

# HEATH HERALD

## Heath's First Newspaper

75¢

Volume 24, Number 1

April/May 2002



### Sweet Maple Syrup

By Jane deLeeuw with Brooks McCutchen and Janis Steele

I was intrigued by the bright blue plastic lines attached to maple trees and zigzagging through the woods that I spied on a walk on Rowe Road. Later welcomed by the "Boiling Today" sign at the McCutchen's farm stand on 8A and then by Leighton and Brooks McCutchen at their sugarhouse, I set about learning how the sap from maple trees is turned into that delicious nectar called maple syrup.

To the natives of the area this, of course, is old knowledge. Heath has several syrup makers who sell their product to others as



Janis Steel and Brooks McCutchen with son's Connor and Rowan

Photo credit: Paul Shoul

well as many who make syrup for their own use. But to a transplant from the New York City area, the sap to syrup process comes under the heading of "new."

Down a dirt lane, across a wooden bridge, one comes upon a modern sugarhouse tucked under the trees. The sap goes from lines connected to those on the trees to outside holding tanks. From there the sap enters the

sugarhouse into a reverse osmosis pressured filter where it is heated and goes from a 1-1/2 % sugar concentration to 8%. And thence into "The Arch," a horizontal, stainless steel boiler, in which the sap is superheated and becomes denser and denser. The process in this high-tech operation takes about an hour. The hot syrup is then filtered into stainless steel kegs, ready for bottling into the lovely Italian glass bottles of varying shapes and sizes that have become the Berkshire Sweet Gold trademark. The syrup is available in light and medium ambers as well as in dark amber and full-bodied B-grades.

Generous with both time and information, Leighton and Brooks McCutchen told of the enterprise, its history, and its present day operation. As a teenager, Brooks's first experience with sugaring was with Fred Lively. Later he was involved intensively in Elmer Sherman's operation. When they first began tapping trees, they sold their sap to Mike Peters for several years, and

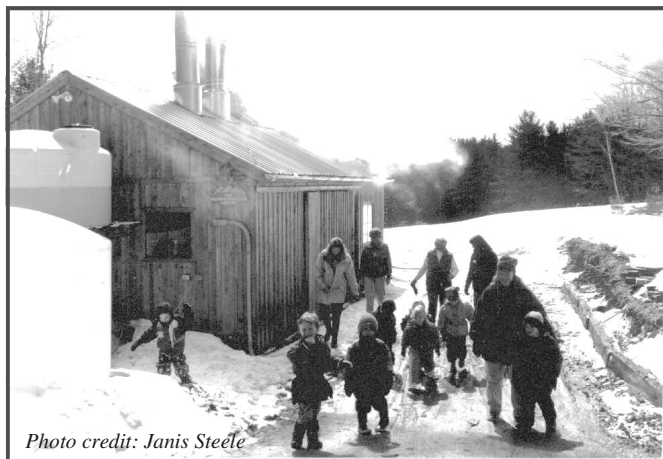


Photo credit: Janis Steele

then in 1994, Brooks and his wife Janis Steele decided to try it on their own. It is now a full-time, year-round enterprise which has become both Brooks and Janis's main jobs and primary source of family income not only for the couple and their two children, Connor and Rowan, but for Leighton and Martha McCutchen as well.

The farm does not focus on wholesale marketing but uses farm-direct marketing, selling locally, through mail order, and at upscale arts and crafts fairs as far south as Washington, D.C. This phase of the business fills up that part of the year which is not devoted to making syrup. It is very important to them to have personal relations with their customers, and yearly, they have many visitors both from the area and from other states.

Theirs is a "premium, Single Crop, Single Batch, pure organic syrup." They do not blend syrups of different colors which many large producers do, often also blending syrups from different farms. An example of a blended product would be a medium amber syrup created by mixing dark and light. Blending this way, of course, causes the distinctive flavor of each one-hour batch and farm to be lost.

("Sweet Maple Syrup" continued on page 5)

In this issue.....	
New Organization Formed	3
Green Thoughts	5
Blue Spruce at Plover Hill	6
Taking Control of High Cholesterol	8
An Early Morning Walk	12
Ode to Maple Syrup	14



*From the Editor*

## Hilltown Rambles

When I think of spring, I think not of buds bursting on the trees, soft and balmy southern winds, or geese flying back to their northern homes. Nor do I think of the unblushing earth, squishy and rich, simple, bright crocuses, and the urge to run barelegged down the dirt road. No. I think of food, glorious springtime food! My mind's eye sees groaning holiday tables with Smithfield hams, deviled eggs, and lemon meringue pie. A fancy asparagus dish with herbed lamb. Tiny new peas. Good clear white wines and rich desserts. You can tell I was ready when I wrote about maple syrup for the food column!

Maple sugaring is such an unwavering, steadfast tradition around here. Nearly every road has had sap buckets on the maple trees, blue or green lines going from tree to tree with great big collecting barrels every 100 feet or so. Jane deLeeuw in collaboration with Brooks McCutchen and Janis Steele has written an article about their *Berkshire Sweet Gold* enterprise. Remarkable to the people who consider it a special exception and are so grateful that we can just go down the road to pick up that rare, amber liquid!

Elsa Bakalar brings us news and instruction about setting out seed for annuals and she mentions some wonderful perennials. I have always wondered about annuals - there seem to be so many that it often gets confusing when it's time to pick out seeds. Wonder no more! Mrs. Bakalar sets us straight and don't be surprised when you see what flowers I have blooming this summer!

