



Thank You, Neighbors

by Patricia Vinchesi

When we moved to Conway 30 years ago, Baptist Hill was an established neighborhood. Our neighbors on either side, Warren and Alice Allis and Jim and Alice Hardigg, had already been here for decades and raised their families. Same too for Norm and Thelma French, who were just down the street. Last, there were our retired ladies, Margaret Berry and expert seamstress Helena Baker, who lived across the street. Having worked in small towns, I well knew that new residents could often be viewed as outsiders, moving to a community for its charm and character but, with more and more arrivals, eroding the very thing that brought them there in the first place. But I did not know yet that on my little street I had hit the neighbor jackpot. Because over the years my “entrenched” neighbors became an integral part of my own new family’s lives.

We all know that Thelma was a force to be reckoned with, and you could never say no to her. But I most remember the chats that were to be had when she and Norm would be sitting on their porch on a summer afternoon. I remember getting up all hours of the night with an infant, always seeing the barn light on, knowing Warren Allis was in there, milking 130 head by hand. And since my husband and I worked during the day, Alice watched our house like a hawk and knew everything that happened in the neighborhood.

“Mrs. B,” as my two daughters called Helena Baker, made me a beautiful apron, perfectly sized for my small frame. And Alice Hardigg always insisted on using her own teacups and saucers for the cider she brought every year for the Baptist Hill Progressive Dinner. And who can forget Jim in his bear suit! Jim Hardigg’s

passing last month marked the end of an era on Baptist Hill. Only one of the neighbors who were originally here when we moved in remains. And the “entrenched” neighbors are us, along with the Butlers and Haleys and Forciers and Harrison-Irwins and Carons. I like to think we embody some of the charm and character that continue to make Conway the special place it is, and welcome new neighbors in the spirit of old. Thanks for showing us how, Jim and all. Rest in peace.

Dear Friends of *Conway Currents*,

As we complete our ninth issue of *Conway Currents*, we would like to take the opportunity to thank you all for sharing the journey of its first year. We have been humbled by your kind comments about the newsletter and the growing number of contributors who continue to bring it to life each month. It is a project near and dear to our hearts, but it could not have come into being without the support of the Conway Selectboard, advertisers in *Conway Currents*, and the community donations that have done much to ensure the project’s success.

This year has been full of challenges, and as we close out 2020 the world is finding hope in science and in the resilience of the human spirit – and here in Conway we can count our blessings of living in a place we all hold dear!

In the coming months, we will be asking for input from the community about your favorite content and what you would like to see as regular or seasonal features.

With gratitude, the Newsletter Committee:

Kathy Llamas, Chair

Louise Beckett, Vice-Chair

Pat Lynch, Secretary and Editor

Veronique Blanchard, Treasurer

Conway Council on Aging

The COA receives a grant from the state Executive Office of Elder Affairs and an appropriation from the town. Meetings are held on the first Wednesday of the month at 9:00 a.m. in Town Hall. During the COVID-19 crisis, non-COA participants are invited to join by conference call. The number to join the meeting is 369-1541; the participant ID is 1541#. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284.

Senior Calendar for December

- **Healthy Bones & Balance Classes** These free classes, sponsored by RSVP and led by Gary Fentin, offer a combination of upper body, lower body, core, and balance exercises. Until the end of the COVID-19 pandemic, classes will continue to be held via Zoom.: Meeting dates and times: Tuesdays from 9:00-10:00 a.m., Fridays from 9:00-9:30 a.m. Contact leader Gary Fentin at 369-0001 for links to the Zoom classes.
- **Monthly Foot Care** Foot clinics are held on the first Monday of the month in Town Hall by appointment only. The next clinic will be Dec. 7. Call Peg Tiley at 369-4010 for information or to make an appointment. Face masks are required. There is a \$20.00 fee.
- **Grab-and-Go Meals** The COA offers "Grab-and-Go" meals from LifePath most Thursdays for pickup at noon at Town Hall. These are fully prepared meals to take home and heat up. Menus vary depending on what LifePath is providing for a given day. For more information or to sign up for a meal, call Peg Tiley at 369-4010 or Carolyn Thayer at 369-6948. Provide an email address if you wish to receive notices that way. LifePath suggests a voluntary donation of \$3.00 per meal. **Menus for Dec:** Dec. 3, roast pork with cranberry-orange sauce, wild rice pilaf, cauliflower, multigrain bread, cookie, diet Graham. Dec. 10, no meal. Dec. 17, Jambalaya

with brown rice, mixed vegetables, rye bread, fresh orange. Dec. 31, Swedish meatballs, egg noodles, mixed vegetables, multigrain bread, fruit yogurt.

- **Walking Group** The group meets at 9:30 a.m. Monday mornings in front of the library, weather permitting. Social distancing is maintained during walks. Call Phylis Dacey at 369-4326 for information.
- **Yoga for Seniors** Led by Jody Fontaine on Wednesdays. Class times: mat yoga, 10:00-11:00 a.m.; chair yoga, 11:30 a.m.-12:15 p.m. Call Jody at 413-824-9435 for links to the Zoom classes.

