

# HEATH HERALD

Heath's First Newspaper

75¢

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## Ancient Easter Tradition of Egg Decorating

By Elizabeth LaPointe

The Easter egg is a remarkable manifestation of Ukrainian culture. The origin of decorating eggs in spring, "*pysanka*," predates Christian times by thousands of years. This activity stems from sun worship, which was common to practically all people of antiquity. Eggs were deeply important in spring rituals of early peoples. The sun warmed the earth and was the source of all life. During winter, the earth was dormant and appeared without life just as an egg appeared to be void of life. But when spring came, new life came forth. The egg was a perfect symbol of the sudden burst of life from dormancy and so was considered to be a talisman.

Decorating an egg was no hobby back then - it was a very serious activity. For the egg to have the magical power of a talisman, the *pysanka* was supposed to be decorated at a proper time following certain procedures and using proper ornamental motif. Either the motif was copied from old examples or created from memory. It was considered improper to modify traditional ornamentation. This conservatism protected the egg from the corruption of change and, if there was a new design, it had to be of especially high quality. The design or the ornament on the *pysanka* was not to be a fantasy of an individual artist for merely beautification purposes, but a design that had allegorical meaning and magic power.

To enhance the talismanic power of the *pysanka*, the decorating process involved the use of fragrant beeswax, which was considered a magical wonder-working substance since ancient times. In Ukraine, it was used in fortune-telling and in folk medicine to make healing ointments and to cure the effects of horror. Dyes for coloring the eggs were usually made from various plants, tree bark, and berries.

Over the centuries and with the arrival and acceptance of Christianity in 988 A.D. in Ukraine,

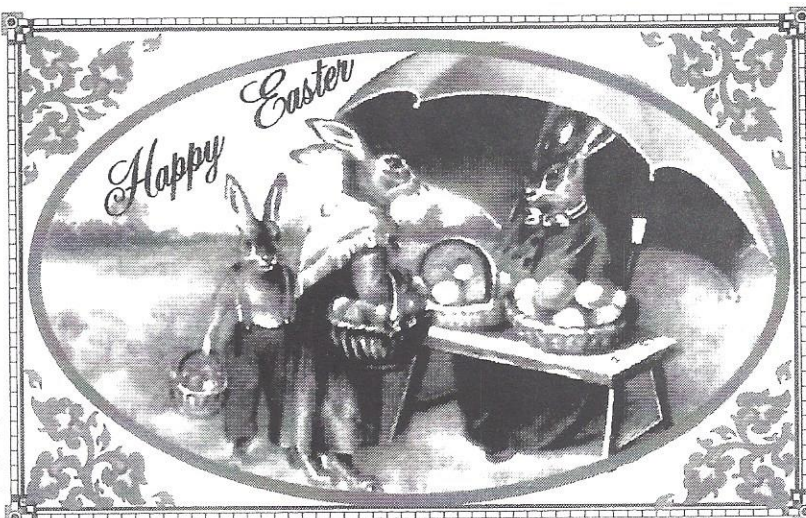
the egg became symbolic of the Resurrection of Christ with a promise of a better world. The "*pysanky*" were ritually made once a year during the Lenten period. The art of decorating Easter eggs was practiced in all regions of Ukraine until the arrival of the atheistic Soviet regime. Its policy was to discourage everything connected to religion and national customs, which led to the decline of the *pysanka*. The art of decorating

the *pysanka* was discontinued in the early 1920s in most of the eastern Ukrainian region and drastically declined in western Ukraine after the Second World War. Within the last few decades, because of Ukrainian emigrants and recently the fall of the Communist regime, the art of decorating the *pysanky* has grown in popularity.

The word *pysanka* (plural *pysanky*) de-

rives from the verb *pysany* (to write), for these designs are actually written on the egg with beeswax using the batik technique - applying beeswax to all the parts of the egg that are not to be dyed. The egg is then dipped in dyes, lightest to darkest. For each color the wax is applied to the dyed area. The last color is the background that needs no waxing. The egg is held up to a candle and the molten wax is wiped off with a cloth or tissue to expose the egg's brilliant design and colors.

("Ancient Easter Tradition" continued on page 6)



### In this issue.....

A Sense of Place	page 3
Heath Fair	page 5
Benefits of Water Consumption	page 7
Library Planning	page 9
Heath Open Space and Recreation	page 11
Easter Cakes	page 14





*From the Editor ~*

## Hilltown Rambles

This has been a winter, now spring, to go down in history. It would be lovely to look out and at least be able to see my driveway. If not for the sun and imaginings about warm weather, I think I would move to Florida forthwith! Ever hear the story about how Heathans experiences Spring on a Wednesday?!

Speaking of spring, read Hilltown Tastes and try the spring-time cake recipes for Easter or anytime. It seems like we have a common thread running through most of this issue - the common thread of community. Carroll Stowe and Hazel Porter both penned appeals for more community involvement with the annual Heath Fair. Mary Vilbon, in her inimitable way, wrote *A Sense of Place*, about partnering with the community and documenting stories about local residents. The Heath students study of multi-age experiences and their collective responses is interesting reading. And let us not forget our front-page article by Elizabeth LaPointe about the Ukrainian community and their pysanka. *Journey Through Time* by Laurie Wheeler Burrington takes us into the past at the library by telling us about their "new" acquisition, a phonograph with LPs, and into the future by explaining how the netLibrary and e-Books work. Laurie was excited also that the town endorsed the Heath Library's grant application. Also, the Heath Herald staff members wish to express our regret at the loss experienced by the Gear family from the recent fire and to express our best wishes.

