

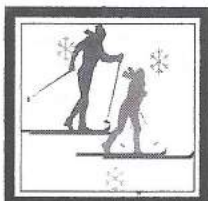
HEATH HERALD

Heath's First Newspaper

75¢

Volume 21, Number 6

February/March 2001



Parks and Recreation Committee

Heath Cross Country Ski Race A Winner

The Community Cross Country Ski race held on Sunday, January 28 was quite a success. We could not have asked for better weather. It was a beautiful day with blue skies, sunshine, and crisp air to breath. According to reports from the contestants returning from the race, the trail was groomed perfectly and conditions were great. Over 60 skiers of all ages participated in the race.

After the race, everyone returned to the Community Hall for free lunch of beef stew, sandwiches, beverages, and desserts provided by the Community Hall Committee. While enjoying the lunch, many of the contestants could be heard reminiscing about past races held in Heath and how they enjoy coming here for this event because of the beauty of our countryside and the friendliness of our townspeople.

The Parks and Recreation Committee is grateful to all the volunteers that gave their time and expertise in making this event run so smoothly. From the people taking registrations, to those manning the road crossings, timers at the finish line and the police department, we could not have done it without all of your help.

Special thanks to Steve and Linda Marcotte, Mike and Veronica Smead, Carole Starke, Hilma Sumner and Val Kaempfer for all their hard work.

~Eileen Tougas



Linda Marcotte, Carole Starke, Rita Marcotte, and Pam Porter check out the scores.



Skiers race to the finish line.

Story Hours At The Heath Public Library

Now on Friday mornings from 10-11 a.m., moms, dads, and siblings are invited to join their friends and neighbors for a family time of stories, crafts, and snacks.

Call 337-4934 or E-mail us at heath@cwmmars.org if you have questions.

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From the Editor ~

Hilltown Rambles

What a winter! Hopefully, it'll all be gone before long and we can start to enjoy warm weather. Yes, I am seriously allergic to snow. My dad used to say, after listening to me grumble about winter, that I took it personally. Well, even if I do, there's no denying that this is a cold, snowy one. "Embrace the winter," my husband says. "Get involved with winter sports," a friend says. So far, skiing and snowmobiling don't hold an appeal for me but neither does being snowbound. Snowshoeing and sledding down a hill may. Winters in Heath, though often frigid and snow laden, have made this season spectacular. It is a veritable winter wonderland when I look out of my window. I guess I'll just have to get used to being in a different snow, ice, and cold spot than the rest of the county!

Jack Cable, in his *View from Burnt Hill*, writes that he and his wife Beverly signed over the developing rights of their land, forever preserving it. Showing that she is a Renaissance woman of many talents, Eileen Tougas reports on the ski race and is setting up the Hands Across Heath Fund. Not only has she written for this issue, she is our design and layout person as well. Pat Leuchtman writes about the *Heathans Afield*, three young people and their travels around the world. We're thankful for Carroll Stowe's remarkable recovery from a recent illness and we thank him for sharing it with us. Much news about the town of Heath abounds in this issue, so don't miss it.

We've also got a new Heath Herald box in the vestibule of the Town Hall for copy. We're still using our post office box for business mailings, so continue to use that. If you have pictures, stories, or reports, just leave them in the black box in the vestibule. We would like to take this opportunity to thank the Heath Cultural Council and the Massachusetts Cultural Council for awarding the Heath Herald a grant for a new scanner and a digital camera.

Spring comes peeping its way in with the Vernal Equinox on March 20, although I think for all our readers who adore winter sports, they'll probably have winter weather a bit longer. I, meanwhile, will content myself with my gardening catalogs that clog up my mailbox, sitting inside by the fire with a cup of tea, and listening to the winter wind outside. Happy spring!

Heath Herald

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The Heath Herald is a nonprofit newspaper staffed by volunteers and published six times a year. Donations are tax deductible and are greatly appreciated.

THE HERALD DEADLINE FOR THE APRIL/MAY ISSUE IS MARCH 10, 2001. Photographs, drawings, and articles are the property of the Heath Herald unless accompanied by a self-addressed, stamped envelope. Call (413) 337-0217 or E-mail Lea at saleda@crocker.com.

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Bob Gruen, Outstanding Teacher

By Jane de Leeuw

"I began sixth grade as an average kid...My sixth grade teacher was named Robert Gruen. Mr. Gruen had a reputation as being the 'coolest' teacher in all of Butterfield Elementary. I entered his class an average kid. I left it feeling on top of the world."

This tribute to Heath's Bob Gruen was contained in an essay written by his former student, a winner of a Christa Corrigan McAuliffe Scholarship, now enrolled at Framingham State College.

The Christa Corrigan McAuliffe Scholarships are both privately and publicly supported in honor of the astronaut and teacher who died in the Challenger disaster in 1986.

They are awarded each year by the Christa Corrigan McAuliffe Center for Education and Teaching Excellence, located on the campus of Framingham State College, to seven high school students who are planning to attend the college. As part of their scholarship application, students must submit an essay on an outstanding teacher in their school lives. And this young woman chose Bob Gruen as the teacher who made a real difference. A

"Mr. Gruen gave me the tools for self-confidence, good grades, and the feeling that I wasn't so very average."

Heath resident for 26 years, Bob currently teaches sixth grade at the Butterfield Elementary School in Orange where he has been for the past eleven years. Prior to this assignment, Bob taught in Brooklyn and New York City, in both public and parochial schools, as well as at the Rowe School for several years. A man of many talents, he has tried his hand at a number of things, but primarily has devoted his professional life to teaching.

Bob's former student concludes her essay saying, "Mr. Gruen gave me the tools for self-confidence, good grades, and the feeling that I wasn't so very average."

The Center, established to support teachers, to strengthen support for public education, and to improve educational practices, has, in addition to the scholarships, a program to pay tribute to outstanding public school teachers. Anyone interested in honoring a special teacher and in learning more about this program can contact the Center at Framingham State College, 100 State St., Framingham, MA 01701-9101.

