



Conway Youth Day is Here!

The Conway Police Department and The Conway Sportsman's Club will sponsor their annual Parent/Youth Day on **Sunday June 2nd**, beginning at 10 AM. All Conway families, club members and their families are invited. No minimum or maximum age limit. Try fishing in the trout pond, build a birdhouse, try fly-tying, skeet shooting or archery. Lunch at the barbecue pit and more. There is no cost for admission all events and lunch are free. So bring the family and enjoy the activities at the Conway Sportsman's Club facility located at 245 Elmer Rd..

Walk with the Bees



BUMBLE BEE WALK

10 AM, SATURDAY JUNE 15

South River Meadow, Conway Center

Join bumble bee expert Robert J. Gegear, Professor of Biology at UMass Dartmouth and director of the Beecology Project, for a hands-on introduction to bumble bee identification.

Conway likely hosts native bumble bee species that are in serious decline. Learn what you can do to provide forage for our bees and support biodiversity in your own backyard. Come prepared for the outdoors: Long pants, closed-toe shoes.

To contribute field data to Dr. Gegear's research, download the Beecology app at beecology.wpi.edu, and bring your smart phone. For more info contact Michele Turre. 413-369-4034, or mturre@gmail.com

Sponsored by the Town of Conway Cultural Council and Open Space Committee.

In this issue of The Visitor:

■ Author Talk at Field Library
 ■ VFW Flag Collection

■ Festival of the Hills News
 ■ Historical Society Summer Program

From the Pastor's Pen

Dear Friends,

What a busy month we have had! During worship alone we have celebrated children, baptized many into our faith, accepted new members, thanked Sunday school teachers, recognized graduates, honored Veterans, and said goodbye to Rev. Beverly with great fanfare! It has been a time of great music and many deep and enriching spiritual experiences.

So what happens next? Now we move into ordinary time. Believe it or not, in the church calendar there is actually a liturgical season called "ordinary time" for when we are not in the seasons of Advent, or Easter, etc. It is a recognized and welcome time in the church year, and often in our own lives as well. Ordinary time is when we keep on keeping on; it is when we aren't in the throes of busy preparation, or ardent celebration. Ordinary time can offer us a chance to catch our breath, to take a step back and evaluate, to focus on our relationships with God and with one another without the push to end up in a specific place or to reach a certain goal.

This is our moment to simply let ourselves be the church we are. The interim search committee, and then the settled pastor search committee, will be working behind the scenes, and will be asking us for input along the way, but our job as the

congregation is to keep on keeping on. It is our job to remain as faithful and engaged as we always have been as we move forward and to try to do so as non-anxiously as possible.

Let us move enthusiastically and contentedly into "ordinary time" together, remembering that "from our past will come our future" and God is preparing it for us even now.

Journeying Together,

Rev. Candi Ashenden

Rev. Dr. Candice M. Ashenden

P.S. And please remember that if you ever wish to have company on your faith journey, or just need a place to come and visit, my "door" is always open to you...and for the time being, that means I will come to you or arrange to meet you somewhere. So give me a call or text at 978-895-0954, or send me an email at revcandi@gmail.com.

Book Study

Drop in Book Study will meet meets on Mondays. No need to be caught up on the book in advance...come join the discussion at any point. 10 AM – Noon at the home of Lois Vight, 175 Newhall Road. Questions, call Rev. Candi at 978-895-0954 or Lois Vight at 413-369-4127.

Kitchen Cabinet News

Thanks to everyone who supported our Relay For Life food sale. Over \$300 will be sent to "Campers Against Cancer," a local group in the fight.

Mark your calendars for June 14:

UCC "Fathers' Day Food Sale"
Greenfield Savings Bank, Conway
10:15 to 3:30

Treat Dad to a goodie while not "revving-up" your oven!

Fellowship Dues

For those of you who are members of the United Congregational Church of Conway, this is a gentle reminder that it is "that" time of year again. It is time when we make our annual commitment to the Massachusetts Conference, with whom we are in covenant relationship. Dues are approximately \$20/person and we invite every member to contribute if they are able, to offset the expense to the church. Please make checks payable to: UCC Conway. Thanks so much.

Church Clips

You're invited to join us for worship and fellowship at 9:30AM on Sundays in the Conway Grammar School library. Everyone is welcome!

† **If you need to reach the church**, messages may be left with Rev. Candi at 978-544-2801.