Senior Services

Durable Medical Equipment Loans The COA has items of durable medical equipment available for loan, including wheelchairs, walkers, crutches, canes, tub and shower chairs, commodes, raised toilet seats, and a CPAP machine. Call Hank Horstmann at 369-4405 to borrow equipment. Owing to lack of storage space, we are currently unable to accept donations of equipment.

Home-Delivered Meals Meals on Wheels are still being provided during the COVID-19 crisis by LifePath for Conway seniors. Call LifePath at 773-5555 for further information and registration.

Transportation for Medical Appointments and Shopping The Shelburne Falls Senior Center provides curb-to-curb van transportation within Franklin County for seniors 60 and over, for 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. A short application with a copy of a photo ID is needed to be pre-approved for ridership. Fares range from \$.75 to \$2.25 each way. For rides to out-of-county medical appointments, call the FRTA at 774-2262 x 163 for information and reservations.

Resources to Fight Elder Fraud

While the COVID-19 pandemic continues to present new challenges and life changes for seniors, one familiar problem has remained: financial exploitation. I want to offer some resources and options for those who are unfortunate enough to find themselves in the midst of an exploitive situation. The first is the money management program.

Greater Springfield Senior Services, Highland Valley Elder Services, and LifePath all offer money management programs (MMP) to seniors who need assistance managing their funds. The program offers both rep payee services and bill pay services for free to qualifying seniors. An element we see frequently in criminal financial exploitation cases is confusion about or misrepresentation of finances. Having an unbiased third party assist with finances can be as effective a tool for curbing perpetrators from exploiting a senior as it is a relief to the seniors to have financial assistance.

The MMP relies on volunteers to act as bill payers and rep payees, and programs are always looking for folks to volunteer.

Volunteering is a great way for seniors to stay active in their community and obtain a greater sense of purpose by helping their peers. Those interested in finding out more about their respective MMP and volunteering can reach out to broberts@highlandvalley.org, info@LifePathMA.org or 413-781-8800 (Greater Springfield Senior Services).

The Northwestern District Attorney's Office Consumer Protection Unit acts as a clearinghouse for local scam reports. They have developed a scam watch newsletter highlighting all the scams that are reported to them, how to spot them, what to do if you receive a call, and how to avoid being victimized. As of now, we do not have a direct link to the newsletter, but we do have a link to the Consumer Protection page on our office website. Here is the link:

www.northwesternda.org/consumer-protection. The Consumer Protection Unit and I are also working on additional outreach content that we hope to safely make available in the near future. Earlier this year, Attorney General William P. Barr announced the opening of the National Elder Fraud Hotline (see below) This is a recent tool in the Department of Justice's (DOJ's) ongoing strategy to bring to justice those who seek to defraud older Americans. The Office of Justice Programs' Office for Victims of Crime manages the hotline. Upon receiving a call, a trained customer advocate assesses the need and provides resources or connects the caller to an experienced case manager. The case manager identifies the appropriate reporting agency, such as local law enforcement, Adult Protective Services, or a bank, and assists in making the report. As needed, the case manager provides resources and referrals and can complete a complaint form with the FBI or Federal Trade Commission.

National Elder Abuse Hotline: 1-833-FRAUD-11 (1-833-372-8311)

Even with this centralized reporting line, there is no guarantee that lost funds can be recovered. However, the more these scams are reported, the better the DOJ can identify the scope of a scam and take steps to stop fraudulent operations. The more the DOJ knows about scams, the more information they can circulate back to our office. That allows us to be as proactive as we can with education and prevention.

Rachel Senecal, Coordinator, Elders and Persons with Disabilities Unit
Northwestern District Attorney's Office
Rachel.Senecal@State.MA.US | NorthwesternDA.org One Gleason Plaza, Northampton, MA 01060
Office: 413-437-5747; Fax: 413-584-3635



Hilltown Churches Food Pantry Fund-Raiser

When COVID-19 hit, it really turned us on our heads! How to get the food out and keep all of us – clients and staff – safe and healthy. After much thought we decided to go with a drive through.

Unfortunately we had to end client choice and return to prepacked bags. There are bags of nonperishable staples, such as pasta, canned fruits and veggies, pasta sauce, soup, and canned tuna, chicken, and beef; bags of fresh fruits and veggies and dairy, such as eggs, cheese, and yogurt; and bags that hold frozen meats. The Franklin County Regional Dog Shelter has donated dog food, and Dakin Humane Society donated both dog and cat food, all of which was much appreciated by recipients for their furry friends.

We added quite a few new families as jobs were lost, folks were furloughed, and social distancing and masks ruled the day. Some regulars reported that they had to stop coming because of concerns about the pandemic and related transportation problems. We brought the food to them, because no one should go hungry when food is available.

We were only able to do all of this because of the incredible generosity of our amazing donors, who gave in spite of all that was going on in their own lives. We will continue to help folks put food on their tables as long as there is a need and we have partners like our donors. You are all heroes. Right now we are able to get enough food. but who knows how long this will last or if it will get worse before it gets better. If you are in a position to help out, we will put your donations to good use. Donations may be sent to Hilltown Churches Food Pantry, PO Box 161, Ashfield, MA 01330.

