



# HEATH HERALD

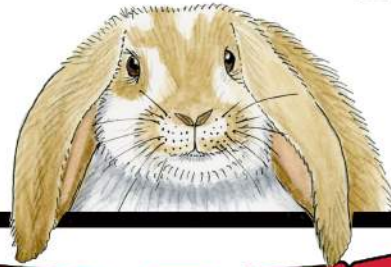
Heath's First Newspaper

\$2.00

Volume 36, Number 3

Aug/Sep 2014

97TH ANNUAL



Mini Lop

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FAIR**

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Red New Zealand

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**The Heath Herald Logo**

The *Heath Herald* proudly features a reproduction of the original *Heath Herald* logo design by Harriet Reed for the *Heath Herald's* first edition in April 1979.

**Correspondence**

There are three ways to deliver your letters to the editor, your articles and subscription forms:

Send to our email address:

***TheHeathHerald@gmail.com***

Send to our PO Box

The *Heath Herald*  
 PO Box 54, Heath, MA 01346

Drop off at our Town Hall box:

Local residents can drop a letter or subscription form into the black box on the wall to the left of the post office boxes in the vestibule ( no postage needed) .

**Submission Deadlines**

January 10 for inclusion in February/March issue  
 March 10 for inclusion in April/May issue  
 May 10 for inclusion in June/July issue  
 July 10 for inclusion in August/September issue  
**September 10 for inclusion in October/November issue**  
 November 10 for inclusion in December/January issue

**Call for Contributions**

The *Heath Herald's* goal is to inform our readership about our community—important and interesting events, experiences, people, places and information. We wish to be as inclusive of the entire Heath community as possible and welcome your submission of articles, Letters to the Editor, human interest stories, photographs and artwork of local interest. While we cannot promise to publish all articles or artwork, all submissions will be carefully reviewed. In order to include as much variety as possible, submissions may also be edited for length. We always welcome suggestions for topics of interest to our readership.

**Image Guidelines**

If you are sending a document with embedded images, please include separate image files as well to facilitate editing.

Digital image resolution of 300 ppi or greater is preferred (images taken at 3.5 megapixel or greater will usually be sufficient). Please include information about the image, including the names of people shown if such information is not included in an accompanying article. Please send us email with questions or to receive more detailed photo submission guidelines.

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Because of increased publication costs, the price of the paper has been raised from \$1.50 to \$2.00 per issue, beginning with the August/September issue. The subscription rate for six issues annually is \$12.00 at time of renewal. Subscription forms may be found near the *Heath Herald* Direct Sales box on top of the bookshelf in the lower floor hallway of the Town Hall and on the back page of every issue. Mail this form with accompanying payment to our mailing address or leave in the black *Heath Herald* box to the left of the Post Office boxes in the Town Hall vestibule.

**Paper Pick Up**

Those of you that would like to continue saving the *Heath Herald* postage by picking up the paper in the Town Hall, please fill out a subscription form and note “Reserved” on the form. Each month your *Herald* will be placed in an envelope addressed to you in the Direct Sales box in the Town Hall.

**Color Sponsorship**

The many color photographs and images in each issue of the *Heath Herald* are funded in part by you, our readers. Through the sponsorship of generous individuals we are able to showcase the vibrancy of life here in Heath in such a way as would not otherwise be possible. Consider becoming a \$25 Color Sponsor for an upcoming edition of the *Heath Herald*. We strive to have a minimum of three Color Sponsors each edition. Should you wish to add your support, be sure to note “Color Sponsor” on your check so that we can acknowledge your contribution in a future edition. Thank you.

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The quality printing of the *Heath Herald* is done by Highland Press in Athol, MA.

### Signature Quilt

Have you seen the Signature Quilt that is hanging upstairs in the Community Hall?

The quilt had been started many years ago by a group of women, but never finished. It had been tucked away and all but forgotten. One day I happened to stumble upon the unfinished project and thought something should be done to complete and preserve it. I spoke with the women at a meeting of Heath Ladies Aid, and we decided to complete piecing and sewing the quilt together. Once completed we felt that the quilt, which had been signed by many Heath Residents should remain in town, and therefore donated it to the Community Hall for all to enjoy.



Photos provided by Teresa Peters

—Teresa Peters



### Nationally Sanctioned Goat Show at the Heath Fair



Photo By Sheila Litchfield

The American Dairy Goat Association has sanctioned the 2014 Goat Show at Heath Fair, which promises to draw purebred dairy goats from all across New England to compete for recognition and prizes. This year the goat show is sanctioned for eight breeds including Alpine, Nubian, LaMancha, Oberhasli, Toggenburg, Saanen, Nigerian Dwarf and Sable. Visitors to the Fair will see some of the most beautiful goats of these breeds and have the opportunity to learn what the judge finds best in each goat.

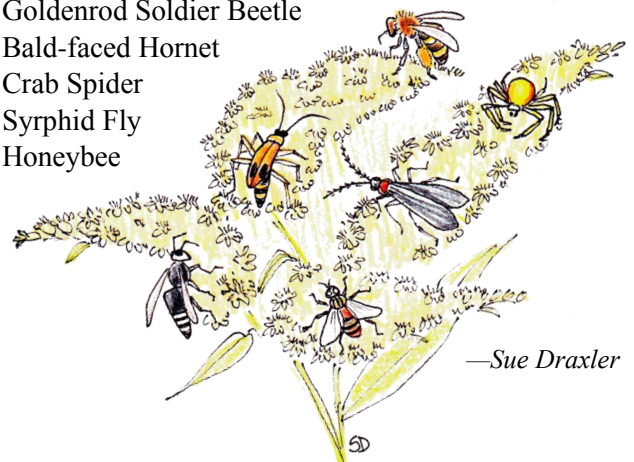
The Goat Show is seeking sponsors to offset the costs of maintaining this event at the Fair. Sponsor names will be displayed at the show ring during the event. Please send your contributions written to "Heath Agricultural Society" in care of Sheila Litchfield, 220 Route 8A South, Charlemont, MA 01339. The show starts on Saturday, August 16 at 10 a.m.

—Sheila Litchfield

### Take a Closer Look Goldenrod Safari

Can you find the following creatures in the picture? All of them are pollinators except one. Can you guess which one? Find a patch of goldenrod outside and see if you can find any of these. Keep count of how many different insects (and spiders) you do find.

- Yellow-collared Scape Moth
- Goldenrod Soldier Beetle
- Bald-faced Hornet
- Crab Spider
- Syrphid Fly
- Honeybee



—Sue Draxler

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## Work Bees continue at the Heath Fairgrounds every Wednesday at 6 p.m.

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## Donations That Benefit Heath

### Helping each other and creating community

Did you know that there are several funds established for good purposes by Heath residents for the benefit of our Town? It is hoped that readers might find one of these funds worthy of consideration and make a donation to assure the fund continues. Contributions to any of these funds are tax-deductible. **All contributions should be written to “Town of Heath” and sent to Kris Nartowicz, Treasurer, at the Heath Town Hall, 1 East Main Street, Heath MA 01346.** Please write in the memo line the name of the fund you wish to support.

#### *Heath Veterans Memorial Project*

The Heath Veterans Memorial Project remembers residents from Heath’s past and recognizes current resident veterans. Spearheaded by David Howland and Bob Bourke, the objective is to design and construct a memorial befitting Heath veterans. Donations are necessary in order for this project to move forward. Please read the accompanying article ‘Honoring Heath Veterans’ on page 19 for more information and consider a tax-deductible contribution for the Heath Veteran’s Memorial Project.

#### *Hands Across Heath*

Established in 2000 by Eileen Tougas in memory of her mother Agnes Gingras, this Hands Across Heath fund is administered by the Heath Town Nurse, and used to supplement health-related services and program needs. The Town Nurse is a valuable resource to residents of all ages, providing health education, vaccines, support in managing long-term illness, point of care testing, blood pressure management, assistive equipment arrangements, support in caring for a loved one at home and many additional services. Over the years the “Hands Across Heath” Fund has benefited our residents in many ways. Your support is very much appreciated.

#### *The Animal Fund*

Upon learning that it could cost the Town of Heath up to \$200 per day for the routine care of one stray dog picked up in Heath and sent to the animal shelter, Budge and Sheila Litchfield established the Heath Animal Fund. This fund ensures that the Animal Control Officer has funds available in the event emergency veterinary care or other support is needed to care for an animal that the Town is responsible for until other arrangements can be made. The Town financial resources for emergency care or animal shelter costs could be drained quickly, because animals are often housed at the shelter for weeks. Again, please consider a tax-deductible donation for this worthy cause.

#### *Frank E. Carpenter Prize*

The Frank E. Carpenter Prize was started in 1932 and continued after his death by his daughter, the late Harriet Read, in her father’s memory. The prize is “given to a student living in the Town of Heath who graduates from the sixth grade of the public elementary school serving the Town of Heath, who in the judgment of the sixth grade teacher and the principal of the elementary school, shall have attained, through perseverance, academic and social success”. Awardees receive a \$50 check and their name is engraved on a perpetual plaque displayed at the elementary school.

