

HEATH HERALD

Heath's First Newspaper

75¢

Volume 24, Number 4

October/November 2002



Welcome Neighbors

By Jane de Leeuw

By what grace
did we come to this
wondrous
place?



Meet new neighbors Jan and Calvin Carr, the owners of the Sullivan Taft-Newland Smith House on Hosmer Road.

Jan, originally from Boston, and Cal from Maine met on the Cape and married, making their home in Dedham for twenty years before moving to North Carolina for another five. And then they came to Heath.

Their moves, as for most people, were job-related. Cal, a Vietnam veteran and a lawyer, after serving in the Attorney General and several District Attorneys' offices as a prosecutor during their time in Dedham, decided he wanted a break and took a position at a North Carolina college. In addition, he taught in an inner city high school program and worked on the Cherokee Indian reservation.

While still in Massachusetts, Jan, an artist, put aside her pottery and silk-screening, to take a job doing legal graphics. This, she explained, was before computers took over the task, and consisted of making representations of evidence, which necessitated her appearing at crime scenes and in the courtroom. Although generally finding this work fascinating, she found it also frustrating for, after hours of labor, her finished product often was not used when cases were settled out of court. For her, the move south became important when members of her family living nearby became ill. In addition to care taking, she did put her artistic talents to good use in renovating her house.

After his more low-keyed "sabbatical" from courtroom litigation, Cal heard the call once more, and took a job with the Springfield District Attorney's office to which he now commutes.

They moved to Springfield and lived in an apartment which did not suit either of them so they began to tour around the valley and hill towns looking for home. As with so many

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From the Editor

Hilltown Rambles

Two good reasons to celebrate...the Community Hall is staging a reopening hopefully by mid-October, says Becky Jurek. She goes on to say in her *Notes from the Town Coordinator* column, on page 6, that Sawyer Hall is finally going to install an elevator, thus making our Town Hall fully accessible to everyone. The reopening of a landmark and the modernization of another is something to be proud of. Heath's own Todd Sumner is stepping into the role of headmaster at The Academy at Charlemont. We wish him luck and good fortune as he takes on this challenging and rewarding position. Read about his installation on page 5.

Carroll Stowe, in *The Way It Is in the Country*, on page 12, reports on this year's Heath Fair in his inimitable way. We bid him hearty congratulations on receiving the Doc Streeter Award.

On page 4, we have article from Carol Sartz regarding her trials, tribulations, and determination that she experienced during the Avon Breast Cancer Foundation Benefit Walk. Jan and Calvin Carr are your new neighbors. Jane deLeeuw interviews the Carrs in her contribution on the front page, and shows what active, creative, and involved people these folks are.

A welcome goes out to Lorin Gowdy, Heath Police Chief. His department has safety tips for children and their parents when using the Internet.

Unfortunately this will be my last issue. I am handing the reins over to the remaining volunteers of this paper, and I am confident that they will do a fine job in my stead. It has been a rewarding, challenging, gratifying job, and I've made many new and dear friends on this wonderful road.

Until we meet again,

~ *Lea Banks Bohrer*

P.S. Many photographs submitted by readers and writers for the issues of the Herald are in our possession. If you remember a photograph (or two or three!), and would like to retrieve them, send Lea an E-mail or call at 337-0217 before December 1, and we'll make sure you get them back.

****Our thanks to Bob Viarengo for letting the Heath Herald use his beautiful photograph on the front page of this issue.**

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("Welcome Neighbors" continued from page 1)

of us who have come here to live, one look at Heath and their search was over. It was the Sullivan Taft-Newland Smith House which caught their eye. They passed by it and decided that this had to be theirs, and, as Jan said, during a follow-up visit to see the interior, she bought it on the spot.



She has a memory from childhood of accompanying her father to western Massachusetts to visit his former MIT classmate. She remembers passing the Little Red School house on Route 2 and visiting in an old house. She would like to believe that the classmate was Newland Smith, also an MIT graduate.

Once bought, however, getting to live in their home was not easy. The Carrs had purchased the house from Harvey and Mary Carter who, at the time of the sale, had not as yet found a new place so the Carrs allowed them to stay put and rent for several months until they did. And then, they found that the first floor was rotten and had to be replaced and, further, that the mold collected underneath was making Jan ill. So they moved back to Springfield while the work was being done but were rescued from apartment living by a friend who lent them a house.

But all's well that ends well. Jan has used her considerable artistic talent to great advantage in creating a beautiful interior, which is very much changed from its former state. A new kitchen and a new dining room made from the former kitchen, complete with a full-wall brick fireplace, and a spacious screened-in porch are among the innovations. Upstairs in the front guest bedroom, original stenciling graces the walls. An article in the Heath Herald (Vol. 3, #2, p.5) on the Taft Sullivan house says that this was the work of Sarah Taft, the mistress of the house, which was built in 1812. The Carrs' furnishings, an eclectic mix of new and old, blend well with this and other vestiges of the original house.

Jan said she loves light and air and the whole house attests to this. In addition, it is filled with objets d'art, books, pictures, and beautiful quilts, (and, on this day, a bounty of tomatoes arranged in a large wooden container). On the sitting room mantel, there are two of Jan's striking pottery pieces. Now that the house is finished, she is looking forward to getting back to potting.

