



HEATH HERALD

Heath's First Newspaper

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Jaxon Kortright Clark



Silas Freeman



Owen Heilman

You're off to great places!

Today is your day!

Your mountain is waiting,

So... get on your way!

—Dr. Seuss



Jenna Platek



Mayzie Whitaker

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On the Cover

Congratulations and best wishes to Heath's sixth grade graduates. Quote excerpted from *Oh, the Places You'll Go* by Dr. Seuss.

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The *Heath Herald* proudly features a reproduction of the original *Heath Herald* logo design by Harriet Read for the *Heath Herald*'s first edition in April 1979.

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 July 5 for inclusion in August/September issue
 September 5 for inclusion in October/November issue
 November 5 for inclusion in December/January issue

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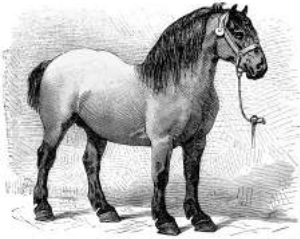
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From the 40th Anniversary Archives 1979

The Day the Horse Did the Hitching

by Carroll B. Stowe

This story was told to me by the late Howard Thompson who lived his entire life on a farm in Heath.



When farm work was slow, Howard would work out with his team, sometimes for Charles Packard, also of Heath. Mr. Packard used to make his living getting out

ash logs which he sold to Clark's mill in Brattleboro. He cut on lots where other timber was being cut to go to a portable mill on the lot. Ash was worth much more as tennis racket stock than as saw logs. Howard's job for Mr. Packard was to work a skid horse. The horse this story was about was named Roanie.

Mr. Packard had a job in Hancock, Mass. where this event took place. He and Howard traveled every day from Heath, so it made a long day. The lot was on a very steep hill. So steep that the best way to get the logs down was by bobsled, in order that one end of the logs would drag and help hold the load back some. One day on the steep hillside, the teamster had gotten a load of logs bound on his bobsled and was ready to make a rather rapid descent when he found there was an obstacle of some kind where he had set the sled. The team was unable to gee or haw enough to get by whatever it was that had attached them to the hillside. The teamster called to Howard to come with Roanie and try to dislodge the bobsled and its cargo. Roanie was brought up behind the load of logs, and the chain was hitched to the sled and to Roanie's skidding whippetree. Howard was sure there was nothing he and Roanie could do for the situation, but he asked

the skid horse to try, which he did. No one gave thought to what might happen if Roanie succeeded at his task, but he did succeed. The sled, logs, and horse came loose and down they started. What would become of poor Roanie? "There goes a damn good skid horse," thought Howard. There before Howard's eyes went Roanie backwards, but only for a short distance. He sat down on that load of logs, front feet and all. He traveled that way to the bottom of the hill. The driver never knew that Roanie was on the load with him until they stopped.

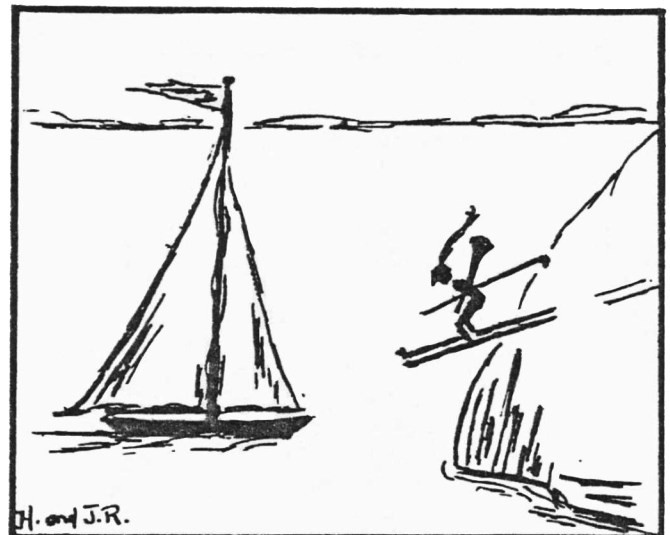
It is awful to imagine what would've happened to that horse if he hadn't gotten that unscheduled ride.

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H.H. jumps into Summer



Nature Note

—Susan Draxler

Moth Week

This year, National Moth Week will be held July 20 to 28 in order to bring awareness to the diversity, beauty, and importance of moths. Why celebrate moths? They do ruin woolen garments, get into our flour and cereal, and destroy agricultural crops. However, those destructive species are just a small percentage of the approximately 11,000 species of moths found in the U.S.

Moths come in an incredible variety of shapes, sizes, and colors. Many are small and drab colored, but some are hot pink like the rosy maple moth, or lime green like the luna moth (left). Some are patterned to blend in with bark or leaves, while others are polka-dotted or look like checkerboards. There is an entire 611-page guide devoted to moths of the northeastern U.S. in the Peterson Field Guide series that is evidence of their great diversity.

Besides contributing to biodiversity, moths are a valuable strand in food webs. Adult moths are eaten by bats, owls, whippoorwills, frogs, toads, and spiders. Moth caterpillars are food for a wide variety of animals, including humans in places such as Africa, where they are an important and healthy source of protein. Caterpillars are a very common menu item for songbirds feeding their nestlings. Moths are such a sought-after food that they have evolved interesting strategies to avoid being preyed upon. In addition to camouflage, some mimic things that are dangerous or distasteful such as hornets or bird droppings. Some have bright colors or eyespots on their underwings that they flash to startle their prey. The most interesting defenses are those developed to avoid predation by bats, such as sound-absorbing wing scales that foil the echo part of the bat's echolocation.

Moths are also important as pollinators. Some plants with night-blooming flowers rely solely on moths for pollination. The aptly-named hummingbird moth can be

seen hovering at flowers during the day, and hawk moths are common visitors in my flower beds at dawn and dusk.

Observe your backyard moths: Hang up a white sheet on a clothesline or wall on a windless night and shine a light on it. Before long, you will be amazed at the moths and other nocturnal insects that it attracts. By using this survey technique in your backyard, you are collecting valuable data that can be utilized by scientists to track the diversity and health of ecosystems. If you wish to submit your observations and photos to a citizen scientist project, see www.mothweek.org for a list and directions.



Rosy Maple moth



*Hummingbird
Clearwing moth*



Io moth

Night Lights and Wildlife

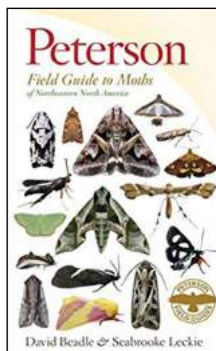
Although it is interesting to see what insects are attracted to your porch light, artificial lights at night are confusing and disorienting to wildlife. The lights disrupt the natural day/night cycle that is essential for the timing of feeding, resting, reproduction, and migration activities of many wildlife species. They make it difficult for animals that rely on darkness to avoid predation. It has also been found that human health is detrimentally affected by artificial light at night, especially the blue light from phones and computers.

Here are some guidelines for lighting from the International Dark Sky Association (www.darksky.org) that will cut down on light pollution and minimize the effect on wildlife as well as save energy and money.

- Light only what you need
- Shield lights and direct them down, not up
- Only use light when you need it (timers or motion sensors help)
- Use energy efficient bulbs and only as bright as you need
- Choose warm-white light bulbs (cool or blue-light is more harmful to animals and has been found to attract more insects than warm light)
- Advocate for responsible lighting in your town



Hornet Clearwing moth





Library Lines

—Donald Purington

Preschool Story Hour: Last meeting of the season is Friday, June 14 at 10:30 a.m. We will start up again in September. Thank you to the Friends of the Heath Library for sponsoring these gatherings of our youngest library lovers.



