

# ATTLEBORO LAND TRUST NEWS

September 2020

A Monthly Newsletter on Outdoor Adventure and Conservation

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The Attleboro Land Trust continues to work on our properties during the pandemic to keep them open to the public. There was cleanup necessary after Tropical Storm Isaias on properties including the Deborah and Roger Richardson Nature Preserve. Work continues on the Colonial Garden at Deborah's Garden. Due to the drought, Chartley Brook has dried up stopping the irrigation system. Thanks to Phil Boucher doing hand watering, the garden has still progressed with some of the corn being four feet tall. Of course, we still have a varmint problem eating the crops but that is expected. They particularly like beans and pumpkin flowers.



Due to the pandemic, we haven't been able to work with the "Farm to Table" and "School to Career" classes as we did last year. We hope to be able to work with the students this coming year on a virtual basis so they can submit more articles for this newsletter. The upcoming year will be tough on the students and parents with many families having reduced



income, increased expenses, heavier workload, and increased responsibilities due to changes in scheduling and closures. We have included an article on the school nutrition program that provides meals for disadvantaged students on a free or reduced cost basis and provides for a no contact payment program for all students.

We invite the public to use our properties while maintaining pandemic protocols. Be sure to check out the Hike Attleboro article and the trail maps on our website.

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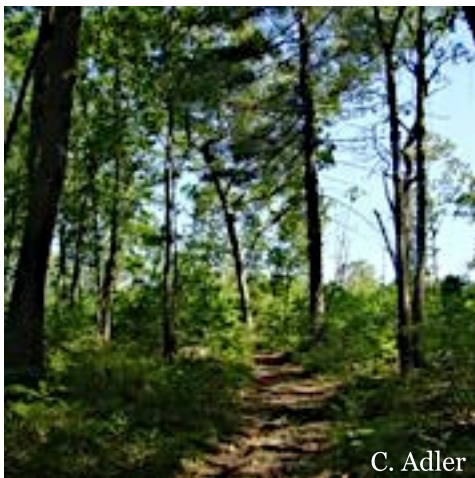
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## The Future for Hiking in Attleboro Looks Bright!

For those of you who enjoy hiking the trails of Attleboro to alleviate the stress of COVID-19, the future is bright! **Hike Attleboro**, has just received its first signs which will go up in the Park Street area. More are on the way to be installed thanks to the Department of Public Works. These signs are intended to help folks find walkable trails they may not know about. Our printed Trail Guide (available at City Hall and the Library) has maps of the trails on nine Attleboro Land Trust and Audubon Society properties and green space owned by the City will now be in greater demand. Trail maps are also available on our website: [attleborolandtrust.org](http://attleborolandtrust.org).

Posting signs to direct hikers to existing trails is only the beginning. A second phase of this project will mark the downtown area, which already has a wonderful walking route



C. Adler

from the Judith Robbins Riverfront Park near the train station, over the newly constructed Kevin J. Dumas boardwalk, along the Ten Mile River to the Balfour Riverwalk, to the Attleboro Community Garden on Hayward Street. Continuing a short distance on city streets along the Ten Mile River from there, one arrives at the Larson Woodland on Mechanics Pond, which abounds with wildlife. A few blocks from there one can walk Highland Park, a newly acquired open area which will feature community activities and trails.

Did you know that many other unmarked trails exist within the city? Where farmers once created cart paths to tend their fields and livestock, and boundaries were marked by the signature New England stone walls, there still exist passable trails for hikers. The Land Trust, in conjunction with local naturalists and hiking enthusiasts familiar with these little-known gems, is endeavoring to map these trails. Maybe they will be the next parts of **Hike Attleboro**, with some help from private landowners who realize the tax benefits available when land is formally preserved. Even some developers now realize that land used for new housing is often more valuable with adjacent open space and hiking trails. The City also plays a role through



C. Adler



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the Conservation Commission preserving open space situated on City property.

When straining to see any benefits at all from the COVID-19 pandemic, let us recognize the healthy and rewarding experience of a socially distanced walk in the woods. Land Trust members and volunteers are working hard to maintain and expand this community resource. When your companions are wildlife and trees, you can leave the problems of contagious disease among humankind behind you and enjoy the other wonders of the world that nature has left us to enjoy! Brian Hatch

## Do We Need to Worry About Sea Level Rise In Our Area?

Most definitely! According to the latest research data, sea level rise is increasing far faster than previously thought with reports of 8" a year in some areas. 97% of all water on the planet is in the oceans. As temperatures rise that water expands. That, plus glacial melt increases sea levels.

When we hear about sea level rise and coastal flooding, we don't worry because most of our local area is 130 feet above sea level. So it shouldn't affect us, right? WRONG!

When coastal areas of MA and RI are flooded by 2050, those people and infrastructure need to go somewhere and they will be coming here. Large parts of Logan Airport are only 10 feet above sea level, which can cause it to be shut down during storm surges and "spring tides" which occur every month. Where are they going to build a new airport? Parts of Boston, Cambridge, Quincy, Revere, North Shore, New Bedford, Fall River, Providence, Newport, Portsmouth and other low areas will also disappear. Do you want to be inundated with new arrivals? Do you want our area to become just another overpopulated city where our home values decline while taxes increase?

