



HEATH HERALD

Heath's First Newspaper

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Happy Holidays

Heath Herald

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Heath Union Church News

Recent events of note. Our Family Night was on October 23 when attendees enjoyed viewing the skies with astronomy expert Doug Wilkins. Also on October 16, Pastor Phill and some members of the community participated in the Crop Walk for the Hungry in Bernardston. While Pastor Phill was on vacation, November 13 and 20, our guest speakers were Aaron Clousen of Colrain and Heath's own the Reverend Pam Porter. A service of Thanksgiving was held on November 23.

Christmas is nearly here so we will be having our Christmas Eve service at 7:00 p.m. on the 24th. We hope to have a choir and will welcome any community members who would care to join us. Please contact Ruth Johnson.

The annual meeting will be at 7:00 p.m. on January 10, 2012, in the lower level of the church. Sunday services will be held in the lower level starting January 1, 2012.

Adult Sunday School 9:00 a.m.

Sunday Worship 10:00 a.m.

Bible Study and Prayers Thursdays, 6:00 p.m.

Pastor's Hours Thursdays, 4:00 to 6:00 p.m.

Church phone 337-4019; Pastor Phill (413) 648-9077

Deacons

Richard Gallup 337-5367

Ruth Johnson 337-4367

Walt Gleason 337-4479

~ The Deacons



October Snowprize!



A Baker's Dozen

A New York Christmas Story

Retold by S.E. Schlosser

Back in the old days, I had a successful bake-shop in Albany. I had a good business, a plump wife, and a big family. I was a happy man. But trouble came to my shop one year in the guise of an ugly old woman. She entered my shop a few minutes before closing and said: "I wish to have a dozen cookies." She pointed to my special Saint Nicholas cookies that were sitting out on a tray. So I counted out twelve cookies for her.

The old woman's eyes narrowed when she saw the cookies. "Only twelve?" she asked. I knew at once what she wanted. There were some bakers in town who sometimes gave an extra cookie to their customers, but I was appalled by the custom. What man of sense would give away an extra cookie for free?

"I asked for a dozen cookies, and you only give me twelve," the woman said.

"A dozen *is* twelve, my good woman, and that is what I have given you," I replied.

"I ordered a dozen cookies, not twelve," said the old woman.

I was upset by this demand. I always gave my customers exactly what they paid for. But I was a thrifty man, and it was against my nature to give away something for nothing.

"I have a family to support," I said stiffly. "If I give away all my cookies, how can I feed my family? A dozen is twelve, not thirteen! Take it or leave it!"

"Very well," said she, and left the shop without taking the cookies.

From that moment, my luck changed. The next day, my cakes were stolen out of my shop, and the thieves were never found. Then my bread refused to rise. For a week, every loaf of bread I made was so heavy that it fell right through the oven and into the fire. The next week, the bread rose so high that it actually floated up the chimney. I was frightened when I saw the loaves floating away across the rooftops. That was the first moment I realized I had been bewitched. It was then that I remembered the old woman who came to my shop, and I was afraid.

The next week, the old woman appeared again in my shop and demanded a baker's dozen of the latest batch of my cookies. I was angry. How dare she show her face in my shop after all the bad luck she sent my way? I cursed her soundly and showed her the door.

Things became worse for me then. My bread soured, and my olykoeks (donuts) were a disgrace. Every cake I made collapsed as soon as it came out of the oven, and my gingerbread children and my cookies lost their flavor. Word was getting around that my bake-shop was no good, and one by one, my customers were falling away. I was angry now, and stubborn. No witch was going to defeat me. When she came to my bake-shop a third time to demand a baker's dozen of cookies, I told her to go to the devil and I locked the door behind her.

After that day, everything I baked was either burnt or soggy, too light or too heavy. My customers began to avoid my cursed shop, even those who had come to me every day for years. Finally, my family and I were the only ones eating my baking, and my money was running out. I was desperate. I took myself to church and began to pray to Saint Nicholas, the patron Saint of merchants, to lift the witch's curse from myself and my family.

"Come and advise me, Saint Nicholas, for my family is in dire straits and I need good counsel against this evil witch who stands against us," I prayed. Then I trudged wearily back to my empty shop, wondering what to do.

I stirred up a batch of Saint Nicholas cookies and put them into the oven to bake, wondering how this lot would turn out. Too much cinnamon? Too little? Burnt? Under-done? To my surprise, they came out perfectly. I frosted them carefully, and put my first successful baking in weeks onto a tray where they could be seen through the window. When I looked up, Sinterklaas (Saint Nicholas) was standing in front of me.

I knew him at once, this patron Saint of merchants, sailors, and children. He was not carrying his gold staff or wearing the red bishop's robes and mitered hat that appeared on the figure I had just frosted on my cookies. But the white beard and the kindly eyes were the same. I was trembling so much my legs would not hold me, so I sat down on a stool and looked up at the Saint standing so near I could have touched him. His eyes regarded me with such sadness it made me want to weep.

Saint Nicholas said softly: "I spent my whole life giving money to those in need, helping the sick and suffering, and caring for little children, just as our Lord taught us. God, in his mercy, has been generous to us, and we should be generous to those around us." I could not bear to look into his eyes, so I buried my face in my hands.

"Is an extra cookie such a terrible price to pay for the generosity God has shown to us?" he asked gently, touching my head with his hand.

Then he was gone. A moment later, I heard the shop door open, and footsteps approached the counter. I knew before I looked up that the ugly old woman had returned to ask me for a dozen Saint Nicholas cookies. I got up slowly, counted out thirteen cookies, and gave them to the old woman, free of charge.

She nodded her head briskly. "The spell is broken," she said. "From this time onward, a dozen is thirteen."

And from that day onward, I gave generously of my baking and of my money, and thirteen was always, for me, a baker's dozen.

Nut Guy Story

I've been living in Guatemala for a year and a half; been coming here periodically for more than ten years. Yet it wasn't until today that I got confirmation that I'd really arrived, no longer the new kid on the block, not just another face in the crowd ... no, now I'm a solid citizen, noteworthy, *un hombre* to be taken seriously.

Anyone who has spent any time in the colonial city of Antigua has encountered what I call "the nut guys" – men who walk the sidewalks carrying several clear plastic bags filled with cashews or macadamias or peanuts or a cooked-and-salted-fava-bean-item, and sometimes other delicacies as well. When they see you – an obvious foreigner – they hold up a bag or two and offer to sell whatever suits your fancy, for a special price ... and before you even have time to remember a few polite ways to say "Huh-uh" in Spanish, they've dipped a spoon into a bag and given you several nuts to try. "*Muy bueno los cashews; you like macadamia?*"

I'm actually a big fan of nuts, always have been, and a big fan of eating local, too. So from time to time I've bought several pounds from these vendors, always at prices I knew were too high, even after bargaining, but I simply haven't cared about saving another dollar per pound; the nut guys need it more than I do. I've learned they have territories, like any salesmen, and that a cheerful and engaging fellow named Carlos patrols the turf around my apartment on the upper east side, not far from *el Parque Central*.

