

The Arrowsic Arrow

News Around & About Arrowsic

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Fall 2018



Sunset over the Kennebec River at Fiddler's Reach (Photo: Michael Kreindler)

Arrowsic Termite Hunter Makes The New York Times!

We heard it first! When Arrowsic Resident Lisa Margonelli's new book was launched on August 21st at Print: A Bookstore in Portland, more than 15 people from Arrowsic and Georgetown made the trip to join dozens of others hear the author read excerpts and sign copies. Lisa read from *Underbug: An Obsessive Tale of Termites and Technology* about her trips with a bewildering array of geneticists, biologists, and roboticists to Namibia, the Southwest, and Australia on "termite safaris". Though you can learn a lot about termites from the book, it goes much farther than that, addressing questions about society, politics, technology, and philosophy. It also shows all the ways human beings so often miss what we're looking at by imposing our preconceptions on the world we observe. And all this written with humor and human warmth.

After selling out the copies in the store, Lisa went on a book tour around the country. A few weeks after the Portland launch, *The New York Times* caught up with a review describing *Underbug* as "a timely, thought-provoking exploration of what it means to be human, as much as what it means to be termite, and a penetrating look at the moral challenges of our ongoing technological revolution" (<https://tinyurl.com/ydfnuop9>). When you read it, look for the subtle parenthetical reference to the Kennebec River.



Lisa Margonelli (third from right), surrounded by a few of her local fans that attended the presentation of her new book at Print in Portland. (Photo: Caroline Kurrus)

—submitted by Bill Savedoff

From the Select Board

Special Election for New Selectman

Bill Savedoff has informed the Select Board that he will resign from his position as Selectman at the end of the year due to changes in his personal circumstances. Bill's many skills and abilities have added considerably to the Select Board's effectiveness and we are grateful for his years of service.

With this vacancy, we will be calling a Special Town Meeting on December 6th to elect a new Selectman who would take office on January 1st. To assist voters, we would greatly appreciate any nominations to be submitted by November 26th so that we can share information about who will be running. Submitting nominations by this date is not required but would give people time to consider their vote and contact those running if they have questions.

The primary responsibilities of the Select Board are to conduct the Town's business on the basis of the Warrant articles approved by the Town Meeting each June. Responsibilities shared among the three Selectmen also include oversight for the Town's finances, property assessing, appointment of town officials, and enforcement of ordinances as issues arise. We are fortunate to have well-functioning committees and capable elected officials to carry out the Town's functions, along with a newly appointed part-time Town Administrator.

If you or anyone you know would like to run for the Select Board, please contact Sukey Heard or Michele Gaillard by phone or email with any questions.

—submitted by Sukey Heard

Reminder on revaluation delay

As we wrote in the last edition of *The Arrow*, the property revaluation has been delayed by one year. As a result, new revaluations will be sent to residents next summer and will not take effect until the tax bills that are due in January 2020. The assessors hired by the Town have visited and documented at least 98 percent of the homes in Town. However, please be aware that our assessing agents will still be in Town catching up on the last inspection work until the snow flies.

Town Hall Renovation Completed

When the Select Board decided the Town Hall needed to be repainted over three years ago, we first learned that the siding was in such bad shape that much of it would need to be replaced. But, of course, replacing siding is a sure way to find rotted joists or sills that need replacing. And we knew other surprises might await us. So we budgeted based on those expectations, asked the town to approve enough money for the capital improvement fund, and issued a call for proposals in April 2017.

We awarded the contract to Ed Blaiklock who was able to start and finish the project this year. Malcolm Persen, who agreed to serve as the Town's Property Committee Chairperson earlier this spring, supervised the project and worked with Ed to maintain progress, deal with the unforeseeable discoveries, and keep an eye on costs. Once that work was completed, Mark Geiger and his crew gave the Town Hall a fresh coat of paint. The project included replacement of siding, reconfiguring the north entry (to avoid further damage from moisture), replacing the front door, and painting the entire structure. The fun discoveries were some fascinating old business cards and hardware (now on display inside); the costly discovery was the poor condition of the north sill which required repair. The total cost came to \$39,747.38. As a result of this work, we're confident the Town Hall is structurally sound and will not require major structural preservation work for some time.

From the Select Board (cont.)

We want to express our appreciation to Ed and his crew for taking such good care of a building which is the most visible symbol of our Town. We also want to thank Malcolm who, despite coming into this process after the proposal had already been awarded, ensured that the project was brought to a successful conclusion while paying attention to keeping down costs. Mark and his crew did a wonderful painting job. We're also grateful to Michael Kreindler who provided helpful advice on the building's aesthetics and functionality. We hope you like the way it all turned out.