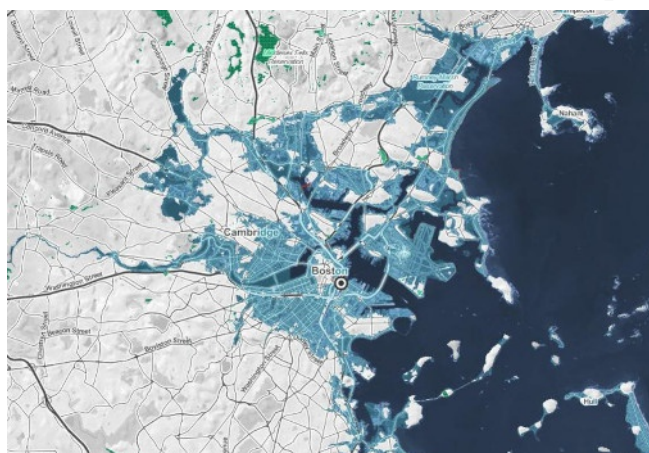
What can we do about it? We need to put people in government, both politicians and government employees, who care about the world, environment, community, and future more than money. Six former EPA heads have said that the EPA needs to be totally revamped as the current administration has wiped out their mission. We need to promote environmentalism more as if our lives depend on it, because they do.



*Possible future Miami Beach*

The detractors will say, "But we are only one small country." True, the U.S. is only 6.1% of the total land of the world but we cause over 15% of the world's global warming, only second to China and with new regulation cuts on methane release it could soon become 25%. We cause more than twice the global warming per capita than China.

China is putting the U.S. to shame. While we back out of the Paris Climate Agreement, China greatly supports it. China now has more solar and wind power than any other country, half the world's electric vehicles, 99% of electric buses, and has brought down the cost of electric vehicle batteries by 2/3 in five years. They have reforested 27,000 sq/mi, restored wetlands, reclaimed deserts, and decreased soil, water, and air pollution.



*Possible future Boston  
Light blue areas flooded*

All our administration has done has been to place tariffs on Chinese products, which costs the American consumer and farmers. Tariffs on Chinese products tax us, not China. China now has other sources of supply for products it used to buy from us and is putting a 3,300 mile railroad across South America to bypass us. The administration has also gutted our environmental protections and is currently eliminating any regulations that minimize global warming in favor of more profits for huge companies.

At this rate, global warming and sea level rise will just get worse and it will be our fault.

*The Attleboro Land Trust is looking for Supporters by becoming a member, making a Tax-Deductible Contribution and/or as a Conservation Volunteer. Membership, contributions or volunteering can be done securely at [Attleborolandtrust.org](http://Attleborolandtrust.org) or by mail at Attleboro Land Trust, P .O. Box 453, Attleboro, MA 02703. Thank you for your support.*

# Nutrition for Students of the Attleboro Public Schools



Proper nutrition for growing children is one of the most important parts of any educational program. The students are the future of our city and country. Without proper nutrition, students cannot learn properly and develop physically.



During the Spring 2020 shutdown the Attleboro School Department working with

Whitson's Culinary distributed over 13,000 meals to students.

The Attleboro School Department, working with Whitson's Culinary, will be prepared to serve breakfast and lunch five days per week regardless of whether or not students are remote, in-person, or hybrid for the coming school year. Plans have been made to meet all sanitation, Personal Protective Equipment, and spacing requirements due to Covid19. The menus have been changed so while still meeting nutritional standards they will promote grab and go items to minimize personal contact.

Many parents have lost their jobs, have reduced incomes, have to work less because of students being at home or for other reasons qualify for free or reduced cost lunches for their children. Attleboro has invested in the MySchoolApp, which is a software program allowing for electronic filing of free and reduced lunch applications, eliminating the need for hard copy applications. It also automatically uploads the parent status into the Point-of-Sale (POS) system. For other students, the school system is encouraging the use of technology, such as cashless and/or pre-paid systems, to minimize personal contact.

The Attleboro School Department is working hard to protect students, teachers, staff, and parents as we all work through this pandemic.

The complete reopening plan can be found at [http://www.attleboroschools.com/UserFiles/Servers/Server\\_158566/File/Preliminary%20District%20Reopening%20Plan%2008.3.20a.pdf](http://www.attleboroschools.com/UserFiles/Servers/Server_158566/File/Preliminary%20District%20Reopening%20Plan%2008.3.20a.pdf).

## Updates, Comments, and Interesting Reading

Humans are altering the local tides of the oceans by dredging, filling wetlands, and installing docks and other impeding structures exacerbating sea level rise.



Pioneer Energy has created a CO<sub>2</sub> Craft Brewery Recovery System that reclaims the CO<sub>2</sub> that is normally given off during fermentation and allows them to reuse it for carbonation rather than buying CO<sub>2</sub>.



University of California San Diego has developed biodegradable flip flops made of over 50% algae. Flip flops are one of the big items in landfill and ocean pollution.



