

The Arrowsic Arrow

News Around & About Arrowsic

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Summer 2020



Five Islands (photo by Phil Mason)

Special Procedures for Town Meeting – July 18, 2020

Town Meeting on July 18 is going to feel very unusual this year. The State limits attendance at a single site to 50, so we are having to split voters between inside the Fire Station (limited to maybe 35 with social distancing) and outside.

The entrance to the station from Route 127 will be blocked and people will be invited to enter and check in at the Old Stage Road entrance. We plan to begin checking voters in at about 9:15. Please park as much as possible at the Town Hall parking area and along the Old Stage Road.

Unfortunately, if attendance exceeds a total of 93 people including town officials, we will be required to end the meeting.

Masks will be required for all attendees, and you will be expected to adhere to the 6 foot physical distance from your neighbors (which will feel really

awkward). It would be wise to bring some hand sanitizer and bug repellent with you. If you want to set up outside, you might also want to bring an umbrella.

You will also need to remember to bring your copy of the new Annual Town Report which should be delivered about a week before the meeting. The Warrant for the meeting will be available on the website as well.

There will be no breaks, no refreshments, no visiting except at a distance. Please be advised that the bathroom will be closed to all. Luckily our esteemed Senator, Eloise Vitelli, has agreed to be Moderator, so things should go pretty smoothly, and we can conduct the town's business to the best of our ability in these trying times.

—Sukey Heard for the Selectboard

From the Selectboard

Aside from the thorny issue of figuring out how to hold Town Meeting this year and preparing all the pieces necessary to move it forward, there are other changes on the horizon for our town government.

Mary McDonald, our stalwart Treasurer who has served so ably for 10 years, has decided to move on to other challenges. While Mary holds the title of Treasurer, she has also been a very valuable advisor because of her experience in administration. We will miss her careful figures and wise advice. We have one person who is willing to step up as a candidate. He is Brett Jensen, a local CPA who lives in Arrowsic. He has talked to the Board and to Mary and is very interested in becoming our Treasurer. Mary has agreed to work with him, or whoever is elected at the Town Meeting, to ensure a smooth transition.

Michael Kreindler, our current Codes Enforcement Officer, is looking to gain more flexibility with his schedule. After casting a wide net, we have identified at least three candidates. A representative from the Selectboard, Planning Board, and Michael have interviewed them. This is another tough role to replace. Michael has been diligent about translating our land use ordinances for property owners and guiding them along a path to compliance for 18 years. His thoughtful approach has ensured that the zoning ordinances have been respected and followed during his tenure. We have also listed a Deputy Codes Enforcement Officer in the list of stipends. This will allow Michael to work on training the new person until they can get certified by the state. The responsibility for appointing the Codes Enforcement Officer falls to the Selectboard.

The third change involves the decision of Sukey Heard not to run for reelection to the Selectboard after 18 years. We are lucky that Sheila Spear has waded into the job of Administrative Assistant so enthusiastically and is able to take on so many of the administrative responsibilities that have increased dramatically over the years. Sukey has promised to remain involved and help wherever necessary. We know of one candidate for the position, Will Neilson, who has been such a successful chair of the Planning Board for 11 years. If he is elected, that would also mean changes for the Planning Board.

We will be holding an electronic public Zoom hearing on Thursday, July 9 at 7 p.m. to review the warrant prior to Town Meeting, particularly the new broadband ordinance. We will be posting the warrant online very soon in case the Annual Town Reports don't get delivered before the hearing. There are two warrant articles that touch on broadband loan/grant issues. The first one is the ordinance that addresses the appointment of an Arrowsic Broadband Authority. They will take on the challenge of hiring a firm that will get our broadband system built and operational, and then oversee the running of the system once it is built and supplying the town with speedy, dependable broadband access. The other article is a \$16,000 request to take from surplus funds to pay the consultant that organized our successful award for funding. The expectation is that this amount will be repaid to the town from operating revenues once the system is running.

