



HEATH HERALD

Heath's First Newspaper

\$1.00

Volume 29, Number 4

October/November 2007

Ten thousand flowers in
spring,
the moon in autumn,
a cool breeze in
summer,
snow in winter.

If your mind isn't clouded
by unnecessary things,
this is the best season
of your life.

~ Wu-Men
(1183-1260)
Chinese Poet



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Heath Union Church News

Come join us on Sunday mornings. We now have an adult study group at 9:00 a.m. and would welcome more participants. The morning worship service follows, as usual, at 10:00 a.m.

On October 12 at 6:30 p.m. gospel singer Brent Pirkey, from Waynesboro, Virginia, will be giving a concert at the Church. He is a cousin of Jeannette Crowningshield and has performed several times in the area.

Pastor Grant can be reached at his home at 413 648-9077 or at the Church at 337-4919 except from October 14 - 23, when he will be traveling in the Holy Land. The Reverend Murray Newman will be filling the pulpit in his absence.

For other needs, call Deacon Gallup at 337-5367.

~ The Deacons

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*Friends of the
Heath School Library*

**The Friends of the Heath School Library
in conjunction with the World Eye Bookshop
will hold its 6th Annual Book Fair
to benefit the school library**

**ON THURSDAY, November 15, 2007
8:30 a.m. to 8:00 p.m.**

**Children's books, a selection of Adult books,
and 2008 Calendars
Will be available for purchase**

**Take this opportunity to buy your holiday books
and a gift for the Library**





It's Your Health and Safety

The 2007-2008 Flu Season

By Sheila Litchfield, RN

Certified Occupational Health Nurse

With the flu season on its way, this is the time to start thinking about how to increase your chances of remaining healthy during the fall and winter. Since it is not practical to stay away from other people completely, contacts with contagious viruses and bacteria are likely to happen at some point. A healthy immune system is your best defense, but getting a flu shot is a wise idea particularly because the influenza virus can be quite dangerous.

WHAT YOU NEED TO KNOW

Influenza ("flu") is a contagious disease.

It is caused by the influenza virus, which spreads from infected persons to the nose or throat of others. Anyone can get influenza, but rates of infection are highest among children. For most people, it lasts only a few days. It can cause:

- fever · sore throat · chills · fatigue · cough · headache · muscle aches

Some people get much sicker. Influenza can lead to pneumonia and can be dangerous for people with heart or breathing conditions. It can cause high fever and seizures in children. On average, 226,000 people are hospitalized every year because of influenza and 36,000 die – mostly elderly. **Influenza vaccine can prevent influenza.**

Influenza viruses are always changing. Because of this, influenza vaccines are updated every year, and an annual vaccination is recommended. Protection lasts up to a year. It takes up to two weeks for protection to develop after the shot is given.

HIGH RISK PERSONS SHOULD GET A FLU SHOT

Anyone who is at risk of complications from influenza or more likely to require medical care should get a flu shot each year. This may include:

- All children from 6 months up to 5 years of age.
- Anyone 50 years of age or older.
- Anyone 6 months to 18 years of age on long-term aspirin treatment (at risk for Reye's Syndrome if they got influenza).
- Women who will be pregnant during influenza season.
- Anyone with long-term health problems such as: heart disease, kidney disease, lung disease, metabolic disease, such as diabetes, asthma, anemia, and other blood disorders.
- Anyone with a weakened immune system due to: HIV/AIDS or other diseases affecting the immune system; long-term treatment with drugs such as steroids; cancer treatment with x-rays or drugs.
- Anyone with certain muscle or nerve disorders (such as seizure disorders or severe cerebral palsy) that can lead to breathing or swallowing problems.
- Residents of nursing homes and other chronic-care facilities.

Influenza vaccine is also recommended for anyone who lives with or cares for people at high risk for influenza-related complications, such as health care providers and household contacts and caregivers of high risk individuals.

A yearly influenza vaccination should be *considered* for:

- 1 People who provide essential community services.
- 2 People living in dormitories or under other crowded conditions, to prevent outbreaks.
- 3 People at high risk of influenza complications who travel to the tropics between April and September.

Influenza vaccine is also recommended for anyone who wants to reduce the likelihood of becoming ill with influenza or spreading influenza to others.

Plan to get influenza vaccine in October or November if you can. But getting vaccinated in December, or even later, will still be beneficial in most years. You can get the vaccine as soon as it is available, and for as long as illness is occurring. Influenza illness can occur any time from November through May. While the 2006-07 season peaked in March, most cases of flu usually occur in January or February.

WHEN CAN I GET MY FLU SHOT?

The flu vaccine is expected to arrive from the Massachusetts Department of Public Health sometime in October. The vaccine will be made available to high risk individuals and their caregivers as a priority, however it is expected that we will have plenty of vaccine for the general population of Heath as well. Flu Clinics in Heath will be held as soon as the vaccine arrives and will be announced through the Heath Senior Center and postings at the Town Hall and Peters Store. The Department of Public Health is encouraging us to hold our flu clinics in November and December. So stay tuned!

Photo by Sandy Gilbert



Benefit Bicycle Ride

On Sunday, September 16, the Heath Parks and Recreation Committee along with The Friends of the Heath Free Public Library organized the second Library Benefit Bicycle Ride. It was a spectacular day for the ride and a cookout.

There were three designated bicycle routes; Advanced, Intermediate, and Novice. We had six participants ride the advanced route, taking approximately 4 1/2 hours. Five riders rode the intermediate route, and there were seven people that rode/ran the novice route. They all returned to a great lunch that was provided on the Town Common.



The riders all had very positive comments both about the ride and the lunch that was awaiting them. Don Purington engineered a bottle rocket that the children had a lot of fun launching.. To top off the event, a drawing was held for three home-made pies that were won by one lucky person from each category..

Thanks to all who helped to make this bike ride a success.