May you stay safe and well as the winter weather and the holidays approach during this difficult time. Warmest wishes and Happy Holidays.

Pat Thayer, President, Hilltown Churches Food Pantry

FoodSource Hotline: 1-800-645-8333

Project Bread's FoodSource Hotline helps the most vulnerable populations in our state – elders, immigrants, and working-poor families – who struggle to gain access to SNAP because of stigma, confusion about eligibility, and difficulty navigating a complex application process.

What Is the FoodSource Hotline?

The FoodSource Hotline connects people struggling to put food on the table with SNAP benefits and other food resources in their communities. The hotline answers over 28,000 calls from food-insecure families and individuals across Massachusetts each year. The multilingual staff, complemented by able translators, can assist callers in over 180 languages.

In addition to calling the hotline, people in need can also reach hotline counselors by instant message through www.gettingsnap.org.

FoodSource Hotline Services

- Screenings for SNAP/Food Stamp eligibility.
- Over-the-phone SNAP application assistance and follow-up with applicants throughout the process.
- Referrals to community food programs. Informational resource for agencies that have specific SNAP regulation questions that are affecting their clients.
- General information to current SNAP recipients, applicants with pending applications, and those who are hesitant to apply. Referrals to other programs, such as WIC, school meals, housing, and utility assistance.
- Information on the Healthy Incentive Program (HIP) and how to earn benefits.

FoodSource Hotline Hours: Monday - Friday 8:00 a.m.-7:00 p.m.; Saturday 10:00 a.m.-2:00 p.m.

Conway Cultural Council Grant Funding Deadline Extended!

The Conway Cultural Council has extended the deadline for organizations, schools, and individuals to apply for grants that support cultural activities in the community. Applications should be submitted electronically by December 14.

Grants can support a variety of projects and programming in the arts, humanities, and sciences that conform to local Cultural Council guidelines. Preference will be given to applicants from Conway and/or programs that take place in Conway and/or directly serve Conway residents.

Given the uncertainty of the times, we encourage virtual events. If events are to be held in person, safety precautions must adhere to MA and CDC guidelines/mandates at the time of the event, and a venue must be confirmed at time of application.

Also, because many individuals and organizations providing cultural programming are currently experiencing financial challenges, applications for operational support will be considered.

For local guidelines and complete information on the Conway Cultural Council, please find information about applications and guidelines online at www.mass-culture.org. The application process is straight forward, but if you need assistance or have any questions, please email conwayculturalcouncil@gmail.com.

Sharing Gifts

by Pat Thayer, President, Hilltown Churches Food Pantry

Each year for the past almost thirty years the Hilltown Churches Food Pantry has had a program for the children of families under the Food Pantry umbrella called "Sharing Christmas," which has been

renamed "Sharing Gifts." Each child received two new toys and two articles of clothing that parents requested. The family had the pleasure of wrapping these gifts and then giving them to their children. Many parents told us that without this program their children would not have received any gifts for the holidays.

COVID-19 has impacted this program along with the rest of our lives. We are no longer able to sit down with each family to ask what the children would like, their sizes, etc. It is also unsafe for older volunteers to shop in person. We plan to provide a generic gift card that can be used at any store or even online. We will try during food distributions to get a sense of how many families would be interested in participating. Based on that and the amount of money we can raise, we will determine an amount for each child and provide a gift card for that amount. We will miss the more hands-on approach, but we must all stay as safe as possible and still get the job done.

Every child should be able to feel the excitement of the holidays and the thought of what presents they might be given for whatever holiday their family celebrates. It must be a terrible feeling to hope for a surprise and find no gifts, terrible for both parents and children. We are trying our very best to ensure that does not happen to our children, for they are indeed our children.

If you are able to make a donation for this cause, please send a check made out to Sharing Gifts and mail it to Hilltown Churches Food Pantry, Attn: Sharing Gifts, PO Box 161, Ashfield, MA 01330.

Thank you so much for your amazing generosity to help make this difficult time a bit easier for our youngest folks and their families. Wishing you a safe and happy holiday!



Conway Festival of the Hills: Please Consider Making a Donation

The Conway Festival of the Hills was not held this year but will continue to give scholarships for 2021 graduating seniors. Without the income from the festival, we will need donations more than ever. What would you have spent on fried dough, children's games, and a treat from our bake sale?

December is a great time to make a tax-deductible contribution before the year's end. Please consider donating what you would have spent at the festival to our scholarship fund by sending a check to:

Conway Festival of the Hills
PO Box 431
Conway, MA 01341

We are a 501c3 organization, and your donations are tax deductible. We are still looking for volunteers to help make our future festivals a success. Please contact festivalofthehills@yahoo.com for more information.

Holiday Recycling Guidelines

During the holiday season, the average American family increases household trash volume by over 25% ([US EPA](#)). A large portion of this trash could be avoided, reused, recycled, or composted. Reducing holiday waste can help your household save money on "Pay As You Throw" town trash stickers or bags, save money for your town, and reduce your carbon footprint.

