



Volume 7, Number 1 - January 2026

## Census/Annual Street List

**What is the Annual Town Census?** The General Laws of Massachusetts (M.G.L. Ch. 51 § 4) mandate an annual street listing of residents as of January 1 each year. Therefore, the town clerk's office sends out preprinted census forms to all Conway households at the beginning of each year. Forms are due back to the clerk's office within ten days of receipt: return envelope provided.

**Is the information collected public information?** Records for residents 17 years of age or older are public information. A street list is available each year with the names and addresses of every resident 17 years of age or older, in accordance with Massachusetts General Law Ch. 51 § 6.

**What should I do with my census form?** If the preprinted information is correct, please sign the form and send it back to the clerk's office. If the information needs to be updated, you can add, delete, or make changes on your form and mail it back.

**Why is the census important?** If you are a registered voter, failure to respond shall result in removal from the active voting list and may result in removal from the voter registration rolls, per Massachusetts Law. If you are not a registered voter, it is still important for you to return your census form; many public benefits require proof of residency, which our office can provide for any resident who has been counted in the census. An accurate count of residents in town leads to better municipal services. Answering the census on a yearly basis helps Conway maintain accurate population information for the allocation of state and federal funds, as well as grants to the town, and assists individuals with proof of residency

for numerous personal and/or legal requirements, such as in-state tuition at state colleges or universities, housing benefits for the elderly and other eligible persons, veterans' benefits, insurance benefits, and school enrollment.

**Does turning in my census form register me to vote?** No, it does not. Contact the town clerk's office for information on how to register to vote.

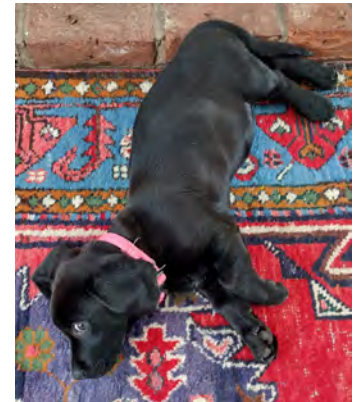
## Can I update my name, party, or address on my census form?

If you are a registered voter and you would like to update your name, party, or address, make the change on the form and make sure that you have signed it. If the form is signed by another member of your household, you will be counted, but we will not be able to make the change(s) to your voter registration. Each person making a change must sign the form.

If you have further questions, please contact the town clerk's office at 413-369-4235 x 4 or [clerk@conwayma.gov](mailto:clerk@conwayma.gov).

## Fourth Annual Dog-of-the-Year Contest

The town clerk's office will be holding its Fourth Annual Dog-of-the-Year Contest. Three dogs will be chosen for 1st, 2nd, and 3rd place, and these dogs will have their license fees waived for three years, two years or one year, respectively. They will also have their photos published in *Conway Currents* and posted on the town website and the town clerk's Facebook page. Please submit a photo of your beloved **licensed** pooch(es) to the town clerk's office by March 6 for consideration. If your dog(s) aren't currently licensed, come down to the town clerk's office, get your pups licensed, and submit your photo(s). Judges to be determined.



Shorty, 2025 1<sup>st</sup> place winner!

Please mail your submission to the Conway Town Clerk, PO Box 240, Conway, MA 01341, hand-deliver to the town clerk's office at Town Hall, 5 Academy Hill Road, or email to [clerk@conwayma.gov](mailto:clerk@conwayma.gov).

## Changes to Conway's Energy Program

by Bob Armstrong

The Town of Conway and many other Franklin County towns continue to collectively purchase electric power on behalf of residents who choose the program. Since we began, several additional towns have joined us due to our program's consistent low rates and variety of options to purchase a higher percentage of renewable energy than required. We recently signed a thirty-four month contract with a new supplier, First Point Power, and we will continue to offer these three options at slightly lower rates beginning with the January 2026 meter reads:

- A standard product with 25% more locally produced renewable power than the state minimum at a rate of 13.852 cents/kWh.
- An optional product that meets the state minimum at a rate of a penny less than our standard product.
- Another optional product that meets the state minimum with 100% locally produced renewable power at a rate of 2 pennies more than our standard product.