Please stop by the library to see a collection of 10 framed quilt blocks by Heath artist Eileen Lively. They represent personal expressions of thanks and joy for the recent support she received from our local community.

A Few of the New Items at the Library

Use the *New Titles* link on the library website (heathlibrary.org) to see all the new items added to our collection in the previous two weeks.

Fiction Books for Adults: *Stone Circle* by Elly Grif-fiths, *Women Talking* by Miriam Toews, *The Road to Grantchester* by James Runcie

Non-fiction Books for Adults: *Nanaville: Adventures in Grandparenting* by Anna Quindlan, *Simple Cake* by Odette Williams

Audiobooks on CD: *The Library of Lost and Found* by Phaedra Patrick, *Machines Like Me* by Ian McEwan

Books for Young/Teen Readers: *Finding Orion* by John Anderson, *Diary of an Awesome Friendly Kid* by Jeff Kinney

Children's Picture Books/Boardbooks: *Hello Farm* by Maddie Frost, *Hummingbird* by Nicola Davies



Summer at the Heath Free Public Library

Children and families are invited to sign up at the library for the Summer Reading Program. Stop by during our open hours to pick up a reading log, then keep track of the books you read over the summer. Later in August, children can bring in their filled-out logs to receive prizes and enter a free raffle.

We are celebrating a Universe of Stories with a community astronomy night, and a community hike in Heath with Art Schwenger. Stay tuned at the library, in school newsletters, and on our website for these summer dates to be announced. Also planned are some fun projects like bottle rockets.

Looking forward to another great summer of reading and learning with your wonderful children! Sponsored by the Friends of the Heath Library, the Massachusetts Library System, the Boston Bruins, and the Massachusetts Board of Library Commissioners.



In gratitude for Heath's ongoing and generous support of our summer concert series, Mohawk Trail Concerts is pleased to be able to provide two complementary tickets per concert through the Heath Public Library. See Don Purington, Heath Town Librarian, for details. Our 50th Anniversary series begins on June 22 and runs through July 27. There will be reprises and beloved visitors from past concerts as well as exciting new performers. Visit Mohawktrailconcerts.org for a complete listing of our 2019 season.

—Mohawk Trail Concerts Board of Directors



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Broadband Update

The broadband project is on schedule. The estimated completion date is still August 2020. Currently the “make ready” phase is underway. This phase ensures that utility poles are ready to have fiber lines and equipment installed throughout the town. It is the most costly phase, with 236 poles needing replacement in order to meet specifications for fiber attachment. This phase should be finished by year’s end. The state agency overseeing the project has promised to provide additional funds as needed to cover cost overages above the original estimated costs for replacing poles on public ways. The amount the town is expected to contribute to the project remains unchanged.

The system design is now complete. The Select Board, who also serve as the MLP (municipal light plant) Board, will authorize Westfield Gas and Electric, overseers of the project, to initiate the procurement process. This means the installation of the fiber will go out to bid. The installation of fiber on poles and subsequent wiring to individual homes is estimated to begin early next year and be finished by July 2020.

The fiber hut, a nine-by-sixteen foot concrete pre-fab building, is to be placed on a site adjacent to the basketball court in the center of town. This will be the heart of the system—where the fiber lines will originate. This climate-controlled secure site, with a back-up generator for use as needed, will be installed this summer. Local contractors will do site preparation and electrical work.

The Broadband Advisory Committee is working on all phases of this project. Issues under review and development are:

- Edge cases: written agreements regarding sharing components of fiber services with neighboring towns.
- The town’s “drop policy”: addresses costs of installation to individual homes, monthly billing amounts, terms and conditions for use, etc. Once decided, townspeople will be able to see the installation costs specific for their home. Next year there will be a website with informational and enrollment instructions.
- Hiring an ISP (internet service provider): who would oversee the running, billing, maintenance of the system for the town.

—Bob Bourke

Heath Broadband Construction Liaison

—Sheila Litchfield, Jan Carr, Ned Wolf, Art Schwenger

Heath MLP Advisory Committee



Town Nurse

—Claire Rabbitt, RN

Vaccine Preventable Diseases

Every year I attend a program to learn the latest recommendations on immunizations for vaccine preventable diseases. Although I focus on influenza in my position as Town Nurse, I want to encourage families to take advantage of all available immunizations as a first line of defense against up to 14 infectious diseases. From birth to old age, disease prevention improves the quality of life and reduces health care costs. When I was a preschool child 70 years ago, I received small pox vaccine, and DPT, and later in school was among the first to get polio vaccine, but my siblings and I all suffered through chicken pox and measles. I contracted mumps and rubella when I was in nursing school, but fortunately did not have complications; however, I missed school for two weeks.

Vaccination rates are reasonably good in the U.S., but there are areas where clusters of families are not getting vaccinated, including here in Western MA. There have been significant outbreaks of measles in the U.S. recently among groups who were not vaccinated. If the majority of people are vaccinated, it protects the few that are not vaccinated (herd immunity), because they are not exposed, but disease may only be a plane ride away. Infants are vulnerable, as they do not receive the first dose of vaccine until the age of 12 months. If you have had the measles, you should have an immunity that can be verified by a blood test. If you received measles vaccine earlier in life, the immunity may be wearing off, so to protect yourself and others it is wise to get a booster.

HPV (Human Papillomavirus) was not something I ever heard of in nursing school, but I was surprised to learn it is now the most common sexually transmitted disease in the U.S. According to the CDC, 70 percent of Americans have HPV; 14 million are newly infected each year. It causes more cases of oral cancer than tobacco, and is the cause of a large percentage of cervical cancers. The latest recommendations of the CDC is all boys and girls age 11 and 12 receive a two-dose HPV vaccine, and women and men up to age 26, not previously vaccinated, should get the vaccine.

For adolescents, there are two meningococcal vaccines that protect against five types of meningococcal disease that are fatal in 15 percent of cases, and approximately 20 percent of survivors will have permanent disabilities.

There have been outbreaks on college campuses in recent years.

I encourage getting the recommended vaccines for all children that do not have a medical contraindication. I also advise adults to keep up to date on immunizations so as to enjoy good health throughout their lifespan.



Tick Forecast



The Northeast is ground zero for Lyme disease, and it already has a significant baseline tick population in most years. Forecasters predict that this summer, however, we will see temperatures around the regional average and more precipitation than usual, leading to above average tick populations. So, consider the guidance below and protect yourself out there.

It's Lyme Time!

Protect Yourself Against Lyme Disease*

1 Walk in the middle of trails; avoid sitting on logs and leaning on trees.

2 Wear a hat, tuck in hair, if possible.

3 Wear a long-sleeved shirt.

4 Wear shoes, no bare feet or sandals.

5 Wear long pants tucked into high socks.

6 Consider Deet for skin and permethrin for clothes.

7 Wear white or light-colored clothing to make it easier to see ticks.

8 Continue doing tick checks 2 to 3 days after outdoor activities in tick-infested areas.

9 If you find a tick, remove it properly and save it**.

10 Ask your veterinarian about protection for your furry friends.

* Lyme Disease, the most common vector-borne disease in the U.S., can affect the skin, joints, nervous system, heart and eyes. It is transmitted by a tiny tick the size of a POPPY SEED.

** To save the tick to be tested for the presence of Lyme, place the tick in a sealed container or Ziploc® bag with a moist (not wet) cotton ball. Check with a tick-testing laboratory for costs and instructions.

Source: lymediseaseassociation.org



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The Way We Love To Eat

—Deb Porter

Strawberries

The truth of the matter is that when strawberries are in season, there is no recipe that beats eating them fresh from the berry patch and warmed by the sun. When we had our own patch, very few ever made it into the house, let alone onto the table in the form of a dessert. I make a point of using only recipes that use fresh uncooked berries when they are in season. The following is a recipe for an old-fashioned whipped cream cake that is one of my favorites. This cake comes from Karyn Brown of Leyden. Karyn is one of those people who has a magic touch when it comes to cakes. I have had the pleasure of tasting many of her creations, but the whipped cream cake with fresh strawberries is my favorite.