The pandemic has forced us to become increasingly dependent on electronic connections. We have found during meetings and information sharing that the service we receive is poor. We are lucky that we received one of the first awards under the USDA ReConnect program. This has been an amazing accomplishment for our community, and we thank the members of the Ad Hoc Broadband Task Force for their perseverance.

Other noteworthy items include an increase in stipends for officials that was recommended by the Compensation Committee in 2011 (Article 5). Everyone has been bending over backwards to continue to supply everyone with the services you depend on. The Fire Department will start looking into replacing the brush truck, on schedule from the Fire Department study done in 2016 (Article 11). This would come from the dedicated Fire Department Capital Fund. The budgets for Roads (Article 16) and Trash (Article 18) have increased as expected. We will need new tax maps to replace our 5-year-old ones which have been included in Article 24. We are supposed to replace them every year or so. The town pays to dump septage waste that residents have pumped, and we continue to be over budget in this area for the last couple of years (Article 19). We have tried to offset at least a bit of these increases with Article 45 recommending \$10,000 of surplus be used.

Election – July 14, 2020

Spring Election

The spring election will take place at the Town Hall on July 14th and will include a Democratic primary, two special referenda, and five school budget referenda.

To avoid long waiting times at the polls and exposure for election workers and other voters, it is strongly recommended that voting be done by absentee ballot, which is easy and secure. You can request a ballot before July 9th at <http://www.maine.gov/cgi-bin/online/AbsenteeBallot/index.pl>, which you should then fill out, sign, and return to the Town Hall before 8:00pm on election day.

The layout of our polling place will look different this year due to social distancing measures. Each person voting, checking in to vote, and waiting in line must stay 6 feet from the next voter. Voters will see these distancing measures marked off for reference. Only one station in the voting booth will be available for voting. Additionally, voters will be asked to travel in one direction (in the front door and out the side door) to complete the voting process.

All election officials will be required to wear either a cloth face covering (either their own or the one provided by the State) and/or a face shield, while they are working at the polls.

Voters are strongly encouraged to wear face coverings but cannot be turned away from voting for not doing so.

The voting booth will be cleaned after each voter. Tabletop protective shields will be in use at the Incoming Voter List check-in tables and the voter registration table, where 6-foot physical distancing is not possible to maintain.

—Barbara Boyle, Town Clerk

Democratic Primary

- US Senator (vote for up to three by ranked choice)
 - Sara L. Gideon (Freeport)
 - Bre Kidman (Saco)
 - Elizabeth A. Sweet (Hallowell)
- Representative to Congress: District 1
 - Chellie M. Pingree (North Haven)
- State Senator: District 23
 - Eloise A. Vitelli (Arrowsic)
- Representative to the Legislature: District 53
 - Allison L. Hepler (Woolwich)
- Judge of Probate: Sagadahoc County
 - David Paris (Bowdoinham)
- Register of Probate: Sagadahoc County
 - Ruth N. Lawson-Stopp (Bath)
- Sheriff: Sagadahoc County
 - Joel A. Merry (West Bath)
- County Commissioner: Sagadahoc County, District 3
 - Carol Ann Grose (Woolwich)

Special Referenda

- Question 1: to approve \$15,000,000 bond issue to invest in high speed internet infrastructure for underserved areas
- Question 2: to approve \$105,000,000 bond issue to improve highways, bridges, and other transportation projects to match \$275,000,000 in federal funds

RSU1 Budget and Bond Referenda

- Question 1: School Budget \$37,866,970
- Question 2: Nutrition Program \$215,000
- Question 3: Adult Ed Program \$73,569
- Question 4: Capital Reserve Fund \$50,000
- Question 5: Bond issue for renovations at Dike Newell School in Bath

School Budget Referenda

On June 22nd, the RSU1 School Board met via video conference for its regular meeting as well as to conduct a public hearing on the 2020-21 budget. It was a difficult decision to hold the hearing in this way, but due to the ongoing state of civil emergency and limitations on public gatherings, it was not possible to hold an 'in person' event.