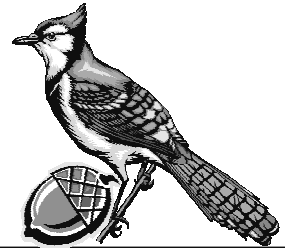
~ Ken Gilbert





Wild Ramblings

Jays, Oaks, and Glaciers



By Bill Lattrell

Sitting alone along the edge of a field underneath a dense cover of leafless hardwood branches, I watch for wildlife through my binoculars. Like most days in the field more happens in my mind than in the wilds before me, but I am hopeful for some activity that will pique my curiosity. Waiting in the wilds is a lonely game. I watch the shadows as they lengthen in the aging day. I watch a few clouds, and wish they would shape into wild images like those you read about in stories. I look at my watch again, and again, and wonder how time could move so slowly, and then I look at my watch with a suspicious eye and realize that it isn't working.

It is one of those days when nothing seems to be moving. There is no wind to move the branches above my head and no birds to flutter about the shrubs in front of me. I am not surprised, most of the time wildlife observing has nothing to do with observing wildlife, but rather observing where your mind travels with only its own impetus. On this day I am wondering how our world recovered so quickly after being entirely decimated by the last glacier period. Twenty thousand years ago or so the advancing glaciers, ice sheets miles thick, absolutely wrecked this part of the planet. All animals, plants, soil land formations and features were displaced completely by the mountains of advancing ice that dominated the landscape. The more fortunate animals were able to migrate away from the advancing ice sheet, but the animals incapable of moving, or incapable of moving ahead of the glaciers, were decimated. All plant communities, being primarily immobile, were decimated. Landforms left by previous glaciers were annihilated. Lakes, ponds, and many riverbeds were filled, scoured, removed, or otherwise wiped out beyond recognition. There were no survivors. Nothing could withstand the type of slow, methodical punishment that the glaciers handed out.

Eventually, ten thousand or so years later, the glaciers retreated slowly. The world they left behind was a moonscape, bedrock and dirt with nothing alive. Barren does not even begin to describe the landscape left behind by the retreating glaciers.

As I while away the time in these thoughts a blue jay lands about 100 feet in front of me. He is holding an acorn in his beak. He scratches in the soil, puts the acorn down, and scratches soil over this oak fruit, then flies away. About ten minutes later he returns and does the same thing again. He does this over and over. Given the time he is gone I understand that the jay must be transporting the acorns some distance, likely to a spot near his nest. Blue jays have had a symbiotic relationship with the oak family for thousands of years. The blue jay uses the acorn as a main food source. In turn he plants the acorns up to a mile away from the parent tree usually near his nest, spreading the genetics of that particular tree and expanding the oak forest. A blue jay may move 3000 to 5000 acorns in a given year, only about one fifth to one third of which will be recovered as food. Some of the remaining acorns will be foraged by turkeys, deer, squirrels, chipmunks, and other wild animals, but many will sprout and with a great deal of time grow into oak trees. Not all jays take part in this behavior; some of them migrate south for an easier winter lifestyle.

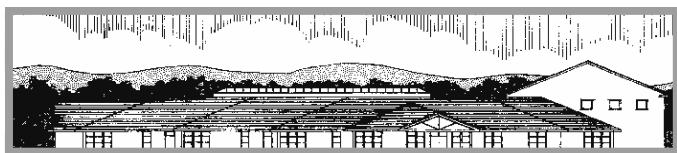
Immediately after that thought the proverbial lightbulb went off in my mind! Eureka, another piece of the puzzle! Blue jays likely had a hand in the recovery of the oak forest after it had been decimated by the glaciers!

Beyond the terminal moraines where the glaciers stopped there remained unharmed plant communities, wild animals, some of which migrated ahead of the advancing glaciers, and untouched landforms. Some of the higher elevations held some of the same plant species that inhabit more northern latitudes, just as they do today. For instance, although the Appalachian Mountains in North Carolina are 800 miles south of the Green Mountains in Vermont they hold some of the same plant communities. The tall Appalachians make up in altitude what they lack in latitude and may have a similar climate to the foothill regions of the north. Although some of the plants may differ, particularly the ground cover plants, many may be the same in these two regions due to the altitude difference.

It could be that some of those jays, trying to stay ahead of the glaciers, settled in high southern altitude areas that still contained some oaks. As the glaciers retreated the resurging plant communities slowly followed the path of the retreating glaciers. First went the wind-borne seeds of herbaceous plants and grasses, then the shrub community, some of which can be spread by root rhizomes, and others that can be spread far and wide by animal foraging. The trees went last. First, the trees that have light seeds, like maples and ash, can re-propagate by stout winds dispersing the seeds far and wide. Others, like the black cherry, utilize a small hard seed consumed by mammals and birds, and redistributed in scat. But the trees with heavy seeds like the oak seemingly have a problem. Squirrels and chipmunks typically only move them a few hundred feet at a time. Mammals that consume the acorns digest too much of the seed for it to remain viable.

(“Wild Ramblings” continued on page 7)

Heath School News



By Anne Marie Mislak

On behalf of the entire Heath School, both staff and students, we want to let you know that we are so very happy to be back in school and learning. We began our year with a "field trip" to Buckland Shelburne School as explained in Tim Lively's article! We even went on a "field trip" while on the "field trip." Let me explain: We took a hike around the village of Shelburne Falls, visiting the Bridge of Flowers, Glacial Potholes and up Bridge Street. How different Shelburne Falls was to Heath! Our "field trip" lasted for three days. Now all parts of our building are repaired and working well, and we are back in the building. .

At Heath School the staff remained intact from the previous year; it was the grade configurations that changed. For the 2007-2008 school year there is a Grade K/One class taught by Deb Porter, a Grade One/Two class by Virginia Gary, a Grade Three/Four class by Jorie MacLeod, and a Grade Five/Six class by Kare Marshall. We welcomed Veronica Smead as an added Special Education Instructional Assistant to begin the school year. We were able to bring back Art taught by Polly Anderson, Classroom and Instrumental Music by Joan Fitzgerald, and Physical Education by Judy Berger.

There are so many dedicated staff members at the Heath School who take great pride in their work that benefits the children of Heath.

OPENING DAY ENROLLMENT K-6:

Heath – 65 students in Gr. K-6
20 students in the Preschool

These first few weeks have been spent developing routines in the classrooms as well as for the adults in the buildings. My schedule will allow me to be present in both schools each day. It is as follows: Mondays and Thursdays, the mornings will be spent at Colrain and afternoons in Heath. Tuesdays and Fridays, the mornings will be spent in Heath and the afternoons in Colrain. On Wednesday mornings there will be administrative meetings at the Central Office, and in the afternoons I will rotate schools depending on staff meetings. This schedule is posted on the Web site thanks to Kathy Sprague and Ned Wolf who are the keepers of the Web site for Heath. Please utilize the Web site www.heath.mtrsd.k12.ma.us for information regarding the school. A goal in the school improvement plan addresses the need to update and keep updating our Web page. It can provide a great means to showcase our school!