The seed money for this award was a bequest of \$2,000. Harriet Read’s will stipulates that if the interest earned by the principal sum exceeds \$50.00 in any year, the income in excess of \$50.00 shall be expended on behalf of the Heath Library. Unfortunately, the economy has not cooperated and the

initial investment has not earned enough interest to cover the prize award. The award has continued to survive in recent years because of personal donations from members of the Selectboard. Heath citizens have the opportunity to ensure the Frank E. Carpenter Prize continues to recognize future Heath sixth grade graduates, by contributing to the Frank E. Carpenter Prize fund. Your support is very much appreciated.

Town and Heath school records list the following recipients of the Frank E. Carpenter Prize through the years since its inception. The plaque at the Heath Elementary School shows some years with two awardees and other years without an award winner. It might be possible that the award was not given in these years, however if you are aware of names that should be added to complete the list, please contact Town Coordinator, Kara Leistyna, at 337-4934. The years that do not identify awardees include 1939, 1941-1949, 1951, 1953-1955, 1957-1960.

1932-Caroline Knott	1986-Jason Lively
1933-Lucy Smith	1987-Valerie Belval
1934- Eleanor Kinsman	1988-Betsey Silvester
1935-Austin Liese	1989-Melina Ausikaitis
1936-Donald Hillman	1990-Jeremy Gilbert
1937-Douglas Stetson	1991-Tucker Litchfield
1938-Janette Peters	1991-Gabriel Porter Henry
1940-Eunice Hillman	1992-Andrew Gilbert
1950-Paul Lively	1993-Nicholas VanAken
1952-Norman R. Sessions	1994-Carl Ayers
1956-Charles Stetson	1995-Aaron Wodin-Schwartz
1961-David Thane	1996-Maya Donelson
1962-Beverly Thane	1997-Mary Lemelin
1963-Fred Pazmino	1997-Amelia Rocchi
1964-Raymond Rice	1998-Chelsea Moore
1965-Arthur Smith	1999-Siobhan Herman
1966-Ruth Smith	1999-Jamie O’Dea
1967-Deborah Stetson	2000-Meshia Begin
1968-Hilma Churchill	2001-Jacob Smead
1969-Sandra Hillman	2001-Kirsten Singley
1970-Michelle Rice	2002-Desiree Decker
1971-Andre Shephard	2003-Catherine Lemelin
1972-Omar Smith	2004-Cory Dale
1973-Laurel C. Finck	2004-Falina Foroughirad
1974-Hannah Lively	2005-Elena Posl-Lumbis
1975-Brenda Cromack	2006-Aurie Ingraham-Adie
1976-Todd Sumner	2006-Kenny Griswold
1977-Eric Sumner	2007-Dalton Woodard
1978-Martha Lively	2008-Lily Boyd
1979-Christopher Seaver	2009-Eric Shattuck
1980-Marisa Housner	2010-Hope Lively
1981-Jessica Kain	2011-Christopher Graves
1982-Victoria Thane	2012-Oliver Diamond
1983-Tanya Davin	2013-Geannie Heil
1984-Heidi Crowningshield	2014-Logan Platek
1985-Christine Gilbert	

—Sheila Litchfield

**Richard C. Bishop**  
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## Green Thoughts

—Pat Leuchtman

### Salvia



Right now I have four sage plants in my herb garden right in front of our house. I have a *salvia officinalis* plant that has survived several winters, and a meadow sage *salvia verticillata* Evelina that I bought last year. It is time to shear it back now that it has done blooming, then I may get another blue flush.

When I thought I might have lost my *salvia officinalis* this spring I bought a new fancy culinary sage and placed it next to another new ornamental sage that blooms in shades of peach. I used to think all salvias were blue, but there are salvias in shades of white, red, purple, yellow, pink, and some that are bicolor. Many are perennials, but some familiar salvias are treated as annuals in our climate. Some grow low and creeping, and a few, like the deep pink and white ‘Hot Lips,’ act like vines even though they do not have tendrils to hold them up. I saw ‘Hot Lips’ in the gardens at Smith College and I think it is a stunner.

The salvias are a very large family of flowers. They are easy to grow, usually requiring only a sunny site (though they can tolerate some shade) and fertile well-drained soil. They are sturdy and require little care. I am happy that the salvias are deer resistant – and rabbit resistant. In the last couple of years I have had trouble with both of these creatures.

While salvias deter some creatures they attract hummingbirds and pollinators like butterflies. We do welcome these forms of wildlife to our gardens. They are the reason I use no poisons in the garden at all.

Salvias also tolerate drought. Drought has not been a problem this year but we can never be sure of our weather anymore, so plants that can endure difficulties are very welcome in the garden.

Sage has been an important plant for centuries. The naturalist and historian Pliny the Elder (23-79 CE) first named these plants *salvia*, because they were thought to have great medicinal properties. The medicinal *salvia officinalis* is the culinary sage I have in my garden. It was thought to retard

aging and preserve the memory, as well as relieve depression. Sage tea has been used to aid digestion. In fact, I have read that sage is included in stuffings, not only because it is so flavorful, but because it is a digestive aid.

People don’t often use sage medicinally any more, but it is a basic of the pantry. I use sage in stuffings and sometimes in a sautéed apple, onion, and sage side dish to go with pork or chicken, as well as in many other dishes. I pick the leaves fresh, as I need them, beginning in May and going into the fall. In late August or September I trim the shrubby plant and put those leafy trimmings in a paper bag to dry out in our hot attic space. When dry, they can be stored in glass jars.

Beyond culinary and medicinal uses the large perennial *salvia* family has many cultivars that are beautiful in the flower garden. ‘May Night’ is popular in our area, partly because it is hardy, but also because the 18-24 inch spikes of deep blue begin to bloom in June and continue all summer. *Salvia pitcheri* is one of the truest blue salvias, blooming in September when that color is more rare in the garden. It usually grows to three feet in our area, and is a little floppy, but is very pretty when growing up through other plants. This was a particular favorite of Elsa Bakalar, local Heath gardener (now deceased), author of numerous publications including *A Garden of One’s Own* (1994), a step-by-step garden book set in her gardens here in Heath.

‘Rose Queen’ is only about 20 inches tall with rose pink flower spikes. *Salvia ‘Plumosa’* is another rosy *salvia*, but the 18 inch flower spikes are “plume-y”, which makes it a very unusual variety.

*Salvia gregii* ‘Texas Wedding’ is a white *salvia* that is hardy in Zone 5. I now consider Heath to be dependably in Zone 5. At the very least there is less of a gamble these days. I found this *salvia* on the Plant Delights Nursery site. Plant Delights is a specialty nursery that is worth visiting if only for plant descriptions like this: “The floral show reminds us of a Texas shotgun wedding where the bride was just blown to smithereens by a jealous ex...I just adore those fun-loving Texans.”

Plant Delights has a huge selection of many plants, many too tender for Heath, though. Bluestone Perennials’ plants are more Heath-friendly. They offer a white meadow sage, *salvia pratensis* ‘Swan Lake.’

In addition to the perennial salvias in my garden I also always plant two or three six packs of the annual ‘Victoria Blue’ *salvia* which I use as a kind of faux lavender hedge around the roses in the Shed Bed. Perennial or annual, salvias of whatever color will be welcome in any garden.

—Pat Leuchtman

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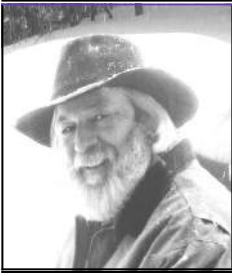


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## *Wild Ramblings*

—Bill Lattrell

### **Repugnant and Beautiful**

Perhaps one of the most difficult accomplishments in life is to learn to respect and even admire something that has hurt or disabled you or someone you love. A more normal reaction might be to despise or even abhor that which has caused you or a loved one pain. Personally I cannot condemn reactions that reject anything that causes someone or something to suffer. It seems nothing less than human.

But occasionally there are circumstances which can put us in a place where we can look at a situation from a different point of view. Such has been the case with me and a culprit known as Lyme disease.

As a professional field ecologist, Lyme disease is an occupational hazard. I am constantly exposed to the black-legged tick, also known as the deer tick, the primary carrier of the *Borelli* spirochete, the spiral shaped bacteria that cause the Lyme disease symptoms. And despite taking every precaution; wearing light colored clothing with my pants tucked into my socks, spraying the repellent DEET on my clothing and even wearing permethrin coated clothes, checking for ticks both in the field, at the end of a field work day, and at night when I get home, I sometimes still find ticks embedded in my skin when I wake up in the morning. Typically when this happens I get a prophylactic treatment of antibiotics to kill the nasty bacteria before they can multiply in my body.

Even with these diligent efforts I still have contracted Lyme disease more than fifteen times. Each time I was treated with antibiotics according to the protocol of the time. As luck would have it I am at a disadvantage with regards to treatment due to the fact that I am very allergic to tetracycline drugs, which are the preferred treatment for Lyme disease. And so for many years I was treated with amoxicillin, a type of penicillin, and the second most effective drug against the *Borrelia* spirochete. But somewhere along my long history with Lyme disease I managed to contract a condition known as chronic Lyme; effectively a nasty long term infection that can have serious health consequences. Like many chronic Lyme patients I have endured severe memory loss, severe arthritis of many of my joints, lethargy, heart problems, and neuropathy. I have learned that I can control the disease and it has been this strategy that has made life more comfortable. A combination of antibiotic treatments, homeopathy, and herbal treatments has for the most part kept this disease at bay. Every once in a while the Lyme disease does manage to rear its ugly head and I respond by aggressively using one of the above options that sends it into hiding for months and sometime years.

