



HEATH HERALD

Heath's First Newspaper

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Volume 25, Number 4

October/ November 2003



To the Goldenrod

*Lower that glad Summer gleams with charm indue,
With conjuring rods evoking saffron dyes,
To vest nude hills in joy of hue,
To paint with cheer the vale's sad view,
And point above to freedom's sapphire skies-
Our Nation's beams now summon thee,
For growth of liberty aglow to stand.
Her figured strength in bloom to be-
In garlands sun-wrought for the free,
An aureate ensign on her golden land!*

*~ Henry O'Meara
Ballads of America*

Wild Ramblings

The Secret Life of the Goldenrod

By Bill Lattrell

Editors Note: We are very happy to welcome back to the Herald Bill Lattrell and his column "Wild Ramblings" and look forward to learning from Bill more about our wonderful area.

During the late summer and early autumn one of the most dominant landscape features in New England are old fields dominated by the blistering yellow color of our native goldenrods. Many a photographer has tried to capture pastoral scenes of these yellow fields, bordered by bright fall foliage, next to a treasured red New England barn.

Goldenrods are such a common feature of the natural landscape that most of us tend to overlook their complex life. This common, but interesting, plant species truly has a secret life!

The goldenrod plant has a bad and undeserved reputation in that it is often associated with hay fever and allergies. The pollen from goldenrod is far too heavy to be carried by the wind and therefore it is not responsible for these nasty ailments. Unfortunately it blooms at the same time as ragweed that has a very light and wind-borne pollen. The ragweed pollen distribution is the true cause of these maladies.

New England is blessed with many types of goldenrod. Tall goldenrod, late goldenrod, Canada goldenrod, rough-stemmed goldenrod, Elliot's goldenrod, and swamp goldenrod are a few of the goldenrod species common to our area. Each goldenrod has its own individual preference for where it grows. Some goldenrods grow in wet soils and some in dry soils, some like a little shade and some like full sun.

(*"The Secret Life of the Goldenrod"* continued on page 2)

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Heath Herald

Design and Layout Editor/Photographer Eileen A. Tougas
Assistant Design and Layout Editor/Photographer Jodi Walsh
Copy Editor Jane de Leeuw
Typographer Diane Cote
Business Manager Deborah Phillips
Advertising & Circulation Coordinator Deborah Phillips
Dianne Cerone

Columnists Charlene E. Churchill, Joanne Fortune, RN,
Rebecca Jurek, Bill Latrell, Ray Pettengill,
Carroll Stowe, Susan Todd

Contributors Diane Cote, Jane de Leeuw, Robin Jenkins,
Val Kaempfer, Ruth Johnson, Pat Leuchtman, Timothy
Lively, Kathy Stein, Richards Steinbock, Hilma Sumner,
Alli Thane-Stetson, The Selectboard, Del Viarengo

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(*"The Secret Life of the Goldenrod"* continued from page 1)

Goldenrods tend to dominate old agricultural fields to the point where few other plants can grow in these areas with any great success. This happens for two reasons: first, the goldenrod plant is allelopathic meaning it emits chemicals into the soil to prohibit other plants from growing.

Walnut trees and Norway maple trees are examples of two other allelopathic plants. Goldenrods emit phenol into the soil, a very effective chemical to eliminate or discourage most, but not all, other plants from growing. The second reason goldenrods dominate old fields is because they are clonal, meaning they spread voraciously by underground rhizomes and by heavy seed production. The goldenrods growing from rhizomes form plants that are genetically identical to the parent plant.

Goldenrods can be hosts to the stem gallfly. These insects use the goldenrod for reproduction and incubation. After mating the female stem gallfly utilizes a special adaptive body part called an ovipositor to inject the goldenrod stem with chemicals that cause rapid cell division in the plant stem. This cancerous growth caused by the chemical deposition forms a gall in about three weeks after the injection. This gall appears on the stem as an ovate structure, usually three to four times the normal stem diameter. Eggs are deposited in the same area simultaneously. The gall has a hull that is comprised of a cork-like material. The inner part of the gall is comprised of plant tissues that provide nutrition to the fly larvae.

While the gall grows the eggs hatch and the larvae excavates a central living chamber within the gall. The larvae will remain in the gall until the following spring. The larvae actually excavate an exit tunnel for use the following spring.

Interestingly, the same species of stem gallfly will utilize different types of goldenrod. Offspring of the gallfly parent will only utilize the same species of goldenrod. This is an interesting survival tool in that it encourages evolution of the species by isolating individual species so that the overall species does not become quickly homogenized. This allows individual groups within a species to evolve along different pathways and therefore increase the chances of survival to diseases and environmental circumstances to which they may become exposed. Amongst most animal species this "speciation" occurs because of geographic isolation. The stem gallfly can accomplish this same principal within the same field by utilizing several different species of goldenrod on which they form the galls. There is also new research that indicates some stem gallflies will only make galls on clonal plants that are genetically identical to a parent plant on which their formative galls were located.

The secret life of the goldenrod plot thickens as the gallfly wasp comes onto the scene. There are several different species of wasp that predate the stem gallfly. Each has a slightly different strategy for taking advantage of the gallfly. One of the more common wasps penetrates a developed goldenrod gall with its own ovipositor and inserts fertilized wasp eggs. The larva that develops from these eggs first feeds on the stem gallfly larvae and then utilizes the nutritive value of the gall's interior to survive the winter months.

(*"The Secret Life of the Goldenrod"* continued on page 3)



New Neighbors

Meet David and Theresa Vanderpoel, residents on Rowe Road with their two dogs, Sarah and Pooh (pet of our home).

One would be hard put to find two more enthusiastic newcomers to our community!