Jane deLeeuw did some research at the library after someone asked at our last staff meeting, "How long are we supposed to be Volume 21?" She confirmed that the first Heath Herald issue (Volume I, #1) was April 1979, thus this upcoming issue will be Volume XXIII, #1. We are sorry for the oversight. Don't forget about our Heath Herald box in the vestibule of the Town Hall. If you don't have a way to get copy to us, either by fax, E-mail, or by sending it to our post office box, there's always that box if you have a contribution.

Congratulations for making it through this winter!

Until we meet again,

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## A Sense of Place



By Mary Vilbon

What is community? How do you participate within your community? What is your family's history or heritage? These are just a few questions Heath school children will be answering for themselves over the next few months. The town of Heath, residents, and school population, has embarked on a community-building historical art project which is being facilitated by the Heath Elementary School's art teacher, Jane Beatrice Wegscheider.

The project's goal is to improve the understanding and the appreciation of diversity within the local community by strengthening and building multi-age relationships. The students, teachers, and community members will explore Heath's heritage (its social, cultural, and agricultural history) by gathering and documenting the stories of local residents. These oral histories will be documented on video to become both archival historical information for future generations and source material for the creation of a collaborative community mural. Students and community members will create the mural in the late spring and early summer. It will represent images of places in Heath as well as images from the stories collected. The completed mural will be installed at the annual Heath Fair in August.

Each grade level will participate in the project in different ways by exploring three themes that are intertwined. The first, *Homelife*, will focus on relationships, family traditions, and historical structures in Heath. The second theme will be concerned with the differences that exist among community members' heritage and why they chose Heath as their home, and the third and final theme will involve exploring how Heath's landscape and land use have changed over time.

It is anticipated that the mural and the video will be able to travel to different communities, serving not only to educate others about life in a small New England town, but also as inspiration for other art-based, community-nourishing projects. This project ultimately will establish a sense of place for the participants and its learning possibilities are endless. If you are interested or have questions in regard to this project, please feel free to contact the Heath Elementary School at (413) 337-5307.



### Connections

## Heath Cultural Council Awards Grants

By Pat Leuchtman

Ask Pam Porter and she'll tell you that as a member (and chair) of the Heath Cultural Council (HCC), she shares one of the best jobs in town. "The job of the HCC is to give away all the money we get from the Massachusetts Cultural Council. We try to serve the various populations, kids, adults and elders."

The Massachusetts Cultural Council gives towns \$3,300 annually, through council. If, for any reason, like low enrollment, a project does not happen, that money remains in the town account to be expended another year. Pam says that occasionally individuals make contributions to the HCC, but most of the money comes from the MCC. This year, because of reallocations, the Heath Cultural Council was awarded \$4,449.

For many years, Helen Mackie and Laurie Wheeler Burrington served on the HCC, but they stepped down after this year's awards were made. The committee now consists of Pam Porter, Del Virengo, Cathy Tallen, Noy Holland, John Palmer, and Karen Brooks.

Looking at this year's awards it is easy to see that the HCC has been successful in meeting its goal of serving the various constituencies. They consistently award grants to the Heath Fair, the Mohawk Trail Concerts, Pothole Pictures, and the Heath Elementary School.

Special projects to receive awards this year were: the Community Partnership, to help fund the Heath Talent show held at the school on March 31 and April 1, as well as a special curriculum on drumming; the Rose Dixwell Program which holds music lessons for local children at the Charlemont Federated Church and offers a two-week summer drama program for young people; the Arms Library, for a public performance by the Mettawee River Theater Company; a community chorus of adults and children led by Karen Brooks; on PASS grant, and the Heath Herald for a scanner and a digital camera.

Pam said the committee works hard to make the money go as far as possible. They aim to fund Heath artists when they can, then West County artists and performances and projects that serve Heath residents. Last year the HCC funded the exciting Young Heathens Art exhibit in the Community Hall. As part of that project, large display boards were built which belong to the HCC and are available for other art shows or projects. Pam said that anyone who is interested in using them should give her a call at 337-5525.

The Arts Lottery Grant Applications are available in September and the deadline is usually around October 15. Pam said committee members attended a special training session which enables them to use an easier and faster decision making process. Grant results are announced in December.

To help the HCC in making future grants that are most beneficial to the greatest number of Heathans, Pam welcomes feedback, positive and otherwise.





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## View from Burnt Hill

### Burnt Hill Happenings

By Jack Cable

"This is truly one of the most beautiful spots, not only in Massachusetts, but in all of New England," quoting Lieutenant Governor Jane Swift as she addressed over seventy dignitaries and guests at our home on February 16. Included in the ceremony to celebrate our farm being perpetually protected as farmland by the state were: Commissioner of Agriculture Jay Healy, Assistant Commissioner Rich Hubbard, Environmental Secretary Bob Durand, Mark Z-neck of Franklin Land Trust, John Devine and staff from the USDA office in Greenfield, Heath Selectmen Tom Lively and Brian DeVries, members of the Heath Land Preservation Committee, and representatives from Senator Andrea F. Nuciforo and Representative John Merrigan's offices. In addition, we received acknowledgements from Representative John Kulic and Senator Stan Rosenberg, and from local people. Reporters from the Greenfield Recorder, the West County News, the Springfield Union, Newsweek, WHAI, and Channel 22 were on hand.

I would like to thank all those who made it possible for me to save this mountain from any kind of development. The deed restriction also mandates that it always has to be a blueberry farm, and that the historical sites and the view be preserved and protected.

Howard and Ralph Dickinson who were in attendance told the story that upon meeting Jane Swift at the Heath Fair when she was running for state senator, they asked, "What the heck do you want to do that for?" She replied, "To go to Boston to straighten them out!" I believe she will! At the fair, when we dedicated the barn, I invited her and her friend "Chuck" to ride up to Burnt Hill and pick some blueberries. Upon returning home, Jane baked some blueberry muffins and invited Chuck over and, after sampling the muffins, he proposed to her.