Curiously, as an ecologist, one who studies the adaptations that are made by plants and animals to survive, I find the *Borrelia* spirochete oddly fascinating. I am also somewhat amused that it is my occupation that has both exposed me to the disease and caused me to marvel at its ability to adapt. Although I must say that given a choice I would rather have never experienced it at all.

Spirochetes are one of the oldest forms of life. It is thought they have been around for 1.5 to 2 billion years. And although they are a very primitive form of bacteria and have only evolved into a half dozen different major groups, they still are remarkably resilient and unbelievably adaptive.

When something has 2 billion years to evolve it can become a very efficient and effective organism. It has survived multiple cataclysmic events that have extirpated thousands of living species. Think about it. This organism has survived millions of years of a poisonous gaseous atmosphere, the movement of continents and continental collisions, hundreds of years of major volcanic activity that spewed dark ash and gases into the sky, glaciation where whole continents were nearly covered with a mile of ice, and multiple major extraterrestrial events like asteroids colliding with the Earth and filling the entire atmosphere with putrid ash. This bacterium has discovered the true secret of life; the ability to survive almost any situation, and to find niches where it can successfully harbor its own genetic pool for the future. And although it is a simple organism biologically, it is nearly perfect when it comes to carrying on.

When an animal is infected with the *Borrelia* spirochete it has been invaded by a very effective organism that has only one goal. That goal is to multiply and live on. And while that is the primary goal of every living species, this particularly tiny, very effective bacterium has two billion years of time tested experience that will help to guarantee survival. It will most likely outlive the human race. And why not? It has already outlived nearly countless numbers of extinct species.

The first survival mechanism of the *Borrelia* spirochete is its ability to lay dormant in its host for long periods of time. The blacklegged tick is merely a transportation system for this bacterium. An infected tick, perhaps one in five in our area, can wait a long time between hosts. An animal has to brush up against the vegetation on which the tick lies waiting in order for the tick to transfer itself from the plant to the animal host. And while the tick is waited for its victim the spirochete simply rests in a suspended animation state within the tick's gut. The spirochete requires very little energy to live during this period. It is simply a dormant bacterium that lies in waiting until it finds an active host.

After a tick is on its host and has exchanged body fluids with the unsuspecting victim (the tick uses an anticoagulant to keep the wound open while it extracts the blood from the host) the tiny spirochete is introduced into its new environment. This is where the second strategy is employed that helps this bacterium to survive. Unlike other bacterium that may divide to populate every twenty to thirty minutes, a *Borrelia* spirochete may divide only once every eighteen to twenty four hours. Most bacteria are only susceptible to the fatal effects of antibiotics when they are multiplying, thereby making rapidly multiplying bacteria more exposed to an antibiotic regime, whereas the very slow dividing *Borrelia* spirochete is much less susceptible unless the antibiotic is delivered at exactly the right time.

If the Lyme disease bacteria goes undetected, untreated, or if they are not treated a long enough period of time, (some protocols call for a minimum three week treatment) then the spirochetes will populate the host, go into hiding when the hosts defense system kicks into gear, and reappear to repopulate the host after the defense system has determined that the danger has cleared. The spirochete goes into hiding by morphing into a cyst form. In this form the spiral shaped bacterium

rolls itself into a ball and covers the ball with a thick layer of mucus where it will typically tuck itself away into a relatively anoxic environment. The mucus coating makes it relatively immune to most antibiotics. The idea that these bacteria can survive in low oxygen environments is also another miracle of evolution and a decided advantage over most organisms, which require oxygen as one of the main components of life. In the human body the spirochetes are small enough to penetrate the blood/brain barrier where they can easily hide amongst nerve and brain tissue where few antibiotics can reach. Most antibiotics are too large to pass through the blood/brain barrier. The spirochetes will also populate other anoxic areas of nerve tissue in the back and the feet, as well as the heart muscle, where the bacterium will change into its cyst form and lie in a dormant state until a time when repopulation is both necessary and sustainable.

The most *obvious* symptoms of Lyme disease occur when the bacteria are being attacked by our white blood cells. The most *dramatic* symptoms of Lyme disease occur when humans lose their memory from damage to nerve tissue in the brain, experience neuropathy from nerve tissue damage in the feet or extremities, or have heart blockage where heart muscle tissue is damaged from these nefarious bacteria that have only one goal and that is to live on.

To make matters more interesting, it appears that the *Borrelia* spirochete is now evolving rapidly to adjust to our understanding of its current state. New forms are appearing that utilize different strategies to survive. It continues as the master of evolution much to my own chagrin.

And yes, this paradoxical arrangement, with me being both the victim host and the observing ecologist reveals the twisted side of life that can produce a few momentary chuckles. The fact that I am an involuntary but active participant in one of the planet's best survival acts seems beyond amusing. I have the descendants of two billion years of evolution living in my body. I can think of no other organism that has lived for so long, adapted to its various environments so well, and seems to be capable of even more changes to carry on. From an evolutionary point of view its ability to adapt and survive is simply beautiful. And at the same time I live in fear of the next resurgence of this painful and complicated disease.

And this, my friends, is simultaneously both repugnant and beautiful, when one considers personal health contrasted to a healthy ecological view of the world. It kind of defines irony, does it not?

—Bill Lattrell

### Tick Test Available



Thanks to the Heath Board of Health and a grant from the Patrick Administration's Community Innovation Challenge (CIC) grant program in cooperation with the Laboratory of Medical Zoology at UMass Amherst, each of the 10 towns that make up the Franklin County Cooperative Public Health Service will be granted 100 free tick tests. To have your tick tested today, please visit [www.townofheath.org](http://www.townofheath.org), click on the link for YTickReport.com and follow the simple instructions under "test a tick."

—Kara M. Leistyna



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Turkeys are free-range, raised on grass pasture, supplemented with grain. No antibiotics. No hormones.

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*To learn more about heritage-breed turkeys or to reserve your bird:  
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**Need Eggs?**

We are starting an **egg route** in Heath with delivery on Saturdays. If you are interested in purchasing eggs from free-range, heritage-breed hens, give us a call. **Limited to 10 customers.**

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Heath, MA 01339

## Ladies and Gentlemen

Thank you for all who participated in, attended and otherwise helped with the recent June Draw. It was a success and would not have been possible were it not for the commitment of the Clarks, Tanners, Tombs, and our one and only Conrad Halberg. Thank you.

The next event from the Heath Agricultural Society is, of course, the 97th Annual Heath Fair! On August 15 at 5 p.m. the Fair will begin and you can expect all of the wonderful things you've come to love about the Fair: animals, great music, speakers in the speaker tent, fried dough, burgers and fries, crafts, pulling events, children's games, chicken barbecue, wagon rides, and more! Please see our website for last minute schedule changes. This year happens to be "The International Year of the Family Farm," and it has been selected as our parade theme. There is always time to put together a last minute float for the parade...consider it...

Please remember that on Friday night we will have the fireworks and square dance. There will also be a raffle of two kids bicycles!

In the past few years there've been increasing difficulties with the presence of pets — dogs in particular. Pets are not welcome on the fairgrounds during the Fair and there is sound logic for this policy: the Fair needs to be a safe environment for people and animals. Pets can carry disease that is detrimental to the attending farm animals; they can be predatory toward many of the productive farm animals that are on the fairgrounds; and they can behave unpredictably in busy situations such as are found on the fairgrounds. Furthermore, it is very important that in Massachusetts it is a fineable offense to leave your animal in a vehicle. It does not matter if your car is in the shade, or if the windows are cracked...leaving a pet in the car is illegal. Please leave your pets at home!



The Heath Agricultural Society would also ask that people wash their hands regularly during the Heath Fair. It is important to wash your hands for your own safety and to protect our attending farm animals from the spread of disease. There will be numerous sanitizer stations around the grounds. Thank you!

A deadline to be aware of is Exhibit Hall Entries. Entries MUST BE IN before 5 p.m. on August 8. Please consider showcasing your skills in one of our many categories of entry and please also encourage your kids to enter. Participating in an exhibition event like this is its own reward. The Heath Agricultural Society would love to see as many entries as possible.

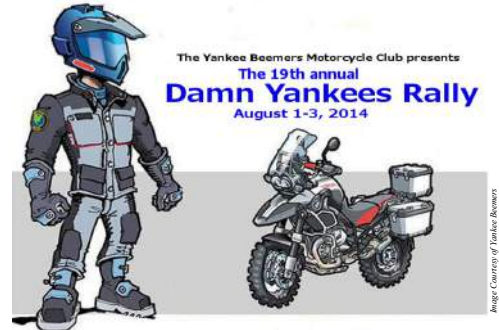
The Heath Agricultural Society is proud to organize the Heath Fair which celebrates and promotes agriculture, community, and our cultural heritage—as Heathans and as humans. When you attend the Heath Fair we hope you have an amazing time—indeed, we have worked hard to be sure that you do whether it be rainy, cold, or perfectly sunny. In addition to having a good time, remember that simply by attending the Fair you are part supporting agriculture in its many forms. Thank you.