The Vanderpoels come from the valley, David from South Hadley, Theresa from Holyoke. After living in Northampton for nine years during which time Theresa worked as a chef manager at Mount Holyoke College and David as a landscaper, Theresa hurt her back and had to stop working. Their two-story house no longer served their needs. They began looking for affordable and one-story housing in a friendlier and less noisy place.

They found Heath through Theresa's brother, a resident of Mohawk Estates, whom they visited for two years, becoming increasingly enamored, before deciding to make Heath their new home. Lured by the beauty and the silence, and the "good and friendly people" of Heath, they share with many who have come here a sense of place. And then there is "the wave," as Theresa put it.

Both work part-time at the Charlemont Inn, Theresa as a cook, David as a server which they enjoy very much. David is now a member of the Board of Health and the Heath Fire Department, and they both attend the Heath Union Church whose members have made them feel very welcome. They look forward to becoming more involved in the community. They are thrilled to be here!

~ Jane de Leeuw

This In-Between Season

Summer over, Heath Fair a nice memory, fall coming on. This is the in-between season. Back in July, I heard the first really serious sounding squawks of the blue jays, and now they're at it in earnest. This is always my first harbinger of fall, then the wild New England asters springing up all over. A flock of chickadees still follows me around the yard and two families of hummingbirds persist in chattering and fighting over the feeders. Earlier, the males were battling it out, now it's the females. Today, one of the hummers came to a window where I had an orange candle on the sill—she puzzled a while over it, then swooped off. I hoped she wouldn't whack her beak into the glass—and she was too smart for that. Wish I knew more about the vast kingdom of birds. And the bugs! So many gorgeous little ones, so exotic if you look at them closely that they might have come out of a sci-fi movie—one today with a striped white and black body, huge long feelers with big fringes at the ends that were tinged with red, and spindly little legs planted on feet that looked like bug-galoshes, and all of her in one half inch. While the scientists keep telling us all their new discoveries about the world, I keep learning how little I know. Who was that gorgeous bug, so funny looking and beautiful all at once?

Lately, I've come to realize that the things in this world that especially thrill me are the huge ones and the tiny. In addition to my bugs and tiny wildflowers, I love the slanting light of fall, the sweep of the Milky Way, the Big Dipper fitting just so into the shape of the white pine treetops in October. Like looking forward to the return of a good friend away too long, I am starting to anticipate grand old Orion, our great giant of a constellation that makes the long, dark nights familiar. But that's getting too far ahead.

There's still the happy gift of Indian summer, making apple pies and harvest soups, getting the woodstoves going, hiking up nearby summits to take in the fall colors, watching and listening to the Vs of geese heading south. Serious fall stuff, making us reflect quietly and then sobering us up for winter.

~ Kathy Stein

(*"The Secret Life of the Goldenrod"* continued from page 2)

In the natural world, each plant has its own ecological and evolutionary story. Some are obvious and some are not. As with many plants, the goldenrod has complexities that ecologists and botanists are still trying to understand. Some of these mysteries can be beneficial to humankind. For example, medical scientists have studied the chemical secretions emitted by the stem gallfly that cause the rapid cell division in the goldenrod stem in an effort to better understand cancerous rapid cell division in animals.

Goldenrods are some of our most common plants. They are easily recognized, yet they hold secrets that may not be obvious to the casual observer. As we attempt to unravel the secret life of the goldenrod we can hope to make discoveries that will not only improve the human condition but also to gain a better understanding of the mysteries of the natural world around us.

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THE COMMUNITY HALL COMMITTEE
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Community Hall News

Recently the hall committee had a chance to look at the new kitchen plans that the architect submitted to the building committee. It is going to be a nice flowing, workable room. We are looking forward to getting the renovations started!

The committee purchased a metal frame with canvas top gazebo, which will be installed next spring at the south side of the hall. We are hoping to be able to get one or two picnic tables to put under the gazebo, so seniors will be able to sit out and enjoy! We also would like to purchase several round picnic tables to be used for outside dining. We will graciously accept any donations that will help us achieve this goal.

We would like to publicly thank Peter and Susan Schriber for donating a beautiful Wurlitzer piano to the Community Hall. We are extremely grateful to the Schribers for this generous gift.

Functions can be still held at the hall. If anyone is interested in renting the hall, call Dolly Churchill at 337-6680 for reservations. The hall committee again put on the Historical Society Annual dinner on September 27.

~ Val Kaempfer
Community Hall Committee

Heath Elementary PTP

Well, the school year has begun and the first PTP meeting was held Thursday, September 18, at 8:30 p.m. in the school library. We encourage anyone interested in the Parent-Teacher Partnership to attend. Our meetings will be held the third Thursday of each month. Times will vary from month to month so please call the school to verify meeting times.

This year the co-chairs will be Robin Jenkins and Trish Archambault, secretary, Elizabeth LaPointe, and treasurer, Amy Wales.

We will be starting off the year with our wrapping paper and gift fund-raiser. This is a major fund-raiser for the PTP. We have chosen the company "Taste of New England," which has a wide variety of items to offer that are made in and around New England. Please stop by the school to see some samples and pick up an order form. Our sale dates will run until October 13.

Our next big event will be our annual Halloween activities. Keep an eye out around town for upcoming information on what we hope to offer this Halloween.

The PTP is looking forward to a busy and productive year. Our primary focus will be to organize special events and activities that support our school curriculum and provide enrichment to our school. We look forward to this challenge and the opportunity to work with the whole Heath community.

~ Robin Jenkins, Co-chair

Friends of the Heath Library

The Friends of the Heath Library have had a busy, successful, and profitable year. The first fund-raiser was our annual Memorial Day Bake Sale which netted \$340.00. The generosity of our townspeople and patrons shows how valuable they consider the library to be to our community.