The first time I bought from Carlos was a couple of months ago, when I almost literally bumped into him as I was exiting the *porton* of the hacienda where I live. I'd just run out of cashews; he was selling 'em; we made a deal – Q35 (35 *quetzales*) a pound, as I recall (about US \$4.50), though I knew a Guatemalan friend gets them cheaper from *her* nut guy, who stops by her house near *Parque San Sebastian* on a regular basis.

I'd seen Carlos twice since then, *en la calle*, but either didn't need nuts or didn't have any money in my pocket. We'd exchanged pleasantries, and I'd agreed that I'd buy from him again when the time was right. Fast forward to today. I was about a block from my apartment, headed to Mono Loco to watch the Boston Celtics play the Miami Heat in a crucial NBA post-season game, when Carlos emerged from behind a pack of tall Nordic folks to say, "*Hola, Miguel.*" It wasn't that I didn't want to see Carlos; it was just that the game had already started, and I was meeting someone there ... plus, I didn't want to have to worry about remembering to bring home a bag of nuts after pounding down beers in a sports bar. But Carlos made me an offer I couldn't refuse. Two, actually.

First, he said I was a good *cliente*, so he was offering me a *really* special price: Q50 for a pound of macadamias – down from Q90, he noted (which he probably gets from the crowds who waddle in from the cruise ships); in fact, at Q50 not a bad deal at all, especially considering what macadamia nuts cost in the States. OK, I told him; I'm willing to pay that, but as you can see, I'm walking away from my apartment to meet somebody south of the park, and won't be home for a couple of hours, and I don't want to be lugging nuts around. *No es un problema*, he hastened to assure me, because *Doña Marta* (my landlady) is a *cliente*, too, and it would be the simplest thing imaginable for Carlos to drop off my purchase with her, leaving me free to get on with my afternoon of rooting for the home team. It took me

about five seconds to consider all the possible ramifications of his proposal; I doubt Carlos noticed any hesitation at all. "*Qué bueno!*" I told him, while he weighed out my pound of macadamias. Then I forked over the fifty Q and went on my sports-spectator way.

My landlord was polishing his truck in our entryway when I returned to the *hacienda* after the game. "*Don Miguel,*" he exclaimed the instant he saw me. "Carlos brought your bag of macadamias; here they are...."

So I've become someone who can buy fresh locally-grown nuts, at a no-longer-gringo price, from an itinerant street vendor, and trust that the purchase will be delivered to my residence. I'm reminded of a sign popular around the US where new, potentially desirable apartment buildings are soliciting renters: "If You Lived Here, You'd Be Home Now." Well, I do. And I am.

~ Michael Chrisman

Rural Guatemala Enters the 21st Century

Standing by the roadside on the outskirts of San Andrés Itzapa with some friends, waiting for the 4:00 p.m. chicken bus back to Antigua. Just spent time in a family's primitive home, where an American friend is helping the family's children with medical issues and schooling. The family lives up a steep cobblestone path, off the village's dusty main street, in a small house made of cinder block and corrugated tin. Usually there are chickens walking through the courtyard where the family eats; today the chickens are gone, but two pigs snuffle in a makeshift pen not four meters from the dinner table (which they will soon grace). But this observation is not about the family; it's about waiting for the bus.

The road toward Antigua, some 45 minutes distant, is narrow blacktop. The field on the other side is planted in corn, which has now been harvested, and beans are climbing up the dead cornstalks. Men walk by, machetes sheathed and hanging at the belt. Or the men are on horseback, with a load of something green bound for their critters at home. Or walking a horse heavy-laden with firewood. Or the men themselves are bent nearly double, carrying firewood in a net upon their back, the net secured to a strap across the forehead. Women, too, walk the road, bundles on their heads.

Bicyclists and pickup trucks pass, and as the riders, drivers, and passengers are usually male, they have a few smirking words for the four gringas and one gringo idling at the wide-spot-in-the-road where the bus will stop. The five of us are facing the road, to watch for the bus, when the gringa next to me gives a startled exclamation, "Oh!" She's just been bumped from behind. We all turn to look. Two teenage girls in Mayan garb giggle with embarrassment: walking while texting on her cell phone, one of them has crashed at full walking speed into my friend. The other one, also texting, didn't see it coming, either. Don't worry, says my friend in Spanish; it's the same in the United States. The girls seem relieved we're not upset. We're still chuckling over this encounter when a young man drives by slowly on his motorcycle, glancing over at us only briefly, because he's steering with one hand while using the other to text.

~ Michael Chrisman

WiredWest Fiber Optic Connections



WiredWest is making steady progress toward the goal of providing fiber optic connections to everyone in our under- or un-served hilltowns. The proposed network will be able to carry ultra high-speed Internet, TV/video, phone, and data communications for every household that wants it.

The November 19th meeting of WiredWest member towns was hosted by Heath and held in the Community Hall. The WiredWest municipal cooperative has now been formally created with some 23 towns currently signed on as members, and another 17 towns in the process of joining or voting to form a "municipal lighting plant," as Heath has already done. Al Canali was appointed by the Selectboard to be the WiredWest delegate representing Heath and was responsible for organizing the meeting. Art Schwenger serves as Alternate.

Considerable action has been taken to forward the project, including the acceptance of bylaws, mission, membership rules, and extensive research on technical, legal, and financial considerations of the network.

At Saturday's meeting, some 35 delegates and alternates passed the first full budget unanimously and welcomed the most recent towns to join, Northfield and Chesterfield, whose delegates signed membership papers.

The membership attending unanimously declared that the gourmet refreshments, provided by the Friends of the Heath Free Public Library, were by far the most outstanding to date and have "raised the bar" for future WiredWest meetings. The Friends collected \$116 of donations for the Library from the homemade refreshments.

