

The Hallowell Champion



Hallowell All-Age-Friendly Newsletter Volume 5 Issue 3 All Are Welcome Here

Summer 2024

"Round Round, Get Around" *The Beach Boys* ...Unless You Can't – Accessibility Challenges



Enock Glidden assesses accessibility at The Res with Sabrina Balabuszko, Hallowell's Environmental Steward; Mayor George Lapointe; Councilor Mike Frett; and Gary Lamb, City Manager.

Hallowell has some great places to get around in regardless of the season, and summer is especially nice. The Res, Vaughan Field, Granite City Park, the Effie L. Berry Conservation Area all offer various opportunities to get out and enjoy the sights and sounds of our little City, that is, if you can get around.

Some locals and visitors alike may have mobility issues that make taking advantage of some outdoor recreational opportunities a bit challenging. Fortunately, parking is available at each of the park sites that can provide vehicle access to recreational areas depending on the time of day and the season.

There have been some notable improvements to aid accessibility. At Granite City Park, for example, an AARP Challenge Grant allowed the City to purchase a long ramp allowing access from the parking

lot to the popular bulkhead with reserved parking spots on each side of the entrance to the ramp. What about other recreational areas? What changes could be made to ensure equal opportunities for enjoyment? Here is where Enock Glidden comes in and the company where he works.

Community Geographics makes maps using the tools of digital mapping technologies, but it is the way they make maps, the process and "out-of-the-box" thinking they employ, and the people on their team that really make the company unique. They are committed to broadening participation in outdoor recreation for people of all abilities. Cue Enock.

There are both psychological and physical health dividends from being outside in nature and getting
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Hallowell Water Meets Current EPA Standards

Hallowell Water District customers received the 2023 Consumer Confidence Report this spring, including a notice that a PFAS-free water spigot was in operation at the water district office daily from 7AM until 7PM. This was the first time that many people became aware that the water contained “forever chemicals” as they are known. The Water District sent extensive information about PFAS in July 2022.

PFAS or Per- and polyfluoroalkyl substances are a large, complex group of synthetic chemicals that have been used in consumer products around the world since about the 1950s. They are used to keep food from sticking to packaging or cookware, make clothes and carpets resistant to stains, and create firefighting foam that is more effective according to the National

Institute of Environmental and Health Sciences website.

There has been concern about these chemicals for some time. The Environmental Protection Agency began requiring municipal drinking water providers to test the levels of PFAS in drinking water in December 2021. The Maximum Contaminant Level was set at 20 parts per trillion (PPT). The 2022 Hallowell Water District Consumer Confidence Report showed a level of 18.8 PPT and in 2023 the level was 14.4 PPT. Hallowell water meets the current standards.

The EPA revised PFAS standards in April of this year. The Water District along with other providers are now required to conduct long-term testing. The Water District will begin testing in the next few weeks to determine the filtering system that is best suited for the chemical



composition of Hallowell’s water. The district will then construct a building and filtration system based on those results. More information about PFAS requirements and the action the Water District is taking is available on the website www.hallowellwaterdistrict.com or contact Zack Lovely, Superintendent of the Water District, at 207-623-9151 or by email at zlovelyhwd@yahoo.com.

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exercise. Enock should know. Among other accomplishments he climbed El Capitan in Yosemite National Park with a dedicated team of supporters. His blog <https://www.gobeyondthefence.com> documents the event.

On a delightful May morning Mayor George Lapointe, Councilor Mike Frett, City Manager Gary Lamb, Environmental Steward Sabrina Balabuszko, and Bob McIntire of the All Age-Friendly Committee toured Hallowell’s recreation areas with Enock as he gave us his perspective on how to improve access to the facilities. He noted that some areas are accessible but there is always room for improvement.

The first week of June, Enock, along with three other panelists, reflected on the challenges of enjoying the outdoors if mobility is an issue. Chelsea Moeller, diagnosed with Facioscapulohumeral

muscular dystrophy in 2012, a progressive disease that impacts muscle control, described how the Disney corporation clearly thought of everyone in the design of their parks and cruise ships. There are activities for all ages and abilities. Maggie Warren reminded folks that meaningful change often takes time and patience citing the development of the rail trail as an example. Theresa Kerchner, Executive Director of the Kennebec Land Trust, talked about how working with Enock and Community Geographics, changed how the staff approaches trail design and siting, resulting in modifications that can impact people’s lives.

Fortunately, as with the boardwalk ramp, there are grant opportunities that might aid the City in making improvements to trails and other facilities. The U.S. Department of Transportation’s Federal Highway Administration (FHWA) offers Recreational Trails Program grants

through the Maine Bureau of Parks and Lands. With Enock’s direction and the City’s efforts, welcome changes to improve access could be in the works.

The full report from Community Geographics is available on the City website. (RM/SB)

**ACCESSIBILITY
RECOMMENDATIONS Page 6**



Maggie Warren, Chelsea Moeller, and Theresa Kerchner listen as Enock Glidden shares his observations on the accessibility of Hallowell’s parks and public spaces.



Mid-Summer Magic! Old Hallowell Day 2024

Mark your calendar! Old Hallowell Day (OHD) returns again this year on Saturday, July 20th. OHD is a much-anticipated summer celebration of all things Hallowell, put on by hundreds of volunteers, and with something to offer for everyone.