PTP News

Hello Heath Community,

We would like to give you all a quick update as to what's been going on at the Heath School PTP. For starters, the Fair was a GREAT success for us! WOW! What a blast we had, and we raised a lot of money too! Thanks to all who volunteered at the booth, and to those who stopped by to purchase raffle tickets and School "Hoodie" sweatshirts and Tees. If any of you would still like to purchase Heath School T-shirts or sweatshirts just give the school office a call at 337-5307.

Next on the agenda is our fall fund-raiser which is now in progress. We are using the Cherrydale holiday wrap and gift catalog. Please consider buying your holiday items through this fund-raiser to support the PTP. Call the School for a catalog or shop online at www.cherrydale.com (use group code 153043). Orders are due in the first half of the month for delivery before Thanksgiving. Thanks for your support! Later this fall, we also will be offering a favorite fund-raiser, the Original Artworks. If any of you have grandchildren, nieces, or nephews in the School, get ahold of their moms or dads and find out when you can purchase these great items. Their artwork is displayed on aprons, garden flags, tiles, key chains, and many other items.

Finally, we will be holding our Town-Wide Tag Sale on Saturday, October 13, from 9:00 a.m. to 3:00 p.m. Watch for flyers to be posted around town and information in local papers. We will be accepting donations of substantial items (e.g. furniture, art objects, electronics) for the "PTP Table." (We are sorry that due to past difficulty in disposing of unsold items, we cannot accept small toys, clothing, or books for donation to the PTP Table). In addition, spaces/tables may be "purchased" for \$10 for the day by individuals or groups and items of any type sold. So start sorting, and we hope to see you there!

Our fall after-school enrichments are in full swing as well. Soccer is underway, and something new this year is the Fall Gardening Program. Any of you who would like to be a part of this program and work with the children, please call Kris Burnes or myself, Carin Burnes, at 339-4246. Anyone is welcome! We will be cleaning out the cold frames and replanting some, as well as continuing to harvest the remaining veggies that we planted with the children in the spring. If you would like to check out what we're doing and watch, the company would be welcome. We would love to see you there.

The PTP officers for this year are: Chairs: Dawn Holden (Fund-raising), Dana Blackburn (School-Community Liaison), and Carin Burnes (Enrichments); Treasurer, Robin Jenkins, and Secretary, Valerie Lively.

Thank You!
~ Carin Burnes
for the PTP



Green Thoughts

Chrysanthemums



By Pat Leuchtman

In every supermarket and roadside farm stand potted chrysanthemums have stood staunchly in serried rows. Lots of wonderful colors, bronze, golds, and reds, echoing the hues of autumnal leaves, as well as creamy whites and shades of mauve and purple. What these hardy mums, or garden mums, as they are often called, lack is variety of form. Neither are they usually graceful. In their pots they are quite soldier-like.

It is hard to resist the beautiful colors, and we are all seduced into buying them and sticking them here and there in our gardens where they might relax a little, or setting them into attractive pots to greet us and our guests at the doorway.

Hardy mums are so named because they are not daunted by early frosts, but they will not dependably come through our winters.

Because they are so familiar and welcome we can forget these hardy mums are only a small portion of the chrysanthemum family. In fact, the National Chrysanthemum Society lists 13 classes of chrysanthemum from Class 1, the Irregular Incurve, which are about the largest of the chrysanthemums with blossoms up to eight inches across, to Class 12, Brush or Thistle, which are described as having "fine tubular florets which grow parallel to the stem and resemble an artist's paint brushes or in the thistle form the florets are flattened, twisted and drooping." Class 13 scoops up all the extra varieties that don't fit neatly into spoon, quill, spider, or other categories.

It is not surprising there are so many types of chrysanthemum because we know they were grown in China in 500 B.C. They were considered beautiful, but also medicinal. I don't look for health, but I very much enjoy the Chinese chrysanthemum tea which I have bought in Chinese grocery stores, and I have admired salads where petals were scattered over the greens.

By the fourth century the chrysanthemum had traveled to Japan where they still celebrate National Chrysanthemum Day, the Festival of Happiness. It was not until the 17th century that this beautiful plant made its way to the west. Since then hybridizers around the world have developed cultivars in a wide range of form and color.

You will not find chrysanthemum plants of any variety in garden centers in the spring, and I certainly have not found them in the fall. Mail order catalogs are the answer. Smith College which has a spectacular chrysanthemum show every fall gets many of their plants from King's Mums, PO Box 368, Clements, CA 95227. They have a catalog that costs \$2 (deductible from order), but they also have a Web site, www.kingsmums.com. Another nursery, Bluestone Perennials, 7211 Middle Ridge Rd, Madison, Ohio 44057, or www.bluestoneperennials.com, also offers a range of chrysanthemums.

Chrysanthemums need a well-drained garden spot with lots of sun. They are heavy feeders so prepare a bed with plenty of compost, some lime, and phosphate. When the plants arrive from the nursery, they should be sheltered from direct sun for a few days so they have time to recover from shipping. After there is no longer any danger of frost, young plants can be set outdoors.

When planting outdoors make sure they are not set in the ground any deeper than they were in the pot. Keep them watered while they settle in. They should be spaced about 15 inches apart in all directions in the garden bed. The shoots should be kept pinched back to about six to eight inches until July first. When growth resumes after cutting back, removal of the very tip growing portion of the stem will promote more branching and flowers, and, in some cases, help determine bloom date. Large flowered chrysanthemums should not be pinched back after the first week in July, but smaller flowered types can still be pinched back in mid-July. If you are looking for the largest blossoms of their type, you'll want to prune off lateral branches and limit the number of flowers on a single plant.

How you handle your mums will depend on your intended use. Do you want them to star in your autumn garden border, brighten flower arrangements, or amaze your friends with a stunning specimen?

One of the reasons chrysanthemums are so popular, the most popular flower used by florists, is their ability to remain fresh looking for a long period after they are picked.