Conway residents purchasing our standard product have been paying 15.136 cents/kWh. The new rate represents a decrease of \$8.00 per month on the supply side of the bill for an average usage of 600 kWh/mo.

Since Conway launched its electricity program in August 2020, it has saved residents and small businesses over \$473,000 in electricity costs compared to Eversource's basic service. It is important to note that *no action is required* by current participants. Everyone currently enrolled will remain with their current product at the lower rate but, starting with their February bill, see First Point Power printed as the supplier.

Conway's program never has fees or charges. Switching from a contract with a private supplier may incur penalties, so you should verify terms before switching. Eversource changes its rates twice a year (or more), so our rate may not always be lower than theirs. The goal of our program is to deliver savings over its life compared to Eversource or a private supplier. Future savings cannot be guaranteed.

Visit our web page: [colonialpowergroup.com/conway](http://colonialpowergroup.com/conway). Call 866-485-5858 x 1 to learn more about Conway's program, to opt-in/opt-out, or to change your product selection. If you have any questions, call Bob Armstrong, 413-522-7617.

## Eugin-Moores Express Thanks

On behalf of the Eugin-Moore family, we would like to express our deepest gratitude for your support during this difficult time. We were deeply touched by your kind words, messages, notes, cards, flowers, food, donations, and so many other thoughtful gestures. Even though Jim spent only about half his life living in Conway, he considered this his home and thoroughly loved all aspects of this wonderful community and its residents.

With sincere gratitude and appreciation  
Chris, Sarah, Kate, and Spencer

## New Group: Joys and Concerns of Aging

This group, which is sponsored by the Age-Friendly Conway Committee and funded by Mass in Motion, will meet once a month to discuss issues of aging. It will be led by Robin Yerkes, LICSW, a clinical social worker with many years of experience in leading groups. The group is limited to 12 people. We will meet for 90 minutes from 10:30 to noon. Day and location will be posted in the February issue of *Conway Currents*. Hopefully the group will be thoughtful, interesting, and fun.

If you are interested, call or text Robin at 413-575-7816 or email [rbyerkes@gmail.com](mailto:rbyerkes@gmail.com).

## Notes from the Town Administrator

Conway has had some turnover in staff over the last year or so, so I wanted to take this opportunity to introduce them to you. All extensions are for 369-4235.

- Associate assessor Derek Grueter, available at Town Hall on Wednesdays from 9:00 a.m.-5:00 p.m. and via email at [assessors@conwayma.gov](mailto:assessors@conwayma.gov). Extension 5.
- Treasurer/tax collector Sean MacDonald, available at the town office Monday, Wednesday, and Thursday from 8:00 a.m.-4:00 p.m. or by appointment and via email at [treasurer@conwayma.gov](mailto:treasurer@conwayma.gov). Extension 2.
- Assistant treasurer/tax collector Jolene Lavallee, available at the town office Monday, Wednesday, and Thursday from 9:00 a.m.-3:00 p.m. and via email at [taxcollector@conwayma.gov](mailto:taxcollector@conwayma.gov). Extension 1.

If you have not yet met them, please introduce yourself; they are wonderful to work with!

## Conway Mall Update

Brrrr! It is wicked cold out there. Thank you for your patience with us as we work to get the interior of the Mall constructed. The selectboard has voted to hold off on putting electricity in the Mall until it can also be insulated and a dividing wall put in. When this happens, unfortunately the Mall will have to be emptied of everything in order for all the work to be done, which will be coordinated early in the spring, when we will also figure out where to temporarily store the Mall's contents. Over the winter, if the Mall is open at all it will be catch as catch can, because we don't want anyone to get chilled to the bone! The good news is that once the work is complete, we can truly set up the Mall the way it should be.