The household at present consists of, in addition to Jan and Cal, her mother, Dolly King, who has been with them for a year and is a recipient of Franklin County Home Care, and a beautiful and lively Golden Retriever named Nash who originally belonged to a friend in Minnesota. Nash has been with the Carrs for two years and with them finds Heath a paradise. Jan explained that he "eats

everything in sight" and this summer dined liberally on the garden's bounty of strawberries, blueberries, tomatoes, cabbage, turnips, and, most especially, his favorite broccoli.

Both Jan and Cal are readers. Cal gets to listen to Books-on-Tape during his daily commute to and from Springfield. Jan is a frequenter of the Heath Public Library in search of new mystery writers and was on the "crew" setting up the Friends of the Heath Library used book sale at the fair.

Deeply content, Jan said that they couldn't imagine living anywhere else.

Community Hall Committee



The cupola is removed from the Community Hall.

The Community Hall roof truss repair has been completed and we are now waiting for the building inspector's word on being able to use the hall. If all goes well, we will be serving our senior meal in November.

The Hall Committee put on the dinner at the Historical Society's Annual Meeting at the school on September 28. We served over seventy dinners. According to all reports the meal was wonderful.

HEATH 6TH GRADE COUNTRY-STYLE SUPPER

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To benefit the class trip to Chewonki, Maine

Three-Day Walk For Breast Cancer

Well, we did it! It is difficult to encapsulate my experience of the three-day walk with words alone. They really can only begin to tell the story. But words are what I have at my disposal, so I will give it a try.

First of all, it was harder than hiking! Even with all my training, it is one of the hardest things I've ever done involving physical exertion. That surprised me. Pavement walking, through cities and suburbs, in the sun, for three straight days, was decidedly different from walking the paved and dirt roads, in and out of shade, in the rolling hills of Heath. (Hills were scarce, until the third day, as we walked into San Francisco. Then, it almost felt like home). I had learned a lot from my training about how to care for my feet. One walker commented that she never imagined that she'd have such an intimate relationship with her feet. As for me, I never imagined I would sing so loudly the praises of a petroleum product. As long as I coated my feet with Vaseline several times each day, I was spared blisters. I felt lucky indeed, as I watched many others suffering through major blisters, my sister Diane among them. It was sheer determination that kept her walking though the pain!

Sheer determination was only one of the forces which kept us walking, individually and collectively. Especially as we pushed through the last six miles on day 3, bone-tired, a ribbon of walkers 4400 strong. A huge outpouring of support was another force at work. A ribbon of cheerers on the sidewalks, in the windows and yards of their houses, in their cars. The volunteers and crew who tended our spirits as well as they tended our bodies. Those individual cheerers were with us for all three days, materializing at those moments when we were most in need of their encouragement.

Mostly, though, what kept us walking was the personal connection which each of us had to breast cancer, and the understanding that as hard as this was, it paled next to the "hard" which accompanies a breast cancer diagnosis and treatment. I was in awe of those women I met who had themselves only recently finished treatment and yet had found the stamina to walk.

I carry away a lot of wonderful images, funny and powerful in equal measure. Like, feet in various stages of repair and disrepair. Or our tent city on our second night out, undulating all night in winds which never let up, and in a soaking, cold fog which permeated everything not coated in plastic. Mylar blankets the morning after the wind and the fog, transformed into funky and beautiful walker hats on the third and final day. Personalized walker T-shirts, remembering and honoring those who have survived breast cancer and those who have not, mothers, grandmothers, daughters, sisters, aunts, nieces, friends. Closing ceremonies which unleashed an emotional flood.

And I carry away stories! That's mostly what we did as we walked, listened to each other's stories. Sad stories, poignant stories, inspiring stories, sustenance during the walk and for the long haul.

And finally: \$4640! That's what I raised, thanks to all of you. And what's more: \$7 million! That's what this single event netted, all of which goes to the Avon Breast Cancer Foundation. For your support, I give you my profound thanks!

~ Carol Sartz

* **Editor's Note:** In preparation for undertaking the three-day walk, July 12-14, in California for Breast Cancer, Carol began her training walking the hills of Heath starting in late February. In addition to her daily two miles, she added two long weekend hikes gradually adding miles, up to eighteen. She planned these long walks to put her at friends' house for necessary stops.

During the Walk itself from San Jose to San Francisco, the 4400 participants covered altogether some 57 miles or about 19 miles a day walking primarily on pavements through end-to-end cities and suburbs.

Carol cannot say enough for the company that orchestrated this Walk (as well as others around the country including those for Aids research). Everything for the walkers' comfort and safety was provided. There were many stops along the way for refreshment and band-aids, bathrooms, and water. Eighteen-wheeler trucks carrying tents and food and even showers accompanied them. Tent cities were set up at night, once at a racetrack, and meals were served. There were always vans to pick up those who needed a temporary rest and those who could not continue. Carol was not one of these although she admitted to "feeling it" in her feet and upwards.

All in all, however, an "amazing experience." Would she do it again? Probably not one as strenuous, but she plans to keep active in her support of breast cancer research.