~ Art Schwenger



Photographs by Art Schwenger



By Bill Lattrell

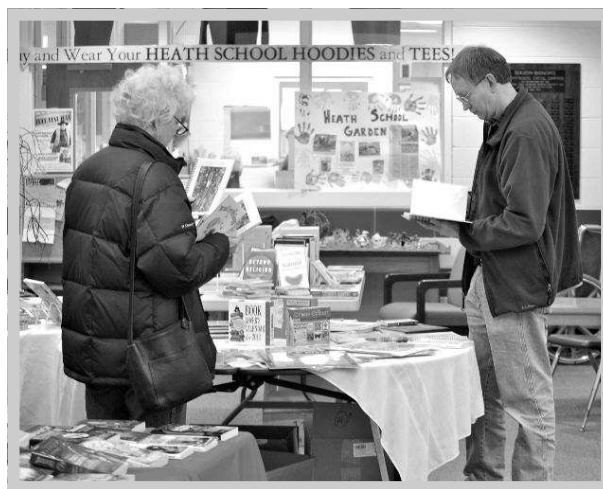
Nothing Gold Can Stay

November 2011

(*"Blessed"* continued on page 7)

(*"Blessed"* continued from page 6)

Tenth Annual Book Fair



Photographs by Lorena Loubsky

The Friends of the Heath School Library held their Annual Book Fair in conjunction with the World Eye Bookshop at the Heath School on November 17.



By Eric Glazier

What's happening at the Heath School?

We have had a terrific start to the school year. So much has happened, where do I begin? The first day of school was delayed for all of the students in the Mohawk School District due to the effects of Hurricane Irene. Fortunately, the Heath School did not suffer any damage. However, some of our neighbors' homes, businesses, and other area schools were not so lucky. The elementary school in Hawlemont suffered so much damage that they couldn't reoccupy their building until mid-November.

When our students finally arrived on opening day, they were so excited to share their stories of summer with us, and we were also excited to share our news with them. In addition, I was meeting most of the students and parents for the first time and there was lots of nervousness and excitement surrounding all of us as well. What I came to realize was just how wonderful the students, parents, and staff of the Heath Elementary truly are. They were incredibly warm and welcoming to their new principal and for that I am very grateful.

We welcomed two new staff members this year as well. Duane Weber is our school's new cafeteria manager and Angela Thompson is our new Special Education Liaison. Throughout the summer and the fall, our staff participated in countless professional development courses and workshops in the area of mathematics. We had a district-wide PD day on October 28 that was dedicated to the State's new Curriculum Frameworks. Teachers continue to unpack the new standards and have begun to correlate them with our school's math program, Math Expressions.

The Heath School has a wonderful tradition of extra-curricular activities such as soccer, Strings, and drama club. We are so lucky to have a dedicated group of parent volunteers, coaches, and Parent Teacher Partnership that support our school each year. Without these volunteers, these activities would not be possible.

The Uppers (grade 5/6) met their Book Buddies for the first time in October and began their weekly routine. At least once a week the groups can be found in the Open Space reading to each other. The opportunity for older students to read with younger students provides practice in oral language skills and promotes positive social interactions between the various grades.

I am also pleased to announce that Virginia Gary (grade 1/2 teacher) has formed Heath's first Student Council. A president, vice-president, secretary, and treasurer have been selected from the Uppers classroom. The interested students wrote nomination speeches and elections were held. There are also two student representatives from each classroom. The students will meet weekly to discuss ways for improving

the school's culture, developing school-wide events such as Spirit Week, and giving the student body a voice in the larger community. Thank you to the students for showing an interest in school government and thank you to Ms. Gary for coordinating this new endeavor.

We are very pleased to be partnering with the Friends of the Heath Library again this year. Our annual book sale took place on November 17 and raised money for our school's library. I would like to extend a thank-you to the *Friends* for facilitating such a wonderful event again this year. The school also wrote two grants through the Mary Lyon Foundation. One grant was awarded in the amount of \$160 for the purchase of snowshoes and the second grant was for \$200 to promote and teach yoga in our school.

I look forward to continuing my first year as the Heath Elementary School principal. Please feel free to contact me at the school if you have any thoughts, questions, or concerns. Thank you.

Owl Moon Night



Photograph by Lorena Loubsky

The month of November is National Literacy month and we at the Heath School celebrated it by gathering at the school with naturalist Ted Watt to go on an owl hunt.

Now you might wonder why we would mark Literacy month by going on an owl walk but here's the link. Our evening began with a reading of a favorite book, *Owl Moon*, by local author JaneYolen. This wonderfully illustrated story is told through the eyes of a young child who goes out with her father on a moonlit night to try their luck at calling down an owl. The watercolor illustrations and the detailed narrative of this book recreate the magic of the night and was, long ago, the inspiration behind creating the owl that watches over our open space.

Owl Moon is just one of the many books we have in our school library that is based on a real childhood memory. Since many of the classes are learning about writing from their own experiences, we wanted to showcase published versions of this type of story. At our owl night, our library

(*"Owl Moon"* continued on page 9)

("Owl Moon" continued from page 8)

manager Alice Lemelin had a table full of beautifully illustrated books for parents to peruse, books by Patricia Polacco, Jerry Pinkney, and Mildred Taylor, to name just a few. All of

ch came from childhood experiences.

After the dramatic reading of *Owl Moon*, complete with a lit up full moon, owl calls, and the flapping wings of the owl in the open space, Ted taught the children about some of the owls that might be seen in Heath. He showed them several specimens brought from the Hitchcock Center and talked about the habits and unique abilities of these magnificent birds. He then made each owl's call. We gave it a try as well and were ready to go out into the night.

As we learned in the book, to go owl calling, all you need is quiet and hope. With lots of hope about 40 folks of all ages silently walked out into the chilly moonlit night to see if an owl would appear. The night was indeed quiet and as Ted made the call of the barred owl, we all stood and waited, enjoying fantastic cloud formations and listening as hard as we could for any faint rustle or hoot.

Well, we never did see an owl, but it didn't seem to matter. Being out together on such a beautiful night was quite magical in and of itself. After a while some folks went in for cookies, others stayed to moon gaze using the giant pair of binoculars, our principal, Eric Glazier, brought and a few hopeful souls held on just a little longer to the magic of the night by remaining out in the field with Ted, trying their luck at calling down an owl.

~ Deborah Porter

Heath Local Education Council:

School budget planning time is upon us already ~ we would love to set up a regular presence of Heath families at the School Committee and Subcommittee meetings. Any community members who can help with a meeting or two, we'd be grateful. We had a positive meeting in October with both School Committee representatives and would like to welcome any community member or town board to attend our monthly meetings. It is always a good thing to keep our lines of communication open and connected.

Thanks to Rebecca Allen, our outgoing School Committee representative, for all her work over the last year!