In July the Friends held their Annual Meeting at the Community Hall, preceded by a delicious potluck supper. Officers were elected for the coming year: Don Dekker, president, Pat Leuchtman, vice president, Jan Carr, secretary, and Jane deLeeuw, treasurer. Plans were made for the book sale and raffle to be held at the Heath Fair. Jan Carr showed sterling silver horse pins she had been collecting and offered to sell at the Fair to benefit the FOL. There were more books than ever at the book sale and we netted over \$1400.00, selling books, raffle tickets, Richards Steinbock's leftover Heath Fair shirts, and CD albums by Karen Brooks and Mike Chrisman as well as the horse pins. Some horse pins are still available for sale for \$20 or \$25 by calling Jan Carr. We certainly thank those who donated wonderful prizes to the successful raffle: Bald Mountain Pottery, Berkshire Sweet Gold Maple Syrup, Bob Dane Glass, Don Dekker's rug, Fair Trade wooden box, Plants for Pleasure, Shelburne Falls Coffee Roasters, and the Musacchios' Open Air Market Christmas plants.

The proceeds from all Friends of the Library fund-raising go to purchase library books and other needs that cannot be covered by the town budget. This past year the FOL paid for books, video and audiotapes, magazines, and other library materials.

One special project was created at the end of the summer. *The View* is a morning talk show on ABC featuring Barbara Walters and three other interesting women. They were holding a search for a hometown from which they would broadcast in November and to which they would award \$25,000. The Friends enlisted the help of Sheila Litchfield, Library Director Charlene Churchill, Hilma Sumner, Liz, Al, and Joe Canali to put together the required three-minute video describing the town, and in our case, the needs of our library which is considering a new building. We'll be notified in October whether we were chosen.

~ Pat Leuchtman

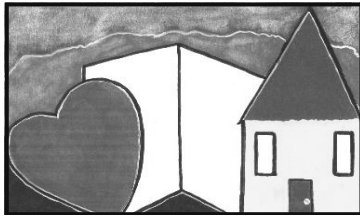
The *Herald* encourages all Heath writers and those who have never thought they could but have been itching to give it a try to submit their creative efforts on any subject of their choosing.

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Friends of the Heath School Library Book Fair

Thanks to all who participated in our successful Heath Fair tag sale. All proceeds went to purchase books for our children at the Heath School.

The Friends of the Heath School Library will hold its second annual Book Fair in conjunction with the World Eye Book Shop of Greenfield at the Heath School on Thursday, November 13, from 8:30 a.m. until 8:00 p.m.

There will be a selection of paperback and hardcover children's books as well as some adult books. We will also be selling 2004 calendars. If any of you who have a special request, call 337-8594 or tell Wanda Musacchio, the school librarian, and we will order it for you.

The classes will attend during the day, and we will be there until 8:00 p.m. for parents to attend after work.

Come and buy your holiday books and, if you can, come during the day and enjoy seeing the enthusiasm of the children as they choose their books!

Proceeds will be used for books for the school library to make sure, in these times of under-funding, the collection continues to grow.

Church News

Having wrestled with the rain much of the summer, it seems everyone is busy trying to play "catch-up" on their preparation for winter and the cold weather. Fortunately, we can all be assured that the good Lord of heaven and earth understands each situation and will provide what we need.

Due to a very generous gift from the Dickinson Family Fund for Historical Heath the church will be installing a ramp for folks who find it difficult or impossible to use stairs. The ramp will be built from large stone slabs like the sidewalk and the front steps so it will be in keeping with the outside appearance of the church. There will also be railings erected on both sides of the ramp for support and safety.

Progress continues in our basement renovation. Vinyl flooring is scheduled to be installed in the bathrooms and kitchen area at the end of September. Afterwards the final painting will be done in these areas. Fixtures will be installed so that at least one bathroom will be useable. That will be a milestone in our church history! The work has come a long way from the three-foot dirt crawl space that we began with.

Services are at 10:00 a.m. on Sundays. The church has a program for children (age two through sixth grade) during this time so that they may also receive age-appropriate teaching. On Wednesday evenings at 7:00 p.m. Bible study is held at the parsonage on Bray Road. Presently we are studying the Gospel of Luke. All of the services are open, and anyone is welcome to attend.

~ Hilma Sumner
Interim Minister



Letter to the Editor

Addition and Correction (see article 'The Heath Union Church - The Building, *Heath Herald*, August/September 2003.)

I would like to correct information about the Johnson-Opus 16 Organ in the Heath Church.

The journey it took was Haydenville to Whately Congregational Church then to Heath. In 1814 the Church purchased the organ for \$100 with funding organized by Mrs. Anna Burrington. It was moved by wagon and reassembled in the Heath Church.

It is the only Johnson organ we know of that has not been altered except for an electric motor and is used most Sundays for the worship service. It is a joy to play and to listen to.

Thanks,

Ruth Johnson

(Editor's note: Thanks to Mrs. Johnson. Our sources differed in the facts about the organ's history.)



Rays of Interest

How True!

By Raymond Pettengill

Joe Smith (not his real name) started the day early having set his alarm clock (MADE IN JAPAN) for 6 a.m.

While his coffeepot (MADE IN CHINA) was perking, he shaved with his electric razor (MADE IN HONG KONG). He put on a dress shirt (MADE IN SRI LANKA), designer jeans (MADE IN SINGAPORE) and tennis shoes (MADE IN KOREA). After cooking his breakfast in his new electric skillet (MADE IN INDIA) he sat down with his calculator (MADE IN MEXICO) to see how much he could spend today. After setting his watch (MADE IN TAIWAN) to the radio (MADE IN INDIA) he got in his car (MADE IN GERMANY) and continued his search for a good paying AMERICAN JOB.

