

Volume 5, Number 8 - August 2024

### Annual Festival of the Hills Bake Sale

Saturday, October 5, 9:00 a.m. to 2:00 p.m. Town Common, in front of the library

The annual Saturday FOH bake sale is looking for donations of baked goods: cookies, pies, cakes, breads, etc. The food must be wrapped and labeled for nuts, GF, etc. Food can be dropped off the morning of the sale after 8:00 a.m. We will also have coffee, tea, and cider for sale. All proceeds from the bake sale are for the benefit of the Festival of the Hills Scholarship Fund for Conway graduating high school seniors.

No time to bake? Please stop by and purchase some baked goods for the weekend, holiday company, or your freezer. Thank you for supporting the festival and Conway students. Call Gail Connelly at 369-4287 if you have questions.

#### Call for Artists!

Conway's Festival of the Hills is seeking artists for the art exhibition to be held at the Field Memorial Library on October 6. All Conway artists are cordially invited to enter up to five pieces in the exhibition. Please join us for this event. Applications are available at <u>festivalofthehills.com</u>. Queries and applications can be sent to the art show coordinator at <u>conwayfestivalarts@gmail.com</u>.

## Last Call for Crafters!

If you are a crafter interested in participating in the craft fair at the 2024 Conway Festival of the Hills, please obtain a crafter application form by visiting the FOH website, festivalofthehills.com – under "Events," click "Craft Fair" – or by contacting Craft Fair Coordinator Amy Rioux at conwaycrafters@yahoo.com or 413-336-1360. Application deadline is August 16. Thank you to everyone who is interested in participating.

#### Join the Parade!

The Conway Festival of the Hills parade plans are underway! We have confirmation of music, which is always a hit; fire departments and a visit from Smokey the Bear; a fun-tastic lineup of classic cars to roll down Main Street; a few tractor friends; and our wonderful gift of pumpkins from the Crow and crew and the Scouts. There will be dignitaries — both state and local — who will be marching and a few others. But despite all that, there is still something missing: YOU!

Previous parades have featured a kazoo band, sports groups, dance troupes, horses, carts, and small floats. The festival parade is meant to celebrate you and our wonderful town. Please be a part of this fun event! Call Kat Llamas at 413-695-5626 to register your group, or if you have a great idea, let's discuss it.

## Ryan Scholarship Winner

The Friends of the Field Memorial Library is pleased to announce that Davey Mazur of Matthews Road in Conway was awarded the inaugural Ryan Scholarship. Members of Ryan's family, the Ryan Scholarship Committee, the Friends, and Davey's family were present when Davey received a check for \$3,000. Thad Bennett, coordinator for the Ryan Scholarship, quoted some highlights from Davey's application, which had impressed the committee and influenced their selection of him as the recipient from among all the applicants.

He said, "Davey intrigued us with his research on riparian rodents (beavers); his essay on the book, *The Overstory*, that inspired him to 'value stillness, something that is lacking in our world'; and his plans moving forward: 'I want to make solutions that are viable in our capitalist system . . . solutions where conserving natural resources are beneficial rather that exploitive.'"

Like Ryan, Davey graduated from Deerfield Academy. He will attend the College of William and Mary this fall. He is particularly excited about their Institute for Integrative Conservation, which deals with interdisciplinary solutions for climate and biodiversity.

For more information contact Thad Bennett, Coordinator, The Ryan Scholarship, <a href="mailto:theryanscholarship@gmail.com">theryanscholarship@gmail.com</a>.

#### Where To Put a Bench?

Age-Friendly Conway, the town committee that brought you the Senior Prom, wants your help in deciding where in town to locate a new bench. We have purchased a user-friendly bench (with seatback and side and middle armrests) with funds we received from FRCOG as part of the state's Mass in Motion program. Please help us decide where to place the bench by going to <a href="mailto:surveymonkey.com/r/TSNJLQK">surveymonkey.com/r/TSNJLQK</a>, by using the QR code, or by calling Robin Yerkes, AFC Chair, at 413-575-7816 and let her know your thoughts. The choices are the town ball field area, Pumpkin Hollow Common, South River Meadow, or another location.

