

# The Arrowsic Arrow

News Around & About Arrowsic

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## Arrowsic: It Could be the Island of Endless Waves

### *Wave 'cause you know 'em, or 'cause you wish you knew 'em*

I've spent several months in recent years on one of the remote islands of the Bahamas. Longer than Arrowsic, but not much wider, the population is proportionate to our island. As with Arrowsic, there's a single highway that runs the full length, with numerous short roads connected to it. Notable in driving along the Queen's Highway, as it's called, at no matter what speed, is that everyone waves to everyone else—from cars, trucks, bicycles, motorcycles, and those on foot; whether they know them or not, they all wave to each other in the most genuine, friendly manner. It's not reflexive, not in any way casual; you can tell there's feeling behind it.

A perfect example is of an elderly man, slowly walking his bicycle along the roadside of the Queen's Highway, with a large carton across the handlebars, who still managed a quick, but firm and deliberate, wave as we drove by.

It's not that people here in Maine don't wave at all. When we first moved here, I first noticed the waving on the dead-end street we lived on in Freeport. I mentioned that to someone, and they replied "You wave 'cause you know 'em, or 'cause you wish you knew 'em." On the road we live on here in town, drivers do wave—even to strangers, and it's just as genuine. But once out on the main road, I've never seen it happen. I've tried waving, but have never gotten a response. One might chalk it up to cars driving too fast, but people on that Bahamas island go about 50 too, and they still manage to do it.

And, on our road here, there's no end to how people wave: full arm, raised high; full arm, less elevated; one hand; and fingers flipped up, both thumbs still on the steering wheel. Non-waving gestures: head nodded once; head shaken up and down; and head nod with a smile. And also: lights blinked, horn beeped.

So try it out the next time you're traveling Arrowsic's roads and, next time, there may be an article entitled "Arrowsic: The island of endless waves"!

—Submitted by Paul Schlein

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## From the Select Board

### *Revaluation*

The Select Board is happy to report that the revaluation of Town properties is now complete. You will have noticed in the mailing from our Assessor, William Van Tuinen, that most values have increased to bring them to fair market value. Since our costs haven't risen much, the mil rate will be lower. Mr. Van Tuinen reviewed the concerns of several taxpayers through the hearing process described in the earlier mailing. This year's tax bills will be going out in late November. If, upon receipt of the tax bill, you feel the valuation is incorrect, please file for an abatement. Forms will be available at Town Hall and electronically on our web site. We wish to thank you all for your cooperation and patience during this process.

### *Shooting*

With hunting season upon us, many of us hear more gunshots in the woods, both for target practice and hunting. Heard in the context of recent news reports about gun violence around the country, these sounds can cause concern and anxiety in neighbors who don't know what's happening.

As your Select Board, we ask that we all be respectful to our neighbors.

- Respect the law
- Respect property rights
- Respect each other

Open communication can go a long way toward easing minds and keeping everyone friendly. Consider letting your neighbors know when you plan to shoot or making a phone call to neighbors if you hear shots that worry you.

As always, we're available if anyone has questions or concerns.

## News Around Property Taxes

The 129th Maine Legislature passed several laws this year promoting renewable energy in the state. One of these was LD 1430, which exempts wind and solar energy property from additional assessment. The state is currently working with municipal assessors on developing the method of assessment and process for filing for reimbursement. The property owner would need to apply with the municipal tax assessor for the exemption prior to April 1 of the year in which the property was installed. That way the owner gets the tax advantage and the community has the information necessary to file for reimbursement from the state for 50% of the lost property tax revenue. Previously installed equipment, provided that the criteria established in the law are met, would be eligible for the tax exemption.

Beginning next year, residents with homestead exemptions will see their exemption increase from \$20,000 to \$25,000, with the Town reimbursement increasing accordingly. In addition, homestead exemption holders will be receiving a \$100 direct reimbursement for property taxes.