Yes, please **DO RECYCLE** these:

- gift wrap, tissue paper (no foil, metallic inks, or glitter; tape is OK)
- paper gift bags and shopping bags

- greeting cards (except those with foil, glitter, or batteries) envelopes (plastic windows are OK)
- catalogs, calendars cardboard: corrugated, paperboard

No, please **DO NOT RECYCLE** these:

- ribbons, bows, tinsel (reuse or trash) holiday light strings (acceptable in scrap metal recycling)
- Christmas tree netting
- bubble wrap, packing peanuts, polystyrene (Styrofoam) (clean packing materials are accepted for reuse at Greenfield UPS Store.)
- plastic bags (clean, dry plastic bags marked #2 or #4 accepted in retail store programs)
- plastic "blister pack" packaging (i.e., from toys and electronics)
- photographs (traditional, glossy type)

To learn more about recycling in our region, please visit springfieldmrf.org. (For a downloadable guide to recycling on the holidays, click on "What's Recyclable?")

Another way to reduce holiday trash is by composting food and paper waste generated by holiday meals. The free municipal compost program at the Conway transfer station accepts all types of food waste (no liquids), including meat, bones, and cheese, plus paper waste such as napkins, towels, and more.

For more information, contact the Franklin County Solid Waste District: 413-772-2438, info@franklincountywastedistrict.org. MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD).



The deadline for articles and ads in the newsletter is the 20th of the preceding month. Please send your content, comments and suggestions by email to Kathy Llamas at conwaycurrents@gmail.com. Thank you!

Leaves and Yard Waste Prohibited from Trash

Did you know? Leaves, grass clippings, and brush have been prohibited from the trash in Massachusetts for many years and are included on the state's "waste ban" list. According to the Massachusetts Department of Environmental Protection, "Waste bans are intended to encourage reuse and/or recycling of certain waste materials, conserve disposal capacity, and reduce adverse environmental impacts from waste materials."

(www.mass.gov/doc/fact-sheet-your-municipality-waste-ban-compliance/download)

In western Mass., many households put piles of leaves and yard waste in wooded areas around their home to biodegrade. Fall leaves can also be added to a backyard compost bin. They are a carbon source: a necessary component of the composting process.

(FCSWMD sells discounted Earth Machine compost bins and pails to district residents; see www.franklincountywastedistrict.org/compostbinsales.html.) Leaves can also be "cold composted" by placing larger amounts of leaves in a simple chicken wire circle. After a year or so, the wire circle can be opened to shovel or spread finished compost from the bottom of the pile. Leaves can also be used as fall mulch for gardens, shrubs, and trees. When mowing the lawn, consider leaving grass clippings where they fall. They will decompose and act as a natural organic fertilizer. For more information on "grasscycling," see www.mass.gov/doc/dont-trash-grass/download.

Commercial composting sites such as Martin's Farm in Greenfield and Clear View Composting in Orange accept leaves, grass clippings, and brush from anyone, free of charge. Contact these facilities for more information. All Franklin County residents can bring leaves, yard waste, and brush to the Greenfield Transfer Station for a fee. Visit tinyurl.com/GreenfieldTS for hours and fees.

For more information, visit www.franklincountywastedistrict.org or contact Franklin County Solid Waste Management District: 413-

772-2438, info@franklincountywastedistrict.org. MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD).

The Conway Giveaway

Due to the current pandemic and the temporary closure of the "Conway Mall," *Conway Currents* continues to host a local giveaway section.

Although there are many other ways to repurpose and donate, we offer this service for those who would like to donate items they no longer need to others right here in town who could use them. Send a short description together with your preferred method of contact to conwaycurrents@gmail.com.

- Metal wire shelving, 14" stacked cubes, 4 cubbies (2x2) with closed back & open front. lynnr42lynn@gmail.com
- White aluminum storm door, 32" X 80", combination glass/screen window. patricialynch@earthlink.net
- Spinet Piano - much loved, needs a home and tuning. You move it, it's yours. lmbeckett@crocker.com

Thank You from the Firemen's Auxiliary

The Conway Firemen's Auxiliary sends grateful thanks to all those who donated to the Hilltown Churches Food Pantry in lieu of attending our annual turkey dinner, canceled because of the COVID-19 pandemic. Donations to help support their efforts to feed the needy are still welcome:

Hilltown Churches Food Pantry
c/o First Congregational Church
PO Box 161
Ashfield, MA 01330

UCC of Conway Church Notes

As we enter the colder part of the year here in New England, the UCC Building Committee has come up with a budget that will allow us to begin construction of the new church building in the spring. We have had to make many cuts and changes to our original plans to make the construction costs and our available funds coincide. All available funds will be used for just construction costs. We will need to raise money for landscaping and signage around the building and for chairs and cabinetry inside. We also need funds to complete the kitchen. These are additional expenses that we are aware of; there are always “surprise” costs that have not been considered.