Fire Department News

Responses and Grant News

The Fire Department responded to the following calls from November 1 through January 1:

12/06 responded mutual aid to Colrain for a reported structure fire on Dwight Cross Road. Homeowner extinguished fire before our arrival.

12/13 and 12/17 responded to numerous wires-down calls.

12/26 responded to a West Main St. residence for an odor of smoke. Upon arrival found the house filling with smoke. Requested two tankers and one pumper mutual aid. It was determined after a few minutes to be a malfunctioning furnace. All mutual aid was canceled.

12/31 responded to Avery Brook Road for a car accident. Car ran off roadway striking a tree. Subject transported to Franklin Medical Center for evaluation.

I recently applied for a grant through the Executive Office of Public Safety in Boston. This grant will provide the department with \$14,844 dollars to purchase safety equipment. The intent of the grant was to allow every department in the state to purchase a thermal imager. A thermal imager is like a video camera, only it allows a firefighter to see through smoke or darkness. So if we have to search a building for someone, we can see pretty much like it was a clear non-smoke filled room. This is a tremendous asset to the department. It not only allows us to find trapped persons in a building, it will also show us "hot spots" in a building or wildfire situation. For instance if we respond to a chimney fire, we can use the camera to look at the chimney and the walls around it to see if the fire had extended beyond the chimney. If we use it at a wildfire incident, we can see if any fire remains under logs or brush piles, or if the fire is traveling underground via roots. This makes our job much easier and safer for everyone. We took delivery of this camera on January 26, 2001 and it is now in service.

We will also have enough money to purchase eight sets of "turn out gear." Turn out gear is that funny looking clothing we all wear when we go crawling around in burning buildings. This is something we desperately need as well. Our gear is rather old and needs to be replaced to maintain safety for our firefighters.

~ Michael Smith



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View from Burnt Hill

Burnt Hill Happenings

By Jack Cable

In the previous Heath Herald I stated that by the end of the year the top of Burnt Hill would forever be preserved. Well, it happened on December 27 as Beverly and I signed over the development rights of our land to the State. This means that no one can ever build or develop on this property, and it always will be in agriculture — blueberries — and that the historical site will also be preserved. Mark Zenick of the Franklin Land Trust who helped with this project said the site affords one of the most impressive vistas in the county. Jay Healy, Commissioner, Department of Food and Agriculture, often has said it was the best view in the state.

We'd like to thank Rich Hubbard of the State Agriculture Preservation Restriction and his able assistant Carol Szocik and the Heath Land Preservation Committee for their support.

Alastair Maitland said it all, "What a wonderful Christmas and New Year's gift you have given to me, the town, and the world. Thank you so much."

Heath Historical Society Notes

July 14 - mark your calendar. This is the date of the Heath Historical Society OLD HOME DAY. This is a chance for all Heath residents to get together for a diverse day of fun, entertainment, food, but, most of all, a social get-together. We are planning another great event and hope all townspeople, young and old, will participate. Call me for details and ideas.

We are also supporting and participating in the "Oral History Workshops" being sponsored by the Heath Community Heritage Project, and are starting an endowment fund for the Historical Society.

Past president Pegge Howland received a letter of thanks from Colgate Gilbert of the Burnt Hill Research Committee for her hours of work in helping Mr. Gilbert with examining old tax records, etc., and with exhibits of the site at Heath Fair and other events.

~ Jack Cable

Heath Open Space and Recreation

A hearing on the Heath Open Space and Recreation Plan will be held on Wednesday, March 7, at 7 p.m. at the Heath Community Hall.

Hands Across Heath Trust Fund

By Eileen A. Tougas

When the people of Heath voted to re-establish the position of Town Nurse in 1997, I was pleased beyond words. In all honesty, I had never imagined what an impact this would have in my own life and within my own family. How little did I know that soon after Joanne Fortune was hired to fill the position of Town Nurse, I was to experience firsthand the value and necessity of having a professional, compassionate person to care for your loved ones.

Joanne made numerous visits to my mother's house to care for her and then to my house to look after my husband. She was able to answer or find answers to the many

questions that we had regarding the illness and/or medications. If she was concerned about something specifically, she would pick up the phone and call the doctor directly.

What a comfort it was to me as a caregiver to know that I could call on Joanne when I needed advice, help, or simply a shoulder to cry on.

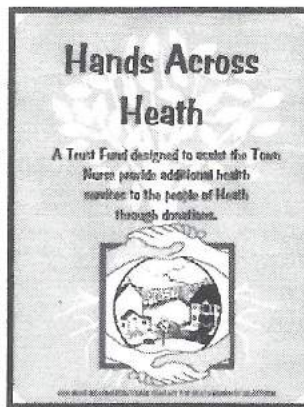
The "Hands Across Heath Trust Fund" was established as a means of assisting our town nurse with

additional funds that will enable her to provide and administer additional health services to our town residents who are in need.

Initial funding for this account was made possible through donations received from the "Agnes D. Gingras Memorial Fund" and have recently been transferred to an MMDT (Massachusetts

Municipal Depository Trust). The interest from this account is to be used by the town nurse for services or supplies that are needed to assist and enhance this wonderful service.

If you wish to donate to this account in memory of your loved ones or simply as a gift, please make your check payable to "Hands Across Heath Trust Fund" and send it to Linda Marcotte, Town Treasurer. If you have any questions regarding this account, you may contact the Selectboard. Your tax deductible donation will not only help your neighbors who are in need of health care, but may one day touch you or your loved ones directly.



Milestones

Born December 23, 2000, a daughter, **Taylor Noelle**, to Jennifer (Terrill) and Mark Williams of Heath, granddaughter of Catherine and Donald Terrill and June Williams, all of Colrain.

Charles H. Mackie of Heath died December 3, 2000, at Baystate Medical Center in Springfield. He was born in South Boston April 6, 1937, the son of Charles H. Sr. and Henrietta Power Mackie. He attended Boston public schools, graduated in 1954 from Brighton High School, and attended Suffolk and Boston Universities.