This year marks the return of the OHD Road Race! There are many other events to enjoy as well including the legendary Old Hallowell Day parade, live music, dance and theater performances, arts,

crafts, and shopping, the American Legion's homemade strawberry shortcake, cribbage and cornhole tournaments, the Hills and Thrills bike ride, the International Kids Festival, and, of course, the grand fireworks finale—too many things to mention in one short article, but you can find the complete schedule and plenty of other details, at www.oldhallowellday.org.

Raffle tickets will be available for a chance to win 2024 Old Hallowell Day artist Aurilla Holt's original



**2024 Old Hallowell Day Poster
by Aurilla Holt.**

framed artwork of Second Street. OHD 2024 T-shirts and posters will also be available for sale. See you on Old Hallowell Day! (EM)

Strawberry Shortcake Lunch A Big Job for the Legion Crew

Old Hallowell Day means a lot of things to a lot of people. For some, it is a time for renewing acquaintances. Watching the parade is fun, of course. However, to many, the celebration is a chance to enjoy strawberry shortcake at the Legion.

The Goodrich-Caldwell Post 6 Legion has been hosting shortcake luncheons at the Legion Hall at 114 Second Street since 1994! This is one place where you can have your cake and eat it too! The famous shortcake lunch comes with a sandwich, chips, a drink, and, of course, strawberry shortcake! The full meal is only \$8. Sandwiches include chicken salad,

ham salad, and egg salad among others depending on availability. Come early for the best selection.

This is an “all-hands-on-deck” event for the Legion. Members, spouses, and friends pitch in to help with preparation, serving, and cleanup. Ninety quarts of strawberries are picked fresh by members and friends, washed, and delivered fresh.

One of the challenges with the Legion and other civic and social organizations is that membership is dwindling. Members are aging and younger people are less involved according to legionnaires, not an

unusual situation for many groups. The Legion post formed on June 24, 1919. Meetings were held all over town until 1935 when the group started meeting in the vestry of the Universalist Church. They later bought the building in 1939 for \$1.00 and that's where the shortcake luncheon is served.

The Old Hallowell Day Strawberry Shortcake lunch is July 20th. Serving begins at 11:00AM and continues until 1:00PM as long as supplies last. Come early! Meet friends as the line forms. (BM)



Part of the 2023 American Legion Shortcake crew.

Hallowell Fire Station Formally Dedicated to Samuel P. Hutchinson



Hutchinson Fire Station — Hallowell Fire Department.

The Worster House, the grand hotel at the corner of Winthrop and Second Streets, reportedly had all the conveniences for the traveler at the time, including a barbershop. The stylist there in residence for many years was Sanford Hutchinson. He and his wife, Permelia Ann, known as Millie, were longtime residents of the City. They raised 10 children here.



Maxine Blackburn.

Maxine Blackburn was the Hutchinson's longest surviving child. She was also the anonymous benefactor who donated the new fire station to the City. Her identity was initially known only to the Fire Chief. Sadly, she died on April 25, 2021, at age 101, before the new station was completed. After her death, her identity and the knowledge of her contribution became known.

Sunday morning on June 9, the Fire Department formally dedicated the fire station in memory of Sanford P. Hutchinson and recognized the amazing contribution of his daughter to the safety of Hallowell citizens.

Maxine was a World War II veteran and proud member of the American Legion Goodrich-Caldwell Post 6. The Fire Department and the City of Hallowell salute her memory. (BM)

Volunteers Step Up!

If you have ever thought about joining a fire department, the Hallowell Volunteer Fire Department has openings for firefighters. Training is available. One of our 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.



Returnables Donations

Do you have a great collection of returnables taking up space in the garage or basement? The Hallowell Firefighters Association could use them! There is a returnables donation site behind the fire station in the small shed. Your contribution will mean a lot!

Public Hearings Set for Area Plan on Aging



The Central Maine Agency on Aging d/b/a Spectrum Generations will hold public hearings on the proposed four-year Central Maine Area Plan on Aging for Older Americans Act (OAA), which funds programs and services that help older Mainers and their care partners remain healthy and safe in their communities.

Agenda items for these meetings include: An overview of OAA and Spectrum Generations services, a summary of 2025–2028 Spectrum Generations Area Plan on Aging, and an opportunity for public comments.

A draft of the 2025–2028 Spectrum Generations Area Plan on Aging can be found after June 21 on the Spectrum Generations website at www.spectrumgenerations.org. Hard copies will be made available upon request. Written comments will be accepted until July 8, 2024. Comments can be emailed to feedback@spectrumgenerations.org.

[org](mailto:feedback@spectrumgenerations.org), faxed to 207-622-7857, delivered in person, or mailed to One Weston Court, Augusta, ME 04330.

Both public hearing dates will be in person and available virtually by Zoom. Registration is only required if attending virtually. Refreshments will be provided.

Spectrum Generations' Central Maine Area Plan on Aging Public Hearing #1 is scheduled for Tuesday, June 25, from 2–3pm at the Cohen Community Center, 22 Town Farm Rd., Hallowell.