The District held a workshop about Local Education Councils at Mohawk led by Glenn Koocher of the Mass. Association of School Committees. It was most informative both about basic LEC structure and configuration as well as our role as an advisory body to the principal. Copies of the handouts for that meeting are available electronically for anyone who would like more information about Local Education Councils. The legal basis for the councils was codified as part of the No Child Left Behind Act. They are meant to encourage parental and community involvement in our

schools. **We are in need of an additional Community Member.**

Other topics we've been discussing relate to meeting our Math Annualized Yearly Progress (AYP) for MCAS. A state grant is providing funds for after school math tutoring to help support math skills. Committee member Virginia Gary has initiated a new **Student Council**. Students in the 5th and 6th grade ran for leadership roles and wrote essays about their plans and hopes for the role. Votes were held and the new council is beginning the process of crafting their mission and goals for the year. Representatives from each grade were chosen as well.

Bullying has come up on our LEC agenda and we are happy that the Cultural Council has supported a program teaching tolerance and celebration of diversity for the coming year. Further discussion is planned for the December meeting about ways to support mediation and teach conflict resolution skills. The social curriculum is a key part of our School Improvement Plan and school philosophy - but as with any institution, family, or group, regular practice and reflection must inform our work. Our student mediation program has been tabled for a couple years and there is some support for rekindling it or integrating it with the new student council.

Last, but not least, both the PTP and LEC would like to see greater partnership with community members for educational programming and community service. If you have ideas, skills, hobbies, or passions to share, please contact Lyra Johnson lyrajohnson@yahoo.com or Lorena Loubksy wildlor@gmail.com, our school-community liaisons on the PTP.

~ Lorena Loubksy

Heath Elementary Parent Teacher Partnership Highlights

The Heath School Community would like to extend a hearty thank-you to all the volunteers with the Friends of Heath School Library who organized a very successful annual book fair at the school recently. THANK YOU!

Our big PTP event for this fall is our 2nd annual **Heath & Hilltown Artisan & Gift Catalog** which promotes and supports local artisans and farmers while raising needed funds for natural science and art enrichments at school. Look for the catalog at the town hall and library or pick one up at school. **Orders will be accepted until December 16 but we are hosting an Artisan Fair and Bake Sale on December 10 from 9:30 a.m. -3:30 p.m. at Heath Community Hall.** We look forward to seeing you there!

We are thinking of holding a school-community talent show & karaoke event/dance this winter. If you want to join in planning this event, contact the school.

We had some sweet fall enrichments (pumpkin carving and leaf-print T-shirt making) and have others in the wings along with movie nights (we'll put up a sign at the town hall - events are always open to the public and home-schoolers). Thanks to Emily Gopen and Mary Sumner for their work putting the Heath school garden to bed! Some delicious apples and potatoes and carrots were picked and dug and the kids will get to enjoy making applesauce and tasting Heath

Green (and Book) Thoughts**Hardy Roses**

By Pat Leuchtman

One single freeze-dried blossom is hanging on the *Thomas Affleck* rose bush by my entry walk. He has been such a devoted gentleman all season I am not surprised that he is the last to say farewell. It has been a long and lovely rose season this year, not least because I have been sharing my pleasure in the roses, through the Annual Rose Viewing as usual, but also by sharing my book *The Roses at the End of the Road*.

Recently I gave an illustrated talk about my roses at the Massachusetts Horticultural Society's headquarters in Wellesley. I certainly mentioned the romance of the roses, but my emphasis was on how unnecessary it is to fuss with roses or use dangerous poisons to keep them in beautiful bloom.

I have always said I do not fuss with my roses. I have neither the time nor the inclination. This means that nearly half the roses I have planted have died. Sometimes it was my own fault through improper planting. I think we all know that if we take care when we plant any shrub or tree our success is nearly guaranteed. Sometimes a rose has died when I knew I was taking a gamble by choosing a rose that might be too tender. Of course, sometimes a rose died for no reason I could determine.

When deciding which roses to plant I have chosen old-fashioned roses and rugosas, as well as a couple of the cold-hardy *Griffith Buck* roses I discovered when I first became interested in roses. These are hardy and have beautiful, fragrant blossoms, but they only have one main bloom period. Then two years ago my eyes were opened to whole new rose groups that would be hardy, wouldn't need the traditional poisons, but would bloom for a long season.

In 2009 I visited the Peggy Rockefeller Rose Garden at the New York Botanic Garden and spent the afternoon with the charming Curator, Peter Kukielski. Peter says he now oversees what is possibly the largest organic rose garden in the country. He utilizes organic methods of planting, weeding, and mulching. The Botanic Garden makes its own compost, and collects leaves that are shredded to act as mulch. He said the volunteers spread a shredded-leaf mulch on the rose beds three times over the season. He is always feeding the soil. He does say that if there is a serious problem he uses best Integrated Pest Management practices.

But he has made two other big changes to the rose garden. He has more than tripled the number of roses in the garden. Since the garden space is no larger than it was I asked how this was possible? He gave me a wicked look and hesitated. "Well, I plant the roses closer together," he said. The second big change is adding roses that have been found to be disease-resistant or come from hybridizers who have been creating disease-resistant roses.

In that first category are the *Earth-Kind* roses. I have seen this designation on roses in the garden centers, but didn't

pay any attention. I thought it was just some advertising label. I was wrong. *Earth-Kind* roses are roses that were planted by Texas A&M Extension, giving them good care for one year, and then leaving them to their own devices for nine more years. The roses that continued to thrive were given the *Earth-Kind* label. Some of those roses would be familiar to anyone who has a few roses in the garden. *Knock Out*, *The Fairy*, *New Dawn*, and *Sea Foam*. Some like *The Fairy* are small shrubs, some like *Knock Out* are medium shrubs, and some like *New Dawn* and *Sea Foam* are climbers. These roses have proven themselves to be adaptable to many soils, and are disease-resistant. Testing to identify more *Earth-Kind* roses continues. You can read more about these roses on the Texas aggie Web site <http://aggiehorticulture.tamu.edu/earthkind/roses/>.

I have had the *Double Red Knock Out* in my garden for three years now and it is doing well. I am trying to think where I can add the yellow *Sunny* and the coral, pink, and yellow *Rainbow Knock Outs*.

Peter Kukielski told me that in 1990 all the standard poisons for roses were outlawed in Germany. The Kordes hybridizers saw this development coming and were already working on hybrids. They now offer many disease-resistant roses in a full range of colors from the stunning red of *Milano Kolorscape* to the pristine white of *Innocencia Vigorosa*, and creamy full-blown *Lions Fairy Tale* to the lush pink *Cinderella*. You can visit their Web site <http://www.newflora.net>. A caveat, not all of these, or the *Earth-Kind* roses, will be hardy in Heath.