Mackie was in the Army Reserve and was formerly employed by Walter Kidde & Co. as office clerk, warehouse manager, and then district manager in New England and upstate New York. After leaving Kidde, he opened in partnership Safety Associates, Inc. which dealt in fire and safety products. He then went on to open his own company, Pioneer Safety and Security Systems, Inc., which provided fire protection systems for commercial and industrial application.

At the time of his death, he was a selectman and the representative to the Franklin Regional Council of Governments.

He is survived by his wife, the former Helen J. Youd; two daughters, Laurie A. of New Hampshire and Stacie D. of Shelburne Falls; a sister, Louise McGrath of Woburn, and two grandchildren.

Roscoe A. Thereault of Heath died December 14, 2000, at the Franklin Medical Center in Greenfield. He was born in Claremont, NH, August 14, 1942, the son of Alphonse J. and Victory Richardson Thereault. He had been a resident of Greenfield before moving to Heath seven years ago.

He was employed by Cowan Auto Supply in Greenfield for six years and previously by the Franklin Medical Center in the maintenance department for several years. Survivors include his wife of seven years, the former Karen Truesdell; two sons, Lance of Marlboro, VT, and Ross of Springfield; three stepsons, John MacDougall of Heath, Leonard Stockwell of Keene, NH, and Timothy Stockwell of Putney, VT; two daughters, Robin Smart of Varnor, TN, and Shelby Thereault of Vernon, VT; two stepdaughters, Lisa Stockwell of Spofford, NH, and Megan Peace of Bellows Falls, VT; two sisters, Betty Whittemore of New Haven, CT, and Euna Tacy of Keene; twelve grandchildren and several nieces and nephews. A son, Christopher, predeceased him.

~ Edith Royer

Highway Department News

New Truck

As you may have seen by now the highway department is driving around a new truck. We took delivery of our 2001 Ford on December 21. This truck was purchased from Sarat Ford in Agawam and the dump body and hydraulics were installed by New Hampshire Municipal Truck Equipment in Ashland, NH. The total cost of this vehicle was about \$29,000. This truck uses the same sander and plow that were on the 1995 Ford.

Much of our time recently has been spent fixing equipment that we will use in the summer months, as well as maintaining our winter equipment. Both our loader and grader have undergone some repairs lately, mostly leaky hoses and things that needed a little attention. Our 1999 International recently had some trouble with its engine brake. After a little searching, we were able to fix this without any down time.

Over the next few months, I will be working with the Selectboard determining exactly how to spend this year's Chapter 90 money. The Town had a pavement survey conducted last fall by the FRCOG (Franklin Regional

Council of Governments) and we will be using that data to help us in our decision making process.

~ Michael Smith

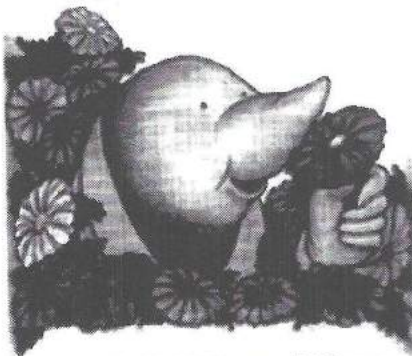


HEATH SCHOOL KITCHEN

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A Community In Action

The hall committee is continuing its mission to make needed improvements in the Community Hall. The committee paid Deb Huff to build a cabinet in the kitchen area to house all of our pots and pans so that we can keep them better organized. We are now in the process of having a bulletin board installed so we can display photographs and notices of our hall activities. Now that the town has made some necessary repairs to the building, we, as a committee, want to keep the improvements on - going.

The Board of Health inspected our kitchen and certified it so that we can continue serving our senior meals on the first Thursday of each month.

We provided refreshments for entrants taking part in the Parks and Recreation Community Cross-Country Ski Race on January 28.

Keep in mind that our annual Saint Patrick's Day Dinner is scheduled for March 17 so...mark your calendars! We will be posting notices regarding this dinner at a later date.

~ Val Kaempfer

Town Nurse Notes

Frostbite Facts

This time of year the sun is closer to the Earth than during the summer. We need to be careful to use sunscreen SPF of at least 15 when we're outside for any amount of time chopping wood, walking, skiing, snowshoeing, sugaring, or just enjoying the crisp, cold winter. The snow reflects the sun's rays so we get a double whammy from it. Apply the sunscreen 15 minutes before exposure and every two hours or as directed. Remember to drink lots of water to prevent dehydration.

On another note, I'll give you some facts about frostbite to tuck away for colder weather. Frostbite is divided into three degrees (like burns). First degree (frostnip) is a numbness and whitening of the skin with no blistering if it is rewarmed properly. Second degree is superficial frostbite. The outer skin feels hard and frozen but the tissue beneath has normal resilience. It will probably blister. Third degree is deep frostbite. The skin is white or blotchy and blue, feels stiff, cold, and numb. The tissue underneath is hard and very cold. A health professional must be called, and antibiotics are needed to prevent infection and permanent damage.

To prevent frostbite, stay dry and out of the wind in extremely cold weather. Cover exposed skin, wear layers including a windproof outer layer, wool socks, and waterproof boots. Wear a hat and mittens (not gloves). Keep extra clothing and blankets in your car in case of car trouble. Don't drink alcohol or smoke. When you're out in the extreme cold, to treat frostbite, protect the frozen part from further exposure. Don't rewarm the area if refreezing is possible; wait until you're in a warm place.

Warm small areas with your breath or by tucking your hands or feet next to bare skin. Don't rub or massage the frozen area or it will further damage the tissues. If your feet are frostbitten, avoid walking if at all possible. Keep the area warm and elevated. Wrap with blankets to prevent bruising in case it gets bumped. If warm water is available, immerse it in 104-108 degree water (not hot!) for 15-30 minutes. Blisters may appear as the skin warms. Do not break them; infection may occur.

Call for medical help if there is:

1. Increased pain.
2. Swelling or redness.
3. Heat or red streaks coming from the area.
4. Pus discharged from the area.
5. A fever of 100 or higher with no other cause.