Previous surveys helped us identify access to outdoor activity for older adults as one of the four areas that could help make Conway more age friendly. FYI, the data identify the other areas as home improvement, social isolation, and transportation. Thank you for helping us with this effort.

#### News from the Board of Health

**Mosquito-Borne Illnesses** Throughout the summer, mosquitoes are routinely trapped and tested for diseases across the state. The prevalence of mosquitoes carrying disease tends to increase as the summer passes. By mid-July of this year, mosquitoes in eastern Mass. have tested positive for two notable illnesses: West Nile Virus and Eastern Equine Encephalitis (EEE).

While both diseases can affect anyone of any age, EEE captures headlines because it can be deadly, and its survivors are often permanently disabled. Overall, it is a rare disease: In the last 85 years, there have been 115 cases of EEE in people in Massachusetts. Yet, public health officials are keeping an eye out for increased EEE activity this summer because of a mild winter, above-average rainfall, and EEE activity last year.

Although only a small percentage of mosquitoes carry disease, the best way to prevent illness is to prevent mosquito bites. Take these steps to avoid bites:

- Use insect repellents any time you are outdoors. Repellents that contain DEET, permethrin (for clothing, not skin), or picaridin work against mosquitoes. Oil of lemon eucalyptus can provide as much protection against mosquitoes as low concentrations of DEET. Always read and follow a label's instructions carefully.
- Wear long-sleeved clothing.
- Schedule outdoor activities to avoid the hours from dusk to dawn during peak mosquito season.
- Repair damaged window and door screens.

• Remove standing water from the areas around your home, such as rain gutters, flowerpots, wading pools, and birdbaths. This can disrupt mosquito breeding so that you can eliminate future mosquitoes – and their bites!

**Ticks** Remember that tick bites in our area can cause a number of tick-borne illnesses, including Lyme disease, babesiosis, anaplasmosis, and — less often — tularemia and other diseases. For information about prevention and tick identification, see the *Conway Currents* May and June issues on the town's website, <a href="mailto:conwayma.gov">conwayma.gov</a>. For current and detailed information, go to mass.gov/tick-borne-diseases.

Summer COVID Surge Cases are increasing across the country and here in our region, as they have each summer since COVID began. Mass. DPH and the CDC recommend you protect yourself and those who are immunocompromised by being up to date with your vaccinations, staying away from others and testing when ill, masking indoors when levels are high, and improving air ventilation. For high-risk individuals, consider antiviral treatment as guided by your healthcare provider.

**Extreme Heat Advisory** We experienced extreme heat levels during July and may experience more throughout the summer. This can cause serious illness, particularly in infants, young children, pregnant people, and older adults. Learn more about how to stay cool, stay hydrated, and recognize heat-related symptoms on the Board of Health webpage, conwayma.gov/g/42/Board-of-Health.

For the most up-to-date information, please see the town website and the BOH webpage.

## 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 <a href="mailto:maplefarm116@gmail.com">maplefarm116@gmail.com</a> or by phone at 413-768-1353.

## Conway Needs EMTs!

Conway's ambulance service is a volunteer department; currently it includes six Emergency Medical Technicians (EMTs.) The ambulance department answers calls for medical emergencies, automotive accidents, and other critical situations. It works closely with the Conway fire and police departments, along with the ambulance, fire, and police departments of neighboring towns.

EMTs respond to calls as they can, when they are free from other commitments. Some have prior medical experience; others just want to help the town. The department pays members for each call they answer, covers the cost of EMT licenses for those members who regularly respond to calls, and reimburses the cost of Massachusetts licensing classes for new, active EMTs.