† **Rev. Dr. Candice Ashenden is not currently holding office hours due to the issues with the church.** She welcomes calls at home: 49 Charles St. Orange, MA 01364, or emails at revcandi@gmail.com.

† UCC of Conway mailing address: **P.O. Box 214, Conway, MA 01341.**

† **Visit the UCC website:** www.uccofconway.org.

† **Find us on facebook:** www.facebook.com/UnitedCongregationalChurchOfConway

Please send ads, notices, articles and correspondence to the email address for The Visitor: visitor@uccofconway.com Send checks and donations to: VISITOR, P.O. Box 214, Conway, MA 01341

Pardon Us

"If you find mistakes in this publication, please consider that they are there for a purpose. We try to print something for everyone, and some people are always looking for mistakes." (from a weekly paper in Clermont, FL)

June 2019 Senior Calendar

📎 Council on Aging (COA):

The COA receives grants from the state Executive Office of Elder Affairs and an annual appropriation from the town. For info, contact Patricia Lynch, COA chair, 369-4284.

📎 Monthly Foot Care:

Screening, education, and care; prevention of falls and diabetic foot problems. Monthly screenings are held at Town Hall by appointment. To make one, call Peg Tiley at 369-4010.

📎 Yoga for Seniors: Led

by Jody Fontaine at the library on Wednesdays. Times: Gentle Mat Yoga, 10:15-11:15AM and Chair Yoga, 12:45-1:30PM. No floorwork required; standing poses optional. Contact Jody at 413-824-9435 for information.

📎 Monthly Walk-in Wellness

Clinic: First Friday of the month from 9am - Noon at Town Hall with Town Nurse Lisa White. Home visits by arrangement. Call: 413-665-1400 x 114.

📎 Senior Luncheons.

Meals are held on the last Thursday of the month at Town Hall. Holiday meals during November and December are usually held in restaurants, and a summer picnic in August takes place at the Conway Sportsmen's Club. Contact Peg Tiley at 369-4010 for information and reservations.

📎 Home-Delivered Meals:

"Meals on Wheels" are available for Conway seniors up to seven days per week. (There is a slight charge.) Please call LifePath (formerly Franklin County Home Care Corp.) at 773-5555 for information and registration.

📎 Van Transportation.

The Shelburne Falls Senior Center provides curb-to-curb van transportation for seniors age 60 and over within Franklin County. Destinations include Big Y in Greenfield plus a monthly shopping trip on the third Friday to WalMart in Hadley. Please call the center at 625-2502 to make an appointment at least 48 hours in advance or for information about reservations and fees.

VFW Flag Collection Announced

VFW Post #3295 has set up three collection bins for the proper disposal of damaged, worn, or unwanted U.S. flags. The drop-off locations are:

Conway Transfer Station	-	year round
Baker's Store	-	now to 6/30
Post Office	-	now to 6/30

Please contact Roger Goshea (52 Main St.) at 369-4318 or rfgoshea@yahoo.com with any questions.

Home Repair Program Information

A handy person is available to do minor home repairs for seniors, such as screen and broken-window replacement; small carpentry, plumbing, and electrical jobs; and other repairs. This is a free service, but the senior is expected to purchase all needed parts and materials. Donations are accepted. This program is funded by a grant from LifePath, allocated under Title III of the Older Americans Act and the Church Street Home Fund. If you have a project, please call Pat Lynch at 369-4284 or write to the COA, PO Box 240, Conway, MA 01341.

TRIAD Program for Seniors

The TRIAD Program of the Franklin County Sheriff is a crime-prevention and wellness initiative aimed at protecting the safety and welfare of senior citizens. TRIAD provides:

- **Smoke and carbon monoxide detector installation and monitoring**
- **Food program: TRIAD provided the September BBQ luncheon for seniors at the Conway Sportsmen's Club.**
- **Fuel assistance program**
- **Medical equipment loan**
- **911 cell phone program**
- **Eye scan registry program.**

Contact TRIAD at (413) 774-4726 for more information.

Medical Equipment Loans Available

The Council on Aging, through generous donations, has items of medical equipment available for loan, including walkers, wheelchairs, crutches canes, shower chairs, commodes, and raised seats.

Please call Hank Horstmann at 369-4405 to borrow equipment or with equipment to loan. Please call in advance with equipment to donate, since storage space is limited and we cannot accept all donations.