We feel that we need to raise an additional \$100,000 to make our vision a reality. We started our fundraising by asking church members to donate as they could. We are now expanding our appeal to the Conway community. Any amount will help us reach our goal. In addition, for the first five donations of \$1,000 or more, an additional \$1,000 will be added by another donor.

Please consider this request not only from the point of view of a new church building for worship, but also as a center for community activities as well. Conway needs a space for small gatherings, both public and private: weddings, funerals, art shows, fairs, community meals, and musical offerings, to name a few. It is our wish that this building be a communitywide resource not only for our spiritual lives but also our physical lives.

We also would like to extend an invitation to join us on Sunday mornings at 10:00 a.m. for a Zoom church service. The meeting ID is 89676553788, and the password is 698370.

Please make donations payable to UCC of Conway and designate “building fund” in the comment line. Send to UCC of Conway, PO Box 214, Conway, MA 01341. Thank you for your continuing support for this ongoing project.

From Conway's Kitchens

Broccoli-Corn Casserole

Preheat the oven to 350 degrees.

Ingredients:

- 1 16 oz-can creamed corn
- 1 16 oz-package frozen chopped broccoli (cooked and drained according to directions)
- 1 tbsp chopped onion
- 1 large egg, beaten
- ½ cup crushed saltine crackers (about 12)
- 2 tbsp butter or margarine, melted
- Salt and pepper to taste

Directions:

1. Combine the creamed corn, broccoli, onion, and egg in a casserole pan.
2. Combine the saltine crackers and the melted butter and sprinkle on top.
3. Bake for 35-40 minutes.

(This recipe can easily be doubled.)

Kathy Llamas – taken from Grammy Lois's Awesome Recipe Box



Cranberry Coffee Cake

¼ lb butter
1 cup sugar
2 eggs
1 tsp baking soda
2 cups flour
½ tsp salt
½ pint sour cream
1 tsp vanilla
½ cup chopped walnuts
1 8-oz can whole cranberry sauce

Sauce:

¾ cup powdered sugar
1 tbsp water
½ tsp almond extract

Cream butter and sugar. Add unbeaten eggs, one at a time. Mix dry ingredients and add them to butter and sugar mixture, alternating with sour cream. Add vanilla and nuts. Pour into a greased 8 or 9-inch tube pan, first a layer of batter, then a layer of cranberry sauce. Repeat once more, ending with a layer of batter. Bake at 350 for 55 minutes. Cool 5-10 minutes before loosening with a knife and cooling on a rack. Mix sauce ingredients and drizzle over cake.

Veronique Blanchard – from my cousins Sidney and Roberta Cutbill, Christmas 1991



Do you have a favorite family recipe you would like to share? Please email it to conwaycurrents@gmail.com. We will try to include at least one recipe each issue.

Hail the Indomitable Parsnip

by Peter Farber

I've been seeing local parsnips in grocery stores and felt they were worth a shout-out for their health benefits.

The parsnip is a carrot relative that looks like an oversized albino carrot, but its flavor is much sweeter and nuttier. Parsnips are high in silicon and insoluble fiber and offer some vitamin A and vitamin C, calcium, and potassium. Ounce for ounce, boiled parsnips have about 31 percent as much calcium as milk. Sweet, moist, and heavy, parsnips are medicinal for the stomach and improve bowel action.

Because of their strong, dominating flavor, use parsnips with discretion in soups and stews. They may be boiled, simmered, steamed, baked, and used in puddings. Peeling parsnips is unnecessary. Steam, rice, or mash them as you would potatoes and serve with a pat of butter and freshly grated black pepper.

A parsnip that is allowed to remain in the ground at least two weeks past the first frost is unbelievably sweet and satisfying, so they are best in the late fall and winter. Often you find parsnips that are old and flabby; these are rarely worth purchasing. Look for straight, smooth-skinned roots that are a tan or creamy white color, firm, and fresh looking without gray, dark, or soft spots. Large roots tend to be woody.

Disclaimer: The opinions expressed in this newsletter are not necessarily those of the editor, the organizing committee or town officials and should not be construed as such. Although we work to produce accurate and typographically correct copy, we cannot be responsible for errors or accuracy of materials submitted. *Conway Currents* does not endorse any specific product or service mentioned in its pages and is not responsible for the reliability of any service.

Update from the Field Memorial Library

The Field Memorial Library (FML) “steps-side” process – picking up of materials and returning them to our outside book drop – continues. Pickup schedules include Saturdays from 10:30 a.m. to 1:30 p.m. and Monday and Wednesday afternoon/evening scheduled via email or phone.

Visit our “Collections” page linked from our website at <https://fieldmemoriallibrary.org> to browse portions of our collection. You can also request any item and we will search our collection, and if we do not have it, we will try to obtain it for you. The Inter-Library Loan (ILL) process has resumed, and we can obtain items from other libraries. To request an item, visit our website to submit an ILL request online or send an email with your requested title(s) and author(s) to director@fieldmemoriallibrary.org. The library trustees have decided that the library will remain closed to physical visits until further notice.