Spring to me is all about birds. Ted Watt and Diane Potter announce the Bird Walk that they are organizing. I wish them much luck and pine for the day that I can go. Carroll Stowe has the answer in his spring walks on Hosmer Road. In his column, "A Good Early Morning Walk," he tells about a remarkable hike that he likes to take in the early hours. So that's what he's up to when I see him walking so early! Good health and wellbeing are yours if you just get a wee bit of prime, springtime exercise. Our Town Nurse, Joanne Fortune, informs us all about cholesterol, the good kind and the bad kind, in a very informative, timely article and tells us how to control it. And last but not least, Tim Lively lets us know in his *EMT News* about the Heath First Responders who received their recertification in CPR and certification in AED Defibrillator. Congratulations to them and to all the Heath EMTs for being right there and ready when we need them.

I think I'll walk up my hill to take my excited dog out for her daily constitutional. I wonder who is really more excited that it's finally spring after a long, odd winter? I wonder as I wander...

Take care,

~ Lea Banks Bohrer

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## Connections

### **New Organization Formed**

By Pat Leuchtman

On Monday, March 4, a new organization was formed in Heath to support the Heath School Library. Wanda Musacchio, the school librarian, met with a group of interested parents and community people including Charlene Churchill, Don Dekker, Jane deLeeuw, Helen Mackie, Hazel Porter, David Adie, Jaimye Ingram, Elizabeth LaPointe, and Pat Leuchtman in the school library. Susan Todd, principal of the Heath School, and Sue Silvester, who is a Heath resident as well as head of all the regional school libraries, also attended.

Wanda welcomed everyone with delicious refreshments, beautifully served, and explained that the school library receives only \$500 a year for books and supplies. Last year she was fortunate that former principal Tim Luce was able to get the library \$1000 for its budget, and recently, with Sue Silvester's help, the library got some equipment as part of a block grant.

Sue Silvester commended Wanda for creating an excellent core library when the school was built, but added that now the library needs depth. Wanda mentioned that the social studies sections as well as the fiction section need to be increased and improved.

Jane deLeeuw said that the purpose of the Friends of the Heath School Library will be to raise funds for the library which would be dispersed by the Friends, in cooperation with the librarian. Although a school has many needs, this group will advocate and focus its energies on strengthening the library collection, and, in this way, will support the education of all the school children.

After some discussion, it was decided that the group be informally organized, but that structure was needed. Jane deLeeuw and Wanda Musacchio agreed to act as co-chairs, and Pat Leuchtman as secretary. Charlene Churchill and Eileen Tougas will handle publicity. David Adie and Jaimye Ingram agreed to act as treasurer and will start an account with a gift donated by Hazel Porter in honor of her daughter Jenny's 50th birthday. Since the Friends are not applying for official non-profit status, Sue Silvester said that if anyone wanted to make a substantial gift and wanted a receipt to use as a tax deduction, they could make the check out to the Mary Lyon Fund which could provide the receipt.

One of the first types of fund-raising suggested was a

Birthday Club. Wanda has a wish list of books that the library needs. People will be asked to consider making a donation to the library, possibly picking out a title from the list if they wish, in honor of a birthday or some other event. Checks should be made out to the Friends of the Heath School Library and sent to David Adie. Jaimye will make sure every donor gets a thank-you note.

We want to make sure that donors realize that a monetary donation will make their money go farther because the library gets a good distributor discount, and the books will come catalogued which is a saving of the librarian's limited time.

Parents and townspeople will see the FHSL in action around the school and town. Jaimye set up a display, with bookmarks and donation jar, at the school during Parent-Teacher conference days. The Friends will also be selling refreshments at the Town Meeting on May 11. This is not designed specifically as a fund-raiser, but as a community service, and to let people know about the existence and mission of the FHSL. An informational handout will soon be available.

The meeting concluded with discussion of possible fund-raisers, including an appraisal day to value our family treasures, ways to participate in the Heath Fair with the children, and the possibility of a book fair at the school next fall. There was a great deal of excitement about ways that Friends could work together on behalf of the school library.

A second meeting was held on Wednesday, April 3, at which fund-raising plans were further discussed. The next meeting is set for May 1 at 7:30 p.m. at the school. We hope that all interested parents and townspeople will make an effort to attend.



Sugar on Snow or Snow on sugar?

*Photo credit: E. Tougas*

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## Letters To The Editor

Dear Editor,

I wish to publicly thank all at the Heath town hall for a wonderful retirement gathering, especially the Selectboard for the beautiful plaque they gave me for my years of service to the town! I'll treasure it always! Also, thanks to Becky, Val, Eileen, Deb, and Jason (who got me there). The cake and punch were scrumptious. The card made especially for me by Eileen, and signed by many friends was beautiful as were all the sentiments recorded. And a great many thanks for the generous money pouch which will be used with great relish! Last but not least, the roses were wonderful, they made me feel like a queen, and the people clustered around me were my entourage!

God bless you all,

Marcella Lively  
Heath, MA

Dear Heath Friends,

I am approaching community members for pledges, of any size, to help raise funds for the American Cancer Society's "Relay For Life." I am a member of a team of students from Mount Holyoke; we will be walking at the Springfield College Track on May 31 at 3 p.m. to June 1 at 3 p.m. (There are a number of other relays happening around the same time as well).

We will have available luminaries to honor or remember the people in your lives who have encountered cancer. If you are interested in making a pledge for the American Cancer Society's Springfield Relay, please E-mail me at [lwburrrin@mtholyoke.edu](mailto:lwburrrin@mtholyoke.edu) or I may be reached via telephone at 413-337-4302, Fridays through Mondays.