Annual Household Hazardous Waste Collection Day

Franklin County Solid Waste District is holding its 2019 household hazardous waste collection on Saturday, September 21 at GCC Main Campus and Orange Transfer Station.

Residents and businesses must pre-register between August 15 and September 16.

During that time, online registration will be open: www.franklincountywastedistrict.org/hazwasteday.html. Paper registration forms will be available at participating town offices, transfer stations, and in ads in the Greenfield Recorder.

The collection is free for residents of most member towns. Businesses must pay for disposal costs. For business registration information, call (413) 772-2438.

This collection provides an opportunity to dispose of hazardous items that should not be put in the trash, such as leftover oil-based paints, stains, thinners, household cleaners, pesticides, herbicides, pool chemicals, motor oil, antifreeze, automobile batteries, and other household chemicals. For a complete list of acceptable items, see: www.franklincountywastedistrict.org/hazwasteday.html.

Mercury-containing products such as thermometers, thermostats and compact fluorescent bulbs (CFLs) should never be put in the trash. At the 2019 Hazardous Waste Collection Event, only mercury-containing items such as thermostats and thermometers will be accepted; fluorescent bulbs will not be accepted at this collection. CFLs and other fluorescent bulbs are accepted at all municipal transfer stations. In addition, fluorescent light bulbs are accepted at Lowe's Stores (all types of fluorescents), and Home Depot (CFLs only). Questions? - 413-772-2438, info@franklincountywastedistrict.org.

Save the Date! The Fall "Clean Sweep" Bulky Waste Recycling Day is Saturday, October 19, from 9 a.m. to noon. Locations: Buckland Rec. Center, Northfield Highway Garage, Whately Transfer Station.

Residents from any District town may bring tires, appliances, scrap metal, mattresses, propane tanks, construction debris, and other large items. Fees apply. Clean and dry (bagged) textiles and books accepted free for reuse or recycling. Bring bulky rigid plastics such as 5-gallon pails and plastic lawn furniture for special recycling program (\$5 per load; for acceptable items, see website or call). Disposal fees: www.franklincountywastedistrict.org/cleansweep.html



Did you know? Staples accepts computer equipment (no TVs) free of charge; call store for details. Various charities and non-profits accept donations of working electronics, including local Salvation Army and Goodwill stores. Always call ahead to ask if they can accept your item.



Home composting: "Earth Machine" compost bins (\$45) and "Sure-Close" compost pails (\$5) are available at the Solid Waste District office in Greenfield: call for hours. Cash or checks only.

For more information about recycling or these programs, contact the District office at (413) 772-2438; email info@franklincountywastedistrict.org; or visit: www.franklincountywastedistrict.org.

MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD).

The District is an equal opportunity provider.

Camperships

Thanks to a generous past contribution well invested, UCC Conway offers annual camperships (often in the amount of \$50) to Conway residents, and those children connected to our church. If you would like to apply for one of these grants, please send a note of interest explaining how and at what camp your child might use such a gift. And if you are a teen and will be attending a camp experience, we would like to receive the note from you directly! Requests can be sent to: **UCC Conway, P.O. Box 214, Conway, MA 01341.**

Garden Club Notes

It's spring, and the Conway Garden Club will be resuming its activities. Look for further announcements in the Visitor.

The aims of the Conway Garden Club are to stimulate interest in gardening and related skills, to enhance the natural beauty of our area, and to educate and promote environmental improvement. The club welcomes suggestions for projects that would benefit the town. And, as always, we welcome new members. Contact Pat Lynch at 369-4284 or email patricialynch@earthlink.net with questions.

Monthly Movie Night Educational Series Presents

Saturday, June 10, 2019: Meditations of the Heart with authorized instructor Lynn Newdome.

Cost - for more information and to register please visit Meditations of the Heart with Lynn Newdome.

Friday, June 14, 2019: Buddhist Short Films

Please join us at 7 PM at Tsegyalgar East, 18 Schoolhouse Rd. FREE.

Friday, July 12 - Sunday, July 14, 2019: Yantra Yoga the Tibetan Yoga of Movement with authorized Yantra Yoga instructors Nataly Nitsche & Max Leshchenko.

Location: Buckland, MA. Cost - for more information and to register please visit: Yantra Yoga

Ongoing: Tuesdays, 5:00pm-7:00pm - Khaita Joyful Dances, Tibetan Circle Dances, Conway, MA

Come sing and dance together and experience the beautiful heartfelt songs and culture of Tibet. FREE.

