

BUY LOCAL – Your Health Depends On It

“MADE IN CHINA” IS THE LABEL we have come to expect on most “affordable” merchandise sold in the US. In fact, 40% of US consumer goods purchased today are of Chinese origin. Affordable? The point of purchase price of Chinese goods does not reflect their true cost. The true cost includes the environmental degradation, the human toll of underpaid workers, and fossil fuel consumption in transporting these goods around the world. Another cost is the risk to our health and safety. In the last eight years, 40% of all US recalls (1500 products- tires, Heparin, toothpaste, toys, drywall...) were Chinese products. Recalls have been for toxic additives, contamination, and significant safety hazards. Our health and safety are even more at risk now that we are annually importing 4 BILLION pounds (\$5 billion) of “affordable” food from China.

In 2009, 70% of the apple juice, 50% of cod, 50% of processed mushrooms, 20% of frozen spinach and 90% of the Vitamin C consumed in the US was “Made in China”. We are importing 102 million pounds of sauces, 88 million pounds of candy (Mars), 79 million pounds of pet food and 41 million pounds of baked goods and pasta annually. China is also the major supplier of citric acid, xylitol, sorbic acid, and artificial vanilla to American food producers. Since 2005, there has been growing pressure to allow the importation of Chinese poultry, despite overwhelming evidence of dangerous processing and contamination of E. Coli and Salmonella.

Chinese agribusiness relies heavily on pesticides, fertilizer, fungicides, and veterinary medicines many of which are banned in the US. Food processing and production is routinely conducted in highly contaminated dangerous un-inspected facilities and intentional chemical adulteration is common. Remember the pet food scare of 2007? 4000 pets died in America and 300,000 children in China were sickened by the intentional addition of Melamine, a coal processing byproduct, to pet foods and dairy products. Melamine was added to boost the measurable content of protein in the products as a ploy to sell lower quality foods for higher prices. Safety standards for workers are non-existent.

Oversight by the Chinese government is lacking and the FDA is too overwhelmed and underfunded to meet the

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**Arrowsic 2nd Annual
Vegetable Garden Tour**

Our vegetable garden tour was blessed for the second year in a row with a beautiful sunny day. Our 25 or so visitors enjoyed 11 thriving gardens with an abundance of produce and good conversations. Thanks to all the gardeners and visitors for participating in this fun community event. We'll have to do it again next year!



**COME TO ARROWSIC
TOWN GAME NIGHT**

Come have fun at the 7th monthly game night at the Arrowsic town hall. We always have tons of fun with all ages from wee ones to adults.

Games include everything from Bananagrams to the ever popular Carcassonne.

Bring your friends and family - everybody's invited. Also bring your favorite games and snacks to share to the Arrowsic town hall on
September 2nd from 6:30 to ????

We hope you'll be there.
Sebastian Blaiklock

RECYCLE—WHY! HOW! WHAT!

Why? It saves the town money (keeping taxes lower), and it's good for the environment (keeping our Earth clean and healthy for our children). When we recycle materials, we don't have to cut down trees for paper and cardboard, mine more metals, and use oil to make plastics.

How? All there recycling goes together—it's called single stream. Keep 2 small bins in the kitchen, 1 for trash, 1 for recycling. Keep 2 big bins in the garage or outside, 1 for trash, 1 for recycling.

What? Cans, glass bottles and jars, plastic containers #1-7 (except #6 styrofoam), all paper, newspaper, cereal type boxes, cardboard.

IT'S EASY! START TODAY!

RECYCLING PICKUP IS EVERY OTHER WEEK!

FMI go to <http://arrowsic.org/recycle.html>

Janice Rogers

From the Solid Waste & Recycling Committee

With September nearly upon us, folks are busy preparing their kids for school, or preparing their wood stacks for winter. As long as we're in preparation mode, let's also make sure we are all set with good recycling and composting systems. This past year, town recycling tonnage was down and solid waste tonnage was up, which is a trend in the wrong direction. Remember that it helps keep town costs down when heavy materials stay out of the solid waste stream. For more information on "how-tos" with composting, one good resource is: www.cityofbath.com (under Bath Government/Solid Waste & Recycling/Composting).