At the end of yet another discouraging and fruitless day, Joe decided to relax for a while. He put on his sandals (MADE IN BRAZIL) poured himself a glass of wine (MADE IN FRANCE) and turned on his TV (MADE IN INDONESIA), and then wondered why he can't find a good paying job in AMERICA....

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Library Lines

New Technology



By Charlene Churchill

Technology - the word sends a shiver down the spines of most of us. It moves and changes so quickly that even those who work in technology related fields have a hard time keeping up with the latest innovations.

In about 1989, our library started buying a new type of technology - books recorded on audiotapes. Now we have a large collection of books on tape, and we are starting to buy books on CD.

We also have a large collection of movies on videotape. We are updating and enlarging this collection to meet the needs of our library patrons. Our regional library system has not been able to buy new videos for over two years and there are many new movies that people want to watch!

In response to the increase in the number of our patrons who have DVD players, we are also starting to build a collection of DVDs. Some have been purchased with library funds and patrons have donated some. Please stop in at the library and check out our new and expanding DVD section if you have a DVD player. Some of the titles are listed below.

New DVDs: *The Count of Monte Cristo*, *Ellis Island*, *Death of an Expert Witness*, *Harry Potter and the Sorcerer's Stone*, *The Good Girl*, *The Bachelor*, *Frida*, *The Hours*.

New Videos: *The Two Towers*, *Harry Potter and the Chamber of Secrets*, *The Flight of the Phoenix*, *Gods and Generals*, *About Schmidt*, *Stage Door*, *On Golden Pond*, *Gandhi*, *The Sixth Sense*.



News From *Your* Heath Fire Department

Despite the downpour that cut the Fair short on Sunday, the Heath Firefighters had another successful year at the BBQ pit. We thank all of you who came to support the Fair and tried some of our scrumptious chicken. Your continued support goes a long way in helping us purchase turnout gear and equipment.

Chief Mike Smith and First Assistant Chief Walt Gleason traveled to Pennsylvania at the end of August to check on the progress of our new truck. They were quite impressed by KME's facilities and were happy to report that things are going well with the construction of our truck. KME is currently constructing over 120 trucks! If all goes as expected, we should have a new attack truck in town in about six months or so. Rest assured, there will be a gala open house when it gets here.

We plan to spend a lot of the remaining good weather on some intensive training, so you may see us out and about a little more than usual.

We had an outbuilding fire, caused by a lightning strike, in late August. Mutual aid response was quick and adequate, and things were kept under control.

Wood heat season is coming up. We've already responded to our first chimney fire of the season. Now is the time to make sure your chimney is clean and in good condition, and check your stove and stovepipes. And don't forget to change your smoke detector batteries on October 26 (the day you'll be turning your clocks back).

Wishing all a safe and fire-free winter. The Old Farmer Almanac says it's going to be a lot like last year, only worse!

We meet at the Fire Station at 7:00 p.m. the first and third Thursday of each month. The public is always welcome, and new members are especially welcome.

~ Richards Steinbock

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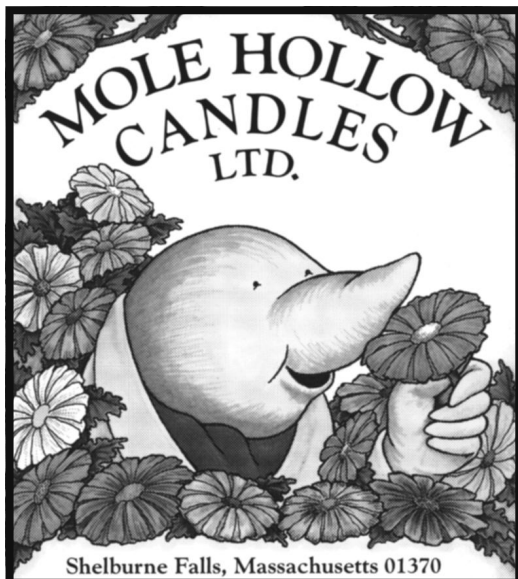


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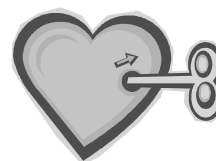
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Cholesterol and Heart Disease Quiz



By Joanne Fortune, RN

Here is a True/False Cholesterol and Heart Disease quiz. Don't peek at the answers!

- | | | |
|--|---|---|
| 1. High blood cholesterol is one of the risk factors for heart disease that we can do something about. | T | F |
| 2. Any blood cholesterol level below 240 mg/dL is desirable for adults. | T | F |
| 3. If your total cholesterol is less than 200 mg/dL and your HDL ("good" cholesterol) is less than 40 mg/dL, you are in good shape. | T | F |
| 4. There are three categories for LDL-cholesterol.
A desirable level is less than 130 mg/dL
A borderline-high risk level is from 130 to 158 mg/dL
High risk is 160 mg/dL and above. | T | F |
| 5. Fish oil supplements are recommended to lower cholesterol. | T | F |
| 6. To lower your cholesterol level you should eat less saturated fat, total fat and cholesterol, and lose weight if you are overweight. | T | F |
| 7. Saturated fats raise your cholesterol level more than anything else in your diet. | T | F |
| 8. All vegetable oils help lower cholesterol levels. | T | F |
| 9. Lowering cholesterol levels can help people who have already had a heart attack. | T | F |
| 10. Reading food labels can help you eat the heart-healthy way. | T | F |

Answers:

1. True. High blood pressure, cigarette smoking, diabetes, being overweight, and physical inactivity are the other risk factors we can change.
2. False. A total blood cholesterol level of under 200 mg/dL is desirable.
3. False. You will need a lipoprotein profile to find out your LDL-cholesterol ("bad cholesterol") level. If your LDL is less than 130 mg/dL, you have a desirable level and will need to be tested again in 5 years. If your LDL is 130 mg/dL or above, your practitioner will look at your other heart disease risk factors and decide what you need to do to lower it. A high level of LDL (bad) increases your risk of heart disease, as does a low level of HDL (good).
4. True. It's easier to lower your blood cholesterol level while it is borderline-high than it is to lower it when you are in the high risk group!
5. False. Fish oils are a source of omega-3 fatty acids, a type of polyunsaturated fat. The sources of this should be from eating the actual fish.
6. True. (I knew you'd get this one!) Generally your cholesterol level should begin to drop a few weeks after you start on a cholesterol-lowering diet. How much it drops depends on the amounts of saturated fat you used to eat, how high your level is, how much weight you lose, and how your body responds to the changes you make. It is possible to reduce your blood cholesterol level by 10-50 mg/dL or even more.
7. True. Saturated fats are found in largest amounts in animal products such as butter, cheese, whole milk, ice cream, cream, and fatty meats. They are also found in coconut, palm, and palm kernel oils.
8. False. The oils which help to lower blood cholesterol are canola, olive, corn, safflower, soybean, and sunflower. They contain mostly monounsaturated and polyunsaturated fats. When vegetable oil is hardened to become margarine or shortening, the fat is called "trans fat," a saturated fat, and should be avoided. Margarine with liquid vegetable oil as the first ingredient is the best choice.
9. True. Anyone who has had one heart attack is at a much higher risk for a second one. Reducing cholesterol levels can greatly slow down, or even reverse, the buildup of cholesterol and fat in the wall of the coronary arteries. If you've had a heart attack or have heart disease, your LDL level should be around 100 mg/dL, not 130 mg/dL.
10. True. Compare similar products for the amount of saturated fat, total fat, cholesterol and total calories in a single serving. Go easy on products that list fats or oil first or that list many fat and oil ingredients.

If you know of anyone who would like a visit from the Town Nurse, please call me at 774-2958. I also see people in the Community Hall from noon until 1:00 p.m. on Tuesdays.

Heath Business Directory

Bald Mountain Pottery
625-8110

The Benson Place
Blueberries & Applesauce
337-5340

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337-4302

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337-4751

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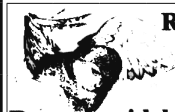
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The Way It Is In The Country

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

Changing Jobs

By Carroll Stowe

One of my life's most difficult tasks was on the day that I needed to tell my dear folks that I would be giving a two-week notice. It was not a happy time. I had worked for my dad and mother since graduation from high school, with the exception of a late fall and winter when I tried working and living away from home. For private reasons I took a farm job in Princeton, MA. and, when that did not work out, I took another job in the town of Ancram, NY.

In that early period of my life I didn't understand that it was common practice to fledge the nest. I had always enjoyed a good relationship at home. There were some bumpy times as do occur in lots of families, but for the most part we worked well together. I did often work off the farm with the machinery but that was to help the farm's income.

After my wife and I were married we bought a medium large truck and hauled sawdust to some area farms. I arranged with the folks to provide the sawdust needs for the time spent delivering other sawdust orders. This worked rather well until the portable sawmills became non-existent. When I was unable to find sawdust to fill orders the situation was not working as planned.

The time was fast approaching when the workability of our dairy operation was going to need an all new stable and milking area. The days of the old wooden plant upstairs stables were over. To change this stable over to conform to what was going to be called for would have created an impossible financial burden. To milk a larger herd would mean more feed requirements. Our land use area was worked to the limit so all things didn't look doable.

My employment opportunity came when a Heath Highway department member left Heath's employ. I had come back home to the Gleason place of a Tuesday a.m. to find out if there were more calls to pick up livestock to go to the Northampton Auction. I drove a cattle truck for the Crosiers, and we took the calls for our area. As I turned into our driveway, Mr. Galipo, the road boss, was just leaving. My wife told me that he had come to let us know of a job opening for the town. After a job interview I was hired, and I had to break the news to my folks and the Crosiers.

Old routines would have to change. I don't like change, and I had to alter an age-old farm operation. There had been cows in that barn since 1908. This was not without a lot of personal anguish. Those cattle were no less than family. It was a very small purchase price my folks had to take for a lifetime of raising good cattle. I had been working for the town of Heath for two weeks when I had to go to the farm and help put the young stock in the barn so they could be loaded onto the trucks to go to a new life. People who've never worked and dealt with animals of this attitude have no understanding of the bond there is with them. They were bad actors in all herds but for the most part they were good to live with. It's the good times with these good animals that are difficult to say good-by to.

One of my treasured times on our farm was to be able to work the team of horses, but our time was always so taken up with creating feed for the cattle that it was difficult to work the team into the operation. Dad was some heartbroken when the last team left.

The area of time of these personal changes was late summer of 1962. It seems so long ago and also a really short time. I had always longed to do the kind of work a road crew did so now I would be able to.

I continue to enjoy a good relationship with the Heath road crew and the town crew in Rowe which I'm part of in the winter. The winter of 2002-2003 was my 40th winter of snowplowing.

The past days of my farming with the folks are treasured memories as are the times I rattled about this area with a cattle truck. Cattle trucks drive different than town trucks and milking cows is not like plowing snow.

I've always wished the entire agricultural community could have been treated 150 percent more fairly. Everyone in public office should have the agriculture industry at heart.

M.E.P.O.A. Elects New Board

A new board of directors was chosen by the general membership at the Annual Meeting of Mohawk Estates Property Owners Association held on August 31.

Several Heath residents were chosen to fill among the nine seats available on the board. Armand Clavette, was reelected to serve as president; Val Kaempfer, vice president; Eileen Tougas, corresponding clerk, and Jeffrey Simmons, director of

Unit 2 for a two-year term.