Whipped Cream Cake

- 1 $\frac{3}{4}$ cups all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon baking powder
- 3 egg whites
- 1 cup heavy cream
- 1 cup sugar
- $\frac{1}{2}$ cup cold water
- 1 teaspoon vanilla



Makes one round 2x9 inch layer, which is thick enough to split horizontally into two layers. If your cake pans aren't two inches deep, you can use two pans, and adjust baking time.

Preheat oven to 350.° Butter/oil and flour the pan and line it with parchment if available.

Sift flour, salt and baking powder three times to aerate flour, and combine well with other dry ingredients, set aside.

Combine water and vanilla in a measuring cup, set aside.

Whip egg whites until stiff but not dry.

Whip cream until stiff, and gently fold into whites with a rubber spatula. Add sugar gradually until well incorporated.

Add dry ingredients to egg/cream mixture alternately with water and vanilla, in small amounts, folding with spatula, being careful not to over-work, but incorporating well. I find folding with my hand works well, too. Just be gentle, since you don't want to deflate the egg whites.

Put the batter into prepared pan(s), and bake for 40 to 50 minutes for the deep pan, or about 20 to 30 minutes if you use two pans, until center is set and a toothpick inserted into it comes out clean.

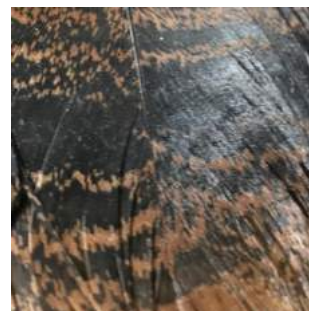
Remove cake from pan(s) after cooling for 10 minutes (especially important if not using parchment).

And now the best part:

Serve the cake piled with fresh strawberries (sugared if you like) topped with whipped cream to really celebrate the season!

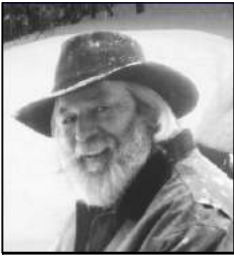


What is it?



This is a close-up photograph of one of Heath's many natural wonders. Can you guess what it is?

See page 15 for answer



Wild Ramblings

—Bill Lattrell

Man In the Woods

It is mid-spring of the year 2019 and the night sky is screaming with stars. Looking into the Milky Way is stunning. Millions of stars, likely host to billions of planets, are displayed in our world by light that was emitted thousands of years ago. We are literally looking into the past. The stars are so many there is little dark void between them. My imagination runs wild. I've been reading about string theory lately and the discovery, or better-phrased, theoretical discovery, of 11 dimensions that we know almost nothing about. It seems that voids in space are more of an illusion than a reality. Imagine space being comprised of something called qubits that are many, many times smaller than the sub-atomic particle quark and only two-dimensional. Imagine if time were not linear. Imagine if all of these dimensions worked in harmony but forces sometimes disrupted their organization and these different dimensions temporarily touched or even intersected. Imagine parallel worlds or dimensions not exactly like ours but real nonetheless. Think about that when we look at the stars thousands and thousands of light years away. We are seeing the stars in our present and their past simultaneously. Imagine that reality and time are not what we think they are!

Sometime in the mid-1970s I came upon a man deep in the woods. It was a beautiful sunny day and the sunlight filtered through the newly blossomed leaves casting shadows on the forest floor. It was June and this young man, perhaps in his mid-20s, was wearing shorts and a tan fishing vest. He was standing in a small stream where the cold water was about knee deep. He had a coil of fishing line with an attached hook and bait in his hands devoid of rod or reel. He dropped the line into the fast moving riffles at his knees and let line off the coil until there was no more fishing line to be let out. He would then start recoiling slowly, wrapping it around his left hand as it was retrieved. The breeze blew his dark hair back revealing a tanned, ruddy face, with a full dark beard. About half way through the first retrieval he

jerked the line, setting the hook, and coiled in a small brook trout. He examined the fish, gently removed the hook with one movement of his hand, and released the fish back into the clear, rocky water. He did this over and over again, occasionally keeping a larger trout and putting it into his vest pocket. After watching him for a while I thought this was interesting, but he likely was enjoying his moment alone, and I moved on for more adventures in the wild.

About five or six years later, also in the springtime of the year, I was navigating an area of steep ledges. It was May; the leaves on the trees were just coming to fruition casting a mellow green light throughout the hardwood forest. I was heading to an area where long since dissolved calcareous rock had yielded soils that are wet, deep, and very sweet. Low acidity in soils is uncommon in this particular area and sometimes found, like this area, in small pockets where calcareous rock once held in schist bedrock folds had dissolved due to weathering and acidity. This small area is fraught with ramps, a wild onion that is delectable, and sought after by those who harvest wild edibles. It is partial to sweet soils. The same



individual that I had encountered several years before stood, at a distance, in front of me. He was perhaps slightly heavier and displayed a

modest graying in his dark hair and beard. He had already taken up the task of harvesting some of these ramps. Black flies surrounded his head that was wrapped in a red bandana, but the flies did not seem to be biting him. He looked up a few times and I could see that he was focused on the task at hand. He carefully worked the patch, only pulling a few here and there. The roots are prized and pulling the plant results in bare-spots that quickly fill in one growing season by the easily spreading plant. He whistled occasionally while he worked, the notes blending in to the songbirds that could be heard in the surrounding area. He seemed at ease in being alone and seemed contented with a couple dozen of these plants that he had harvested when he suddenly headed off to the north to parts unknown.

In the winter of 1988 or 1989 I happened upon him again while hunting. He sat on a narrow bedrock ledge nestled into a crevice. His gray camouflage made him

nearly invisible. My approach from above allowed me to spot him in his solitude. He held a shotgun in his hands and was watching the steep landscape below him. There was fresh snow and a deer could easily be seen if it were to move through the forest below. There were large gaps between some of the large trees in front of him. There were good shots to be had. Not wishing to disturb his hunt, I disappeared through the quiet forest, leaving tracks behind, knowing that there were other areas to hunt to the west where a grove of red oaks and their acorns held promise.

Some time passed and at some point during the spring of the later 1990s I was exploring an area that I had never really taken the time to examine. It was about two miles southeast of my house at the base of one of the higher hills in the area. The area is known for its rugged terrain, with large exposed boulders, pit-and-mound topography, and very old red oaks with huge trunks and long spreading branches. On this occasion I think he saw me first. I was searching for some fiddleheads under a dense oak canopy in a wet, soggy area. At some point I looked up and he was staring at me from a distance of about 150 feet. He was standing next to a very old, large red oak tree. We locked eyes but said nothing. He looked discernibly older, more than half gray, but he still looked very strong and as solid as a rock. After only a few moments, he turned around and disappeared into the unusually quiet forest.

Despite wandering these woods for the next couple of decades I was not to encounter him until this past winter. Twenty years had passed. He was standing at the edge of a newly-formed beaver pond where the stream once ran when I first encountered him. Ice had recently formed and it was so clear that one could look all the way through the ice to the bottom of the pond. He looked as surprised as me to see the new beaver pond. He was looking along its perimeter enjoying the view. His hair was longer now and mostly white with a few gray manes, and though still large and bulky, he did not move quickly. He had a slight limp and seemed to be in some discomfort. Despite this, he was, in fact, still out exploring. At the time I wished I knew what was in the pack on his back. That would tell me more about him. I don't know if he saw me. He certainly did not acknowledge me as he wandered across the newly formed beaver pond and became invisible as he passed through the dense brush.