Some of us may have enjoyed the gift of a florist's arrangement including beautiful spider or quill chrysanthemums. We should consider that arrangement an invitation to try and add these beautiful cultivars to our gardens. They don't require a lot of care during the growing season, but should be cut back and well mulched once there has been a hard freeze.

("Wild Ramblings" continued from page 5)

Could it be that blue jay, the pesky little boss of the forest, has contributed heavily to the replacement of the oak in the northern deciduous forest? Although unintended, the blue jay may be responsible for the fast return of the oak to northern climates and the salvation of many of the forest inhabitants. This bird has special adaptations like a beak that can crush the tough and resilient acorn husk and a throat that expands so that it can carry an acorn while the jay is in flight. The oak, along with the beechnut, is the premier hard mast (nuts, seeds, and acorns) forage crop of the deciduous forest. When the American chestnut suddenly perished in the early part of the 20th century it was the king of hard mast. Millions of pounds of forage were produced annually. Its sudden failure created a large gap with respect to wildlife forage. Primarily the oak and the acorn had to fill this gap.

A strong cool wind from the northwest shakes my thoughts loose and returns me to my surroundings. The day is now long in the tooth and the shadows have lengthened into dusk. As I stand up and turn myself westward I can see the remaining light of day melting away on the horizon. And as if prompted by the bird gods, a blue jay cries from the branches above, and my day is complete with new possibilities and new revelations.



MASSACHUSETTS CULTURAL COUNCIL

"This publication is supported in part by a grant from the Heath Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency."

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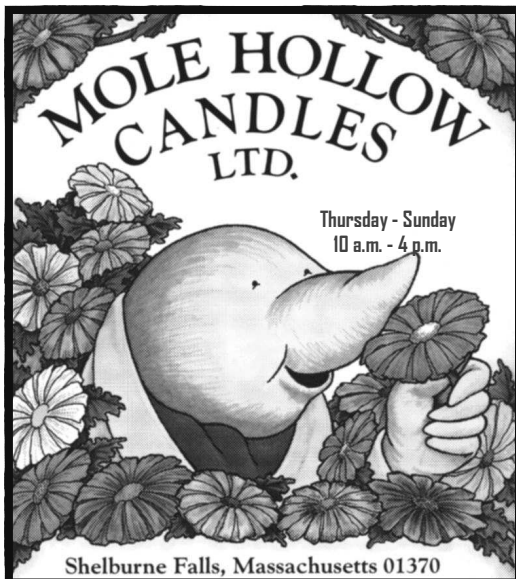
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Town Nurse Notes

The Purchase



By Robin Booth R.N.

I recently had the pleasure of deciding what to do with some money. This doesn't happen often in my life. But here in the Health Office we had a little bit that needed using before the State reclaimed it. I had some fun thinking of things we might use and finally decided on starting a health-related resource library for the community. I thought it might be good to keep the definition of health wide and inclusive.

I want to share some of the titles I purchased:

Dying Well by Ira Byock, The subtitle says it all, *Peace and Possibilities at the End of Life*, as do some of the chapter names like "Accepting the Gift of Dependence" and "Burden of Care." Doesn't that throw a wrench into your thinking?

Walking on Eggshells by Jane Isay, subtitle *Navigating the Delicate Relationship Between Adult Children and Parents*. Continued work in your family relationships.

Pain Free, A Revolutionary Method for Stopping Chronic Pain by Pete Egoscue. I like the way this book is set up by anatomical area (neck, ankle, etc.) It includes common aches and pains and offers simple exercises to increase range of motion, circulation, etc.

How to Go On Living When Someone You Love Dies by Therese Rando. This book gives the basics of the grieving process both for family and others. I found parts of this comforting when I recently experienced a family loss. Rando also discusses signs of abnormal processing of death.

I have a number of books on breast cancer and survival as well and have bought an up-to-date manual on medications. The books for now are in my office and are available to any and everyone to sign out.

The Heath Ladies Aid Christmas Sale

At

The Heath Union Church

And

The Community Hall Holiday Fair

SATURDAY, NOVEMBER 3

10:00 a.m. to 3:00 p.m.

Crafts, Baked goods, Avon Products

Morning Coffee & Luncheon

10:00 a.m. to 1:30 p.m.

Heath Senior Center



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- Contact us about the spread, walking the land, this year's crop, or to see how you can assist in the community effort to preserve and transfer this farm. (413) 337-5340, www.gis.net/benplace, benplace@gis.net.

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HEATH AGRICULTURAL SOCIETY NEWS



We did it! Thanks to great weather and the help of many volunteers, underwriters, contributors, fair-goers, the 90th Annual Heath Fair was as terrific as ever! At least 5,000 adults attended. We don't have a count of children under 10.

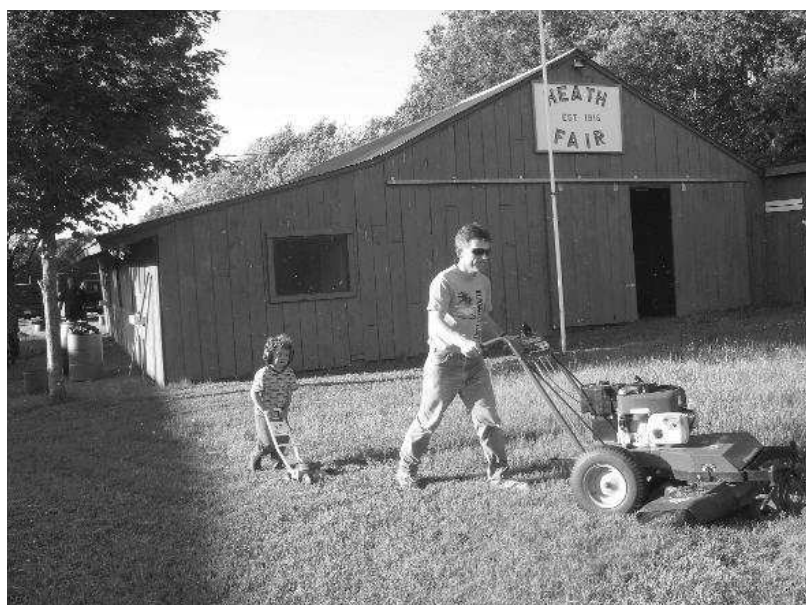
To give you an idea of just how many volunteers it takes to put on the Fair, on Friday about 80 volunteer wristbands were distributed. On Saturday about 110 were given out, and on Sunday there were about 95. That's a total of 285 volunteer passes during the Fair itself. In addition there were all the men, women, and children who came for meetings and work bees all summer and every

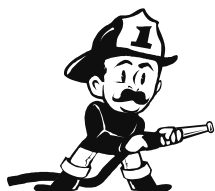
day during the week before the Fair. Our youngest volunteer this summer was Austin Sumner, age four. He came several Wednesday evenings to help his dad, Eric, mow the grass. With admirable concentration and patience, Austin pushed his mower faithfully behind his Daddy until the job was done. To one and all, thanks for making the Fair a success!