—Submitted by Rep. Allison Hepler House District 53

## From the Town Clerk

### *Election Thoughts*

For half a century, Maine has had high voter turnout in Presidential elections, exceeding the national average, frequently by 10% or more.

Maine was the first state to institute same-day registration in 1973, which may account for the high voter turnout. (In June of 2011, the State legislature amended Maine's voting laws to require new voters to register two business days prior to an election. The requirement was quickly overturned by a people's veto in a November 2011 referendum vote, restoring same day registration.) The enhanced availability of absentee voting also encourages voter participation.

Arrowsic is a special place. I like to boast to my friends from neighboring towns about the excellent voter participation by our citizens. An average rate of 71% over the last six November elections (2013-2018) put us near the top statewide. In the 2016 Presidential election Arrowsic had a participation rate of 85%!

Voting is one important way that we can participate in our democracy. It is our constitutional right and privilege. Let's continue to make our voice count.

### *Election Results*

#### Question 1: Bond Issue

YES	112
NO	14
BLANK	2

#### RSU1 – Board of Directors, Unrestricted-Residence position (Contest 1)

RYAN, Lorna – Woolwich	61
WALTON, Alan – Bath	30
WRITE IN	1

#### Question 2: Constitutional Amendment

YES	104
NO	20
BLANK	2

#### RSU1 - Board of Directors, Arrowsic Municipal – Residence Position (Contest 2)

BROWN, Anita	118
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### *2020 Dog Tags*

2020 dog licenses (tags) are available at Town Hall. All dogs 6 months or older are required to have a license and a rabies certification on or before January 1<sup>st</sup> of each year. "A dog may not be kept within the limits of the State, unless the dog has been licensed by its owner or keeper in accordance with the laws of this State." (Maine Statute Title 7: subsection 3921.)

The annual fee for spayed/neutered dogs is \$6 and \$11 for dogs capable of producing young. Anyone applying for a license after January 31 will be assessed a late fee of \$25 in addition to the annual fee. Please note that the late fee is required, by State law, to be collected.



***New Animal Control Officer*** - Matt Norris – 371-2915 or 841-6577

## Arrowsic Broadband Update

There's only a little real news in this update. We are still waiting to hear from the USDA on Arrowsic's July application in the competitive "ReConnect" program for 50% grant/50% loan funding. As of Oct. 28, only two grants have been awarded, so we're still in the running.

Under the assumption that our application *is* funded by the USDA, the 3 Bridged Islands Broadband Task Force has taken the step of gaining "conditional approval" from the State for Arrowsic to be a "Pole Attacher". Per recent Maine legislation championed by Eloise Vitelli, municipal "Pole Attachers" will be exempt from paying "Make-Ready" fees to pole owners (Consolidated and CMP), which should reduce our costs by perhaps \$200,000 for Arrowsic alone. Further progress will still require that we (1) issue a new Request For Proposals; (2) select, negotiate with, and engage a construction contractor, and (3) gain the approval of Arrowsic taxpayers to accept the USDA grant/loan along with its conditions. "Gaining approval" will rely especially upon the outreach efforts of broadband supporters.

Under the assumption that our application *is not* successful, the 3BIB task force has continued to pursue other funding options for Arrowsic, Georgetown, and Southport. We expect the USDA to conduct additional funding rounds, and applications could be made either jointly or by individual towns depending on rules and circumstances at the time. Because much of the information needed for any such application has now been assembled, further applications should be less arduous than the first one. In addition, we have initiated talks with local banks that may be interested in funding part of fiber system construction. Lastly, the ConnectME program is still a potential source of funds, though at present it's dependent on the Maine legislature to provide the revenue.

Thus far, costs related to making applications, undertaking engineering studies, seeking legal advice, and pursuing outreach have been offset by grants from Maine Community Foundation and Island Institute. 3BIB has applied again to MCF for \$15,000 to cover expected activities in 2020.

Your support is welcomed and is needed; we'll let you know about important developments as they happen.

