



Volume 5, Number 7 - July 2024

Come to a Picnic at the Pool July 27

The Parks and Recreation Committee and the Swimming Pool Committee invite residents and their guests to a picnic at the Conway swimming pool on July 27 (rain date July 28).

- Burgers and hot dogs with vegetarian option served from 11:00 a.m.-1:00 p.m.
- Local band playing Caribbean/Calypso style music
- Handicap parking reserved at the pool
- Shuttle from Pumpkin Hollow available

What's a picnic without ice cream? We'll have that too! Bring a beach blanket or chair and join your neighbors at this beautiful Conway treasure.



The new pavilion at the pool, built by Steve Thomas, Mark Ladd, David MacDonald and Troy Lucier.

Conway Sportsman's Club News and Events

Youth Day: Wow! Last month's Youth Day, sponsored by the Conway Police Department and the Sportsman's Club, saw well over 100 kids and parents enjoy a beautiful day of educational and fun



activities. The biggest draw was the indoor trout pond, the brainchild of Ken Ouimette and his band of merry men and women. The fish were biting, and the kids were loving it. They also built bird houses, learned archery, made casts of animal prints, received scuba instruction, marveled at Tom Ricardi's birds of prey, and topped the day off with burgers, hot dogs, and salad. What a grand day it was! Thanks to all who volunteered.

The Littlest Angler

June also saw the summer season's first archery and clay shoots. A crowd of men and women – newbies and regulars – enjoyed themselves as they improved on their personal best scores . . . or didn't. No matter, it's the camaraderie and the outdoors that are the real reward.

Note: Our monthly meeting and dinner has been moved to Thursday, July 11, because of the July 4 holiday. For more information about the Conway Sportsman's Club and our many programs and events, please go to our website, conwaysportsmansclub.org.

Thank You from the Un-tag Sale

by Pixie Holbrook, Festival of the Hills

Thank You from the Un-tag Sale - Thanks to so many! Once again, our annual “Un-tag Sale,” held in Pumpkin Hollow, was a success, adding to our funds for Conway’s graduating seniors. This year we made \$1,944!

First and foremost, thanks to our generous donors, who purged their basements and garages, filled up their cars and trucks, and set up and stood by their tables from 8:00 a.m. to 1:00 p.m., eager for those tables to empty. They could have had a yard sale at their home and reaped all the rewards, but no, they chose to give to our teens. Thank you!

Then thanks to those who came from Conway or afar to look for a donated recliner, jigsaw puzzle, vacuum cleaner, decorative mirror, dishware, lawn chair, or bag of beautiful yarn, to name a few items.

Last, thanks to our team of volunteers, who put up signs in six towns, placed ads in local papers and on social media, posted flyers in countless stores, and set up and took down tables and tents. Oh, and the weather behaved!

Festival of the Hills Scholarship Recipients

We are pleased to announce that the following Conway seniors were recipients of 2023 (awarded in 2024) Conway Festival of the Hills scholarships: Theo Balkema, Clayton Conklin, Leah Gump, Logan Loncar, Amory Maxey, David Mazur, Patrice Moriarity, Abigail Patterson, and Stella Turowsky-Ganci. A total of \$7,000 was awarded to these nine students representing four different schools.

Festival of the Hills scholarships are available to all graduating high school seniors from Conway who submit complete applications. Consideration is given to a student’s community/school involvement, academic standing, financial need, work history, and Festival of the Hills service. Scholarship applications are available on the festival website - festivalofthehills.com, or on the Town of Conway website, conwayma.gov.

Calling All Crafters!

With summer in full swing, we are getting excited about the 2024 Festival of the Hills on Sunday, October 6. For anyone interested in being one of our crafters, you can obtain a crafter application form by visiting the FOH website, festivalofthehills.com (under “Events,” click on “Craft Fair”), or by contacting the craft fair coordinator, Amy Rioux, at conwaycrafters@yahoo.com or 413-336-1360.

All crafts must be handmade by the exhibitor. No manufactured, imported, or made-from-kits goods are permitted. Applications must be postmarked by August 16 and will be juried for craft balance and replied to by August 28. Crafters must provide their own canopy tent, tables, chairs, and other means of display. The fee for a crafter space (12’ x 12’) on the ballfield is \$50, which supports the FOH Scholarship Fund for graduating seniors from the town of Conway.

Join the Parade!