All events held at: Tsegyalgar East, 18 Schoolhouse Rd., Conway, MA
www.tsegyalgar.org

How Do You Value The Visitor?

With the advent of this digital age, the question/ The Visitor represents hundreds of volunteer hours every year, and the question has arisen: is this a valued and appreciated community service?

A schedule has been provided in previous issues outlining the schedule for this year, through

January 2020. Beyond that, we are seeking a new editor to help put this newsletter together from diverse sources throughout our community. We are also seeking volunteers to help us put the books together, once a month (at the end of each month).

To help, email visitor@uccofconway.org

Field Library News



“A book is a gift you can open again and again.”

— Garrison Keillor

Friends Meeting

The next meeting of the Friends of the Library will be held on **Wednesday, June 12 at 7 PM.**

Library Web Page

Our web page address is www.fieldmemoriallibrary.blog

Author Talk- The Mindful Way to a Good Night's Sleep

On Wednesday, June 26 at 4:00 local author Tzivia Gover, director of the Institute for Dream Studies in Northampton, will be doing a presentation about her latest book. Discover how to use DREAMWORK, MEDITATION and JOURNALING to sleep deeply and wake up well.

“Sleep is dawning as the next frontier in healthy, more conscious living... Tzivia Gover has a mission: to help people rediscover the pleasure of sleep and creative nighttime dreaming.”

New Audiobooks

If Beale Street Could Talk
by James Baldwin
On Brassards Farm by Daniel Hecht
The Last Second by Catherine Coulter
Miguel Street by V.S. Naipaul
The River by Peter Heller
Chat by Archer Mayor
Death of a Rainmaker
by Laurie Loewenstein
Dark Tribute by Iris Johansen
Someone Knows by Lisa Scottoline

New Movies

The Last Emperor
Ken Burns: the Dust Bowl
La Strada
Gentle Yoga for Balance
Game of Thrones: the Complete Sixth Season
John Wick Chapter Two



Open on **Mon. from 1 to 6 PM, Wed. from 2 to 7 PM** and
on **Saturday from 10 AM to 12 PM. 369-4646.**

Visitor Deadline

Please remember that the deadline for articles in The Visitor is **the 20th of the preceding month.** This schedule helps assure that The Visitor is delivered on time! Please remember that the best way to get content to the visitor is **through the Visitor email: visitor@uccofconway.org.** Mail is for sending donations or other checks **only.**

Comments? Ideas?

Your feedback is more important to keep The Visitor relevant to your needs! Please forward ideas, comments and criticism to : visitor@uccofconway.com

Next FOH Meeting

Town Hall, Tues. June 21st – 6:30.

Planning continues for the 2019 FoH. We have jobs both big and small. Come join a great group of people to help continue the long standing Conway Festival of the Hills!

Calling All Crafters

Are you a crafter, or know a crafter you'd like to see at the 2019 FoH? Crafter applications are available on the Festival of the Hills website <http://www.festivalofthehills.com/vendorsartists/>, or by contacting Adria Elskus through email (conwaycrafters@yahoo.com) or by mail (**FOH Craft Fair, P.O. Box 431, Conway, MA 01341**). Applications must be post-marked by August 1st so don't wait! For more details, contact Adria Elskus.

Health Help Available

Regional Public Health Nurse Lisa White helps people who have been discharged from the hospital and insured visiting nurse services but still have needs, or find it difficult to meet the challenges of an on-going health issue. This service is available at no cost to Conway residents through the Board of Health's membership in the Franklin Regional Council of Government's Cooperative Public Health District, and through grant support from Baystate Franklin Medical Center and Franklin County Home Care. Visits can happen at home or in public spaces. Call Lisa at 413-665-1400 x 114 for more info.



Design Ideas Sought

Festival of the Hills committee is seeking design ideas for 2019 FoH tee shirts. Design ideas due July 1st. For more info, contact Sue MacDonald (festivalofthehills@yahoo.com) or Shelia Harrington (stop by the Conway branch/Greenfield Savings Bank)

Seeking Used Campaign Signs

The more widely we advertise the 2019 FoH the more funds we can raise for the FoH Scholarship Fund. If you have signs to donate, we will repurpose for 2019 FoH advertising! Please drop signs at the Conway GSB branch, and thank you!

