



Volume 7, Number 8 - August 2026

Declarations of Independence Delivered to Franklin County Communities



Senator Mark presents a commemorative copy of the Declaration to Town Administrator, Véronique Blanchard.

As part of the Massachusetts Commission on the 250th Anniversary of the American Revolution's statewide effort to place a commemorative copy of the Declaration of Independence in every city and town across the Commonwealth ahead of the 250th anniversary of its first public reading in Philadelphia on July 8, 1776, Senator Paul Mark and Representative

Susannah Whipps traveled throughout their respective legislative districts, presenting commemorative copies of the declaration to local officials, town clerks, and historical societies across Franklin County. The historian and printer Gary Gregory facilitated the printing of the historical document at the Museum of Printing in Haverhill using “18th-century techniques, recreating a labor-intensive process similar to that used in 1776.”

“As we prepare to commemorate our nation's 250th anniversary, it's important that every community has the opportunity to reflect on the ideals that gave birth to our democracy,” said Senator Mark, Co-chair of the commission. “One of the commission's goals is to ensure every Massachusetts community has the opportunity to participate in these commemorations. I'm grateful to work alongside Representative Whipps to help bring this initiative to communities across Franklin County.”

Solar Energy Planning Survey Reminder

Conway's Sustainability Committee is working on a community solar-planning project with UMass Clean Energy Extension. As part of this effort, the project team developed a survey to help understand local attitudes and preferences related to solar energy to assist the town with planning decisions and to guide exploration of future funding opportunities. The survey is not related to any specific or proposed solar project.

Conway residents over the age of 18 are asked to take a few minutes to participate in the online survey by scanning the QR code below or entering the following link in your web browser: tinyurl.com/3sdjbx3r. If you prefer to complete a paper survey, copies will be available in the Town Hall lobby and the Field Memorial Library. Please return completed paper surveys to the drop box outside Town Hall. The survey response deadline has been extended until August 31.



Conway Mall Needs Volunteers

The Conway Mall is now open but in need of volunteers! Bring donations and find treasures! We only accept clean items in good condition. No electronics. You can leave donations only when there is a volunteer to check and accept them. Please do not leave donations outside the shed. The shed will be open only when there is someone to staff it.

Volunteering is easy and fun! You will help review donations to be sure they are in good shape, organize and shelve items, and help visitors find what they are looking for. You may sign up for a single-hour block, but we hope people will sign up for two- to four-hour blocks. If possible, please sign up for a regular block of time so that people can know when the mall will be open. You will get a reminder about the time and can communicate with us if you need to change the time or cancel. To sign up for a recurring block, go to each week on the link below and sign up separately for each time period. This allows you to skip a week if you will be unavailable.

Use this link to select as many blocks as you like: bit.ly/3Tf9njD. You can also email gislitalien@gmail.com for a link.

Swimming Pool News

David McDonald, a retired swim instructor, is presenting two water safety presentations at the Conway Pool in August, one on **Saturday, August 8, at 3:00 p.m.** and another on **Tuesday, August 11, at 4:30 p.m.** Bring a family member, a friend, and/or a neighbor to learn best water safety practices.

The pool needs a few volunteers for occasional help this summer. A few tasks we are asking for help with are weed whacking, watering the newly planted trees, keeping the access ramp free of sand and weeds, and clearing debris from the catch basin. Please email conwayswimmingpool@gmail.com or call 413-522-8050 for more specifics.

Thank You from the Bakers

Bob and I would like to thank our family, Fire Department, Firemen's Auxiliary, Sportsman's Club, friends, and community for the retirement party and the many lovely gifts! The party was beyond our imagination. It is SO nice to live in a community that cares.

Thank you, thank you, thank you!
Bob and Helen Baker

Call for Artists!

Conway's Festival of the Hills is seeking artists for the Festival of the Hills Art Exhibition to be held at the Field Memorial Library on October 4. All Conway artists are cordially invited to enter up to five pieces. Please join us for this event. Applications are available at festivalofthehills.com. Queries and applications can be sent to the art show coordinator at conwayfestivalarts@gmail.com

Annual Festival of the Hills Bake Sale

Saturday, October 3, 9:00 a.m.-2:00 p.m., Town Common

The annual Saturday FOH bake sale is looking for donations of baked goods: cookies, pies, cakes, savory and sweet breads, and muffins. 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 seniors.