Everyone has their favorites at the Fair, whether its Ox Pull or animals, midway, exhibit hall or music, chicken barbecue, or fried dough and maple cream. As for me, it's that we do it together. It takes a whole town to put on a Fair. And as Austin's great-grandfather Ralph used to say, "The best thing about it is that it gives us a chance to get to know each other."

Planning is already underway for next year. We will be meeting on the second Thursday of each month, 7:00 p.m. at the Heath School. The next meeting is October 11. At the November 8 meeting we will be electing officers. Please come and share your ideas and expertise. Meanwhile, watch for a Fair Survey, coming soon on our Web site: www.heathfair.org.

~ Pam Porter
Co-President





Heath Fire News

Our department will soon be losing a wealth of experience, as Bob Gruen has announced plans to retire from the department. Bob has been a member of the department for 30 years and will be missed by all.

Your fellow firefighters and the Town of Heath would like to thank you, Bob, for the many years of service you have given us!

Smoke Detectors

Recently WBZ-TV Boston television station ran a story on smoke detectors. We all know how valuable these are for saving lives, but do you know which type of detector you have? It might be worthwhile to find out. Generally two types of detector exist: **Ionization** which detects ions given off by fires with flames, and **Photoelectric** which detects particles that cross a beam of light. This is especially useful when you have a fire that smolders. When tested against each other, the ionization detector sounded roughly 15 seconds ahead of the photoelectric in fires that had flame. In the situations in which there is a smoldering fire, the photoelectric detector sounds well ahead of the ionization. To paraphrase one person mentioned in the article, by the time the ionization sounds in a smoldering fire, so much smoke has built up it's too late to get out. It was also noted in the news article that 50% of fire deaths in Massachusetts occurred in homes with functioning detectors and where the fire smoldered.

While speaking of detectors, did you know it is recommended to change your detectors every ten years? Currently the Board of Fire Prevention Regulations is looking at crafting a regulation which would require that change. When all is said on the subject of detectors, the biggest point to be made is that we should have functioning detectors with fresh batteries in them. If you wish to see the news stories on detectors go to www.wbztv.com. I found it easiest to do a search for smoke detectors on their site to see these articles.

Firefighter Fatalities

Last month Boston Firefighters Paul Cahill and Warren Payne made the supreme sacrifice while fighting a fire in the West Roxbury section of the city. A few weeks prior to that, the United States Fire Administration released its report of firefighter fatalities for 2006. Nationwide, 106 firefighters lost their lives, of that number, 77 were volunteers and most of those volunteered for rural departments.

Here in the Commonwealth, our Governor recently signed legislation authorizing municipalities to pay up to \$15,000 (from the current cap of \$5,000) for funeral expenses of fallen firefighters. This cap hasn't risen in quite sometime. A thank-you goes out to the General Court and the Governor for passing this legislation which our town will hopefully never need to use.

~ Jeff Simmons



Annual Bulky Waste Collection and Backyard Compost Bins

The Franklin County Solid Waste District is holding its "Clean Sweep" bulky waste collection on Saturday, October 13, from 9:00 a.m. to 1:00 p.m. The three drop-off sites are: the Buckland Recreation Facility on Rt. 112 South, the Northfield Highway Garage, and the Whately Transfer Station.

Heath residents may bring a wide range of items that are typically difficult to get rid of such as tires, appliances, scrap metal, furniture, mattresses, carpeting, construction debris, computers, televisions, propane gas tanks, and other large items.

Residents do not need to pre-register but there are charges for disposal. Fees will be collected during check-in. A complete list of charges for the most common items is available at local town halls, town transfer stations, and the District office at 50 Miles Street in Greenfield. Information is available online at www.franklincountywastedistrict.org or call the office at 772-2438. Businesses may participate.

Autumn, with its many chores of cleaning up the yard and reaping garden harvests, is a great time to start composting. Composting is easy and is made easier with an effective compost bin. Two attractive and durable bins are available through the Franklin County Solid Waste Management District for District residents.

The "Earth Machine," which sells for \$35, is made of tough recycled polyethylene plastic and has a twist-on lid. It is available at the Colrain Transfer Station, Saturdays, 8:00 a.m. to 4:00 p.m., and from the District office. The "Brave New Composter" bin costs \$15 and is Massachusetts-made of 100% recycled plastic from the State's recycling program. This bin's size is adjustable to your needs and is available only at the District office.

Both bins stake to the ground and are easy to assemble, rodent resistant, and designed for good aeration. The District also carries blue recycling bins (\$7) and containers for collecting oil drained from cars which are free.

For more information on composting or waste management, call the District office or visit our Web site.



Heath Business Directory

Bald Mountain Pottery

625-8110

The Benson Place

Wild Blueberries & Blueberry Spread
337-5340

Fred Burrington

Artist
337-4302

Dave Cote Builders

Branch Hill Road
337-4705

Robert Delisle

Electrician
337-5716

Russell E. Donelson

Design/Construction/Cabinetry
337-4460

Jerry Ferguson

Home Improvement
Lic. Electrician
337-4317

Earl M. Gleason

Fire Equipment
337-4948

Heath Brook Studio

Glass and Baskets
337-5736

Maple Ledge Goldens

AKC Registered Golden Retrievers
337-4705

John Mooney

Custom Remodeling
337-8344

Wanda Mooney

Realtor
337-8344

Tripp's Blueberries

Taylor Brook Road
337-4964

Paul Turnbull
Janice Boudreau

Commercial/Wedding Photographers
337-4033

Bonnie Wodin

Custom Gardens & Landscapes
337-5529

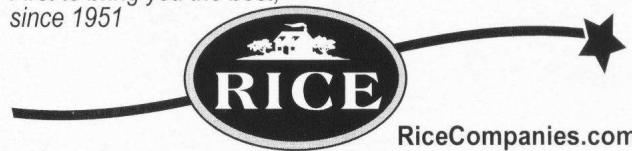
Support Your Local Businesses

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


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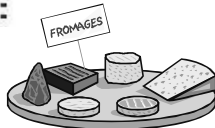
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Shelburne Falls

Selectboard's Report

Meeting Schedule

The Board has resumed meeting on Tuesday evenings at 7:00 p.m. in Sawyer Hall. Meetings will be every other week. Future meeting dates will be October 16 and 30, and November 6.