I do not work for Chamblee's Rose Nursery, but if you are interested in a good introduction to all these roses, Chamblee's (www.chambleerose.com) online catalog offers at least a selection of all these rose types including the cold hardy *Griffith Buck* roses.

Perhaps there can be a new hardy rose in your garden in 2012.

The Roses at the End of the Road is available at World Eye Book Shop, Greenfield, at Boswells Books, Shelburne Falls, and from the author.

Local Cultural Council News

Heath Cultural Council welcomes Kara Leistyna on board as our newest member and would like to thank Lisa Wexler for her exemplary service to the community as she passes her torch on to Kara. We will be looking for an additional two members this year as member terms are fulfilled.

We are again happy to support in our granting this year many long-standing Heath artistic endeavors and institutions: *Heath Herald*, Heath Agricultural Society, and Heath Senior Center. Additional grants in support of Community Strings Lessons (at Heath School) and other important educational programs were approved. A complete listing of grant allocations will be available online at the Mass Cultural Council Web site soon.

We always welcome new members and your input for creative ways to foster the arts and culture in Heath. Feel free to e-mail Lorena Loubsky with any questions or comments: wildlor@gmail.com.

~ Lorena Loubsky

Jerry Ferguson

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Heath Fair News

There are moments in our lives when we wonder how circumstances came to be as they are - when we wonder what conspiracy of choice and chance yielded this moment. Often, such moments leave me (and perhaps the larger 'US'), feeling bewildered. I write this because I have recently accepted the role of President of the Heath Agricultural Society and I believe that in doing so I have actively participated in that conspiracy of choice and chance. Years from now I will wonder how I came to have this responsibility - just as I have frequently wondered at my position as Car Parking 'Czar.' I hope that you who are reading this will remind me that Pam Porter - who has performed as the Heath Ag President for the past 5 years - made a remark in my company suggesting that the Fair would be needing a new President soon... I do not know what part of my consciousness blurted out, "I'll do it," but I think that part of my consciousness has a lot to learn...which is, of course, one of the many reasons that I volunteered to be President: I wish to actively learn the responsibilities involved in this kind of work. More important than what I want to learn is that I want to continue cultivating the kind of Fair that the Heath community - and our neighboring communities - may enjoy and grow with.

Last week the Heath Agricultural Society held its Annual Meeting at the Heath Elementary School. Our Annual Meetings are a moment for us to set the foundation for the coming season of fair planning. At the November 2011 Annual Meeting, this meant reviewing our Bylaws and voting in officers. (Voting, of course, is an exaggeration of the event as there was little or no contest of anyone's volunteerism. Instead of voting we cheer for those who accept positions).

A few changes were made in the scheme of officers. Pam Porter and Jan Carr - both of whom have been indispensable contributors to the viability of the Heath Agriculture Society - did not run for their respective positions this year (president and treasurer). Attempting to fill these shoes will be my self, Justin Lively, as President, and Heidi Griswold, as Treasurer. Filling Heidi's shoes on the Midway will be Larry and Rebecca Sampson from Number 9 Road, both of whom have a great amount of experience and skill to offer to the Fair. Also of note is the passing of the torch from Tom Lively to Matthew Lively as superintendent of cattle. Tom Lively has had this responsibility for about 30 years. The other officer positions remain as follows: Pam Porter, 1st Vice President; Shirley Tombs, 2nd Vice President; Bradley Tombs, 3rd Vice President; Christine O'Brien, Secretary.

Other business of the Annual Meeting involved proposed changes to our Bylaws. We were not able to complete this endeavor and have therefore called a Special Meeting for Wednesday, December 7, at 7:00 p.m. at the Heath Elementary School. At this meeting we will be voting to make a few small changes to our Bylaws and I've no doubt that there'll be other business on the table.

Now we begin to look forward to the coming 95th Annual Heath Fair Celebration. As always there is a lot of work to do and we are ever-seeking new volunteers. If you wish to offer your hand, please e-mail me at: Justin@thelivelyheathan.com. Thank you.

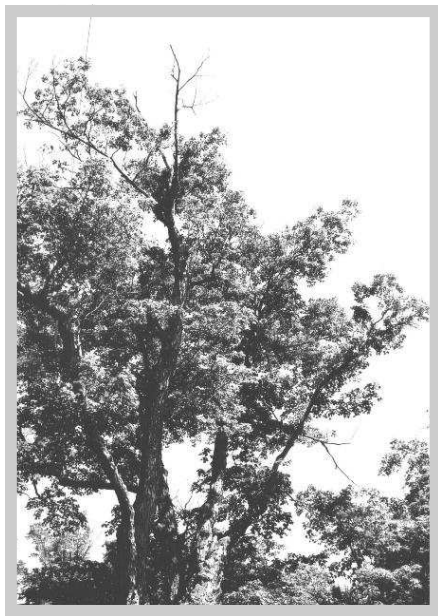
~ Justin Lively, President

REDUCE - REUSE - RECYCLE

Editor's Note: Driving by recently, I noticed with a pang that the grand old sugar maple tree in Hazel and Alastair's yard had lost its top and I remembered the article that Alastair had written about it in 2001 for the Herald's Heath trees series. I decided then and there to reprint it in homage to the tree and to its owners and happily to have once again Alastair's graceful prose in the paper.

The Patriarch

The house is held in the embrace of the old stage road as it moves in a sweeping curve northwards. Between the house and the road stands an ancient sentinel, the majestic sugar maple of which Clyde Churchill once said, "Indians slept in the shade of that tree."



The house itself was built in the early years of the 19th century, its first occupant being Deacon Moses Smith, who took up residence in 1808. Did the maple predate the house, as Clyde Churchill believed? Or was the tree planted there, at the time of construction, and as a part of the overall décor by David Snow, who built the house and who, later on, was to build the Union Church in Heath and the Old Town House or "Historical Hall"? The chances are that Clyde's estimate was correct, given the tree's impressive girth – a diameter at breast height of 5 feet 6 inches – and the generally accepted belief that sugar maples may live for up to 500 years.

I have known and loved and cared for the maple for the past thirty years. It has required surgery from time to time. Protective bracing has been installed. And there have been timely applications of fertilizer. The result would have pleased the 19th century Swiss botanist, Augustin Pyrame de Candolle, who believed that trees die from injury or disease and not from old age.

However, time marches on. And, while the great tree will long survive me and will continue to stand guard as it has since the time of Moses Smith, it has seemed to me that a way should be found to ensure that its image – its spirit – will not be lost with the passage of time. The way I chose was to help it have authentic and identifiable heirs and successors.