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

From the Director of the FML

The Field Memorial Library is pleased to announce the following:

- Additional operating hours for August: Thursdays, 9:00 a.m.-12:00 noon
- Call us about home delivery of library materials.
- We continue to exhibit a changing selection of rare materials from the library archives. In the coming months we will also feature work by local artists.

- To benefit the Friends of the FML, we now have a cart of used books for sale. Check often for frequent turnover.
- Reminder: The library lift is available for anyone wishing to avoid the front steps. Please call for assistance
- Please call for more information about any of our updates and programs.

Chris Caldwell, Director, Field Memorial Library
director@fieldmemoriallibrary.org
 369-4646 fieldmemoriallibrary.org

Friends of the Field Memorial Library Update

August 3, 5:00 p.m., Seed Preservation Talk and Workshop

The Friends are sponsoring this talk and workshop in the library's community room. Lifetime Master Gardener Gretel Anspach will be our speaker. She is a trustee of the Massachusetts Horticultural Society and a recently retired systems engineer for Raytheon. She won the Massachusetts Master Gardeners Association Lifetime Achievement Award in 2016. Gretel established and maintains a 20,000-square foot food production garden that has provided fresh produce to the Marlboro and Maynard Food Pantries for the last ten years. Her primary interest and focus is always in the science behind horticulture.

During this presentation we will talk about the reasons for saving your own seeds and learn some of the basic techniques for ensuring genetic purity. We will include discussions about the home garden plants from which seeds can be easily saved and stored for future use. In addition, we will have a variety of dried flower heads from which participants can harvest seeds to plant in their own gardens.

August 21-24, Story Walk This month's story walk. *You Get What You Get* by Julie Gassman, will be set up at Veteran's Memorial Park across from Town Hall. 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 Network.

Museum and Park Passes The Friends are pleased to fund museum and park passes with no admission fee for varying numbers: MASS MoCA in North Adams (two adults and two children under 16), Historic Deerfield (four adults), the Eric Carle Museum of Picture Book Art (two adults and four children), Wistariahurst Museum in Holyoke and the Pioneer Valley Symphony Orchestra (two adults), and The Clark Art Institute in Williamstown (one adult; active military, veterans, and teachers are free without a pass and with ID). Our newly added pass for the Norman Rockwell Museum provides two adult discounted tickets for \$10 each. Children under 18 are free. DCR offers free admission and parking at any Massachusetts State Park. To find park locations and programs, visit mass.gov/visit-massachusetts-state-parks/locations. Note that the Smith College Museum of Art and the Mead Art Museum and Beneski Museum of Natural History at Amherst College are free to all without a pass. Do take advantage of these wonderful places to visit.

Sir Reggie's Homemade Quiz: Monetary Slang

A. Name the monetary slang terms suggested by the following clues, and tell the monetary value the term represents.

Example clue: Two drill accessories

Answer: 2 bits = 25¢

1. A wood cutter's tool plus a male deer
2. When you see this in the ocean, swim for shore.
3. A misspelled vocal range category
4. A letter of the alphabet that's worth a lot
5. A musical note

B. Name the one-word slang terms for money.

1. A bakery starter
2. Something bakeries sell
3. A popular fried specialty along the Eastern shore
4. Something gum might turn into
5. A bovine's call + a note on a musical scale

Answers are on page 19.

Pocumtuck Homelands Festival

The 13th annual Pocumtuck Homelands Festival – a celebration of Native American art, music, and cultures – will be held at the Unity Park waterfront in Turners Falls on Saturday, August 1, and Sunday, August 2, from 10 a.m. to 5 p.m. both days, rain or shine. Free, accessible, and family friendly. Donations are welcome.

Enjoy presentations from Native elders, flute music, contemporary and traditional singing, and participatory social dancing. Engage in fascinating and educational talks given by authors, culture bearers, and members of such organizations as the Native Land Conservancy. Children can participate in hands-on cultural workshops, such as traditional corn husk doll making.