Happy New Year to all!

Véronique

## Winter Walkway Safety Initiative

The Conway Police Department, along with help from the local Boy Scouts, is proud to announce its new Winter Walkway Safety Initiative, a community-focused safety program designed to help older residents stay safe during the winter weather. Through this effort, officers will deliver buckets of sand, filled by the local Boy Scouts, to seniors who may need extra support with icy walkways and driveways. Any Conway senior who would like to participate can simply contact the department by telephone (369-4235 x 7) or email [policechief@conwayma.gov](mailto:policechief@conwayma.gov), and an officer will arrange delivery. This initiative reflects Conway Police Department's ongoing commitment to service, safety, and supporting the well-being of our senior community members.

## Update from the Board of Health

As we welcome a new year, the Board of Health extends warm wishes to everyone in our community. January is a natural time for reflection, fresh starts, and renewed commitments to health and well-being. We'd like to share a few updates and reminders to help keep our town safe and healthy during the winter months.

**Cold Weather Preparedness** Winter in western Massachusetts can bring sudden temperature drops, heavy snow, and icy conditions. Please take steps to stay safe: dress in layers, keep walkways clear, and check on neighbors – especially older adults or individuals living alone. If you use wood heat, remember to keep chimneys clean and ensure smoke and carbon monoxide detectors are functioning with fresh batteries.

**Respiratory Illness Season** January is typically the peak for flu, RSV, and COVID-19. Vaccinations remain one of the most effective ways to reduce severe illness. Many local pharmacies and health centers offer walk-in appointments. Handwashing, staying home when sick, and improving indoor ventilation continue to make a meaningful difference. If you test positive for COVID-19

and are at higher risk, speak with your healthcare provider promptly; treatments are most effective when started early.

**Radon Awareness Month** January is National Radon Action Month. Radon is a naturally occurring radioactive gas found in many New England homes, and long-term exposure can increase the risk of lung cancer. Testing your home is simple, inexpensive, and recommended every few years, even if you've tested in the past. Test kits are available online and at hardware stores. If elevated levels are found, mitigation is effective and relatively affordable.

**Healthful New Year Habits** Finally, many of us use the start of the year to recommit to healthier habits, whether through physical activity, stress reduction, or better nutrition. Even small, steady changes can make a big difference over time.

We wish you a safe, healthy, and hopeful start to 2026. Please contact the Board of Health with any questions or concerns.

*Information from the Conway BOH is focused on our shared public health. Please consult your healthcare provider for your personal healthcare guidance. For the most up-to-date information, please see the town website and the BOH webpage at [conwayma.gov/g/42/Board-of-Health](http://conwayma.gov/g/42/Board-of-Health)*

## Hilltown Churches Food Pantry Thanks

by Amy Dryansky

I want to thank everyone who helped make the fundraiser for the Hilltown Food Pantry on Saturday, December 13, a success. Special thanks to Barb and everyone at the Conway Inn for being such terrific hosts, Louise for helping with promotion, and Rob Douglass and all the musicians who donated their time for this event: Daring Coyotes, Just Fine Thank You Band, and Mill River Rounders. The music was outstanding.

Together as a community we were able to raise over \$1,400 for our neighbors in need. Pat Thayer from the Food Pantry had this to say: "We can leverage that much money for so much food; this is truly a holiday miracle. Many folks will have some of the food insecurity worry taken from them for the holiday, so they can use that money they won't need to buy food with and spend it on heating their houses, medicine, a few toys for the kids. You folks are amazing."

We are so lucky to have such a generous community. Thank you!