And while writing this, I took a break from the

keyboard and went into our bedroom. Above my wife's bureau there is an old mirror. I looked into the mirror and saw an image that startled me.

It was strikingly similar to the man in the woods.

In this world that we live in, we are often encouraged to think that there is one reality. Culture and religion often tells us otherwise. My aboriginal ancestors told stories of pre-humans and creatures who laid the foundation for our Earth. Early on, some of these pre-humans still slipped back and forth between the here and now and the Origin. In my ancestral world, Gluskabe was the spirit that created himself out of dust and took interest in the first Abenaki people and the newly formed Earth. The stories are many. What is particularly interesting is that cultures across our planet, even those that did not have contact with each other, had similar stories of origin and similar tales that guide our moral and ethical being. The spiritual beliefs of my ancestors include experiences with spirits, souls or beings from other dimensions. These spirit guides can help us navigate our brief time in this world if we let them.

May peace be with you during your adventure on Earth. May you find love in your heart and free will to do what is right. May each and every one of us believe that we have a purpose and find what we are meant to do. May each and every single day be a lesson and every moment an adventure. May the Creator be with you.

—Bill Lattrell



Weaving a Common Thread

This has been an exciting year for the students in the Weaving Program at Hawlemont School. Much growth has occurred, not only in children's height, but in the expansion of our weaving program.

One highlight was the acceptance of our Cultural Council grant applications by both the Heath and Hawley-Charlemont programs. These grants allowed us to purchase great yarn, new reeds for most of the looms, as well as materials to repair the older looms. The school also obtained a Mary Lyons Foundation grant that allowed us to purchase weaving equipment, more yarn, and some books to start our weaving library.

This month I applied for a National Scholarship Award from the Schacht Loom Company, a famous loom manufacturer. We won eight Cricket Rigid Heddle looms, plus many weaving books to supplement our growing library.



In addition to traditional weaving, the children learned Kumihimo Braiding (example at left), a Japanese weaving technique. Next month, they are off to Shaker Village to

learn more about life and times of the 18th century. Weaving will surely be highlighted.

I saved some exciting news for last. Superintendent of Schools Michael Buoniconti has agreed to let us remodel the lower storage classroom. This room once was a kitchen but then converted to a large storage room. What was old will come back to life as a "Weaving Studio" with our collection of 24 looms. The space is approximately 30-by-26 feet. Much work needs to be done to fashion a bright and sunny place for young weavers to use. Windows, a door, new ceilings and walls, electrical and plumbing fixes are in the plans. The cost will be \$21,000 and fund raising has already begun. Once the monies have been secured, we need to clean out the room before any construction can begin. We hope that we can find volunteers.

Anyone wishing to offer financial support, please contact me at 337-4235 or Jeanne Bruffee at the Hawlemont School. We are really hoping that we can start construction by June.

—Susan Gruen

Heath Herald Introduces "Spotted Around Town"

A few years ago, I did a lot of work in Cummington and was a regular at the Creamery. Each spring the proprietors would put up a big sheet of paper and invite everyone to post whatever they saw that might be of interest. The postings were always nature-oriented and there were a surprising number of entries. Pretty much anything was fair game and noted. I always enjoyed reading these postings and thought a version of this would be an interesting addition to the *Heath Herald*.

—Bob Delisle

May 1: I saw my first fiddlehead while walking on Swamp Road, so I went down to Denny's in Greenfield that day for my first cup of fiddlehead soup.

—PM

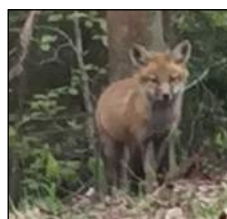
Early-May: Blue jays returned in abundance to the Hallman's bird feeders this spring.

—Photo by Julieanne Hallman



Mid-May: Recently there was a bear in Alli Thane's garage one night, helping himself to her cans of bird seed. Then he returned the next night and took down the feeders on her deck. Steve saw him in the field behind their barn later in the week, and figures it was a "teenager" weighing about 300 pounds! We wonder what he will be helping himself to next.

—Nancy Thane



May 13: My son and I spotted two very cute, young red foxes scooting across Route 8A just south of the Griswold's place. We stopped the car and stared at each other for a while.

—Rachel G.

We invite you to share your sightings with the *Herald* so that we can share them with our readers. Email us at theheathherald@gmail.org or drop your observations (with or without photos) into the black box in the Town Hall vestibule.



Congratulations & Best Wishes Heath Seniors!

Jennifer Boyle



I am graduating from Greenfield High School. I began my high school career at Mohawk, but my interests led me to choose Greenfield High School in tenth grade. This school choice was likely the best decision of my life. In eleventh grade I started dual-enrollment with Greenfield Community College. After I graduate, I plan to pursue my acceptance into the GCC Nursing Program in

the fall. I have a job now at Subway in Greenfield, I am in the band program at the high school where I play the flute, and I am in a solid relationship. High school has definitely been a wild ride, but I can't wait to see where life takes me from here!

Kirsten Griswold



Over the past four years I have been at Franklin County Technical School in the Health Technology Program. During my time there, I obtained my Certified Nursing Assistant License. In my senior year I was dual-enrolled at Greenfield Community College, while I was on Co-op through an internship at Baystate Franklin Medical Center. For the past year I have been

working in the Intensive Care Unit learning all about what it's like to be an ICU nurse. I absolutely love my job and enjoy caring for people. I plan on continuing my education to become a Registered Nurse within the next few years.

Some of my hobbies include snowmobiling, spending time with friends and family, and being outdoors. Going up to Northern Vermont with my family snowmobiling is one of the activities we all enjoy. I am so grateful we can all make time to do something as a family.

All of these things make me the person I am today, and I cannot wait to see what the future holds.

Taylor Williams



I have been a member of the Heath community since I was born. Eighteen years of my life I have experienced living in a place that is surrounded by big maples, daylilies, bugs, long winters, muddy spring times, warm (short) summers, and greatest of all a small welcoming community. I've always been passionate about the outdoors, spending as much time outside as I can. I graduated from the Heath School in 2013 and started my journey to Mohawk Trail Regional.

With graduation coming up, I have taken the time to look at what I've accomplished in my 12 years of being schooled. From being excited using the potty by myself, learning how to read a book, being taught all sorts of math, and now to continue my future in college, I can see the hard efforts of my work paying off. I have participated in sports in both elementary and high school. Field hockey is the sport that stuck with me from seventh grade to my senior year. The secondary family I built within the team was like no other, and it's something I won't ever forget. In terms of continuing my education, I will be starting my two years of college at Greenfield Community College in the fall, and hope to major in an agricultural business degree program. I wish for all of my plans to go how I want, and to finish my senior year with laughter and fun.

*Congratulations to Heath Seniors
not shown, but equally accomplished,
Bryan Allen and Gwyneth Clark.*





Green Thoughts

—Pat Leuchtman

Colorful Shrubs Through the Seasons

Shrubs have been my answer to the need for a low maintenance garden. Of course I still want early flowers, and indeed flowers all through the summer and into the fall. Happily, it is possible to have flowering shrubs that will begin early and end late.

The earliest shrub to bloom in our Greenfield neighborhood is *Hamamelis* or witch hazel. Here they start blooming in early March. My neighbor's witch hazel (shown below) grows in front of her house and those twirly golden flowers are brilliant in a landscape where there is little color.



Witch hazels can grow to about 15 feet with a pretty wide spread. They like well-drained, loamy soil and lots of sun. They are natives, but there are cultivars in addition to the native bright yellow. 'Arnold's Promise' was introduced by the Arnold Arboretum many years ago. It has the large fragrant flowers.