For further information, go to nolumbekaproject.org/festival/. Sponsored in part by the Conway Cultural Council, a local council of the Massachusetts Cultural Council, a state agency.

Celebrate Senior Citizens Day with the COA

The Council on Aging is inviting one and all to celebrate National Senior Citizens Day with us on Saturday, August 22, from 1:00 to 3:30, at Veterans Memorial Park across from Town Hall. We will provide light refreshments and beverages. Entertainment will be provided by Lindsey and the Llamas.

Established in 1988 by President Ronald Reagan, the day (celebrated officially on August 21) is dedicated to honoring the achievements, wisdom, and lifelong contributions of older Americans, as well as raising awareness about the challenges they face. In his presidential proclamation, Reagan said, "For all they have achieved throughout their lives and for all that they continue to do, we owe our gratitude and sincere greetings to our senior citizens. We can show our gratitude and appreciation better by making sure our communities are good places . . . places where older people can participate as much as possible and find the encouragement, acceptance, support and services they need to continue living a life of independence and dignity."

According to the 2026 census, Conway has more than 560 residents aged 65 and over (roughly 33% of the town's population). The Conway Council on Aging and the Age-Friendly Conway Committee are working to make this a community in which our older residents can safely age in place.

Ashfield FilmFest Announces Inaugural Hillywood Award

In mid-September Ashfield becomes Hillywood for a weekend celebrating filmmaking. The annual Ashfield FilmFest is scheduled for September 18 and 19 at Ashfield Town Hall. This year's FilmFest will feature special prizes for women and youth filmmakers. Now in its eighteenth year, the Ashfield FilmFest is establishing a new cash prize – the Hillywood Award – which this year will honor the winning short film submitted by a female filmmaker. The theme of this special category will change annually.

Local hand-blown glassmakers Michael Schunke and Josie Gluck of Vetro Vero are sponsoring the Youth Award, a category for films made by creators aged 18 or younger. Last year Vetro Vero created beautiful awards given to winning filmmakers.

On Friday night, we will screen *Girl Climber*, a documentary film following professional climber Emily Harrington as she attempts to free-climb the challenging Golden Gate route on El Capitan in Yosemite in under 24 hours. Galen Knowles, who is an executive producer for this film, began his career with award-winning entries in the Ashfield FilmFest as a teenager. The evening will feature a postscreening discussion including Knowles, the film's director, Jon Glassberg, and others. Saturday night is the short film competition gala, when the community gathers for the excitement of watching a juried collection of community-created films together with big sound on a big screen.

Submissions for the short film competition must be no longer than five minutes and have some connection to western Massachusetts. You can submit your film through FilmFreeway – you'll find a link on our website, ashfieldfilmfest.org. The submission deadline is August 15, but it's not too early to get your film in and avoid that last-minute panic!

Mark your calendars for the event, and make your film(s) now! Amateurs and established filmmakers, young and old, are encouraged to submit films. YOU could be the one to take home the coveted Audience Choice Award, the Youth Award, this year's Hillywood Award, or other cash prizes.

Looking for inspiration? Check out past entries on the ashfieldfilmfest.org website, and read more about entry guidelines. See all the short films from the past seventeen years on the Ashfield FilmFest YouTube page www.youtube.com/@ashfieldfilmfest5914.

Ryan Scholarships Awarded to Two Conway Residents

The Friends of the Field Memorial Library is pleased to announce that Adrien Pazmandy of Pleasant Street and Maxwell Balkema of Newhall Road each received a \$3,000 Ryan Scholarship.

Pazmandy's was for 2026 and Balkema's for 2025. The scholarship had not been awarded in 2025 because of the lack of applicants. Therefore the Scholarship Committee expanded the criteria for applying in 2026 to include students who graduated high school between 2022 and 2025, making Balkema – who had graduated in 2022 – eligible.

Members of the Scholarship Committee, the Friends of the Library, and both awardees' families were present at the awards ceremony. Linda McDaniel, chair of the Friends and a member of the Ryan Scholarship Committee, quoted some highlights from the awardees' applications that had impressed the committee and influenced their selection.