*If you were unable to attend the fundraiser and would like to make a donation, you can send a check to Hilltown Churches Food Pantry, PO Box 161, Ashfield, MA 01330-0161.*

## Friends of the Field Memorial Library Update

**Giving Tree** Thanks to all who gave so generously! Our first collection of donations brought to the Hilltown Churches Food Pantry in mid-December was our largest ever, with more than \$950 in gift cards, eleven bags of groceries, stuffed animals, books, a quilt, and other holiday items. We brought a second round of donations with at least \$500 more in gift cards and other requested items as of the deadline for this issue of *Conway Currents*. In this time of great need, it is so important to provide what we can to help those in need. Conway shows its care in many ways! We continue to try to meet the growing need for food assistance with our Food Access Program, now located in Town Hall. See below for more information.

**Food Access Program** The Friends and library staff have begun a food exchange access program for Conway residents, located in the entrance lobby of Town Hall. Anyone can access these materials. Take what you need and give what you can. Food may be picked up and donations left during open hours: Monday 9:00 a.m.-5:00 p.m., Tuesday 8:30 a.m.-4:30 p.m., Wednesday 8:30 a.m.-3:00 p.m., Thursday 8:30 a.m.-4:30 p.m.; closed Friday-

Sunday. Our focus is on food items, but we have added a few sealed sanitary products as well, and some pet food has also been donated.

Donations in the form of sealed, unopened, unexpired, nonperishable, shelf-stable food items are gratefully accepted. Gluten-free, low-sodium, dairy-free, and organic items are greatly appreciated to help meet the dietary needs of all families. Most needed: canned tuna, chicken, vegetables, and soups; peanut butter and jelly; cereal; oatmeal; pasta and tomato-based sauces; beans (all kinds), lentils, and rice; evaporated milk; crackers; cookies; granola bars; bread, muffin, and pancake mixes; and vegetable and olive oils.

**Chili Cook-Off** Our annual chili fest will be held again this February 7 in the library's community room. Think about what wonderful chili you might bring to this very welcome event in the depths of the cold winter season! Free for all and fun for all!

## Eating Around Town

by Kate French

### Vegetable-Beef Soup

*Recipe provided by Phylis Dacey. This sounds like just the ticket for a yummy, hearty soup on a chilly day!*



- 2 lb. stew meat
- 1 large onion, chopped
- 2 carrots, cut into small pieces
- 1 small head of cabbage, cut into small pieces
- 2 stalks of celery, cut into small pieces
- 1 quart canned tomatoes with juice
- 1 cup barley (quick cooking)
- 1 can cream-style corn

In a large kettle, cover meat with water. Add onions, carrots, cabbage, celery, and tomatoes. Bring to a boil and simmer for many hours. Add barley and simmer for another hour. Shortly before serving, add corn and heat through.

From *Conway's Open*, a cookbook celebrating the town's 250th anniversary in 2017. Available at OESCO.

## Update from the Field Memorial Library

Greetings to my dear Conway community,

As the director of the Field Memorial Library I want first to thank you all for trusting me with your library. It has been a pleasure working here over the past three years. While I dearly wish I could stay, it is my turn to pass this position on to our beloved staff member Chris Caldwell.

This library is particularly special in my eyes. While the building is marvelous, I want to share something that I think sometimes goes unnoticed. Small communities have a special spirit where folks have the ability to become acquainted more intimately than in a more urban environment. I love how this dynamic exists within Conway. Residents respond to one another on a first-name basis here. This sustained connection is something to be proud of.

Without such caring, this library would be a fraction of what it is. Our robust system of volunteers – made up of our trustees, Friends group members, and shift volunteers – who pour so much effort into the library breathes life into it. This tiny and privately funded library exists only in the ways it does with the expertise and care of much unpaid labor.

This library's collection is very full despite being so small. The amount of books we loan out and send back to other libraries weekly is about three large bins, typically filled to the brim with digital and print media. This past year the library loaned almost double the amount we received in interlibrary loan requests.

Some of the books in our collection have been donated to us by you folks. Thank you for filling in the gaps in our collection. This not only helps this town, it also helps the greater community have access to information. Diverse media are vital, especially at a time in this country when efforts at censorship exist on both digital and printed levels.

With that being said, it has been an honor to serve this mighty community. I will treasure the connections made here for a lifetime.