The Heath Agricultural Society wishes to extend its deepest gratitude for the dedication and support of our volunteers, our donors, the community and the fairgoers. It takes hundreds of volunteers thousands of hours to make the Heath Fair and other events happen. Please consider participating.

See you at the 97th Annual Heath Fair.

Thank you,

Justin Lively, President



## The Beemers Are Coming (Again)

On the first weekend of August (August 1 to 3) the Yankee Beemers will roll into the Fairgrounds for their 19th annual BMW campout rally. They will begin arriving Friday evening and by noon Sunday most will be on their way home. If you have never dropped by to see the festivities, it is essentially a social event; more fun than a lot of technical talk.

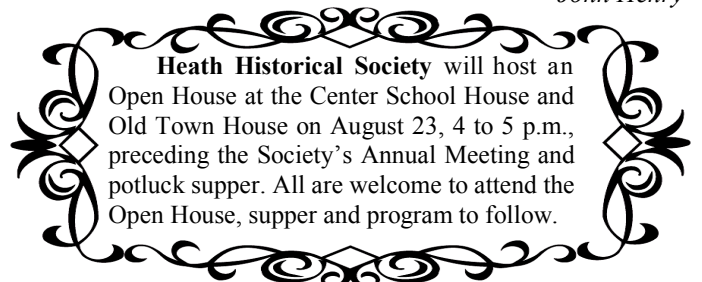
Saturday's activities include riding competitions. There is an agility course they call the Scottish Trial, which is a slow course to see who can go the slowest without losing their balance. There is also a two-rider course where the passenger throws a can into a barrel. In addition, the Chicken BBQ put on by the Heath Fire Department and an evening bonfire with live music are always enjoyed by all.

The Beemers have always been very generous in their financial support of town organizations. Contributions have supported organizations such as the Heath Police Department, the Heath Firefighter's Association, the Heath School Parent Teacher Partnership, the Heath School library, the Heath Union Church and Johnson Organ fund, and of course, the Heath Agricultural Society.

Last year's attendance was 225, with riders in from as far away as Ohio and Canada. This year they are expecting someone from Louisiana, if all goes well.

The current President, Bob Blethen, told me they love coming to Heath each year. Feel free to drop by—a lot of great bikes, neat tents and very friendly people.

—John Henry

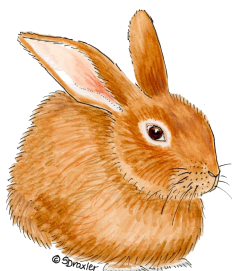




**Friday August 15**

*Fairgrounds open from 5 to 11 p.m.*  
*Concessions, Rides, Petting Zoo, until closing*

- Exhibit Hall ..... 5 to 8 p.m.
- Upper Food Booth..... 5 to 10 p.m.
- Lower Food Booth ..... 5 p.m. to Closing
- Church Ladies Ham and Bean Supper ..... 5:30 p.m.
- Antique Tractor Parade ..... 5:30 p.m.
- Antique Tractor Pull..... 6 p.m.
- Prize Bingo..... 7 p.m.
- Speakers: Al Canali and Doug Mason  
*Growing Gourmet Mushrooms*..... 7 p.m.
- Music: Parsonsfield** ..... 7:30 p.m.  
(formerly Poor Old Shine)
- Square Dance: Doug Wilkins, caller, with the  
Fall Town String Band** ..... 7:30-11 p.m.
- Drawing for Bicycle..... 8:15 p.m.



Fireworks.....At Dark

**Saturday, August 16**

*Fair grounds open from 8 a.m. to 10 p.m.*  
*Concessions, Rides, Petting Zoo, Crafts, until closing*

- Exhibit Hall ..... 10 a.m. to 8 p.m.
- Lower Food Booth ..... 7 a.m. until Closing
- Upper Food Booth..... 9 a.m. to 10 p.m.
- Rabbit Show .....9 a.m.
- ADGA Sanctioned Goat Show.....10 a.m.
- Winterberry Farm: Herd Dog Demo .....10 a.m.

- Kids Garden Tractor Pull..... 10 a.m.
- Speaker: Don Person, MA Northeast Organic Farming Assoc.,  
*Becoming a Certified Organic Farm*..... 11 a.m.
- Adult Sheep Show ..... 11 a.m.  
(all sheep in place by 10 a.m.)
- Adult Cattle Show..... 11 a.m.
- Horse Draw..... 11 a.m.
- Music: Pete Seeger Tribute**..... 11 a.m.
- Chicken Barbecue..... Noon



Photo by D. Mason

- Wagon Rides, Clay Hill Farm ..... Noon until 4 p.m.
- Music: Boxcar Lilies**..... **1 p.m.**
- Speaker: Greg Goodfellow *Asian Longhorned Beetles  
and Other Forest Invaders* ..... 1:30 p.m.
- Kids Games ..... 1 to 3 p.m.
- Winterberry Farm: Herd Dog Demo ..... 2 p.m.
- Speaker: Jessica Van Steensberg, We Can Farm  
*Basic Backyard Poultry* ..... 3 p.m.
- Music: Bright Lines** ..... 4 p.m.
- Speaker: Connor McCutchen,  
Berkshire Sweet Gold Maple Farm  
*Ridge to Reef Expedition* ..... 4:30 p.m.
- Truck Pull ..... 5-10 p.m.
- Music: Small Change** ..... 7 p.m.



Photo by A. Schwenger



**Sunday, August 17**

*Fairgrounds open from 8 a.m. to 5 p.m.  
Concessions, Rides, Petting Zoo, Crafts, Exhibits  
until closing*

- Lower Food Booth ..... 7 a.m. to Closing
- Upper Food Booth..... 9 a.m. to Closing
- Church Service .....9 a.m.
- Blueberry Pancake Breakfast .....9 to 10:30 a.m.
- Ox Draw.....9 a.m.



Photo by A. Schwenger

- Gymkhana Registration.....9 a.m.
- Exhibit Hall..... 10 a.m. to 5 p.m.
- Classic Car Cruise Registration ..... 10:30 a.m.
- Gymkhana ..... 10 a.m.
- Youth Sheep Show..... 10 a.m.
- Poultry Judging ..... 10 a.m.
- Youth Cattle Show ..... 11 a.m.
- Speaker: Rep. Paul Mark and Friends  
*Committee For Agriculture, Environment  
and Natural Resources* ..... 11 a.m.
- Entertainment: The Wright Brothers 3** .... 11 a.m.
- Chicken Barbecue ..... Noon
- Generation Gap Barbershop Quartet** ..... Noon
- Line up for the Parade..... Noon
- Demonstration: Kevin Ford ..... Noon

- Parade: “International Year of the Family Farm”  
*(Prizes for best floats, best kid-decorated bicycle)..... 1 p.m.*
- Wagon Rides ..... 2 p.m. until closing
- Music: The Gaslight Tinkers** ..... 1:30 p.m.
- Speaker: Sheila Litchfield, Dell Farm Creamery  
*Cheese Making* ..... 1:30 p.m.
- Kids Games ..... 2-3 p.m.
- Speaker: Tom Ricardi  
*Birds of Prey* ..... 3-4 p.m.
- Closing ..... 5 p.m.

*Exhibits may be picked up  
from the Exhibit Hall from 4 to 5 p.m.*

**Schedule is subject to change**

**All Musical Performances and Speakers  
under cover, Rain or Shine**

**Regular \$8 ~ Seniors \$6  
Children nine and under, free**

**Parking \$1**

**PLEASE, NO PETS ON GROUNDS  
OR IN CARS**



\*\*\*\*\*  
\* A Family Tent will be provided at the \*  
\* Fair — a place to tend to your baby’s or \*  
\* young child’s needs away from the busyness \*  
\* of the Fair. \*  
\* Our thanks to Baystate \*  
\* Franklin Medical Center for \*  
\* once again sponsoring the \*  
\* Family Tent and to Lyra \*  
\* Johnson-Fuller for \*  
\* coordinating its availability! \*  
\*\*\*\*\*





## LIBRARY LINES

—Donald Purington

### Library Lines

The Summer Reading Program *Science Projects for Children* has two more sessions; August 6 & 13 at the Fairgrounds from 6 to 7 p.m.

Have you checked out the Library's MASS MoCA Museum pass that gets you FREE admission for two adults and two children up to age 16 to the museum gallery? It's a great way to spend a hot or rainy summer day with your family.

We also have a parking pass for FREE parking at most of the Massachusetts State Parks, including the nearby Mohawk Trail State Forest on Rt. 2 in Charlemont and the DAR State Forest on Rt. 112 in Goshen. Great swimming and picnic areas at both locations!

#### A Few of the New Items at the Library:

See all the new items added to our collection in the previous two weeks on the Library website. Look for the **New Titles** link on the left side of the page.