Seize the Moment: Volunteering is an Opportunity Waiting for You

The Select Board is pleased by the number of people in Town who step up and volunteer to serve on committees, run for office, participate in road cleanups, shovel and plow out neighbors, and count ballots – to name some of the many ways you can participate in making our community a good place to live. Just counting names in the first few pages of our Town Report shows that more than 50 people, in a town of about 420, are active in Town affairs on a regular basis. Over time, people move on and leave vacancies which are really just opportunities for people like you to step up and take on a new challenge, get to know your neighbors in new ways, and take care of important local tasks.

Currently, these opportunities include:

- Road Commission—contact Jim Stump
- Education Committee—contact Camille Kauffunger
- Properties Committee—contact Malcolm Persen
- Deputy Tax Collector (paid part-time)—contact Jon Biehler
- Deputy Town Clerk (paid part-time)—contact Barbara Boyce

If none of these opportunities interest you but you could help in other ways, please contact the Select Board and we will try to match you up with a committee or official who might have things for you to do. Many hands make light work!

—submitted by Bill Savedoff



Squirrel Point Light (Photo: Sarah Stocker)

The Monarchs

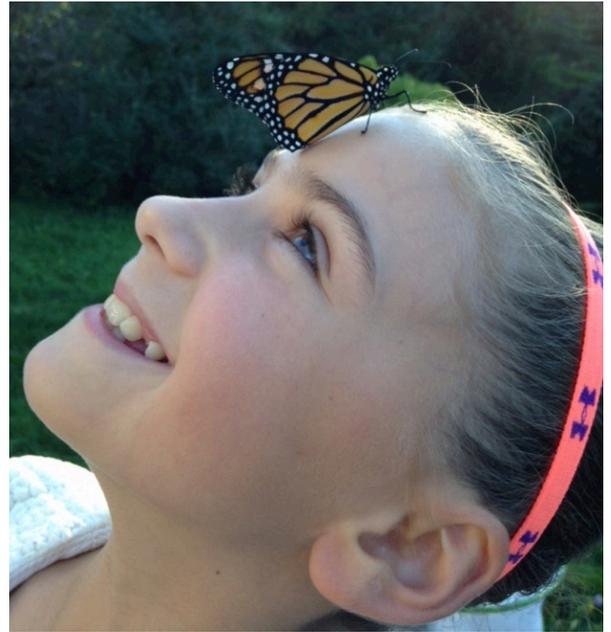
According to Anna Botsford Comstock's *Handbook of Nature Study*, "Each mother butterfly follows the spring northward as it advances as far as she finds the milkweed sprouted. There she deposits her eggs, from which hatch individuals that carry the migration as far to the north as possible... as cold weather approaches, the monarchs often gather in large flocks and move back to the south. How they find their way we cannot understand, since there are among them none of the individuals which pressed northward early in the season."

Some worry that the monarch numbers have been dropping. This has seeded an effort to plant gardens and fields with more milkweed, an effort in which our ten-year-old granddaughter has taken part. She is not alone. I heard monarch butterfly stories from the Neilsons, the Heardes, the Gunstons, and the Schleins. This means monarch butterflies must have visited in the summer, leaving their eggs to shape-shift into little, white-striped caterpillars who busied themselves eating and eating the milkweed leaves until the time came to shape-shift again, turning this time into a silken green chrysalis.

We did plant the milkweed seeds given to us by our granddaughter, but no milkweed blossomed at our house. However, a surprising amount grew at our granddaughter's home twenty-three miles away. What follows, therefore, is the account Jaidyn Stultz gave of her findings.

—Nancy Brown Stump

"I went to check on the Mexican sunflower; I had purchased its seeds at the Portland Flower Show. The sunflower was blooming. And when I found a monarch butterfly on it, I knew they were around. Then I checked our milkweed patch and saw three caterpillars. I got super excited. A few days later I wrote a letter to Ranger Rick Magazine. A while after that, my grandparents came over, and we saw 7 caterpillars at that time. I started keeping track of their number count. Within a week or so I counted 35 caterpillars. When my mother and I went out to the garden to pick zucchini the next week, Mama noticed a monarch caterpillar on my corn plant. I wondered if it was looking for a place to make its chrysalis.



Author Jaidyn Stultz and freshly hatched monarch. (Photo: Kika Stump)

The next morning, the caterpillar was hanging from a silk button by its backside with its head tucked into its body. The next morning, it had turned into a chrysalis! The chrysalis was small and green and had one row of sparkles going half way round. It kind of looked like a soda bottle with a straw coming out of the top, but small. It was about an inch and one half long and one half an inch wide. I left it alone for a while because it was not hatching quite yet. We learned it would not hatch for one to two weeks.