The department is looking for new members! Conway Ambulance will reimburse EMTs for their class expenses and state testing fees if they become a Conway EMT. The department also offers to pay up front the costs of an EMT class and state exams for anyone who agrees to get their EMT license and work on the ambulance crew for a minimum of one year. For more information or to apply, contact <a href="mailto:ambulance@conwayma.gov">ambulance@conwayma.gov</a> or leave a message at 413-369-4235 x 9.

## Annual Household Hazardous Waste Collection Day

Franklin County Solid Waste District will hold the 2024 household hazardous waste collection on Saturday, September 21, at Greenfield Community College (GCC) and the Orange Transfer Station. **Residents and businesses must preregister by September 13.** Online preregistration for the 2024 collection will open on August 14 at <a href="franklincountywastedistrict.org">franklincountywastedistrict.org</a>. Mail-in registration forms will be available in mid-August at town transfer stations and in local newspapers.

Participants will be assigned an appointment time to bring waste to the collection; an appointment time and instructions will be provided by mail after registration is processed. The collection is free for residents of most of the district's 21 member towns. Businesses may participate but must pay disposal costs. For business registration information, call 413-772-2438.

This event provides an opportunity to dispose of hazardous items that should not be put in the trash, such as leftover oil-based paints, stains, thinners, pesticides, herbicides, pool chemicals, motor oil, antifreeze, household cleaners, and other household chemicals. A more complete list of acceptable items is at <a href="franklincountywastedistrict.org">franklincountywastedistrict.org</a>.

Batteries and mercury-containing items such as fluorescent light bulbs, thermometers, and thermostats are not accepted at this collection. These items, which may contain mercury or heavy metals, should never be put in trash or recycling. Handle them carefully, bring them to a municipal transfer station or a <u>Regional Hazardous Waste "Super Site"</u> and hand to the attendant. In addition, fluorescent light bulbs are accepted at Lowe's Stores (all types) and Home Depot (CFLs only).

For more information visit <u>franklincountywastedistrict.org</u> or contact the district at <u>info@franklincountywastedistrict.org</u> or 413-

772-2438. MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD). The district is an equal opportunity provider.

#### Annual Mutts in Need Fundraiser

by Mary Parker, Shelter Volunteer

The Friends of the Franklin County Regional Dog Shelter are holding a fundraiser on Saturday, August 17, from 11:00 a.m. to 3:00 p.m. at the Millers Falls Rod & Gun Club, 210 Turners Falls Road, Montague. Tickets: \$30.00 advance, \$35.00 at the gate. Proceeds support the work of the Friends.

Come join in the fun. There will be hot food, ice cream, working dog demos, Paw Prints, photo booth, agility course, face painting, raffles, silent auction, vendors, and much more. Dogs are welcome but must be on lead (no retractable leads). For additional information and advance tickets, call the shelter at 413-676-9182.

#### Notes from the Town Administrator

The following are current openings on town commissions, committees, and boards. These are always listed and updated on the front page of the town website, <u>conwayma.gov</u>.

**Agricultural Commission:** This commission is inactive because there are currently no members, but it is set up as a five-member commission.

Cable Advisory Committee: Two vacancies

Capital Improvements Planning Committee: One vacancy

**Community Preservation Committee:** One vacancy

Forest and Trails Committee: One vacancy

Open Space Committee: One vacancy

Planning Board: One vacancy

If you are interested in or intrigued by any of these openings, please contact the chair (listed on the website) or call my office at  $369-4235 \times 3$ .

The town is also hiring to fill two full-time positions in the Highway Department. One is for an equipment operator: Massachusetts CDL Class B driver's license, Hoisters License 2A, and DOT medical card required prior to work. Pay rate \$23-\$27 per hour depending on licenses and experience. The second position is for a building and grounds maintenance technician at \$21 per hour: DOT medical card required prior to work. If you are interested, please contact me at townadmin@conwayma.gov.