“Our Times – Our Town” Suggests Titles for Your Consideration

Our Town: *Grandma Gatewood’s Walk: The inspiring story of the woman who saved the Appalachian Trail* by Ben Montgomery

CBD: A patient’s guide to medicinal cannabis

by Leonard Leinow & Juliana Birnbaum

Elderhood: Redefining aging, transforming medicine, reimagining life
by Louise Aronson

Our Times: *Frederick Douglas: Prophet of Freedom*

by David W. Blight

It’s Trevor Noah: Born a Crime: Stories from a South African

Childhood by Trevor Noah

The Madhouse Effect: How climate change denial is threatening our planet, destroying our politics, and driving us crazy

by Michael Mann & Tom Toles

David Whittier, Director, Field Memorial Library

director@fieldmemoriallibrary.org

<https://fieldmemoriallibrary.org>

Winter Parking Ban

Over the years, it has become commonplace for vehicles to park on the roadway and within 10 feet or less of the street. Vehicles parking on the street are a safety concern for everyone due to the lack of visibility. During the winter, these vehicles block visibility twofold and add to the overall time it takes us to ensure the roads are safe for passage. We wanted to take this opportunity to provide the by-laws regarding off-street parking. Our hope is to give residents time to arrange for alternate parking, as these by-laws will be upheld. Please take some time to read the laws over and as always feel free to contact me if you have any questions. I would like to thank everyone for their support.

Ron Sweet, Highway Superintendent

(413-) 369-4235x10; Highway@townofconway.com

Winter Parking, adopted, Annual Town Meeting, 12 May 2014

A. Stipulations: A town-wide winter parking ban will be in effect from November 1 of each year through April of the succeeding year, between the hours of 12:00 a.m. –7:00 a.m. On-street parking on public roadways will not be permitted during these times. In addition, vehicles should be removed from public roadways during daylight hours in the instance of “inclement” weather or stated snow emergency for snow removal purposes.

B. Authorization: Per M.G.L., Chapter 40, Section 21(16), the superintendent of the streets or other officer having charge of ways, for the purpose of removing or plowing snow, or removing ice, from any way, to remove, or cause to be removed, to some convenient place, including in such term a public garage, any vehicle interfering with such work, and for imposing liability for the cost of such removal, and of the storage charges, if any, resulting therefrom, upon the owner of such vehicle.

C. Penalty: The enforcing agents shall be the Police Department.

Currents Advertisements & Notices

Rates for ads up to 150 words are: one month \$7.75, three months \$15.75; six months \$25.75, twelve months \$44.75. For cost of longer ads or to include images (limited), call or email Louise at 413-559-1180 or lmbeckett@crocker.com.

Advertisements can be paid for by checking account or credit card through the town's website: <https://townofconway.com/> > [View or Pay a Bill](#) > [Pay Newsletter Advertising](#) or send a check to:

Conway Currents, PO Box 240, Conway, MA 01341.

Please send the text of your advertisement to Louise by email at lmbeckett@crocker.com. If you want to discuss your ad or have any questions, please call or email. Thank you for your support of *Conway Currents*!

Technical School Representative Needed - The town of Conway is still searching for a representative to the Franklin County Technical School. Anyone interested can contact Jimmy Recore at jimmyrecore0318@gmail.com. Please step up if you can. Thanks!

Rental Request - Rural woman writer seeks reasonable dwelling in Conway, Buckland, Shelburne, Ashfield, Goshen area - a quiet place, a little out of the way, (no main road) for long term tenancy. I have good references, dependable income, am responsible, quiet, clean, single, no kids, smoke, drink or TV, very conscientious with wood/pellet stove. A senior, mostly mute, blind cat comes with me, he can't see anything to scratch on, and his litter is odorless and cleaned with each use. Can do horse/animal care. Please email at equineauntie@yahoo.com.

Your Home Town Realtor - As a Conway resident for over 20 years, I provide local, attentive and trustworthy service for both buyers and sellers in our community. Previous experience as a licensed residential architect is valuable for my clients. Please contact me for a free, no obligation consultation! Sarah Newman, Realtor with Coldwell Banker Community Realtors. Call or text: 413-548-6525 or email sarah.newman@cbcommunityrealtors.com - Thank you!

Local Solar Advisor - Tony Cantafio offers a free assessment of your house or property to see if going solar can save you money each month on your electric bill. There's a lot of misinformation out there and I'm here to explain what's possible right now for anyone thinking of going solar. Solar keeps growing, allowing us to offer better options for homeowners. Incentives still exist, but are changing or disappearing rapidly. Solar isn't for everyone, and not everyone qualifies, but a free assessment lets you see if it makes sense for you. There are many solar companies out there, but if you want the best quality and service with a locally owned and operated company, give me a call at (413)834-3827 or email me at tony@getinsightsolar.com and set up your free assessment today!