There was one day when I went to check on the corn chrysalis, and I found another chrysalis on the arbor way.

I brought 3 of the caterpillars into my bug habitat for fear it would get too cold outside. I had to bring in fresh milkweed every day for them. Milkweed is the only thing monarch caterpillars will eat. Soon the caterpillars we had brought inside made their chrysalis as well.

About two weeks later, I found one last caterpillar. I picked it up and put it in the habitat. When I went to the garden the next day, the arbor chrysalis had turned brown, which meant it would hatch in the next 48 hours,

The Monarchs (cont.)

which it did. When I woke in the morning, it was completely translucent. About 10 minutes after I left for school, it hatched.

When I went out to the garden with my aunt the next weekend (September 23), she found 2 caterpillars, one of which might have died. The other one I brought inside, because again, I was afraid of it freezing.

I had sort of given up on the corn chrysalis. It had been three weeks since it had made its chrysalis, and it was only supposed to take two, but two days later I went out to the garden and saw that it was turning brown. The next morning, I woke up and hurried to the garden. I thought my corn chrysalis was about to hatch. My mother said I could stay home from school for about an hour to watch, but the chrysalis did not hatch while I was there. Of course, like the arbor way, it hatched a few minutes after we left. We had a time lapse camera set up, so if the monarch hatched while we were gone, we could still see it hatch, but it was not sunny enough for the solar charger to work, so I didn't see it on that camera, but when Mama got home from dropping me off at school and the chrysalis was hatching, she put it on her camera.

On September 29, the first three chrysalises I had put in the habitat were turning brown, and Mama and I got to see one hatch.

This was a very fun and exciting experience for my family and me. We hope to do it again next year."

—Jaidyn Stultz

“Take it out, turn it on, put it on”—CPR Training with Christine Woodman

Six of us were happy to meet on a Wednesday night at our Town Hall to learn about cardiopulmonary resuscitation (CPR). If you don't know it yet, Christine Woodman, Arrowsic's Public Health Officer, is a wonderful and very energetic teacher. After a short introduction, we find ourselves “playing” the same scene over and over again. The victim (in this case, a high-tech dummy) just collapsed, and someone is yelling “Help, help!” We run over, check the safety of the scene, shake the victim's shoulders, and ask, with a loud voice (in case he or she is hard of hearing) “Are you ok, are you ok?” But the victim is unresponsive. “I need more help over here. You, call 911. You, with the black T-shirt: go get the AED (automated external defibrillator)!”

Now, we have 10 seconds to check to see if the victim is breathing. No rising chest, no sound—the patient is not breathing. We have to start chest compressions: first expose the skin, then place your hands in the proper position, and keep the rhythm. Shoulders above your wrists, arms straight, compress the chest by 2½ inches. At this point, Christine counts and claps the rhythm, and then she starts singing a song we all know: “Stayin' Alive,” that sets the pace. (Did you know that she has a beautiful voice?)

Our helper arrives with the AED, and, with the phone on speaker, the 911 person is on the line. (And I am still breathless, even as I am writing this long afterward!) After what feels like 20 repetitions, Christine is quite satisfied with our response, and we move on to the subject of choking and the age definition of a child—I can't give away all the details, but I highly encourage all of you to sign up for her class. It was great fun and very informative, but we all sincerely hope we won't need to apply this new knowledge that has so well been taught to us. *Thank you Christine!*

It's also worth mentioning that, if you have taken a CPR class in the past, you should consider taking it again, as the specific technique and details have changed.