Fiction Books for Adults: *What Strange Creatures* by Emily Arsenault, *The Care and Management of Lies* by Jacqueline Winspear, *Top Secret Twenty-One* by Janet Evanovich, *Written in My Own Heart's Blood* by Diana Gabaldon

Non-fiction Books for Adults: *Reinhold Niebuhr and His Circle of Influence* by Daniel F. Rice (donated by David Howland), *Brassicas: Cooking the World's Healthiest Vegetables* by Laura Russell, *Hard Choices* by Hilary Rodham Clinton

Books for Young/Teen Readers: *She is Not Invisible* by Marcus Sedgwick, *Minecraft Essential Handbook*

Children's Picture Books/Boardbooks: *Orangutangled* by Sudipta Bardhan, *Rules of Summer* by Shaun Tan

DVDs: *Monuments Men*, *Gravity*, *Cosmos: A Spacetime Odyssey*, *Call the Midwife Season 3*, *My Neighbor Totoro*

Audio Books on CD: *Hard Choices* by Hilary Rodham Clinton, *The Daring Ladies of Lowell* by Kate Alcott



#### Hours

Monday 3 to 7 p.m.  
Wednesday noon to 7 p.m.  
Saturday 9:30 a.m. to 1:30 p.m.

**For More Information**  
Call 413-337-4934 ext. 7 or visit  
[www.heathlibrary.org](http://www.heathlibrary.org).



### Reefs in Vanuatu, Melanesia

My family is continuing to travel throughout Vanuatu doing reef conservation work; Crown-of-Thorns starfish (COTs) removal, and working with villages and schools on different islands to help protect their reefs.

Coral reefs provide a home for fish and are an important part of the marine food web. Along with rainforests, they are considered the most diverse ecosystem on Earth. Crown-of-Thorns starfish eat and kill coral. They're native to the Pacific Ocean, but sometimes their numbers get out of control and they can kill an ancient reef in weeks. As young offspring, COTs eat phytoplankton. When they mature, they eat coral. A COTs' life span is 8 years. When COTs breed, they produce 100,000 eggs. COTs are covered in thorns which are coated with microscopic silicate needles which are filled with poisonous toxins. Adult COTs have only a few predators, such as Triton Shell, Queen Triggerfish, and Puffer fish. Only cyclones and mass bleaching events are more destructive to reefs than COTs.

Recently, we teamed up with ten villagers to go COTs hunting on a reef off the Maskelyne Islands and collected 137 COTs. By removing these COTs, we saved 1800 square meters of reef from their predation as well as any predation from their future offspring.

The reef off the Maskelyne Islands has many more problems than COTs, such as White-Band disease and snail predation. This reef, like many others, is overfished. As we talked to the villagers, they said that they want to protect the reef and have more fish, but for survival they also have to fish for food and income.

We've been learning Bislama, the common language of Vanuatu. Yufala i gat wan gudfala dei! (Have a good day!)

Lukum yu

—Gavin Steele-McCutchen



For much of the year, Gavin Steele-McCutchen lives in Heath and attends the Heath Elementary School. Gavin's parents, Janis Steele and Brooks McCutchen own and operate Berkshire Gold Maple Farm on Rowe Road where they also reside with their three boys. Each year, when the sugar season is finished, they head out to sea on their research sailing vessel, the Llyr. Gavin is writing from the boat where he is traveling with his brothers and parents for the rest of the summer researching the effects of global warming on coral reefs. See more at <http://blogs.umass.edu/rvlllyr/author/rvlllyr/>

—Deb Porter



## TOWN NURSE

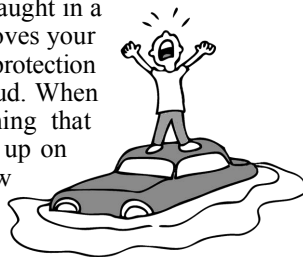
—Claire Rabbitt

### Surviving Emergencies

The first hurricane of the 2014 season caused some devastation and spoiled some 4th of July plans along the East coast. I saw an interesting article in the June/July AARP Magazine with suggestions for surviving in a crisis, some of which I will share with you but hope you never need to use.

Keep a car escape tool that is part hammer to break the window and part blade to cut through your seat belt in the event your car goes off the road into deep water and is in danger of submerging. Once a car is under water, the pressure makes it impossible to open the door or window to get out. The article recommends getting one that would go on your key chain, but I have one in the side pocket of my driver's side door. My key chain is unwieldy as it is.

On the other hand, if you are caught in a flash flood in shallow water that moves your car, it is best to stay in your car as protection from strong currents, debris and mud. When the car comes up against something that stops it, you may be able to climb up on the roof or signal from the window for help. Anyone with a cell phone could alert someone immediately of the situation.



Suggestions for avoiding car accidents begin with paying attention to cars around you and thinking of what to do if something unexpected happens. For example; always be aware of room in the lane next to you in case an object falls off a truck in front of you. Don't focus on the object, focus on an opening while slowing the car without slamming on the brakes. Your car will go where you're looking. If an animal comes into your lane, aim for the rear end as it may continue going forward out of your path. It's best not to hit your brakes, as this causes the front end to dip, increasing the chance of the animal coming over the hood and into your windshield.

Some airline travel safety tips include counting the number of rows ahead of and behind your seat to the nearest exit, making it easier for you to find it if the plane goes dark. And in the event of an emergency landing you will have the best mobility if you are wearing long pants, long sleeves and athletic shoes. Flip-flops are a bad idea even for negotiating through the airport, except perhaps during security checks. Always take the flight attendant's safety instructions seriously.

In all circumstances try to be alert and prepared.

I hope everyone travels safely to their destinations.

Town Nurse office hours: Tuesday noon to 1:15 p.m. and Thursday 11 to 1p.m. or by appointment. 337-8309

—Claire Rabbitt, RN



### THE WAY WE LOVE TO EAT

*Recipes using local foods, by local folks,  
gathered from far and wide*

If it's July and you have a garden, then you know that it is possible to have too much of a good thing. Time to get freezing, canning, preserving and turning that plethora of produce into winter staples. Although most of us enjoy the ease of the freezer, there is nothing so satisfying as gazing on a shelf full of glass canning jars packed with jams, pickles, salsas, dilly beans and other garden delights. Recently in talking with Ruth Johnson and Teresa Peters it was agreed that the best way to use up cucumbers is to make Bread and Butter pickles. Theresa shared her method for making them. This recipe is one that her mother Nora Galipo gave her, so it has delighted their family for at least a century.

Give it a try, and consider entering your canned goods in the Fair; who knows, you might win a blue ribbon. More importantly though, your family will have the wonderful taste of summer in the deep cold of winter.

#### Nora Galipo's Bread and Butter Pickles

- 4 qts. evenly sliced cukes
- 5 cups sugar
- 6 med. onions
- 1½ tsp. turmeric
- 2 large green peppers
- 1 ½ tsp. celery seed
- ½ cup salt
- 2 tsp. mustard seed
- 3 cups white vinegar

Combine cukes, onions, peppers and salt. Cover in cracked ice and let stand for 3 hours. Drain. Mix remaining ingredients. Pour and mix with the cukes, onions and peppers. Bring whole mixture to a boil, stirring once or twice to make sure everything is mixed well. Immediately pack the pickles into hot, sterilized jars and seal\*.

Yield: approximately 5 quarts

\*If you are planning to store pickles outside of refrigerator, process the filled jars in a hot water bath for at least 15 minutes. Remove jars from pot. Let cool down to room temperature. Jars should make a popping sound as their lids seal. If a lid doesn't properly seal, do not store the jar outside of the refrigerator.

If you are new to home canning it is important to learn about safe methods. My go-to reference is the book *Putting Food By* by Ruth Hertzberg, Beatrice Vaughan and Janet Greene, but there are many others on-line and at the library.

—Deb Porter

# School News

## Hello Heath Community:

As the school year came to a close I wanted to recognize a few staff members that will not be returning to Heath next year and also update you on a few new staff members who will be joining us in September. Our cafeteria manager, Duane Weber, has worked for Heath for the past three years. However, Duane will not be returning to Heath next year as we will be sharing kitchen services with the Colrain School. Over the past three years Duane has done a wonderful job of providing breakfast and lunch to our Heath School students. We have enjoyed working alongside Duane over these past few years and we wish him the best in his future endeavors. Thank you for your service to our community, Duane.

Mr. Hause, our Gym Teacher, will be changing schools next year. He will be working at Hawlemont, Sanderson Academy and Colrain. Mr. Hause has been a terrific gym teacher who was always willing to go above and beyond for his students. We will miss Mr. Hause next year and we wish him luck as he continues his teaching career. Mrs. Johansmeyer, who has worked in Heath previously, will be returning to Heath to teach our gym classes next year. We are excited to welcome her back to our community and look forward to working with her again.

Mrs. Carter has been the Heath music teacher for many years, but her position will be changing next year and she will be reassigned to Buckland-Shelburne Elementary School full-time. The Heath School would like to thank Mrs. Carter for her many, many, years of dedicated service to our kids. She has led us in countless school-wide songs, encouraged students to play instruments in the band, provided them with lessons and taught our students dance, music and movement! We will miss Mrs. Carter and we know the students at BSE are lucky to have her. Mrs. Glover, a current district music teacher, will be taking Mrs. Carter's place next year. Mrs. Glover is a talented and dedicated music teacher and I'm confident that we will be in good hands next year.