*—Submitted by the 3 Bridged Islands Broadband Task Force  
Arrowsic: Don Kornrumpf, Ken Hnottavange-Telleen, Will Neilson*



*Pollinators and Jon's Honey Bees (photo by Karin Stadler)*

## Rachel's Stinson's Drowning

*John Stinson Esquire, a farmer, lived in Arrowsic in the 18<sup>th</sup> century. He was born in Ireland on August 15, 1714, married Jane Huston in 1740 in Bristol, Maine, and died, age 87, on November 11, 1801 in Lincoln, Maine. The couple had ten children. The parents survived eight of them. Mother Jane died in 1812. Their youngest child Rachel was born in 1765. This story came to The Arrow through Leslie Cobb. John Stinson was her 5<sup>th</sup> Great Grandfather.*

*The account of Rachel Stinson's drowning is from the records of Rev. Sinnett.*

**Georgetown now Arrowsic, Sagadahoc, Maine 1778.** She was drowned while attempting to board a vessel anchored at Spring Cove. This was on a Sunday, all in the house except Robert the hired man had gone to church. The old squire, her father, was a very strict man and had forbid the children from going out to the vessel anchored in the stream on Sunday. But Rachel the youngest child and the spoiled darling of the home persuaded the young hired man to row she and a friend Mary out. The skiff tipped over and both girls were drowned.

*Tradition does not say what Esquire John did to the hired man.*

*—Submitted by Leslie Cobb*

## Aging in Arrowsic

“Time and tide wait for...”, well you know the quote. Sometimes aging comes on like a fast tide due to health or other circumstances, and sometimes it sneaks up on us, requiring family members or friends to gently remind us of the upcoming physical and mental limitations the future will bring.

Most of us never want to end up in a nursing home. Most of us say we want to live the rest of our lives at home in Arrowsic. It is only natural. Home gives us freedom with dignity. Home allows us to make our own decisions. Home allows us to maintain established friendships and community ties. However, in the future, our homes can limit our ability to take care of ourselves as well as be dangerous. To paraphrase Winston Churchill, “We shape our homes; and afterwards, our homes shape us.”

So what are we to do? Many senior citizens downsize to minimize maintenance headaches that went with the big family house. A recent ASID ‘Aging in Place Survey’ found age-related difficulties in maintaining a safe home was the reason for 57% of all relocations in the country. But even if you move to a smaller home there still can be interior barriers to safe aging in a home. Can homes be shaped to allow us to live out our lives in the comfort of our homes, safely and with a minimum of assistance?

There is a movement across Maine and around the nation to do just that. One of its primary tools is often called Universal Design. This is a philosophy of design used by architects and other forward thinking senior care practitioners to develop interior spaces and home products to be useable by all people to the greatest extent possible

The three most important age-related restrictions in a home are: (1) multiple floor living, (2) hallways and doors not wide enough for wheelchairs, and (3) front entrances with one or more steps. Only 4% of all homes in the country have none of these physical restrictions. Only 1% of the nation's homes have the next two most important age-related features, namely, lever handles on all interior and exterior doors and light switches and electrical outlets reachable from a wheelchair.

As obvious as some of these recommended changes to the home environment are, people hesitate to make them. Some of the delay is due to financial circumstances, but more often it is our not wanting to recognize our

**(cont.)** mortality and the limitations future aging will bring. This reaction is true for many human conditions. It is said, change cannot occur until we accept what is. The good news is we do not have to do it ourselves.

There are skilled professionals to guide us along the way to change. The National Association of Home Builders (NAHB) in conjunction with the American Association of Retired Persons (AARP) has developed a design designation called ‘Certified Aging in Place Specialist’ (CAPS) for remodeling contractors and design/build professionals interested in Universal Design and other age-related design methods.