It was easy enough to collect a sufficient quantity of the samaras, or winged seeds, when in due course they spun to earth through the autumn air. The seeds were then stored in the freezer until the following spring when a dozen of them were planted beside the barn. They have all survived – there may be something special in their genes – and the majority have by now reached the height of 11 feet. This coming autumn two or three of the best specimens will be dug up and replanted, at sites that have been selected to give them the space and visibility that we wish them to have.

All of us perhaps have a little something of Joyce Kilmer in us. A poem lovely as a tree? Can a fair comparison be made between a sonnet by Petrarch or Shakespeare or Keats and a 200-year-old sugar maple of more than ample growth? Perhaps not. But who would deny that only God can make a tree?



~ Alastair Maitland

Post Note: Of late, finding that the tree was diseased and also that it was interfering with the electric wires overhead, Alastair and Hazel reluctantly agreed to have National Grid take the top. At first, they planned to have the whole tree taken down but then decided to keep it as is. There are two grandchildren, one in the south field, one by the barn.

MARTIN LUTHER KING, JR.
(1929-1968)



Remembering.....

*Darkness cannot drive out darkness; only light can do that.
Hate cannot drive out hate; only love can do that.*

*I refuse to accept the view that mankind is so tragically
bound to the starless midnight of racism and war
that the bright daybreak of peace and brotherhood can never become a reality.
I believe that unarmed truth and unconditional love will have the final word.*

*Whatever affects me directly affects all indirectly. I can never be what I ought to be until you are
what you ought to be This is the interrelated structure of reality.*

Everything that we see is a shadow cast by what we do not see.

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Library Lines

New Online Catalog



By Donald Purington

C/W MARS, the organization that provides the online catalog for the Heath Free Public Library and most of the other public libraries in Western and Central Massachusetts, is moving to a new catalog system in January, 2012. Currently we have easy access through inter-library-loan to all the items in the Western Massachusetts libraries. The new catalog, called Evergreen, will also include access to all the items in the Central Massachusetts libraries. Those who use the online catalog to request items will need to set up a new password the first time you login. Please see Don or Lyra at the library for more information about the new library catalog.

A Few of the New Items at the Library:

Adult Fiction Books: *The Betrayal of Trust* by Susan Hill, *A Burial at Sea* by Charles Finch, *The House of Silk* by Anthony Hill, *Kill Alex Cross* by James Patterson, *Explosive Eighteen* by Janet Evanovich, *V is For Vengeance* by Sue Grafton

Adult Nonfiction Books: *The Pitcher's Kid: A Memoir* by Jack Olsen, *Woven Treasures: One-Of-A-Kind Bags With Folk Weaving Techniques* by Sara Lamb, *How the Dog Became the Dog: From Wolves to Our Best Friends* by Mark Derr, *The Santa Club* by Kelly Moss ("Is Santa real?" *The Santa Club* is a book to help transition your child from the pleasures of receiving gifts to the joys of giving gifts.)

Young/ Teen Reader Books: *The Son of Neptune* by Rick Riordan, *Down the Mysterly River* (graphic novel) by Bill Willingham, *Turtle in Paradise* by Jennifer L. Holm

Children's Picture Books: *Mommy Hugs* by Karen Katz, *Someone Walks By: The Wonders of Winter Wildlife* by Polly Carlson-Voiles, *Singing Away the Dark* by Caroline Woodward, *The Longest Night* by Marion Dane Bauer

DVDs: *The Help*, *Doc Martin Collection: Series 1-4*, *Wonders of the Solar System*, *Prohibition* (a documentary by Ken Burns), *The Tempest* (a modern retelling of Shakespeare's classic drama, starring Helen Mirren)

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Town Nurse News

Sleep Deprivation or Not Getting Enough Sleep is Not Ok



By Claire Rabbitt, RN

Sleep deprivation is a serious problem in the USA. How much sleep you need varies with the individual, but all adults should get a minimum of 7-8 hours every night. Children and teenagers require more. Failure to get enough sleep can result in health problems, mental impairment, accidents, and poor quality of life. The National Highway Traffic Safety Administration (NHTSA) estimates each year that driving while drowsy results in at least 100,000 automobile crashes, 71,000 injuries, and 1,550 fatalities. Too little sleep also increases occupational injuries twofold.

Sleep deprivation can result from choosing to work or play instead of getting required sleep, but can also result from undiagnosed sleep disorders, such as Obstructive Sleep Apnea. A person with an undiagnosed sleep disorder may be so used to being tired they think it's their normal, because they don't know what it's like to feel rested. Symptoms of Obstructive Sleep Apnea may include excessive daytime sleepiness, loud or disruptive snoring, gasping or choking during sleep, grogginess and morning headaches, depression, and irritability. It can result in high blood pressure, heart disease, and stroke. It is usually diagnosed through evaluation of signs and symptoms and having a sleep study evaluated by a specialist. Anxiety and stress also are big causes of sleep problems.

For sleep problems that are not due to a medically diagnosed disorder here are 10 rules to sleep by: (I clipped these from a health magazine for myself years ago and they help!)

- 1 Keep regular hours. Try to go to bed at the same time each night and wake up at the same time each morning. If you miss getting to bed at the right time, get up at the same time anyway, so you can get back on your routine.
- 2 Exercise regularly. At least 30 minutes of walking or other form of exercise most days is best.
- 3 Cut down on stimulants, such as caffeine that make it harder to fall asleep, prevent deep sleep, and increase night time awakenings.
- 4 Sleep on a good bed. Have a comfortable sleep space.
- 5 Don't smoke. Smokers take longer to fall asleep, awaken more often, and spend less time in deep sleep.
- 6 Drink only in moderation. Drinking alcohol before bedtime may make it difficult to fall asleep and interrupt sleep stages.
- 7 Unwind in the evening. Try to deal with worries and distractions before going to bed.
- 8 Don't go to bed stuffed or starved. A full stomach takes longer to digest, causing you to toss and turn during the night. An empty stomach causes discomfort, making it difficult to sleep.
- 9 Develop a sleep ritual. Stick to a bedtime routine to make transition to sleep easier.
- 10 Give sleep priority. Say yes to sleep even when you're tempted to stay up late. You'll thank yourself in the morning.

May you all sleep well during the long winter months!

I continue to have office hours on Tuesday, 12:15-1:15 p.m., and Thursday, 11:00 a.m.-1:00 p.m., and am available by appointment. Call my office at 337-4847 or home at 337-8309.

*"I will honor Christmas in my heart, and try
to keep it all year."*

Charles Dickens

Selectboard's Report

Fall/Winter Meeting Schedule

The Board will resume its regular meeting schedule of every Tuesday evening at 7:00 p.m. in Sawyer Hall starting in January, unless posted otherwise.