Other members elected to the board were: Mary Gay, treasurer; Cynthia Henriquez, recording secretary; Paul Peloquin, director of Unit 1; Clark Jarrett, director of Unit 2; and Don Stetson (Colrain), Unit 1.

The following directors will remain in their positions to complete their terms of office; John Traynor (Heath), Unit 2; Michael Voutsas, Unit 3, and Paul Guilmette, Unit 3.

~ Eileen Tougas

Selectboard's Report

BOS@townofheath.org. Send messages to any board or individual via the e-mail address, or visit the Heath home page.

New Meeting Schedule

The Board met every other week during the summer until Labor Day. We have decided to continue meeting every other week for regular business with the alternate weeks being reserved for special topics as needed. The new schedule will be tried for the fall quarter and reviewed at the end.

The 9/16/03 meeting was an off-week when the Board met with the Finance Committee, Highway Superintendent, and former members of the Space Task Force to discuss building priorities and the sources of funding for future maintenance and remodeling projects. One source of grant funding that will be pursued is a program offered by the U.S. Department of Agriculture for project grants of up to \$50,000 and low interest loans. The priorities established at the meeting focus on repairs and improvements to the Town Garage, Fire Station, and Salt Shed. Look for announcements this fall of public hearings on these projects.

Regular Selectboard meetings began with the 9/23/03 meeting and will continue every other week following unless posted otherwise.

Community Hall

Design work is in progress for the renovations to the Community Hall and the new Senior Center.

Sawyer Hall

Construction on the Sawyer Hall project is well under way with the pouring of concrete for the new elevator hoistway and lobby foundation and the framing of the new corridor to the second floor elevator lobby.

Ski Race and Parks and Recreation

Due to a couple of resignations from the Parks and Recreation Committee the Board has been considering options for revitalizing the committee. A thought was to look at activities such as the ski race, basketball games, or other outdoor activity and ask for interested parties to agree to become a committee member for the purpose of organizing specific activities. Please contact the Board if you are interested in working on any specific recreational or public land use activity.

USDA Rural Housing Repair and Rehabilitation Loans and Grants

The U.S. Department of Agriculture is offering a program of loans and grants for home repairs for small rural communities. One percent interest loans for up to \$20,000 and grants of up to \$7,500 may be obtained by qualified applicants. Income requirements vary with family size. Informational brochures are available at the Town Offices, on-line at www.rurdev.usda.gov/ma, or by phone to the local office of USDA (413)585-1000 ext.4 or TDD# (413) 253-4590.

Heath On-line

Take some time to visit the Town's home page www.townofheath.org. You'll find Selectboard meeting minutes, school information, and much more. The home page is a work in progress. Thanks to the computer committee for getting this project up and running. Contact the board at

~ Heath Selectboard
Thomas Lively - Chair
Brian De Vriese
Sheila Litchfield



From the Desk of the Town Coordinator

By Rebecca Jurek

Building Project Updates

The handicapped accessibility project at Town Office is moving along on schedule. The elevator is now beginning to take shape. The Community Hall/Senior Center renovations are still in the preliminary stages. Funding for these projects has been made available through securing Community Development Block Grants.

Grant News

The town is in receipt of a grant from Franklin County Home Care. Under the Older Americans Act, an application was submitted for \$1,000 to secure an additional funding source for the Town Nurse. Funds are anticipated from the Executive Office of Elder Affairs for Council on Aging-related expenditures as well. We just received notice that the funding level will be reinstated to \$2,600 from \$2,200, as originally projected. The Town will also be submitting an application in the next round of Community Development Block Grants. Application is in preliminary stages at this point.

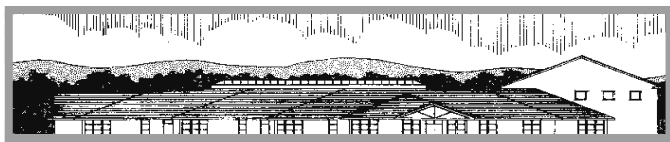
Home Improvement & Repair - Loans & Grants

Rural housing repair and rehabilitation loans and grants are available through the U.S. Department of Agriculture. This program is for very low-income home owners, and allows for repairing, improving, or modernizing your dwelling and for removing health and safety hazards as well. Grants can be approved up to a \$7,500 limit. See me at Town Office for more information, or call the USDA Rural Development Office directly at (413) 585-1000, ext. 4. You can access the information from the Web at www.rurdev.usda.gov/ma as well. Assistance in completing your application is available.

As a Reminder...

Notary Public service is available weekdays at Town Office. A complete list of e-mail addresses and telephone numbers for all Board and Committee members is available at Town Office upon request. Town Office hours: Monday through Friday, 9:00 a.m. to 3:00 p.m. I will be alternating on Tuesdays, 2:00 until 7:00 p.m., as the Selectboard has adopted a bi-weekly meeting schedule on a temporary basis.

Heath Elementary School



By Susan Todd

Our year began with a surprising smoothness, despite all the challenges we faced on account of budgetary constraints. We have said good-bye to several beloved new teachers, but have welcomed wonderful veteran educators in our district. These include Marilyn O'Brien (from Buckland-Shelburne Elementary), our sixth grade teacher, Polly Anderson (also from BSE), who teaches Art; and Judy Berger and Sandy Carter (both from Sanderson), who teach Physical Education and Music, respectively. Craig Halwachs has joined us as Special Needs Coordinator, while his wife, Stephanie Ostrom-Halwachs, is our new After School Coordinator and part-time instructional assistant. Stephanie replaces Trish Archambault in the After School Coordinator role and may well be in touch with you about providing After School Enrichment Programs. (We will be setting up a Community Enrichment Committee to support all school enrichment activities this year and hope many of you will be able to participate.) We thank Trish for her excellent work over the past two years, and we're delighted to have her working full-time as an instructional assistant. We also are welcoming back Diane Kraichnan, who will be teaching strings on Thursday afternoons, and Patricia Tierney, who will be teaching Spanish as part of our after school program. Both strings and Spanish are open to both adults and children.