To conduct your own self-survey of the age-related problem elements in your home, AARP has published the *AARP Home Fit Guide* (<https://tinyurl.com/y4qg3xgk>). This easy to follow checklist can be downloaded for free from the AARP web site. To further provide assistance, the American Occupational Therapy Association has developed a program called ‘Certification in Environmental Modification’ (SCEM) to allow Occupational Therapists (OTs), who are licensed healthcare professionals and can provide home assessments of the improvements or changes needed for a unit to be suitable for aging in place.

Some of the recommended changes are likely to be:

### **Bedroom**

- Path light to bathroom
- Wireless emergency call device
- Clapper sound activated lights

### **Bathroom**

- Shower – curbless or Roman style with shower curtain
- Auto-sensor night light
- Grab bars
- Door knobs and faucets with lever handles
- Wheelchair clearance at sink and toilet
- Small chair

### **Kitchen**

- Lazy Susan in deep corner cabinet
- Slide out shelves
- Replace knob cabinet pulls with D-pulls

- Sink suitable for wheel chair and motion activated faucet
- Universal Design appliances

### **Living Room**

- Clear clutter to allow navigation
- Motion sensor night light
- No area rugs
- No low tables
- High, cushioned furniture with no castors

### **Exterior**

- Front and/or rear wheelchair ramps
- Wheel chair friendly 36”+ walkways
- Exterior 36” doors or offset door hinges
- Exterior trip-free walk surfaces with lighting
- Automatic front lighting
- Front entrance package shelves
- Raised gardens

Future renovations in any home should consider these and other age-related improvements to be incorporated into the project to minimize costs and to ensure all future changes minimize age-related restrictions throughout the home. With some forward thinking, our future will be what we want it to be.

—Submitted by Jack Carr, P.E., RS, LEED-AP



## Statewide Age-Friendly-Communities Movement Introducing **AHA! Arrowsic Healthy Aging**

I would like to introduce a new group of volunteers that has formed in Arrowsic to address a need that was identified in a region wide survey conducted by “Age-Friendly Communities of the Lower Kennebec” last winter. You may have heard about us through town email and the Arrowsic google group.

Our name is **AHA! Arrowsic Healthy Aging**; our mission, “To support Arrowsic residents in remaining safely in their homes and engaged in our community.” We plan to offer a schedule of programs and information concerning aging in place.

So far we have been able to organize a couple of different events in town. We started with a fall reduction class, ‘A Matter of Balance,’ held at the Town Hall. On October 22, we heard about several regional programs, including: Comfortably Home, Good Morning Call, and Sand Buckets for Seniors. Articles on all of these follow in this *Arrow*.

Our group is also working on gathering information regarding local resources for older adults including transportation and handyman services. We hope to have this information available in a notebook located in the Town Hall in a couple of months. Finally, we are exploring different topics for a spring presentation. We would welcome any requests from Arrowsic residents regarding preferred topics!

Governor Janet Mills and AARP Maine State Director Lori Parham just announced that the State of Maine has joined the *AARP Network of Age-Friendly States and Communities* (<https://tinyurl.com/y9ttl9dl>), a move welcomed by AARP as a major step toward making Maine more livable for people of every age.

If you would like to get involved or find out more about our group, please contact Karin Sadtler ([kasadtler@yahoo.com](mailto:kasadtler@yahoo.com) or 442-8042) or Sheila Spear ([admin@arrowsic.org](mailto:admin@arrowsic.org)).

*We would like to thank Livy Glaubitz for her creative contribution to our group’s activities in designing our new logo.*

### “A Matter of Balance”

As you may already know Spectrum Generations in Brunswick is part of the Area Agencies on Aging and offers a variety of classes in the surrounding counties. Spectrum Generations' mission is to promote life-long learning, health, wellness, nutrition, community engagement, and social well being of all older and disabled adults. We were lucky to have Jennifer Fortin teach “A Matter of Balance” at the Arrowsic Town Hall as part of a statewide fall reduction program. Sixteen participants completed the class last month.

During the first meeting learners had the opportunity to connect with each other in a way that allowed an exchange of experiences and a comfortable feeling in the group. The class included information for a self-assessment of the home, ways to identify trip hazards, and exercises that help strengthen wrists and ankles.