Baker's Country Store - open seven days a week for all-day take-out breakfast and lunch. Limited seating outside when weather permits, and inside since the partial lifting of the COVID-19 restrictions. Hours: Monday-Friday 6 a.m. – 6 p.m.; Saturday and Sunday 7 a.m. – 5 p.m. Call 369-4936. We have locally made kid's masks and wreaths for the holidays, a variety of homemade desserts and baked goods, and a large selection of last-minute items. We always have freshly baked cakes, muffins, pies, and cookies - put in your order today for one of Helen's famous pies! Call in advance to order cookie platters for the holidays. Check us out on Facebook: facebook.com/Bakers-Country-Store for today's specials.

Help Wanted! - Baker's Country store is looking for staff to cook, clean, wait tables and run the cash register. Please inquire within the store during open hours.

The Conway Inn - With the arrival of cold weather, outside dining is closed for the season, but limited seating continues indoors. The inn continues to be open Sunday through Thursday 5:00 to 8:00 p.m.; Friday and Saturday 5:00 to 9:00 p.m. for pizza, chicken wings, and breadsticks. Take-out orders may be placed starting at 4:00 p.m. We are now able to serve alcoholic beverages for dining at the inn and to sell bottled beer and single-serve wine with to-go food orders. Call 369-4428 to place your order. Thanks again for the hometown spirit you've shown toward your local businesses!

Boyden Bros. Maple - Pure Maple syrup, candy, cream, granulated sugar, gift boxes and pancake mixes to purchase and/or ship for the

holidays. Select one of our own fresh cut Christmas trees available at the sugarhouse! Visit our Sugarhouse, call us at 413 369 4665, or email boydenmaple@gmail.com. Open December weekends before Christmas beginning Saturday Dec. 5th, 10 a.m. - 3 p.m. Located on Rt 116 near Conway Grammar School.

The Tools You Need Are at Oesco! - You'll find a huge selection of tools including rakes, pruners, saws, shovels, compost forks, and safety glasses (bi-focals too!) Also backpack tractor forks, log splitters, logging winches and a ton of fittings. Loads of great gifts, including rain gauges, wind meters, soil test kits, gloves, books (including the series of Tractor Mac books) and much more, right here in town! Gift certificates ~ 67 years in business. OESCO M-F, 7-5; Closed on Saturday since the pandemic hit . . . our store is Covid compliant for safety. Use the front door only. 369-4335. Call ahead if you'd like curbside pickup or shop online:

www.oescoinc.com

Tea at Two Gift Shop - Come and browse the varied, locally-made items available at Tea at Two. The offerings range from jewelry to hand knits and lots of things in between; baby items, kitchen items, soaps and lotions, Christmas decorations and much more. The shop at 85 Whately Road is open Wednesday from 1 -5, Friday 1-5 , Saturday 10-5 and by appointment as well. Call 413-834-2339. Look for the "OPEN" flag! Thanks for supporting our local Conway businesses.

Maki Matsui Books - These two titles by our local author are now available for purchase at Federal Street Books, Greenfield and Boswell's Books, Shelburne Falls!

Back to Troy - Haunted by the unsolved murder of her enigmatic mother Hannah, Emma returns to her hometown Troy in hopes of finding closure and regaining an emotional foothold. Her search for truth and peace of mind takes on new dimensions when she encounters her old crush Danny Oliveira – a freewheeling yet irresistible high school dropout who took care of her and his brother when they were young. Also available on Amazon.

Daisy Fields - A gentle soul looking for a way to live sincerely in an insincere world. A story spinner who has built a barricade of lies around herself. What is sincerity, what is loyalty, what is true love? A

warm and romantic novella that is a perfect weekend read! Also available on Amazon. Learn more at www.makimatsui.com.

Local potter Megan Hart - Annual holiday studio sale will take place on Saturday December 12th and Sunday December 13th from 10 a.m. - 4 p.m.. A unique selection of pottery and ornaments. Seconds will also be available. 192 Academy Hill Road. hartpottery@gmail.com; 413 522 6707. COVID social distancing will be respected. Private appointments welcomed.

Guidelines for Submission to *Conway Currents*

- All Conway residents or persons who work in the town or have familial ties to the town are eligible to submit items for *Conway Currents*. We encourage submissions of all kinds.
- The average word count is 200-300 words, although longer articles will be given consideration, space permitting.
- Articles should be submitted electronically as an attachment in Microsoft Word preferably. Brief notices may be submitted within the body of an email. When this is not possible, please contact Kathy Llamas at 413-695-5626 to discuss a possible alternative.
- To submit, email your article to conwaycurrents@gmail.com.
- Photographs may be sent as either a .tif image in 300 dpi or a high-resolution .jpg.
- Deadline for submissions is the 20th of the preceding month.
- All submissions will be reviewed and any article that needs revision will be returned to the author with feedback from the editor. The author is expected to respond to the feedback and resubmit the article in a timely manner.
- Questions regarding submissions may be sent to conwaycurrents@gmail.com or by calling Kathy Llamas at 413-695-5626.