Not only is the Dickinson Farm preserved, but Dave and Pegge Howland have recently put 65 acres into conservation. Their land abuts our farm so the combined acreage is 255 acres!

The Cellucci - Swift administration has pledged to protect at least 200,000 acres by 2010. This doubles what has already been saved between 1991 and 1998.

## Heath Historical Society Notes

*July 14 - Old Home Day - fun, games, music, food, historical events, crafts, all in the center of Heath.*

We are looking for craftspeople interested in space on the "green" — under a tent or around the tent. Anyone with anything to show, tell, or demonstrate, please call me at (413) 337-4454.

The "Oral History Workshops" are doing well - the training is very productive and interviews will be set up shortly. Anyone with a special person who should be documented, please call Mary Vilbon at (413) 337-4347.

Dick and Hilma Sumner recently donated a metal plaque that was Dr. Hosmer's practice sign. We are waiting optimistically for the Heath Fair Committee to decide the fate of a resident caretaker at the fairgrounds. Our thoughts and prayers go out to the Gears.

~ Jack Cable, President



## The Heath Fair



The Heath Fair provides a memorable weekend for hundreds, even thousands, of people; a time of reunion of old friends who have come to the fair for 50 years. It is a glimpse into the exemplary work of young people who enjoy being with animals and who spend hours of work caring for sheep, rabbits, and chickens. It means children undertaking the responsibility and fun of raising animals they love. At a young age children begin looking forward to exhibiting at the Heath Fair. The art work, vegetables, flowers, or crafts create interest in being a part of a great event... the Heath Fair.

When the Gear family home was destroyed by fire last month we were horrified. Not only did Jane, Alice, and Bob lose all their possessions and their dog, we feared we might lose them as caretakers of the Fair and its grounds. The Heath community has opened its homes for the Gears for this period through June. Our thanks to Bonnie Wodin, Carol Eldridge, Dr. and Mrs. Woodard, and Eileen Herman.

At a recent Agricultural Society meeting a committee was formed to sort out options about housing for a resident caretaker at the fairground. The committee is now at work exploring those options. Robert Gear himself has done a lot of work to look for possible solutions. The Housing Committee is chaired by Hilma Sumner. Members are Lorin Gowdy, Hazel Porter, Alli Thane, Dan Wessman, Margo Newton, Carroll Stowe, and Alan Booth. Some of the alternatives in housing which are being explored are mobile and modular homes, and a frame or log home (a shell of which we as a community would need volunteers to complete). We are also looking into possible grants through the Internet. We need help from the community for ideas for funding and for the kind of housing suitable for a resident caretaker.

Part of the purpose of this first meeting was to ask Robert Gear to tell us what some of his duties as caretaker are. Basically this was his response: making repairs in plumbing and buildings; coordinating the landscaping for needed gravel or moving earth and planting trees; doing electrical work; renting to groups like the Beemers and for weddings and reunions or for winter storage of campers and boats, and getting lumber, paint, and equipment for the newly appointed kitchen and the like. During the Fair, he is available for emergencies or for simply getting rid of the daily trash. One main focus of the committee was the need for security which a caretaker on the grounds provides.

We look forward to having input from the community as to what you might contribute in terms of labor, skill, and financial support.

~By Hazel Porter

## Milestones

Born January 13, 2001, a daughter, **Jennifer Irene**, to Samantha White and John Boyle of Heath, granddaughter of Cynthia and Anthony White of Keene, NH, great-granddaughter of Dorothy Davis of Keene and Ann and Lee White of Florida.

Born February 16, 2001, a daughter, **Courtney Elizabeth**, to Corrina Towle and William Phillips, of Heath, granddaughter of Fred and Elizabeth Towle, of Orange, Beth Jarvis of Jacksonville, FL, and Beverly and Ralph Phillips of Shelburne.

Born February 17, 2001, a daughter **Ivy Eileer** to Michelle (Hassay) and Charles Shattuck of Agawam, granddaughter of Barbara and David Bassingthwaite of Deerfield and Lea and Charles Shattuck of Heath, great-granddaughter of Filomena Valeski of South Deerfield, Agnes Hassay of West Deerfield, Rita Shattuck of East Hartford, CT, and Fran and Lee Gagnon of Manchester, CT.

Born on February 17, 2001, a daughter, **Gianna Michelle**, to Mary (Almeida) and Clifford Paige III of Rowe, granddaughter of Joseph Almeida of Heath, Jackie Vallee of Charlemont, and Sandra and Clifford Paige of Southwick, great-granddaughter of Hilda and Lee Cormier of Acushnet, and Manuel Almeida of Fairhaven.

**Mildred (Smith) Burrington**, 88, a resident of Hampshire Manor Nursing Home in Northampton, formerly of Heath, died January 13, 2001, at the nursing home.

Mrs. Burrington was born in Heath, August 8, 1912, the daughter of Roy W. and Delia Smith. She attended Heath Grammar School and Greenfield High School.

Before retirement in 1979, she was employed by the former Scotch Mist Restaurant, the Church Street Home, and the Silver Arrow Restaurant, all in Greenfield.

She married Wesley Burrington in 1934. He died in 1962. Survivors include a sister Leola (Betty) Goodell of Colrain and several nieces and nephews. Burial is in North Heath Cemetery.

**Helen Cable**, mother of Jack Cable, celebrated her 93rd birthday March 6. Mrs. Cable resides in East Orleans on Cape Cod.