If you have a chance to come down for the Relay, I'll be the one in glow-in-the-dark sneakers!

Be well,

Laurie Wheeler Burrington  
Heath, MA

## Academy News

The Academy at Charlemont reports that there are a few spaces available in grades 7 and 10 for the coming academic year. Postgraduate candidates are welcome also.

For details call Dianne Grinnell, Director of Admissions, at 339-4912.



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## From the Desk of the Town Coordinator

### Transfer Station News

Attention Recyclers: As of March 1, the Springfield Materials Recycling Facility accepts envelopes with plastic windows as part of your mixed paper collection.

### Assistance for Small Businesses

The town has received funding through the recent block grant for micro-enterprise assistance.

Residents can contact the Town Coordinator at 337-4934 for more information on how to apply.

Call or E-mail if you have questions.

Thanks in advance,  
~ Rebecca Jurek



## Green Thoughts

by

ELSA BAKALAR

I notice I'm already fidgety about indoor seed starting, afraid I may have left it too late for this year. Perhaps this is where I should take my own advice, so often handed out to others! It's better to seed a bit late than so early that you have to hold the little plants until they're weak and overgrown.

Whether you've ordered seeds by mail or still plan to go on a look-around shopping expedition, take heart. The seed racks are full, all those eye-catching packets promising a burst of color. Check the labels - annual or perennial?

First, the annuals. These remarkable seeds can germinate, grow, bloom, and set seed all in one season. Would you like a burst of brilliant, bold color, or do you dream of a peaceful combination of softer, gentler colors? My motto (and theme for current lectures) is "It's your garden: Go ahead, have it all!"

Here are a few annuals to start you off. For brilliant color, in the orange/yellow range (in order, tallest to shortest):

- Sunflowers, *Tithonia* (Mexican sunflower)
- Cosmos, (Bright Lights series)
- Blanket Flower. *Gaillardia*
- Celosia for its plumes
- Marigolds of every size
- Calendula, a late summer look-alike for marigolds
- Nasturtium for the front of a border

For a pastel color scheme (tallest to shortest):

- Cleome, spider flower (rose-red to white) and (my favorite), 'Violet Queen'
- Cosmos in the more traditional colors
- Tobacco flowers
- Bachelor's Buttons (boldest blue you can find)
- Petunias
- Alyssum
- Annual Candytuft

Most annuals may be seeded directly into the ground where they are to bloom (wait for soil to warm up). I like to hedge my bets, some direct-seeded and some started indoors, but it's your choice.

Too late for this year. Sorry! But make a note for fall. One more option, and I believe in this method most strongly. Some tough little annuals do well sown in winter, very late fall (even on snow). They germinate at the regular time in spring, and give you earlier flowers. Examples: bachelor's buttons (cornflowers), California poppies, love-in-a-mist, and larkspur. So much for the annuals.

Perennials, in general, take a year to grow from seed and bloom the following year, but there are a few that surprise the gardener by blooming in their first season. One is that sturdy plant (native to the Plains) echinacea, or coneflower. Look for one called 'Bravado' - a safe bet. Another is a white delphinium called 'Snow White.' I name these two because they're surefire

in my Heath garden, but there may be others in your experience.

Confused enough?

Don't be. Just be thankful that we have so many fine nurseries in the area offering a wide variety of boxes of small plants. You will find all the standards, plus a number of new varieties. Save yourself a headache and let the experts grow the difficult ones - the snapdragons, the painted tongues (*salpiglossis*) and others that need greenhouse conditions.

Good luck with your flower gardens!

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## Heath Community Bird Walks

Here's your chance to learn to identify some of our local birds and their songs.

Monday and Friday mornings, 7:00 - 8:30 a.m. starting Monday, April 22, and going through Friday, May 31.

We will meet in Heath Center and then drive/carpool to a different birding spot around town each day. All are welcome, including children, 4th grade and older, with a serious interest in birds and nature.

Heath residents Ted Watt and Diane Potter will be the leaders. Free to all. For more information call Ted Watt at 337-4410 or E-mail at ted3@gis.net.

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("Sweet Maple Syrup" continued from page 1)

I learned that during late winter's above-freezing temperatures, when maple trees are beginning to bud, the sap's stored starches are converting to sugar, which, with their proteins, minerals, and amino acids, are interacting with micro-organisms like yeasts and bacteria from outside the tree to produce different sugars which change hourly and, in turn, alter the syrup's flavors and colors. It is after the trees have completed this process that people for centuries have obtained what, for many households, was their main sweetener.

This year, they have run about 22 miles of line and have tapped about 4200 trees, 600 more than last year, which have yielded about 60,000 gallons of sap which, in turn, produced about 1200 gallons of syrup, making this a very good year.

Asked if tapping injures the trees, Brooks said that, of course, drilling holes in trees creates wounds but healthy trees can easily heal them. It is believed that tapping perhaps makes the trees even more robust, allowing them to provide sap for many generations. They are currently converting to smaller taps that make the healing process even easier.

Brooks pointed out that the dark syrups are not the only cooking syrups, that they all have multi-uses, not only for sweet baked goods and for dousing pancakes and waffles, but for marinades and vinaigrettes with meats and vegetables and in drinks. He also dispelled conventional wisdom when he said that lighter syrups are not higher in quality than well-made dark ones.

Did you know that maple syrup is not only delicious and useful but that it also contains minerals (calcium, potassium, and magnesium), proteins, and trace B vitamins and is less caloric than either honey or cane syrup having 80 calories per ounce to honey's 90 and cane syrup's 120?