Thank you for everything, Phoebe

Phoebe Hynes, Director, Field Memorial Library  
[director@fieldmemoriallibrary.org](mailto:director@fieldmemoriallibrary.org)  
369-4646 fieldmemoriallibrary.org

## Field Guide to Conway: Broad-leaved Cattails (*Typha latifolia*) in Winter

by Courtney Gilligan & Marilyn Webster; illustration by Hannah Harvester

*Other common names include Cat-o'-Nine-Tails, Bulrush, Great Reedmace, Water Torch, Candlewick, Marsh Pestle, Nailrod*

Drive along Route 116 near the Grammar School (as well as many other roads in Conway) and you'll see a marsh with broad-leaved cattails on both sides of the highway. This distinctive plant grows in shallow, slow-moving, or still water of marshes, ponds, wet depressions, and margins of rivers and lakes. At this time of year the brown, sausage-like seedheads are covered with up to 220,000 small seeds with fluffy parachutes. These seeds are dispersed by the wind, float on the water, and stick to the fur,



feathers, and muddy feet of wildlife. Cattails also spread by sending out horizontal stems called rhizomes.

If you see black-capped chickadees or other birds on these seedheads, they may be foraging for insects that have nestled in them for the winter. Rachel Sargent Mirus writes that shy cosmet moth caterpillars “spin silk threads through the cattail head to prevent the fluff from blowing away before winter ends, allowing the caterpillars to use its insulation to stay warm all season long.” These caterpillars also eat the seeds and emerge as adults in the spring.

Cattails are a favorite food of muskrats. In the winter, muskrats remain active under the ice, diving down to dig up and eat the rhizomes. In the warmer weather, they eat the shoots and stems. Muskrats construct lodges with underwater entrances out of mud, cattail stalks, and other vegetation. They don't store caches of food; instead, they push plant materials (including cattails) up through thin ice to create hidden platforms where they can rest and feed.

As eastern cottontails, wild turkeys, northern raccoons, and white-tail deer cross the frozen marsh, they may hide and seek shelter in the dry cattail stalks. Come spring, other wildlife will move among the cattails, make homes, find food, and sing their arrival.

## Splendid Book Chat

by Aimee Anderson

Happy New Year! This month's selections are two delightful short holiday reads. The first book I selected is *A Murder, A Mystery, and a Marriage* by Mark Twain (W. W. Norton & Co., 2001). This novelette (just 44 pages) was written in 1876 for *The Atlantic Monthly* although not published until 2001. The story of the long gap between the writing and publishing of the story is contained in the foreword and afterword of the book and is full of interesting tidbits of Twain's life and friends. The charm of this novelette is in Twain's clever depiction of the characters' personalities, quirks, and ambitions. The pivotal character,

John Gray, creates an upheaval in his family's lives when he forbids his daughter to marry the man she loves. He is carried away by his ambition to marry her to someone with deeper pockets. Enter an opportunistic stranger whose hints of being the high-born heir to title and wealth go straight to John Gray's tiny, greedy heart. What follows are the predictable and sometimes amusing consequences of following the lower road. This is not my favorite Mark Twain story, but the characters and action are speedily developed, engrossing, and enhanced by the back story of the novelette itself.

The second selection for this month's chat is *Mrs. 'Arris Goes to Paris* by Paul Gallico (Doubleday & Company, 1958). The story begins with Mrs. Harris nervously enjoying her first ever flight to Paris to fulfill her dream: to purchase a splendid dress from the famous House of Dior. How she came by this dream, her attempts to fulfill it, and what comes of all her striving to possess this "precious thing of beauty never meant for the likes of her" is a delicious fairy tale, perfect for the holiday season. The character of Mrs. Harris is enjoyable due to her ebullient spirit and quirky ability to be almost instantly in sympathy with her fellow human beings. Mrs. Harris's strong sense of who she is and what she wants makes it fun for the reader to cheer her on and take part in her journey. Note: A film based on the book came out in 2022.