Hamamelis x intermedia 'Diane' blooms at the end of winter and has deep red flowers that will age to a copper tone. There is very little fragrance. This cultivar will be about 10 feet, wide and tall. "Jelena" is a coppery orange and also blooms in March.

I have a large yellow twig dogwood, *Cornus sericea* 'Flaviramea,' in the middle of my garden where I can see it from my kitchen windows. The golden green glow in the sun is stunning. I do have to prune it to keep low branches from rooting in the soil and sending out new plants. In my wet garden, this is a vigorous and happy plant. They will have flowers, but they are small and not terribly notable. They do attract the pollinators that don't need big flowers to provide pollen and nectar.

Red Twig dogwoods, *C. sericea* 'Cardinal,' also provide color in spring and winter. That deep red color is not as noticeable in the summer when the foliage is thick. Even the yellow twig is not quite as brilliant when the foliage is thick and green.

Pieris japonica is a surprising early bloomer with its cascades of fragrant lily of the valley-ish flowers. Mine



began blooming in mid-April, at the same time as the *Pieris* (shown left) on the Bridge of Flowers. The *Pieris* on the Bridge even had pink/red blossoms that I had never seen before.

In May we celebrate lilac season. It is hard to imagine a New England landscape without lilacs. I have a deep purple Yankee Doodle lilac, but my Beauty of Moscow developed some kind of disease and I had to remove it. I am working on finding a new spot for a new Beauty. This wonderfully fragrant double pink/white lilac is really breath-taking.

Flowering quince, *Chaenomeles speciosa*, is another May blooming shrub that doesn't need any fussing, with lovely pink blossoms. It is manageable and can be kept under as much control as you like. I recently visited a beautiful garden with several quince shrubs along the back border. These were kept to a height of six feet. They were also in a fairly shady area even though they are said to prefer full sun, which would mean at least six to eight hours of sun.

In Heath, come late spring, I loved to watch my fragrant mock orange, *Philadelphus x virginialis*, come into bloom. It was planted at the corner of the Heath Cottage Ornee, in hope that the fragrance would waft inside the Cottage. It did not grow more than six feet tall and was covered with white blossoms for about three fragrant weeks.

Once June begins, gardens will be full of bloom: annuals, perennials, and shrubs like roses. Rhododendrons, too. It is not until the approach of autumn that we think about new ways to keep color in our gardens. In the fall we look to foliage for color. The Heath hills are beautiful in the fall with golden sunlight shining through golden beech leaves, the scarlet of sugar maples, and even the wine-red of our blueberry bushes.

In autumn the winterberries are ripe and red. Their foliage will fall away, but those red berries are so pretty and will last through the better part of winter. The thing to remember about winterberries is that males and females are needed to fruit. Of course, it is the females that have all the color, but it only takes one male plant to satisfy 10 females with sufficient pollen. There is even a golden winterberry. Fortunately, the same male plant can

service both red and gold females.

Theoretically, birds like winterberries but I have never noticed that they eat very many.

It is good to know that we can have bloom and color in the garden every month of a long season.

—Pat Leuchtman



Winterberry bush

The Charlemont Forum, 2019

The Poverty Precipice: Who's on the Edge or Over It and Why **Thursday, June 27, 7 p.m.**

Author/activist Liz Theoharis and William Barber, co-founder of the Poor People's Campaign, will detail the economic fragility of 140 million Americans, the issues undergirding their status, and the proposed political action required for change.

Farmer, Banker, Soldier, Spy: Why They Care About Climate Change

Wednesday, July 24, 7 p.m.

Dr. Peter de Menocal, Dean of Science at Columbia University, will go beyond addressing the impact of climate change on life's essentials (i.e., food, water, health) to speak to the growing sense of urgency shared by the private economic sector and the military and intelligence communities.

Oh, Glory!

Saturday, August 10, 7:30 p.m.

Presented with Mohawk Trail Concerts, a concert by baritone James Dargan and pianist Mark Whitlock featuring Gospel music woven with commentary of legendary black singers. A musical journey into the African-American experience.

Events are free, but contributions are gratefully received.

All events will be held at Charlemont Federated Church on Main Street in Charlemont.

The Charlemont Forum receives support from the Cultural Councils of Amherst, Ashfield, Buckland, Charlemont-Hawley, Colrain, Conway, Heath, Leyden, Plainfield, Rowe, and Shelburne.



Call for Artists

Save the Date
Heath Arts Exhibition
Aug. 31 – Sept. 7, 2019

All residents of Heath who make art in any medium are encouraged to participate in the Fourth Annual Heath Arts Exhibition, which will be on display in Community Hall from August 31 through September 7. You are invited to exhibit up to three works that have not been shown in prior years' exhibitions. If you have not participated previously, please contact Harry Hallman at the email address below before July 30 to receive registration materials. If you have shown in previous years, you should have received 2019 registration materials by mail.

Contact Harry Hallman at hwhallman@icloud.com

What is it?



Answer from page 9

Close-up of a male turkey tail feather. There are approximately 5,500 feathers on an adult male wild turkey, including 18 tail feathers that make up the male's distinct fan.

Tail feathers courtesy of Kurt Wilkins

Fanning wild turkeys photo by Sandy Gilbert

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Heath Agricultural Society News

The planning for the 2019 Heath Fair is well underway. We have several things we want to be sure you are aware of as you make your plans for the Fair. Please see a list of upcoming events, new and exciting attractions, and important updates below. There are so many ways to get involved with the Fair and we hope you will. Mark your calendars for August 16, 17 and 18—we'll see you at the Fair!

Prices and Passes

We will feature FREE PARKING in 2019, eliminating the per-car parking fee. Ticket prices will increase slightly to \$10 adults, \$8 seniors and children 10 and under are FREE (previously 9 and under). Three-day passes are always popular and offer locals a chance to save. Three Day Passes: Adult \$20 (vs. \$10/day) and Seniors \$15 (vs. \$8/day). Passes will go on sale July 19 to August 9 and will be available at Hager's, Avery's, and the Heath Town Hall.

New Events/Popular Attractions

The full schedule will be released in the August issue of the *Heath Herald*, and will be available online at www.heathfair.org

Fireworks: Friday at nightfall (around 9 p.m.) Note: high and sustained winds are the only thing that will keep the fireworks display from happening, so don't let wet weather deter you—come enjoy this popular event.

Goat Parade: Saturday 12:30 p.m. See the goats and their handlers march down the midway. Expect costumes and a good time! You'll want your camera at the ready for this event.

Hilltown Sled Dogs: Sunday 11 a.m. to noon in the horse show ring. Marla BB of Hilltown Sled Dogs breeds, trains, and races Alaskan Huskies. She races throughout the Midwest, Canada, and the Northeast. Marla, an IFSS North American gold medalist from Chesterfield, MA, is excited to bring her team of Alaskan Huskies to the Heath Fair this year. Together with her handlers, she will demonstrate how the dogs work as a team to pull a variety of "sleds." See these beautiful animals in action. Marla will be available to answer audience questions.

Magic Show: Sunday 3:30 p.m. Don't miss this magic show. It will have you thinking you need your eyes checked.

Beer Garden: Open Friday through Sunday. The People's Pint will return to the Heath Fair featuring local brews. You must be 21 or older to enter the garden and ID is required. The garden offers seating and will be located adjacent to the music tent. All alcoholic beverages must be consumed within the beer garden.

Join the Fair—Get Involved

Become an Exhibitor this year. If you have baked goods, flowers, eggs, canned goods, produce, or herbs, we invite you to exhibit. Bring your sheep, goat, chicken, rabbit, or duck and go home with a ribbon. Get crafty with photography, painting, knitwear, scarecrow building, and more. Bring one item or bring many. Exhibiting at the Fair is fun for the whole family. Start your tradition this year. Find entry categories and rules in the premium book, available late June at the Town Hall, at a variety of other locations, and online, where you can also register your entries.