The Festival of the Hills parade needs YOU! If you would like to enter a float, add your tractor, create a walking group, ride your horse . . . the sky’s the limit! If you have ever received a scholarship from the festival, walk with pride in the parade! We would love to have you join us. Please call Kat Llamas at

413-695-5626 for more information and to register yourself or your group.

UCC of Conway Benefit Concert

The United Congregational Church of Conway, 44 Whately Road, presents Heart of the Valley Chorus, Wednesday, July 31, 7:00 p.m.

We sometimes forget in the summer months that there are those in our community who struggle to put food on the table. Join us as we unite to provide needed support to our local food pantry. Admission to this benefit concert is a nonperishable food item or monetary donation to the Hilltown Churches Food Pantry. Heart of the Valley Chorus is affiliated with Sweet Adelines International. They perform a capella music in the barbershop style.

IPad Lottery Winners

Last year the Conway Council on Aging and the South County Senior Center partnered to apply for and were awarded a hybrid programming grant from the state Executive Office of Elder Affairs. As part of the grant, the Conway COA was given 25 iPads to distribute to residents age 60+ via a lottery.

The following are the fortunate 25 new owners of iPads: Olivia Blumer, Ruth Bowman, Julia Clark, Gail Connelly, Donna Crabtree, Phylis Dacey, Thad Danielson, Sharon DeWitt, Linda Dugas, Marcy Edwards, Peter Freisem, Robert Harlow, Brice Hereford, Virginia Holmes, Patricia Kocot, Joanne Levenson, Gisele Litalien, Barbara Masson, Dick McLeester, Barbara Melville, Roxanne Parent, John Pearsall, Jane Recore, Barbara Ware, and Susan Yeadon.

Notes from the Town Administrator

Town meeting voted last year to approve a senior and veteran's tax work-off program, which is a way for the town to help individuals with their property taxes by having them perform tasks for the town in lieu of a portion of the tax payment. The program will begin this year, and it will be reflected in the following year's (FY2026) tax payments.

Details on how the program will work will be finalized shortly by the Board of Assessors and the selectboard, after which time the paperwork will become available. Please contact me directly if you would like to be on a list to receive the application. I can be reached at townadmin@conwayma.gov (preferred) or 369-4235 x 3, and I will take your name, mailing address, and number. Information will also be posted on the town website conwayma.gov and new Facebook page, [Town of Conway, MA](https://www.facebook.com/TownofConwayMA).

Thank you and have a fabulous Fourth of July!

Véronique

News from the Conway Mall

Thank you, Conwayans, for your patience with the intermittent hours at the Conway Mall during the month of June. Many thanks to and much appreciation of Doreen, Linda, Pilar, and Louise for donating their time and keeping the Mall open as much as possible. To any other volunteers I may have missed, I am grateful for your help too. I have also shared with these volunteers residents' appreciation of their work and the effort they have put into keeping the Mall organized.

Things have been a bit difficult for the volunteers in recent weeks. Although we announced that because of our limited space, clothing

donations should be seasonable only – that is, no winter coats, wool sweaters, or winter accessories – we are still receiving donations of such items, as well as Christmas and Easter décor. We do not have the space to store nonseasonable items for six or more months. If you wish to donate items out of season, please bag them and put them in the Salvation Army bin. When our volunteers have to do this for you, it becomes a burden that keeps them from doing the actual job of a Mall Maven.

Despite such hiccups, being a Mall Maven is fun and rewarding. The Mall is a great place to connect with people and keep good, usable items in circulation. If you have the time, please consider joining us. With enough volunteers, we can ensure that the Mall remains open for shopping. For more information, please call Kat Llamas at 413-695-5626.

News from the Board of Health

The Conway Board of Health will be starting a new column in *Conway Currents*, and we are launching it with exciting news! After the local election last month, the board added three new members. We welcome Daniel Sheff for a three-year term and Hanna Sherman and Gina McNeely to two-year posts.

Air Quality

From the FRCOG Public Health Team

In recent years, wildfire smoke traveled to Franklin County from faraway places, and this changed our local air quality. Air quality measures 5 major pollutants to our health. The air quality index (AQI) can let us know how we may want to alter our behavior when the air quality is poor, like with wildfire smoke.

Particle pollution – tiny bits of solids and liquids suspended into air – is one large component of poor air quality. According to the

Environmental Protection Agency, larger particles can irritate our eyes, nose and throat, while smaller particles can be inhaled and lodged deep into our lungs. That's because smaller particles are often no wider than 1/3 of the diameter of a strand of hair! The American Lung Association notes that the small particles can cause asthma attacks and play a role in heart attacks and strokes. Check Western Mass air quality on the Healthy Air Network's website healthyairnetwork.org.