*Cover logo image of the South River courtesy of Michele Turre
Line Ornaments designed by Kjpargeter/Freepik*

Unheard Melodies

by Nicole Braden-Johnson

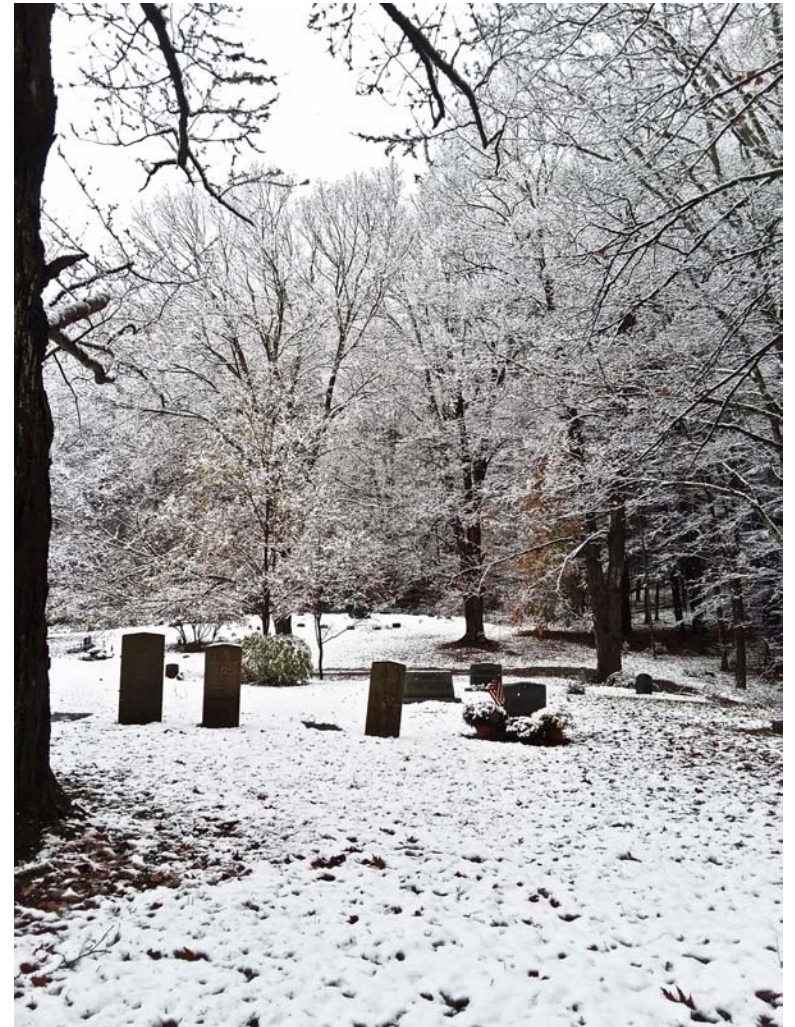
*"Heard melodies are sweet, but those unheard /Are sweeter"
– John Keats "Ode on a Grecian Urn"*

Hope in 2020

Trudging through this year's winding streets we pass:
Solemn shuttered storefronts,
Masked faces searching for humanity in our own,
Picket signs littering a political battlefield,
The distance between us, figurative and literal,
And 250,000 homes in mourning.

As the dusk and the dust settle on this year,
Our feet point forward and our gaze looks ahead.
Though there is still time to be baking, reading, and
virtual-holiday-celebrating,
Under the snow's silent cover lies new growth,
Sleepy seeds will unfurl in bright days,
And hands will grasp loved ones,
People will sing, play music, and be merry,
All in the light of the New Year.

After Pandora opened her box and unleashed all the world's ills,
She retained just one thing,
And that one thing we have in these final days of 2020:
Hope.



Pine Grove, Reeds Bridge Road, October 30, 2020 - After the Season's First Snowstorm. From the glistening canopy of the branches above to the quiet beauty of the snow-covered earth, you get the sense that nature knows best how to paint a picture.

Current Town Office Hours

Until further notice, ONE VISITOR AT A TIME may enter the town office. If you find that another visitor is already in the office, PLEASE WAIT OUTSIDE until that person leaves. MASKS MUST BE WORN

Currently, only the following will have limited office hours at the town office or town hall:

Town Clerk - Laurie Lucier - 369-4235 x4

Enter at rear of building.

Tuesdays, Thursdays and Fridays 8:00 a.m. to 1:00 p.m.

Treasurer/Tax Collector - Jan Warner - 369-4235 x2

Assistant Treasurer/Tax Collector Lynn Kane - 369-4235 x1

Mondays and Wednesdays 9:00 a.m. to 1:00 p.m.

Transfer Station stickers available.

Town Administrator - Tom Hutcheson - 369-4235, x3

Please call for appt. – may be out of office.

Mondays 3:30 p.m. to 5:00 p.m.

Tuesdays 1:30 p.m. to 5:00 p.m.

Wednesdays 2:30 p.m. to 5:00 p.m.

Thursdays 1:30 p.m. to 5:00 p.m.

Assessors (Town Hall) – by appointment - 369-4235 x5

assessors@townofconway.com until further notice.

Board of Health (Town Hall)

Thursdays 2 to 4 p.m.; Saturdays 9 to noon.

To speak with others in the town office, call 413-369-4235 and follow the instructions to reach the appropriate office or go to <https://townofconway.com/>.

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