Other important reminders:

- Please break down cardboard into flat sections no larger than 3'x3' (this really helps the nice folks who pick up our trash, as boxy items do not fit through the recycling truck slots easily)
- Scrap metal should not go at the curb
 - scrap less than 4 feet in length can be dropped off at the town hall shed
 - pickup for larger or more awkward items can be arranged by appointment with this committee
- Plastic shopping bags are NOT recyclable in our single stream program (even though many bags are labeled as recyclable). Please do not put them with your recycling by the curb, not even to hold your recyclables.

Thank you to the many residents who are thoughtful about their consumption and make efforts to reduce, reuse, repair and recycle!



Bike Path

First meeting of concerned bikers who would like to spearhead bike path construction through Arrowsic will be held on Wednesday, Aug 31 at 7 p.m. Please come if you are interested. If you have questions or suggestions, please call Phine Ewing at 443-9795.

To swimmers and pond lovers

The conservation commission has acquired a lovely load of wood chips from the Asplundt invasion. We will be taking one hour from 6 to 7 on Monday evening, August 15 to spread as much of it as we can on the path to the pond through the conservation area (east side entrance). We would welcome help from the swimming community, and anyone else interested in lending a hand. Bring rakes and shovels if you have them. Wheel barrows would also be welcomed. If you have a wheel barrow that won't fit easily into your car, call Karen Robbins at 442-7533 to arrange a truck ride for it. We hope to see you at the trailhead.

Calling Artists and Appreciators

Arrowsic Artworks is coming back this year. Mark your calendars for Saturday, November 5. We will be contacting artists who have participated in the past, but we know there are newcomers in town who might want to participate, as well as closet artists who are getting ready to bust out! Now is the time to gear up and start creating! We will be having a planning meeting the week of Labor Day. Any artists (or anyone!) who would be willing to be part of the planning process, please contact Sukey Heard (443-6768) or Phine Ewing (443-9795).

Arrowsic Fall Family Fest

Save the date for the Apple Cider Fest for October 29th from 1:00pm to 3:00pm at the Town Hall



ARTICLES NEEDED — TELL US WHAT IS GOING ON

The Arrow will be produced on a regular basis;
arriving at your doorstep in the months of

February May August November

Due dates will be posted at Town Hall

Questions?
Please contact Quinn Blaiklock
peacefulquinn@gmail.com

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demand of inspecting these imported foods. A mere 2% of imported food products are inspected and since 2001 only 59 of the one million food-processing centers in China have had FDA inspections. The COOL (Country of Origin Labeling) law of 2008 does not apply to processed foods (i.e. frozen spinach or canned peaches and tuna) and is being challenged at the World Trade Organization (WTO). The WTO promotes commerce over food safety and limits the ability of member countries to establish health, safety, and environmental rules. . American corporations (Tyson, General Mills, Cargill, Wall-mart, Pepsi Cola...) have invested \$2.8 billion in to the Chinese food processing and manufacturing industry which means it is not the Chinese farmers and workers that are benefitting from our \$5 billion investment. It is the era of buyers beware and we are not being given the information needed to make informed decisions.

In Arrowsic, we are blessed with the resources to meet these challenges. We have access to a full range of locally grown foods at our farmers market and enough back yards to grow some of our own foods. Our community can cut the corporate middle man out of our food supply, dramatically improve our food quality, and decrease the ecological burden of our food choices simply by being a community. Consider trading your zucchinis for some eggs or tomatoes. Take a friend with you to the market on Saturday sharing the ride and expense of fuel. You'll have the opportunity to directly ask the person growing your food what has been done to it and have more confidence the answers you receive. You will know what your money is buying and who it is supporting. AND you'll come home with two friends. August is the opportune time to purchase, preserve and store those high quality HAPPY foods for the coming winter. It is the best health insurance policy I can imagine and there are no confusing labels to worry about.