Scientists say Greenland's record melt of 532 billion metric tons of ice last year puts recovery past the point of no return.

California Circular Economy and Plastic Pollution Reduction Act would require plastic manufacturers by 2032 to prove that 75% of their plastic was being recycled or composted. California is also putting on the ballot a single use plastic tax to go in effect by 2022.

# Attleboro Community Garden

Despite Covid19, on August 15th the Attleboro Community Garden held a Work and Harvest day. The food collected was donated to the Hebron Food Pantry.



## What's Happening on the Barrows' Farm in 1720

Farm life continues as the family grows. Lydia has had her sixth child Elijah who is now 6 months old. The other children John 13, Deborah 9, Joseph almost 7, Nehemiah 5, and Benjamin 3 complete the family. John is probably helping his father with most of the work along with Benajah's older brother Joshua who lives in the area but doesn't have any land of his own. He is married to Deliverance Wedge and they have three children, the oldest son Joshua Jr. being 15 is probably helping his father at Benajah's farm. It isn't until 1727 Joshua Sr. ends up getting his own land but that is another future interesting story.



There is also work continuing at the mill. Lydia and Deborah's time is taken up with the children, taking care of the livestock and the household, and preserving any harvested crops.

They are probably having the same problems we are having with the colonial garden of varmints eating the crops. Of course, for the Barrows it would just be more food for the table, while for us, since we are a conservation area, we can just try to relocate the pests to another area



of the property, but they just seem to find their way back or others come along. You would think that rabbits would like sweet clover over pumpkin flowers but there is no accounting for taste.

Some items such as beans are starting to be harvested back then while ours have been eaten. They will be dried, as they are a staple for the long winter months. They were important for both Native Americans and the colonists since they provide protein, fiber, important nutrients, reduce cholesterol, and last a long time. As the weather starts to cool, they prepare for the fall harvest.

## Natural Insect Repellents

Mosquito and tick season is still here. We must all stay protected from Lyme, Zika, EEE, Rocky Mountain spotted fever, and West Nile that are in this area.

According to the CDC the best insect repellents are Deet, picaridin, IR3535, oil of lemon eucalyptus OLE (para-menthane-diol PMD), and 2-undecanone. These tend to keep the insects away. There is another chemical that isn't a repellent, but kills the insects before they can bite, and that is Permethrin, which is often sprayed on clothing and netting rather than on the skin.

The only one that is natural is OLE (PMD). Picaridin though not a natural extract is a derivative of the pepper plant. The others are synthetics. The other naturals are essential oils such as lemon grass, basil, cinnamon, citronella, peppermint, geraniol, lavender, catnip, neem, soybean, and rosemary. The essential oils are mixed a few drops with an ounce of neutral carrier oil. Never put essential oils directly on your skin, as they can be harmful! The problem with essential oils is when the smell goes away, usually in a short time, so does the protection. OLE works for mosquitos but not for ticks so you would need a combination with DEET or picaridin.

DEET and Permethrin are neurotoxins so long term or high concentration usage can be harmful. IR3535 is not a neurotoxin and has proven safe to use for over 30 years in Europe. Equal concentrations of DEET and IR3535 seem to have the same effectiveness but it is hard to find concentrations of IR3535 that are very high.

2-Undecanone has a very strong odor so it is used in low concentrations.

The best application of insect repellents is pump sprays as aerosols cause too much inhalation and wipes don't seem to apply enough. Wearing light colored clothing, long sleeves and pants and avoiding early mornings and evenings will also help. Stay protected.

## Mayflower II is Back for 400 Year Anniversary

The Mayflower II has been undergoing renovation since 2015. This year is the 400th anniversary of the landing of the Mayflower in Provincetown, MA. The restoration is complete and the Mayflower II exhibit reopened on August 12, 2020. There will be various events during the upcoming months. The Mayflower II is open with the usual pandemic restrictions and you can see all the information at [Plymouth.org](http://Plymouth.org).



Though not from the original Mayflower passengers ancestry, the Barrows and many other families in Attleboro did come from the Plymouth Colony. Some residents even have Mayflower ancestry.

On July 20th the Mayflower II was taken under tow from Mystic Seaport for New London, CT. During the more than two weeks there, the new crew of 27 were trained to sail the ship. They met up with the United States Coast Guard Academy Barque EAGLE in Block Island Sound to recreate the meeting in 1957 when the ship was originally coming over from England. They then sailed to New Bedford. They left New Bedford and sailed to the Massachusetts Maritime Academy in



Bourne, MA. Finally, they left the MMA on August 10th and were towed and sailed to Plymouth to resume her normal location at the state pier at Pilgrim Memorial State Park.

Being from a seafaring family and ancestry, I couldn't pass up the renovation work in Mystic, CT which I visited a couple of times. Though the ship looks small when you go inside, it looks a lot bigger when you stand underneath it.

The Mayflower II should be open at least through Thanksgiving depending on state pandemic regulations.



*Bob Miorelli, Eileen Lee Singer, Mayflower II Captain Whit Perry, Don Himinitz  
Massachusetts Colonial Navy*



*Mayflower II Cape Cod Canal*

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