Virtual attendance registration link: <https://bit.ly/3Ry4EG9>.

Spectrum Generations' Central Maine Area Plan on Aging Public Hearing #2 is scheduled for Thursday, June 27, from 10–11am at the Muskie Community Center, 38 Gold St., Waterville.

Virtual attendance registration link: <https://bit.ly/3XrpN8N>.

If you need an interpreter, additional accommodation to participate in a public hearing, or have questions, please call or email Nathan Miller no later than 10 business days before the meeting you plan to attend at nmiller@spectrumgenerations.org or 207-620-1274. Accommodations will be provided at no cost to the participant.



Gerard Queally, President and CEO of Spectrum Generations, cuts the ribbon on the new deck at the Cohen Center in Hallowell.



12th Annual Celebrity Chef Challenge

Monday, Sept. 16, 2024, 5pm

Augusta Civic Center

76 Community Dr., Augusta

Experience the culinary delights from three well-known chefs as they compete to have their dish incorporated into the Spectrum Generations' Meals on Wheels program.

Reserve your tickets.

- \$75 per person
- \$450 table of 6
- \$300 table of 4
- \$600 table of 8

Hors d'oeuvres, Three-courses, plus Dessert

Live entertainment - Cash bar

All funds support the programs and services of Spectrum Generations including Meals on Wheels. To purchase tickets or become an event sponsor, scan the QR code or visit, www.spectrumgenerations.org/celebrity-chef-challenge.

Mixology Challenge

Come join us on our gorgeous new deck at the Cohen Community Center



Friday, August 16, 5–9pm

Watch as our celebrity bartenders compete! Each attendee will receive drink samples to vote on.

Maine Pine Catering will provide hearty hors d'oeuvres.

Cash bar, live entertainment, \$25/person

To purchase tickets, scan QR code or visit

MixologyChallenge.planningpod.com.

Cohen Community Center

22 Town Farm Road, Hallowell

Community Flood Relief Fund Helping Hand



The community effort to provide flood relief launched by Vision Hallowell raised a total of \$18,674.69! A HUGE thank you to private citizens, businesses, and community groups who rose to the challenge of helping employees and residents on the riverfront who experienced losses in income and personal property resulting from the December 18, 2023, Kennebec River flood.

Community groups including Hallowell Pride, Hallowell Arts

and Culture Committee, Capitol Improv, and Vision Hallowell raised money through an on-line art auction, a Mardi Gras “Rhythm and Resilience” Masquerade Ball, and a “Night of Comedy.” Funds were made available through an on-line application process, which resulted in 21 applications requesting funds totaling \$37,009. Nineteen individuals received checks totaling \$18,332, with any monies remaining after accounting for fundraising event costs, donated to the Hallowell Food Pantry. The Flood Relief committee focused on reimbursing lost wages and personal losses of renters.

The City of Hallowell also supported relief efforts through two processes, the second of which is matching monies raised through



Karen Knox, President of Vision Hallowell, presents Kristopher Lessard a flood relief check.

the Hallowell Community Flood Relief Fund, and taking applications for up to \$2,000 for unreimbursed business-related losses. That process is under way. Contact City Hall for more details. (KTK)

Making Hallowell Public Spaces Accessible

Enock Glidden and associates at Community Geographics (<https://www.communitygeo.com>) reviewed the findings of the recent on-site review of Hallowell’s public parks and spaces and identified some specific strategies. (Story page 1) These recommendations are relevant to all locations visited.

Making City of Hallowell’s public spaces more accessible to more people can be relatively inexpensive for the most part. After improvements, The Res, Vaughan Field, and Granite City Park will be amazing destinations for residents and visitors to enjoy the outdoors. The following suggestions for removing and minimizing physical and communication barriers represent opportunities for making these properties more accessible to a wider group of residents and visitors.

- The trails currently have obstacles due to terrain and

surface in some areas. The goal is to have a 36" wide, cleared, and firm and stable treadway with minimal cross slope (<2%). There are resurfacing options. There are also options for building side trails around obstacles as needed.

- Trailheads should include kiosks/signage with information about trails and site conditions; The current kiosks and signage have some good information and are easily read from a seated position. Adding a kiosk at the Town Farm Road parking area at The Res and the parking area at Vaughan Field would help people decide if these areas are accessible to them.
- As part of all assessments, groups need to take the time to review all of their communications—on site, in print, online—in order to improve the level of detail used to describe all trails

and facilities. Providing ample details and context allows all trail users to decide for themselves whether the trail is suitable for them.

Are you interested in volunteering for trail work? Connect with the Environmental Steward at es@hallowellmaine.org to get connected to summer trail workdays at the RES. (SB)



Enock Glidden and Sabrina Balabuszko at Granite City Park.



Vaughan Woods & Historic Homestead Vaughan Woods Tours July 11 and August 15 at 6:00 p.m.

Did you know that Vaughan Woods was once home to a sandpaper factory and a wire mill? Or that during the mid-1700s the future King of France almost drowned while fishing in Vaughan Stream? And why did William Warren Vaughan and his brother name their favorite sitting spot the

“gloat bridge”?