On days of poor air quality, adjust your activities to avoid being outdoors for exercising or long periods of time. Since everyone's lungs are different, read more tips about how to navigate air quality and health on the American Lung Association's website lung.org.

Moderator Musings

by Jimmy Recore

Fresh from the latest edition of town meeting, I'm not surprised when it seems at times that there is overwhelming support for an article but discussion lasts far longer than need be. There is no shame in calling the question if you feel we have covered most of the points of an article. Calling the question lets the other participants know that you feel we have spent enough time on the article and gives them a chance to move to proceed to voting on the article. This becomes important when we have more than thirty articles on the warrant, because let's face the fact that as the meeting drags on, our minds wander and we tend to lean toward a quick way out just to move the meeting along.

I'm in no way saying that any one article isn't as important as the next. They all deserve our utmost attention, and I believe we do a pretty good job in doing that. I'm just hoping that we can work together to make town meeting a pleasant experience, not one we all dread. I do hear those murmurings both before the meeting starts and sometimes after it's over. My goal is to hear less of that. The other option open to us is to make a motion at the start of the

meeting to limit the time we spend on each article. This is easily done if we want to go that way.

And last I would just like to remind everyone that there is no such thing as the perfect town meeting. There are simply too many variables for that to happen. Each meeting has a different cast of characters in attendance, has different articles on the warrant, and takes place in a different political atmosphere. That doesn't mean I'm not hoping for a perfect town meeting. That just means that coming as close as we can to one should be good enough for all of us.

Conway Historical Society News

The society's annual picnic will take place on July 19 at the Conway Inn starting at 6:00 p.m., rain or shine. Bring a dish to share and enjoy getting together with friends and neighbors.

Come see our new exhibition, "Love's Sweet Afterglow: History of Death and Mourning." It takes visitors through the changing experiences of public and private loss, commemoration, and grief over the past 250 years. Items from the museum's collection tell stories about Conway cemeteries, highlight some vital statistics, show how an 18th-century farmer or 19th-century intellectual put their affairs in order, and explore how people remembered their loved ones. The display honors the memory of several people whose stories have not been told until today. The museum's summer hours are Sundays, 1:00-4:00 p.m., July 7 through August 25. Both the museum and the historic Boyden one-room schoolhouse will be open during the Festival of the Hills. The society is planning a guided cemetery tour, so visit our website, conwaymasshistory.org, or the Society's [Facebook](#) page for details.

Historic Deerfield passes: Don't forget that the society has two season passes to Historic Deerfield and makes them available to all Conway residents. Each pass admits up to four people. To reserve, contact Joe Zadroga at 413-824-2719; it's best if you can give

24-48 hours notice. Note: Passes should be picked up either the day before or the day of your planned visit and must be returned immediately following your use so that others may enjoy them. For more information on Historic Deerfield, including hours, see historic-deerfield.org.

The National Crazy Eights Championship Returns

Mark your calendar! After a four-year hiatus the National Crazy Eights tournament/fundraiser returns to Conway on Saturday, July 13, from 6:30-9ish p.m. at the Conway Firehouse on Route 116 (opposite OESCO). All proceeds from the evening go to the Conway Firemen's Auxiliary Scholarship Fund.

For those who have participated in past tournaments, you know what a fun evening this is. For folks who are new to Conway and those who were unavailable for past tournaments, here's what it's all about:

- If you've ever played Uno, Rummy, or Go Fish, you can play this twisted version of Crazy Eights. Don't know how to play or can't remember the rules of this version? Not to worry. There's a pretournament tutorial, and we'll send you the rules if you wish.
- Don't eat beforehand! Bring your favorite dish to share. If the past tourneys are an indicator, this becomes a gourmet feast! We provide plates, utensils, water, iced tea, and lemonade. You're welcome to bring your own drink preference.
- We recommend that you bring \$20.00 to "invest" in your gamesmanship. We play with chips. At the end of the eight-game tournament, whatever chips you have are turned in to our Cayman Islands accountant, and all, more, or none of your investment is returned to you or, if you wish, donated to the scholarship fund.

Come and join the quest for the coveted jacket, oversized trophy, endorsements, after-life perks, and cultlike adoration that come with being crowned the World-Class Professional Crazy Eights Association champion. There's also raffles and eight runner-up prizes.