Unheard Melodies

By Nicole Braden-Johnson

Heard melodies are sweet, but those unheard are sweeter"
- John Keats

The Problem with Magnolia Trees

The problem of the ostentatious magnolia tree

Lies not in its sweeping boughs

That spring from the earth like snake-meets-lightning,

Nor in the viridian leather leaves

Outstretched like palms to gather sun and rain and dew.

The problem lies in the source of their audacious allure

The blushing blossoms that catch June's

Daylight to twilight, melting the sky

Into the earth with each discarded sentimental bloom,

Staining the ground in impressionistic daubs.

Historical Society Summer Program

"Greetings from Conway: A Pictorial History Through Postcards"

Learn about times gone by through our fine collection of Conway postcards. Open Sundays, July 7 to September 1, 1-4 PM. at 50 Main St.

Historic Deerfield Free Passes

The Historical Society has two season passes to Historic Deerfield and is making them available to Conway residents. Each pass admits up to 4 people. To reserve, contact Tilda Hunting at 369-4170 or Joe Zadroga at 369-4375. Historic Deerfield's winter hours listed at historic-Deerfield.org.

Last Appeal to Dog Owners

Fur-baby guardians are once again reminded that State Law requires that dogs be licensed each year. Licenses are available from the Town Clerk on Tues., Thurs., and Fri. mornings between 9 AM and noon. A current license assists officials in reuniting lost dogs with their families and serves as immediate proof that the dog had

a current rabies vaccination at the time of licensing. Don't face the cost and heartbreak of placing your beloved in a quarantine situation for several months. After **July 1**, Conway owners are subject to a \$10 fine in addition to the regular licensing fee for each unregistered dog in their household.

EXCHANGES

Have a job that needs to be done? Looking for jobs to do? Something to sell? For a small donation we will run your ad in EXCHANGES.

Please, please please, **email your copy** to: visitor@uccofconway.com, **and then** follow that up by mailing payments to **The Visitor, P.O. Box 214, Conway, MA**, with

VISITOR EXCHANGE noted in the check memo line. **Deadline for receipt is the 20th.**

We request a donation of \$20/ad for one month, \$30/ad for 6 months, or \$50/ad for 12 months. All new **Exchanges are limited to 100 words**. Give-aways, lost and found items, and non-commercial notes are always **free!**

HEALING THERAPIES SPECIAL!! Give the gift of a therapeutic massage. Buy one and get 2nd at 1/2 price. A relaxing way to support healing from acute injuries, chronic pain or everyday stress and promote energy. Visit DeliahRosel.com and learn about *medical massage*, *foot reflexology*, *integrative acupuncture*. Sessions are available in Conway and Northampton. Also **accepting auto accident insurance.** 413-586-5071

CONWAY CHAIR COMPANY is a family owned woodworking company that makes heirloom quality hand sculpted chairs. Our goal is for our sculpted Rocking Chairs, Dining Chairs, Occasional Chairs and Stools to be recognized not only to be of the highest quality but for them to stand the test of time, to be proudly passed down and enjoyed through generations. Our chairs are crafted to capture the unique characteristics of each piece of wood. Visit us at conwaychair.com or call 413-768-2010

CARPENTRY: 30 YEARS EXPERIENCE Fully licensed, insured and lead certified. Replacement windows/doors, repairs and renovations. Contact Frank Kuzdeba at: fkuzdeba@comcast.net. Call 369-4223 or 413-222-3330. 3/18

GO SOLAR WITH VALLEY SOLAR AND ALL EARTH TRACKERS. Valley Solar is a local company installing roof mount and ground mount solar systems and specializing in Two Axis tracker installation. If your home's roof is not suitable for solar panels and you have moderate to high electrical use, or want to plan for that electric car, an amazingly efficient All Earth Tracker might be the perfect choice. Call Nelson Shifflett at 369-4737 and make arrangements to see one of the All Earth Tracker installations in Conway. Valley Solar is a Mass Solar Loan Partner. Visit us today at ValleySolar.Solar or call 584-8844.

DOG WALKER RETURNS with additional hours, including weekends. Also, the house and pet sitting remains available. Please call Doreen @ 369-0219, experienced with over 30 years working with dogs. 3/18

LITTLE SPROUTS CHILDCARE HAS OPENINGS for ages 8 weeks to 4 years old. Open Mon - Fri 7:30 AM - 5 PM. Full or half days offered. Breakfast, lunch and snacks included. My goal at Little Sprouts Childcare is to provide a safe, happy, nurturing environment for children to learn and grow. I am first aid/CPR certified and licensed by the state. For more information please call Jen 413-563-2777.