All-Boards Meeting

An "All-Boards Meeting" has been tentatively planned for November 6 at 6:00 p.m. at the Charlemont Inn. The various town boards will be asked to share information on the projects and issues they have been working on over the past year. The Selectboard will review important dates on the town calendar with the boards, including budget hearing dates and annual report submissions dates.

Three-Town Landfill

Proposals from engineering firms for the state-mandated post-closure environmental quality monitoring were due on October 2 at a joint meeting of the Charlemont Selectboard and members of the Three-Town Landfill Committee. Bids for annual mowing and maintenance of the landfill have been received previously and were opened at the same meeting.

School Issues

The Board has appointed a committee named the Rowe/Heath Education Exploratory Committee to investigate areas of cooperation and collaboration between the two schools that might be mutually beneficial. The members appointed are Ken Rocke, Deb Porter, and Jan Carr. The Selectboard in Rowe has appointed a similar committee to work with ours. The Board invited the new committee to its 9/24 meeting to discuss expectations and answer questions about getting started.

Appointments

Robin Booth has resigned from her position as Town Nurse to take full-time employment. Robin has been doing a great job, and we will miss her. An advertisement for this position will be posted soon. We are still looking for an animal inspector as well. Anyone interested in serving in these roles should contact Gloria Fisher at the town office.

Whittemore Spring

The Heath Historical Society Board has met with the Selectboard to discuss moving forward on the repair and restoration of the former spring. A local excavating contractor will be providing the equipment and labor for installing the spring reservoir and doing grading to improve the drainage in the area. The Historical Society will pay for the required water testing. The Town appropriated money at the last Annual Town Meeting to help pay for the reconstruction of the spring. Landscape designers will be consulted on the siting and finishing of the spring to assist with the aesthetic quality of the restoration of this historic community resource.

Emergency Radio Tower

The Massachusetts State Police (MSP) have approached

the Heath Agricultural Society regarding installation of an emergency radio tower at the Fairgrounds. This system would enhance emergency services to Heath and surrounding towns. There may also be the possibility of a commercial tenant. The engineers for the MSP will provide a photo simulation of the tower, that shows the height of the tower and its footprint at the Fairgrounds. They will also do a balloon test so that the residents may get a sense of its visual impact. Residents will be notified of the date of the test through flyers posted in town and articles in the newspapers. The project is in an early exploratory phase.

Transfer Station Wednesday Hours

After hearing from town residents, the Selectboard approved requests that the Transfer Station continue Wednesday hours. The Transfer Station will be open from 1:00-5:00 p.m. on Wednesdays until Thanksgiving.

Heath Online

Take some time to visit the Town's Web site at www.townofheath.org. You'll find Selectboard meeting minutes, school information, and much more. The Web site is being updated. All comments and suggestions are welcome. You may address them to Gloria Fisher at towncoordinator@townofheath.org. You may contact the Board at BOS@townofheath.org. Send messages to any board or individual via the e-mail address, or visit the Heath Web site.

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

**Charlemont Federated Church
Holiday Village**

**The Holiday Village of the Federated
Church of Charlemont**

will be held on

**Saturday, November 17,
10:00 a.m. to 4:00 p.m.**

The Village will feature a Treasures Table (rumored to contain some real treasures this year!), sale of local crafts and baked goods, and a Silent Auction of items donated by local merchants and craftspeople.

Coffee will be available for sale in the morning and lunch at noon.

Mary Lyon Foundation Annual Community Spelling Bee

The annual community spelling bee sponsored by the Mary Lyon Foundation will be held this year on Thursday night, November 8, at 7:00 p.m. in the Mohawk Trail Regional School auditorium. Community groups, civic organizations, churches, schools, government officials, and families are once again invited to join this hilariously funny, highly entertaining, and energetically educational event.

Music, trophies, raffles and a special guest appearance will highlight the evening. Fabulous raffle prizes include a getaway weekend, a signed A-Rod New York Yankees baseball, a Zoar Outdoor adventure, and much, much more. Admission and refreshments are free.

This major event is a fund-raiser for educational projects for all local schools. Last year more than \$7,000 was raised. After 30 teams were registered, many were turned away, so register your group now. Teams compete with white boards (provided) upon which to write the answers and are invited to "dress" for the occasion.

For more information about how to be an advertising sponsor or to register your team of three spellers, contact Sue Samoriski, Executive Director of the Mary Lyon Foundation at 413-625-2555 or 625-9916 or e-mail book-lady2@hotmail.com.

The First Day of School and No Water

Here is an account of what happened at the school. Upon my arrival at work, the school's cafeteria manager advised me that she had no water. After checking and going over certain procedures I notified our principal, Anne Marie Mislak, of the situation. After the arrival of the school district's maintenance repair manager, the problem was found to be a bad contactor switch. This switch is activated after it receives a signal from the pressure gauge on the holding tanks advising it that more water is needed. The contactor switch then sends a "message" to the well pump, which turns on and fills the water holding tanks. An order for a new switch went out first thing Wednesday morning by

our Greenfield supplier. Although the switch itself took no time to install, the delay in returning the students to school came about after the company in New York shipped the replacement part by ground mail instead of the overnight route requested. Our Greenfield supplier had the New York Company send a second switch via overnight mail on Thursday. The part was installed as soon as we got it on Friday and the system was filled and refilled two times to make sure all was working. If you have any other question, feel free to call.