Work bees begin at 6 p.m. on the second and fourth Wednesdays. Please join the fun, meet your neighbors, and help get the grounds ready for the Fair. All are welcome; you do not need to sign up in advance, have any particular skill, or bring your own tools. We do welcome people to bring garden and building tools if they have them.

Volunteer at the Fair and get in FREE. We always need lots of help in the following areas: parking, tickets, food booth, setup and breakdown. Email for details to heathagsociety@gmail.com

Other Upcoming Events

June: Come to the 4-H Fair, Saturday, June 22, 10 a.m. to 3 p.m., at the Heath Fairgrounds. The Franklin County 4-H Fair showcases the continued achievements and skills that our 4-H and other youth have learned throughout the year. *See page 19 for details.*

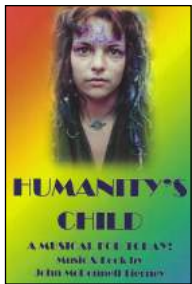
August: The Heath Fair documentary film will be shown at the Academy of Music in Northampton, 4:30 p.m. on Sunday, August 11. Visit www.aomtheatre.com for details.

—Jessica O'Neill
President, Heath Agriculture Society



People in the News

New York Theater Trip with the Tierneys



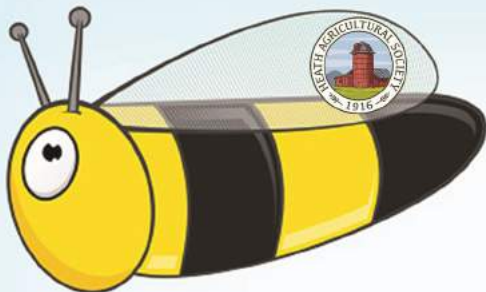
Composer and Heath resident John Tierney's new musical, *Humanity's Child* will be performed on July 29, 31, and August 3 at the Hudson Theater, Chelsea. John and wife Patricia are inviting friends and neighbors to join the fun. They have rented a bus for the August 3 show and are planning a full day in Manhattan. A Peter Pan Bus will depart from Union Station, Springfield at 11:45 a.m., with arrival in New York in time for free time in Chelsea and dinner. The show starts at 6:30 p.m. and the bus will be back in Springfield around 11:30 p.m.

For more information visit www.humanityschild.com/tickets/bus/

Humanity's Child features an all-female cast of 20-somethings representing every "child of humanity." The timely, relevant story and lyrics emerge from the real life experiences of young people as they "march for their lives," especially young women as they navigate the complexities of gender relations in the #MeToo era. Contact John for more information, including cost, at drjohnstierney@gmail.com

WANTED: Heath Fair Worker Bees

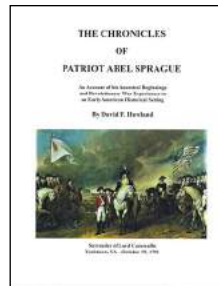
Wednesdays • June 12 & 26
July 10 & 24 • 6 p.m. • Heath Fairgrounds



Buzz on over and have some fun!

Join your neighbors to help ready the grounds for the Heath Fair. No need to sign up in advance. No special skills required. Bring gardening or building tools, if you have them. All are welcome.

Heath's David Howland Publishes New Book



The Chronicles of Patriot Abel Sprague is a compelling non-fiction narrative of the ancestral beginnings, family history, and Revolutionary War experiences of David Howland's great-great-great grandfather, Abel Sprague. The culmination of 10 years of genealogical and historic research, Howland follows

the Sprague family from England to colonial America and offers a realistic account of Abel Sprague's adventures both on the battlefield and in the Northwest Territories post-Revolutionary War. It is a story of patriotism, as well as physical and mental fortitude. Available at the World Eye Bookstore in Greenfield, Boswell's Books in Shelburne Falls, and the Heath Free Public Library.

Welcome Itzel Nosheen Beaudoin



Itzel Nosheen Beaudoin was born March 4, 2019 in Portland, Oregon to Christina and Ali Beaudoin. Grandparents Elizabeth and Alan Nichols reside in Heath. Grandparents Dennis and Vivian Beaudoin of Plainfield are deceased. Grandmother Nosheen

Huma Hussain resides in Brooklyn, NY.

Welcome Arabella Mirai Sonntag

Angela and Joey Sonntag, of Heath, welcomed a daughter Arabella Mirai on February 7, 2019. She joins her proud seven older siblings. Grandparents are Raymond Sonntag of Shelburne Falls (and the late Mary Sonntag), Joseph and Maryann Almeida of Heath (and the late Judith Almeida).



Happy 90th Birthday, Carolyn Booth!

Have news to share with friends and neighbors? Simply send an email to theheathherald@gmail.com, drop a note in the black box in the Town Hall vestibule, or mail to *Heath Herald*, P.O. Box 54, Heath, MA 01346.

Dedicated Printer

For many years Eileen Tsougas faithfully printed the *Heath Herald*. This was an arduous task, and the new staff taking over the paper five years ago soon realized that finding a commercial printer as dedicated as Eileen was critical to the survival of the paper.

We found that printer in Ted Chase at Highland Press in Athol. It is a long way to go, but worth the trip.



From Gutenberg's movable type press to the latest digital printing technology, Highland Press has it all.

Ted represents customer service the way it used to be. When we were first starting out he would spend time sitting with one of the *Herald* staff reviewing the paper page by page to ensure the graphics were crisp and clear. He would do a single day turn-around when our deadline had slipped past. He re-ran a whole job

once when he felt the quality was not acceptable. He ran a job once on a Saturday morning so it could go out in the mail on Monday. Once he called to say that the header contained the wrong volume number holding up the job until we could send a correction.

The staffing at Highland Press reflects Ted's emphasis on customer service. They are always helpful and a pleasure to interact with.

Ted was written up in the Greenfield Recorder in an article on October 23, 2017 titled "Printing a reputation: Highland Press still running after 92 years." Visit www.recorder.com/The-Highland-Press-still-printing-in-Athol-13011986 to see the full article.

—Pat McGahan

Earth Day, Everyday



Photo by Sandy Gilbert

This year's Earth Day cleanup of Avery Brook Road included four large trash bags with contents of Bud Light and soda cans, liquor bottles, and many empty food bags from fast food venues. Plus, a full-size gym workout machine was discovered and pulled up from a steep bank.

Instead of dumping trash like this outside, use the transfer station. Special, free stickers are available for anyone who wishes to volunteer to do their own roadside cleanup. See Kara Leistyna in the Town Hall.

Franklin County 4-H Fair Saturday, June 22, 2019 Heath Fairgrounds • 8 a.m. to 3:30 p.m.

**Come join the fun and see
what 4-H kids are up to!**

The 4-H Fair showcases the achievements and skills that 4-H and other youth have learned throughout the year. It is open to all youth who meet the age eligibility requirements listed in the general rules. Membership in 4-H is not required to enter an exhibit. Youth under eight years old as of 1/1/19 should check specific department rules.

Schedule of Events

8–9:30 a.m.: Exhibit Hall accepting entries
9 a.m.–3 p.m.: Food Booth open
10 a.m.: Fairground opens to public. Free entry and parking
10 a.m.: Poultry and Duck Show, Poultry Barn
10 a.m.: Rabbit/Cavy Show, Rabbit/Cavy Barn
10 a.m.: Goat Showmanship workshop and demo, Goat Barn
10 a.m.: Exhibit Hall open
10:30 a.m.: Sheep Show, Sheep Ring
Noon: K-9 demonstration
2 p.m.: Visual presentation
3–3:30 p.m.: Pick up Exhibit Hall entries

For more information and to download the fair book, visit: <https://ag.umass.edu/mass4h/upcoming-events>



911

Street Number Signs Save Lives.