As I write this note on June 13, I don't anticipate any other major or minor staff changes in the Heath School. We are excited to have a strong core of classroom teachers and paraprofessionals coming back to us in September. Mrs. Jackman, our Uppers teacher, is expecting her first child and her due date is in mid to late September. There will be a long-term substitute teacher covering her class for her, but the details are still being worked out. There will be more information to follow when we return to school. As always, please feel free to contact me with questions and or comments. I'm available via email all summer at [eglazier@mohawkschools.org](mailto:eglazier@mohawkschools.org). Thank you and have a fun and restful summer with friends and family.

Sincerely,

Eric M. Glazier, Principal  
Heath Elementary School

[eglazier@mohawkschools.org](mailto:eglazier@mohawkschools.org) 413-337-5307

## Prime Blue News



This year, the Primary Blue classroom at Heath School (preschool and kindergarten) led two food collection campaigns for Good Neighbors. Our winter campaign was aligned with learning to count tens up to one hundred and concluded on the 100th day of school. Once per week leading up to the final day, Prime Blue students grouped the food donations into groups of ten. Our goal was to collect 100 items of food, but we ended up with 183 items!

The spring campaign was to create a circle of food around our school's open space symbolizing the circle of care we give to our friends in need. The student council supported this campaign with an entry fee of one donated food item to attend their movie night showing of *Frozen*. We reached our goal the first week of June and Prime Blue students boxed the food for donation.

Prime Blue is looking forward to leading a fall campaign involving measurement at the start of the upcoming school year. If you would like to donate food at the school, the blue Good Neighbors donation box is located near the door to the library. Please contact Sarah, [sforbes@mohawkschools.org](mailto:sforbes@mohawkschools.org), if you have any ideas for future campaign themes.

—Sarah Forbes

### I AM FROM

I am from **granola bars**, **macaroni**, **oranges**, **French toast**, **apples**, **pears**.

I am from a house that's **yellow** with **brown** spots and a **green** roof, a **white** room with a bed and a **Lightening McQueen** and **Mater** blanket.

I am from **big rigs** in my room and a **sandbox** in the **big yard**.

I am from playing **matchbox cars** with my **Mommy**, playing **monster trucks** with my **Daddy**, playing **little people** and **airplane** with my sister **Charlotte**, and two **cats** and one **dog**.

—Landon Smead, age 4



## Heath School Receives Grant To Help Butterflies



This spring, Heath Elementary School received a grant from the Greenfield Garden Club to create a Monarch Waystation. Monarch butterflies are special to the students of Heath School. Each year, pre-K through second grade students get to experience butterfly metamorphosis by finding a caterpillar, watching it eat and grow until it forms a chrysalis and then seeing the butterfly emerge from the chrysalis several weeks later. However, this past September, the classes could not find any caterpillars.

Unfortunately, this decline in Monarchs is widespread and the causes are many, including loss of milkweed due to increased use of herbicides on GMO crops, weather extremes and habitat loss in their wintering grounds. Conservation groups are educating the public about the threats to Monarchs and what can be done to help them. One such group, Monarch Watch, is encouraging people to create “waystations” for the butterflies that provide the nectar plants they like to feed on and the milkweed plants for them to lay their eggs on in a sheltered location that is free of pesticides and herbicides.



There are already milkweed plants and some good nectar plants growing in a sheltered place at the school. This fall, the students will add more plants and apply to get our site certified as an official Monarch Waystation, joining a network of other schools, clubs and gardeners across the country.

### Ways that you can help:

Do you have perennials that need dividing? Please save some to share with the school. Some of the best nectar plants are bee balm, aster, coneflower, black-eyed Susan, liatris, blanket flower, butterfly weed, Joe-Pye weed, cardinal flower and garden phlox.

Would you like to help with planting in the fall? It is always fun and rewarding to work with students in the school garden!

Visit [www.monarchwatch.org](http://www.monarchwatch.org) to find out how you can help monarch butterflies and maybe create your own Monarch Waystation.

If you have questions or would like to help, contact Virginia Gary at the school at 337-5307 or Sue Draxler at 339-8536.

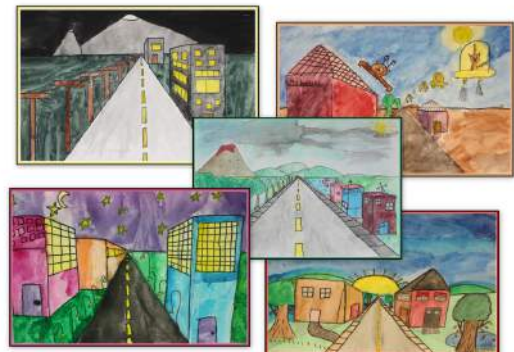
— Sue Draxler

## Last Year’s Lepidoptera



A *Cecropia* moth seen emerging from its cocoon by last year’s 5th graders.

## Museum Night



Photos Courtesy of Eric Glazier

## Franklin County 4H Fair



The Franklin County 4H Fair was held at the Heath fairgrounds on Saturday, June 21. Young exhibitors from Massachusetts and Vermont brought animals to show, including poultry, rabbits, sheep, goats and cattle. Exhibit Hall entries included sewing, eggs, produce, collections, Lego constructions and more. Christina Lively of Rowe took a first for her immaculate and perfectly matched dozen brown eggs. Henry and Scully Wilhelm, of Amherst, took a first for a double paneled display on bee keeping, complete with photographs and text.

According to Tom Waskiewicz, 4H Educator for Franklin, Hampshire and Hamden Counties, 4H stands for Head, Heart, Hands and Health and there are many different kinds of groups. Community groups like the thirty-five year old Hill Town 4H Livestock Club led by Launie York of Shelburne, do a little of everything from sewing to animal husbandry. Some groups do equine science and horse showing only. Others focus on rabbits, sheep or goats. There's even a group that does robotics! For members aged 14-18 there is an exchange group that swaps visits with 4H clubs in other parts of the country. "It's a life changing experience," says Mr. Waskiewicz, who has led trips to Colorado, Wyoming, North Dakota, and North Carolina.



In the sheep barn, Seth Healy, 9, of Shelburne, a Heath School student entering the fourth grade this fall, showed his lamb, Kaya. It was not just the lamb that was under scrutiny. Six exhibitors, aged 8-12, were being judged for how well they had cleaned and prepared their animals and how well they put them through their paces. Henry led his lamb into the ring

with the others and worked hard to get her to stand still while the judge moved down the line. One of the more experienced girls crouched down by her ewe and tickled its tummy to make it lift its back and improve its stance.

Judge Becky Peterson of Leyden, secretary for the National Shropshire Breed Association, complimented each exhibitor on their efforts and strong points then gave them tips for improvement. "You have to show you can control your animal", she said, "You have to make sure it's standing square and the judge gets a good head view." "You have to be able to answer any questions the judge might ask about your animal like where its breed association is headquartered or how many top teeth it has." (This is a trick question. Sheep don't have top teeth!) "You have to pay attention."

This is the main take away for Seth, he tells me, after he has collected his blue ribbon for cooperation. Next show he plans to keep his focus on his lamb and the judge and not allow himself to be distracted by the comings and goings of other exhibitors and fair viewers. He'll have lots of opportunity for practice. He's signed up for 10 more 4H shows this summer!

There was a lot to see at a 4H Fair and a whole lot of learning, fun and friendship going on. We'd love to see the Franklin County 4H Fair back at the Heath fairgrounds next year! If you want to know more about 4H clubs and shows, call Tom Waskiewicz at 413-545-0611.

—Pam Porter

## A Plant Deserving of More Respect

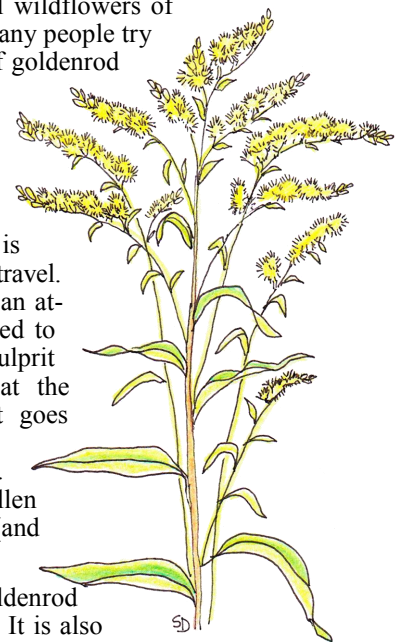
One of the most beautiful wildflowers of late summer is also one that many people try to avoid. The mere mention of goldenrod can send people in search of a box of tissues. But goldenrod has been falsely accused.

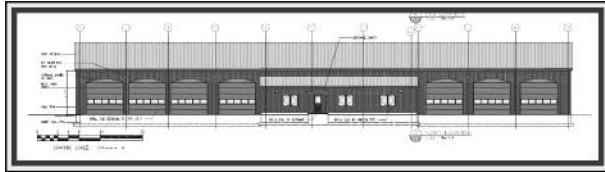
Hay fever is aggravated by breathing in airborne pollen grains but goldenrod pollen is heavy and not designed for air travel. Instead it is sticky so that it can attach to insects that are attracted to its showy flowers. The real culprit is ragweed, which blooms at the same time as goldenrod but goes unnoticed because its flowers are green and inconspicuous. The lightweight ragweed pollen travels from flower to flower (and to your nose) on the wind.