LIVING ARTS GARDEN DESIGN

now located in Conway. LAGD offers comprehensive gardening services of design /planning, planting, soil development, pruning, managing invasives, seasonal maintenance. Specializing in regenerative landscapes, LAGD utilizes concepts from permaculture, hugelkultur, native planting, rain garden storm water systems, pollinator and wildlife friendly plantings. Most materials sourced locally. Let us help make your beautiful landscape more vital. Cynthia Lawton-Singer. 413-230-7185

FRESH, LOCAL FARM FOOD DELIVERED RIGHT TO YOUR DOOR!

Hart Farm box-share boxes are filled with veggies, fruits, flowers, eggs, bread, cheese, meat and more. Choose to share the full season or single week(s) with us and then choose from 3 different box types. Delivery throughout West Franklin/Hampshire Counties every-other Friday, June-October. Pay with card/check/SNAP. We provide an accessible, convenient and flexible schedule farm box program to the community that we love. You can expect high quality, freshly picked, delicious produce infused with good vibes and delivered with a smile. More info at www.conwayhartfarm.com, Conwayhartfarm@gmail.com, (413) 453-9098 8/19

ARGUS PROPERTY MANAGEMENT.

Full service management of single and multi-family properties and condominium associations in Franklin and Hampshire Counties. We provide oversight of all property maintenance, including 24/7 emergency coverage, location and screening of tenants, rent collection, expense payment, and concise financial reporting. Call Kathy Shaw or Jim Sarris at 413-397-3569 or visit www.arguspropertymgmt.com. Setting a new standard for residential property services.

BARREL OF MONKEYS DAYCARE

has one opening for fall. Come and join the fun we've been having for the last 10 years. Nutritious meals and snacks included. Preschool curriculum and LOTS of outside time. Hours are 7:30-5 Monday-Friday. Love and giggles no extra charge! Call Amy Baker 369-0142 or barrelofmonkeyscopycare@yahoo.com

FARM ON A ROCK Located at 1270 Whately Road. Chickens, Rabbits and Goats... Oh My! www.FarmOnARock.com for all our farm offerings! Farm fresh pork including breakfast & hot sausage. Free Range Duck and Chicken Eggs. Hatching chicks in spring & summer "all flavors" from Funky Frizzles & Guinea Keets to trusty egg layers like RI Reds and Barred Rocks. Rabbits for pet & meat (Flemish Giant, Chinchilla, Californian, New Zealand and mini Velvet Rex). Goats available spring 2017 call to reserve. Contact Scott at 413-369-4656

DEERFIELD CABINETS & MILLWORK

Professional Cabinetmaker, over 30 years experience. Free quotes, design services and delivery. We fabricate kitchen cabinets, built in's, custom moldings, fine furniture. Do your kitchen cabinets need a little TLC? Maybe new drawer boxes with slides or doors that actually work. Building a house and don't want box store stuff? I will come to your place and work with you. I live in Conway. I am your neighbor just trying to make your life easier. Please give me a call or e-mail me. Thank You, Tom. 413-233-8448/t.brogle@aol.com

DAYCARE OPENINGS FOR INFANTS AND TODDLERS.

Daily preschool curriculum. Meals and snacks included in the daily fee. Lots of fun and activities for all ages, fenced in outside play area. Call Jennifer Romanovicz for an interview at 625-8357. 3/18

ACUPRESSURE ORIGINATED IN CHINA THOUSANDS OF YEARS AGO

as a way to relieve pain and balance the emotions. It continues presently as an effective method of releasing muscular tension, increasing circulation, and stimulating the body's self-healing. Even long term symptoms can be changed over time. Acupressure feels like a light massage, the client is clothed, and the practitioner uses finger pressure on acupoints and soft tissue. It encourages self care and clients are able to cope more easily with stress. Deb Hoyle at CONWAY HEALING ARTS has been offering Acupressure, CranioSacral Therapy, and Reiki in Conway since 1993. 413-325-5579.

EDITOR, WRITER, AND WRITING COACH.

Need help polishing or proofreading a book-length manuscript, proposal, brochure, newsletter, website, or blog? With twenty plus years in the publishing world, I've worked with writers through all stages of the process, from conception to publication. I also offer customized writing workshops. Call Cindy A. Littlefield at 413-369-0078 or visit www.cyndylittlefield.com for info.