Join us for a one-hour history hike of Vaughan Woods where you'll hear these stories and more! Gates open to the Homestead grounds at 5pm. Pack a picnic and stroll the grounds before the hike. The hike begins promptly at 6pm. There will be two groups. For those up for a bit of rustic and steep terrain, we'll head from the Homestead down along the stream then back up the Corniche Trail. For those looking for more even and gradual terrain, our second leader will guide a group down and

back on the Corniche Trail. \$10/person, reservations required. (KT)

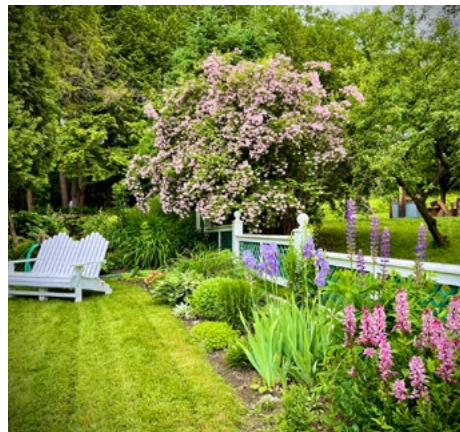


William Warren Vaughan (right) and work crew on the Corniche trail c. 1911.

House and Garden Tours

July 11, 18, and 25 and August 8, 15, 22, and 29 at 10:00 a.m.

Take a guided tour of the 1794 Vaughan Homestead and wander the circa 1890 colonial revival flower gardens. Settled in 1794, Vaughan Homestead was home to seven generations of the Vaughan family. Learn about their lives and view an eclectic collection of decorative arts. All ages are welcome; just let us know in advance if children will be attending. Pack a lunch and stick around after the tour for a picnic in the garden or out in the Woods. Reservations may be made online at vaughanhomestead.org. (KT)



Vaughan Homestead's Colonial Revival Flower Garden, c. 1890.



Homestead Garden Party a Success

Vaughan Woods & Historic Homestead board, staff, and volunteers welcomed 145 guests to its annual Garden Party on June 15. Partygoers played old-fashioned table games like crokinole, backgammon, and bagatelle, listened to live music in the Garden Pavilion, viewed vintage home videos (c.1930) in the Homestead's octagonal Music Room, partook of refreshments on the Piazza, and

strolled the gardens and grounds in their early summer glory. Children enjoyed exploring the grounds and interviewing partygoers for scavenger hunt answers. Among other things, they were able to find people who had lived in Hallowell for over 20, 40, 60, and even 80 years! A good time was had by all, and it was wonderful to see the old place come to life!



Guests at the Vaughan Homestead's 2024 Garden Party.



The Hallowell Food Pantry is a hive of activity every Friday during our open shopping hours, but is far from quiet the rest of the week. Those are the days when we restock shelves, clean the pantry, shop for supplies, pick up donations, train new volunteers, prepare home delivery orders, repackage bulk foods, and take care of all the paperwork! It's heartening to see the growing network of people and businesses coming together to alleviate food insecurity in our community.



Emily Seymour.

Capstone Collaboration

One of the people who loves to help at our food pantry is Emily Seymour, a Hall-Dale high school senior and long-time volunteer. The focus of her Capstone Project was, "How does a food pantry operate and create a positive impact in a community." She did extensive research, visited other food pantries, and used her experiences in Hallowell to create an informative, compassionate, and top-notch presentation. We were so proud to participate, and wish her well as she heads to college in the fall.

Nourishing Our Neighborhood

Feed ME 5K Walk

On a bright Saturday morning last month, a group of our wonderful volunteers and friends participated in Maine State Credit Union's Feed ME 5K Walk to End Hunger. We joined a huge crowd of other participants and, after donning our new t-shirts, we set off at a brisk pace. Upon our return, we were rewarded with a selection of snacks and breakfast pizza – altogether, a great start to the day!



Hallowell Food Pantry volunteers and friends.

Campaign to End Hunger

As a result of their remarkable fundraising efforts during the Campaign to End Hunger, we were invited to attend a breakfast by the Maine State Credit Union and a supper by the Gardiner Federal Credit Union. At both events, we were presented with generous donations and enjoyed the opportunity to meet representatives from other food pantries, meal sites, and schools. Thank you to both



Wendy Roberts, Vicky Gabrion.



Rani Sheaffer, Stacey Dow, Vicky Gabrion.

credit unions for supporting our mission and our community!



Maureen and John Kendzierski, Vicky and Patrick Gabrion.

Stamp Out Hunger

The USPS letter carriers' Stamp Out Hunger Food Drive has taken place on the second Saturday in May since 1991. It's always a success, and this year was no exception. All the food collected from Hallowell residents comes to the Hallowell Food Pantry. This year, we received 706 lbs of food items. Thank you to everyone who participated and helped nourish our neighborhood! (VG)

Life-Long Learning Fun for Folks 50+ UMA Senior College



Fall Semester Registration
Opens September 3rd at Noon

The University of Maine at Augusta (UMA) has a long history of serving students of all ages. As age is no barrier to curiosity, intellectual ability, or personal development, UMA's Senior College (UMASC) provides a wide range of offerings for senior adults who want to learn for the joy of learning without the stress of papers or tests.