This year's budget referendum will be held July 14th. There are multiple items on the ballot related to RSU1 but each is integrated into the total budget that has been proposed. Information concerning the public hearing and this year's budget proposal can be found at <https://www.rsu1.org/o/rsu-1/browse/140121>. The management summary document explains detailed reasons for increases associated with each of the warrants.

Upon reviewing the budget, you will see that

Arrowsic's total pupil cost, less the state subsidy is \$510,181. This represents a 3.25% increase from the previous year. However, this can be taken in perspective of the fact that last year's town assessment was down by over 10%. There was an increase this year because there was a debt service adjustment for minimum receiving districts, as they are not bringing in the necessary subsidy to meet the debt service allocation.

The formula used to calculate our contribution is complicated and questions regarding just how the numbers are figured can best be answered by Deb Clark in the RSU1 finance office. Deb is more than willing to answer any questions folks may have regarding the budget calculations. The board is pleased with the effort made by school administrators to present a responsible and conservative budget this year in light of the complications that the Covid-19 pandemic has created for everyone.

I am sure that parents have many questions and are eager to know just what school might look like for their children this fall. As we move forward into the summer months the district administrators will be

working with several committees that have been convened to develop a plan for reopening. Their focus is on providing a quality education in the safest environments possible.

So far there have been several surveys conducted, data analyzed, and planning begun around building modifications and procedures that will be necessary to have staff and students return. Moving ahead there will be detailed plans to address several possible scenarios for reopening with input sought from local health officials, teachers, parents, etc., all under the guidance of the Maine CDC and DOE. If you have questions or concerns regarding reopening this fall you can direct them to the principal of the school your child attends and they will be able to answer or guide you in the right direction.

Documents and district communications about Covid-19 can be found here:

<https://www.rsu1.org/o/rsu-1/page/communications-on-covid-19>. As more information becomes available regarding re-opening it will be sent out to families and posted on this page and in the news feed of the district website.

The committees are expected to have final plans to present to the board for review and approval by July 27th. Links to watch that meeting via live feed on YouTube will be available in the week prior to the meeting. Comments and questions for the public sessions of that school board meeting can be sent to Veda Ferris at vferris@rsu1.org.

I am always available as well via email at abrown@rsu1.org. I may not be able to answer your questions directly, but I can usually find an answer or guide you to the right person to ask.

Thank you for the opportunity to serve our community as a member of the RSU 1 School Board. I hope you all are able to enjoy a peace filled and restorative summer season!

—Anita Brown, Member, RSU1 School Board

Town Committees

Education Committee

The Town of Arrowsic currently has approximately 42 students in the RSU1 district, additional students outside the district, and many more life-long learners of all ages that need your support! Due to time served, residency and other life changes, our most current Arrowsic Education Committee members are all formally rolling off the committee. While they continue to offer basic Arrowsic Scholarship Fund administration and communication functions in this time of transition, the Selectboard is currently in search of new volunteer leadership and participation in the Arrowsic Education Committee.

The Arrowsic Education Committee (AEC) organizes around education related activities involving town relations with and among residents, town education

Nurse's Notes

Welcome to the spring/summer edition of Nurse's Notes from the Local Health Officer.

It seems as though I am participating in someone else's dream; does anyone feel that way, too? And as much as I try to be living in the moment, I still occasionally wonder when we will return to 'normal,' as I imagine that to be. Knowing that most everyone else is experiencing a similar process doesn't help at times. Yet I know we are all struggling at some level.