Please text me, Sir Reginald Buttinker, at 413-537-9149 with questions and an indication of whether you plan to attend. If you provide your email, I can send you a program of the evening's events and a set of game rules.

Sir Reggie's Homemade Jeopardy Quiz

See how well you do coming up with the right answer to the questions in this category: "A New Leaf." Answers on page 22.

What is:

1. A northern leaf that holds sticks and likes ice?
2. The leaf that didn't find any others in Greenland?
3. A flat, hard, usually brown leaf that comes from a wide variety of trees and goes in and out yet stays indoors?
4. An insect leaf that often resides in books?
5. A leaf that you can't swim in or sail on?

Neighborhood History Chats

The Conway Historical Commission is holding informal research sessions in the Town Hall General Purpose Room on the fourth Friday of each month at 1:00 p.m. If you have any information or photos pertaining to the history of your neighborhood, we could scan the material for you. Historical family or neighborhood information will likely contain missing pieces of a larger puzzle that we're researching, which we can detail for you in return. If anyone is interested in participating in oral-history interviews – or knows someone who is – we are beginning to refocus on those too. For more information, please contact Bill Burnett by email at maplefarm116@gmail.com or by phone at 413-768-1353.

From Conway's Kitchens

Reprinted from *Conway's Open*, Kate French, editor

FRENCH MEAT PIE: TOURTIERE

- 1 lb ea. ground pork and beef
- 1 large onion, finely chopped
- 2 T olive oil
- 1 C mashed potatoes
- 3/4 C beef or vegetable broth
- 1/2 tsp ground cloves
- 1/2 tsp ea. nutmeg and cinnamon
- 1 tsp salt
- 1/4 tsp pepper
- 1 pie - 2 crusts
- 1 egg and 1 T water for egg wash

In a large skillet, combine onion with olive oil. Saute for 10 minutes on medium heat, until onions are soft. Combine meats together in a bowl. Add meat to onions; cook for 10 minutes. Stir to break up meat so it doesn't clump together. Add potato, broth, and spices; mix together. Reduce heat to medium-low, cover and simmer for 20 to 30 minutes. Stir occasionally until most of the liquid is absorbed. Remove from heat. Cool in fridge until completely chilled, about 2 hours. Spoon all the meat filling into pie crust, patting it down lightly to compress it a bit. Brush pie rim with water. Cut some steam vents on the top crust then place it over the meat, sealing edges together. Trim and flute as desired. Beat egg and water together. Brush over top of crust and around the edges. The egg wash gives your Tourtiere a golden glow, so don't skip this step! Bake at 375 degrees for about 50 minutes.

The Tourtiere is a French meat pie, originating as early as 1600 and is a traditional part of Christmas and New Year's celebration in Quebec. It is widely enjoyed throughout Canada and the upper Midwest and Eastern United States throughout the year.

Claudia Robillard

Field Memorial Library Update

Anniversary Celebration - On Saturday, July 13, help the Friends of the Field Memorial Library celebrate the FML's 123rd anniversary and the Friends' eleventh anniversary from 1:30 to 4:00 p.m.

At 1:30 Amy Donovan of the Franklin County Solid Waste Management Agency will demonstrate how to compost kitchen waste with worm bins. She will also have a table with information about backyard composting. The program is geared toward children, but adults are welcome to attend. Then, at 2:00 p.m, the Friends will lead a stroll around the outside of the building to show off three recent projects completed by the trustees and Friends. Finally, everyone will come inside for a presentation by Howard Boyden, a long-time FML trustee, who will speak about the history and future of the library. Howard knows the building inside out, has a lot of historical knowledge about the property, and is always engaging and interesting. Food and drink will be available.

Story Walks - The Friends of the FML will host two story walks this month. The first walk will be on the weekend of July 12-14, complementing our anniversary celebration. *Worm Weather* by Jean Taft will be set up in Veterans Memorial Park opposite Town Hall at 2:00 p.m. on Friday and stay up until 4:00 p.m. on Sunday. On July 19-21 *Pete the Cat @ the Beach* by Kimberly and James Dean will be our second story walk. This walk will, as usual, be set up at 2:00 p.m. on Friday and stay up until 4:00 p.m. on Sunday. Activity kits for each walk will be available in a plastic container. Just help yourselves, first come, first served. More story walks will happen on the third weekend of each month. We are able to do this with the generous support of the Union 38 Family Networks.