Louis Fontaine, UMASC chairperson, shared, "Our mission is to provide life-long learning opportunities for people ages 50 and up." UMASC delivers lectures, activities, and non-credit academic and personal enrichment classes like language, history, computer skills, art, crafts, films, and local outings.

UMASC classes and lectures are presented by a volunteer "faculty of peers" including retired teachers and professors, business professionals, craftspersons, and knowledgeable enthusiasts who create curricula that pique the interest of UMASC members and match UMA standards. "I've taken 16 classes at the UMASC, and the thing that continues to impress me is the quality of the courses and instructors," remarked Patricia Ferrentino, student and volunteer newsletter editor. "These folks love to teach, and their students love to learn," boasted Chuck Acker who is often credited with founding UMASC.

UMASC is always looking to expand course offerings, welcoming class instructors and lecturers. Teacher support includes planning assistance, Zoom training, and practice sessions. The UMA IT department is always ready to help should technical issues arise during class. For information and a course



Senior College Geology students on a class outing to Reid State Park.

proposal form, visit <https://www.umasc.org/course-proposal-v21>.

One of the best parts about UMASC is interaction with others. "You don't feel weird about loving rocks when you take a geology class and are surrounded by other people who love rocks, too!" mused a recent student. Connections made at UMASC often grow into new friendships.

Fall classes are announced in mid-August. Registration begins September 3rd at noon. About 25 classes are available per 8-week semester beginning mid-September and mid-March, meeting once per week for 1.5–2 hours each. Students can take unlimited classes for free, in person on the UMA campus or online via Zoom, with an affordable annual membership fee. For more information about typical course offerings, photos of students, and membership information, visit

<https://www.umasc.org>.

Membership opens on July 1 with levels ranging from \$25 to \$100. In lieu of a scholarship program, UMASC also offers an assisted \$10 membership which you may choose for yourself using the "honor system." All levels have the same benefits; pay what you can afford. This annual fee entitles members to unlimited classes at UMASC, and classes from any of the 17 schools in the Maine Senior College Network. Learn more at maineseniiorcollege.org.

UMA transforms the lives of students of every age and background across the State of Maine and beyond, through access to high-quality distance and on-site education, excellence in student support, civic engagement, and professional and liberal arts programs. For more information, please visit <https://www.uma.edu/>.

Hallowell Didn't Wait!

Climate Action Celebration and Community Meeting on July 31st



In December 2020 the state's climate action plan, "Maine Won't Wait," recommended robust state funding for local climate-resilience efforts. What emerged was the statewide Community Resilience Partnership (CRP), which gives municipalities access to grants supporting their energy efficiency, clean energy, and community resilience goals.

Well, Hallowell didn't wait to act! In summer 2022 our city enrolled in the CRP, formed Hallowell Climate Action as a project of our Conservation Commission, and began applying for and receiving grant funds for climate-related projects. The CRP requires re-enrollment every two years.

As part of Hallowell's re-enrollment process, Hallowell Climate Action is hosting an Evening of Celebration and Community Engagement on Wednesday, July 31, 6:00–8:00pm at Hallowell City Hall Auditorium.

We have a lot to celebrate! In two short years, Hallowell has installed

an EV charging station downtown; conducted a comprehensive energy audit for City Hall; hosted a WindowDressers Community Build to construct low-cost or free insulating window inserts for residents in Hallowell and surrounding towns; received funds toward installing heat pumps in City Hall Auditorium; and received funds to inventory, map, and assess the condition of Hallowell's stormwater infrastructure with respect to managing our increasingly frequent extreme rainfalls. And we're just getting started!



Hallowell's EV charging station.

Come join your neighbors on July 31st for an evening of live music, food, and prioritizing Hallowell's future climate actions. We will kick off the evening socializing over heavy hors d'oeuvres to the fantastic music of the Mediocre Craftsmen, the duo guitar group of Hallowell's own Ben Godsoe playing with Teb Dolloff. You won't want to miss their originals and covers of tunes ranging from rock and blues to folk



Hallowell residents engage in climate action planning, November 2022.

and soul. Everyone will have an opportunity to discuss Hallowell's susceptibility to climate change and identify actions they feel are most important for our city to reduce greenhouse gas emissions, transition to clean energy, and become more resilient to climate effects.

We want your ideas and need your input. And some lucky participants will go home with a valuable door prize, which are still being collected, but will include local visual art and a pair of tickets to see the 5-time Grammy-winning group Ladysmith Black Mambazo at the newly renovated Johnson Hall. For more information, contact HallowellConservation@gmail.com. (HN)



Interested in Conservation??? Roll up your sleeves!

The Hallowell Conservation Commission (HCC) is seeking additional members. 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; please follow us on Facebook.



Dan Shagoury checks the fit of one of his new window inserts.

It's Time to Grow Green in Hallowell



Do you know about the new Hallowell Landcare Management Ordinance? Do you have questions about what you can use or do when it goes into effect? There are many resources available from the Grow Green & Healthy Hallowell (GGHH) coalition to help reduce the use of synthetic pesticides, herbicides, and insecticides in our outdoor spaces. Now is the time to learn and ask questions on safe alternative methods for your yards and lawns.