The news is filled with distressing information and events. Take a break from that sometimes and listen to the birds in your backyard. Call someone, send an

Conservation Commission

The Conservation Commission convened a site walk and meeting at the Sewall Pond Conservation Area with representatives from the Select Board, the Road Commission, the Holt Forest, and interested neighbors, to discuss the parking situation there. The gift of the conservation area from the Holt Foundation

policies, and town relations with our school district. If you care about education issues and would like to serve your community, please reach out to discuss the Town's needs and scope of AEC activities in more detail. Call or email Sheila Spear at admin@arrowsic.org or 443-4609. Past Chair, Camille Kauffunger is also available for discussion at education@arrowsic.org or 844-4737.

The Town desires to ensure that diverse needs of all its residents are being met by the various educational options available. It is not necessary to have school-aged children or to have a student enrolled in our current school district to get engaged with the AEC.

—*Camille Kauffunger for the Education Committee*

email, stay connected with family and friends. It's time you will not waste.

Let's think about solitude for a moment. A chance to speak to our souls. Listen to our hearts. Stop doing for others and be delighted in the self. There is an opportunity here in self-care/self-quarantine. I am hopeful that some will find the way, in solitude, to embrace emptiness for a time. No noise, no distractions. Empty.

Thanks for reading this, and during these strange and difficult times, keep the faith.

—*Christine Woodman RN, Health Officer*

stipulated that the town create a limited parking area for users of the property in order to prevent overuse. The Conservation Commission will recommend the extent and configuration of the parking area, and the Selectmen will be in charge of enforcement of parking restrictions.

(cont) If you haven't yet seen the new **Nature Notes Blog**, please take a look, and let us all know what you're observing. Arrowsic seems to be blessed this

summer with an extra abundance of all things beautiful! <http://arrowsic.org/nature>.

—Josephine Ewing for the Conservation Commission

Recycling and Solid Waste Committee

Please don't put *plastic* bags in your recycling! You can reuse them or take them to Brackett's for recycling.



—Ros Arienti for ARSCW

Be Web Wise

Get Savvy About Wi-Fi Hotspots: Limit the type of business you conduct and adjust the security settings on your device to limit who can access your machine.

Protect Your \$\$: When banking and shopping, use caution. Look for web addresses with <https://> ensuring the "s" is there which means the site takes extra measures to help secure your information.

Stay Current: Keep pace with new ways to stay safe online. Check trusted websites for the latest information, and share with friends, family, and colleagues.

Think Before You Act: Be wary of communications that require you to act immediately, sound too good to be true, or ask for personal information.

Back It Up: Protect your valuable work, music, photos and other digital information by making an electronic copy and storing it safely.

Help the Authorities Fight Cybercrime: Report stolen finances, identities and cybercrime to the Internet Crime Complaint Center and The Federal Trade Commission's <https://identitytheft.gov>.

—John White Sr, IT Coordinator

Arrowsic Broadband Update

A lot has happened since January, when town voters overwhelmingly approved accepting USDA's funding offer to build a fiber internet system. To be sure, the COVID-19 pandemic has slowed work on both USDA's side and ours, but has also made it crystal clear that reliable high-speed internet service is needed. A few points of progress:

- As detailed in the previous *Arrow*, town residents and officials gathered in the firehouse on January 30 to formally accept and celebrate the USDA award. The ceremony was attended by Governor Mills as well as by USDA Deputy Undersecretary DJ LaVoy, representatives of Maine's Senators and Congresspersons, and representatives from other Maine towns awarded grants.
- Robust and beneficial communications have been established with the New England USDA Rural Utilities Services (RUS) rep Tim Brooks, who is located in New Hampshire. Mr. Brooks' responsibilities include guiding Arrowsic through USDA's maze of requirements, ensuring that a well-functioning and financially solid broadband system is built and operated.
- USDA accepted Arrowsic's proposed changes to the Loan and Grant form, which USDA developed to suit an awardee corporation rather than a municipality. Thanks to Arrowsic attorney Kristin Collins for great work there. More than just removing the risk of a lien on Arrowsic's town hall or fire trucks (an important issue), this change demonstrates USDA's willingness to work positively with Arrowsic to address the uncertainties that will arise.
- At the upcoming Town Meeting, town voters will be asked to authorize the creation of a town broadband authority, appointed by and under direction of the Selectboard. While final authority will remain with the Selectboard, the new authority will handle day-to-day functions related to broadband system construction and operation.
- Extensive communications have been held with several Maine-based engineering consultants to act as Project Manager for the fiber-system build. Besides confirming the system is built to specifications, the consultants will aid the selection of construction contractor(s) and of the Internet Service Provider (ISP) who will be contracted to operate the system on Arrowsic's behalf.
- Assuming that progress continues as described, construction should start this fall. The engineering consultants will help the new department detail the construction schedule.