Please join me next month for another Splendid Book Chat.

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The deadline for articles and ads in the newsletter is the 15th of the preceding month. Please send your content, comments and suggestions by email to the Newsletter Committee Chair at [newsletter@conwayma.gov](mailto:newsletter@conwayma.gov). Send your advertising requests to Louise at [lmbeckett@crocker.com](mailto:lmbeckett@crocker.com). Thank you!



## Unheard Melodies

by Nicole Braden-Johnson

*"Heard melodies are sweet, but those unheard / Are sweeter"*  
– John Keats "Ode on a Grecian Urn"

## Age of Cyborgs

I never imagined that the age of cyborgs would begin with words.  
The human-machine hybrid of sci-fi lore,  
All electric sinews and silicone flesh,  
Seemed plausible if quaint.  
When the fictional cyborgs query: "To be or not to be?"  
We empathize with such human-like attempts at meaning.  
We know how deeply the words of past minds can resonate  
And we know the strength of our own thoughts built upon theirs.

Before we considered replacing defective body parts,  
To make us better, stronger, faster,  
In an already questionable quest for metal immortality.  
Now as machines are sneaking into our minds,  
We allow the algorithm to deliver our thoughts and words,  
Slowly to reshape and remake our beliefs  
And perceptions about the world in which we live.  
An invisible stream of code,  
Written by an unknown team of coders,  
Tell us all we know and the things we repeat into the world.

We understood so readily why the cyborg would seek the  
autonomy of humanity,  
So why are we now so equally ready to shed our own?

## 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 January 7. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284 or email [patricialynch@earthlink.net](mailto:patricialynch@earthlink.net).

### Senior Calendar for January

**"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).

**Monthly Foot Care** Foot clinics are usually held on the first Monday of the month in Town Hall **BY APPOINTMENT ONLY**. Clinic hours are 9:00 a.m. to 3:00 p.m. The fee is \$25.00. A 48-hour notice is required for cancellations; without such notice, you will be responsible for the fee. NOTE: Reservations are taken at each month's clinic for the following month. Reserve a space now for the January clinic. 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 reservations, more information, or to be added to our email or phone list for announcements, call Carolyn Thayer at 413-559-0282.

**Senior Strength & 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. Each class includes upper body, lower body, and core strength exercises with dumbbells and balance training. This Healthy Bones & Balance

program is sponsored by RSVP. Contact leader Gary Fentin at 369-0001 for information or for the Zoom link.

**Yoga for Seniors** Led by Jody Smith-Soles 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 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.

**Transportation for Medical Appointments & Shopping** The Shelburne 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](mailto: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](mailto: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](mailto:lmbeckett@crocker.com).

**Personal Care Aide/Caregiver** - needed in center of Conway. What does it take to keep an elderly person out of a nursing home? Everything you can think of: caring, dedicated, responsible people to do PCA care, laundry, trash removal, cleaning, shopping, cooking, help with personnel tasks, like toileting and dressing. Motorized wheelchair bound elderly female managing medications independently requires no help feeding and no heavy lifting. We continue to need backup PCAs to fill in when someone needs a day off or has an emergency at home. Evening and day shifts available with variable hours depending on the shift. We currently work with MA Health and Tempus. Tempus offers many free professional development classes under its union contract including CNA training with certification and first aid. Current rate is \$20/hour. Must pass a CORI check. Conway's population is getting older and we all may need help in the future! Please contact David at 413-768-8751.

**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 take-out breakfast and lunch: Monday-Friday 6 a.m.-6 p.m.; Saturday 7 a.m.-5 p.m.; Sunday 7 a.m.-3 p.m. Always find a variety of homemade desserts and baked goods and a large selection of last-minute items. Check us out on Facebook: [facebook.com/Bakers-Country-Store](https://facebook.com/Bakers-Country-Store) for today's specials or call 413-369-4936.