For more information go to
<http://www.foodandwaterwatch.org/?s=china+food&x=17&y=15>

Dear Editor,

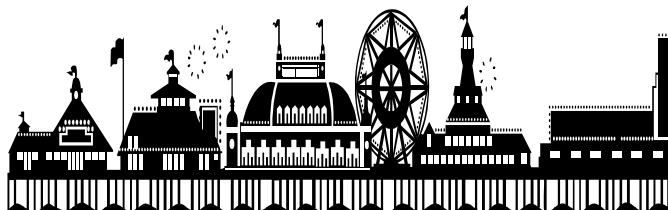
I would like to thank Arrowsic for the opportunity it gave me 31 years ago to be the town's tax collector. When Jim and Kika and I stepped into the Town Hall to witness our first Arrowsic Town meeting the morning of June 28, 1980, we had been residents of Arrowsic since the day before. As we joined other latecomers crowded around the entrance door, I recognized no one but Fred Kahrl, a distant relative of a relative, who was seated at the front of the hall. The meeting had been called to order; a moderator had been elected, but no one seemed inclined to accept a nomination for clerk, treasurer, or tax collector. When I heard Fred nominate me for tax collector, I thought it was some sort of a joke except that there was a second, and I was introduced, then asked if I accepted the nomination. I must have sputtered something the assemblage took for an acceptance, and with no one stepping forward to run against me, I was elected to the job.

A clerk and treasurer were found subsequently since David Weiss nominated his wife, Sandy, for Town Clerk and then accepted the nomination on her behalf since she was not actually in attendance, though there may have been a phone confirmation, following which, newcomer, G. Kay Elwell, agreed to run for treasurer.

My memory of these proceedings is vague, since at the time, I had been trying to get my head around the concept of being a tax collector. What did it mean? All I could picture was an illustration in some children's bible, of the hated little Zacchaeus up in a sycamore tree.

It was Lillian Gowen, the town's previous tax collector, who became my mentor. Under her guidance, I began to understand the day to day work of my job as well as what fun it was to get to know my town ... my community ... me, who had never, since I was six, lived in any one place more than three years. Here I was, elected to raise money for education our children and for providing public safety and snow plowing and fire protection and country taxes and administration and dues, not because I had somehow proved myself to anyone in Arrowsic, not because I knew anything about local government, but because I had acquiesced, much as Aborigines consent to take a turn leading the "walkabout" across the desert, not that I talked about deserts and walkabouts, not that the notion of walkabouts was even

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truly formed in my own mind.

While Lillian had collected the taxes from her home, that arrangement would not work for me. We were just starting to build our house, and "home" was a 6'x10' camping trailer barely wide enough to accommodate the carriage sweep of the town's mammoth typewriter. Consequently, I did town business at the Town Hall during se hours. Though never much of a typist, I did the best I could given the three carbons every form seemed to require. Where I lacked knowledge of town business, there was the support of Lillian and the Selectmen and state workshops and manuals and phone calls to Augusta. My favorite part of the job was meeting people, connecting a face to a name, hearing stories, sharing jokes and cartoons, gathering bits of local history, discovering who had grown up here, who were sisters and father and son.

The pay was never great, but, yes, it mattered that the town paid me. I welcomed that check when it arrived. It covered our taxes. It reassured me that the town thought I deserved some payment even if they couldn't pay me for all my time.

Truth be told, I was lucky Fred Kahrl was no magician hiding a professional under some magic hat. I am glad, instead, he risked calling out my unknown name, because I think the town benefit from the risk of asking its residents to take leading roles, even if it seems to some that they do not have all the credentials that such a role entails. Sure, there are times we doubt the wisdom of another's course; I know there were times Fred had his doubts about me, yet I am grateful to Fred and the town for putting me on the tax roll and then charging me to collect, for demonstrating that the town, when in need, can find someone among us willing to step up to the plate.

Sincerely,
Nancy Brown Stump



Fire Department Dedication Ceremony

Something very exciting happened on Saturday, July 2, 2011 in Arrowsic: the dedication of the Arrowsic Fire Station. The implementation of the structure and purchasing of the new fire truck was made possible by the Town Capital Improvement Fund, the Fire Department Capital Improvement Fund, but most importantly, by contributions by area businesses, mountains of materials, and many many many hours of volunteer labor.