Council on Aging

The Council on Aging Committee is finally functioning again now that there are hopes of having the Community Hall in usable condition. We have met with the Community Hall Committee and believe that our first Senior Luncheon will be held at the end of November. Keep this in mind and also bring us your suggestions for activities to be explored for the future.

We look forward to seeing you again and making Heath Center an interesting place for all.

~ Alli Thane Stetson

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Fall Story Hours

By Charlene E. Churchill

Our summer reading program with the theme “A Star Spangled Summer at Your Library” was very successful. We had eleven young people who turned in their reading logs for a combined total of over 12,000 minutes read! Everyone received a T-shirt purchased for the program by the Friends of the Heath Public Library plus some other little goodies. Riley Holden’s name was drawn out of a hat as the winner of two free tickets donated by the Big E to each library. We hope he and his family had fun!

We have started our fall story hours for toddlers and preschoolers. These story hours are held at the library every other Friday from 10 to 11 a.m. Check at the library or with me for exact dates. We have a lot of fun reading stories, doing some craft projects, and, of course, having a snack. This gives younger children the chance to become familiar with the library at their own speed. These story hours are again funded through a grant from the Franklin County Family Network.

I would like to remind everyone that the library has many subscriptions to magazines. Some are purchased and some are donated or “recycled” to us. Magazines, like books, may be checked out for three weeks. Some of the subscriptions we get are: *Newsweek*, *The New Yorker*, *Family Fun*, *Sports Illustrated*, *Yahoo*, *People*, *Seventeen*, *Ladies’ Home Journal*, *Child*, *Rolling Stone*, *National Geographic*, and many more.

The new adult fiction books include: *The Lovely Bones* by Alice Sebold, *The Emperor of Ocean Park* by Stephen L. Carter, *Standing in the Rainbow* by Fannie Flagg, *The Soldier’s Return* by Melvyn Bragg, *Raising Abel* by W. Michael Gear and Kathleen O’Neal Gear, and *Lake in the Clouds* by Sara Donati.

New adult nonfiction books are: *Ambling into History* by Frank Bruni, *Defying Hitler* by Sebastian Haffner, *I’ll Be Short* by Robert B. Reich, *The Lobster Chronicles* by Linda Greenlaw, and *The First Americans* by J. M. Adovasio.

The Academy at Charlemont’s New Headmaster

By Lea Banks Bohrer

Heath’s Todd Sumner was inducted as the new headmaster in an Installation Ceremony at The Academy at Charlemont Saturday, September 14. Students, faculty, trustees, present and former students, and friends of the school attended on a perfect, sunny day. Todd succeeded retired school founder and fellow Heathan, Eric Grinnell, in this, The Academy’s 22nd year. The Board of Trustees of The Academy at Charlemont made the selection. Todd has been teaching at the school for 15 years and lastly was its Academic Dean. He decided to continue to teach while heading the school and supervising its classical philosophy.

The four crucial characteristics of a classic Academy education are, according to Todd, their “emphasis on the time-honored academic disciplines in the curriculum they ask students to study, their willingness to make critical judgments about quality and models of excellence, their emphasis on becoming a well-rounded person, and their confidence that a small school is the best kind of school.” Todd said, in his address, that The Academy’s curriculum highlights “intellectual discipline, precision in language and thought, and a deeply felt delight in learning for its own sake.” This is a progressive vision demonstrated in The Academy’s commitment to its classical values. That vision is also what it means to be a “public-spirited private school.” They provide scholarship aid to the surrounding towns’ students and have a deep commitment to community service. “Being a student at The Academy is like having a six-year internship in public life,” writes its new headmaster.

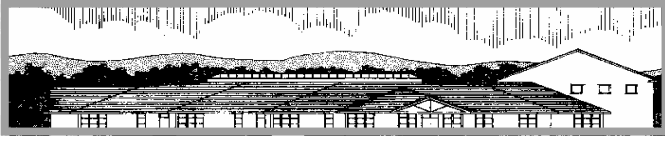
Todd quoted John Dewey, a philosopher of progressive education with “What the best and wisest parent wants for his own child, that must the community want for all of its children.” The Academy under Todd’s leadership will no doubt continue to strike that balance.



Christmas Bazaar - Saturday, November 2
10:00 a.m. - 3:00 p.m. at the Community Hall



Heath Elementary School News



By Susan Todd

We have had a very good beginning of the new year. Over the past few months the Heath School has certainly encountered many twists and turns in the road. I believe the entire community - staff, children, parents, and neighbors - have adjusted to these changes with grace and dedication to the educational experience offered at our school. Everyone seems to be setting out this fall with great good cheer and excitement at what lies ahead.

New Faces. Several new people have joined our staff this year, and already it seems that they have always been here. Amanda Smallwood is now working with Deb Porter as the first grade teacher in the primary team. Suzanne Taylor comes to us from Sanderson to teach second grade in the Middles team along with Emily Cross, who is in the third grade. Kare Marshall, who has recently been part of the sixth grade team at Buckland-Shelburne, is teaching fourth grade. Kare joins the other Upper teachers, Jorie MacLeod and Stephen Bechtel, who are teaching fifth and sixth grade, respectively. Nan Sadoski is the new classroom music teacher, replacing Susanne Barkan. Joan Fitzgerald continues as the instrumental music teacher, while Jane Wegscheider is beginning her third year as our art teacher. Matthew Glassman is returning as our physical education instructor. Lisa Tanner is moving into a full-time Title I position, focusing on math and writing, while Cathy Geyster will be providing Reading Recovery and general reading instruction. Sandy Gilbert arrived at Heath in the middle of last year and has returned as an instructional assistant. Angela Almeida Sonntag will work in the preschool when she returns from her honeymoon. All other staff people are familiar to you, and we're grateful to each and every one.