Hope you all have a very happy spring. My hours in the Community Hall are Tuesday 12-1 p.m. and Wednesdays 6-7 p.m. The phone number is 337-4847. My number is 337-5716.

~Joanne Fortune, RN

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Weather Data

For Year 2000 Precipitation Snow

January	2.93	14
February	2.76	8
March	4.33	4
April	5.04	3
May	4.23	
June	7.94	
July	10.54	
August	4.95	
September	3.24	
October	1.46	1
November	2.99	2
December	4.23	7
Total	54.64	39
Total 1999	49.04	

Our cool wet summer was devastating for the wild turkeys, and I expect it will take several years for the flock to recover. We had a lot of hay and no mosquitoes, also flavorless tomatoes, spectacular perennials, and wonderful highbush blueberries, which ripened so late that the birds, which hoped to eat them, gave up and moved away.

~ Alan Nichols

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Building Project

TO THE PEOPLE OF HEATH

I saw a garden the other day,
Each flower special in its own way.
For while they bloomed each on their own,
It was together their beauty shone

If one would need more light or air,
The others would kneel and so would share.
If one would wither for lack of rain,
The tears of the others would stem the pain.

And so together the flowers grew,
In strength and love their lifetime through.

~ M. Nutter

"If love, hugs, and spoken good wishes could have saved
Chuck, he would still walk among us now."

Thank you to:

Dave Howland for speaking at the memorial service. Your words help daily with the healing.

Ray Pettengill who at the last minute had the patience, with me, to see the service program brought to completion.

"Doc" and "Teach" Gruen, (Sue and Bob), who were there for us before, during and after. Who learned more about our bodies than we ever intended. For bandaging a broken heart with humor and a Charlie Brown Christmas tree. For hugs when words failed.

Laurie Burrington who wrote to me and said, "Chuck was a rare individual, in that he was never afraid to stand up for what he believed was right. He was willing to risk being at the forefront of decision-making to make all of our lives better. In a world where so many take the safer, non-active route, Chuck's involvement was admirable."

And to all the people near and far who prayed, shed tears, asked the question "Why?" or to their surprise learned swearing was part of their healing process, my thanks go out to you. You are in my heart and I hold you close in thought.

~Helen Mackie



Ephesians 2:4 says "But God, Who is rich in mercy, because of His great love with which He loved us even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved). These words sum up the foundation of our faith. They are the central focus of our coming together to worship God.

Our building project has progressed slowly but steadily. The work that is going on right now is the leveling and smoothing of the stones in the basement in preparation for installing insulation and radiant heat. Once this is done, along with the plumbing, the cement floor will be poured this spring. Our goal then is to install the tight tank and to landscape the side of the church.

In other news, we said good-bye to three of our youth group members as they've gone off to college. Amanda DuPree is studying at Trinity Bible College in Florida. Carl Ayers is studying at Clarkston University in New York, and Joel Peck is studying at Gordon College in Massachusetts. We have a lively group of teens and 20-22 year-olds meeting every Sunday at Heath School. All youth in the area are welcome to join us. You are invited to worship with us.

SUNDAY SCHEDULE

9:00 a.m. - Sunday School

10:00 a.m. - Worship Service

10:00 a.m. - Children's Church and Nursery

3:30 p.m. - Youth Group meets at Heath School.

All teens and youth, 6-12 grades, are invited.
Please wear sneakers and bring a favorite snack.

WEDNESDAY

7:00 p.m. Bible Study and prayer time at the parsonage.

ALL ARE WELCOME TO JOIN US.

~ Rev. Colin Lucid

Community Chorus Starts in Heath

A community chorus is starting in Heath. This is an open chorus, led by Karen Brooks, with rehearsals every other Friday night beginning at 6:30 p.m. at the Community Hall. Music will include multi-cultural, folk, traditional, and contemporary pieces. All ages are welcome. This chorus is funded in part by a grant from the Heath Local Cultural Council (LCC). There is no charge. For more information please call 337-6614.

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Cable's Burnt Hill
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Maple Syrup Year Round
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Wanda Mooney
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337-8344

Alan Nichols
Furniture Maker
337-6665

Russlin Saw
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337-8704

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Janice Boudreau
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If you would like more information about the Heath Enterprise Council, please call Alicia Tripp at 337-4964

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Mohawk Works

Instructional Assistant

This year at Mohawk Trail Regional High School, there is something new. *Mohawk Works* is an alternative to the traditional diploma program offered to students who have other than academic learning strengths. Participating students will gain substantial skills in a trade and receive a special commendation or a certificate of competence in a trade or life skill area at graduation.

Mohawk Works is the "brain child" of Nancy Hoff, the wood instructor at Mohawk. Nancy saw many of the district kids "falling through the cracks," and wanted to help this group of students. With the enthusiastic support of Principal Phil Dzialo, *Mohawk Works* began as a pilot project with a dozen students this academic year.

The *Mohawk Works* program being run this year has students spending half the day in a shop environment, such as wood, auto, art, cooking, computers, or music. The first semester had a math class that was split to allow a team development class (gym class) for the last half hour. Students work in various positions around the campus. These might include working with the janitorial staff and in the print shop or helping with different classes, such as cooking or gym. Other students work with a special education teacher in a small group studying English skills. The future hope is to broaden the scope of jobs out into the community.

Mohawk Works could allow some students a completely different avenue from the traditional education model for their entire high school career at the end of which they would gain a certificate of competency at graduation. For some, *Mohawk Works* could be used as a transition to high school for a year or more or could be used in combination with regular education preparing students for a regular diploma over a longer period of time. Yet for others, who do not get the traditional diploma, *Mohawk Works* could prepare students for the General Equivalency Diploma (GED) after they graduate from high school.

What does the future hold for *Mohawk Works*? It holds a lot of opportunities for students by creating a school-to-work program that offers students a transition from high school into jobs and positions for which they have been training during their high school careers. Something for local business people in the area to begin thinking about is how they might use student interns for possible future employment.