Last year we received notification that we have received continued funding from the Mass Environmental Trust. This provides us with two additional years of working with Ted Watt and the Hitchcock Center in Amherst to further our work as an EIC school. (EIC, as you may remember, means using the environment as an integrating context for learning. That essentially means we are a place-based or community-based school, which you already knew!) We have also received a second Mass Cultural Council Creative Schools grant. This is for creating "A Book You Can Walk Through, a Community You Can Touch." We will be working with the Writers in the Schools program at University of Massachusetts and artist Jane Wegscheider to help children write about their community and display their words and pictures in a large folding "book" that can be installed in various places for people to appreciate. We believe this project will build on the Heath Heritage Project that Jane orchestrated two years ago and extend our EIC work.

In addition to these two exciting grants we have the great privilege of working with Sarah Pirtle this fall. She is providing an integrated social curriculum called "Tree of Life," which is helping children understand ways they can form positive and satisfying relationships as an integral part of their school experience. When children feel that they belong so

often they are able to focus on their academic work much more fully. Sarah's residency with us was made possible through a generous grant provided by Peter Schriber, President of National Evaluation Services of Amherst and a resident of Heath.

In our September School Committee the Heath School was able to set up an Educational Resource Account. Many people have come forward in recent days to offer financial contributions to enable us to purchase materials not covered in our budget. Until this account was set up, we could not properly receive such donations. We are enormously grateful for all the support we receive, whether it is financial or through gifts of hands and heart. We relish and need them all.

Heath School seems to have infinite capacity to renew itself, no matter what situations come our way, all the while focusing on providing the best possible education for each and every child. I look forward to the new year as we continue together to direct our energies toward that end.

Sessions' Rock Maple Tree

Traveling south of Route 8A, take a look at the large maple in front of Dot Sessions' house.

It is the last of three rock maples planted along there following the Civil War. An evaporator company, looking to build up the maple

syrup trade, gave out free maple trees to Heath landowners, according to Alan Nichols, Heath Tree Warden.

This lofty rock maple, under which many a summer Sessions family picnic was held, and which continues to give plentiful shade to Dot's house, met with disaster on the night of June 21 when one of its huge limbs came down. It fell eastward taking with it the power lines.

Dot feels sure that water is rotting the tree's center and that it is just a matter of time before it comes down altogether perhaps on her roof.

The fate of the tree is presently under discussion. We will keep track of the outcome. When it goes, of course, it will take with it part of Heath's history.

~ Jane de Leeuw



Milestones

Born August 1, 2003, a son, **Austin Edward**, to **Eric E. and Mary N. Nussbaum Sumner** of Heath; grandson of Anna Nussbaum of Colrain, Brenda and William Stafford of Shelburne, and **Richard and Hilma Sumner** of Heath, and great-grandson of Erna and Theodore Herzig of Colrain and Grace Stafford of Shelburne.

Born August 8, 2003, a son, **Eathan James**, to Amy L. Decker and James E. Sowers Jr. of Turners Falls; grandson of **Bette Decker** of Heath, and Ophelia Sowers of Brighton, and great-grandson of **Mildred Decker** of Heath.

Born August 14, 2003, a son, **Matthew Joseph**, to **Mark E. and Stephanie J. Muzyka Bird** of Heath, grandson of Ferdynand and Lorraine Muzyka of Greenfield and Judith Bird of Colrain, and great-grandson of Ralph Herzig and Gladys Bird, both of Colrain.

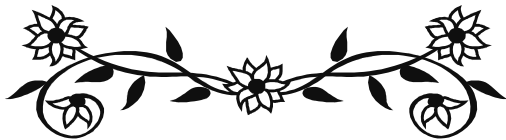


Dalton G. Shippee of Ashfield died July 12, 2003. Born in Greenfield July 28, 1964, he was the son of Alan R. Shippee and Linda J. Howes Shippee Cobb.

He attended Sanderson Academy in Ashfield and was a 1982 graduate of Mohawk Trail Regional High School. He also attended the Stockbridge School of Agriculture at the University of Massachusetts. He worked for several tree companies as a climbing specialist.

Besides his father of Ashfield and his mother, **Linda Cobb** of Heath, he is survived by a brother, Shawn, of Brattleboro, VT; his stepmother, Dawn Shippee of Ashfield, his stepfather, **Randall Cobb** of Heath; his grandparents, Gilbert and Alice Howes of Ashfield and Dorothy Hathaway of Brooksville, FL, and two stepsisters, Stephanie Pitittieri of Conway and Christian Cannon of Turners Falls.

Memorial contributions may be made to The Grapevine, 93 Chapman, St., Greenfield, MA 01301.



Heath People in the News

Happy to report:

David Howland is now at home recuperating from knee surgery at Cooley Dickinson Hospital.

Bud Kaempfer is home recovering from bypass surgery at Bay State Medical Center.

LET US GIVE THANKS FOR THE BOUNTY OF PEOPLE

For children who are our second planting, and though they grow like weeds and the wind too soon blows them away, may they forgive us our cultivation and fondly remember where their roots are.