Learning to Teach in the EIC Program. Every summer teachers pursue professional development opportunities in many different areas. This summer a team of five Heath staff people, including Stephen Bechtel, Jane Wegscheider, Alice Lemelin, Hitchcock Center naturalist Ted Watt, and myself, spent two weeks in New Bedford at the EIC Content Institute. We all stayed at Ted's aunt and uncle's beautiful farm in Buzzard's Bay, and had great fun working together to develop ways to integrate the natural and social resources of our beloved Heath community into our teaching day. Right now we are in the process of introducing the program to the staff and LEC, and will soon set a date when we present this information to the community. We hope that many of you will be able to attend.

Books. This summer the school received a wireless lab of ten Macintosh IBooks. This should provide a very valuable classroom resource, and we are delighted to have them. We are especially appreciative of Henry Leuchtman and Budge

Litchfield, both of whom spent hours and hours setting all the machines up and connecting them to the server and printer. What a gift to our school they have given! The staff will be undergoing training so that we will be able to use this lab in meaningful ways in the classrooms.

We are also very grateful to Ray Pettengill for all his work on our Web Pages.

Parent Forums. The PTP has been meeting over the summer to establish their program for the year. We will be holding several forums over the coming months to discuss topics relevant to our educational role in the community. We will make sure to post a list of those programs in hopes that community people will be able to attend.

Safety Plans. The District has recently completed safety books to cover procedures for all emergency events that might come our way. Each staff person has a copy, as well as the local fire and police departments, the state police, and the superintendent. It is a comprehensive manual, and one that will be a reassuring guide for us all.

We welcome you all to visit the school whenever you like. You always know a delicious lunch awaits you.

From the Desk of the Town Coordinator

Since the last issue of the *Heath Herald*, things are progressing at the Community Hall. On The House Builders have begun work and it is anticipated that the hall will be reopened by mid-October. I think I speak for everyone - this work can't be completed fast enough. I'm thoroughly looking forward to spending some time at the Senior Center and getting to know the folks in Heath.

The elevator project at Sawyer Hall is moving forward as well. The architectural firm of Architects, Inc. has been selected to provide design services for the elevator. The project should be out to bid in November with a springtime completion date.

At the August Special Town Meeting residents learned of the new block grant application the town is submitting to the Department of Housing & Community Development for Senior Center Renovations, Housing Rehabilitation, and Economic Development Programs totaling \$293,000. As part of the submission, a Capital Planning Needs document has been created to include many town-wide projects. I'm confident this tool will be utilized in future grant applications as well. Keep in mind, documents are always available for public review.

Heath residents deserve the best service for their tax dollars. I'm working extremely hard to be certain funds are secured to complete the many tasks the town is facing - without passing the burden of funding these projects along to the taxpayers. If you have any questions, please feel free to contact me at Sawyer Hall or via E-Mail.

After having been with the town for a year now, I am still very impressed with the level of cooperation amongst all representatives of the Town. Setting goals and achieving them is what I hope to continue to accomplish on behalf of the residents. I hope the sense of community that exists in Heath never changes.

~ Rebecca Jurek

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Anorexia Nervosa and Bulimia Nervosa

By Joanne Fortune, RN

Anorexia nervosa and bulimia nervosa are quiet disorders that primarily afflict girls and women. Sufferers do not threaten others nor become unemployable or criminal as alcoholics may. For these reasons, anorexic and bulimic young women are not an imperative social priority. If we understand the symptoms, causes, treatment, and prognoses, we may be able to help someone who suffers from these troubling disorders.

Anorexia nervosa is a psychological eating disorder in which the sufferer sees herself as fatter than she really is and refuses to eat enough to maintain a minimally healthy weight. Symptoms may include a distorted body image, lack of a menstrual cycle, self-harm, and emaciation. About one in 200 American women suffers from anorexia. However, many more individuals, perhaps five to ten percent of all young women in the United States, have a distorted body image and a preoccupation with becoming thin, though they do not fit all the criteria for a clinical diagnosis of anorexia nervosa. More than 90 percent of cases are diagnosed in females, but some experts believe that many cases in males go unreported.

The causes can include peer pressure, pressure from the fashion media, perfectionism, stress, depression, or a personality disorder. A chat line Web site for people with these disorders notes that 'anorexia is NOT a diet. Bulimia is NOT a weight-loss plan. These are dangerous, potentially life threatening disorders that you cannot choose, catch, or learn.' People at risk for anorexia nervosa are female adolescents, ballet dancers, athletes, perfectionists, overachievers, people with obsessive-compulsive disorder, and those who have been generally overweight.