Street number signs must be visible from the road so that fire, police, and other emergency personnel will be able to find you in case of an emergency.

Authorized signs may be ordered at the Heath P.O. for a cost of \$10, or you can post a prominent one of your own.

**Don't delay, display your
street number sign today!**

The Longest Annual Town Meeting in Recent History—May 11, 2019

Friday, May 10 and Saturday, May 11 were Democracy Days in Heath, with 192 registered voters choosing town representatives for various offices on Friday, and better than half of the 541 registered voters



Photo by Doug Mason

considering 35 Articles on the Town Warrant the next day. In town elections, Robyn Provost-Carlson was re-elected to the Select Board

(the Board of

Selectmen's name changed to the gender-neutral name Select Board in the General ByLaws of Heath by unanimous consent of Article 29 on Saturday). Alice Wozniak was elected to the Finance Committee, Jo Travis is continuing on the Planning Board, and Maureen O'Malley is a new Library Trustee. The seat on the School Committee, being vacated after many years of dedicated service by Bob Gruen, has been filled through write-in ballot by Barbara Rode. The town assessor position will be filled by the Select Board.

Saturday's meeting began shortly after 9 a.m., and did not end until around 3:20 in the afternoon, with no formal breaks. We commend our town moderator, Eric Sumner, for managing the meeting with grace and fairness to all speakers during the course of the long day. We were well fed, with morning breakfast snacks and sweets, plus afternoon soups, all provided by the Hawlemont School H.A.Y. program. Those of us who stayed the entire day surely appreciated your kind efforts. Even the children and babies in attendance did a good job letting us all do our best work.

Our thanks are extended to all who participate in governing our wonderful town. Seen especially at this time of year were the Select Board and the Finance Committee, who put countless hours into the regular governing of the town, and also dedicated themselves over the last several months to the question of the day: do we authorize the Select Board to dispose of, through sale, lease or otherwise, the former Heath Elementary School building located on Jacobs Road. Debate was passionate yet civil, with strong feelings on both sides.

Many excellent points were made, but the issue was compounded by the fact that the prospective buyer is a member of the cannabis industry. With a two-thirds majority vote required to pass the Article, the vote was 104 in favor and 118 against. Thus, the measure failed.

"With a two-thirds majority vote required to pass the Article, the vote was 104 in favor and 118 against."

In other business, clear support was given to the Highway Department and the School Systems to which we belong. And Art Schwenger, long-time Heath Representative to the Franklin County Technical School, was commended for his hard work and dedication by the Tech School Business Manager. We also voted to add our support to an effort by the non-partisan group Represent.US to encourage legislative reform designed to forestall the influence of money in our elections.

It was an extremely busy and productive day. We now implore all of the members of our peaceful town to come together to meet our challenges.

—Nancy Thane, Managing Editor

BETTER HURRY!

Heath Historical Society
Ice Cream Social
Saturday, June 22, 2019

11 a.m. to noon

Heath museums in Town Center

There's no better way to come together as a community than over a scoop or two of ice cream.

See you at the Social.



follow us on
facebook @
heath herald



Heath Union Church

The Rev. James Koyama, Minister
Dennis Ainsworth, Organist
Sunday Morning Worship 10 a.m.
Thursday Bible Study 5:30 to 7 p.m.,
at the church

All Are Welcome

Rev. Koyama is in town on Thursdays, with church office hours in the afternoon. Cell phone: 808-282-6711; Church phone to leave a message: 413-337-4019

Board of Deacons:

Hilma Sumner, Chair, 337-4845
Claudia Ainsworth 624-8952
Dana Blackburn 413-221-0961
Victoria Burrington 337-4425
Walt Gleason 337-4479

Find us on Facebook: Heath Union Church. Church building facilities are available for private events. Call Victoria Burrington at 337-4425.

Church News

Plans are being made for summer activities at the church. Be on the lookout for announcements in the near future for the dates of summer concerts to be held. After recent repairs and evaluation of our historic Johnson organ, it has been determined that the electric bellows pump needs to be replaced with a larger unit. In the dry winter months the organ struggles to maintain sufficient volume. The cost for the repair work has been estimated at approximately \$8,000. Besides concert donations to help raise the funds, the church will be raffling a Frederick Burrington painting of a panoramic view of the town center.

During the later half of June and the month of July, the church will be hosting several guest ministers. Pastor James and his wife, Sheryl, will be touring Japan and visiting his extended family. For any needs or questions while he is away, please contact one of the deacons. The welcome mat is out for anyone to join us on Sunday mornings or at Bible study at 5:30 p.m. on Thursdays. The first Sunday of each month the service is followed by a potluck lunch and conversation.

—Hilma Sumner

Let's Come Together

After many weeks of intense work by town officers, individuals, and groups, on May 11 the majority of Heath residents voted not to authorize the Select Board to negotiate the sale, lease, or otherwise of the school property. We are very thankful for the dedication so many have shown in addressing the issues before us.

It has not been an easy process. Concerns varied over whether a marijuana facility was right for the rural quality of our town and whether the school property was a valuable town-owned asset. Disputes arose over financial costs and consequence of selling or not selling. Unfortunately, these differences have threatened to divide a town that has always been able to resolve its differences with friendship and respect. However, we do share one thing in common. We love our town. In the interests of Heath and its residents, we must now come together to heal the divisions that have occurred in our community.

There is much work ahead. We cannot change what is behind us so how do we move forward? How do we best use all town properties to support the future needs of Heath? What can be done to address the fiscal needs of our small town?

Our citizens group is ready to continue to work to develop a strategic plan that will benefit the entire town. Our goal is to preserve our heritage, our culture, and our financial stability now and in the future. We welcome your ideas and look forward to working with you to address the tasks that lie ahead.

—Sue Lively and Margaret Freeman
Representatives of the Heath Citizens Group

Call to Action

Heath Annual Town Meeting has always been a place to reach consensus together. Finance Committee, Select Board, and official Town Committees are expected to provide information to help citizens make informed decisions. We have always been able to remain friends and neighbors, even when a vote did not go the way one hoped.

Questions will probably come before voters again to enable other options of what we can do with the building beyond how it is being used currently. To reach two-thirds majority we must agree on the numbers, and the facts, to ensure real dialog can occur, and result in a decision that is best for the Town. We cannot do this as a divided community.

We don't have much time to reunite before the school will cost more money than we have. Citizens must discuss their questions, numbers, and concerns with the Finance Committee and Select Board. Our leaders need to clearly state objectives, plans, and goals in open meetings, and make time to hear from committees.

It is time to refocus our energy on the goal that we share—
what is best for our town.

—Sheila Litchfield

COMMUNITY CALENDAR

- June 2 **GRADUATION DAY MOHAWK TRAIL REGIONAL HIGH SCHOOL**
1 p.m. at the school
- June 12 26 **HEATH FAIR WORK BEE**
6 p.m. at the Heath Fairgrounds
- June 14 **PRESCHOOL STORY HOUR**
10:30 a.m. to noon at Heath Library
- June 22 **HEATH HISTORICAL SOCIETY ICE CREAM SOCIAL**
11 a.m. to 1 p.m. at the Heath Center museums
- June 22 **FRANKLIN COUNTY 4-H FAIR**
8 a.m. to 3:30 p.m., at the Heath Fairgrounds
- June 27 **CHARLEMONT FORUM**
7 p.m. at the Charlemont Federated Church
See page 15 for more information
- July 10 24 **HEATH FAIR WORK BEE**
6 p.m. at the Heath Fairgrounds
- July 24 **CHARLEMONT FORUM**
7 p.m. at the Charlemont Federated Church
See page 15 for more information
- July 26 27 **COMMUNITY ASTRONOMY NIGHT**
Time and location TBA, in conjunction with the Heath Library and Parks and Recreation.