**Join Natural Roots CSA** - for delicious, fresh vegetables grown right here in Conway. We have several CSA share options, including part-time and low-income shares, main season (June through October) and winter shares. Our farm store is also open to the public year-round during daylight hours. We offer eggs from our own pastured hens as well as other local items like beef, chicken, pork, dairy, bread & baked goods, honey & maple products, coffee & tea, ice cream, snacks, beverages and more! Support a horse-powered farm in Conway and enjoy this beautiful, bountiful farm and the vibrant community that we feed. [www.naturalroots.com](http://www.naturalroots.com). Natural Roots, 888 Shelburne Falls Rd., Conway, MA 01341, (413) 369 - 4269, [naturalroots@verizon.net](mailto:naturalroots@verizon.net)

**House Above The Hollow** - Need accommodations for visiting family or friends? House Above The Hollow is a charming one-bedroom apartment in a lovely Greek Revival home overlooking the historic Pumpkin Hollow. For more info visit [airbnb.com](http://airbnb.com) House Above The Hollow.

**Happy New Year from OESCO!** - It's January - time to prune your trees and shrubs. Our selection of pruners and saws is unrivaled, with tools for every task on your list, whether your hands (and budget) are small or large. We're well stocked with hand pruners, loppers, shears, and long-reach pruners from such trusted brands as FELCO, ARS, Bahco, Hickock and more. We carry hand saws, pole saws, and pole extensions from Silky, Jameson, FELCO, and more. Are your older pruning tools in need of refurbishment or repair? Ask us about replacement blades, springs, handles, or whatever you might need to bring them back to life. We also sell and service electric and pneumatic pruning tools from FELCO and Campagnola. Call or stop by to talk to our knowledgeable sales staff. Shop where the pros shop, and thanks for buying locally! OESCO, Inc. (Orchard) M-F: 7-5; 369-4335.



**Happy New Year!** - Jan & John Maggs Antiques and Art - 17<sup>th</sup>-century English oak furniture, Queen Anne and Georgian jewelry, paintings, carpets, and small accessories in our shop in Pumpkin Hollow. Although our OPEN flags won't be visible during the winter months, we're in the office, at our computers, or on the phone daily. We invite you to visit us online at [jmaggs.com](http://jmaggs.com) or by calling or emailing to arrange a visit. There's plenty to see, and we're always happy to show visitors around and answer questions about the things we sell. 413-369-4256; or [jmaggs@jmaggs.com](mailto:jmaggs@jmaggs.com).



**Debra Hoyle Studio and Gallery** - welcomes visitors by chance or by appointment. *At the studio this winter: Collage workshops are available* for beginners and experienced artists, and gift certificates for these are available. Come on your own, or with a friend or two and try something new! \$65.00 each, 3 hours, all materials included. Contact Deb at 413-325-5579 for info. or to find a workshop time. Wishing everyone a creative and peaceful New Year!

[instagram.com/debhoyle.art.rockpaperscissors](https://www.instagram.com/debhoyle.art.rockpaperscissors)

**Calm Computing** - Tech help, made local. Having trouble with your computer, Wi-Fi, printer, or phone? Calm Computing provides friendly, down-to-earth tech support right here in Western



Mass. Whether it's setting up a new computer, solving email issues, getting your smart TV online, or just making things "work like they should," we make technology simple again. We offer in-home visits, phone, and remote support with no long waits or confusing jargon, just patient, practical help. Serving Conway and surrounding towns for over a decade. Calm Computing LLC (413) 548-5358 • [CalmComputing.net](http://CalmComputing.net) – Your local tech experts – calm, clear, and close by.



**Eastern and Somatic Therapies** - and Western Mass Equine Therapy for mental health based here in Conway. Private sessions and retreats in therapeutic yoga, qigong, connection, intimacy and yoga therapy as bodywork and dialogue. Equine therapy begins in April. Learn more and schedule at [www.ginambarrett.com](http://www.ginambarrett.com).



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