People with anorexia nervosa usually deny they have a problem. They do not see low weight as a health risk or symptom of a psychological problem. They believe that dieting and losing weight is logical because they perceive themselves to be fat. Many feel pride in their ability to adhere to their strict diet. To the outside world, anorexics are often successful in school and other activities, may be perceived as respectful, obedient, helpful, and compliant - in short, they are seen as model young people.

Certain instances of anorexia nervosa can be prevented by nurturing a realistic and healthy attitude to weight and confronting unrealistic perceptions about body image. It is diagnosed by a doctor who will ask about medical background and take blood tests to check for anemia and electrolyte imbalance. It may be treated with counseling or psychotherapy. If there is serious emaciation, hospitalization for intravenous feeding or psychiatric treatment may be necessary. In addition, the doctor may prescribe anti-depressants. This disorder can become chronic. It can cause osteoporosis (from not enough calcium during the teen years), electrolyte imbalance, and irregular heartbeat which can be fatal. Other complications may include permanent disability, suicide, or death from starvation. The prognosis is it can be treated if the sufferer cooperates with the course of treatment. It may take years to treat successfully, during which time relapses are common.

Please call your doctor if you continue to lose weight despite treatment, or if you notice chest pain, a racing heart or lose consciousness. This is an emergency! Bulimia nervosa is also a psychological eating disorder in which the sufferer experiences an abnormal perception of her body, has the desire to binge on food, sometimes secretly, causes herself to vomit or take strong laxatives, and has weight fluctuations. The cause of bulimia nervosa is as yet unknown. Those at risk are young women and adolescent girls, ballet dancers, models, those who come from very strict families, those who are depressed, and those going through big life changes such as leaving home. About two or three in 100 suffer from bulimia. This disorder, in some instances, may be prevented by avoiding excessive stress, nurturing self-esteem, and learning to think rationally about body weight.

It is diagnosed and treated in the same manner as anorexia nervosa. The doctor will take a medical history and do blood tests to check electrolyte levels. This disorder can lead to problems with the sufferer's teeth from stomach acid, fluid and electrolyte imbalance, and death. The outcome varies widely. However, if the sufferer stays on her course of counseling, her chances of a successful recovery are greater than otherwise.

Please call your doctor if you notice symptoms of bulimia in yourself or a member of your family. If you are being treated, please call your doctor if your heart races, if you experience chest pain, if your menstrual cycle stops, or if you continue to lose weight.

I continue to see people in their homes on Tuesdays. If you or someone you know, would like a visit, please call me at 337-5716. Thank you.



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Support Your Local Businesses

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

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Milestones

Born September 16, 2002, a son, **Nicholas Tripp**, to William and Roberta Tripp Baker of Rowe, grandson of **Robert and Alicia Tripp** of Heath and Jacqueline Baker of Shelburne.

The engagement of **Kimberley Ann Bremmer**, daughter of Andrea and Jeff Rose of East Buckland and Paul Bremmer of Ashland, and **Joseph Canali**, son of **Liz and Al Canali** of Heath has been announced. The couple of Longwood, FL plan an October 12 wedding.



Edward B. Stowe Jr. of Greenfield died September 1, 2002. Born in Greenfield, October 16, 1924, he was the son of Hazel Denison and Edward B. Stowe Sr.

He attended Colrain schools and graduated from Arms Academy in 1942. After working on the family farm, he continued his education at the Lincoln School of Welding in Cleveland, OH. In 1985, he retired from Yankee Atomic in Rowe after 25 years of service.

During his retirement, he volunteered for many welding and machining projects including those at the Greenfield Center School, First Congregational Church, Franklin Area Survival Center, and the Shelburne Falls Trolley Museum. He was very interested in the Franklin County Technical School and donated materials and equipment to the school.

Survivors include his wife of 44 years, the former Valda R. Jillette; two sons, Denison E. and Fraser R.K. of Greenfield; three brothers, Dr. Howard D. of Owosso, MI, **Carroll A.** of Heath, and Richard H. of Charlotte, VT; a grandson, Jeremiah D. Stowe of Greenfield, and several nieces and nephews.

Memorial contributions may be made to the Shelburne Falls Trolley Museum, in care of Peter Johnson, Treasurer, P.O. Box 272, Shelburne Falls, MA 01370.

Edward J. Terault of Heath died August 17, 2002. Born in Holyoke, July 20, 1917, he was the son of George and Lillian Desnoyers Terault.

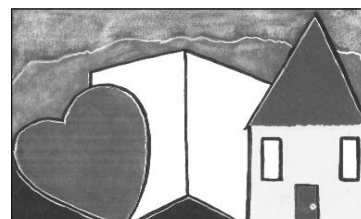
A graduate of Commerce High School in Springfield, Terault served in the 8th Air Force in England during World War II. He was awarded the Flying Cross and Air Medal with three Oak Leaf Clusters. He was recalled to service for Korea and was promoted to the rank of Captain before being discharged after the Conflict.

Prior to retirement in 1995, he was employed as office manager of West Side Shade and Blind Co. in West Springfield where he worked for 35 years.

His wife, the former Madeline Barttro, died May 24, 2000. Survivors include a son, **Normand A.** of Heath, two sisters, Veronica Guertin of Springfield and Rita Croucher of

Cathy's Valley, CA; a stepgrandson, **Michael Crabtree** of Heath, and several nieces and nephews.