Senior Prom Thank You. The Friends of the FML and the Age-Friendly Conway Committee thank all the neighbors who came to the Senior Prom on Saturday, June 1. Almost 70 people enjoyed conversation, food, drink, and live music. More than 40 surveys, which asked what would be most helpful to older adults in town, were



Denise Dwelley, *Kissing Trees*, submitted by Mike Haley.

received and will help Age-Friendly Conway make plans. Gift certificates from Natural Roots Farm, Baker's Country Store, and the Conway Inn were offered as raffle prizes for completed surveys and given to three lucky folks. Thank you all for your support. For information about the Friends' work or to volunteer, go to fieldmemoriallibrary.org. For information on Age-Friendly Conway, contact Robin Yerkes at rbyerkes@gmail.com, 413-575-7816 or 369-4170.

Library Staff Notes - The FML just got its second shipment of new library books. Celebrate by coming in and browsing our shelves just in time for beach reading! We still have seeds in our seed library. It's not too late in the season for planting. We have a great collection of vegetable, herb, and flower seeds to add to your garden. All seeds are organic, free, and organized in card catalog drawers located in the rotunda area. In time we hope patrons will not only grow the crop but also learn to save the seeds from it and return those to the library to start a local seed bank. For more information contact your librarians or speak to them in person during our open hours. Happy gardening!

Phoebe Hynes, Director, Field Memorial Library
director@fieldmemoriallibrary.org 413-369-4646

Conway Council on Aging

Council on Aging meetings are held on the first Wednesday of the month at 9:00 a.m. in Town Hall. The next meeting will be July 3. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284 or email patricialynch@earthlink.net.

Senior Calendar for July

"First Friday" Walk-in Wellness Clinics Clinics are held on the first Friday of the month in Conway Town Hall from 9:00 a.m. to 12:00 noon. Regional public health nurses Lisa White, RN, and Meg Ryan, RN, staff the clinic. There are no out-of-pocket costs to residents for this service, which is provided through the town's

membership in FRCOG Cooperative Public Health Service. For more information, call 413-774-3167 x 156 (Lisa) or x 158 (Meg).

Healthy Bones & Balance Classes Classes meet on Tuesday from 9:00 to 9:45 a.m. and Friday from 9:00 to 9:30 a.m. on Zoom. Contact leader Gary Fentin at 369-0001 for information and the Zoom link.

Monthly Foot Care Foot clinics are usually held on the first Monday of the month in Town Hall BY APPOINTMENT ONLY. The next clinic will be on July 8. Clinic hours are 9:00 a.m. to 3:30 p.m. Please note that beginning this month the fee will be \$25.00. For information or to schedule an appointment, call Pat Kocot at 369-4248 or 413-775-3629.

Senior Meals In most months meals are held at Town Hall on the second and last Thursdays of the month. Meals may be eaten in or picked up at noon. A strawberry shortcake lunch is planned for this month. For more information or to be added to our email or phone list for announcements, call Carolyn Thayer at 413-559-0282.

Walking Group The walking group has been enjoying its members' conversation and companionship while engaging in healthful exercise. Join the group every Monday, weather permitting, in front of the library at 9:00 a.m.. For more information, contact Phylis Dacey at 369-4326.

Yoga for Seniors Led by Jody Fontaine on Wednesdays in person at the library and on Zoom. Class times: mat yoga 10:00-11:00 a.m., chair yoga 11:15 a.m.-12:00 noon. Call Jody at 413-824-9435 for information or for the Zoom link.

Senior Services

Durable Medical Equipment Loans The COA has items of durable medical equipment available for loan, including wheelchairs, transfer chairs, walkers, crutches, canes, tub and shower chairs, commodes,

and raised toilet seats. Call Hank Horstmann at 413-522-9240 to borrow equipment NOTE: Please, when loaned equipment is no longer needed, call Hank in order to return it

SHINE Counseling The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay health care costs.. SHINE counseling is available by calling LifePath at 773-5555 or by contacting Meg Ryan, one of Conway's public health nurses, at 774-3167 x 158.

South County Senior Center Hybrid Program Knitting Circle Project for both novice and advanced knitters to create full-size or lap blankets. Time and dates: 2:00-3:30 p.m., July 12 and 26. Classes are held both online and in person at the SCSC, 22 Amherst Road, Sunderland. Register at 665-2141.