Honeybees that visit goldenrod make excellent honey from it. It is also an important nectar source for butterflies—especially monarchs that feed and rest on it during their southward migration in the fall. Goldenrod is used for food or shelter by many kinds of insects including some beneficial flies, wasps and beetles that are known to prey on garden pests such as Japanese beetles and aphids.

Goldenrod flowers will be blooming throughout the fall until first frost so stop by the nearest field and enjoy the show!

—Sue Draxler





### Municipal Building Complex

The Municipal Building Committee has been meeting for two years, working to bring to the town a proposal for a building to replace the outdated and unsafe current Highway/Fire/Emergency Operations Center (EOC) building.

To this end, the committee hired Rhinehart Associates to examine a number of building sites and building configurations. Their assessment determined that the town- owned land on Bray Rd. was inadequate for a building site.

The current proposal from the committee is for a combined Highway/Fire/Police/EOC building, as one building would save on land, construction, heating, and maintenance costs. The building would be located on land available for purchase on the corner of Bray Rd. and Colrain Stage Rd.

This building would have a life expectancy of 50 years. The current building built in 1964 had a 20-year expectancy, meaning it was due to be replaced **30** years ago.

The price for the complex is approximately four million dollars. There are a few grants available but the bulk of the payments would be in the form of a bonded loan through the USDA.

The public is invited to attend a number of informational hearings to address questions, opinions and concerns relating to the project. The first is July 22, 2014 at 7 p.m. in the Community Hall. There are plans to also have meetings in August and September.

The public is also urged to call the Highway Department, heathfd@crocker.com or 337-4462, to arrange a time to view the current condition of the buildings during normal working hours.

The cost of the new building is significant and will impact our tax bills accordingly. However there will be no “right time” later on to engage in such a project, as building costs and interest rates will continue to climb *and* the current building that is 30 years past its replacement time falls further into disrepair. Health, safety and maintenance issues will continue to grow. We as a community need to come together and support our citizens, town employees and firefighters.

The committee looks forward to a robust, thoughtful and informed debate to determine how best to better our town for the near future and a generation from now.


—Bob Bourke, Chair

Municipal Building Complex Committee

- Bob Viarengo, Secretary
- Ken Gilbert
- Jeff Simmons
- Brian DeVriese
- Mike Smith

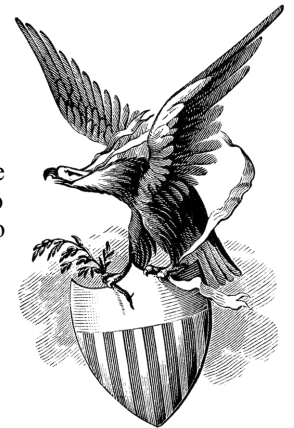
**The time to repair a roof is when the sun is shining.**

**John F. Kennedy**  
(35th President of the United States)



### Honoring Heath Veterans

The Heath Veterans Memorial Committee (HVMC) was formed in order to honor all veterans who joined the service while from Heath. We are currently finalizing through multiple sources a list of all those veterans who served from the Revolutionary War to the present.



Once the list is finalized the committee wishes to display those names on the Town Common in a manner that will not only honor those who served, but also provide the town a revitalized Common.

To date the Committee has discussed ideas ranging from (1) a heavy wooden covered kiosk with names on a plasticized material, (2) using large local stones with plaques surrounded by a few stone benches, and (3) a gazebo or pavilion in which names are placed which also may be used by residents as a gathering place for town events, a welcoming place for visitors, etc.

To this end we have contacted the Conway School of Landscape Design to design a commemorative place incorporating the Town Green and possibly the triangle directly across from the Town Hall. The cost of this report is \$450.

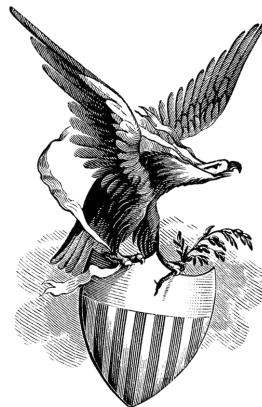
Monetary donations can be made to the Heath Veterans Memorial Fund (or HVMF) Town of Heath, Heath, MA. 01346, c/o Town Treasurer Kristi Nartowicz. Funds received in this dedicated account are tax-deductible. As of June, we have approximately \$250 in the fund.

Our original efforts to update Heath’s War Memorial were conceived with the idea of raising funds for its construction without requiring on-going committee work. It became apparent that a Town Committee would be needed, so one was formed with the approval of the Board of Selectmen. All our updated records of veterans will be available for future reference.

By next spring we hope to decide on a design and be able to act on the construction of the Memorial, at which time additional funding might be needed.

While there are numerous accolades towards the sacrifice of our veterans, there is scant physical evidence in Town honoring them. We are looking, with your help and ideas, to do better.

—Bob Bourke



Heath Veterans Memorial Committee

Dave Howland and Bob Bourke, Co-Chairs

Jerry Gilbert, Secretary

Dennis Peters, Veterans Grave Officer & Representative  
Peter Smith

## United Congregational Church Re-opening!



The United Congregational Church of Conway is re-opening! After a three year restoration brought on by a serious mold outbreak, UCC Conway will re-open its doors in grand style on Saturday, Sept. 6 at 7 p.m.! The place will be alive with music (band still in negotiation at press time) and we will have a celebration featuring Donna Schaper, the senior pastor of Judson Memorial Church in New York City. Her church writes that "Schaper's purpose in life is to provide spiritual nurture for public capacity...Schaper has focused on issues of political and economic development and interfaith and open rituals which support action for social change." Her message will be the kick-off of a new and bold initiative at UCC Conway as the church opens its doors wide to the community with a new spirit of faith, mission and hope. All are welcome and the celebration will be free!

Thank you.

Rev. Candi Ashenden  
Pastor, United Congregational Church of Conway

### Heath Union Evangelical Church

We are a Community Church, and sincerely invite all to join us on a Sunday. For Pastoral Care, contact one of the Deacons.

#### Sunday Worship

9 a.m. during July and August  
10 a.m. starting again in September .

#### Deacons

Richard Gallup ..... 337-5367  
Ruth Johnson..... 337-4367  
Walt Gleason..... 337-4379  
Mike Smith..... 337-4429  
Alli Thane-Stetson ..... 337-4852

Find us on Facebook @  
Heath Union Evangelical Church



### Church News

The Heath Union Evangelical Church will have its traditional Ham and Baked Bean supper at the Heath Fair, Friday, August 15 from 5:30 p.m. until gone. Ham, beans, potato salad, dessert and beverage are all included. On the 17th of August the Sunday Service will be held under the tent at the Fairgrounds at 9 a.m. The Reverend Mick Comstock will be preaching. All are welcome!

—Alli Thane-Stetson

Mary Howe and family would like to extend thanks to friends and neighbors for their help, kindness and support during Mary's recent illness.

### Heath's Monthly Precipitation Observed by Heath School staff and students

	Rain
From May 10	2 "
June	4½"
To July 10	6-10 "

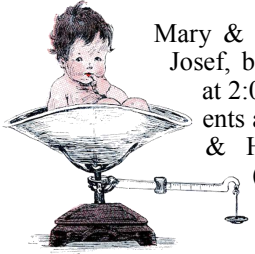
#### In this reporting period:

The month of May was on the cool side and up until the first week of July, Hazy, Hot and Humid weather did not happen. Once July arrived so did the three "H's" along with some pretty strong and rain filled thunderstorms, depending on which part of town you lived in. One such Thunderstorm on July 2, did some moderate road damage in the southeastern part of town. This was followed by news reports of Hurricane Arthur being here on July 4 which luckily for us was too far off the east coast to really affect us.

—Tim Lively and Heath School Students

**People in the News**

**Terzio Josef Holan**



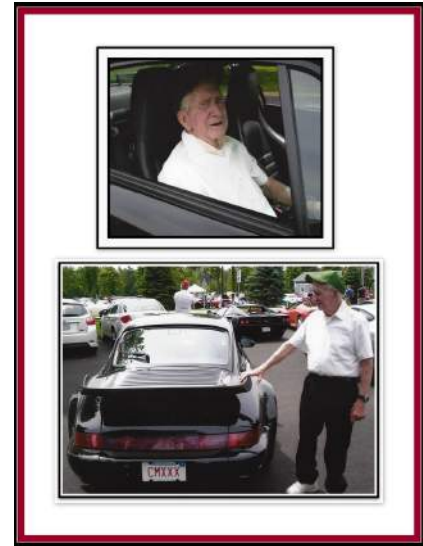
Mary & Erich Holan of Heath welcomed Terzio Josef, born at Baystate Franklin Medical Center at 2:03 a.m. on May 21, 2014. His grandparents are Kathleen Tuturice of Heath and Johan & Hanel Foest of Graz, Austria. Terzio (whose name in Latin means third) joins his two proud sisters, Nina & Leonie, making three.