~ Dianne Cerone

Thought for the Day

The things we sweep under the rug have
a disconcerting habit of creeping out on
the other side.

HEATH DEED TRANSFERS

Paul Lachance to Richard A. Lachance, 9 West Brook Drive, no monetary consideration.

Robert S. and Christine F. Bergquist to Town of Heath, Bray Road, Parcel A, \$37,500.

Eileen A. Tougas, Sonia R. Hillios and Clauvette Y. Beaudry to Roderick N. and Claudia J. Pittman, 116 Taylor Brook Road, \$109,000.

Peter M. Powers to Donald C. and Charlotte M. Stetson, Teepee Lane, Lots 10 & 11, \$4,500.

Helen T. Studd to Gary C. and Jim F. Warner, 104 Burrington Road, less than \$100.

Joseph A. and Darlene M. Corbeil to Roger R. and Ella Jane LeBlanc, Teepee Lane, Lots 15 & 16, \$33,500.

Loretta A. Smith to John M. Boyle, Avery Brook Road, 13.54 acres, \$12,000.

Jean Macht to Raymond Vernon, 23 Taylor Brook Road, \$122,000.

Carl J. Chimi to Sean F. and Jodi G. Rancourt, 102 Branch Hill Road, \$59,000.

David C. Schwartz of Conway, to Barbara F. Wodin, Colrain Road, 6 acres, no consideration.

David S. Gott and Edward B. Watt to David J. Singer of Greenfield, Flagg Hill Road, 25.36 acres, \$1.00.

David J. Singer of Greenfield, to David S. Gott and Edward B. Watt, Flagg Hill Road, Lot 1, 25.36 acres, \$1.00.

Elsie G. Mayer Estate, Steven G. Mayer, administrator to Glenn A. Mayer of Hereford, TX, Avery Brook Road, 30 acres, \$1.00.

Geraldine M. O'Connor of Westfield to Eleanor Wilmette of Epson, NH and Mark A. Willette of Warren, 16 Westbrook Drive, \$110,500.

Kenneth A. Stetson and Dorothy L. Stetson, to Kristi L. Nartowicz of Heath and Karen L. Duda of Deerfield, 39 Route 8A, \$1.00.

David F. Howland and Margaret E.C. Howland, to New England Forestry Foundation, Inc. of Groton, Taylor Brook Road, Lot 2, \$1.00.

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The Way It Is In The Country

"If it's old, works well and has a purpose in life, don't change it."

The Unknown Can Be Troublesome

By Carroll Stowe

Wednesday, December 20, was a most critical day in the life of yours truly. I was scheduled to have a stress test at Franklin Medical Center. Snow was forecast for Tuesday evening and Wednesday morning. So to avoid a struggle to make my appointment, I went to Greenfield to spend Tuesday evening at my eldest brother's. Little did I understand what awaited me.

The test was for 7:50 a.m. but was delayed for a bit. Although the time spent on the treadmill was a short five and a half minutes to get the heart rate to 128 beats per minute, I was totally exhausted when I got back on the gurney.

The data that those stress test folks found changed my life greatly. I had no idea what thin ice I skated on. It is most unfortunate how much trouble we can heap on ourselves with excessive use of a table fork. The consequences of good simple food had created four blocked arteries for me. This was determined after a rapid unplanned trip to Baystate Medical Center.

Minutes after reaching the catheterization lab, I was momentarily prepared for exploration of my arteries and for corrective measures. Stents were used to hold these arteries open of the blockages. Five and a half hours later I was in my hospital room. All this I experienced completely conscious. This corrective operation is dealt with through a vein in the groin. I experienced no discomfort whatsoever.

I can only stand in awe of the personnel in that lab at Baystate. As I've explained this whirlwind of several hours of a new experience for me, I can only wish that from my problems others could be helped to a more agreeable lifestyle.

My main problem was a severe shortness of breath but no chest pain. I felt good until I set out to do some moderate exercise. A bit of rest and I felt fine. Fine I was not.

My treatment to the rapid care I received is explained in these words. It was suggested that I relate it to the Heath Herald readers to help others who might be experiencing a mostly overlooked situation. I would be most selfish if I didn't want others to benefit from what I've experienced.

I wish to express the Stowe household's appreciation for calls and cards and offers of help in this time of uncertainty. Your prayers and ours were answered.

News From the Academy at Charlemont

Black History Month: On Wednesday, February 7, the Academy honored the history of African-Americans with a presentation about the Interfaith Pilgrimage of the Middle Passage: Retracing the Journey of Slavery. Pilgrimage participants Timothy L. Bullock and Myrna Munchus-Bullock gave a slide presentation and told stories about their experiences.

Twelfth Night: This year's drama production is Shakespeare's "Twelfth Night," a frolicsome comedy involving mistaken identities, unrequited love, and harmless pranks. Director Gerrit White has chosen to set this production on the Mediterranean seashore. The set features a countess's home and garden, a boardwalk and beach, and a duke's manor house. Public performances will be given on the evenings of March 2 and 3. Please call the school for ticket reservations (413) 339-4912.

Athletics: Our alpine ski team has been pretty successful so far this season. Led by Heath resident Kurt Wilkins '05 and Plainfield resident Mary May Pratt '06, the ski team is currently ranked 3rd of six participating in the Mount Institute Ski Series. In response to student initiative, we also have a basketball team this winter.

Community Service Projects: The Academy continues to support student service projects of all kinds. Our ongoing projects include participating in the Community Meals program at Trinity Church in Shelburne Falls, Academy seniors working as tutors/classroom aides/mentors at Hawlemont Regional Elementary, and supporting the hunger relief work of the Food Bank of Western Massachusetts through fund-raisers, food drives, and other activities.

Web Site: The Academy's web site contains information about academic and co-curricular programs, student life, calendars, and plenty of photos. Check it out at www.charlemont.org.