**Pearl Duris** who sold the Burnt Hill Farm to Jack Cable in 1966 has celebrated her 93rd birthday. She resides in Jacksonville, Florida. Mrs. Cable and Mrs. Duris are second cousins.

~ Edith Royer



("Ancient Easter Tradition" continued from page 1)

The pysanky were placed in a basket with other traditional foods such as the paska, the traditional Easter bread; horseradish that was ground to a mash, and beets grated and mixed with honey and vinegar. This bitter food was a reminder of the harsh trials than Christ had endured at the time of His Crucifixion. Other foods were: butter shaped into a lamb holding a red flag to show Christ is the Lamb of God, a Ukrainian kielbasa, salt, farmer cheese or some other type of cheese, and a cooked egg out of its shell. This

egg was divided in pieces and was used as the greeting at the beginning of the Easter meal. The basket was then covered with a beautiful embroidered cloth and taken to church. After receiving the Easter blessing, the pysanky were believed to possess the powers of a talisman. Eggs were exchanged with the greeting "Khrystos Voskres" (Christ is Risen!) and baskets were unpacked and the table was set for the Easter feast. The Lenten period of self-denial was finally over. Spring had begun and life began again with new energy.

### Heath Emergency Services News

We started the New Year with the following calls:

1/07/01 - Number Nine Rd. - Medical  
2/06/01 - Rt. 8A South - Medical  
2/06/01 - Number Nine Rd. - Snow blower accident  
2/08/01 - Rowe Rd. - Medical  
2/10/01 - Hosmer Rd. - Assisted at structure fire  
2/20/01 - Number Nine Rd. - Medical  
2/22/01 - Number Nine Rd. - Medical

~ Timothy Lively - EMT

There are two kinds of people;  
the kind who make people  
happy where they go  
and  
the kind who make people happy  
when they go.



### HEATH SCHOOL KITCHEN

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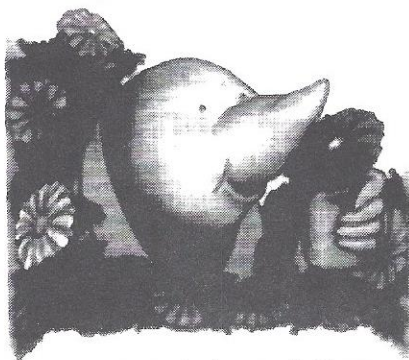
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## Suggestions from State Senator Andrea F. Nuciforo, Jr.

### Plan Ahead for Heating Costs

As most consumers know all too well, the cost of home heating soared this winter due to tight supplies of oil and gas as well as the harsh weather. When the state's Department of Telecommunications and Energy (DTE) granted rate increases for heating utilities in January 2001, the agency cushioned the blow to consumers by extending the "winter moratorium" from March 15 to May 1. During the winter moratorium, households in financial hardship cannot have their heating utilities shut off, even if they fall behind on their bills.

Before the new May 1 deadline rolls around, however, it is important to think about additional steps you can take to cover your utility bills. Gas companies were required to reopen their "levelized billing plans" when the rate increase was granted. You can sign up for the monthly budget plan regardless of your income and spread your gas cost over the six remaining months of the budget season, paying a set amount each month.

### Your Community Needs Your Green Thumb

If you are over the age of 55 and fall within an eligible income range, you can serve your community by joining a program that provides training, employment, and community service opportunities. While you're at it, this federally-funded program can help you to earn income and to gain job-related skills.

The Green Thumb program began 35 years ago to make use of the "green thumbs" of retired farmers to improve the nation's parks and highways. It quickly

evolved into the Senior Community Service Employment Program (SCSEP) which helps seniors to stay off public assistance and remain productive and independent by providing training and jobs that match their interests. You might find a Green Thumb worker reading to children at the library, running the local blood bank, assisting teachers and students in elementary schools, operating recycling centers, or giving tours in local museums.

Almost 100,000 seniors across the country participate in the program every year. Because wages and benefits are paid by Green Thumb, employers also gain by hiring Green Thumb/SCSEP Seniors. Best of all, because the funds for the program are federal, wages earned through the program are not counted against Social Security payments or income limits for federally-subsidized public housing.

If you are interested in more information about Green Thumb, call their Pittsfield field operations coordinator at (413) 443-3515.

### An Opportunity for Crafty Seniors

The federal Green Thumb program has launched a web site, Geezer.com, which markets crafts, products, and goods created by senior citizens. The site can help you to supplement your income or launch a new business. If you would like to sell items handcrafted, authored, or created by seniors, Geezer.com may be just the ticket. The site is geared toward both individual sellers and organizations (such as your local Council on Aging).

For more information on marketing your products through Geezer.com, log onto the Internet, find the Geezer.com home page, and click on the links at the bottom of the page for "Rules and Fees" and the "Signup Packet." Your local librarian may be able to help you. Or call my district office at (413) 442-6810, and I will send printed materials with more information.

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### Town Nurse Notes

#### Benefits of Water Consumption



Are you drinking enough water? Here are some documented facts about water consumption crediting [www.sendafriend.com/whatyoudrink/](http://www.sendafriend.com/whatyoudrink/).

75% of Americans are chronically dehydrated. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. Even mild dehydration will slow down one's metabolism as much as 3%. One glass of water shuts down midnight hunger pangs for almost 100% of dieters.

Lack of water is the #1 trigger of daytime fatigue. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back pain and joint pain for up to 80% of sufferers. A mere 2% drop in body water can trigger fuzzy short-term memory trouble with basic math and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Water is free and it tastes good! How about a nice tall glass?

My hours in the Community Hall are Tuesday 12-1 p.m. and Wednesday 6-7 p.m. The phone number is (413) 337-4847. My home number is (413) 337-5716.