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## The Blue Spruce at Plover Hill

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By Del Viarengo

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There is a very tall blue spruce growing just to the east of our house. The fashionable White sisters, Mary Abby and Flora Jane, who bought the house and land in the late 1800s, gave the property the name, Plover Hill. They were, in the words of the historian Ed Calver, "militant school teachers descended from one of the most vigorous Heath families and with very considerable experience of the world." These same sisters saw to it that the headstone from the grave of the child Anna Norton, who died at Fort Shirley in 1748, was returned to Heath from Williamstown where Professor Perry\* had taken it in 1900.

But the spruce was not here until much later. The White sisters had a severe reversal of fortune, and they were forced to move into an apartment in the yellow center house now owned by David and Pegge Holland. Plover Hill was sold to Frank and Jessie Carpenter in 1932.

Their daughter Harriet Carpenter Read told us that Mr. Carpenter had a favorite spot on the front lawn where he placed his chair so that he looked out on the lovely vista to the southwest. When he died, his wife Jessie planted a little blue spruce on that spot in his memory. It now stands over sixty feet tall. It is not particularly full as it was not pruned regularly for many years, but its branches are graceful and the tree possesses a certain charm and majesty. We like to sit in our chairs beneath its boughs for the same reasons Frank Carpenter sat there. The view is beautiful, there is always a gentle breeze; it is peaceful. It has become a favorite place for gatherings on the lawn. When our grandchildren were born we held ceremonies under the spruce tree. As readings and prayers were said for them, family and friends tied colorful ribbon streamers to the lower branches. These grandchildren are now eight and six but many of the ribbons still flutter in the gentle winds.

There is an older tree in front of our home to the west of the spruce. It is a beautiful towering sugar maple that has certainly been there since the late 1800s. It is cabled, braced, grounded, and loved. After reading Alastair Maitland's eloquent article in the August/September 2001 issue, we, too, plan to plant some

seeds, some charming "angel wings," samaras, so that the spirit of our maple and its heirs will always be part of Plover Hill. Perhaps when the blue spruce goes we will have seedlings from it as well.

*\*Note from Ed Calver's History*

*(Professor Arthur Lathan Perry of Williams College, a researcher into Fort Shirley history, removed the stone as "a memento of his study.")*

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## The Borromeo String Quartet's Visit to Heath School

On April 2, a remarkable dialogue took place between the elementary school students at the Heath School and the internationally acclaimed Borromeo String Quartet. All of the children listened attentively to several short excerpts of Beethoven, Dvorak, and Bartok compositions, designed to illustrate both the range of musical styles and the contrast between bowing and plucking the strings. In between each piece, there was a lively question and answer session. Topics ranged from musical history, to types of instruments to geography (identifying the birthplaces of the composers and some of the 25 nations where the Borromeo has performed).

"Do you get calluses from picking? How many hours do you practice? Do you get paid for playing? How do you get on an airplane with a cello?"

The goal of this pilot program of the Arnold Black Music Enrichment Series is to introduce youngsters to music as an ongoing part of the curriculum in the Mohawk Trail School District. The sponsor, Mohawk Trail Concerts, has teamed with the New England Conservatory and the Mary Lyon Fund to design the program. Arnold Black was the founder of Mohawk Trail Concerts.

Ruth Black, Arnold's widow, introduced the quartet to the students. Judging from the rapt attention of this young group, (there was remarkably little fidgeting) and their enthusiastic clapping and participation, the plan is off to an excellent start. Many students raised their hands when asked if they were studying a musical instrument. Their experience with the Borromeo can only reinforce their desire to practice more.

Near the end of the session, the lower grades returned to their classrooms while the fourth, fifth, and sixth graders participated in an exercise to design their own composition. It was a howling success. It was a truly delightful experience to observe these bright, inquisitive youngsters interacting with this world-class string quartet.

Later the same day, the Borromeo presented a similar program at the Colrain Central School.

Susan Todd, the principal of the Heath Elementary School, and Jacqueline Daley, the principal of the Colrain Central School, are eager to work with NEC in order to bring new musical opportunities to approximately 250 culturally underserved children in grades pre-K-6. These concerts are part of their 2002-2003 music studies curriculum. Susan Barkan, a music teacher will be responsible for the program and its development together

("The Borromeo String Quartet's Visit " continued on page 11)



*Photo credit: Eileen Tougas*

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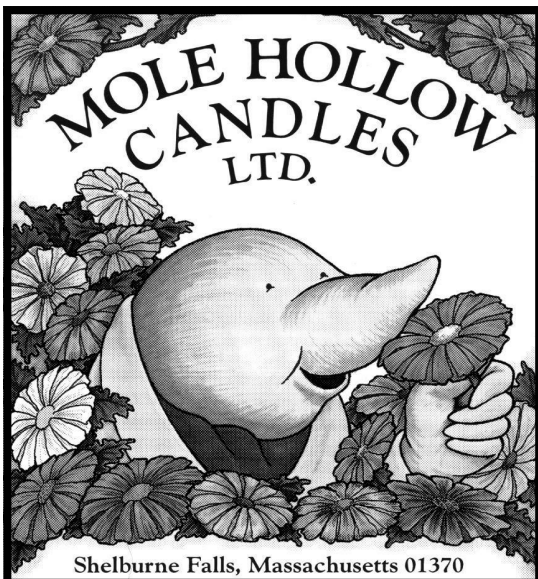
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## **Taking Control of High Cholesterol**

By Joanne Fortune, RN



Cholesterol is a necessary soft, fatty, waxy substance (plaque) found in every cell of the body and blood. The body makes all that it needs to produce hormones and maintain cell membranes. High blood cholesterol increases our risk for cardiovascular disease.