Memorial contributions may be made to the American Cancer Society, Centralized Memorial Processing Center, 30 Speen St., Framingham, MA 01070.



Friends of the Heath School Library

The Friends of the Heath School Library in conjunction with the World Eye Bookshop are planning a Book Fair to be held at the school on Thursday, November 14, from 8:30 a.m. to 8:00 p.m. to benefit the Heath School Library.

In addition to children's books, there also will be a selection of adult books for sale and a chance to buy a Holiday Gift Book for the library.

The children will have an opportunity to look at and choose books during the school day, and we are hoping the sale hours will allow time for the parents to attend as well.

Come and do your holiday book shopping!

Parks and Recreation 2003 Heath Calendars

Will be available in November.

Call 337-8558 to reserve your copy

Operation Recognition Day

"Operation Recognition" will be held Veterans Day, Monday, November 11, 2002, at 2:00 p.m. at Mohawk Trail Regional High School in Buckland. This recognition is to award diplomas to students who went into military service during World War II from Arms Academy, Charlemont High, and Sanderson Academy. The public is invited.

~ Avis Whitehouse



**DON'T FORGET TO VOTE
ON NOVEMBER 5th**



The Way It Is In The Country

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

Heath Fair 2002

By Carroll Stowe

Our annual fair like all those before is history. It was a success in most areas and not so good in others. We were presented with the most fantastic thunderstorm while the pony pull was going on. The presence of the frequent lightning canceled the fireworks for Friday evening.

The Fire Department lived up to their fame with two great chicken barbecues. The homegrown root beer is great. The sweet corn done to perfection only made the taste buds cry for more.

The cattle barn seemed to have a better number of cattle than in some past fairs and there was a good sheep event. The dedication of those show people is tremendous.

I was able to spend two hours in the museum barn and describe some items of interest to those with questions. I am always amazed when spending time in the reconstructed Solomon Temple barn at the amount of time and effort that went towards its building. People were able to wrest time and talent away from other projects to make the Temple barn a thing to be proud of. My two hours there at fair time were all too short.

I've helped with and enjoyed a lot of Heath Fairs but never could I have imagined I would ever be honored with a look-alike contest and honored to receive the Doc Streeter Citizenship Award. I could never have believed anyone would ever put me on a level with the late great Doc Streeter D.V.M. He was most surely one of my heroes and always will be.

Sunday of the Heath Fair 1980 was the last time I saw my dad alive. His last handshake was so firm and meaningful. Dad had judged cattle at earlier fairs when they had been held in Dickinson's Grove.

The most meaningful part of any agricultural show for me is the opportunity to visit with those not seen since the one the year previous.

From those who spend great amounts of time to put the events together, the questions are always forthcoming about why hasn't this or that ever been tried. Why can't you have the truck pull and why aren't there more rides? Perhaps other operations can pay more than we are able or maybe a truck pull group has elected to discontinue operations or their insurance got price prohibitive. There are as many excuses for some events or actions not being at the fair as there are those who make up the excuses.

The fair is over for another year and hopefully we can address some other concerns for another fair time. Please all who have questions and ideas come to our monthly meetings and plead your case.

***Editor's note:** The Doc Charles Streeter Citizenship Award is presented by the Charlemont Lions Club annually to an individual from Charlemont, Hawley, Rowe, or Heath who does good works that help the residents of one or more of these towns and is thought to be a good citizen by the nominator.

Dr. Charles E. Streeter, a Franklin County veterinarian for many years, was very active in Charlemont town government and in civic organizations, in particular the Lions Club from which he received their highest national award given in recognition of "exceptional commitment to others." He died in 1999 at the age of 92.

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Heath and the Shelburne Falls Military Band

On Sunday, August 18, of this year the Shelburne Falls Military Band once again marched in the parade and presented a concert at the annual Heath Agricultural Fair. This is as it should be since the Shelburne Falls Band and Heath have had a long and close relationship.

The Band began in 1835 when three self-described "farm boys," Martin Merrill, S.F. Merrill, and Jonathan Nims, got together to form a musical organization. They named the organization "The Shelburne Falls Military Band." The young men practiced diligently and by the end of the year claimed they had mastered seven "tunes."

The next year, 1836, after having added a clarinet player, identified in the records only as Rugg (from Heath, no less) they were ready to perform publicly. In May, 1836, Captain Rodolph White, of the Heath Rifle Company, hired the Band to play for their May "training." Each band member received \$1.00 for his musical efforts as well as a meal prepared by the ladies of Heath. Thus the first concert ever given by the Shelburne Falls Military Band was in Heath. Moreover, in the fall of that same year the Band was again engaged by Captain White for the Company's Muster for a second concert at Heath.

The sparse records don't mention other performances that the Band may have presented at Heath before 1885, other than for the Heath Centennial.

In the next century the Band gave regular concerts at the Heath Agricultural Fair, although again the records are by no means complete. Appearances are referred to for 1920, 1924, 1938 (the words in the Band records are "once again to the annual Heath Fair," implying regular previous performances at the Fair), 1940, 1945 (with the members wearing newly purchased uniforms), and 1947.

