



The Conway Selectboard extends its heartfelt wish that 2021 will be a better year than 2020. Beyond that we wish to remind ourselves that we are not powerless to shape our future; that much of what has been broken can be repaired; and that though we are many, we can be one.

So take a moment and reflect upon all of the people and things in our lives that are still worthy of our love. Courage, honor, beauty, truth. A good community. And share with others why those things are worthy of their attention and love.

*And by all means, have a very happy New Year!
The Conway Selectboard*



As Conway residents we are all blessed in that we live in this place and have the neighbors we do. We have shared the world's pain in dealing with this pandemic. But because of the close bond we all share, by and large we have come through this by taking care of each other, and we should be very proud of that. When the rest of the country has been so divided, we still love and care for our neighbors, no matter what their views are on any subject. Three cheers for us!

- Jimmy Recore

Riding the Waves of COVID-19

by Kathy Llamas

Phil Kantor, the third member of our selectboard, is a man wearing many hats. In addition to the selectboard, he is a member of the school committees for both Frontier Regional School and Conway Grammar School; for the latter, he chairs the Negotiating Committee and is a member of the Financial and Policy Committees. As if that weren't enough, Phil is the Conway representative to the FRCOG Council, the oversight board of the Franklin Regional Council of Governments. Many hats, indeed!

I asked Phil about his experiences on these school committees and what led him to join them. Serving on a school committee, he mused, is one way a parent can keep up to date on what is happening in their child's school. There are budgets to consider, policies to create, and contracts to negotiate. Now, in the age of COVID-19, the dynamics have changed. "Everything has turned upside down. We went from working on the budgets to at times making life-and-death decisions that affect the entire community.

This year has been brutal – to do the necessary work in the age of COVID. That being said, Conway is still a great place to be in this difficult time. The refuge in the COVID storm is that the selectboard at present is delightful to work with!"

Phil has been a selectboard member for three years. He believes passionately that town government runs best when people have different views. "It is important that we strive for idea-based candidates versus one based primarily upon a candidate's likeability. Our town government is awesome."

When his daughter, Hannah, asked him whether he would support a somewhat controversial idea, he encouraged her to go to town meeting and exercise her power of persuasion to make her voice heard. "Many who are just coming to the age of voting or serving on boards do not always see their town government as a vehicle for change." Phil expressed the value of getting young people – who

are historically under-represented in decision-making – involved in government at an early age, beginning with schools' student councils. Being on both the school committee and the selectboard, he says, gives him a balanced perspective on many things that appear before him at town meetings. The selectboard needs to be aware of how their decisions impact the school, and conversely, the school committee needs to recognize the challenges that the town's Finance Committee faces.

After years on various boards and committees, Phil has become seasoned. "The bigger the microphone, the more opportunity you have to set things in motion," he said. Phil was quick to recognize two people who were strong mentors when he started out in town government. "(Town Treasurer) Jan Warner,"



he credits, "taught me to look critically at a budget, and Cyndie Ouimette taught me to be fearless about ferreting out the right questions to ask administrators. Our town needs the support of people on many committees who are willing to step up and ask the hard questions. This process can be very intimidating. You are just trying to help the most you can."

What motivates Phil to keep all these balls in the air? "You do it because you love it! You love the people that you serve; you're plugged in to the community, and you feel connected to the people you serve with!"

I always wonder what brings people to move to the sweet town of Conway from places sometimes far afield. Phil spent his early years in Reading, Pennsylvania. From a young age he had an

affinity for horses that grew into work as a racer of Standardbred trotters and pacers. It was in this environment that he met his wife, Mandy. She was a competitive three-day-eventer, and together they built reputations in the sport. Although no longer a frequent eventer, Phil tries to do one competition annually, but he noted that it is not an easy or a safe sport. As their daughter Hannah approached school age, Phil and Mandy remembered a town they had visited some years before: Conway. They loved the coziness of the town, with its beautiful greenery and stone walls. They had heard it had a strong school system. They decided to relocate here in 2003.

One of the first things Phil joined following his arrival was the Conway Historical Society, which he served as president. He shared with me his interest in Conway history. At one point in its history, Conway was an industrial giant. Although the town never became the county seat, it was once the place that Franklin County Criminal Court called home.

I had one remaining question for Phil: what his post-COVID-19 dream might be. Phil's face lit up! He said that he had been researching carbon sequestration. He had read that Westfield, West Springfield, and Agawam were already participating in such a program and that by sequestering carbon, the three towns shared dividend check of two million dollars! As someone with an interest in finding ways to generate revenue for our town using town resources, he invested his own time and energy to write a grant request to do a market feasibility study for Conway. The town was granted \$20,000 to conduct the study. It is working with a Williams College professor as a sort of junior partner to explore the concept in depth. Hopefully by the end of next summer we will see this project come to fruition.

Phil's advice: "As long as you can keep focused on the really important things in life, you can have happy days even in the middle of a pandemic."