GGHH and Hallowell Conservation Commission (HCC) volunteers held two informational sessions for residents and businesses this year, in February and April, on available resources to help comply with the new ordinance, which goes into effect January 1, 2025.

Volunteers and attendees shared and discussed information on how to transition to healthy soils and lawns without harmful synthetic chemicals. Besides the ordinance, a series of help documents located on the Hallowell City website (hallowell.govoffice.com) and the updated GrowGreenHallowell.org website were reviewed as part of the information sessions.

The GGHH “Help” documents and the updated GrowGreenHallowell website links can be found by going to the City’s website, hallowell.govoffice.com. Select “Government,” then “Boards & Committees,” then “Conservation Commission,” and “Grow Green and Healthy Hallowell Initiative.”

The website includes a list of resources and a link to the Grow Green website where you’ll find videos on growing a healthy lawn and why it is important to restrict the use of pesticides.

It is also important to use local and regional expertise during this learning period, so the GGHH



team recommends and refers to many University of Maine Cooperative Extension bulletins and publications. Bulletin #2166, “Steps to a Low-Input, Healthy Lawn,” includes key steps and tips to help restore lawns and reset expectations. As outlined during the information sessions, the bulletin’s goal is to create an ecologically diverse lawn that will be green and healthy without intensive pesticide and fertilizer treatments. Following the basic principles listed in this bulletin, residents can create a healthy lawn while eliminating unnecessary fertilizers and pesticides. Bulletin #2166 and other helpful publications are available online at <https://extension.umaine.edu/publications/>.

The GGHH and HCC are also bringing experts to Hallowell. Please save the dates for these two workshops presented by regional professional organizations. First Light Habitat’s Deborah Perkins will return to Hallowell with a new workshop, Eco-Friendly, Chemical-Free Yards for People, Pets, and Pollinators, on July 15, 6:30pm, at City Hall Auditorium. On October 2, the Wild Seed Project will present Bio-Diverse Yards & Planting for Climate Resilience. Both workshops, supported by the HCC, are free to Hallowell residents and businesses.

For questions or more information, please email hallowellconservation@gmail.com. (RP/AY)



Be a Hero for the Hubbard



The Friends of the Library Need You!

The Hubbard Free Library in Hallowell is looking for new friends who share a passion for making our beloved Hubbard the best it can be!

Just like Friends of Libraries groups worldwide, the Friends of the Hubbard Free Library is a volunteer group of enthusiastic library supporters. Friends volunteers fill crucial gaps in fundraising, person-power, day-to-day support, and program development.

"The Hubbard staff appreciates our Friends so much," said Annemarie Kromhout, Library Director at the Hubbard. "We rely on them to keep the Hubbard's mission going strong, both in the community and in the library itself."

The Friends of the Hubbard Free Library help with some of the Hubbard's signature events, including the Old Hallowell Day

book sale, the Pride booth, the Easter Egg hunt, and much more.

"Our Hubbard staff works hard to support our diverse community," said Friends member Torie Levesque. "The Friends group is how our community can support them right back."

Right now the need is especially critical. The current Friends leadership is retiring in June, and the existing volunteer pool is deep in devotion—but shallow in numbers. With a void in Friends leadership, the Library Trustees are temporarily



Friends of the Hubbard Merch.

steering the Friends and hoping to get more volunteers involved so the Friends can support the many fun events the Hubbard has planned—but we need your help!

Want to be a hero for the Hubbard? To learn more, just email friendsofhubbardlibrary@gmail.com or talk to any Hubbard librarian. No matter your skill set, availability, or background, the Friends of the Hubbard Free Library would love to have you! (CD)

Summer Reading Program Adventure Begins @ Your Library!

Sign up to get a Reading Log and some fun summer puzzles.

Read books, write them in your Reading Log, and get prizes.

Whoever, in their age group, fills out most of their Reading Log, gets the GRAND PRIZE.

The Age-Friendly Collection *The Day After Yesterday* and *Cooking Our Way*

Joe Wallace has been a portrait photographer and storyteller for over 20 years. He wrote *The Day After Yesterday* and created a traveling exhibit to destigmatize those living with dementia and use empathy as a means of connection. The portraits and descriptions tell a more complete story of the complex disease. The work strives to tell the whole story, the fear, loss, and despair but also the love, connection, and dignity of the people, care partners, and communities. There are 39 stories, all different, all poignant. Several members of his family have lived with dementia, compelling him to tell a more complex and honest story of those living with the disease.

Cooking Our Way was inspired by the story told in an online

discussion group. "I used to love to cook...but when I was diagnosed with dementia, everything changed. My family became worried about my safety in the kitchen. They discouraged me from cooking... and took over making meals. They said it would make my life easier, but instead it made it emptier." The exchange moved Dr. Susan Wehry and coauthors to gather favorite recipes from cooks with dementia and combine them with helpful advice and information about cooking, shopping, and safety. The book is a project of AgingME, the Geriatrics Workforce Enhancement Project based at the University of New England with project partners including the Southern Maine Area on Aging and others.

These books and others are available in the Age-Friendly collection at the Hubbard Library. (BM)





AcupunctureME | 164 Water Street in Hallowell

Remember when you felt your best: the picture of health? Want to feel that way again? Consider a call to AcupunctureME.