ONGOING CALENDAR**FOOT CLINIC FOR SENIORS**

Third Tuesday of each month at the Senior Center, downstairs in Heath Community Hall
Contact Margo Newton at 339-8580 to set up an appointment and/or arrange transportation.

HEALTHY BONES AND BALANCE

Tuesdays, 11 a.m. to noon; Thursdays, 10 a.m. to noon at the Senior Center, downstairs in Community Hall
This exercise program helps prevent osteoporosis and falls. For ages 55 and over.

SENIOR BROWN BAG LUNCH

First Thursday of each month, 11:45 a.m. at the Senior Center, downstairs in Heath Community Hall
Bring your own lunch, dessert provided.

SENIOR LUNCHEON

Third Thursday of each month, 11:45 a.m. at the Senior Center, downstairs in Heath Community Hall
A count is required by Monday before the scheduled meal. Sign up at the Senior Center, or call Margo Newton at 339-8580.

SENIOR OPEN ART

Mondays, 1 to 4 p.m. in the Senior Center, downstairs in the Heath Community Hall
Open to all. Contact Eileen Lively at 337-4742 with questions.

TAI CHI

Mondays, 10 to 10:45 a.m. upstairs in Heath Community Hall
Newcomers welcome! Suggested donation (\$5).
Contact Lois Bascom, lola621@comcast.net for more information.

YOGA

Fridays, 9:30 to 10:30 a.m., downstairs in Heath Union Church
Led by Kate Peppard. Beginners welcome! Mats available. Suggested donations (\$5-10) accepted. Contact Kate at 617-669-4891 with questions.

*Welcome back to Senior Open Art,
Eileen Lively!*

**Scheduled activities will not take place on
holidays or days with school weather
closures/delays.**

If you would like an event added to the Community Calendar, drop a note in the *Heath Herald* black box in the Town Hall vestibule, or send an email to theheathherald@gmail.com. Please include the title of the event, date, time, location, and contact person.



HEATH TOWN OFFICES

1 East Main St, Heath MA 01346
Phone: 413-337-4934 Fax: 413-337-8542
www.townofheath.org

Town Coordinator, Kara Leistyna

bos@townofheath.org
Monday-Friday 9:30 a.m. to 3:30 p.m. with
exceptions posted in Sawyer Hall

Selectboard, bos@townofheath.org

Tuesday 7 p.m., Sawyer Hall
Brian DeVriese, 413-337-5525
Robyn Provost-Carlson, 413-337-5316
Gloria Fisher, 413-337-6626

Town Clerk, Hilma Sumner

townclerk@townofheath.org
Tuesday and Thursday 9 a.m. to noon
Or call for appointment 413-337-4845

Accountant, Tracey Baronas

accountant@townofheath.org
Monday 9 a.m. to 2:30 p.m. (varies)
413-337-4934, ext. 5

Tax Collector, Elizabeth Nichols

taxcollector@townofheath.org
Monday 4 to 6 p.m.
or call for appointment 413-337-6665
413-337-4934, ext. 2 / Fax: 413-337-8542

Treasurer, Kristi Nartowicz

Monday 3:30 p.m. (varies)
knartowicz@gmail.com

BOARDS AND COMMITTEES

Board of Assessors

Wednesday 9 a.m. to 3 p.m. 413-337-4934 x 3
assessors@townofheath.org
Alice Wozniak, Assistant Assessor
Robyn Provost-Carlson
Heather Hathwell
Vacancy

Board of Health, 413-337-4934

Betsy Kovacs, Chair, 413-337-5346
Mary Sumner, Clerk
Armand Clavette
Henry Godek
Susan Gruen
John Palmer

Finance Committee,

Ned Wolf, Secretary, 413-337-4476
Ken Gilbert, 413-337-4461
Jan Carr
Kathy Inman
Alice Wozniak

Library Board of Trustees

Deborah Porter, Chair, 413-337-4715
Emily Cross, 413-337-4816
Maureen O'Malley

Planning Board

Calvin Carr, Chair, calvinccarr@verizon.net
Douglas Mason, Sec., dougmason@hughes.net
Robert Viarengo, viarengo932@crocker.com
Jo Travis, jtravis156@verizon.net
Bill Gran, whgran@gmail.com

Agricultural Commission

Jessica O'Neill
Doug Mason, 413-339-4756
Nina Marshall, 413-339-4756
Sean O'Neill, 413-339-4820
Haynes Turkle

Cemetery Commission

Jerry Gilbert, Central Cemetery, 413-337-4355
Claire Rabbitt, North Cemetery, 413-337-8309
Eric Sumner, South Cemetery, 413-337-5330
Matthew Lively, Sexton, 413-337-4331
Hilma Sumner, Burial Agent, 413-337-4845

Conservation Commission

Brian DeVriese, Chair, 413-337-5525
Dennis Peters, 413-337-4014
Bernard "Buck" den Ouden, 413-337-4002
Jessica O'Neill, 413-339-4820

Historical Commission, Heather Hathwell

COMMUNITY

Public Library, Don Purington, Director

Lyra Johnson-Fuller, Library Assistant
www.heathlibrary.org, heath.library@gmail.com
Monday 3 to 7 p.m., Wednesday noon to 7 p.m.,
Saturday 9:30 a.m. to 1:30 p.m.; 413-337-4934, ext. 7

Post Office Manager, Charlene Reynolds

Monday to Saturday, 9:30 a.m. to 1:30 p.m.
413-337-4934, ext. 4

School

MTRSD School Committee Representative

Budge Litchfield, 413-337-4957
Barbara Rode

Franklin County Technical School Representative

Art Schwenger, 413-337-4077

Hawlemont Elementary School

Lindsay Rodriguez, Principal, 413-339-8316

Town Nurse, Claire Rabbitt, RN

Office hours, Senior Center, 413-337-4847
Tuesday 12:15 to 1:15 p.m. and Thursday 11 a.m. to 1
p.m.; Voicemail: 413-337-4934, ext. 109
Home phone: 413-337-8309

Senior Center/Community Hall, 413-337-4847

Eileen Lively, Senior Coordinator, 413-337-4742

PUBLIC WORKS AND SAFETY

Animal Control Officer, Town Office, 413-337-4934,
ext. 108, or Shelburne Control at 413-625-8200 to
have paged. All emergencies, dial 911.

Highway Department, Jeffrey Johnston, Road

Superintendent; 413-337-4462; cell, 413-406-4516

Police Department, John McDonough, Police Chief

Office hours: Tuesday 6 to 8 p.m. 413-337-4934,
ext. 108, or call Shelburne Control at 413-625-8200
to have paged. All emergencies, dial 911

Transfer Station, Ken Erho, Attendant

Wednesday, 8 a.m. to 4 p.m. **all year**
Saturday, 8 a.m. to 4 p.m. **all year**

Volunteer Fire Department

Nick Anzuoni, Fire Chief, 413-337-4461, or 911 for
an emergency



"I think tolerance and patience and love is something that feeds every community."

—Lady Gaga

Save the Date!
2019 Heath Fair
August, 16, 17 & 18
See you there.

Photo by Matthew Kavanaugh

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You can help keep *Heath Herald* distribution costs down by enrolling in our Reserved Pick-up Program. We will notify you as soon as a new issue is available. Then, all you need to do is stop by Sawyer Hall and pick up your personally labeled copy in the box across from the library.

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TO REPORT A CRIME,
CALL SHELburne CONTROL 24/7
413-625-8200
In case of EMERGENCY, CALL 911

Heath Police Department
1 East Main Street, P.O. Box 35, Heath, MA 01346 • heathpd@townofheath.org



Heath Online

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To contact the Selectboard, email bos@townofheath.org



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