When we eat a high fat diet, deposits of cholesterol accumulate in the arteries. If the blood supply is completely cut off with these deposits, there will be a heart attack or, if the blockage is in the brain, a stroke will occur.

Cholesterol is a lipid or fat carried through the bloodstream by lipoproteins. There are two types: low-density lipoproteins or LDLs (lousy) and high-density lipoproteins or HDLs (healthy). The LDLs promote fatty deposits in the arteries and should be as low as possible. HDLs are the good cholesterol preventing buildup on the artery walls; they carry cholesterol in the blood from all parts of the body back to the liver to be reprocessed or removed from the body.

Things we can't change are age and predisposition. Aging tends to cause our cholesterol levels to rise, and, after menopause, women's LDL levels climb. Many people inherit a form of high cholesterol in which their body makes more.

The thing we can change is our lifestyle. Obesity, lack of exercise, and a diet rich in saturated fats are linked to higher cholesterol levels. Weight loss can help reduce LDL and raise HDL. Brisk walking for 30 minutes at least 3 times a week has an effect on both weight and cholesterol levels. Alcohol and stress may also play a role. In addition, too much alcohol can lead to hypertension and damage to the liver and heart muscle. Here are the numbers and what they mean.

<b>Total cholesterol level</b>	<b>What it means</b>
Less than 200 mg/dl	Desirable
200-239	Borderline high
240 and above	High
<b>LDL (bad) cholesterol</b>	
Less than 100 mg/dl	Desirable
100-129	Near desirable
130-159	Borderline high
160-189	High
190	Very high
<b>HDL (good) cholesterol</b>	
60 mg/dl or higher	Optimal

To lower our LDL levels, we need to be conscious of what we're eating. Saturated fat is found in fatty meat, poultry skin, and whole milk dairy products such as cheese. To cut back on saturated fats choose:

- Poultry (no skin), fish and lean cuts of meat with the fat trimmed before cooking.
- Skim or one percent milk rather than two percent or whole milk.
- Cheeses with no more than three grams of fat per ounce which include low fat cottage cheese or other low fat cheese. Cut down on processed cheese and hard cheeses such as American and cheddar.
- Low fat or nonfat yogurt, sour cream, and cream cheese.
- Liquid vegetable oils (canola, corn, and safflower oils). Olive oil is the best choice.
- Margarine made with unsaturated liquid vegetable oil rather than hydrogenated oil.
- Two or fewer egg yolks per week. Use two egg whites for each whole egg in recipes.
- Eat more vegetables and fruits rather than junk snacks.
- Bake, broil, microwave, or poach. When roasting meat, use a rack so the fat will drip.

Please see your health care practitioner for a blood cholesterol test today. Your healthy heart and venous system will thank you. I see people in their homes by appointment. Please call me at 337-5716 with questions and concerns.



# Maple House



## The house on the hill with the view of yesteryear

Reward your friends and relatives with a restful night's sleep high in the hills of Rowe. They'll awake to a hearty homegrown breakfast in a 200-year old inn and family farm. See the stars, breathe clear fresh air, relax in the quiet beauty of spectacular views of the Berkshire Hills.

**Lodging and Breakfast from \$45. Call for Reservations.**

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## Milestones

**John A. Churchill**, 71, of 8 East Main Street, died Wednesday April 10, 2002, at home. Born in Heath on July 28, 1930, he was the son of Max Austin and Sarah C. Stetson Churchill. He attended the former one-room schoolhouse in Heath. Prior to his retirement in 1992, he was employed by the Heath Highway Department where he was road superintendent for 21 years. After retirement, he worked for Robert White in Hawley doing excavating work. John was a former constable and fireman for the town of Heath.

Survivors include his wife of 45 years, the former Dolores "Dolly" M. Rainville; a son, John "Skip" A. Jr. of Greenfield; a daughter, Susan G. Ryan of Colrain; two brothers, Alton W. of Lexington, NC and Ralph E. of Heath; four grandchildren and several nieces and nephews.

A graveside service was held on April 12, 2002 at Center Cemetery in Heath. Memorial contributions may be made to either the Heath Fire Department, Main Street, Heath, MA 01346, or to the American Cancer Society, Centralized Memorial Processing Center, 30 Speen Street, Framingham, MA 01701.

Born January 25, 2002, a daughter, **Alyssa Catherine**, to Ree Sumner and Edward Martin of Northfield; granddaughter of Brenda and William Stafford of Shelburne, Hilma and Richard Sumner of Heath, and Ginette and J.W. Martin of San Antonio, TX; great-granddaughter of Erna and Theodore Herzig of Colrain and Grace Stafford of Shelburne.

Born February 22, 2002, a daughter, **Megan Elizabeth**, to Barbara L. Purington and David E. Dyer of Bernardston; granddaughter of Roberta and Roger Purington of Heath and Harriet and Al Dyer of Colrain; great-granddaughter of Flora Dyer of Colrain.

Anne Cronin and Richards Steinbock, both of Heath, and Mrs. Cynthia Rosenbaum of West Palm Beach, FL, announce the engagement of their children, **Esther Sharyn Rosenbaum** and **Benjamin Kendrick Steinbock**, both of Washington, DC. The wedding is planned for May 26, 2002, in Washington, DC.