The writer of this article, a summer resident of Heath, joined the band as a flute and piccolo player in 1955. Since then, I can personally attest that, not every year, but most years after the Fair began to be held at the present fairgrounds, the Band has led the parade and presented a concert.

Knowing Heath's reputation for being one of the coldest towns in Franklin County, the Band members frequently joke about whether there will be snow at the Fair this year. There was no snow the final day of the Fair in August. It was mostly sunny. But even if there had been snow or rain or wind or ice or whatever, once again we members of the Shelburne Falls Military Band would have been more than willing to continue our participation in one of the most important events of the town - the annual Heath Agricultural Fair. And we did so participate!

As an addendum, I might point out that the Band uniform I wore from 1967 to 2001 (when we were issued new uniforms) is in the Heath Historical Society's Center School-house Museum.

~ Murray L. Newman

(The Heath Historical Society Museums are open by appointment by calling the curator, Pegge Howland, at 337-4980.)

Excerpts from the Farmer's Alma-

October

Venus quickly falls further into the glare of the setting Sun each evening. It is performing its swan song as an evening star, bright twilight is the best time to see its enormous slender crescent shape through binoculars or a telescope. By 7:30 p.m., Venus has set and no bright planets remain, so the action shifts to the predawn east. There, the crescent Moon meets brilliant Jupiter on the 2nd, and Mercury and Mars are easily seen as they float side by side from the 9th to the 13th. Saturn is high in the south at dawn and starts rising before 10:00 p.m. by month's end. The bright full Hunter's Moon on the 21st will spoil the Orionid meteor shower, normally the year's fourth best.

• New Moon	October 6
) First Quarter	October 13
O Full Moon	October 21
(Last Quarter	October 29

November

The combination of the clocks having "fallen back" to end Daylight Savings Time and the planets rising two hours earlier each month suddenly brings Saturn out right after nightfall and brilliant Jupiter up by 11:00 p.m. in midmonth. Saturn rings are now wide open, giving the planet a rare brilliance as it retrogrades back into Taurus. Meanwhile, Venus charges into the morning sky, rapidly rising ahead of the Sun and displaying its final lovely crescent profile (through binoculars) until the year 2004. On the 17th, the East Coast could experience a fantastic Leonid meteor shower. Predictions suggest that more than 25,000 meteors per hour will be visible.

• New Moon	November 4
) First Quarter	November 11
O Full Moon	November 19
(Last Quarter	November 27

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Chiefs of Police Offer Safety Tips For Parents/Children When Surfing The Internet

The Internet and the invention of the personal computer are perhaps the most significant creations of the 20th Century, offering communication tools that link families and friends around the world. It provides users access to an incredible volume of information and is an invaluable tool of the academic and business world.

The Internet can also be a seedy and dangerous place for people of all ages, especially children and teens. "Internet users enjoy anonymity and that is something that predators crave," says Chief Robert D. Campbell, of Agawam and President of the Chiefs of Police Association. "A child doesn't always know with whom he or she is interacting and that is why it can be so dangerous. Unless it's a school friend or a relative, they really can't be sure."

Considering that 25 percent of kids on-line participate in real time chat and 13 million use instant messaging (IM), the risks of such children interacting, either knowingly or unknowingly, with a predator is alarming. According to the *Journal of the American Medical Association* (JAMA), 89 percent of sexual solicitations were made in either chat rooms or instant messages, and 1 in 5 youths (ages 10-17 years) has been sexually solicited on-line. "It's easy to think of pedophiles as loitering in playgrounds and other places where children play," says Chief Campbell, "but because of the way the Internet works, children can easily be interacting on their home computers with predators posing as children."

The Police Chiefs of Massachusetts offer these safety tips to parents and children and urge parents to report any suspicious activities.

Tips for Children and Teens:

- Never give out personal information (such as name, age, address, phone number, school, town, password, schedule, your picture) or fill out questionnaires or any forms on-line. This includes chat rooms, instant messages, E-mail, surfing the Net and event entering contests, or registering for clubs on-line.
- Never meet in person with anyone you have met on-line without Mom and/or Dad's presence.
- Do not enter a chat room without Mom and/or Dad's presence or supervision. Some "kids" you meet in chat rooms may not really be kids; they may be adults with bad intentions. Remember people may not be who they say they are.
- Be suspicious of anyone who tries to turn you against your parents, teachers, or friends.
- Don't give out your password to anyone except your parents - not even to your friends.
- Follow your family's rules for on-line safety at home, at school, at the library, or at a friend or relative's house.
- Do not engage in an on-line conversation that makes you feel uncomfortable. Log off and tell your parents. If you get such a message, DO NOT respond. Instead, show it to your parents and let them handle it.
- Never respond to or send an E-mail or instant message to a stranger, or accept E-mails, enclosures, links, URLs, or other things on-line from people you don't know. Talk to your parents first so they can check it out.