Véronique

# News from the Conway Mall by Kathy Llamas

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.

## Moderator Musings

by Jimmy Recore

The moderator's handbook that we use to guide town meetings lists four essential components to any town meeting. Voters are number one on that list, followed by a moderator, then town clerk, and last a properly executed and posted warrant.

It is important to note that voters are first on the list. The town meeting as we practice it in small towns in Massachusetts is truly the purest form of democracy left in the country. Your vote on each article is just that, *your* vote. You have not elected someone to represent you in this meeting. You represent yourself. You also speak for yourself. Your individual actions during town meetings let the other participants know how you feel about any article, and your feelings and participation in the debate on any article will help it move along to its eventual conclusion.

How you speak and act during the town meeting is also an important factor in how the meeting proceeds. When speaking, try to keep to the point of the article being discussed. Your passion for the subject being discussed will show from your words. Please try to refrain from raising your voice or resorting to the use of profanity. Raised voices and profanity, aside from getting the attention of the moderator, usually detract from the point being made. Please try to frame your words before you speak.

My job as moderator is to keep order during town meetings and ensure that everyone has an equal voice on all subjects on the warrant. This is not hard to do 99% of the time. The best way you can help me is to come to the meeting prepared. Become familiar with the articles on the warrant before the meeting, show up on time and treat all others at the meeting with the same respect that you would expect yourself. True democracy is in our hands during town meetings, more so than at any other time in our lives. My hope is that this will continue as long as we have the will to keep it alive.

#### Come Join Us!

The Conway Council on Aging is pleased to host an afternoon of music and friendship on Wednesday, August 21, from 1:00-4:00 p.m.at Veterans Memorial Park opposite Town Hall as we celebrate what officially became National Senior Citizens Day when on August 19, 1988, President Ronald Reagan signed Proclamation 5847 declaring August 21 as a day that "recognizes the achievements of the more mature representatives of our nation."

Enjoy the music of Lindsey and the Llamas as they take you on a journey through a wide range of musical styles and an opportunity to visit with friends and neighbors. Light refreshments will be available. We look forward to seeing you there!

#### 27th WCPCEA Tournament: A Hot Success

With the temperature near the boiling point in mid-July, the Conway Firemen's Auxiliary hosted the WCPCEA (World Class Professional Crazy Eights Association) National Championship. A hot time was had by all!

Dr. Howard "Doc Nater" Natenshon waltzed away with the trophy and the twenty-seven-year-old jacket. Through the generosity of

our players and Kate and Russ French, over \$700 was raised for the Firemen's Auxiliary Scholarship Fund. A big thank you also goes out to Ken Ouimette, Sheila Harrington and Greenfield Savings Bank, all the Baker family, and Misty Loncar, who kindly donated her half of the 50/50 raffle. The same cannot be said of former all-pro Eights player Jon Pepper, who would not relinquish his "Yodeling Pickle" raffle prize for any price.

## Sir Reggie's Homemade Jeopardy Quiz

Come up with the right answers to the questions in this category: "Throw Me a Line." Answers on page 21.

#### What is:

- 1. Something you can skirt around?
- 2. An old-fashioned eavesdropping tool?
- 3. "Your place or mine?"
- 4. A group that sings and dances?
- 5. Something batters do but not with a car?
- 6. A phrase that tells how gullible people might fall for something?

## Conway Sportsman's Club News

Upcoming events at the club:

- Saturday and Sunday, August 3 and 4, the club will host a two-day archery shoot from 7:00 to 11:00 a.m.
- On Sunday, August 18, from 8:00 a.m. to 4:00 p.m., the second sporting clays shoot will take place.
- On Saturday, August 10, and Saturday, August 31, the ranges will be closed for two private events.

For more information about these events and other club activities and offerings, please go to the Conway Sportsman's Club website conwaysportsmansclub.org.