~Timothy Lively
Water Operator

Down to the Sea in Wooden Boats

The Logan & Wallace Gallery at 55 Bridge Street in Shelburne Falls is currently exhibiting works by landscape photographer Jim Wallace. The show includes images of wooden boats, the sea, and small coastal villages taken in different countries.

The focus of the show is to bring the simplicity and beauty of these simple wooden boats and the landscape in which they are found to the viewers in hopes of revealing the spirit of the people who make their living by taking them out to sea. Wallace finds that the people he sees in these coastal villages have a love and respect for where they live and how it has shaped their existence.

Also featured are nautical paintings and drawings by Heath artist Fred Burrington. In the past, Fred has spent time on the Maine coast building wooden boats.

The show will continue through December 31, 2007. Gallery hours are 11:00 a.m. to 5:00 p.m., Friday through Monday. For more information, contact the Gallery at 625-0040 or e-mail: www.logan&wallace.com.

The Friends of the Heath Free Public Library

We wish to thank all those who purchased books and raffle tickets, all who donated raffle items, and all who volunteered as sales clerks at our Annual Book Sale at the Heath Fair.

We had a very successful sale, all proceeds from which go to our library.

This year we are holding our first
Columbus Day Weekend Bake Sale
on the Town Hall porch,

**Saturday, October 6,
from 9:30 a.m. to noon.**

**We appreciate any and all donations.
Come and have morning coffee with us
and support YOUR library!**

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Library Lines

Preschool Story Hour

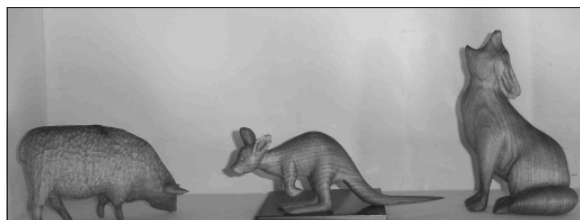


By Donald Purington

We are pleased to be offering Preschool Story Hour again this fall. Children from infants to age 5 are invited to join us with a parent for stories, crafts, and a snack from 10:15 a.m. to 11:15 a.m. on the following Fridays at the library:

- October 12
- October 26 (Bring Your Sibling to Story Hour Day - no school due to an in-service day. The theme will be Halloween.)
- November 9
- November 16
- December 7
- December 14

Story Hour is supported by a grant from *Community Action!* and by the Friends of the Heath Free Public Library. Look for our winter/spring schedule to be announced in December. If the Mohawk School District cancels or delays school due to inclement weather, story hour will be canceled.



The display case in the library has three small collections from a Heath resident. The top shelf has detailed carvings by Tom Canouse of an ewe, a kangaroo, and a coyote. Reproductions of ancient Grecian pottery are on the middle shelf, and three Roseville Pottery candlestick holders are on the bottom shelf.

New at the Library:

Adult Fiction Books: *Every Past Thing* by Pamela Thompson (Historical fiction, set in the late 1800s, about Mary Jane Elmer and her husband, artist Edwin Romanzo Elmer. There are many local references in the book as the Elmers once lived in a house in Buckland; the house is in the background of Edwin's famous painting "*Mourning Picture*," reproduced on the cover of the book), *An Arsonist's Guide to Writers' Homes in New England* by Brock Clarke, *Mr. Pip* by Lloyd Jones, *The End of the Alphabet* by C. S. Richardson, *The Gravedigger's Daughter* by Joyce Carol Oates. We also have two new paperback copies of Ray Bradbury's *Fahrenheit 451* for anyone who wants to participate in the Pocumtuck Valley Memorial Association's 2007 BIG READ.

Adult Nonfiction Books: *The World Without Us* by Alan Weisman, *Mayo Clinic Guide to a Healthy Pregnancy* edited by Roger W. Harms, M.D., and *Warm Springs: Traces of a Childhood at FDR's Polio Haven* by Susan Richards Shreve.

Books on CD: *Bones to Ashes* by Kathy Reichs (we also have the book), *Slipknot* by Linda Greenlaw (her first work of fiction – a mystery set in a fictional fishing village on the coast of Maine), and *NPR Driveway Moments: All About Animals*.

Books on Tape: *Prodigal Summer* by Barbara Kingsolver

Playaway Audiobooks: *Wish You Well* by John Grisham

Young Adult Books: *The Princess and the Peabodys* by Betty G. Birney (signed by the author), *The Pea Soup Poisonings* by Nancy Means Wright, and *Evil Genius* by Catherine Jinks.

Young Adult Nonfiction Books: *WINK 2007: A Literary Journal of the Heath Elementary School* by students of the school, *Connecticut* by Victoria Sherrow, several other State books, *England* by Jean F. Blashfield, several other Country books, *Benjamin Franklin* by Maria Mihalik Higgins, and several other Biographies.

Children's Picture Books: *Family Lullaby* by Jody Fickes Shapiro, *My Life as a Chicken* as told to Ellen A. Kelley, *Water Hole* by Graeme Base, and *ABC USA: A Walk Through American History and Culture One Letter at a Time* illustrated by Martin Jarrie.

DVDs: *Pay it Forward*, *One Hour Photo*, and the BBC 5 disc series *Planet Earth*.

Video: *Dancing Pictures*, a 2001 Dance Recital by students of Martha Lively.

Heath People in the News



Laura Erica Gowdy of Royer Road in Heath, and Matthew Harold Lynn of Colrain were joined in marriage on September 22 in a ceremony held at the Heath Fairgrounds.

Laura is the daughter of the late Heath Police Chief, *Lorin Gowdy* and Sandra Crowningshield of Readsboro, Vermont. Matthew is the son of Brian and Vicki Lynde of Colrain.

A reception for the couple was held in the beautifully decorated Exhibit Hall at the Fairgrounds. The guests were treated to a meal of barbecued chicken cooked by members of the Heath Volunteer Fire Department.

Local Hero

In the early morning hours of August 18, Oscar Davila, Heath resident of Sadoga Road, and an owner operator with Quality Carriers, never expected to step into the role of hero. But to an 11-year-old child who was returned to her family after being kidnapped, he was just that.

"On that day, around 6:15 a.m., I was driving on Route 6 and 11 West in Pennsylvania when I saw this little girl walking alone in the dark," says Davila. "As I was getting closer I noticed that she was very young and I thought she should not be out here alone."