Transportation for Medical Appointments & Shopping The Shelburne Falls Senior Center provides curb-to-curb van transportation within Franklin County for seniors 60 and over for in-county medical appointments and grocery shopping. Call the center at 625-2502 to make an appointment at least 48 hours in advance or for information about reservations and fees. An application with a copy of a photo ID is needed to be pre-approved for ridership. For rides to out-of-county medical appointments, call the FRTA at 774-2262 x 163 for information and reservations.

Currents Advertisements & Notices

Rates for ads up to 150 words are: one month \$8.50, three months \$16.50; six months \$26.50, twelve months \$45.50. For cost of longer

ads or to include images (limited), call or email Louise at 413-559-1180 or lmbeckett@crocker.com.

Pay by checking account or credit card through the town's website <https://conwayma.gov/> > How do I . . .? > Pay for > Newsletter Advertising; or send a check to made out to **Town of Conway with Conway Currents in the memo section, PO Box 240, Conway, MA 01341**. Please send the text of your advertisement to Louise by email at lmbeckett@crocker.com. **Deadline is the 15th of the preceding month**. If you want to discuss your ad or have any questions, please call or email lmbeckett@crocker.com.

Personal Care Aide (PCA)/Caregiver needed - in center of Conway. They say it takes a village to raise a child. Well it takes a village to keep an elderly person out of a nursing home as well. We have had a good response finding people in Conway: The village has stepped up as I believed it would and I have received many calls, tips on resources, and advice. I thank you all. We now would like to find some people to fill in when someone is sick, needs a personal day or vacation. We are currently working with MassHealth. What we need: Assist with ADL's daily and some shopping, cooking and companionship; Provide medication reminders; Pass a CORI check. \$19/hr.; Variable hours. Please contact David, 413-768-8751 if interested.

Odd job man - for small projects, repairs, painting etc. Custom wood and metalworking available. Insured. Over 25 years experience. Call or email John; we can talk. 413-369-4064; spell938@earthlink.net

Archives, Collections, and Media Management - I offer design, management, and consultation for personal, ancestral, artistic, and community-oriented audiovisual archives. I also offer a range of media management and post-production support for documentaries, oral history projects, and digital storytelling projects. I am experienced in digitizing analogue materials, reformatting digital materials, and working with born digital materials. Beyond archiving, my professional background includes oral history and digital storytelling (video production, post-production, audio engineering, web design, and photography), which I put to use within archival, retouching,

reformatting, and editing processes. I am particularly interested in projects involving marginalized voices and perspectives. Please send a brief outline of your project and how I might be able to support you to tendingcenter@pm.me. More info: www.tending.center

Eastern and Somatic Therapies - with international author, humanitarian award winner and summer resident Gina M Barrett. Gina is here through early September offering Phoenix Rising Yoga Therapy for mental health, spiritual counseling and mentoring, wellness and couples retreats, private movement instruction in yoga, qigong, Pilates, as well as meditation. To learn more and to schedule, visit www.ginabarrett.com or call or text 207-632-6698.

Elevate your wellness journey - with personal training by Christa Morrison! Dedicated to lifelong wellness, I offer personalized tailored sessions to achieve your goals. Whether you seek weight loss, muscle gain, or overall fitness, my holistic approach covers every aspect. With a focus on proper form, I empower you to build strength, endurance, and confidence. Visit me at [Common Ground Fitness](http://CommonGroundFitness.com) in Greenfield, MA, or contact 413-775-9944 / info@commongroundfitness.com to schedule. Let's embark on this transformative journey together toward a healthier, happier you!

Baker's Country Store - open seven days a week for all-day take-out breakfast and lunch: Monday-Friday 6 a.m.-6 p.m.; Saturday/Sunday 7 a.m.-5 p.m. **July 4th hours 7 a.m. - 5 p.m.** Find a variety of homemade desserts and baked goods – freshly baked cakes, muffins, pies, and cookies – and a large selection of last-minute items. We have

BAKER'S COUNTRY STORE local summer squash, zucchini, cukes, tomatoes and blueberries. Try a flavored iced coffee, smoothie, or an ice cream dish or cone! Check us out on Facebook: [facebook.com/Bakers-Country-Store](https://www.facebook.com/Bakers-Country-Store) for today's specials or call 413-369-4936.87

The Conway Inn - Open for pizza, chicken wings, and breadsticks, Friday and Saturday, 4 - 10 p.m.; Sunday 5 - 8 p.m. Call 413-369-4428 for takeout. Live music jams: Bluegrass - second Friday 7 p.m., Bluegrass/Folk - fourth Friday 7 p.m. and



Celtic/Traditional third Thursday - starts around 6 p.m. - each month!
Look for the blue flag on the porch.