NEED SOME VALUE ADDED

STONEMWORK to your landscape or property? Give Greene Masonry a call at 508-320-5258 or email at dgtree818@gmail.com. With a background in high end stonework, masonry repair and landscape design, Greene Masonry is ready to help. Fully insured.

LICENSED FAMILY CHILD CARE

Full and part time Infant/Toddler slots available. I offer a Pre-School Curriculum and have 5 years working in the local Pre-School. Meals & snacks provided. Please call Danielle Kocot at 413-369-4354 to set up a time to Visit.

TAI CHI FOR HEALTH OR SELF DEFENSE.

Chen Tai Chi is the original Tai Chi style which was designed for martial application. Whether your intention is to practice this dynamic style for internal health benefit (Qi Gong) or for Chen style's unique, explosive power releases (Fa Jin), Chen Style Tai Chi offers either approach. 25 year's experience. Private lessons \$40/hr. Semi-private \$70/hr. John Wallace johnwallace889@yahoo.com

PUBLIC MEDITATION PRACTICE, THURSDAYS 8-9AM.

Everyone is welcomed! Free meditation session weekly at Tsegalgar (the old Conway Grammar School). Arrive early to be seated by the beginning of practice. Chairs or floor cushions provided. The Yoga of the Calm State is an essential practice for living a harmonious, healthy and happy life. Scientifically established benefits of meditation include stress reduction, relief of physical, mental and emotional imbalances, improved concentration, and improved cardiovascular and immune systems. Shang Shung Institute at Tsegalgar, 18 Schoolhouse Road, Conway 413-369-4928

SHARED LIVING PROVIDERS/ HOMES NEEDED

for the Northampton and Deerfield area. Share your home and improve the quality of your life and the person with mild developmental disabilities. Tax free stipend – call Kim at BHN 413-582-7961 ext 140 or email at kimberly.puffer@bhninc.org

AS YOU LIKE IT HOME CLEANING

has been making homes and their owners smile for a long time. Get your home smiling today! One time or regular visits. Wouldn't you love to come home to a CLEAN HOUSE? Susan 413-325-5777 to schedule. Thank you! 8/18

MURPHY STONE & TREE OFFERS FULL TREE WORK SERVICES.

Specializing in ornamental pruning and large tree removal, there is no job too small or big. Please give us a call for a free consultation. 413-695-8646 4/18

YOUR HOME TOWN REALTOR!

As a Conway resident for over 15 years, I provide local, attentive and trustworthy service for both Buyers and Sellers. Previous experience as a licensed residential Architect is valuable for my real estate clients. To arrange a consultation in your home or my office, please contact Sarah Newman, Realtor with nationally affiliated Coldwell Banker Upton-Massamont Realtors. Call or text: 413-548-6525, email: Sarah.newman@cbumr.com or mail: 112 Main Street, Northampton MA 01060. Thank you!

WARM COLORS APIARY will be open Wed, Fri, and Sat from 10 AM to 5 PM. We carry a variety of local honey, beeswax candles, and honey related products. Great gifts for weddings, shower favors, or graduation. We stock a full line of books and beekeeping equipment for both the beginner and advanced beekeeper. Located in South Deerfield off Route 116 one mile west of route 91. warmcolorsapiary.com, or 413-665-4513

LASALLE FLORISTS, INC. Spring is here at LaSalle Florists in Whately. Now is the time to come and check out our planters and hanging baskets. We also have a large selection of vegetable and annual bedding plants. Visitors are always welcome. Visit our website for holiday and every day suggestions. Daily deliveries to Conway, Greenfield, Amherst, Northampton and Easthampton areas. Family owned and operated since 1934. LaSalle Florists, Inc. Rte 5, Whately. 413-665-2653 lasalleflorist.com and on Facebook.

LICENSED PSYCHOTHERAPIST with over 40 years of experience working with clients with the following issues: depression, anxiety, loss and bereavement, chronic illnesses, cancer treatment, PTSD, Some insurances accepted (Blue Cross/Blue Shield, Aetna, Optum; Sliding scale also available. My office is located in Conway at the Conway Healing Arts, accessible and conveniently located 10 minutes from I-91 in Deerfield, on Route 116 in Conway. For an appointment or for more information, please call Caroline Chase, M.S., LMHC at 413-625-2151.