Michael Migliore, the owner, is a board-certified, licensed acupuncturist designated as a Diplomate in Acupuncture by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM). He has over two decades of experience treating back discomfort, migraines, chronic fatigue, stress, and sports performance issues without harmful side effects. This month AcupunctureME is celebrating its one-year anniversary at the downtown Hallowell location.

Acupuncture is based on traditional oriental theories and serves to normalize physiological function, treat certain diseases and dysfunctions of the body, prevent or modify the perception of pain, and promote health and well-being. It enhances the energetic system of

Business Spotlight AcupunctureME 1st Anniversary!

the body by unlocking the blockages in the body's meridians through the insertion of fine, hairlike, sterile disposable needles, thereby promoting the flow of energy (qi), necessary to maintain the biological and physiological systems of the body.

Michael is a graduate of the Tri-State College of Acupuncture in Manhattan with a Master of Science degree in Acupuncture and has a Bachelor of Science degree in Pharmacy from St. John's University College of Pharmacy, New York. He is a registered pharmacist in Maine and New York.

His style of acupuncture incorporates a variety of traditions including Traditional Chinese Medicine (TCM). At his former New York City clinic, Michael treated World Trade Center disaster emergency responders and survivors.

As a professor, he taught master's level classes at Pacific College of Oriental Medicine, NYC; Mercy College, NYC; and at the Finger Lakes School of Acupuncture and Oriental Medicine at New York Chiropractic College, Seneca Falls, NY. He is the author of *Acupuncture*



Mike Migliore.

Logic (Trafford Press) and served as system director of pharmacy for the State of Maine's two psychiatric hospitals in Augusta and Bangor. Michael resides in Hallowell with his wife and dog and enjoys kayaking and the outdoors – rain, shine, or snow.

Visit www.acupunctureme.me or call 207-480-0800 to schedule an appointment.

The Hallowell Area Board of Trade hosts meetings the first Wednesday of the month! Visit HABOT's social pages to learn more. www.hallowell.org.

New Business Notes



Autumn's Cafe | 156 Water St in Hallowell

All gluten-free bakery and breakfast, Autumn's boasts delectable breakfast goodies, coffee,

and made-to-order treats.

Dedicated owner Melody Sirois was diagnosed with celiac disease 5 years ago and her superb gluten-free baking and cooking skills are on full display.

Open Wednesday through Sunday, 6AM – 2PM.



City Drawers | 103 Water St in Hallowell

City Drawers – with its first locations in Belfast (2011) and Bangor (2017) – excitedly opened its Hallowell boutique this year.

This all-inclusive boutique offers bras, loungewear, sleepwear, and comfortable shaping garments for all ages and sizes. Custom fittings!

Open Monday through Saturday, 10AM – 5PM (6PM on Fridays) with other locations in Belfast and Bangor.

Scottish Highland Games Headed to Hallowell!

Imagine balancing a 15-foot pole weighing 75 pounds in your cupped hands, then tossing it as far as you can ... and for fun! Welcome to just one of the activities that make up the Hallowell Backyard Games. This spectacle and seven other contests of unusual strength are coming to The Res, the city park off Town Farm Road, on August 10. The Hallowell Heavies, the local highland's athletic association, is hosting the event, the first ever for the City.

Dave McIntosh, a Heavies member, moved to Hallowell from California in December 2020. He got interested in the games while on the West Coast. "I originally convened a tent for my Scottish Clan at the events. I had friends that competed. One invited me to come out to a practice, and I was hooked! We want to bring this exciting athletic event competition to Central Maine and introduce the local community to the sport that we love." The Hallowell event is a prelude to the 45th Annual Maine Highland Games to be held at Thomas Point Beach in Brunswick on August 17.

The Highland Games date as far back as the 11th century and were held to test the strength of participants in preparation for



Dave McIntosh tossing a caber.

battle. The caber toss, heaving the long pole, is perhaps one of the most recognizable challenges. Other events include tossing heavy and light weights for distance, the sheaf toss, the light and heavy hammer toss, and the weight over bar. Another familiar contest, the Braemar stone and open stone toss, resembles the modern shot put event in the Olympics.

The Hallowell Arts and Culture Committee is sponsoring a Scottish Bag Piper who will be performing

throughout the day. The Hallowell Heavies hope to have food trucks and other offerings. Similar events are held in Old Orchard Beach, Belfast, and Andover. Details on the Hallowell Backyard Games will be forthcoming. For more information, contact Dave McIntosh at mcintosh.d@comcast.net or check out the Facebook page for up-to-the-minute details. <https://www.facebook.com/HallowellBackyardGames>. (BM)

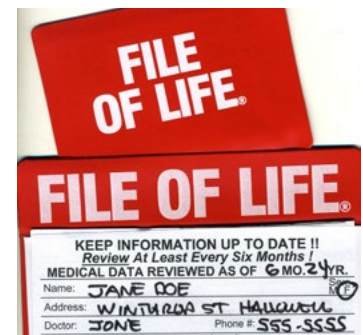
File of Life at City Hall

Accurate information is the First Responders' most valuable tool in case of an emergency. The File of Life is a preprinted card that provides a convenient place for documenting any conditions that a person might have and medications being taken along with the name of caregivers, medical providers, and other important contacts. The large File of Life packet can be magnetically attached to the refrigerator or displayed in another

obvious location. The smaller pocket-size version of the File of Life comes with a plastic holder suitable for wallet or purse.