Let us give thanks:

For generous friends with hearts as big as hubbards and smiles as bright as their blossoms;

For feisty friends as tart as apples;

For continuous friends, who, like scallions and cucumbers, keep reminding us that we've had them;

For crotchety friends, as sour as rhubarb and as indestructible;

For handsome friends, who are as gorgeous as eggplants and as elegant as a row of corn, and the others, as plain as potatoes and as good for you;

For funny friends, who are as silly as brussels sprouts and as amusing as Jerusalem artichokes, and serious friends, as complex as cauliflowers and as intricate as onions:

For friends as unpretentious as cabbage, as subtle as summer squash, as persistent as parsley, as delightful as dill, as endless as zucchini, and who, like parsnips, can be counted on to see you through the winter;

For old friends, nodding like sunflowers in the evening-time, and young friends coming on as fast as radishes;

For living friends, who wind about us like tendrils and hold us, despite our blights, wilts and witherings;

And finally, for those friends now gone, like gardens past that have been harvested, and who fed us in their times that we might have life thereafter;

For all these we give thanks.

Max Coot

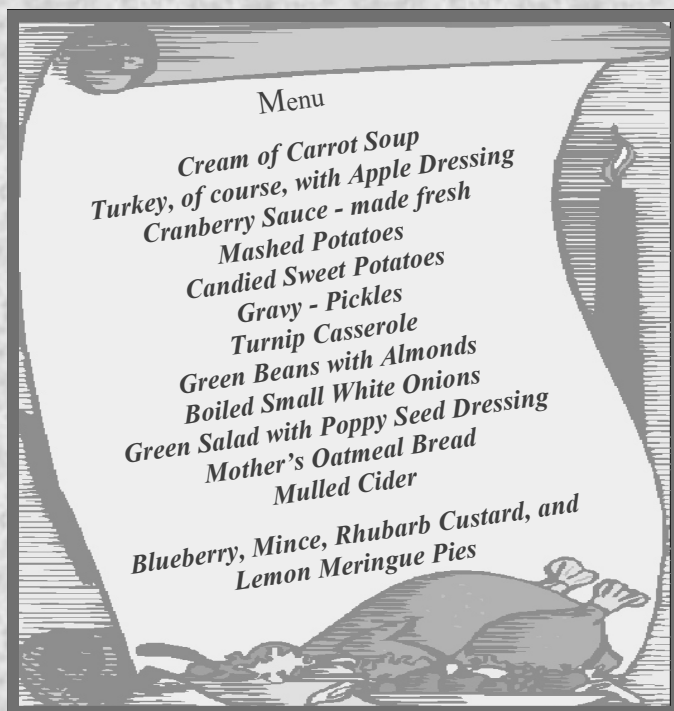
Submitted by Del Viarengo

Hilltown Tastes

Thanksgiving at Our House

By Alli Thane-Stetson

This is Thanksgiving at our house. The guest list usually grows to twenty-five or so. We are fortunate to add two or three family friends who shouldn't be eating alone and can stand our noisy company. The family keeps growing!



So we eat and have a wonderful family time. I try to suggest new recipes, but everyone votes for the old familiar fare. It's almost that time again. The years fly by!

Cream of Carrot Soup

- 1 stick of butter
- 2 1/2 pounds of carrots - sliced
- 3/4 cup of minced onion
- 4 cups chicken broth
- 3 cups half-and-half (or whole milk)
- 1/2 cup orange juice
- 1/3 cup sherry wine (optional)
- 1/2 teaspoon ground ginger
- 1/4 teaspoon tarragon leaves
- Salt and pepper

Melt butter in a four-quart kettle over low heat. Add sliced carrots and onions, cover and cook 15 minutes stirring occasionally. Increase heat to medium. Stir in remaining ingredients except salt and pepper. Simmer until vegetables are tender (about 20 minutes). Transfer in portions to blender and puree until almost smooth. Season with salt and pepper.

Rhubarb Custard Pie

Make pastry for two-crust pie of desired size. Line pie pan.

For 9" pie

Beat 3 eggs slightly

add...

3 tablespoons milk

Mix and stir in...

2 cups sugar

1/4 cup Gold Medal

Flour

3/4 teaspoon nutmeg

Mix in...

4 cups cut-up pink rhubarb

For 8" pie

2 eggs

2 tablespoons milk

1 1/2 cups sugar

3 tablespoons Gold Medal

Flour

1/2 teaspoon nutmeg

3 cups cut-up pink rhubarb

Pour into pastry-lined pie pan.

Dot with...

1 tablespoon butter

2 teaspoons butter

Cover with a lattice top. Bake until nicely browned. Serve slightly warm.

Temperature: 400 degrees (moderately hot oven).

Time: Bake 50 to 60 minutes.



Mother's Oatmeal Bread

Soak together until you see the bubbles:

2 tablespoons yeast

2 cups water

2 cups flour

In a separate bowl, soak: 1 cup Old Fashioned Oats with 1 cup of warm water.

Mix together:

2 tablespoons shortening

1 teaspoon salt

1 teaspoon sugar

Add to this mixture: 2 cups water, 5 pounds of flour, the yeast mixture, and the oats mixture. Knead well and let rise in a warm place, punch down, and let rise again.

Form five round loaves, put in 9 inch pie pans, and let rise once again.

Bake at 400 degrees for 25 minutes or until done.

Heath Emergency Services News

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

7/18/03 - West Brook Drive - Medical
 7/30/03 - Flagg Hill Rd. - Medical
 7/31/03 - Papoose Drive - Medical
 8/02/03 - West Main St. - Medical
 8/06/03 - Rt. 8A North - Medical
 8/09/03 - Number Nine Rd. - Medical
 8/16/03 - Rt. 8A North - Accident
 8/16/03 - Fairgrounds - Medical
 8/22/03 - Sadoga Rd. - Stood by at a structure fire
 8/29/03 - Hosmer Rd. - Medical
 8/31/03 - Hosmer Rd. - ATV accident
 9/07/03 - South Rd. - Medical

Emergencies were kept to a minimum at the Fair with the majority coming from "bunny" scratches. Thank-you to all the EMTs, Firemen, and the Nurse Booth, for your help at the Fair.

~ Timothy Lively, EMT

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