~Joanne Fortune, RN



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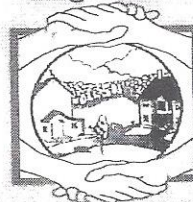
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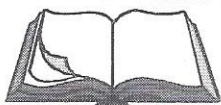
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## Journey Through Time

We can offer a blast from the past and a trip to the future right from the Library. We recently have available to us "netLibrary," a collection over 3,500 on-line electronic books owned by the Boston Public Library. We've been hearing about eBooks as a wave of the future but, for right now and for a while yet, they will be available to smaller libraries through the collections of larger libraries. The way this works, as we are learning, is that each individual library user may stop by his or her public library and sign up for an account which allows access to the eBook collection from any computer connected to the Internet. eBooks may be "quick-referenced" for 15 minutes, or may be "borrowed" for 24 hours at a time. According to literature sent to us, "a wide range of scholarly and reference materials" can be accessed. It sounds like an interesting way to obtain additional information and should be fun to explore. Do come in and help us give it a test run!

The past has found its way downstairs in the library in the form of a phonograph and, still upstairs, a collection of LPs. (It's okay, you can explain it to your children!) So, the phonograph is available to be borrowed, on the off chance you've discarded yours. In the wave of ever-evolving music technology we are curious as to whether there is an interest from townspeople in maintaining our LP collection.

The Town voted unanimously on March 10 to approve the library's acceptance of a Library Planning Grant, should we receive one, (we'll know in April), and continuing our planning process. The show of support was truly appreciated! Because this is a project so very grounded in knowing what our community needs, do not hesitate to let the Library Trustees (Mary Boyd, Kim Richter, and Deb Porter) or the Director, (Laurie), know what you are thinking. We've been gathering information that people shared with us, the response to our 1998 surveys that indicated what was important, while trying to watch evident trends in the library world and in our community, to help us forecast

future service needs. If all goes well, in the near future we will begin to ask community members to join us and to begin to work together in a Library Building Study Group, to help us enter into this possible new phase of planning.

Among our new books, and this is a sampling of the latest, are: *Blood Lure*, Nevada Barr; *Scarlet Feather*, Maeve Binchy; *Folly*, Laurie King; *Last Refuge of Scoundrels*, Paul Lussier; *Uphill With Archie*, William MacLeish; *First To Die*, James Patterson, and *Vendetta Defense*, Lisa Scottoline. A few new videos, *Fantasia 2000*, *Dinosaur*, *Life is Beautiful*, *The Straight Story*, *Road to El Dorado*, *Blue's Big Musical Movie*, *The Hobbit*, and *Thomas and the Magic Railroad*, *James and the Giant Peach*, and *Arthur's New Puppy*, have made their way onto the shelves.

Some programs we are lining up for the spring include activities for various ages. Our story hours, for ages four and under, continue on Friday mornings at 10 a.m. For adults and young adults (seventh grade and up,) the library is sponsoring a workshop on the art of "Pysanka," Ukrainian egg decorating, being taught by Elizabeth LaPointe during a series of flexible "come and go" classes, which began in late March. Watch the West County News for exact dates and times. An information sheet is available at the library, and Elizabeth may be reached at 337-4069.

This year the Library will be celebrating Earth Week, from April 16 through April 21. I know, and you know, that everyday is Earth Day, but this is a special chance to think about the planet on which we live. During the week we will have displays and information, and, on Saturday, April 21, a program called "Trash Tinies." For this we'll be recycling pieces of "junk" and turning them into tiny miniature treasures. Because of the size of the materials, the program is geared toward young adult and adults. There will be a special story hour, "Pop your Top!" for the younger set, on Friday, April 20. At that one we will be creating larger pieces, like a bottle cap candlestick. So, start eyeballing your clean throwaways for inspiration!

~ Laurie Wheeler Burrington

## Helmets and After School Program

### Bike Helmet Grant Approved

This spring fifty children in the Heath community will be riding their bikes with brand new helmets that are part of a grant that has been funded by the Governor's Highway Safety Bureau. In a collaborative effort, the Heath Police Department and the Heath Elementary School wrote a grant to encourage bicycle safety on our rural roads. The bike helmets will be distributed at a Bike Rodeo that will be held this spring and will involve stations to teach and encourage bike safety skills. Bike inspections also will be available. The Rodeo is tentatively scheduled for late May. The final details will become available in the very near future.

### Heath After School Program

The Heath Elementary After School Program has been

very busy providing the children with a wide variety of

programs after school. The enrichment classes, organized by Becky Bradley, continue to be a great success. Children of all ages have had the opportunity to participate in cross country skiing, animal tracking, computer graphics, basketball, baby sitting training, and African dance classes, just to name a few.

The After-Hours Club, the child care portion of the program, has had some exciting changes to our staff. Trish Archambault, parent of two students, Tylar and Jake, is now our new Head Teacher. Mary Beth O'Dea, parent of Joe, is now the assistant teacher in the program. The After-Hours Club provides fun activities from 3:15 - 5:30 p.m., Monday through Thursday. If you have any questions, please feel free to contact the Heath School.