The Lifelong Communities program of the University of Maine Center on Aging recently provided a supply of large and small cards and holders to the Hallowell All Age-Friendly Committee. The File of Life website says that 25,000,000 have been circulated nationwide. We weren't given that many. A File

of Life is available at City Hall while supplies last, which won't be too long, so hurry on down.





Companions, Shoppers, and Volunteer Drivers Apply Here!

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

Senior Support Volunteers Needed 55+. You could be the answer to someone's lonely prayer. Do you have a bit of time to share with an older adult? Consider this opportunity to serve. Please contact Lynn.

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

Make a Difference Lend a Hand!

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.



Martin Spahn, volunteer driver.



Meals on Wheels Volunteers Needed

Cohen Center/Spectrum Generations

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

Meals on Wheels "packers": Tuesdays and/or Thursdays. Assist with sorting meals for home deliveries.

Volunteer dining staff: Monday through Friday 10:30AM–1:00PM. May include meal prepping in the kitchen.

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

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

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

HISTORY continued from PAGE 16 Emma Huntington Nason

people.

This book, which her publishers issued as a Christmas publication, was elegantly illustrated by some of the ablest artists. It was well received and was one of their leading publications. It contains several ballads which have been widely reprinted. Among them, "The Bravest Boy in Town," "The Mission Teaparty," and "Off for Boyland" have found their way into various collections for declamation and recitation.

She married Charles H. Nason in 1870 and moved to Augusta where she lived for the remainder of her life. Their only child, Arthur Huntington Nason, became a professor of

English at N.Y. University.

On March 9, 1880, she read an original poem at the dedication of the Hubbard Free Library building which, along with the oration delivered at the same time, was published in a souvenir volume. Her writings are in the library's collection.

Nason's first poem published under her own name was "The Tower," which appeared in *The Atlantic Monthly*, May 1874. This began an illustrious writing career.

Her poems were read in classrooms and parlors across the country. Her verses entitled "Body and Soul," which appeared in *The Century Magazine* for July 1892, were ranked among the best poems published in the United States at that time according to the book

Women of the Century. The verses "Body and Soul" and "Two Faces" were pronounced "two of the most remarkable poems published in this country in recent years."

Nason was also a musical composer and was active in the musical circles of Augusta. She was also interested in drawing and painting. Her studies in oil had much merit, according to *Representative Women of New England*, and she sketched effectively in charcoal from nature.

Emma Huntington Nason died January 11, 1921, and is buried at Hallowell City Cemetery. She was just one of the remarkable women of Hallowell. Information and citations can be found in the Wikipedia listing under her name. (BM)

Hallowell History? Start Here!

If you are interested in the history of Maine's smallest city, the place to start is *Hallowell on the Kennebec* written by Emma Huntington Nason. Every settlement from village to metropolis should be so fortunate as to have such a record.

"From the beginning of the world" to the eve of the twentieth century, Nason chronicles the lives of the people and their contributions, the societies, the buildings, and the beliefs that make up the saga that is Hallowell's history. Were this her only work, her reputation would have been made. However, this is the culmination of the contributions of this remarkable woman.

Emma Caroline Huntington was born in Hallowell on August

6, 1845. She was the daughter of Samuel W. Huntington, whose ancestors came from England to Massachusetts in 1633. Her mother was Sally Mayo who was descended from Mayflower Pilgrims.

Emma attended the Hallowell Classical and Scientific Academy where she was an excellent student, excelling in mathematics and the languages. She graduated from the collegiate course at the Maine Wesleyan Seminary, now Kents Hill School, the only one in New England that offered a regular college course for women, according to her biography in *Representative Women of New England* published in 1904, which included the accompanying photograph.



Emma Huntington Nason.

written in 1874 and was published in *The Atlantic Monthly*. The poem attracted general attention. It was followed by other poems of acknowledged merit and numerous ballads and stories for children, which, according to the *Illustrated History of Kennebec County, Maine; 1625-1799-1892*, "have since made their author familiarly known to the readers of our higher class of juvenile literature." This is according to the listing on findagrave.com.

In 1888 D. Lothrop Company issued Mrs. Nason's first published volume, *White Sails*, a collection of poems and ballads for young

HISTORY continued on PAGE 15

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Contributing Writers: Sabrina Balabuszko (SB), Cam Duffy (CD), Vicky Gabrion (VG), Karen Knox (KTK), Virginia LaFlamme (VL), Lindsay MacDonald (LM), Erin McGrath (EM), Bob McIntire (BM), Hilary Neckles (HN), Rosemary Presnar (RP), Karen Simpson (KS), Kate Tremblay (KT), Abbe Young (AY)

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

She began at an early age to write verses under the pen name of "John G. Andrews." Her first published writings appeared in the *Portland Transcript* including stories translated from German, according to an article in *The Magazine of Poetry* published in 1890.

The first article appearing under her own name was

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