Current Business

The Board has been working on a schedule for joint meetings with the Finance Committee to work on the budget for FY2013. Budget requests will be reviewed in January in anticipation of the next Annual Town Meeting on May 12. An effort is being made this year to move up the calendar for budget decisions.

The Town has obtained temporary financing for the emergency repairs due to Tropical Storm Irene. Reimbursement for these expenses will likely be forthcoming from FEMA and MEMA.

Conservation Commission

The ConCom has two vacancies to be filled. Anyone who might be interested in serving on the ConCom is encouraged to contact the Town Coordinator. The Selectboard is also looking for a clerk to assist the Conservation Commission with scheduling, mail, correspondence, public notices, and application forms and filings. Please contact the Town Coordinator at 413-337-4934, Ext.0 if you are interested in serving on the ConCom or as clerk to the Commission.

School Committee

Rebecca Allen has resigned from the Mohawk School Committee. The Board would like to express its appreciation for her service to the Town. If anyone is interested in serving on the School Committee or could suggest a good candidate, please contact the Selectboard.

Board of Health

The Board of Health is down one member. A volunteer is needed. Please contact either the Board of Health or the Selectboard

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. 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. The new Web page is up and running. Please have a look and let us know what you think.

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

School Committee Update

Thank you, Heath voters for supporting the roof repairs at Mohawk Trail Middle and High School. As a parent of two students at Mohawk I can tell you that these repairs are needed. The roof leaks over the library which could lead to some very costly replacement of materials. The roof also leaks over the kitchen. This has caused the children to have to eat sandwiches instead of hot meals.

The School Committee has started the budget process for the 2012-2013 school year. This is your time to put in your thoughts and concerns before the budget gets adopted. The Budget Subcommittee meets on almost every Wednesday evening.

Well, I did keep track of the numbers, just like I promised I would. The District had proposed 68 students for Heath Elementary for the current school year. The Town of Heath had the number at 81 students. On September 28, I did contact the school for the actual number enrolled, 67, which included both Heath students and School Choice students. It still does not make sense to me how the Town had such a high number, unless it included School Choice students as well. I believe that the Town's number should be ONLY Heath residents.

On another note, Heath is looking for another School Committee representative. Being on the School Committee and having three students in the District Schools has made it possible to keep track of what is actually going on in the schools. But, being a parent also makes it hard to vote on certain things because of the conflict of interest. Therefore, I have regretfully resigned from School Committee. Please consider applying for this position. It is very rewarding.

INTERNATIONAL HUMAN RIGHTS DAY DECEMBER 10, 2011

This day commemorates the day in 1948 that the United Nations General Assembly adopted the Universal Declaration of Human Rights which provided a common standard for all peoples and nations to strive to secure their universal recognition and observance.

This day recognizes the work of human rights defenders, working alone or in groups, to end discrimination by campaigning for equitable and effective laws, reporting and investigating human rights violations, and supporting its victims.

Safe Snow Shoveling Tips



Shoveling snow can be a great way to get some fresh air and exercise but it can be especially dangerous for someone with a health risk. Exercise experts say shoveling heavy snow requires as much energy as running 9 miles per hour! In addition, breathing cold air, and being exposed to the cold all make the heart work harder. If you are over 45, sedentary, smoke, have elevated blood pressure, are overweight, and/or have a heart condition, play it safe and get someone else to do the shoveling.

Experts warn that snow shoveling is not the exercise to use to start getting in shape. If it's done too fast with no breaks, using only your back, or by a person with hidden heart trouble, you could wind up in the hospital, or worse! Shoveling snow can cause bone and joint problems and muscle strains. Sometimes the act of shoveling snow is enough to provoke a heart attack in persons with actual heart disease. Another significant hazard is the risk of fall due to slippery wintry surfaces.

Tips to prevent injury:

- Warm up your body by doing a few stretches to limber your muscles. If you do not, injuries such as minor aches and pains or pulled muscles can result. The range of motion used in shoveling puts a lot of stress on your body, which increases the heart rate and blood pressure.
- Don't shovel snow right after smoking or eating a heavy meal - these activities all put an extra load on our cardiovascular system.
- Every year people hurt themselves shoveling snow. If you experience any of these symptoms please stop: *Heavy sweating *Shortness of breath *Or pain anywhere
- Dress in layers so clothing can be peeled off as the body becomes warm. You do not want to get too cold or too warm. The clothes should be able to breathe and be made of natural fibers such as wool or cotton. This lets your body moisture escape. Overheating puts extra strain on the heart.
- In very cold air, wear a scarf or face mask over nose and mouth to avoid breathing cold air.
- Wear a hat to retain body heat and good gloves that will give you a good grip on the shovel and that will keep your hands warm.
- Use a smaller shovel. This will force you to have a lighter load.
- Pace yourself and take frequent breaks, even if only for a couple of minutes.
- When possible push the snow instead of lifting.
- Drink fluids to stay hydrated.
- Shovel safely by bending legs slightly at the knee, letting thigh muscles do most of the pushing and lifting work; this will reduce strain on the heart and back.
- Wear boots with good traction and use "ice creepers" if needed.
- Pace yourself and use both the left and right sides of the body and develop a safe rhythm when you throw the snow.
- Breathe deep and develop a rhythmic breathing pattern as you shovel- remember you are exercising!
- Be slow and methodical and use the whole body.
- Use the strong muscles in your buttocks and legs and bend your knees.
- Avoid twisting and straining your back and wrists.
- Avoid reaching to toss the snow; keeping your arms in front of you as opposed to way out to the side of your body
- Whenever possible shovel while the snow is still soft and before it is trampled on.

Despite the best shoveling plan, there remains the inevitable berm at the end of the driveway left by the snowplow. And naturally the plow always seems to come along after you've just finished the driveway! Tackle this heavy job once you are rested.

A snowblower can be a great tool. In determining the right model and size you might want to consider the maneuverability and variety of people in your house who will need to use the machine. An electric start is a nice feature that eliminates potential back strain inherent in a pull-start motor.

For many, however, it is wiser to get someone else to look after this chore. When you consider the risks and consequences of a slip and fall or an arthritic flare-up or an asthma attack or a heart attack you may have to hire someone or buy a snowblower. It is always better to be safe than sorry when it comes to your health.

~ Sheila M. Litchfield, RN, BSN
Certified Occupational Health Nurse

Milestones

Harold Blackstone Jr. of Renton, WA, and Leyden, died on October 13, 2011. Born in Rochester, NY, he was the son of Harold and Viola Elizabeth Wilkerson Blackstone.