~ Mary Vilbon, After School Coordinator



## Heath Business Directory

### Members of the Heath Enterprise Council

**Bald Mountain Pottery**  
625-8110

**The Benson Place**  
Blueberries & Applesauce  
337-5340

**Fred Burrington**  
Artist  
337-4302

**Cable's Burnt Hill**  
Blueberries  
337-4210

**Coursey Design**  
Interior architecture & design  
337-4210

**D.C. Builders**  
Branch Hill Road  
337-4705

**Robert Delisle**  
Electrician  
337-5716

**Russel E. Donelson**  
Design/Construction/Cabinetry  
337-4460

**Earl M. Gleason**  
Fire Equipment  
337-4948

**Heath Brook Studio**  
Glass and Baskets  
337-5736

**L & S Enterprises**  
Leisure Furniture Maker  
337-5505

**Patricia Lentz**  
Indigo Glassworks  
337-5375

**Maple Ledge Farm**  
Maple Syrup Year Round  
337-4705

**John Mooney**  
Custom Remodeling  
337-8344

**Wanda Mooney**  
Realtor  
337-8344

**Alan Nichols**  
Furniture Maker  
337-6665

**Russlin Saw**  
Power Equipment,  
Sales and Service  
337-8704

**C. Richards Steinbock**  
Graphic Design  
337-4746

**Phyllis E. Thane**  
Book Binding  
337-4759

**Tripp's Blueberries**  
Taylor Brook Road  
337-4964

**Paul Turnbull**  
**Janice Boudreau**  
Commercial/Wedding Photographers  
337-4033

**Bonnie Wodin**  
Custom Gardens & Landscapes  
337-5529

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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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## Update on Initiative

The purpose of this article is to update Heath residents on a recent initiative to develop an Open Space and Recreation Plan (OSRP) for Heath.

The Heath Selectboard has designated an "Open Space and Recreation Planning Committee" for the purpose of developing the written plan. The committee consists of representatives from the Planning Board (Sheila Litchfield), Conservation Commission (Rol Hesselbart), Parks and Recreation Committee (Bonnie Wodin), and an interested citizen, Bob Gruen. The committee will work directly with students from the Conway School of Landscape Design who will gather the research and create the finished product.

Having an OSRP is a prerequisite for compliance with many grant programs that may be available to assist us in reaching objectives for our town. The OSRP is developed utilizing guidance from the Executive Office of Environmental Affairs, Division of Conservation Services, the agency that administers many of the various grants. In addition to possible grant funding, benefits for the town of Heath include the development of a strategy for protection and enhancement of open space and natural resources. The document will be a valuable planning tool as we move forward with decisions that impact and enrich the lives of Heath residents.

An OSRP is the term given to a written plan developed by a town that describes the town's aspirations for preserving open space, rural characteristics, and recreational features. The OSRP will describe the basic information about a town, its location and how this has effected the community's development. The plan will describe Heath's population characteristics and regional context in terms of resources shared with neighboring towns. A history of the town will be described as well as our goals for Heath's future. A five-year action plan will also be included.

An extremely important part of the process in developing our OSRP is ensuring that it accurately captures the concerns and interests of Heath residents. Many town residents participated in the Visioning Study and it is important to determine if the issues discussed then are still the most important issues facing the town, and if these issues are shared by the larger community of Heath.

Your comments can be sent to any member of the Open Space Planning Committee. If you prefer to reach us via E-mail, please contact Sheila at (litfield@javanet.com).

~ Sheila Litchfield

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## Scenic Roads Bylaw Proposed

In response to the 1999 Visioning Study toward the development of a Master Plan, the Planning Board is continuing on a path of preserving the rural character and natural resources of the town of Heath. To that end, we are proposing a Scenic Roads Bylaw, which will be voted upon at the Annual Town Meeting on May 5. We have been provided with input from past and current road supervisors, the Selectboard, and Town Counsel. As you read this, we will have already conducted our public hearing April 9, to answer questions regarding the bylaw or to make modifications if necessary.

Essentially, we are proposing that all roads in Heath be designated Scenic Roads. This will allow us to limit the widening of all roads while still being eligible for state funding. It will also protect large, healthy trees from being cut down and prohibit the removal or dismantling of stone walls. We are also hopeful that such a designation could ultimately help us in acquiring grant money.

If you would like to read the proposed bylaw in its entirety, it is available at the Town Hall. You will have another opportunity to ask questions before the vote at Town Meeting on May 5, at 9:00a.m. in the Community Hall.

~ Deborah Phillips

Hope is like the sun ~  
sometimes it shines,  
sometimes it goes under,  
but it never goes away.



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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."*

### **Let's Get Together and Help**

By Carroll Stowe

To the readers of Heath Herald, this is an appeal column. Thursday eve, March 8, when Heath folks' main concern should have been about getting their maple sugar operation in motion, concern dealt with the weighty problems of our Heath Fair.

We all knew it would be an emotion-charged evening. Every piece of business concerned sums of money that is in short supply which is not of our collective making.

The fair needs to have a person go for classes to learn how to prepare fair food. Not a lot of volunteers for that task! The fair operation needs many weekend and evening work projects. We need some young and interested helpers.

We need your help.

Our most important problem deals with some sort of vast labor-intensive task of providing some sort of dwelling for the caretaker, Robert Gear and family. This is necessitated by the tragic loss of the mobile home at the fairgrounds. This was tragic because of the complete destruction of personal, valued and heirloom items plus a very faithful little dog. Not much progress has been realized because the value of the loss isn't easily determined. The mobile home site needs to be cleaned up and made to look more pleasing to the eye.

We need your help.

There are photographs of a work bee years ago that show more people on the roof of the old exhibit hall than were on the ground. It would be good or great to see that interest today.

We need your help.

Recently, we've had a motorcycle club use the grounds for a weekend and many of them want to help us create some sort of dwelling in place of the lost home.

Please understand that this appeal for support is a most sincere request for sincere interest and concern for our situation. I've not told all our problems but enough for folks to understand. It is not impossible that, beyond our control, financial constraints could spell the demise of our beloved Heath Fair.