Field Guide to Conway

Yellow-bellied Sapsucker (*Sphyrapicus varius*)

by Courtney Gilligan & Marilyn Webster; illustration by Hannah Harvester
Field Guide to Conway:

As we move into midsummer, Yellow-bellied Sapsuckers are busy flitting tree to tree with their young, gleaning insects from the sap "orchards" they've created. While the young fledged in June and July, they remain with the doting parents until they are at least 38 days old to learn how to create orchards of their own.

Yellow-bellied Sapsuckers, migratory members of the woodpecker family, have red crowns, contrasting black-and-white face stripes, vertical white wing patches, pastel yellow feathers on breast, and chisel-tipped bills. You can tell the males and females apart by their throat – red or white respectively. They are usually found perched upright on trees, leaning on their tails like other woodpeckers.



Because of their impact on the larger ecological community, Yellow-bellied Sapsuckers are considered a keystone species. They drill distinctive horizontal rows of wells, the timing, depth and size of which depend on the season. In the spring, sapsuckers create small round holes, tapping deep to reach the xylem that provides thin, watery, fast-flowing sap. In the summer, they go for the slower-moving sap in phloem cells. These wells begin as lateral slits and are continually enlarged until it's time to drill a new one. Sapsuckers have been observed tapping in more than 250 species of trees, but their favorites include American linden, eastern hemlock, sugar maple, red maple, and white birch.

A wide variety of insects are attracted to these sap wells, further enriching the sapsucker's diet to include wasps, ants, flies, hornets, and butterflies. Sapsuckers will even dip insects into their wells to give them a sugary coating before eating!

Additionally, mammals, such as red squirrels, porcupines, and bats, and over 35 bird species enjoy sap from these wells. Ruby-throated Hummingbirds, the sap wells' most frequent visitors, actually time their own migration to coincide with the sapsuckers just to share the wells in early spring before flowers begin to bloom. Sapsuckers choose different trees for their cavity nests, focusing on aging trees with dead limbs or decaying heartwood to make excavation easier. They prefer beeches, aspens, and maples. They often reuse their nests for several seasons, after which the cavities are utilized by owls and squirrels.

Soon, tree sap flow will slow and eventually stop over the winter. Sapsuckers will leave their summer breeding grounds in Conway and migrate southward.

Update from the Board of Health

Back-to-School Health As families prepare for the new school year, now is a great time to schedule any overdue well-child visits,

vision screenings, or immunizations. Massachusetts requires up-to-date vaccinations for school entry, and getting ahead of any gaps now will make for a smoother start in September. If your child takes daily medication, connect with the school nurse before the first day to make sure protocols are in place. It's also a good time to tend to sleep patterns. Shifting back to a consistent bedtime routine a few weeks before school starts can make a real difference in how kids feel those first few weeks.

Eastern Equine Encephalitis (EEE) Late summer and early fall are the highest-risk period for Eastern Equine Encephalitis in Massachusetts, and western Massachusetts communities have seen EEE activity in recent years. EEE is a rare but serious mosquito-borne illness and is far more severe than West Nile virus. There is no treatment for EEE, which makes prevention essential. Avoid outdoor activity at dusk and dawn when mosquitoes are most active, wear long sleeves and pants, and use an EPA-registered insect repellent. Watch for local announcements from the Massachusetts Department of Public Health regarding aerial spraying or elevated risk levels in our area.

Substance Use and Mental Health Back-to-school transitions can be stressful for young people and parents alike. August is a good time to check in with your kids about how they're feeling and to open conversations about peer pressure and substance use before those situations arise. If you or someone you know is struggling, the Massachusetts Substance Use Helpline is available around the clock at 800-327-5050.

Wishing everyone a healthy and safe August!

Information from the Conway BOH is focused on our shared public health. Consult your healthcare provider for your personal healthcare guidance. For the most up-to-date information, see the town website and BOH webpage conwayma.gov/g/42/Board-of-Health.

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 5. 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).

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 months. Reserve a space now for the September or October clinic. For information or to schedule an appointment, call Pat Kocot at 369-4248 or 413-775-3629.