—submitted by Karin Sadtler

Tick-Borne Diseases in Arrowsic and Georgetown

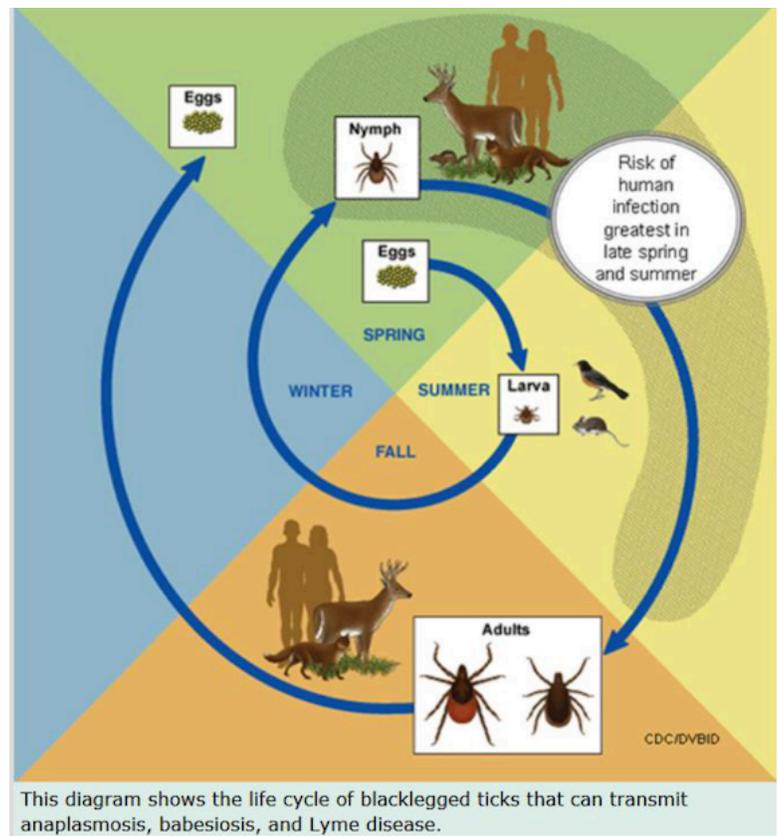
Summary of a Presentation by Dr. Nananda Col, Georgetown resident, medical doctor and public health specialist

The purpose of Dr. Col's presentation was to inform attendees about the transmission of tick-borne diseases, to explore community solutions to lower our risk of infection and to stimulate a conversation in town.

Ticks in this part of Maine carry bacteria, viruses and parasites, also called pathogens or infectious agents. They cause the following diseases: Lyme disease (infection with *Borrelia burgdorferi*), Anaplasmosis, Babesiosis, Powassan encephalitis, Relapsing Fever, Ehrlichiosis, and Spotted fever Rickettsiosis.

Sagadahoc County has the highest incidence of Lyme disease in Maine. Georgetown and Arrowsic are among the most affected towns. Previous infection does not protect from future infection with the same pathogen. At the moment, no vaccine is available and, unfortunately, for some diseases, there is no effective treatment. Residents, age 5–14 and 65+ years, have the highest risk of infection. Most infections happen in peoples' own backyards.

The blacklegged tick, also known as the deer tick, has a two-year life cycle with four stages: egg, larva, nymph and adult tick. Larvae feed once on small rodents, like mice or chipmunks, and can be infected with, for example, Lyme disease bacteria. The white-footed mouse, chipmunks and shrews are the most important carriers of these bacteria. After the first blood meal, the larvae develop into nymphs, the size of a poppy seed. The nymph will have a second blood meal, for example, on fox, dog or humans, and will transmit the pathogen if it is engorged long enough. In the following stage, the adult tick will typically feed on deer, but will also attach to and infect humans. The ticks react to our body heat and carbon dioxide emission. The tick will complete its reproductive cycle on deer. A female tick lays around 2,000 eggs and then dies. Each deer will support around 500,000 new larval ticks every year.



How can one reduce the risk of infection? (See also, *Arrowsic Stewardship Guide for our Coastal Community*, page 23, Living with Ticks: http://arrowsic.org/uploads/Stewardship_Arrowsic.pdf.) Personal Protection can be very successful. It includes daily full-body skin scans because the tick wanders around on the skin for a couple of hours before it attaches, and it probably takes more than 24 hours of attachment to the skin before an infection is transmitted. Clothes should be of light colors and should include pants, a long-sleeve shirt, a hat and white socks worn over the pant legs. Some people apply the pesticide Permethrin to their boots and socks, or wear pretreated clothes. Different tick repellent sprays are on the market. Considering the number of reported infections, the recommendations for self-protection don't seem to be followed closely enough.

Tick-Borne Diseases (cont.)

Ticks like a damp environment. Landscaping can limit our exposure: cut back brush, remove Barberry, cut lawns short and keep a perimeter of wood chips along the borders to the woods. Dr. Col discussed techniques developed to reduce ticks on rodents by using rodent bait boxes or tick tubes with Permethrin-treated cotton balls. Reducing the number of ticks that complete their life cycle on deer would be effective, but poses a challenge. One of the most important factors for residents' increased risk of infection is the density of the deer population near our homes.

Monhegan is an example of a community that eliminated all deer from the island to break the two-year life cycle of ticks. A deer population density of 8–12 deer per square mile is recommended to reduce the risk of Lyme disease infection. The Maine Department of Inland Fisheries and Wildlife responded to the increased deer density and significantly increased the number of deer hunting permits this year to 7,850 antlerless deer in our Wildlife Management District.