Anne Cronin and Richards Steinbock, both of Heath, and John and Charlotte Fogarty of Ware and Marie-Claude Gasquat and Gerard Hippert, both of Avignon, France, announce the engagement of their children, **Heather Ann Fogarty** of Heath and Boulder, CO, and **Oliver Christian Hippert** of Avignon, France, and Boulder, CO. The wedding is planned for June 7, 2002, in Avignon.

~ Edith Royer

---

## Heath Deed Transfers

Earl W. and Martha H. Adams of West Suffield, CT, to New England Forestry Foundation Inc. of Groton, Colrain Stage Road, two parcels. \$30,000.

Margery Bednarski of Enfield, CT, to Thomas and Karen Gregoire of Chicopee, Mohawk Estates, Lots 63 and 64. \$5,000.

Alfred G. Desautels Estate, Judith Bruno Stockwell of Peterborough, NH, Administrator, to Kevin M. Maloney and Barry L. Adams of Boston, 9 Rowe Road. \$75,000.

Ronald Forte of Wilbraham, to Daniel James Forte of Wilbraham, Mohawk Estates, Lot 29. \$1.00.

Mario and Joanne Giroux of Broadbrook, CT, and Johanne Guimond of South Windsor, CT, to Wendy Borns and Joseph M. Whalen of Northampton, 51 Waterfall Drive. \$99,900.

Green Meadows Community Services Inc., to Association For Community Living, Inc., 375 Jacksonville Stage Road. \$145,000.

John T. Jefferson Irrevocable Special Needs Trust of Somerville, Neal A. Winston, Trustee, to Elizabeth Drury of Newton, 2 Vincent Road. \$69,500.

Lawrence L. Laramee of Wilbraham, to Alton D. and Geraldine A. McDonald of Wilbraham, West Oxbow Road, land also in Charlemont. \$15,000.

Alton D. and Geraldine A. McDonald of Wilbraham, to Cersosimo Industries Inc. of Brattleboro, VT, West Oxbow Road, land also in Charlemont. \$61,000.

Mohawk Estates Property Owners Association Inc., to Peter Bechard of East Longmeadow, Cascade Drive, Lot 42. \$2,400.

Mohawk Estates Property Owners Association Inc., to Johanna Feliton of Chicopee, Cheyenne Street, Lot 39. \$22,400.

Dominic and Mafalda Musacchio of Greenfield, to Andrew and Susan Musacchio of Bernardston, Swamp Road. \$1.00.

New England Forestry Foundation Inc. of Groton, to Draper Properties Inc. of Canton, Colrain Stage Road, two parcels. \$66,000.

Ersul M. Pafford of Windsor Locks, CT, to Gary C. and Jeanette R. Pafford of CT, 13 Wigwam Drive. No Consideration.

Gary C. Pafford of CT, to Gary C. and Jeanette R. Pafford of CT, 13 Wigwam Drive. No Consideration.

Brian D. and Lynne S. Pauleen of Portland, OR, to Franklin Land Trust of Ashfield, Route 8A, 66 acres. \$1.00.

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("The Barromeo String Quartet's Visit" continued from page 6)

with her colleague Joan Fitzgerald who teaches the instrumental program at each school. Faculty members will structure the monthly concerts around themes and provide program notes and introductory lectures. They will also be able to draw upon NEC's documentation of its experience with the Boston schools. They will participate in establishing a central archive of music videos and curriculum materials to serve all of the schools. Parent support is extremely strong. To cite an example, the parents of students at the Heath Elementary School are underwriting a strings instruction program in which fifteen children and five adults are enrolled.

~ Bob and Del Viarengo



## ***The Way It Is In The Country***

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

### **A Good Early Morning Walk**

By Carroll Stowe

Since back on December 20, 2000, when I had four stents installed in clogged arteries, I've been more aware of the need for exercise. I have never done without physical activity but my various kinds of work didn't provide enough exercise. I've always enjoyed walking but, previous to the stent encounter, didn't have the spare breath to walk very far. I've walked rather a lot recently.

The gist of this column is to describe a walk I took four times this past summer. Off the east leg of Hosmer Road and out under the power lines a bit is the entrance to the old county road that led to Colrain which brought to mind the age-old question of a traveler: where does this road go? The answer: the road doesn't go anywhere; it stays where it is.

After my ability to walk some distance had improved I felt I could traverse this area without too much stress. I had made plans to have Fran Crosier bring me back to my truck left on Hosmer Road, which he was agreeable to do. One Sunday a.m. at about 5:30, not full daylight, I set out on this adventure. I had a bit of trouble finding the opening off the power line. The original area of opening had washed out since I had last gone down the road but I finally found where I needed to be and ventured forth. This walk from Hosmer Road is mostly downhill so is not very taxing. It is difficult to pick out old landmarks in the half-light so I was rather disappointed that I was unable to find any area that was recognizable.

Part of the road is on an old pasture woodlot that was part of my family's farm. This area has been logged several times since my last visit. I hauled logs from this area many years ago with a fine team of horses and also with a tractor.

It is really too bad that this road is no longer a usable country road. But it is a great walk, and I would like to offer to guide any who would care to traverse this little known old county road. It doesn't take long and is a good early morning hike. One only needs to contact me to partake of this adventure. Early Sunday a.m. is a good time (I would like to get back in time to go to church at 10 a.m.) or after noontime of a Sunday.