Senior Citizens Day National Senior Citizens Day was established by President Ronald Reagan in 1988 to celebrate the achievements, dedication, and contributions of older Americans, while also highlighting the need for support, quality care, and community for the aging population. Join the Council on Aging on Saturday, August 22, in Veterans Memorial Park opposite Town Hall to honor our older citizens. Details can be found elsewhere in this issue of *Conway Currents*.

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 413-530-1703 for information or for the Zoom link.

Walking Group Join us for gentle walks around town and enjoy companionship and friendly conversation while engaging in healthful exercise. The walking group meets in front of the library every Monday at 9:00 a.m., weather permitting. For more information call Carolyn Thayer at 413-559-0282.

Yoga for Seniors Led by Jody Smith-Soles on Wednesdays in person and on Zoom. Class times and locations: mat yoga 10:00-11:00 a.m. at the library, chair yoga 11:30 a.m.-12:15 p.m. at the UCC. 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. 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 **Conway Currents, Town of Conway, 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.**

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 and fourth Friday 7 p.m. of the month. Occasional jams occur on various evenings. 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. Local produce available! Enjoy an ice cream cone or a smoothie, and 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 community supported farm (CSA) located along the South River right here in Conway. **Become a member of the farm! Sign up for our 2026 CSA season. We offer flexible 10 week or full-season 22 week share options in regular and large sizes.** Details on our website: www.naturalroots.com. The wider community is welcome to shop for vegetables, Tues & Fri, 3:00 -6:30, June - October. It's like a farmer's market every week! 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! Enjoy this beautiful, bountiful farm and the vibrant community that we feed. Natural Roots, 888 Shelburne Falls Rd., Conway, MA 01341, 413-369-4269, naturalrootscsa@gmail.com.

A Familiar Face, Now in Real Estate - My name is Mike Ambs, and many of you know me from my years living and raising a family in Conway. I'm excited to share that I've started a career in real estate. Real estate is about more than transactions: it's about people, life changes, and finding the right path forward. Whether you're ready to make a move or simply exploring your options, I'll take the time to listen, understand your goals, and provide thoughtful guidance every step of the way. I'd love the opportunity to be a resource for you, your family, and your friends. mikeambs@kw.com, Keller Williams Pioneer Valley, 267.235.2101. Thank you for your support!

Bright Moments Fabrication - specializing in custom metal work. Need a trellis for your garden? Or maybe you need your rototiller mended. Big jobs and small jobs welcome. Give me a call and let's chat about it! Brian Allen: operating out of Conway 908.246.3608.

Jan & John Maggs Antiques and Art - 17th-century English oak furniture, Queen Anne and Georgian jewelry, paintings, carpets, and small antiques in our shop in Pumpkin Hollow and online. **August 8th and 9th will be this year's Massachusetts Tax Holiday Weekend, and we're having a huge inventory reduction sale throughout the month.**



Everything in our shop and on our website will be discounted 25%. We'll be open Sundays throughout the month. If you've been eyeing a piece on

our website that's just a bit beyond your budget, multiply the price by .75. Whether or not you're an August buyer, if you're interested in what goes on in this big black barn, we encourage you to browse our website, www.jmaggs.com, and contact us to arrange a visit or stop in any Sunday in August.

Debra Hoyle Studio and Gallery - Collage and gel printing workshops are available at the air conditioned and accessible studio at 46 Main Street on individually scheduled Saturday afternoons. Typically 3 hours and all supplies are included for \$65.per person - No experience needed! Call or text 413-325-5579 for more info. Debra is exhibiting a collage painting this month at Gallery A3 in their 11th Annual Juried Show, "Everyday Sublime", juried by Andrew S. Yang. Opening reception Friday, August 7, from 5-8 p.m. The show runs from August 6-29 at 28 Amity St 1D, Amherst. 34 New England artists are represented with 46 artworks included and details are at: www.gallerya3@gmail.com. Debra also thanks Greenfield Savings Bank for the opportunity to show ten art pieces during the month of July in the lobby gallery of the Shelburne Falls branch on Bridge Street.

welcomes summer! Collage and gel printing workshops are available at the air conditioned and accessible studio on individually scheduled Saturday afternoons. Typically 3 hours and all supplies are included for \$65.per person. No experience needed! Call or text 413-325-5579 for more info. [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 – Your local tech experts – calm, clear, and close by.