A short discussion followed Dr. Col's presentation. The infection rate for tick-borne diseases was of concern for many attendees, many showed interest in pursuing a discussion in town and some addressed ways to encourage responsible, conscientious hunting. Promoting education on tick-borne diseases and their transmission in local schools was suggested.

In order to encourage debate in town, *The Arrow* hopes to publish residents' opinions on this topic in future issues. Many residents have expressed concerns about the use of Permethrin for several reasons, including its toxic effects on aquatic species (fish), pollinators (bees) and its potential health risks for the community.

—submitted by Karin Sadtler



Fishing from the Shore of the Kennebec River (Photo: Sarah Stocker)

Maine Wisdom Summit 2018

The Maine Council on Aging held its 5th annual Maine Wisdom Summit last month (<https://tinyurl.com/ya48oqgj>). About 350 people from all over Maine attended. In her welcome note the executive director of Maine Council on Aging invited new participants to take a first step in their communities, to build a system of care, that enables residents of all ages to live healthy engaged lives. The speakers for the event included economists and health care providers, as well as representatives of University of Maine System, Maine Housing and Maine DOT, to name a few.

Maine has the country's oldest population, with a median age of 44.6. Presently 40% of Mainers older than age 65 live in small rural isolated towns, and 30% live alone. Many of them will move to the more urban Southern counties in order to access services and support.

Many cities and communities like Portland, Cumberland, Belfast and Harpswell have started to address the challenges of an aging population. Some call themselves age-friendly or livable communities for residents of all ages. Community and volunteer networks provide activities that keep older adults comfortable and engaged, for example ride sharing programs, small home modifications, balance training, community gardens and a mobile food pantry.

Local Communities Mobilize

In our immediate area, first Georgetown and now Bath have joined and are supported by an affiliate of the World Health Organization's Age-friendly Cities and Communities Program, the AARP Network of Age-Friendly Communities. According to their website, "membership does mean that a community's elected leadership has made a commitment to actively work toward making their town, city or county a great place for people of *all* ages" (<https://tinyurl.com/yac4onhy>).

As part of an assessment for the lower Kennebec River area, a steering committee with volunteer members from different towns created a survey that is asking for your input and opinions in "making our communities home for a lifetime" (Lower Kennebec River: Livable Communities Survey). The survey (<https://www.surveymonkey.com/r/LKRLivSurvey>) will be conducted over the next few months, following each town's individual schedule. Paper copies will be available at the town hall.

—submitted by Karin Sadtler

Interested in Arrowsic Island History?

A presenter is needed for the winter Saturday morning Arrowsic segment of the annual town history series held at the Patten Free Library. Series coordinator Peter Goodwin will assist with research and suggestions from the Sagadahoc History Room to make an entertaining 45-minute illustrated talk that is always well attended and appreciated by our town. Contact the Patten Free Library History Room for more information.

—submitted by Michael Kreindler

Quotable Quotes

"After our ages-long journey from savagery to civility, let's hope we haven't bought a round-trip ticket."

—Cullen Hightower

(*The Arrow* invites you to submit your favorite quotes.)

A Blessing from the Town

"We should learn ... to do our best for the sake of our communities and for the sake of those for whom we pave the way." Ruth Bader Ginsburg

For more than two decades our town has expressed confidence in our children by awarding scholarships to graduating high school students who plan to further their education. The Arrowsic Education Committee works hard to raise money to fund the program and to identify recipients. Over the years, dozens of Arrowsic college-bound students have received Town scholarships.

Each year at Town Meeting, the scholarship awards are announced and twice, at the request of the Education Committee, the Town voted to increase the number and amount of the awards. Currently, the scholarship award is \$2000 and is available to each high school senior who applies and who plans to attend an accredited academic institution. Graduates who choose to take a "gap year" in their education are eligible and are encouraged to apply.

Our *Arrow* Team wondered how former recipients might think about their scholarships retrospectively and so we decided to speak with some former (now adult) recipients and their families. We tracked a few folks down and asked them to reflect on their experience. Here are some recipients and their parents speaking in their own words:

"I was of the first generation in my family to attend college. It was a good feeling that my small community thought of me in this special way. It was unexpected." Chris Carlton, Class of 2002

I had a great childhood in Arrowsic and have always been proud of growing up there. It was a great feeling to be supported by my town at the moment that I was heading off into the world. Andrew Karhl, Class of 2002

"I felt extremely proud hearing my name called at graduation as one of the recipients of the scholarship. Looking back, I did not even realize how lucky I was to have a town that gave me financial relief." Gabrielle Stump Ceriales, Class of 2002