**(cont.)** The core of the class was a straightforward routine of daily exercises that we were encouraged to build into our daily lives. One Arrowsic resident mentioned that she plans to continue the exercises while watching TV. They are also good to do sitting on the edge of one's bed first thing in the morning or while waiting for the coffee to brew in the kitchen. And the reward for good practice is reducing the chances of falling and doing ourselves damage - though we also learned how to get ourselves back up again if we did happen to fall.

So, strengthened in mind and body we are hopeful that we will have reduced our chances of major injury from falling, a fear of which has kept many people from staying active and engaged. Many thanks to Jennifer for coming to Arrowsic!

## **Aging Safely in Place**

The majority of our residents, as seen in our recent survey (<http://www.arrowsic.org/arrow/arrow07-19.pdf>), would like to age in their homes. On October 22 we heard about some local services to help us do so.

### ***Comfortably Home: A Regional Program***

Bath Housing Authority Program Director, Jess Irish, and Gabriel Lindsay, Aging Specialist Technician, described the "Comfortably Home" Program. Started in 2015, it had become obvious that an older house stock in our communities, and a two-year waiting list for elderly and disabled homes, required a new and creative approach.

Think about window inserts to help keep out the cold, the smoke detector unreachable on the ceiling, a slippery bath tub or shower floor, not enough light in the hallway, or hard to turn door knobs. Comfortably Home's professional and dedicated team offers a safety check of the home, accessibility modifications and minor repairs. The program is free to eligible residents.

In doing **safety checks** Gabriel, an Aging Specialist Technician certified in Home Quality Standards, will examine smoke alarm and carbon monoxide detectors, the dryer vent, refrigerator coils, light bulbs, and furnace filters, cleaning and replacing as needed. **Accessibility modifications** cover the installation of grab bars, handrails, shower seats, raised toilet seats, drawer pulls, door handles, lighting, and kitchen faucets. In one case the widening of a doorway was performed to allow wheelchair access. **Minor repairs** cover indoor storm windows for improved winterization, weather stripping or a storm door, as well as gutter work, steps, and minor plumbing and electrical work.

The impact of the Comfortably Home Program is measurable, as more houses are deemed safe for their occupants. Think about preventing falls, and fewer hospitalizations, ER visits and close calls related to fires. Participants feel the program has relieved a financial burden and helped them feel safer. One Arrowsic resident, age 87, who benefited from the service a couple of years ago, spoke about the ease and how numerous small modifications improved the situation in her home.

### ***Are you eligible?***

Home owners or older adults living in a home owned by a family member may apply if they are 55 years old or disabled and have an income below 80% of the Area Median Income, currently \$41,000 for singles and \$47,000 for couples.



**(cont.)** Bath Housing is also considering implementing a fee for service model for those who do not qualify. In the interim homeowners may call Bath Housing for age friendly modification information or small project handy person information.

### *How do you apply?*

Contact Comfortably Home at (207) 443-3116. An initial short phone conversation will cover your options. Minimal paperwork is required. A first visit to your home takes about 30 minutes to assess the needs. Often the actual work can be scheduled and finished within 2-3 weeks. It is an easy and user-friendly service unique to your needs. On average the team spends about \$1,600 per home, which is covered by grant funding.

During the presentation, we also learned that eligible Arrowsic residents may apply for the elderly and disabled housing units in Bath. Contact Bath Housing Authority for further information. And Bath Housing and Midcoast Parkview Health offer the John Hopkins CAPABLE program that allows interested participants to receive occupational therapy and nursing assistance.

The presentation was organized by **AHA! Arrowsic Healthy Aging**. Nineteen Arrowsic residents attended, some stayed for coffee, cake and a chat with their neighbors. There was consensus that not enough locals know about these truly important, free programs.