Eastern and Somatic Therapies - and Western Mass Equine Therapy for mental health offers private sessions and retreats in therapeutic yoga, qigong, connection, intimacy and yoga therapy as bodywork and dialogue, reiki, as well as Yoga & Reiki with Horses. Sessions are available in

person or virtually. Yoga with Horses Saturdays at 10 - 11 a.m. Sign up by Friday 5 p.m. New! Yoga & Reiki with Horses Glamping Retreats for your summer guests. Summer Ease Special Offer! 20% off your first session or packages. Learn more and schedule at www.ginambarrett.com Volunteers Needed! Contact Gina to express your interest.

Smith Landscaping - Call us at 413-325-4062 for your tree removal, snow plowing or brush hogging needs!



Open Studio at Hannah Harvester Fine Art! - Saturday August 22, 1-6 p.m. 46 Delabarre Ave. Hannah is known for her landscape paintings of Conway in oils and soft pastel and is a beloved art teacher for children and adults. Come see her latest local landscapes and enjoy her "by donation" table, where a large variety of Hannah's original fine art is available for purchase by free will donation. Preview her work at www.HannahHarvester.com

Davenport's Mobil Service Station - has been locally owned and operated by the Davenport family since 1981. Celebrating 45 years in business this year! We have an automotive service shop selling brand-name, competitively- priced tires. Pick up a soft drink, chips, lottery or the *Recorder* - Find us at 269 Mohawk Trail in Shelburne Falls. Hours: Mon - Fri: 6:00 a.m. - 7:00 p.m. Sat: 7:00 a.m. - 7:00 p.m. Sun: 8:00 a.m. - 7:00 p.m. 413-489-3740.

Conway Natives Nursery - Native Plants, Locally Grown! 351 South Shirkshire Road, Conway, MA; Nursery open Sundays 9-5; Find us at the Ashfield's Farmer's Market every Saturday 9-1. Healthy, hardy native perennials and shrubs grown right here in the hills of Conway. Transform your yard into a native plant sanctuary this year, benefitting pollinators, birds and the planet. Visit Conway Natives to tour the shade and sun demonstration gardens, awesome stone work, and the print shop and Wilder Hill Press gallery on site. Landscape design and installation services, cut flowers in season. Sound gardening advice based on years of experience. 413-772-9065; lilianjackman@gmail.com; conwaynatives.com

Family of three - seeking rental housing in (or very near) Conway. Two or more bedrooms required. I grew up in Conway, and moved back last summer, with one child enrolled in kindergarten at the Grammar School for Fall 2026. We are employed, responsible, and love living in the hilltowns. Contact Lianna at lianna.girshman@gmail.com or text me at 510-504-5558.

Personal Care Aide/Caregiver - needed in center of Conway. Multiple shifts. Requires no help feeding and no heavy lifting. Current rate is \$19-20+/hour depending on experience. Must pass a CORI check. Please contact David at 413-768-8751.

Mosaic Art Workshops for Adults - Christine Kenneally, Conway resident and mosaic artist, with 18+ years teaching experience, is offering workshops at her home studio on North Poland Rd. Small classes, personalized instruction, creativity coaching. Upcoming Workshops include: **Mosaic Stepping Stones:** September 19, October 3, November 14, 10-4 (lunch included) **Mosaics for Beginners:** Four week series on Thursday evenings, beginning October 8. **Mosaics Inspired by Nature:** Six week series on Wednesday mornings beginning September 16. Details and registration: www.christinekenneally.net

Did you lose - your left earbud on Delabarre Avenue in the first weeks of July? Please text 413-275-2701 so that we can return it!

Sir Reggie’s Homemade Quiz Answers

- | | |
|-------------------|-----------|
| Part A | Part B |
| 1. Sawbuck = \$10 | 1. Dough |
| 2. Fin = \$5 | 2. Bread |
| 3. Tenner = \$10 | 3. Clams |
| 4. K = \$1,000 | 4. Wad |
| 5. C-note = \$100 | 5. Moolah |



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