Tips for Adults:

- Place your computer in an area of your home where you can easily monitor your child's Internet activity.
- Teach your children not to give out personal information to anyone they do not know in the physical world.
- Teach them never to give out any personal information while they are in a chat room with friends, because there may also be others in the chat room that they do not know.
- Supervise your child's chat room activity and only allow your children in monitored chat rooms.
- Block instant/personal messages from people you and your child don't know. (Check to see which IM services have this feature.)
- Set time limits and monitor the amount of time your child spends on the Internet, and at what times of day. Excessive time-on-line, especially at night, may indicate a problem.
- Regularly ask your kids about their on-line friends and activities.
- Be present in the room so you can monitor the screen and your child's IM.
- Do not permit your child to have an on-line profile, which serves as a lightning rod for predators. With this restriction, he or she will not be listed in directories and is less likely to be approached in chat rooms where pedophiles often search for prey.
- Be aware that when anyone enters a chat room, their E-mail can end up on a spammer's list. This means that participating in chat rooms can increase the likelihood that you will begin receiving unsolicited pornographic E-mail.
- Consider investing in protective software. As your Internet service provider or local software retailer for suggestions or visit an Internet search engine and conduct a keyword search for "blocking and filtering software."

("Internet Safety Tips" continued on page 15)



News from *YOUR* Fire Department...

Since last issue's article, the Heath Fire department is pleased to welcome three new members. If you bump into them in town, be sure to congratulate and thank Dave Vanderpoel, Mark Benjamin, and Olin Schwenger. Don't think that this fills out our roster, though. We continue to seek and encourage any interested townsfolk to join us.

We have been having serious discussions with the Selectboard regarding the necessity of replacing two of our older trucks. Our attack truck, Engine One, is a 1976 Pierce that we got new through a Federal grant way back then. It is the only brand new fire truck that Heath has ever gotten! Alas, it is beginning to show serious signs of age and use, and may or may not be a reliable vehicle when we need it. Our tanker, Engine Three, is of 1964 vintage and really is starting to show signs of old age. It had a long life before we acquired it, and has had a long and productive life in our department but it's time to think about retirement.

For the second year in a row, we have applied for the available Federal Fire Grants for money for a new truck. As of this writing, the grant awards are in round five, and we still have not been awarded anything. Money will be given out until the end of the year, so there is still a glimmer of hope. This is all by way of saying that, whether or not any grant money comes our way, there will be a warrant article at the next Annual Town Meeting asking for a truck. Our trucks aren't used on a daily basis, but when they're needed, they've got to be reliable. There's just too much at stake for them not to be.

We also continue to search for funding for a new fire station. The town owns land on which a station could be built; we just need the money to build one. There has been a bill before the Massachusetts General Court for the past two years that would allocate money for fire and safety complexes, but it has not made it out of committee in those two years and, given the Commonwealth's fiscal woes, it's not likely to in the near future. Senator Nuciforo is aware of our needs and problems and has promised to do what he can to help. We are also looking into Federal Rural Development grants and loans as a possibility, but don't hold your breath, folks. The fact that Heath is probably the only town in Massachusetts whose fire station does not have running water does not seem to have moved anyone to tears.

At last month's drill, a representative from Survivair (self-contained breathing apparatus) came up to go over operation of our airpicks and to show us the next generation. NFPA has mandated more high-tech bells and whistles for the future, with corresponding price increases. Fortunately, we can continue to use the airpicks we have, but we all did drool over the new toys!

In spite of our continuing monetary woes, we do what we can with what we have. Morale is high; we've got a great bunch of firefighters; and we're probably better trained and prepared than we've ever been. We look forward to seeing YOU at our meetings and drills, either as a prospective member or just an interested Heathan.

We meet the first and third Thursday at 7:00 p.m. at the fire station.

And a reminder to you all: Daylight Savings Time ends on October 27. Don't forget to replace your smoke detector batteries then.

~ Your Heath Firefighters



Heath Historical Society Annual Dinner Meeting



Diners listen while Elizabeth Sifton (upper left) speaks about the "Serenity Prayer" and the memories of summers and holidays she and her family, the Reinhold Niebuhrs, enjoyed in Heath.

(*"Internet Safety Tips"* continued from page 14)

The following Web sites provide useful information to aid parents in educating themselves and their children in safe Internet practices: www.protectkids.com, www.safekids.com, www.missingkids.com/cybertip, and www.getnetwise.org.

About the Massachusetts Chiefs of Police

Founded in November 1887, the Massachusetts Chiefs of Police Association is a professional and educational organization dedicated to the preservation of peace and protection of the lives and property of the citizens of Massachusetts. Chief George J. DiBlasi (Ret.) serves as Executive Director.

~ Police Chief Lorin S. Gowdy

Heath Emergency Services News

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

7/09/02 - Flagg Hill Ext. - Medical
 7/12/02 - Number Nine Rd. - Medical
 7/13/02 - Sadoga Rd. - Medical
 7/28/02 - West Main St. - Medical
 8/03/02 - Rt. 8A North - Accident
 8/03/02 - Taylor Brook Rd. - Medical
 8/11/02 - Heath Fairgrounds - Medical
 8/11/02 - South Rd. - Accident
 8/11/02 - Rt. 8A South - Medical

We were lucky this year at the Fair as we had relatively very few emergencies, half of which had to do with the heat. I would like to thank Joanne Fortune and the First Responders who helped out at the First Aid booth this year.

~ Timothy Lively, EMT

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