What caught Davila's attention was that she was limping and was wearing only one shoe. This incongruity was enough to make him decide to pull over and how he could help. "She looked troubled," he said. "When I pulled over to see what happened, she approached me and told me 'I need help because I was kidnapped.'" As startling as that information was, Davila called 9-1-1 and reported the incident to the police. "She said she was taken by two men wearing black

masks and she had heard one of them say the other's name," he says. "They had dumped her in the woods and she walked to the road."

It took 35 minutes for the two police cruisers to arrive and Davila called to the girl's parents while they waited. "Her parents arrived first. Her mother was crying and her father thanked me over and over," he said. Davila and the family waited for the police to arrive to give a full report. According to the girl, she was taken from her home in the early hours of that morning, possibly after she had taken the cat outside. The case is still under investigation.

Over the weeks since her abduction, the girl is slowly recovering her sense of security. Davila has kept in contact with the family. "I have just wanted to make sure she was okay," he said. "She was very sweet; she looked like a little angel walking along the road. I was appalled at how many cars were just driving by her with no one attempting to stop and help."

For more information on how you can help recover missing children, please visit the National Center for Missing and Exploited Children at www.missingkids.com.

'Top Model' Contestant



Sarah Hartshorne, 20, a graduate of the Academy at Charlemont, and daughter of Lea Banks of Shelburne Falls, former editor of the *Heath Herald*, has been chosen as one of 13 finalists in America's Next Top Model show.

The chosen 13 will spend the next week living together until one is named "Top Model."

The show airs Wednesdays at 8:00 p.m. on the CW network. Mocha Maya in Shelburne Falls will play the show on its 84-inch television.

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Heath's Monthly Precipitation (inches)

(Observed by Heath School Staff and Students)

	<u>Rain</u>
From July 10, 2007	4 ½ "
August	4 "
To September 10	1 ½ "

In this reporting period:

We start this period with daytime high of 90 degrees on July 10. The month of August started with a hailstorm on the 3rd with ¾"- size pieces measured at Peters' store. Otherwise the month was generally on the drier side. The weekend of the Heath Fair had great weather all three days, even though it was very windy on that Saturday. The hottest and most humid day of the summer seemed to be on Saturday the 25th of August. We had an additional hot and humid day on Saturday, September 8.



Friends of the Heath School Library

Thanks again to all, here and from afar, who took a flying chance or chances to win the round-trip ticket for two on USAirways good for anywhere in the continental United States or Canada that was donated by two very generous Friends.

The winner was Noy Holland.

To all who participated but did not win, be assured that your contribution will be well used for books for our wonderful school library.

Community Calendar

October 2007

- October 05** - Mohawk Trail Regional High School Booster Week Football Game
All-School Hike, Heath Elementary School
- October 06** - Friends of the Heath Free Public Library
Bake Sale, Town Hall Porch,
9:30 a.m. to noon
Heath Historical Society Center Museums
open to public, 11:00 a.m. to 2:00 p.m.
- October 08** - **Columbus Day Holiday, No School**
- October 11** - PTP Meeting, Heath School, 3:30 p.m.
Heath Agricultural Society Meeting,
Heath School, 7:00 p.m.
- October 12** - Preschool Story Hour, Heath Library,
10:15 to 11:15 a.m.
- October 13** - PTP Town-wide Tag Sale, Heath School,
9:00 a.m. to 3:00 p.m.
- October 17** - School Pictures, Heath School
- October 18** - Senior Luncheon, Community Hall-
Senior Center, 11:45 a.m.
- October 19** - Preschool Story Hour, Heath Library,
10:15 to 11:15 a.m.
- October 20** - Junior PSATs, MTRHS
- October 26** - Franklin County In-Service Day, No School
Preschool Story Hour, Heath School,
10:15 to 11:15 a.m.
- October 31** - Schools Early Release Day, Mohawk,
11:45 a.m.; Heath School, 12:45 p.m.

HAPPY HALLOWEEN!

Community Calendar

November 2007

- November 01** - Early Release Days, 12:00 p.m.,
and 02 Heath School, Parent-Teacher Conferences
- November 01** - Senior Luncheon, Community-Hall
Senior Center, 11:45 a.m.
- November 02** - Preschool Story Hour, Heath Library,
10:15 to 11:15 a.m.
- November 03** - Ladies Aid and Community Hall Holiday
Craft Sales, 10:00 a.m. to 3:00 p.m.
- November 04** - **Daylight Savings Time Ends**
- November 06** - Heath All-Boards Meeting, Charlemont Inn,
6:00 p.m. Dessert.
- November 08** - Heath Agricultural Society Meeting,
Heath School, 7:00 p.m.
- November 09** - Principal's Coffee Hour, following
All-School, Heath School.
Preschool Story Hour, Heath Library,
10:15 to 11:15 a.m.
- November 12** - **Veterans Day, No School**
- November 15** - **6th Annual Friends of the Heath School
Library Book Fair, Heath School,
8:30 a.m. to 8:00 p.m.**
Senior Luncheon, Community Hall-
Senior Center, 11:45 a.m.
- November 16** - Preschool Story Hour, Heath Library,
10:15 to 11:15 a.m.
- November 21** - Early Release, for Thanksgiving Holiday,
Heath School, noon
- November 22** - **HAPPY THANKSGIVING!!**
- November 27** - End of First Trimester, Heath School

In Thanks Gíving

**For this beautiful land and
the bounty of the earth**

**For our families and
friends**

For our caring community

**For our wonderful school
and its staff**

**For our elected and ap-
pointed**

**officials and for all
the volunteers who under-
take the multitude of tasks
that**

enhance our daily life.

BLESSINGS ABOUND!

JERRY FERGUSON

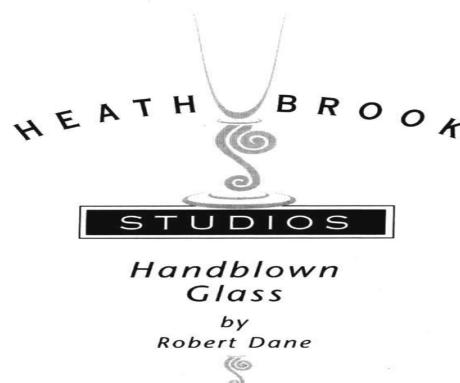
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