### *Drug Take Back, Good Morning Call, and Sand Buckets for Seniors*

Sheriff Joel Merry gave the second part of the presentation. He is a member of Merrymeeting Bay Triad, a nonprofit organization dedicated to the promotion of programs, education, and materials that enhance the well being of citizens in Sagadahoc County, Brunswick, and Harpswell. This group of senior citizens, law enforcement and senior service providers developed several programs in the past twelve years.

Activities started over concerns raised by the opioid crisis. A **Drug Take Back Program** was initiated that collects and safely disposes of any prescription and over-the-counter drugs twice a year to keep older adults safe. This program has since been adopted nationwide. In addition, the Bath Police Department offers a drop box in their lobby for drug vials, accessible 24 hours a day.

The **Good Morning Program** offers peace of mind to residents and family members. After registering with the program, adults 60+ years or with a disability who live alone and don't get out much call an automated answering machine every morning before 10:00 to leave a message. If the resident fails to call, a volunteer will reach out to caregivers, family members, or the police and sheriff's office to send someone to the home. This is also a program that can be used for a few weeks after a hospital stay or surgery. The Sheriff's Office is looking for additional volunteers to check messages in the morning. Interested residents submit a registration form to the Sheriff's Office, Attn: Brett Strout, 752 High Street, Bath ME 04530.

And finally, with **Sand Buckets for Seniors**, the Bath Police Department and the Sheriff's office deliver sand to the homes of senior residents. The program is available in the entire State of Maine during the wintertime. It mitigates the risk of icy walkways and allows easier access to the house, mailbox, and car. Lowes in Brunswick donated most of the sand used by the Sheriff's Office; some comes from the Public Works Department. Call (207) 443-8529 to sign up for these programs.

—Submitted for **AHA!** by Susan Elkin, Janet Persen, Sheila Spear, Karin Sadtler

## Striving for Zero Waste

### *Could change our mindset or just revisit lost skills?*

In September the Arrowsic Recycling-Trash Committee invited Elena Bertocci and Megan Mansfield Pryor, both environmental specialists in the Division of Materials Management at the Maine Department of Environmental Protection, to speak about the concept of Zero Waste. A link to their informative power point presentation is available at [www.arrowsic.org/uploads/Arrowsic\\_2019\\_Zero\\_Waste.pdf](http://www.arrowsic.org/uploads/Arrowsic_2019_Zero_Waste.pdf).

The Zero Waste International Alliance (<http://zwia.org>), defines zero waste as “the conservation of all resources by means of responsible production, consumption, reuse, and recovery of products, packaging, and materials without burning and with no discharges to land, water, or air that threaten the environment or human health.”

Zero waste is a systems change, rethinking how we do things, improving processes to minimize negative impacts, and on a small-scale at the individual level, making informed purchasing decisions to reduce our personal impact and waste output.

Maine’s waste hierarchy places waste reduction and reuse over recycling and composting. It takes substantial resources to transport, process, and manufacture products. By reducing waste we conserve the most energy and resources, more than with recycling. Therefore repair and reuse of belongings to extend their life is highly preferable to recycling. It means avoiding consumption of resources altogether. Recycling has many benefits, but it is still an energy-intensive process that does generate some emissions.

Greenhouse gas emissions are generated in the production, use, and disposal of goods. As a result recycling reduces greenhouse gas emissions because making products from recycled materials typically uses less energy than extracting the natural resources to manufacture products from virgin materials.

And although food waste can be composted, avoiding food waste in the first place is also 6 times more effective in preventing GHG emissions.

### *Simple Steps to Get Started-Make Your Own Portable Zero-Waste Kit*

- Reusable utensils
- Reusable travel mug
- Reusable water bottle
- Cloth napkin
- Handkerchief
- Reusable produce bags
- Reusable grocery bags
- Reusable metal, silicon or bamboo straws
- Reusable storage containers for leftovers or takeout



Reusable items should be durable and washable. They can last for years. Best to put these items in your knapsack or bag whenever you leave the house. That irresistible desire for a cup of coffee-to-go or a bottle of

(cont.) water is just around the next corner.