## From the Archives of the Conway Historical Society

For years, tobacco was a significant cash crop for many of the area's farmers, and not just in the Connecticut River Valley towns like Sunderland and Whately. Harvest time in 1930 saw this tobacco wagon being pulled by two horses in Conway, captured in



this black-and-white photograph on the Reed Farm, off today's Elm Street. Bringing in the field tobacco were Seymour Harris, driving; Arthur Hassell, center; and Cullen Reed in the rear. If you know where to look, you can still see classic long, single-story tobacco barns in town. There is one at the foot of Pine Hill Road, just above Baptist Hill, for example. Tobacco has been grown in the Connecticut River Valley since colonial times, with production peaking in the early 20th century, although some is still grown today in the valley towns. Image courtesy of the Conway Historical Society, Gift of Jennifer Hassell Coliskey.

## Friends of the FML Story Walk

The Friends of the Field Memorial Library will host our August story walk on the weekend of August 16-18. The walk 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. August's story walk is *I Don't Want To Be a Frog* by Dev Patty. You can walk from one sign to the next to read the story. Activity kits will be available in a plastic container, first come, first served. Just help yourselves. 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.

## 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 August 7. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284 or email patricialynch@earthlink.net.

#### **Senior Calendar for August**

"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 August 5. Clinic hours are 9:00 a.m. to 3:30 p.m. The fee is \$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. 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., August 9 and 23. Classes are held both 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.

Conway Currents is available online! Go to conwayma.gov > Boards & Committees > Newsletter Committee: Conway Currents and scroll down to Conway Currents Newsletters and you'll see all issues published to date. Feel free to share with folks from out of town who don't get the paper version.

## 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 <a href="https://conwayma.gov/">https://conwayma.gov/</a> > 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 15<sup>th</sup> 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. \$19.50/hr. with possible increases depending on experience; Variable hours. 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

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, gigong, Pilates, as well as meditation. To learn more and to schedule, visit www.ginambarrett.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 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!

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, second Friday 7 p.m. and third Thursday - starts around 6 p.m. each month! Look for the blue flag on the porch.



Baker's Country Store - open seven days a week for all-day takeout breakfast and lunch: Monday-Friday 6 a.m.-6 p.m.: Saturday/Sunday 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 local



summer squash, zucchini, cukes, tomatoes and BAKER'S blueberries. Try a flavored iced coffee, smoothie, or an ice cream dish or cone! Check us out on Facebook: facebook.com/Bakers-Country-Store for today's specials or call 413-369-4936.

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.

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

House Above The Hollow - Need accommodations for visiting family or friends? House Above The Hollow is a charming onebedroom apartment in a lovely Greek Revival home overlooking the historic Pumpkin Hollow. For more info visit airbnb.com House Above The Hollow.

August is here - and there's a lot to do in the garden. Use a pair of our FELCO snips to deadhead any spent flowers. The sharp, forged blade of the GrowTech Surudoi-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. Tax Holiday Sale - Saturday and Sunday, August 10 & 11. Prices on everything in the shop and on our website will be reduced by 25% for the entire month. Drop in between 10:00 and 4:00 on the tax holiday weekend, and save

sales tax as well. Help us reduce our inventory, and find a treasure! Open by chance or appointment. Visit us online at jmaggs.com, email jmaggs@jmaggs.com, or call 369-4256. And feel free to knock whenever you see the blue doors on the front of the barn.