#### **NOTICE**

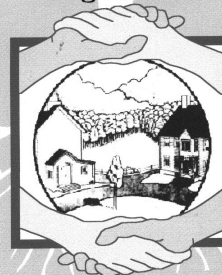
**Saturday, May 11, 2002  
Heath School  
Special Town Meeting - 8:30 a.m.  
Town Meeting - 9:00 a.m.**



**The Friends of the Heath School Library will offer coffee, tea, juice, and an array of breakfast treats prior to the meetings on a donation basis.**

## **Hands Across Heath**

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## Monthly Newsletter

### **Senate Adopts Bond Bills For Local Projects**

By Senator Andrea F. Nuciforo, Jr.

As many readers know, the state is in the midst of a major economic slowdown. Significant declines in revenue collections have greatly diminished the Commonwealth's ability to provide all of the resources that cities and towns have come to rely upon. In order for the state to maintain its commitment to public infrastructure, the Massachusetts Senate has adopted two bond bills, both of which authorize the state to borrow funds to invest in roads, bridges, and publicly owned buildings.

The Senate recently passed a major Transportation Bond Bill that authorizes a total of \$260 million for the Chapter 90 Program and the Public Works Economic Development Program (PWED).

Chapter 90 and PWED provide cities and towns with the critical state resources necessary to make local road repairs, embark on construction projects, and make other local infrastructure improvements. The bill authorizes \$220 million for the Chapter 90 road maintenance program, which provides funds to cities and towns for design, repair, and reconstruction of local roads and bridges.

The current Chapter 90 authorization of \$50 million is at its lowest level since 1994. This is unacceptable, especially to the smaller communities I represent. Providing adequate state funding for this program is key to keeping our roads safe in western Massachusetts.

The Transportation Bond Bill, which is pending in the House of Representatives, also authorizes \$40 million for the PWED program. PWED provides grants to municipalities for the construction of roads and other transportation related projects with an economic development benefit to the city or town. This funding is vital to municipalities that want to make local infrastructure improvements necessary for economic development initiatives.

In recent weeks, the Senate passed a comprehensive Capital

Facility Improvements Bond Bill. Funding for this measure includes authorizations of \$100 million for improvements at state and community colleges, and \$75 million for library construction grants. Currently, the North Adams Public Library and Mason Public Library in Great Barrington are on the Massachusetts Board of Library Commissioners waiting list of approved library construction projects.

Additionally, the bill authorizes \$2.7 million for the Department of Public Health to develop a grant program for a public access defibrillation program to assist municipalities to acquire lifesaving automatic external defibrillator equipment. It also authorizes \$20 million for the Executive Office of Public Safety to administer a grant program for local police departments to purchase public safety equipment to enhance the state's ability to prepare for and combat terrorism.

The Capitol Facility Improvements Bond Bill also contains \$3 million for the restoration of the Mahaiwe Theater in Great Barrington. The Massachusetts Historical Commission would administer the funding to the Mahaiwe Theater, which was purchased in 2000 by the Berkshire Opera Company. The Mahaiwe Theater opened in 1965, and has been listed on the State Register of Historic Places since 1988. State funds will lend credibility to Berkshire Opera Company's efforts to raise private funds to restore the theater, which is estimated to cost more than \$15 million.

The Capital Facility Improvements Bond Bill authorizes a total of \$628.4 million for capital projects statewide. If adopted by the legislature, and signed by the Governor, this will allow the state to maintain our public infrastructure during this difficult fiscal time.

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## **Ode to Maple Syrup**

**By Lea Banks Bohrer**

The most delectable and seasonal nourishment to me is pure maple syrup. Oh, the praises we have for Heath's sug-  
arers! I serve dinners of waffles with dark amber running  
down the sides. We have Sunday brunches with big fluffy  
pancakes with heated maple syrup passed around the table.  
And nearly every dish cooked in our house during sugaring  
time is redolent with the syrup.

Along with Jane deLeeuw's Balsamic Vinegar-Maple  
Syrup Salad Dressing, I've included a wonderful marinade  
for salmon or chicken, maple butter for hot rolls, and a  
good, hearty maple-spiked chili for those cold spring  
nights. Enjoy!

### **Maple Ginger Marinade**

¼ cup maple syrup  
½ cup soy sauce  
1 tablespoon maple sugar  
1 tablespoon fresh chopped parsley  
1 clove garlic, crushed  
1 teaspoon ground ginger  
½ tablespoon grated lemon peel

Mix all ingredients in small bowl and pour in one-gallon  
Ziploc bag. Good for about one pound of chicken breasts  
or salmon steaks. Refrigerate for at least an hour. Take  
meat out of marinade and grill or broil.

### **Maple Butter**

1 stick unsalted butter, softened  
1-½ tablespoons fresh thyme, chopped  
2 tablespoons maple syrup

Mix ingredients thoroughly. Place in bowl and refriger-  
ate for ½ hour before serving. Wonderful on fresh hot rolls,  
croissants, bagels, vegetables, you name it!

### **Balsamic Vinegar-Maple Syrup Salad Dressing**

I don't usually measure exactly and add to taste but here  
goes: To ¾ cup of olive oil, I add ¼ cup of Balsamic  
vinegar, and then maple syrup to taste, amount depending  
on your sweet tooth. I especially love this over a mesclun-  
poached pear-walnut-gorgonzola salad!

### **Maple Chili with Cheddar**

4 cups drained canned kidney beans  
1 cup chopped onions  
2 minced garlic cloves  
2 tablespoons olive oil  
2 pounds ground beef  
1 teaspoon black pepper  
1-½ teaspoons salt  
3 tablespoons chili powder  
1 teaspoon ground allspice  
15-ounce can tomatoes  
½ cup maple syrup  
2 cups water  
1 cup sharp cheddar cheese

In a large pan, sauté onion and garlic in olive oil until  
soft. Add the meat and cook until it browns. Drain. Add  
pepper, salt, chili powder, allspice, tomatoes, maple syrup,  
and water. Bring to boil. Reduce heat to low simmer, cover  
partially, and cook for about 30 minutes. Add beans and  
cook 15-20 minutes more. Ladle chili into bowls and top  
with cheese. Serves 6.