~ Todd Sumner

Special Town Meeting

The Selectboard meets every Tuesday night at 7:00 p.m. in the basement of the Community Hall

Special Town Meeting

A Special Town Meeting was held on January 6 this year to reconcile the budget and set the tax rate. After the meeting was posted we received news of a supplemental budget having been passed that contained additional "pothole money," some of which was designated for Heath. A decision was made by the meeting to pass over a number of the budget articles and continue the meeting to January 27, in the hope that we would know the exact amount of the award and when it would be available to the Town. An article for a Recall Petition by-law was defeated on the recommendation of the Selectboard who on advice of Town Counsel due to problems with the article as presented. The Board will consider alternatives to the recall bylaw for action by Town Meeting at a later date.

The continued Special Town Meeting was convened on January 27 without a quorum and was continued until March 10th. No word has been received from the Department of Education regarding our award. We have received assurances from our Representative, John Merrigan, that our request will be honored although the DOE has given no date for action. Special thanks are due Rep. John Merrigan for his intervention with the Department of Education and for sponsoring the legislation.

Community Hall and Sawyer Hall

The Facilities Committee met with the Board to get approval for moving ahead with the next round of repairs to the Community Hall and Sawyer Hall. Windows will be replaced in Sawyer Hall and the Town Garage. The Community Hall will get a new roof.

School Committee

Frank Brower has submitted his resignation from the Mohawk School Committee after having served Heath for many years as its representative. His resignation was accepted with our regrets and our deepest gratitude. Bob Gruen has been appointed to fill the position for the remainder of the year until an election can be held.

Town Elections

The annual town election will be held on May 4, 2001. The Town Clerk has given notice that the deadline for taking out nomination papers for any of the available offices is March 14 and the deadline for filing them is March 16. Positions that are vacant or will expire are Selectboard, Planning Board, Assessors, Finance Committee, School Committee, Library Trustee, Dog Officer, and Constables. If you currently hold the office and would like to run again or would like to run for one of the positions, please contact Hilma Sumner to obtain nomination papers.

Three-Town Landfill

The Selectboards of Heath, Charlemont and Hawley have continued to work on a plan for capping the landfill. The first phase of the process will be to have an Initial Site Assessment (ISA) done by a consultant engineer to determine the nature and extent of work. A draft Request for Proposals for engineering services has been completed and is under review by the Boards. Discussions of the split of the costs among the three towns for the upcoming work are still in progress.

Open Space and Recreation Plan

The newly formed Open Space and Recreation Committee had its first meeting with students from the Conway School of Landscape Design on 1/11/01 to begin work on an Open Space and Recreation Plan. The committee assisted the students, Jennifer Fraulo, Jay Levine, and Lesya Struz, with their information-gathering activities. A public meeting will be held sometime in February or March to get input from the residents of Heath for the proposed plan. Members of the Committee are Sheila Litchfield, Bob Gruen, Bonnie Wodin, Rol Hesselbart, and Brian De Vriese.

Community Preservation Act

In September of last year the Governor signed into law the Community Preservation Act. This statute was designed to assist towns with conserving open space, preserving historic buildings and sites, and creating affordable housing. Funding for the program comes mainly from a surcharge on property taxes and a grant from the state. The Selectboard will review the details of this program for any benefit that may accrue to the town from our participation.

Home Improvement Loans

Low interest home improvement loans will soon be available through the Franklin County Housing and Redevelopment Authority under the Community Block Grant program. More information will be available in the coming weeks. Contact the Board of Selectmen if you are interested in obtaining information about the program. Additional information will be posted on the web page as soon as it becomes available.

Heath on Line

Take some time to visit the town's home page www.townofheath.org. You'll find Selectboard meeting minutes, school information and much more. The home page is a work in progress. Thanks to the computer committee for getting this project up and running. Contact the board at BOS@townofheath.org. Send messages to any board or individual via the E-mail address, or visit the Heath home page.

*~Heath Selectboard
Thomas Lively, Chair
Brian DeVriese*

Hilltown Tastes

Saint Patrick's Day

By Lea Banks Bohrer

Who is Saint Patrick, what do shamrocks have to do with anything, and why is everyone wearing green? Saint Patrick was born around 390 A.D. in Great Britain. He was sold as a slave and became a Christian during his imprisonment by the Irish at 16. He escaped, became a bishop, then returned to Ireland as a missionary. Saint Patrick used the shamrock to explain the Holy Trinity and gained sainthood after his famed sermon from the hilltop that drove all the snakes from Ireland. He died on March 17, 460 A.D. The color green, signifying its reappearance in spring after a somber, colorless winter, came into use in the 19th century.

Every March 17th, I become an Irish cook (I'm not, but it's fun to pretend!) for my now-90-year-old father-in-law. He says he can't wait to "come up the hill" to my house for

this event. The family has come to expect the delicious, earthy smells emanating from my kitchen around this time of year. Green beer used to be the first course but now it's good hardy stout to have with potato leek soup. Corned beef and cabbage rules the day with Irish soda bread. Follow the meal with homemade blueberry crisp (if you have any frozen, leftover berries from this summer's picking in Heath) or apple pie and a fine strong Irish coffee.

Corned Beef and Cabbage

4-pound beef brisket

Wash under cool water. Cover with water and bring to boil. Boil 5 minutes, removing scum constantly. Reduce heat and cover for 3-4 hours until tender.

If you want to add vegetables, turn meat out onto heated platter. Keep warm. To broth, add 3-5 chopped potatoes, 2 chopped large carrots, and 1 large turnip. Cook 15 minutes. Add cabbage, quartered and cored. Cook until all are tender, about 15 minutes longer. When done, arrange on platter with meat. Serve with horseradish and spicy mustard and hot, buttered beets.

Irish Soda Bread

~ A rather sweet version, best if made the day before or several hours before serving.