PET CARE: NEED TO WORK LATE, meet friends or grocery shop after work, but can't because you need to "get right home to let the dog out?" Want to take a day trip, but can't leave the pets that long, or maybe a week, but need someone to just scoop poop and check food/water occasionally? Maybe your "bundle of energy" needs a walk. I know from experience how torn you can be between work/fun and your pets' needs. Let me help with compassionate/attentive pet care in your home. Experience with all manner of pets. Visit www.cloudninepetcare.com for details or call Chris at 369-4027. 4/18

REGISTERED NURSE, Conway resident for 25 years, experienced in home care for 25 years is seeking a full time client. Please contact 413 345-0872

COMPLETE YOUR TO-DO LIST. Contact Kevin Ayer, a local master carpenter with 30 plus years experience in renovations, repairs and custom woodworking, including kitchen and bath cabinetry, family room furniture, built-ins, window and door replacement, & porch and deck updating. Creative solutions are drawn in detail to fit your individual needs. Find out more about period-correct repairs and artisan carpentry at kevinayer.com, or connect with kevinayer@yahoo.com or 413-369-0078. Licensed and insured. 7/16

THE TOOLS YOU NEED ARE AT OESCO! Rakes, pruners, loppers, hoes, saws, pole saws, shovels, compost forks, safety glasses (bi-focals, too!) Also backpack sprayers, tree guards, post-hole diggers, peavey's, tractor forks, log splitters, poly tanks & fittings and tripod ladders. Find birdnetting, rain gauges, wind meters, soil test kits, gloves, books and much more right here in town! Wedding gift idea – An Orchard gift certificate! 64 years in business. OESCO, Rte 116, Conway, M-F, 7-5; Sat, 7-noon; 369-4335.

NEED TO TALK? I am a seasoned, supportive psychotherapist, new to the Valley, and I have recently opened a practice in South Deerfield. I can help with anxiety, depression, life transitions, relationships, parenting support, and more. Contact me, Laurie Sugarman-Whittier, LICSW at 508 788-0124 or lswmw18@gmail.com. <https://www.psychologytoday.com/profile/376014> All communications confidential, of course!

TECHNOLOGY REPAIR & SUPPORT

Unlike many technology support companies in the area we at Calm Computing come to Conway and make house calls. Some of our services include: Apple and Windows computer troubleshooting, support and upgrades, lessons and training, smartphone, tablet and printer support, screen replacement, home entertainment installation, wireless troubleshooting and installation, remote support, advise on technology purchasing, video camera and wifi thermostat installation, and more. If you have a technology question we can help and can travel to you. For more information, please visit: www.CalmComputing.net or call today at (413) 359-0622

WILDER HILL GARDENS IS OPEN! with a great selection of hardy shrubs, small fruits, and perennial flowers propagated and grown right here. Visit wilderhillgardens.com for information about 2019 classes, and landscape design services including consultations and the popular Quick-Design. Contact: Lilian Jackman. 351 South Shirkshire Road, Conway, MA. (413) 625-9446. Lilianjackman@gmail.com. WILDERHILLGARDENS.COM

PURE YOGA & WELLNESS STUDIO NEW YOGA CLASSES IN CONWAY.

Looking to make positive lifestyle changes or learn new skills to help reduce stress, anxiety, mindfulness & meditation, massage, or Reiki to your current wellness routine? Private sessions & classes in Yoga, Massage, Reiki, & Mindful Meditation. **3 Classes in Conway** -MAT YOGA CLASS on Thurs. nights at the Field Memorial library 6:15-7:30 - Mindful Yoga, all levels (once a month this class is held at the studio in S. Deerfield & offers a Restorative Yoga & reiki, check date on website) and CHAIR YOGA CLASS - Wed. 1-1:45 at Town Hall . Call Jody Fontaine for more details 413-824-9435, jodyfontaine@gmail.com . SPECIALS on www.pureyogawellness.com

LOVE GOOD FOOD? Sign up now for a CSA share of fresh vegetables for 2018 at NATURAL ROOTS. Part-time CSA options are available for those who need more flexibility. Open June through Oct., Tues & Fri from 3-6:30 PM. In our farm shop you'll find our own vegetables, eggs and pork, as well as many other locally produced foods. Get more connected with your community and the land as you visit this beautiful and nourishing horsepowered farm: www.naturalroots.com or call 369-4269

United Congregational Church of Conway

P.O. Box 214

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