Hello Conway friends! - During July, August, and September I'm showing some collage paintings in the lobby of Greenfield Community TV at 393 Main St, Greenfield. This show 'My Ways of Seeing' hours are: Mon, Tues, Thu, Fri 10-6; closed Wed and weekends. Stop by when you're in Greenfield to take a look! Opening reception at 4, July 26 during the Greenfield Arts Walk. A 10 minute video interview may be seen at: https://www.youtube.com/watch?v=BIONUZAUHYA. I have a monoprint at the Gallery A3 Annual Juried Show on this year's

theme 'Impermanence' near the Amherst Cinema on Amity St. Opening reception August 1, 5-8! And I'm one of five artists in the 'Emerging Artists Showcase' at Northampton Center For The Arts, 33 Hawley St. Opening reception August 9 5-8! My studio at 46 Main Street, Conway is open by chance or appointment. Stop by! 413-325-5579 instagram.com/debhoyle.art.rockpaperscissors

Pottery Class - Tuesday evening wheel throwing classes for beginning and intermediate students taught by Megan Hart in her Conway studio beginning September 10, 6:00-8:00 p.m. for six weeks. Emphasis will be on creating functional forms and shapes by first learning the art of centering. More advanced students can refine their skills working on forms they have previously made or attempting more challenging pieces. Classes are small which allows lots of individual attention. Materials and firings are included as well as an additional time during the week, decided by the class, to work on your own. For more information or interest in registering, please contact me by email or phone.

hartpottery@gmail.com 413-522-6707.

Summer Piano Camps for Kids ages 5 - 9 - Interested in learning piano? We're enrolling kids ages 4.5 - 18 for the 2024 - 2025 academic year! Glover Piano Studio is located in South Deerfield, MA. For pricing, class offerings, or to schedule a free meet & greet lesson, text or call Dorothy Claire Glover at 601-421-5032. We also offer pay as you go lessons for adults. We have a few spots left for summer piano camps that run M - F, 9 a.m. - noon from August 12 - 16 and August 19 - 23rd, with flexible drop off and pick up from 8 a.m. - 1 p.m. at no additional cost. To register, visit www.gloverpianostudio.com/summer.

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 - <a href="https://ap.massagetherapy.com">https://ap.massagetherapy.com</a>

**DR 46" cut walk-behind finish mower for sale** - newer 10HP engine, extra set 3 blades, extra/new/recent belts & spindles, manuals & records. Pull-start, simple machine. Runs perfect, needs nothing. \$400. 413-369-4035.

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## Jeopardy Quiz Answers

- 1. Hemline
- 2. Party line
- 3. Pickup line
- 4. Chorus line
- 5. Line drive
- 6. "Hook, line and sinker"



## (Inheard Melodies

by Nicole Braden-Johnson

"Heard melodies are sweet, but those unheard / Are sweeter"

– John Keats "Ode on a Grecian Urn"

#### These Endless Hills

"Our existence is but a brief crack of light between two eternities of darkness." - Vladimir Nabokov

I cruise the smooth, serpentine Mohawk Trail,
Flanked by the reaching crowns of maple, oak, and pine,
Their verdant branches a giant highway awning.
A red-tailed hawk swoops, lands,
And observes these human curiosities from a birch-perch.
The road lifts and between the walls of green,
A great gray-blue geyser of sky erupts,
Spouting magnificent, rolling cumulus clouds.
I reach the apex before the descent into town;
Cascading ahead are luscious, rippling hills,
And swelling mountains against turquoise skies.
I spy corners of townships and cityscapes,
Interwoven along the riverbeds and mountain ranges.

Though I am but one finite blip on this Earth, With my mortal eye, I catch each mountain's fearful height, each radiant leaf's symmetry, each ray of light, burning bright. And with my numbered breath, I record each syllable of time,

All of our yesterdays that light our way down these winding roads, And all tomorrow's over the iridescent hills and far away. In some billion years, the sun will destroy the earth and die itself, And all our days and deeds,
Inscribed in breath or stone or flesh,
All these endless, eternal mountains,
The old forests and ageless ecosystems,
The sprawling, roaring cities,
Will evanesce completely.

Beholding the ancient mountainscape (Which is, after all, just as finite as I), I breathe in this moment of our shared existence.



The Mohawk Trail, Artist unknown.

Town of Conway P. O. Box 240 Conway, MA 01341

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

Thanks for your support of Conway Currents!