A veteran of the U.S. Air Force, he was employed by American Airlines for 43 years and then worked for the Boeing Company in Washington state.

Survivors include his wife the former May Agnes Lively; a sister, Martha Medford, of Waynesville, NC; his brothers-in-law and sisters-in-law, Bernard and Rita Lively of Williamstown, **Hormidas and Cynthia Lively** of Greenfield and **Heath**, Michael Lively of North Adams, and **Thomas and Sue Lively** of **Heath**, and many nieces and nephews.

A liturgy of Christian Burial was celebrated on October 21 at St. Joseph Catholic Church in Shelburne Falls, with burial in the Heath Center Cemetery.

Edward "Bud" Arthur Purington of Colrain died on October 25, 2011. Born in Greenfield, he was the son of Arthur N. and Geneva Call Purington.

He lived most of his life in Colrain, working on the family farm, for the Colrain Highway Department, and as an assessor.

He is survived by his wife, the former Myrtle L. Waite; his daughters, Betty P. Johnson and Susan M. Smith, all of Colrain; five grandchildren; four great-grandchildren; his brothers, **Roger** of **Heath** and Sammy of Buckland, and sisters, Virginia Fellows of Warwick, Doris Johnson of Buckland, and Agnes Steele of Naples, FL.

Requiescat in pace



Lola Pearl Zillo born on October 23, 2011, daughter of Jason and Sayde White Zillo of New York City; granddaughter of **John and Wanda Musacchio of Heath** and Charles and Mariann Zillo of Youngstown, OH; great-granddaughter of Estelle White of Athol, Mafalda Musacchio of Greenfield, and Mary Carducci of Boardman, OH.

Piper Avery Denton born on November 22, 2011, daughter of Michael and Sarah Weis Denton of Austin, TX; granddaughter of **Le-Ellen and Peter Weis** of **Heath** and Robby and Kathy Denton of Houston, TX, and great-granddaughter of **Terry Pet-tengill** of **Heath**.



Holiday Lights



The Christmas tree is a decorated evergreen coniferous tree, real or artificial and a tradition associated with the celebration of Christmas. The tradition of decorating an evergreen tree at Christmas started in Livonia and Germany in the 16th century. The Christ-

mas tree is traditionally brought into the home and decorated with Christmas lights during the days around Christmas. An angel or star is placed at the top of the tree representing the host of angels or the Star of Bethlehem from the Nativity.



HANUKKAH or the Festival of Lights is the eight-day Jewish holiday, beginning this year at sunset on December 20, that commemorates the dedication of Jerusalem's Holy Temple in the 2nd century BCE.

The festival is observed by the lighting one night at a time of the nine-branch Menorah

accompanied by the singing of special songs, playing with the dreidel, and the opening of presents by the children..



KWANZAA, a holiday created in 1966 with the purpose of bringing the African-American community together is celebrated, beginning on December 26, by each family in its own way but usually includes African drums, stories, and poetry. On each of the seven nights, children light the candles on the Kinara, and the

seven principles are discussed, Unity, Self-determination, Collective work and Responsibilities, Cooperation, Economic Purpose, Creativity, and Faith. The holiday ends with a feast on December 31.

As each of us celebrates according to our own traditions, may the light of the Christmas tree, the Menorah, and the Kinara illuminate our way, continuing into the New Year.

Happy Holidays!



*Friends of the
Heath School Library*

The Friends of the Heath School Library thank all, near and far, whose contributions made our 10th Annual Book Fair on November 17 a success.

Special thanks to the School's Staff whose enthusiastic support of our endeavor made the day a very special one, indeed.

*David Adie
Lois Buchiane
Jane de Leeuw
Lyra Johnson
Ruth Johnson
Wanda Musacchio*

Heath's Monthly Precipitation (inches)

(Observed by Heath School Staff and Students)

	<u>Rain</u>	<u>Snow</u>
From September 11, 2011	4 ¾"	
October	3 ¾"	29½"
To November 10	¼"	

In this reporting period:

After all the rain from Irene, September did not want to be left out and provided us with additional rain in the weeks following. October was kinder to us for most of the month, especially during the Columbus Day weekend, even though the foliage was very "dull" this year. As a Halloween "trick" we were "treated" to not one but two snow events. The first snow came on the 27th with 5 ½ inches of wet snow and the later storm dumped around 24 inches on the 29th. Thankfully November started on a normal weather note.

~ Tim Lively

Community Calendar

DECEMBER 2011

December 01 - Senior Luncheon, Community Hall-Senior Center, 11:45 a.m.

December 02 - Preschool Story Hour, Heath Library, 10:30 – 11:30 a.m..

December 10 - International Human Rights Day
Artisan Fair and Bake Sale, Community Hall,
9:30 a.m. to 3:30 p.m.

December 11 - Heath School Drama Club to Boston's Freedom Trail

December 15 - Senior Luncheon Xmas Party,
Community Hall-Senior Center, 11:45 a.m.
LEC Meeting, Heath School 3:30 p.m.

December 16 -Preschool Story Hour, Heath Library, 10:30-11:30 a.m.

December 19 - Heath School Children's Shopping Spree
Heath School to Good Neighbors

December 21 - HAPPY HANUKKAH!

December 22 - WINTER SOLSTICE

December 23 - Schools Early Release – Mohawk, 10:50 a.m.;
Heath School, 12:00 (no lunch)
Winter Holiday begins

December 24 - Christmas Eve

December 25 - MERRY CHRISTMAS!

December 26 - KWANZAA BEGINS

December 31 - NEW YEAR'S EVE

JANUARY 2012

January 01 - HAPPY NEW YEAR!

January 03 - Schools Reopen

January 05 - Senior Luncheon, Community Hall-Senior center, 11:45 a.m.

January 13 - Preschool Story Hour, 10:30 - 11:30 a.m., Heath Library

January 16 - MARTIN LUTHER KING DAY – No School

January 19 - Senior Luncheon, Community Hall-Senior Center,
11:45 a.m.

January 20 – Heath School Report Cards

January 20, 23, 24 - Mohawk Late Start – 9:45 a.m.
for Mid-term Exams

January 27 - Preschool Story Hour, Heath Library, 10:30 – 11:30 a.m.
Early Release, Heath School, 12:30 p.m.

**IMAGINE ALL THE PEOPLE
LIVING IN PEACE**

**You may say
I am a dreamer
but I'm not the only one
I hope someday you'll
join us
And the world
will be as one.**

**John Lennon
(1940-1980)**



MASSACHUSETTS CULTURAL COUNCIL

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