"Our two daughters received scholarships twelve years apart, in 1990 and 2002. We accepted the scholarships joyfully and we were all very grateful to the Town for its' generosity. Kika and her friend Tammy Sullivan chose to share a \$500 scholarship. The scholarship was about more than money. It was about friendship and being recipients of their town's pride." Nancy Brown Stump

"As our daughter, Rachel, entered Hampshire College in 2000, the scholarship meant a lot to her financially, but, equally important, was to have the support of the community where she grew up." Paul and Mona Schlein

Arrowsic has good reason to be proud of the children who are raised here. Whether they return here to live or choose to live elsewhere, they will continue to contribute to the world in ways that we can only imagine. And, when they look back they will remember that they left this island with our blessing.

Donations to the Arrowsic Scholarship Fund can be made at anytime. Checks made payable to the "Town of Arrowsic" with "Scholarship Fund" in the memo may be dropped off at the Arrowsic Town Hall or mailed to 340 Arrowsic Rd, Arrowsic, Maine 04530.

—submitted by Suzanne Gunston

Browntail Moths on Bald Head Road

Last spring, residents on the southern end of the Bald Head Road saw masses of browntail moth (BTM) nests high in the oak trees and wondered if something should be done about them. There were too many to prune, and spraying was out of the question from the start. A number of residents investigated injecting some of the trees nearest our houses, but this is extremely expensive. Research on the chemicals used to inject the trees made us leery of the many possible unintended consequences to pollinators and everyone else. There aren't as many long-term studies as I would have imagined. Oak pollen is spread by the wind, and if the pollen is poisoned then that residue must be getting everywhere. I didn't want our grandchildren jumping in leaves in the fall that have a pesticide residue, either. We also wondered if treating a few trees in a forest would have any beneficial, long-term effects and decided that was dubious. So, we decided to take no action.

Mid-BTM-season I had a chance encounter with someone in Woolwich, who said that some neighbors around her had sprayed, others had injected their trees, and she did nothing. She reported the BTMs were terrible all over her neighborhood, and she had bad rashes. This reinforced for me our decision to do nothing, even though it was really awful down here and we're still getting itchy when it's dry and we stir things up. I am grateful for the BTM salve that Wilson's Drug Store makes and used a lot of that this summer.

The one thing that we felt we could do, when the caterpillars were crawling in masses over every surface, was to spray them with a diluted dish detergent solution. I don't know how much it actually helped, but the psychological effects of combating that sense of powerlessness was worth something.

—submitted by Lucy Hull at the request of The Arrow

What happens with the money collected from all those deposit bottles?

If you've wondered what happens to all those deposit bottles you generously donate at the Town Hall Recycling Shed, here's the answer: one person, our fire chief, Dale Carlton, has been collecting them entirely on his own for many years. The Arrow asked Dale for a few details and here's his reply:

The Arrowsic Fire Department Boosters account has been going for quite a while. It was going long before I joined the Department around 2001.

- We have used some of the money collected from the bottles to buy tee shirts and pullover sweatshirts for Department members.
- We took \$5,000 out to help buy the brush truck when that was purchased.
- We currently have \$8,000 in there, and \$3,200 of that came from the Women's Fire Department Auxiliary when it disbanded 2–3 years ago. The only stipulation from the Auxiliary was that this money was to be used for equipment purchases.
- I used to pay our old chief back with the Boosters money when he bought donuts for training, and when we had a long event, we would buy pizza or sandwiches to feed members. Sukey Heard now buys the donuts on her own and won't take any money in return. The Fire Department wants to be sure to express its most sincere thanks to Sukey for her generosity and for taking the time on training Saturdays to provide us with donuts.
- As far as the bottles go, I get more during the summer, so I have to make two trips a week, and once a week during other weeks.

—submitted by Dale Carlton, Arrowsic Fire Chief (and bottle collector extraordinaire!)

Poetry

Poetry Walk

by Sharif S. Elmusa

As I walked up the path
of Beech Hill Preserve
I kept thinking of the snail of Issa*
climbing Mount Fuji,
till a sharp stone warned my left foot
Don't step on me, else you will trip.
As far as the eye could roam the land
was many shades of green,
flecked with red and yellow, white and blue,
was countless kinds of trees and shrubs,
pine and oak, spruce and maple,
raspberries, blueberries, and honeysuckle;
with their mouths pressed to the ground,
they blossomed and multiplied,
without gadgets, despite the pompous popish names,
Populus grandidentata, *Pinus strobus*, *Quercus prinus*
Lichen is the language of the granite,
said the guide.
Only the trunks of trees
seem to grasp this tongue.
That is why I was overjoyed
to hear the whisper of the little wood-lily
I am in full bloom
therefore I am,
or the fog that crowned our walk
and veiled the lake and mountains
declare, as if it were an oracle,
After I lift—
and I lift when I please—
don't think what you *see*
is what you see.
The future stirs
where the chipmunk hides,
in the secrets it hoards.

