

# The Weekly

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Reported by Emily Burnham

## THE WEEKLY QUESTION

Reported in Bangor

**"What's your favorite TV show currently on air?"**



"Law and Order: SVU."  
JASON CIRCELLI, SEATTLE, WA



"The Big Bang Theory."  
BRIANNE BECK, BANGOR



"Broad City."  
HILLARY GOCZE, STOCKTON SPRINGS



"The Voice." I can't help it, I love those singing shows."  
ASHLEY WHITE, BANGOR



"A tie between 'Game of Thrones' and 'The Walking Dead.'"  
JEREMY WHITE, BANGOR



"The Big Bang Theory."  
BRUCE MORNEAULT, BANGOR

BY EMILY BURNHAM  
OF THE WEEKLY

This year, Castine resident Katie Frothingham has noticed many more little details as she hikes Blue Hill Mountain and other trails on the Peninsula. The way the light changes every few hundred feet, depending on tree cover and elevation. The way a fallen tree trunk creaks and croaks as the wind shifts around it. The colors of the leaves, moss, and grass, depending on the weather.

She's had much more time to stop and pay attention to things like that, since she's spent the entire summer and fall hiking barefoot.

"The typical thing people say to me when they see me barefoot is 'Wow, you must

have tough feet!'" said Frothingham, who is the principal at the Adams School in Castine, where she also teaches social studies and language arts to grades five through eight. "I don't know that I have tough feet. I don't have any callouses, really. I do have the right mindset, though."

Given the opportunity, Frothingham would prefer to be barefoot year-round. She feels that not wearing shoes, and removing the barrier between a person's body and the earth, helps connect a person to nature.

"I think being grounded to the earth is very important. We live in a culture where it's really hard to do that," said Frothingham, a California native who has lived in Maine for ten years, and in

Castine for six. "So this was a very intentional thing for me, to try to be grounded and try to be very conscious of every step I take."

An avid hiker, Frothingham and her husband, Cameron, and seven-year-old son, Grayson, have hiked many of Maine's mountains. In the past, they've raced up and down, getting to the summit as quickly as possible and then heading right back down. With her decision to go barefoot, she's had to slow down dramatically. It usually takes less than two hours to go up and down Blue Hill -- barefoot, it can take twice as long, as you try to avoid sharp stones or roots, or muddy, slippery parts.

*See Barefoot on Page 2*



PHOTO COURTESY KATIE FROTHINGHAM

All summer, Castine teacher and Adams School principal Katie Frothingham has been hiking Blue Hill barefoot.



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