### **Heath Emergency Services News**

We started the year with the following calls:

1/10/02 - Town Farm Rd. - Medical  
2/02/02 - Assisted the Fire department with trees  
and wires down  
2/05/02 - Burrington Hill Rd. - Medical  
2/15/02 - Burrington Hill Rd. - Medical from a  
Motor Vehicle Accident  
2/17/02 - East Hosmer Rd. - Medical  
2/17/02 - Branch Hill Rd. - Medical

Recently some of our First Responders got recertified  
in CPR as well as certified in AED Defibrillator. They  
are Steve Bigelow, Dave Cote, Budge Litchfield, Mike  
Smith, and Richards Steinbock.

~ Timothy Lively - EMT

## Local Historic District Study Committee News

*A recent letter to Bob Viarengo and the Heath Local District Study Committee from the Massachusetts Historical Commission.*

Dear Robert:

I am very pleased to inform you that at their meeting held January 9, 2002, the members of the Massachusetts Historical Commission voted to endorse the Preliminary Study Report, recommending the establishment of the Heath Center Local Historic District.

I would like to point out that the nomination process for Historic District Commission members, as outlined in M.G.L. Chapter 40C, should be included in your proposed bylaw.

The Massachusetts Historical Commission commends the town of Heath for recognizing the need for a local historic district. Today, there are over 200 local historic districts in Massachusetts. Local Historic Districts are the most effective method of preservation available and are an essential component to local preservation efforts.

I wish you the best of luck in creating the local historic district. If you have any questions or if I can be of any assistance, please feel free to contact me.

Sincerely,  
Christopher C. Skelly  
Director of Local Government Programs

## Heath Center Local District Bylaw Proposal Delayed

At a duly posted meeting of the Local District Study Committee on March 11, 2002, the following motion was proposed by Bob Viarengo:

The Committee will table further action to bring the proposed Heath Center Local District Bylaw to the next Town Meeting so as to allow time to clarify issues and to include additional properties in the proposed district.

Paul Turnbull seconded the motion. All members voted in favor of delaying Town Meeting presentation of the proposed bylaw until a more appropriate time.

Bob Viarengo, chair  
Paul Turnbull  
Del Viarengo  
Ned Wolf

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## Excerpts from the Farmer's Almanac

### April

Starting at midmonth, an extraordinary lineup of all the naked-eye planets forms a highly visible string of pearls after sunset. Upward from the western horizon as bright twilight fades, stands bright Mercury, brilliant Venus, dim Mars, radiant Saturn, and brilliant Jupiter. The crescent Moon meets each in turn, floating just above Mercury on the 13th, Venus on the 14th, Mars on the 15th, Saturn on the 16th, and Jupiter on the 18th. This latter, highest-up conjunction is particularly close and striking. Meanwhile, daylight increases at the rate of two to four minutes a day and Daylight Savings Time begins at 2:00 a.m. on the 7th.

( Last Quarter	April 4th
• New Moon	April 12th
) First Quarter	April 20th
O Full Moon	April 26th

### May

A true spectacle of the planets, the year's best, adorns the western sky in fading twilight from the 1st to the 16th. Dazzling Venus floats very close to dim, orange Mars and medium-bright Saturn, with bright Mercury just below and brilliant Jupiter much higher up. Within this impressive bunching in Taurus, Venus and Mars are extremely close on the 10th, a superb treat for the naked eye but a dud telescopically. The slender crescent Moon - the icing on the cake - hovers between Mercury and Saturn on the 13th and very near Venus and Mars on the 14th. The Moon undergoes a penumbral eclipse on the 26th but sunlight on its surface will scarcely be diminished - a nonevent.

( Last Quarter	May 4th
• New Moon	May 12th
) First Quarter	May 19th
O Full Moon	May 26th

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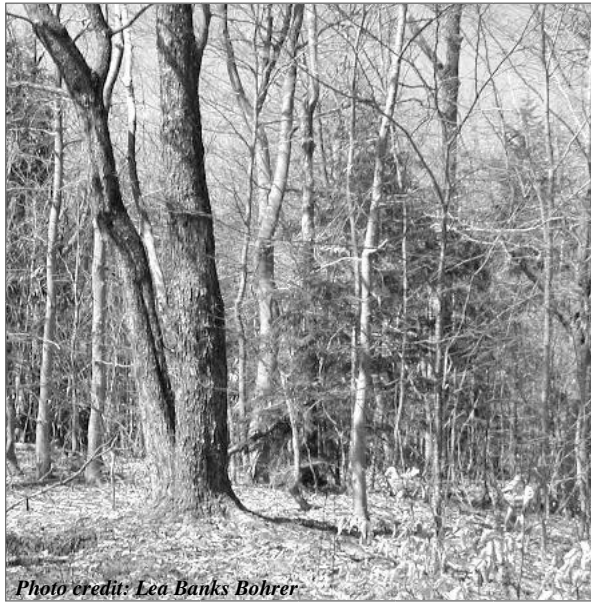


Photo credit: Lea Banks Bohrer

*The clearest way into the Universe is through a  
forest wilderness.*

*- John Muir, 1898*

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