**This is the pen name of a major Japanese haiku poet who lived in the second half of the 18th century.*

Mizna, volume 17.2, 2016
<https://tinyurl.com/yakaulez>

Image Daze

Cold, never spring, I walk into the hospital.
Check-in, fill out forms, get tagged and bagged
With an untranslatable wrist tag.
Just your name and UPC codes
I'm sure it says:
"DNR—this dude is screwed"

I drop down on a seat in the waiting corridor
Like many others, I fiddle with my phone.
My name is called by a soft spoken nurse technician.
I follow her through the door and into a rats nest of corridors
She is chatting away, I don't hear a word she says;
I didn't put my hearing aids in.

Into the prep room where I'm given a
raspberry flavored drink called "contrast"
Not too bad, usually this stuff tastes
awful. Still I have to drink a
quart Inside 45 minutes. The nurse
asks: "Do I want ice too"
I answer that I always drop a cube in my single malt
each evening. A catheterized woman across from me
bursts out in laughter.

A second nurse appears while I'm enjoying
My beverage and sticks a large bore needle into
A vein in my right arm. I'm good to go.
After an hour the drink is gone
And another nurse appears and off
We go, back into the maze of corridors
To the MRI room.

I pull off anything that might have metal
In it. The nurse politely asks me to drop
My jeans to my knees and lay on the table.
She tells me they will put a sheet over me.
But my jeans are already dropped to my ankles.
I don't embarrass I tell her, I also don't care
One way or the other.
She answers: "No but we do."
I chuckle.

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Notes and Notices

Nurse's Notes—October 2018

Welcome to this edition of “Nurse’s Notes 2018.”

There are six more Arrowsic residents trained in CPR and defibrillator use! Contact me at cwoodman@arrowsic.org if you, too, would like to know this lifesaving information. It’s a two-hour class and only costs \$5 (*see separate article on p 5*).

Our friends in Georgetown have formed a committee to research and distribute information related to tick infestation and tick-borne disease in their town. The committee chair, Dr. Nananda Col, gave an informative seminar this past week for Arrowsic residents (*see separate article on p 6-7*).

Here’s the link to the latest CDC information regarding tick-borne disease in Maine thus far in 2018: https://content.govdelivery.com/attachments/MEHHS/2018/09/17/file_attachments/1073169/8-August%2B2018.pdf. Yes, you are correct: tick-borne disease is on the rise in the state. See the stats for Anaplasmosis, Babesiosis, Lyme disease; and Sagadahoc County is the epicenter in Maine for this public health crisis. Education, prevention, and a multi-pronged approach for tick reduction is the answer. Joining with Georgetown to combine resources and people-power might be considered; please contact the Select Board if you wish to be part of the solution.

—submitted by Christine Woodman R.N., Arrowsic Local Health Officer (LHO)

On the Roads Again

As we discussed at the Town Meeting, the Commission proceeded to contract with HC Crooker to pave the Spinney Mill Road. That work was recently completed. Thank you to the Spinney Mill residents for their patience. Paving is difficult is to schedule with any accuracy and having the road blocked was certainly an inconvenience. But the end result turned out well.

As we move into snowplow season (yes, just around the corner), the Commission asks that residents again understand that during snow events not all roads will be clear at all times. And please refresh your winter driving skills. That being said, the Commission and Charlie Collins, our snowplow contractor, appreciate input from residents to alert us of conditions.

—submitted by Jim Stump for the Road Commission



Arrowsic Spring 2018 (Photo: Phil Mason)

Record Take for Scholarship Yard Sale!

The Education Committee is pleased to share the town raised a record \$1,030.85 for the Scholarship Fund at this year's yard sale. A handful of leftover donations have been distributed to local consignment shops to boost our total even higher.

Thank you to all the community members that dropped off donations for us to sell, assisted with set up, and came to shop and show support for the Scholarship Fund and Arrowsic students.

The Town of Arrowsic awards \$2,000 dollars to high school graduates furthering their education, and we depend upon fundraising and tax deductible contributions to help meet our goals. Donations to the Arrowsic Scholarship Fund can be made at anytime. Checks made payable to the "Town of Arrowsic" with "Scholarship Fund" in the memo may be dropped off at the Arrowsic Town Hall or mailed to 340 Arrowsic Rd, Arrowsic, Maine 04530.