We, as members of Arrowsic can be very proud of the building and all it represents, the pulling together of our community for a space Arrowsic has not had for a very long time: a sizable meeting space that can house most of the population of the island. We were able to convene in the station for the 2011 Town Meeting in comfort and style. Few bugs, little road noise, and in our home town.

To all those wonderful people who contributed to build the structure, and to all those who will contribute to its smooth running in the future, we thank you.



ADVERTISEMENTS

ANDREA GALUZA RE/MAX Riverside
Broker/REALTOR "AWARD WINNING BROKER ...YOUR
ARROWSIC ISLAND CONNECTION"
1 Bowdoin Mill Island, Ste 101
Topsham, ME 04086 agaluza@remax.net
207-725-8505 ext. 111 207-751-9701 Cell

Car and Truck Registrations

July 2011

- BACHMAN, DENA
- BAKER, HEATHER
- BARTER, MARLENE
- BELLEVILLE, RAYMOND
- BOYCE, BARBARA
- BROOKS, MARK
- BROWN, TAYLOR
- BURKE, JOHN
- CARLTON, DALE
- DETWILER, BRIAN
- DOWNS, FREDERICK
- DRAKE, SALLY
- ELWELL, BRIAN
- ELWELL, MARYANNE
- ELWELL, RICHARD
- ELWELL, SUSAN
- EWING, JOSEPHINE
- FUTTER, MARGARET
- GILES, SAMUEL
- GRILL, MARIA
- GUCKENBURG, MARY
- HIGGINS, RICHARD
- HILL, MARGUERITE
- HINDS, JOHN (2)
- HUDSON, W DONALD JR
- KAHRL, THOMAS JR
- MARTIN, AMY
- NORRIS, CASY
- PATZLAFF, NANCY
- PINETTE, JEFFERY
- POPE, JEAN
- POPE, RALPH
- PUFF, DAVID
- RHYTHMIC CABLE INC
- RICHTER, JULIAN
- SHULTZ, ROBERT
- SPENCER, JOYCE
- STARBIRD, JOHN
- STOEBE, SARAH
- STUMP, JAMES
- TARBOX, CHRISTINE
- TEXTOR, MELISSA
- ULMER, WENDY
- VITELLI, ELOISE

August 2011

- BACHMAN, MATTHEW
- BARTON, DEIRDRE
- BASSETT, DEBORAH
- BOYCE, BARBARA
- CARLTON, BRIAN
- CARTMELL, GEOFFREY
- CLARK, CAREY (2)
- COLEMAN, GENE
- COLLIER, DAVID
- COLLINS, DONALD
- DUNN, SALLY
- ELKIN, SUSAN
- ELWELL, JULIE
- ELWELL, RICHARD
- FAUFFUNGER, KEVIN
- FAVRO, PHILIP
- GILES, SAMUEL (2)
- GILLIAM, BRET
- JOHNSON, LEE
- JONES, JODY (2)
- JORGENSEN, MARK
- KAHRL, MARGUERITE
- KAHRL, THOMAS
- KALKSTEIN, PAUL (2)
- KANE, JEAN
- KAUFFUNGER, KEVIN
- KING, STANELY
- MCLAUGHLIN, JOHN
- NEILSON, SARAH
- NEILSON, WILLIAM
- PATZLAFF, GARY
- PINETTE, ANTHONY
- PINETTE, JEFFREY
- PUFF, DAVID
- ROBBINS, KAREN
- ROBINSON, HELEN

August 2011 continued...

- ROOT, DONALD
- ROSS, WILLIAM
- RUSSELL, JANLIN
- SFERRA, NANCY
- SHAW, RONALD
- SHULTZ, ROBERT
- SWEARINGEN, RICHARD
- TEXTOR, KENNETH
- TTEE, UTD
- VITELLI, ELOISE
- VON HUENE, KATHERINE
- WEBSTER, ENOS
- WHITE, JOHN
- WILLETT, PAIGE
- WILSON, LAWRENCE
- WOOD, JOHN



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Resident
HC 33
Arrowsic, ME 04530