3 cups unbleached flour	1-1/2 cups buttermilk
2 teaspoons baking powder	1/2 cup raisins
1/2 teaspoon salt	1 egg
1/2 cup sugar	1 tablespoon caraway seeds
	milk

Preheat oven to 350 degrees. Combine flour, baking powder, salt, and sugar. Beat egg with buttermilk and add to flour mixture, taking care not to overwork the dough. Turn dough onto lightly floured board and knead for about 1 minute. Shape into a round loaf. (It will be sticky). Place into a lightly greased springform pan. Put an "X" on top with large kitchen shears and brush the top with milk. Sprinkle caraway seeds on top. Bake for 1 hour until golden brown. (Jeanne Lemlin of the cookbook *Vegetarian Pleasures* notes that to avoid a hard crust and make for easier slicing, she puts her Irish soda bread into a plastic bag for the last half of the cooling time).

Heath Emergency Services News

The following EMT calls were answered since the last issue of the Herald:

11/21/00 - Number Nine Rd. - Medical
11/22/00 - West Branch Rd. - Medical
11/23/00 - Long Hill Rd. - Medical
11/25/00 - Number Nine Rd - Medical
12/11/00 - Bellor Rd. - Medical
12/14/00 - Ledge Rd. - Medical
12/16/00 - South Rd. - Accident
12/31/00 - Avery Brook Rd. - Accident

We responded to 42 EMT calls in 2000:
32 Medicals
10 Accidents

The EMTs would like to thank all the Heath First Responders and Fire Personnel who helped at the calls last year. Your help is greatly appreciated. We would also like to thank the Charlemont, Shelburne Falls, and BHS ambulance services.

~ Timothy Lively - EMT

Heath Brook Studios Glass and Baskets

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Library Planning



A public library is a vital part of the fabric of any town, especially, though, of a small town. In our town the library has grown throughout the years and has developed its own unique character, thanks to the care of our community and of our librarians, trustees, and the continuing trickle of individuals who help out, make suggestions, and use the library. Not biased, of course, this library is an amazing creation built by our townspeople.

At this time, the library is considering how best to plan for its future, and we are asking for members of our community to let us know how we should best direct the library for the future. On March 1, the Board of Library Trustees will be holding an informational meeting to describe what steps have been taken thus far, which have primarily included the library's application for a state matching grant to explore what possibilities lie in a number of options. This will be held in the library and will take the form of a presentation and allow plenty of room for conversation about process and possibilities. Subjects to be covered will be space needs, our planning grant, the planning process, and funding options. This meeting is a precursor to a March 10 Special Town Meeting at which the library will ask the townspeople for their approval to accept a planning grant and to move forward with its planning process.

A question that arises is, why now? We are working within the understanding that the town municipal departments are in need of space to meet our town's growing service needs, and that current facilities require scrutiny. The budget constraints are also understood. But, should one piece of planning go forward, in this instance, for the library? It is hoped that a clearer picture will evolve for what the facilities can begin to mean for future planning for all. Having a solid plan in place in one spot will mean that should an opportunity arise for the library or any town department to create or renovate space, a piece of the puzzle will be in place. We all will be able to respond more decisively and coherently to future needs.

We would like to ask that folks who are able to attend the above two meetings to please join us. All of our voices together will help us to realize a plan for the future. If unable to attend the informational meeting and you have questions, please contact any of our library trustees or you may quiz Laurie at the library. In addition, we will be working to create a short-term Library Building Study Committee, with which we hope to gather more and varied ideas and possibilities and connections to other parts of our community.

New LIBRI Books

Our sixty-seven brand new, beautiful children's and young adult books arrived and were processed at LIBRI Book Tea and Processing Party. We had a full house on that Groundhog Day. Many thanks to Jane, Mary, Lillian, Karen, Patrick, Jane, Ezekial, Elizabeth, Joe, Naomi, Laryssa, and Helen. In addition, we will be integrating two boxes of young adult books sent to us by Caitlin Brown. Our children's section is about to burst its seams!

Lastly, on a note of sincere gratitude, I thank you, the many people who have been making the library fuller and more interesting with your gifts of books, audio books, and magazines. (We have two new, and very nice, children's magazines, "Your Big Backyard," and "Ranger Rick"). I can't use space to list our new acquisitions, so stop by and we'll let you know what's new and interesting on our shelves.

And, in the next issue, I'll let you know about "netlibrary," which allows us to access the Boston Public Library's eBook collection. The program is up and running, but still very new to our library, so do come in and learn with us!

~ Laurie Wheeler Burrington

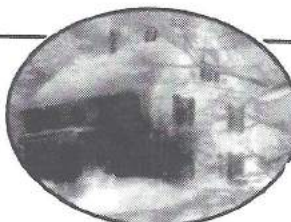


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Connections

Heathans Afield

By Pat Leuchtman

Tucker Litchfield

For the past three years, Tucker Litchfield, the son of Budge and Sheila Litchfield, has had a rugged schedule - blowing glass with Bob Dane and finishing his course-work at the University of Massachusetts on his way to a bachelor's degree with an individual concentration in Glass Design and Culture. Now he is off to spend the spring semester at Lorenzo de' Medici Art Institute, a part of the University of Venice, Italy. He'll be living with two roommates in a three-bedroom apartment arranged by the school.

In preparation for this semester in Italy, Tucker took an intensive Italian class at the University of Massachusetts. He made preparations on another level as well; even before pictures of a rainy and flooded Venice made it to the TV news, he located a pair of tall galoshes!

In addition to taking more Italian, Tucker will take three classes in Venice that give him the best excuse to go sight-seeing. First, there is a photography class that will send him all over the city with a camera to photograph architecture and art works. *Venetian Sketch-*

book will also send him around the city, this time with his sketchbook. Finally, he has defined an independent art history course that will focus on the history of glass blowing.

Bob Dane has supplied Tucker with a list of glassblowers and studios that should make it possible for him to become familiar with the latest work in Italian glassblowing.

When he returns from Venice in June, Tucker will resume his position as assistant to Bob Dane in the new hotshop in the hilltop studio.

Tucker says he loves working with glass because there are so many things to do that you don't get bored. "There is never the necessity to do the same things over and over."