Natural Roots Farm - We are a horse-powered CSA farm located along the South River right here in Conway. Enjoy this beautiful, bountiful farm and the vibrant community that we feed. Our farm store is open to the public year-round, self-serve during daylight hours. We offer eggs from our own pastured hens as well as other local items including beef, chicken, pork, dairy, baked goods, honey, maple products, coffee, tea, ice cream, snacks, beverages and more! Details on our website: www.naturalroots.com. Natural Roots, 888 Shelburne Falls Rd., Conway, MA 01341, 413-369-4269, farmers@naturalroots.com.

Your Home Town Realtor - Sarah Newman with Coldwell Banker Community Realtors. A Conway resident since 2002, I provide local, attentive and trustworthy service for home/land buyers and sellers throughout Franklin and Hampshire counties. To learn more about me, my services and brokerage company, please go to my website at SarahNewmanRealtor.com. Here you will also find past client reviews and recommendations. Contact me directly at 413-548-6525 or sarah.newman@cbcommunityrealtors.com with any real estate questions you may have. I'd love to hear from you!

Small Parcel Of Land To Sell? - Longtime Conway resident is looking to purchase 1-1.5 acres in Conway on which to build a modest home. Don't have land to sell? Maybe you know someone who does! Give a call or email: 413-210-1700 or erock42x@gmail.com

July is here - and there's a lot to do in the garden. Use a pair of our FELCO snips to deadhead any spent flowers or to trim strawberry runners to promote berry growth.

The sharp, forged blade of the GrowTech Surudo-Kote long-handled trowel will make transplanting iris and dividing other spring blooming perennials a breeze! Choose from a variety of ARS hedge shears to trim your hedges so sunlight will continue to reach the base of your hedge. Are any of your planted vegetables not doing well? Try planting high nectar flowers to attract bees and other pollinators. Use



one of our helpful guides, such as *100 Plants to Feed the Bees* or *Farming with Native Beneficial Insects*. Call or stop by and talk with our knowledgeable sales staff! Shop where the pros shop and thanks for buying locally! OESCO, Inc. (Orchard) M-F: 7-5; 369-4335.

Jan & John Maggs Antiques and Art - 17th-century English oak furniture, Queen Anne and Georgian jewelry, artwork, carpets, small accessories, and more. Open by chance or appointment. Visit us online



at jmaggs.com, email jmaggs@jmaggs.com, or call 369-4256 to arrange a visit. And feel free to knock whenever you see the blue doors on the front of the barn.

Debra Hoyle Studio and Gallery - Hello

Conway friends! During the months of July, August, and September I am showing some of my collage painting series in the lobby of Greenfield Community TV at 393 Main St, Greenfield (near the Garden Cinemas.) Hours are: Monday, Tuesday, Thursday, and Friday 10-6; closed Wednesday and weekends. Stop by when you're in Greenfield to take a look. Opening reception starts at 4 on July 26 during the Greenfield Arts Walk event which happens the last Friday of each month from March to November. My studio is open by chance and by appointment, so if you see that I'm there it's fine to knock on the door and come in for a visit! 413-325-5579;

debhoyle.art.rockpaperscissors

Weeklong Summer Piano Programs for Kids - Glover Piano Studio in South Deerfield offers piano lessons for kids and adults of all ages. If you're interested in learning piano, book a free meet & greet lesson by contacting Dorothy Claire Glover at 601-421-5032, or email gloverpianostudio@gmail.com, or visit www.gloverpianostudio.com. Registration is now open for weeklong summer programs for kids ages 5+! The week includes group and individual piano lessons, with singing, movement, arts and crafts, and indoor and outdoor games. It's a gentle, fun approach to learning music alongside friends in a state-of-the-art studio. No prior experience in music or piano required, just a love of music. Each session runs M-F from 9 am - noon, with flexible drop off/pick up from 8 am - 1 pm at no additional cost. \$250 / students. For more information, visit www.gloverpianostudio.com.