—Lyra Johnson-Fuller

**Peace**

Peace is a newborn's smile  
 Peace is a baby's first step  
 Peace is the leaves rustling  
 Peace is when a baby says your name  
 Peace is my Mom's soft kisses  
 Peace is my Mom's notes  
     she put in my lunch box  
 Peace is the baby kicking me  
     when she was in my Mom's tummy  
 Peace is the soft voice of my Mom  
 Peace is my Mom singing.

—Umi Burnes, age 7



**Howard Dickenson  
 Gets His Ride in a Porsche**

Howard and I exchange magazines, usually farm related, but I started giving him automobile magazines a while back and suddenly Howard was subscribing to auto magazines. His interest was primarily Porsche; he always wanted one. At Howard's 90th birthday party on December 10, 2013, I announced that I had arranged for him to get a ride in a Porsche. But, of course, not in December! So, we planned the event for his 90 ½ in June.

Kringle Kandle in Bernandrdston has a car show every second Sunday from 8 to 11 a.m. So, I picked up Howard and to the show we went. A \$100,000 Porsche was made available for a ride. Got Howard in the passenger seat (Howard didn't want to drive) and I was given the keys to the car. We went north on Route 5 to Guilford, VT and back. Howard said he didn't want the highway—he wanted to take a nice Sunday drive. Quite a ride for both of us! Many thanks to the people who made this momentous ride possible, especially my friend Barry. Howard hasn't stopped smiling.

—Jack Cable

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Carpentry — Repairs — Remodeling  
 Mowing — Fields and Lawns — Painting

## Robert Strong Woodward Exhibit



An exhibition of paintings by New England artist, Robert Strong Woodward (1885 – 1957) will take place in Old Deerfield from September 20 to October 13.

Woodward’s art is notable above all for its sense of place. The physical disability that limited his territory to Western Massachusetts and Southern Vermont, far from restricting his artistic vision, enabled Woodward to focus with the passion of a preservationist on the landscapes that surrounded him. His subjects range from his studio window still lifes, to farm houses, barns and mountain views. To one reviewer he was “once a recorder of landscape facts, now a poet of nature.”

Memorial Hall Museum  
 Pocumtuck Valley Memorial Association (PVMA)  
 8 Memorial Street, Old Deerfield, MA

Admission grants access to both the exhibition and the museum’s collections.

Museum hours: 11 a.m. to 4:30 p.m., Tuesday through Sunday (closed Mondays except Columbus Day)

Admission: \$6 for adults & \$3 for ages 6 to 12

Presented by The Friends of Robert Strong Woodward, [www.RobertStrongWoodward.com](http://www.RobertStrongWoodward.com), in cooperation with PVMA, [www.Deerfield-MA.org](http://www.Deerfield-MA.org).

FREE! October 4 is Community Day: admission is waived to the exhibition and the museum. Peter Trippi, editor of the magazine *Fine Art Connoisseur*, will present a lecture at 4:30 p.m. entitled *An Artist of His Time: Seeing Robert Strong Woodward in Context*.

**Babysitting!**  
 A local American Red Cross Certified Babysitter is available for YOU to take a night off!  
 Call Hjördis (your-dis) at 339-4904!

HEATH BROOK  
  
**STUDIO**  
**BLOWN GLASS BY ROBERT DANE**  
 20 WEST MAIN STREET, HEATH, MA 01346  
 413.337.5736  
[WWW.ROBERTDANE.COM](http://WWW.ROBERTDANE.COM)

**Annual Cross Country Ski Race**  
**Volunteers Needed!**  
 The Heath Parks and Recreation Committee is looking for volunteers who would be interested in reviving the **Annual Heath Cross Country Ski Race**.  
 Please contact committee chair Bob Bourke at 339-4015.

  
**Hagers Farm Market**  
 Find us at the Heath Fair for **Fried Dough with Maple Cream!**  
 1232 Mohawk Trail, Shelburne, MA (413) 625-6323  
[www.hagersfarmmarket.net](http://www.hagersfarmmarket.net)

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 Loam - Sand - Fill  
  
**MATT LIVELY**  
**337-4331**

**Town Contacts and Hours**

**Heath Town Offices**

1 East Main St Heath, MA 01346  
 Phone: 413-337-4934  
 Fax: 413-337-8542

Email Selectboard, Sheila Litchfield, Chair  
 Brian DeVriese and Bill Latrell, bos@townofheath.org  
 Email Town Coordinator, Kara Leistyna,  
 bos@townofheath.org  
 Email Town Clerk, Hilma Sumner,  
 townclerk@townofheath.org

**Heath Public Library**

Don Purington, Library Director  
 Lyra Johnson-Fuller, Library Assistant  
 www.heathlibrary.org  
 heath.library@gmail.com  
 Library Hours  
 Monday 3 to 7 p.m.  
 Wednesday noon to 7 p.m.  
 Saturday 9:30 a.m. to 1:30 p.m.  
 Phone: 413-337-4934 ext. 7

**Police Department**

Margo Newton, Chief  
 Office Hours: Tuesday, 6:30 to 8:30 p.m.  
 Phone: 413-337-4934, ext. 10

**Town Nurse**

Claire Rabbit, RN  
 Office Hours at the Senior Center/Community Hall  
 Tuesday noon to 1:15 p.m.  
 Thursday 11 a.m. to noon  
 During osteo-fitness classes:  
 Tuesday 11 a.m. to noon, Thursday 10 to 11 a.m.  
 Phone: 413-337-4847 office, 413-337-8309 home

**Transfer Station**

Tom Flynn, Attendant  
 Summer 2014 Hours  
 (until November 1, 2014)  
 Monday 9 a.m. to 1 p.m.  
 Wednesday 1 to 5 p.m.  
 Saturday 8 a.m. to 4 p.m.  
 Phone: 413-337-6640

**Hazardous Waste Day Locations**

<http://www.franklincountywastedistrict.org/hazwasteday.html>  
 Greenfield Community College (GCC)  
 1 College Drive  
 Greenfield, MA 01301  
  
 Orange Recycling Center  
 6 Prospect Street  
 Orange, MA 01364

**Community Calendar**

**August 2014**

- 7 Senior Brown Bag Lunch, dessert and games  
 Senior Center, 11:45 a.m.
- 9 Clean Sweep at Heath Transfer Station  
 No reservations are required.
- 15-17 Heath Fair  
 Heath Church Ham and Bean Supper 5 p.m. until gone
- 21 Senior Luncheon, Senior Center, 11:45 a.m.  
 Reservation required, RSVP to 337-5728 from 9 to 11 a.m.  
 by Monday, August 18
- 23 Center School House and Old Town House Museums open,  
 4 to 5 p.m.  
 Historical Society Annual Meeting, Community Hall,  
 5 to 5:30 p.m.  
 Potluck supper and program, Community Hall,  
 5:30 to 7 p.m.
- 27 First day of school

**September 2014**

- Informational Meeting regarding the Public Safety  
 Complex, Community Hall, date and time TBD,  
 check at Town Hall or online.
- 4 Senior Brown Bag, Dessert & Games,  
 Senior Center, 11:45 a.m.
- 12 Bulky Waste Day 9 a.m. to noon at the Buckland Rec. Ctr.,  
 Northfield Hwy Dept. and the Whately Transfer Station
- 18 Senior Luncheon, Senior Center, 11:45 a.m.,  
 Reservation required, RSVP to 337-5728 from 9 to 11 a.m.  
 by Monday, September 15
- 20 Opening of the Robert Strong Woodward Exhibit,  
 Memorial Hall Museum, Old Deerfield.  
 See announcement in this issue for details.

Household Hazardous Waste Day at Greenfield Com-  
 munity College (GCC) and Orange Transfer Station.  
 Pre-register by Friday, September 12.

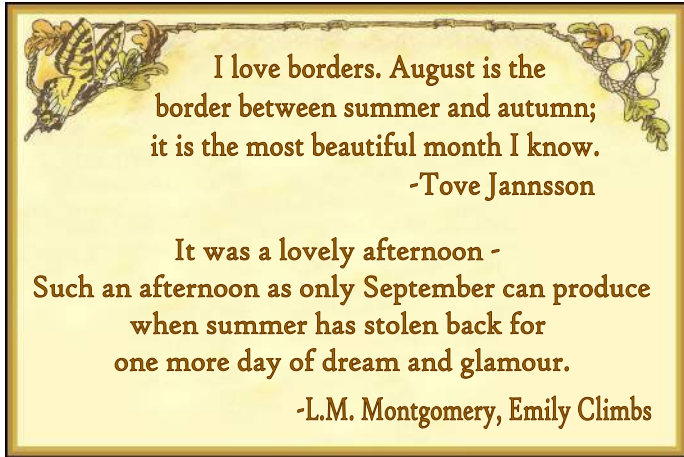
**October 2014**

- 7 Special Town Meeting regarding the Public Safety Complex,  
 time and place TBD, check at Town Hall or online.

**Senior Exercise Class**

Held every Tuesday, 11 a.m. to noon, and every  
 Thursday, 10 to 11 a.m. at the Senior Center. This class  
 for osteoporosis prevention is for people 55 years and  
 older and is free.

Visit [www.TownOfHeath.org](http://www.TownOfHeath.org) for  
 an updated listing of Town events.



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[massculturalcouncil.org](http://massculturalcouncil.org)

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