' grave, sharing the story of his escape and life in Hallowell. Contributions can be sent to Row House PO Box 3 Hallowell, ME 04347. More information about James Matthews can be found on the website www.historichallowell.org.

The Champion Publishing Partners:

Vaughan Woods & Historic Homestead

Hallowell Food Pantry

Hallowell Water District

Vision Hallowell

Row House, Inc.

spectrum generations

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