### *Embrace Do-It-Yourself*

As one of many examples in their presentation: cleaning products often contain lots of water and unknown chemicals. Making cleaning products can avoid plastic waste, shipping water, and toxic emissions and save you money.

### *DIY Laundry Detergent Recipe and First Experiences*

Wondering how to get away from commercial laundry detergent in large plastic bottles, we recently moved to using laundry powder. After listening to the Zero Waste Presentation and checking the links, I decided to make my own trying to reduce the waste from packaging.

The presentation has many links to DIY products. One recipe recommends using a 5.5oz piece of soap finely grated or conveniently pulverized in the food processor. The soap is mixed with 14 ounces each of Borax and Washing Soda, both purchased at the local hardware store. The combination yields enough laundry powder for 32-64 loads.



I have since tried my new laundry detergent and am very happy with the results. The powder mix doesn't leave a residue on the laundry. The waste consists of a plastic lining around the 10 pack, a wrapper for the individual piece of soap and two small recyclable cardboard boxes.

—Submitted by Karin Sadtler

## *Maine's 200<sup>th</sup> Birthday - Let's Have a Party Potluck Dinner at Fire Station on 14 March 2020*

*Maine turns 200 in 2020. From March to October, festivals, parades, and community celebrations will be held throughout the state.*

*On March 14<sup>th</sup> 2020, a Statehood Weekend kicks off the bicentennial festivities with Maine traditions, including: bean suppers, food drives, speeches, poetry readings, and music.*

*Visit <https://www.maine200.org> for more information.*

*Who would like to help organize the festivities in Arrowsic?  
Please contact The Arrow.*

## Resources from United Way of Mid-Coast Maine

As winter and the holidays approach, people start asking about available services for everything from heating assistance and winter clothes to legal services and child care. United Way compiles two resource lists to help connect people with available programs.

These resources are available at the United Way website, [uwmcm.org](http://uwmcm.org).

- Winter Holiday Resources list is a summary of area Thanksgiving and Christmas meals, special food distributions for the holidays, and toy and family support activities. Note that many of these have very early deadlines ([https://www.uwmcm.org/uploads/6/9/1/7/69175207/holiday\\_resources\\_2019.pdf](https://www.uwmcm.org/uploads/6/9/1/7/69175207/holiday_resources_2019.pdf)).
- Directory of Commonly Requested Community Services: as the name implies, this directory lists programs that serve Lincoln and Sagadahoc Counties and Northeast Cumberland county ([https://www.uwmcm.org/uploads/6/9/1/7/69175207/directory\\_october\\_2019\\_color.pdf](https://www.uwmcm.org/uploads/6/9/1/7/69175207/directory_october_2019_color.pdf)).
- 211 Maine is the statewide information and referral service for human services. Available 24/7, it is staffed by highly trained referral specialists who listen carefully for needs and take the time to identify available resources.



**Need help finding services?**  
**DIAL: 211**  
**TEXT your zip code to 898-211**  
**VISIT: [211maine.org](http://211maine.org)**  
**DIAL: 1-866-811-5695**  
**FREE & CONFIDENTIAL**  
Information & referral service  
**You call - We listen**  
United Way of Mid Coast Maine 

—Submitted by Maria Hinteregger, Director of Community Impact, United Way of Mid Coast Maine

## Italian Sandwich Salad

### Salad Ingredients

Elbow Macaroni  
Grape Tomatoes, cut in half  
Chopped Onions  
Chopped Green Peppers  
Chopped Dill Pickles  
Chopped Cheese  
Sliced Black Olives

### Italian Salad Dressing

2 Tbsp Lemon Juice  
4 Tbsp Balsamic Vinegar  
1-2 Minced Garlic  
1 cup Chopped Basil Leaves  
2/3 cups Olive Oil  
Salt and Pepper to Taste

Cook macaroni. When cooled add all ingredients and mix. Add Italian Salad Dressing and mix all together.