On July 14 Maine voters will be asked to approve a \$15m bond issue to support broadband expansion to underserved areas. Funding from nonprofits helped kick start Arrowsic's broadband efforts that yielded a federal award, and funding from these sources and the state remains important to many communities.

If voters approve, the new town broadband authority will replace the informal Broadband Task Force, instigated several years ago by Mark Aukeman. But the new authority will still reach out to residents for volunteer assistance and support in several capacities!

—*Arrowsic Broadband Task Force*

Town Hall Services

The Town Hall is closed until further notice, but staff and members of the Selectboard remain ready to assist town residents as needed. Visits to the Town Hall will be by appointment only, and visitors will be required to wear a mask, in order to preserve the safety of the workspace and staff.

- All car and trailer re-registrations should be completed online. For new cars or trailers, please contact the Tax Collector at taxcollector@arrowsic.org or 442-8042.
- Boat and ATV re-registrations and hunting licenses should also be done online. For a new boat or ATV or other questions, please contact the Town Clerk at clerk@arrowsic.org.
- For real estate tax information, check: <http://arrowsic.org/taxpayers.html>. For other queries and general assistance, please contact the Town Administrator at admin@arrowsic.org or 386-1475.

Arts

Signs of the Times



—Karin Sadtler

My Virtual Graduation Speech to the Virtual Graduating Class of 2020

Dear Graduate:

You will be the first graduates in the world who will know what ‘coronavirus’ means, the first to be introduced into a world of face masks and gloves and the end of trust between the government and the people.

Off to a good start, you may think. And I hate to be the one to pull off your facemask but here's the real scoop: none of us (meaning all adults everywhere) have a clue as to what the answers are, much less the question.

When we were children, we knew someone knew what we were doing, some adult older and wiser was in charge. Little did we know

that these adults often woke up screaming in the middle of the night, screaming because they are in charge and they don't know what to do to get us out of this mess.

Back in the fifties there was a Cold War between Us (America) and Them (Soviet Union) I was studying journalism and one day our Russian instructor announced a forthcoming visit from a group of Soviet journalists. Part of the cultural exchange between the two countries.

‘Don't be fooled,’ our instructor said, ‘they work for the Communist Party. So think of some hardball questions, the kind of question they'd not hear at home.’

When they visited our classroom and it was time for questions the classroom was as silent as a Big Eight

cheerleader. Finally one fellow raised his hand and asked the visiting journalists: ‘What do you think of the American teenager?’ The student's name? Walter Cronkite (NO, just kidding).

And then there's a funny story that goes like this: A seeker of the Truth travels to the Himalayas to visit a holy man. It takes weeks of climbing and climbing and eventually he finds the holy man in a cave several thousand feet up the side of a mountain sitting peacefully.

‘Oh Holy Man, what is the secret of life?’ the seeker asks. ‘The secret of life?’ exclaims the holy

man. ‘A cup of tea.’

The seeker can't believe it. ‘I came all this way, weeks of walking and climbing, through snow and rain and all for a cup of tea?’

The Holy Man raises his eyebrows. ‘It's not a cup of tea?’