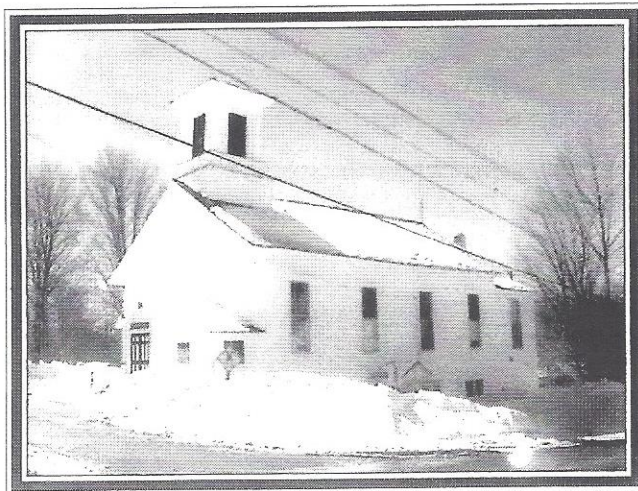
We need your help.

## **Spring in Heath?**

**March 2001**



Town Hall



Community Hall



## **Informational Update**

### **Special Town Meeting**

The Special Town Meeting originally held on January 6, and continued to January 27, and again to March 10, was closed on that date after having passed all the articles on the warrant. By these votes, the town has finalized the FY2001 budget and the tax rate may be set. Unfortunately we still have not received notice of award of the "pothole money" from the state Department of Education. The amount recommended to be awarded to Heath is \$125,000. The money will be used to reduce the tax rate this year if it arrives in time.

Another Special Town Meeting was held immediately following the previous meeting to consider the Library Board of Trustees article to proceed with a feasibility study. The study would explore the options for expanding and renovating the current facility and to look at the possibility of constructing a new facility. The article also asked the Town's permission to accept any state grants that may be available for the work. The question passed unanimously.

### **Annual Town Meeting**

The Annual Town Meeting will be held on Saturday, May 5 at 9:00 a.m.. The Selectboard has been working with the Finance Committee to prepare the budget for the coming year. All departments of the town have turned in their budget requests.

### **Community Hall and Sawyer Hall**

The Board is investigating the possibility of obtaining another CDBG (Community Development Block Grant) through the Franklin County Regional Housing and Redevelopment Authority for repairs and improvements to the Community Hall. The increasing use of the Hall as a senior center makes the building eligible for some of these funds.

### **School Budget**

David Howland continues to attend the MMAC (Mohawk Municipal Advisory Committee) meetings to discuss the proposed Mohawk School Budget for FY2002. The allocation of assessments in the district continues to be a problem for some of the towns, especially for Heath. David has been developing some suggestions for a fairer method of determining the assessments in the district. He has been in contact with officials at the state Department of Education to try to get them to look at the problems of the formula as they are applied to small towns in rural school districts.

### **Three-Town Landfill**

The Selectboards of Heath, Charlemont, and Hawley met to open and review proposals from engineering companies to conduct an Initial Site Assessment on the former Three-Town Landfill. Four proposals were received and evaluated. Two of the respondents will be called in for an interview before a decision is made to award the contract.

### **Winter Road Conditions**

Mike Smith and the highway crew deserve a special mention and thanks for their diligence in keeping the roads in good shape throughout this very severe winter. We have received many positive comments regarding the condition of our roads this winter especially compared with other towns.

### **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. Contact the Selectboard 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 in the coming weeks.

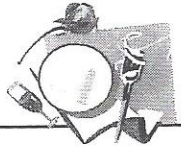
### **Heath on-Line**

Take some time to visit the town's home page [www.townofheath.org](http://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](mailto: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 De Vriese



## Easter Cakes



By Jane deLeeuw

My cookbook bible is "the Joy of Cooking." I received my first one as a wedding shower gift. I am now on my third! When we became concerned about the butter content of cakes, I found in "Joy" this recipe for a light cake to which I added a lemon glaze. It became our birthday and holiday favorite. Depending on the season and the occasion, I decorated the cake with twisted lemon slices or with yellow flowers.

### Daffodil Cake

A yellow and white marble cake

- 1 1/2 cups cake flour
- 1 1/2 cups sugar
- 10 egg whites
- 1/2 teaspoon salt
- 1 teaspoon cream of tartar
- 6 beaten egg yolks
- Grated rind of an orange
- 1 teaspoon vanilla

Preheat oven to 350 degrees. Sift flour twice before measuring. Sift sugar separately. Beat the egg whites until frothy. Add salt and cream of tartar and continue beating until they hold a point. Fold in the sifted sugar gradually. Separate the mixture into halves. Fold into one half, a little at a time, 3/4 cup of flour, the egg yolks, and orange rind. Fold into the other half, a little at a time, 1/2 cup of flour and the vanilla. Place the batters, a cupful at a time, in a non-greased 9-inch tube pan alternating colors. Bake about 45 minutes or until done.

### Lemon Glaze

- 1 1/2 cups confectioner's sugar
  - 1/4 cup lemon juice
  - 1 teaspoon vanilla
- (I usually add 2 tablespoons of melted butter)

Blend ingredients together until smooth and spread on top of the warm cake, allowing it to dribble down the sides. (If you want glaze to cover the cake, double the recipe).

### Heath Brook Studios Glass and Baskets

"Bob and Jayne Dane"

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(recipe continued)

Pat Leuchtman's recipe for Sour Cream Coffee Cake would be good for Easter breakfast or brunch (or anytime!). She says the recipe is from an Old Farm Journal homemade bread cookbook. She uses it for special occasions when the family is gathered and when she needs something simple but delicious for cake sales.