Qigong Class for All - Qi ("Chi") is energy, vital force. Part of traditional Chinese medicine Qigong is about mastering your own energy. When you have sufficient and balanced Qi, you have no fire; you are at peace. When you have too much, Qigong practice can balance its excess. Qigong coordinates body movements, dynamic and static postures, breathing exercises and meditation. Acupressure protocols are used to alleviate blockages. Qigong is energy cultivation: it's about aligning body, mind and spirit in one, to help bring clarity, awareness, balance, longevity, peace and fun. Just bring a mat and water! Class led by Alexandre Pazmandy, LMT- Every Saturday 10-11 a.m., 86 Main Street, \$25; Walk-ins welcome. 413-362-5173 - <https://ap.massagetherapy.com>

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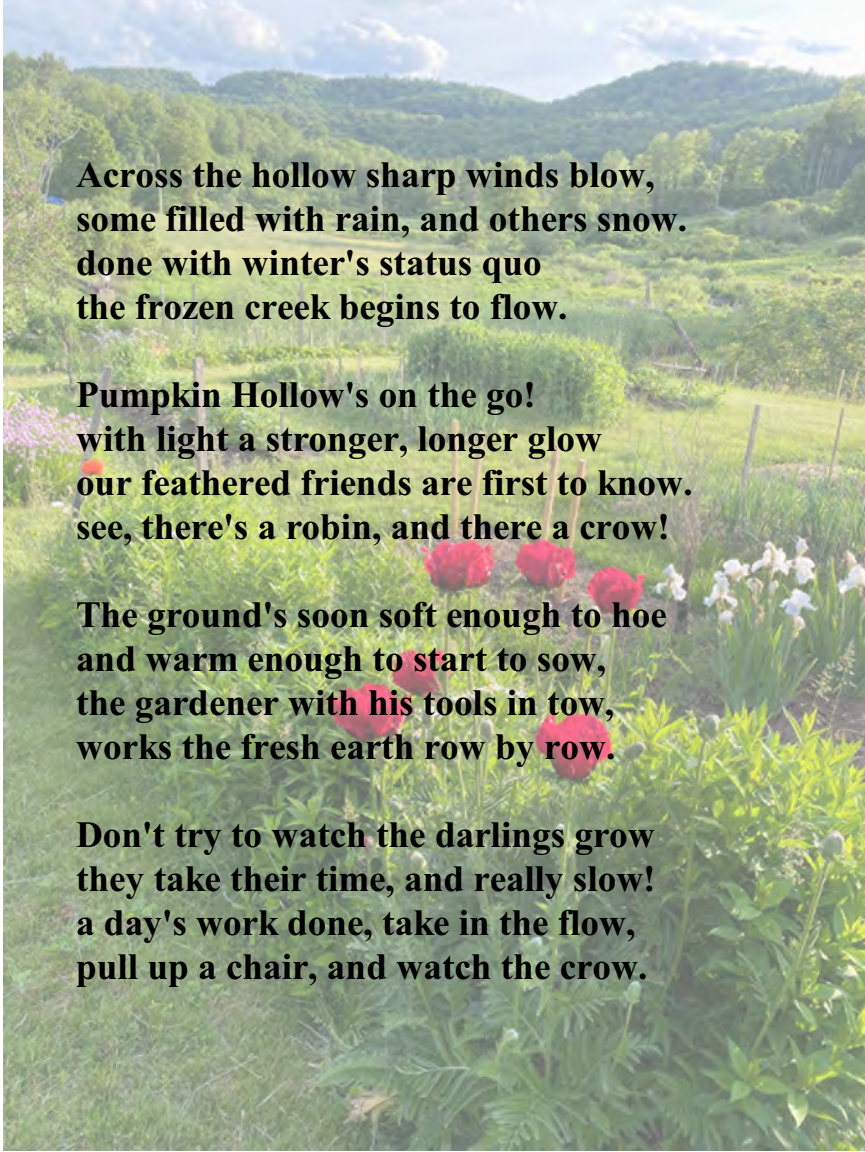
Jeopardy Quiz Answers

1. Toronto Maple Leafs
2. Leif Erikson
3. Table leaf
4. Flyleaf
5. Bay leaf



Pumpkin Hollow

by Cynthia Thomas



**Across the hollow sharp winds blow,
some filled with rain, and others snow.
done with winter's status quo
the frozen creek begins to flow.**

**Pumpkin Hollow's on the go!
with light a stronger, longer glow
our feathered friends are first to know.
see, there's a robin, and there a crow!**

**The ground's soon soft enough to hoe
and warm enough to start to sow,
the gardener with his tools in tow,
works the fresh earth row by row.**

**Don't try to watch the darlings grow
they take their time, and really slow!
a day's work done, take in the flow,
pull up a chair, and watch the crow.**

Town of Conway
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To place an ad or a notice, contact Louise at jimbeckett@crocker.com by the 15th of the preceding month.

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