Dear Graduate: Life isn't a cup of tea. It just is. Period. No one is in charge, we are all seekers without a teacher, all after the answers but not sure what the questions are. In other words, we can't find the handle. But neither can anyone else. My wish for you and your classmates is that you never find the answers but continue to ask the questions. And please, have a cup of tea.

—Bob Kalish



Coronavirus Diaries

Birdwatching

In late March my coronavirus Stay At Home began. At the start, I was home by choice, not working. I used this time to do some deep cleaning projects that usually get ignored, enjoy extra time with my Mom and Dad and two dogs (Jack & Jazzy), and generally enjoy things I don't always get to, like bread baking experiments, crafts, and thoughts of gardening.

This spring was also the first in four years that I have not had homework, having finished a Masters this past January. Coupled with the Stay At Home, this abundance of free time felt like a vacation in my own home (Maine & Arrowsic felt like a protected place given what much of the country and world were going through already).

After two weeks, when my company decided to allow work from home, it was "back to the office" for me, with the office being my kitchen table. For the past two months, I have enjoyed my work from home opportunity (and felt lucky I had it), watching my view of Sewall Pond change as spring arrived and enjoying a close up of the morning bird activity I would usually miss. I was lucky enough to see several Baltimore Orioles arrive and got to enjoy a couple weeks of their daily visits, along with Common, Hairy, and Downy woodpeckers, feisty nuthatches, little chickadees, and voracious, tiny hummingbirds. This has been a joy for me who usually has beige walls surrounding me at work.

I also spent some time reading books, a couple that relate to my family (*Come Spring* about the settling of Union, ME and *Sacajawea* - my Grandmother traced connections back to William Clark during a genealogy project she undertook many years ago), and currently *Not For Sale* by Kevin Hancock.

As I enjoyed the last day of my work from home, I am thankful and consider myself lucky to live in this wonderful place that allows both a sense of community and a separateness that has been appreciated in this uncertain time. I also feel lucky to have been able

to enjoy this time while so many others have struggled or worse. Thinking of you all out there and hoping you can continue to stay safe.

—Samantha "Sam" Malsch

For the Times They are a Changin'

I returned from Germany just in time, glad to have been able visit my sister and family. As I fly back at the end of February, the news covers the coronavirus in China, but reading about it is so different from experiencing the consequences of a pandemic.

I am grateful for the space that makes physical distancing so easy and for the neighborhood I live in, nice people who walk and talk, now just 6 feet apart. How different, had we been at the beginning of the cold season, short dark days in November?

At our house it's just the two of us and the dog. We are taking more time with daily tasks, a longer look at nature. We are experiencing different emotional stages, grief and concern is part of it, sometimes I worry. I absorb information, a German public radio podcast on the evolving science of COVID-19, and Maine CDC's Nirav Shah.

Didn't know about Zoom before the pandemic, now I have taken classes, met friends and some work groups online. We start gardening early and start plants from seed-with limited success. We plant a couple of apple trees. In Germany this is a tradition, a symbol of comfort and optimism.

Now, I am back at work and I am thankful for that, for outdoor classes at the Y, and picnic dinners with music at Georgetown's Robinhood Free Meeting-house.

Worldwide, gears have shifted—I hope some good will come of it.

—Karin Sadtler

At Home

I did quite a bit during my coronavirus homestay. I kept a journal that included keeping track of phrases that were popular: ‘We will get through this,’ ‘Stay strong,’ ‘Social Distancing,’ ‘New Normal,’ ‘Quarantining,’ ‘PPE’....

With inspiration from the podcast ‘Happier with Gretchen Rubin,’ I tracked what I am grateful for, what I am grieving, what clothes I wear (pajamas, sweat pants), foods that I eat all the time, and things that are sold out, which was interesting. I have a new granddaughter and was asked by her mother to write emails to her reflecting on this crazy time that she will read when she is 18.