### Sour Cream Coffee Cake -

- a rich coffee cake which keeps well

- 1 cup butter
- 2 cups sugar
- 1 cup sour cream
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 4 tablespoons sugar
- 1 teaspoon cinnamon
- 1 cup chopped walnuts or pecans
- 1/2 cup raisins

Cream butter and sugar until light. Add eggs and beat well. Beat in sour cream and vanilla. Sift flour, baking powder, and salt. Fold into sugar mixture. Mix sugar, cinnamon, and nuts. Put about 1/3 of the batter into a greased 9-inch tube pan. Sprinkle with most of sugar-nut mixture, and sprinkle in raisins. Put in rest of the batter and sprinkle with last bit of cinnamon sugar. Bake in a preheated 350 degree oven for about an hour or until done. Remove from pan and cool. Serves 12.

("Easter Cakes" continued on next page)

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you can  
organize your life.



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("Easter Cakes" continued from page 14)

Lea says that this recipe is a favorite for spring and an easy cake to take to potlucks. It's the only box recipe that she has tasted that doesn't taste like it came out of a box. The first time she had it was in the summer at her in-laws reunion and "Cousin Sue" had many requests for this very simple, very good recipe.

#### Lemon Picnic Cake

1 package white cake mix

3 eggs

¾ cup vegetable oil

1 -3 oz. package lemon gelatin dissolved in ¾ very hot water, then cooled to lukewarm

Glaze:

1-1/3 cup confectioner's sugar  
juice from one lemon

Preheat oven to 350 degrees. Mix all cake ingredients with a mixer on low speed for 1 minute, then for 2 minutes more on medium speed.

Pour into greased and floured 9" x 13" pan. Spread evenly. Bake for 25 minutes or until toothpick inserted into the center comes out clean. Cool for 10 minutes. Mix the glaze in a small bowl. Poke holes in the top of the cake with a fork and pour glaze mix over the top. Spread it evenly, allow to cool, then cover until ready to serve. This cake keeps well.

#### Rays of Interest

### The Littlest Firefighter

By Ray Pettengill

*This true story was in the papers in Arizona and on TV. Someone picked up on it and wrote this story to share. I wish to thank that someone and hope that it will be all right with them to pass it on to you.*

A 26-year-old mother stared down at her son who was dying of terminal leukemia. Although her heart was filled with sadness, she also had a strong feeling of determination. Like any parent she wanted her son to grow up and fulfill all his dreams. Now that was no longer possible. The leukemia would see to that. But she still wanted her son's dreams to come true. She took her son's hand and asked, "Billy, did you ever think about what you wanted to be once

you grew up? Did you ever dream and wish what you would do with your life?" "Mommy, I always wanted to be a fireman when I grew up." Mom smiled back and said, "Let's see if we can make your wish come true." Later that day she went to her local fire department in Phoenix, Arizona, where she met Fireman Bob, who had a heart as big as Phoenix. She explained her son's final wish and asked if it might be possible to give her six-year-old son a ride around the block on a fire engine. Fireman Bob said, "Look, we can do better than that. If you'll have your son ready at seven o'clock Wednesday morning, we'll make him an honorary fireman for the whole day. He can come down to the fire station, eat with us, go out on all the fire calls, the whole nine yards!"

"And if you'll give us his sizes, we'll get a real fire uniform for him, with a real fire hat, not a toy one - with the emblem of the Phoenix Fire Department on it, a yellow slicker like we wear and rubber boots. They're all manufactured right here in Phoenix, so we can get them fast." Three days later Fireman Bob picked up Billy, dressed him in his fire uniform and escorted him from his hospital bed to the waiting hook and ladder truck. Billy got to sit on the back of the truck and help steer it back to the fire station. He was in heaven. There were three fire calls in Phoenix that day and Billy got to go out on all three calls. He rode in the different fire engines, the paramedic's van and even the fire chief's car. He was also videotaped for the local news program. Having his dream come true, with all the love and attention that was lavished upon him, so deeply touched Billy that he lived three months longer than any doctor thought possible. One night all of his vital signs began to drop dramatically and the head nurse, who believed in the hospice concept that no one should die alone, began to call the family members to the hospital. Then she remembered the day Billy had spent as a fireman, so she called the fire chief and asked if it would be possible to send a fireman in uniform to the hospital to be with Billy as he made his transition. The chief replied, "We can do better than that. We'll be there in five minutes. Will you please do me a favor? When you hear the sirens screaming and see the lights flashing, will you announce over the PA system that there is not a fire? It's just the fire department coming to see one of its finest members one more time. And will you open the window to his room? Thanks."

About five minutes later a hook and ladder truck arrived at the hospital, extended its ladder up to Billy's third floor open window and 16 firefighters climbed up the ladder into Billy's room. With his mother's permission, they hugged him and held him and told him how much they loved him. With his dying breath, Billy looked up at the fire chief and said, "Chief, am I really a fireman now?" "Billy, you are," the chief said. With those words, Billy smiled and closed his eyes one last time.

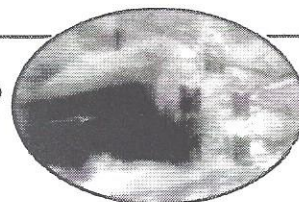


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## Poetry Corner

### Spring

Spring, with that nameless pathos  
Which dwells with all things fair,  
Spring, with her golden suns and silver rain,  
Is with us once again.

~ By Henry Timrod (1829-1867)



### My Summer in a Garden

To own a bit of ground,  
to scratch it with a hoe, to plant seeds,  
and watch the renewal of life,  
- this is the commonest delight of the race,  
the most satisfactory thing a  
man (and woman) can do.

~ By Charles Dudley Warner (1829-1900)

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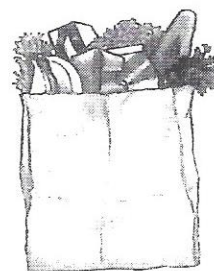


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