—submitted by the Education Committee

Important Reminders About Our Precious Sewall Pond

This is a reminder that Sewall Pond Conservation Area is closed from dusk to dawn and that fires are not permitted there at any time. Recent nighttime activity at the swimming rocks over the summer has prompted this reminder. Continued illegal nighttime activity could jeopardize public access to Sewall Pond for all of us in the future.

Please make note of the Sewall Pond Conservation Area rules and be aware that enforcement efforts will be handled by the Sagadahoc County Sheriff's Department.

—submitted by Susan Fenn for the Conservation Commission

SEWALL POND

Cherished by the town, Sewall Pond is a favorite spot for swimming, fishing, and boating in the summer, and for skating, ice fishing, and occasionally iceboating in winter.

On the east side, off Old Stage Road, a trail crosses the 13-acre town parcel to the town's swimming rocks. Public access is also provisionally allowed over private property on the west side, where Route 127 brushes the pond.



KM Robbins

Sewall Pond covers 44 acres, and is 11 feet deep at its deepest. It is spring fed, and outflow is via the culvert on the west side of the pond that leads to Spinney Mill Creek. Occasionally at the highest tides, the creek reverses flow into the pond.

Water quality has been monitored throughout the summer months for the last 30 years, and an annual invasive plant patrol is carried out in August. A large volunteer corps monitors alewife arrivals in spring and departures in late summer and fall.

The pond is home to a number of fish species, including alewife, black crappie, eel, smallmouth bass, sunfish, and yellow perch; as well as beavers, frogs, mink, and snapping turtles.

Please help us maintain this valuable resource:

- Pick up after yourself and your leashed pets.
- Respect landowner's property when gaining access to the pond.
- Internal combustion (gas) engines are prohibited on the pond.
- Public access is closed from dusk to dawn.

[Taken from page 16 of Arrowsic's Stewardship Guide, http://arrowsic.org/uploads/Stewardship_Arrowsic.pdf.]

REDUCE—The Something Else Option

Single stream recycling can be challenging these days. I admit to being stumped by my teenage son, asking “is this recyclable?” or squinting helplessly at the fine print on a package of something or other that is unfamiliar to me, searching for a recycling symbol. I hover over the recycling bin, flip the Casella sheet (<https://tinyurl.com/ybp3xks4>) to the ‘Keep It Out’ side, and make a decision. My choices are to throw it in the bin, put it in the trash or *something else*.

The Arrowsic Recycling and Solid Waste Committee has been exploring the something else option and would like to include fellow Arrowsicans in this endeavor. As a group, the committee has begun sharing ways that our households have either started or continue to REDUCE our reliance on packaging. Through REDUCING our use, we are slowly but surely becoming more attentive to how we shop and what we can do to use less.

This exploration has been invaluable to me, and to my family. My son takes our reusable silicone bags to school to share the ‘cool’ factor with his friends at the lunch table. My dogs eat a lot of food, but now I know that I can recycle the empty bag (Earthborn brand) at the pet store downtown instead of throwing the bag in the trash. Buying milk products in returnable bottles is another way to reduce your impact. Take it from me, you can make a few small changes, and feel great about the ways you are giving back by using less. There are so many ways to REDUCE...we want to hear from you!

Please go to the link at <https://tinyurl.com/yd5jy3vj>, where you can share the ways that you reduce in your household, and read about how others in our community are participating in this effort.

You will hear more from ARSWC in the coming months so please stay updated by checking the town website regularly (<http://arrowsic.org/recycle.html>). As always, please contact us with your questions; the ARSWC contact person is Jon Biehler, jonbiehler@me.com, 442-8042.

REDUCE, REUSE and RECYCLE!

—Katie Smith for the Recycling and Solid Waste Committee

*The Arrowsic Arrow is Arrowsic’s independent newsletter, produced entirely through the efforts of volunteers. The newsletter is published quarterly, currently in Winter, Spring, Summer, and Fall. The Arrow is distributed via e-mail to all those on the Town of Arrowsic list or on paper to those who have asked to receive it in this way. The Town covers any costs for paper and postage. The Arrow is expensive and time-consuming to print and mail. If you can print your own copy, please contact Paul Schlein (below). All articles and notices are welcome. Notices should be limited to 100 words. Arrow Committee: Suzanne Gunston, Bob Kalish, Paul Schlein, Thomas Spear, Karin Sadtler, and Nancy Brown Stump. Production: Thomas Spear
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