I did a lot of Zoom calls, one is ongoing with my yoga teacher, and happy hours with friends as well as lectures, political conversations, art exhibits and YouTube videos, including performances by the National Theatre at Home in London (all free but looking for donations). It showed *One Man, Two Gvnors, Jane Eyre, Twelfth Night, Frankenstein, and Treasure Island*. Incredible sets and performances.

I listened to podcasts called ‘Presidential’ and ‘Constitutional’ giving great perspective on history and context for today! I read *Love in the Ruins, Winter Soldier* and *Aaron Burr*.

—Janet Persen

How many Deaths?

For many weeks now I have been living in a bubble. While the world changed, my personal life remained barely untouched. Staying at home, tending to the garden, few if any trips, learning to socialize online. My bubble feels safe, secure and far, far removed from the terrible havoc being experienced in the disease hotspots.



How difficult it is to feel, in my bones, the terror of the disease in its full force: the chaos and stress of the emergency rooms and intensive care units; the anguish of losing loved ones without being there to provide comfort; all the unnecessary loss of life, including that of so many of the caregivers.

And the dislocations: jobs, incomes, schools, and businesses. Food insecurity, housing insecurity. And the knowledge that this is not a ‘disruption’ to exult but leading to unforeseen and unknowable permanent change.

What has pierced my bubble in the past week or two is the casual disregard, of the deniers. That wearing a mask to protect others from catching a vicious disease has become a political act.

One hundred and thirty thousand and counting. A quarter of the world’s deaths to date from the disease. I am reminded of Dylan’s words from an earlier era: ‘How many deaths will it take till we know, that too many people have died?’ How many indeed?

—Sheila Spear

Virus Verse

Solitude in 2020

Suddenly, unanticipated, here it was.
Far away from most of us who, by our very
Nature, simply drift and rummage about in
Our own narrow spaces. But now we were greeted
By a virus, that locked us in as spring was awakened.

Put on masks, stay away from others, stay home.
Seemingly everything shut down: stores, churches,
Doctors offices.
Thousands upon thousands getting sick, many died,
more will die.
It's hard to take any social creature and slam the door
on them.
But there's nothing else that can be done.

Bitching and moaning against this intrusive assault
Many screamed "Fake News"...
But the numbers jumped everywhere and everyday.
The news was endless in its presence about this virus.
Days on end just brought more illness and death.

This is no simple flu.

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Shedded

I wrote this poem in March, when we knew very little
about coronavirus as a disease and even less about
how it would upend our lives in a matter of days. The
phrase "shedding the virus" was being repeated in the
media and for describing something so scientific it
struck me as being strangely poetic.

Shedded, like a pair of jeans crumpled on the floor at
the end of the day
Shedded, on the bar of chocolate I picked up and then
put back on the shelf
Shedded, on your cheek and up your nose when we
kissed hello and then stood only three feet apart.
Shedded
In the air, suspended, waiting, everywhere
Shedded

—Jesse Nankin McMahon

From 'Diary with Broken Lines to While Away Viral Time'

posted on *The Massachusetts Review* Blog,
<https://www.massreview.org/node/8965>

Give me a hand. Handyman.
Hand me a towel, please.
Hand me downs. Bless your hands,
we used to say yesterday,
or was it so long ago?
Because they, not the tempting face
not the world-wide mouth
would get the blame
the good hands now cuff themselves
until they wash. Sanitize. And crack.
Not because they sinned
or to shoo a devil and please a god,
just for the raw body to survive.

Life is not going on
it's going away.
But I won't wash my hands
of it, not yet.

—Sharif S. Elmusa

Closure of Sewall Conservation Area

As the weather has warmed, Sewall Pond Conservation Area on Old Stage Road has seen a great deal of activity with up to 55 cars parked along the road. After much consultation and discussion the Selectboard recently decided to temporarily close the area with 'No Parking' signs erected and compliance monitored. This decision has since been reviewed on a regular basis and is currently still in effect. A tanker was also seen on Rt 127 taking water from Sewall Pond.