—Submitted by Barbara Lakin

## Arts

### The World As Art

The wise man knows with all his heart  
That all the world's a work of art  
A man's bow tie a woman's dress  
A cat's meow a child's caress  
A sky that's blue or gray with clouds  
A sandy beach that darkness shrouds  
A trumpet's wail a bassist's beat  
A pianist's bop that pounds so neat  
The sun that sets into the sea  
The lush green beauty of a tree  
A raven's caw a lion's roar  
The flowers that line the forest floor  
The trees that pierce the morning mist  
The desert sands the sun has kissed  
Lakes and oceans bays a river  
Their icy waters make one shiver  
Mountains high en-capped with snow  
It's melt becomes the river's flow

That rolls unfettered to the sea  
Where lobsters crawl and fish swim free  
The golden bridge that spans the gate  
The endless trains that move the freight  
The press that prints the written word  
'Bout joy and laughter to be heard  
Sinatra's voice Monroe's good looks  
Shakespeare's plays Graham Greene's books  
Rodin's chisel Picasso's brush  
Fore Street's food at dinner rush  
Dogs and spiders moles and rats  
Flys mosquitoes beetles gnats  
The rich brown earth the moon up high  
The starry planets in the sky  
The wise man sighs he looks outside  
It's all out there with naught to hide  
The world a work of art for sure  
The world he hopes will long endure.

—Submitted by Phil Favro

## Cough

Creeping from the indigo night a cloudless day appears  
Sunshine shows there'll be no rain to dampen all our fears  
Farmlands parch glaciers melt warming oceans rise  
Millions search the searing sky with vainly hope-filled eyes  
Coal mines flourish pipelines wend bring oil to fuel the earth  
Autos speed planes fly high exhausting gas to birth  
Another age of poisoned air horizons thick with smog  
A dying planet pumped by greed while shooting the last dog  
Nero fiddles forests burn homes are turned to dust  
We seek we search we look around for someone we can trust  
Tyrants rule ignore the fact our the planet's near its end  
They claim that God looks after us and science is pretend  
The White House will be white no more unless we change our ways  
The world will cough and choke to death through ever-dark'ning haze

—Submitted by Phil Favro

## Gate 20 Kansas City Airport

Her grief was sudden, loud, and intrusive  
in the relative quiet solitude of  
gate 20 passenger lounge.

A call had come into her. She answered her cell  
With a loud, open and, apparently, joyous Spanish “Hola”  
For a second we could all see her pleasure in this call,  
then it suddenly crashed her to the floor in her grief.

She wailed uncontrollably,  
fell to the floor, and screamed her grief in Spanish.  
The phone held tightly to her ear she wailed to whoever was  
On the other end of the call.  
Watching, shifting in my seat uncomfortably:  
This was death I assumed.  
Others waiting in the lounge area shifted too,  
awkwardly, nervous, and uncertain.

The clerks stopped checking folks for a second, looked up,  
but then kept working.  
Looking up, nervously, from time to time  
to watch what was unfolding at gate 20.

Others walked briskly by the waiting area,  
aware of the commotion, but headed somewhere else,  
anywhere else, with just the sideways glance  
to the grief unfolding in front of them.

No one stopped, no one at the gate stood to help.  
Just watching and wondering: what is anyone’s duty here?  
Is there ever a duty to intrude on another’s uncontrollable grief?

Within a few seemingly endless minutes two men arrived,  
got her to her feet and helped her walk away,  
somewhere else, anywhere else, just away from gate 20.  
Was this a regular expectation of their jobs I wondered?  
Did this happen often?

She never returned, her bags remained next to her seat.  
We all got on the plane and headed back to Chicago.  
No one said a word, we just moved along our own roads away from  
gate 20 of the Kansas City airport, as if nothing had happened.

But no one left that gate without an image burning in their minds.



*Storm in the Distance (Photo by Sarah M. Stocker)*

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