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. There will be no meeting in January; next meeting is Feb. 3. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284.

Senior Calendar for January

- **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 Jan. 4. 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.
- **Walking Group** The group is over for the winter.
- **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.

COVID-19 on the Town Website

Dear Conway residents: Given that COVID-19 has affected our community with more frequency in recent weeks, we want to remind you that the Town of Conway website keeps updated information on the number of cases in town. Please visit the links to "[Current Information about COVID-19](#)" or the Board of Health page for the latest case counts. These pages also include links to other important information on preventing the spread of COVID-19. We wish continued health for everyone in our community!

Low-Level Chronic Inflammation

by Peter Farber

According to the Dr. Ozes of the world, we all have chronic inflammation to some degree: low level and maybe not-so-low level. When your inflammation grows from a very low level you begin to see degenerative inflammatory illness, such as cancer, heart disease, Alzheimer's, Parkinson's, MS, arthritis, etc. To recap, these are inflammatory illnesses fed by chronic inflammation.

You get a splinter in your finger. It becomes infected. That's acute inflammation. Your immune system goes to work, even for such a small insult to your body. You remove the foreign particle, your immune system does whatever cleanup is necessary and the inflammation goes away.

However, what happens should you ignore the splinter? The inflammation then becomes chronic and at some point becomes systemic throughout your body. While this is a simplistic example, low-level chronic inflammation can show up anywhere in the body.

As the inflammation grows and as time goes on, your immune system becomes overwhelmed. At that point you have a problem, which I think – my opinion – can often first manifest as arthritis. It could be the mineshaft canary. What to do NOW?

If you wait until an inflammatory illness manifests, it will be that much harder to treat. There are reasonable changes you can make to your diet and lifestyle that will allow you to manage your low-level chronic inflammation and prevent it from becoming something more. The first place to start is with sugar or any food that bumps up your glycemic index, which can be everything from honey to maple syrup, although honey and maple syrup bump the glycemic index a whole lot less than a sugared cola drink. The calories they contain are also nutritionally rich, whereas sugar is an empty-calorie food.

Sugar feeds chronic inflammation. Cancer tumors feed on sugar. Heart disease feeds on sugar, and, of course, so does arthritis. As published in the *Journal of the Academy of Nutrition and Dietetics* (2012), American adults eat 77 grams of sugar every day.

According to the American Heart Association, men should eat no more than 36 grams of sugar and women no more than 25.

Reducing your intake of sugar and sugary foods is a good place to start and will serve you well over the long or even short run.

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.

Municipal Vulnerabilities Plan and River Corridor Zoning Information Session

Contact: Beth Girshman, Planning Board Chair, 413-369-6079, planningboard@townofconway.com

The Conway Planning Board wants to hear from Conway residents about two major topics: municipal vulnerabilities planning and river corridor protection. The Board invites all Conway residents to a meeting on Thursday, January 21, at 7:00 p.m. Residents will be able to join the meeting via internet video or by calling in from any phone, including landlines. The session will be recorded and available for later viewing/listening. Kimberly McPhee, of the Franklin County Regional Council of Governments, will present information about Conway area river corridors, fluvial erosion, and dangers posed to important municipal infrastructure, such as roads and bridges. Conway town administrator, Tom Hutcheson, will talk about the recent municipal vulnerabilities report and hazard mitigation plan for Conway.

The Conway Planning Board is considering adopting River Corridor Protection Overlay District Bylaw with the intention to:

- a) Protect public and private property, and public safety and welfare.
- b) Protect mapped river and stream corridors that are highly subject to erosion due to naturally occurring stream channel migration and adjustment.
- c) Limit new development within River Corridor areas to minimize property loss and damage due to flooding-related erosion.
- d) Allow rivers and streams to maintain or re-establish their natural equilibrium to avoid the need for costly and environmentally degrading stream channelization and bank

Conway Planning Board Chair Beth Girshman said, “Conway’s Planning Board listens to concerns raised by Conway residents. This information session is an opportunity for the Board to present information and get input an important concerns that have the potential to impact our entire community. We hope many Conway residents, particularly those who have property along our river corridors, will attend the information session.”

A river corridor includes the active river channel, associated bars and wetlands, and a portion of riparian area, floodplain, terrace, or adjacent slope. The river is expected to migrate within the river corridor over time. River corridors are dynamic areas where a great deal of damage occurs during flooding disasters. River corridors are different from the Riverfront Area, which is a regulated resource area bordering perennial streams in the Commonwealth of Massachusetts that was established in 1996 with the Rivers Protection Act, currently defined as a 200-foot setback from Mean Annual High Water (aka Ordinary High Water or Bankfull) along both sides of the stream channel.

This information session will be held in accordance with state mandated social distancing requirements. The session will be

accessible via Zoom - links for internet connection as well as via call in are below. The session will be recorded and available for later viewing/listening.