Colin Gruen

Colin Gruen, son of Bob and Sue Gruen, says Australia has fascinated him from his earliest childhood. He laughs and says he remembers his favorite book in first grade was "Kippy the Koala." "Australia is totally different from Heath. It is biologically and environmentally different. Even the toilet water spins the "wrong" way. Animals like koalas and wombats are to-

tally strange and unique," he says.

Colin had plenty of time to investigate Australia's singularity in the year 2000. He attended James Cook University in Northern Queensland where he took classes in history and underwater archeology, thinking in the latter there would be great field trips - but most of the course was devoted to maritime history taught with slides and books. He also studied coral reef geomorphology and did get a four-day trip to a desert island with a coral reef.

He lived in a house on the beach with three roommates and had a wonderful time. He got to share that wonderful time first with his parents Bob and Sue Gruen, and later with Heath friends Justin Lively and Gabe Porter-Henry.

Bob and Sue joined Colin in July, which is the Australian winter. When it got cold it was about 45 or 50 degrees. As Colin says - totally different from Heath. They rented a campervan and toured for three weeks together.

Bob says they had a marvelous time - "an absolutely, positively great time. It was easy traveling. Nothing went wrong. Definitely

worth the 29-hour plane trip there and back. We snorkeled, we scuba-ed and sailed on a catamaran. We saw mother dolphins in Byron Bay teaching their babies how to surf. We loved Brisbane, a city where you have to travel everywhere by ferry. And Sydney is gorgeous. It's got everything; art, food, everything."

For Bob and Sue the trip was especially memorable because they were there with



Colin. "Anytime you share an experience like that with your child, it's great!" Bob added that they spent their final night in Sydney with Colin and climbed the Sydney Harbor Bridge in time to see a spectacular sunset and watched night fall. Then they went to an elegant restaurant for dinner.

Colin was equally enthusiastic about the role reversal. He ("Heathans Afield" continued on next page)

("Heathans Afield" continued from page 16)

says usually when they took family trips his parents did the steering, but this time he was the guide, the one to explain things. Colin kept in touch with his good friend Justin Lively through E-mail and in November Justin came for a visit. One of the places they visited together was Kadadu National Park, which is a beautiful place, "the gem of the park system," Colin says. While Colin finished taking his exams, Justin met up with Gabe Porter-Henry and his friend Erin Leete who were in Australia doing research for a travel company. "They took a boat trip together and Justin came back for me and we all traveled together for about a week. Justin is now dreaming of a trip to New Zealand," Colin adds.

Colin will return to the University of Vermont to finish his degree in Recreation Management. After graduation, he will go to Santa Cruz, California, to work with an uncle, but his ultimate ambition is to own a small snowmobile lodge.

Gabe Porter-Henry

Gabe Porter-Henry, a son of Debbie Porter and John Henry, finished all his course work in anthropology at the University of Massachusetts, and is now planning to work and travel for a while before he goes back to

school for a graduate degree. These travel plans actually began in the fall of '99 when he went to Spain to study the Spanish language in preparation for possible future travels in South America.

However, while travels to Latin America may still wait in Gabe's future, when the opportunity to travel to Australia came last October he took it. His friend, Erin Leete, had gotten a grant to gather information for a travel company. Gabe says that to him Australia meant the Great Barrier Reef where he had always dreamed of going.

"We also took a boat to the Whitsunday Island which is

surrounded by another reef. There we went snorkeling and also did some scuba diving. I'd never gone scuba diving before, but they give you a lesson and set everything up and you just follow them under water. We had no disasters. It's almost too easy to travel there because they market to and prepare for young backpackers. We rented a campervan and stayed in it most of the time, but we were there in summer-going-into-spring and it just got hotter and hotter. So sometimes we stayed in a hostel or hotel, especially

so Erin could do her work," Gabe says.

The Olympics were over by the time they arrived, but the Para-Olympics were still on. Gabe explains that this set of games is for disabled athletes. "They follow every Olympics, but you hardly ever hear about them here in the US. In Australia they gave them lots of publicity. The events were on prime time TV and the athletes were sponsored by big companies. It was great to see the kind of support they got."

Since Erin was gathering travel information, it was important that they see and do as much as possible in their two months. Gabe

says the landscapes are incredible, but the country often felt very familiar because there are so many businesses, fast-food franchises and such, and civic organizations that we have here. He says they never ate in any of those American fast-food places, and there was no need. "There is really good seafood in Australia along the coast. One restaurant said they had the best fish and chips in the world and I think they did. There are lots of Thai restaurants and other Asian food because there has been a substantial in-

flux of Asian immigrants. There is even a beautiful Chinese garden right in the middle of Sydney."

Gabe was in Australia long enough to learn about some of the problems the country faces. He says there is tension between the white Australians and the indigenous peoples. "The aboriginal population has nearly been wiped out and there is a lot of press and media attention given to the problems they face with medical care, life expectancy, and a welfare system that doesn't allow the young to gain the kind of self-determination that would allow them to maintain their culture while succeeding in other ways." Gabe feels the Australian press covered these problems more than the American press cover similar problems we have here.

Gabe is now preparing for his next trip - to Colorado and jobs on the ski slopes. He has been ski racing ever since he was nine at Berkshire East and, for the past three years, he has been coaching their ski team. After Colorado, who knows? It still won't be quite time for those graduate classes.

**Some people
can
dish it out,
but they can't
cook it!**

Heath Community Partnership News

Coming Soon: The Heath Variety Show 2001

The Variety Show will grace the Heath School Stage on Saturday, March 31, and Sunday, April 1. Please look for further information about show times and ticket sales as we get closer to these dates.

We would like to take this opportunity to thank the Heath Cultural Council and the Massachusetts Cultural Council for approving our application for partial funding for this project. We have been awarded \$300 toward the rental of the necessary technical equipment. This is great news considering the fact that the show is a substantial fund-raiser for the Heath School Community Partnership.

~ Mary Beth O'Dea

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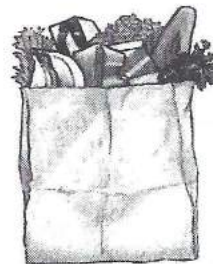


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