Cars Parked at Sewall Conservation Area (photo by Sukey Heard)



Tanker Pumping Water from Sewall Pond (photo by Sheila Spear)

Browntail Moth Update

After years of reporting widespread defoliation and skin rashes caused by the Browntail Moth and its toxic hairs, the wet spring seems to have reduced the population for the second year in a row as residents from all over the island report fewer sightings of caterpillars, limited skin reactions, and green oak trees.

In the island's north end, Vale Road reported: 'We have noticed only a few BTM caterpillars (so far) and have noticed no defoliation.' Sirois Road concurred: 'There were no winter nests, no defoliation, and we've found just one caterpillar.' And Sasanoa Road chimed in: 'No damage to trees and no itching.'



A bit more activity was noted mid-island. Spinney Mill Road phoned in: 'We have evidence of Browntail Moth in a few trees.' Whitmore's Landing Road reported: 'I saw six caterpillars at our place.' And Old Stage Road said: 'We have some BTM caterpillars and some Gypsy Moth ones, more Gypsy than Browntail. Not too much defoliation yet.'

At the southern end, eastern Bald Head Road reported: 'We have seen a few caterpillars but not many,' while western Bald Head Road enthused: 'Don't see any caterpillars this year. Huge contrast from last year!'

—Karin Sadtler

Classes with Spectrum Generations

My friend still talks about a class she took last year, *A Matter of Balance* to help reduce the risk of falls using strengthening exercises and also teaching personal risk assessment in the home. She liked it so much that the exercises are now part of her daily routine.

The program was presented at the Arrowsic Town Hall by Spectrum Generations, the local Area Agency on Aging. Since the beginning of the coronavirus pandemic it has been difficult to exercise at home, it's so much more challenging without our friends. Now Spectrum Generations is offering a variety of classes virtually, online, or as a phone conference call.

Better Health Now covers topics like problem solving, decision making, communication with friends, family

Notices

Looking for a **child's record player**. If you have one would you be interested in selling? Reach me at DavidMPuff@gmail.com or 522-5934. Thank You. David and Kathy Puff.

The **Library Bookstore** at 194 Front St. in Bath opened on Monday June 15. Our regular hours will resume, Mon. - Sat. from 10am-4pm. You must need some more books after months of sheltering! Wear your mask and browse our shelves. As for donations, two bags or two boxes of books per family per week are welcome. Sandy Weiss.

The Arrow is looking for writers to join our editorial team. Little work is involved, as we only publish once every four months. Please contact Tom Spear at tspear@wisc.edu if you would like to scratch your writer's itch with us.

The Arrowsic Arrow is Arrowsic's independent newsletter, produced through the efforts of volunteers. The newsletter is published three times a year in March, July, and November. The Arrow is primarily distributed via e-mail to all those on the Town of Arrowsic email list or on paper to those who are unable to access them online. The Town covers any costs for paper and postage. All articles and notices are welcome. Notices should be limited to 100 words. The Arrowsic Arrow Editorial Group: Bob Kalish, Karin Sadtler, and Tom Spear. Contact: Tom Spear, tspear@wisc.edu, 386-1475. Past issues of the The Arrow can be found at www.arrowsic.org.

Town of Arrowsic
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and health care providers as well as action planning. In another version of the class these tools of self-management are presented with a focus on *Diabetes* or *Pain*. An additional and very popular class is called *Virtual Tai Chi for Balance* designed to teach skills to help maintain balance in our day-to-day life. This class is presented on the Zoom platform online during 16 sessions and the exercises can be performed sitting on a chair or standing in your living room.

To register for these free programs please call 1-800-620-6036, or you can register online at <https://www.healthylivingforme.org>. You may have to copy and paste the link into your browser window or send an email to info@healthylivingforme.org.

—Karin Sadtler