To Join the Meeting Click here: <http://bit.ly/Jan21InfoSession>

Meeting ID: 822 4499 4143

Passcode: conwaypb

Or call in from any phone, including land lines: 929-205-6099

Open Space and Recreation Plan

The Town of Conway is currently working with the Franklin Regional Council of Governments to update the Conway Open Space and Recreation Plan. This plan is a tool through which Conway plans for the future of its conservation and recreation resources. The plan also makes the community eligible for Massachusetts Division of Conservation Services grant funds for conservation and recreation projects for up to seven years. The plan is informed by the public so that its recommendations reflect the needs of the community, so please watch for the Open Space and Recreation Plan online survey in the spring. Meetings are open to the public. For more information or to join a meeting, please contact Andy Levchuk at levchuk.andrew@gmail.com.

Fred W. Wells Scholarship

Residents of Conway wishing to apply for a 2021-2022 Fred W. Wells Scholarship must submit their applications with all required documentation postmarked on or before March 20, 2021. Applications are available NOW at the Town Office, 32 Main St., Conway, or at OESCO (Orchard Equipment – ask for Kate). Email questions or concerns to pblond@greenfieldsavings.com. Mail the application and documents to Prudence Blond, Greenfield Savings Bank, 400 Main Street, PO Box 1537, Greenfield, MA 01302.

Fred W. Wells Trust Scholarships are offered to graduating seniors and full-time college students who have resided in Conway, one of sixteen local towns that can participate in this award, for at least

two years immediately prior to application. Recipients are selected based on scholarship, need, extracurricular activities, and recommendations from counselors and teachers. The maximum award for any one academic year is \$1,000 and is contingent upon the number of qualified applicants. Awards are not to exceed a maximum total of \$4,000 over the course of an academic career. If your awards amounted to less than \$4,000 and you have continued your education, apply again for the balance for graduate school or a new career!

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. The library remains closed to physical visits at this time.

Visit our “Collections” page linked from our website at <https://fieldmemoriallibrary.org> to browse portions of our collection.

You can request any item and we will search our collection. If we do not have it, we will try to obtain it for you. We can obtain items from other libraries through the Inter-Library Loan (ILL) system. 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. Please do not request items directly from CWMars through other libraries for delivery to FML. This is because if you do so, we receive no record of who borrowed what.

Adult & Young Adult Fiction

The Invention of Wings, A Novel (Original Edition, No Annotations) by Sue Monk Kidd
The Lying Life of Adults by Elena Ferrante
A Time for Mercy by John Grisham
Orphan's Guilt: A Joe Gunther Novel by Archer Mayor
YA: *Wonderstruck* by Brian Selznick

Adult Nonfiction

This Chair Rocks: A Manifesto Against Ageism by Aston Applewhite
The Phoenicia Diner Cookbook
You Are Awesome: How to Navigate Change, Wrestle with Failure, and Live an Intentional Life by Neil Pasricha
Catch and Kill by Ronan Farrow
Stamped from the Beginning: The Definitive History of Racist Ideas in America by Ibram Kendi
Too Much and Never Enough: How My Family Created the World's Most Dangerous Man by Mary L Trump

Children

Bowwow Powwow by Brenda Child
The Hike by Alison Farrell
Swimmy by Leo Lionni
From Milk to Cheese by Bridget Heos
Pete the Cat and the Perfect Pizza Party by James Dean

David Whittier
Director, Field Memorial Library
director@fieldmemoriallibrary.org
<https://fieldmemoriallibrary.org>

Notice of Annual UCC Church Meeting

Due to the restrictions of COVID-19, the Annual Church Meeting will be held remotely on Sunday, January 31, 2021, at 10:00 a.m. The Zoom ID is 89676553788 and the password is 698370. We hope all church members will be able to join the meeting as we discuss our ongoing pastoral search, the budget for the coming year, and all other matters to come before the congregation.

Thanks to those who have donated to the Building Fund. We are scheduled to break ground in March or April, depending on the weather. If you can make a donation, please send it to UCC of Conway, P.O. Box 214, Conway, MA 01341. Make checks

payable to UCC of Conway and write "building fund" on the memo line. THANK YOU!

Here is to 2021. May it be a year filled with peace, hope, and blessings.

Hilltown Churches Food Pantry

The Hilltown Churches Food Pantry is located in the downstairs of the Congregational Church on Main Street in Ashfield. The only requirement for joining the food pantry is proof of residency in one of the towns that we serve and a simple statement of need. There are no income requirements so please come and sign up.

The Food Pantry serves the eleven Hilltowns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe and Shelburne.

Food distributions are every other Tuesday from 3 to 6 PM. We typically serve about 600 people at each distribution. Distribution calendars are available at the Congregational Church or can be mailed directly to you. For weather/closure updates listen to WHAI (FM 98.3) or Channel 22.

Please come in and see us to sign-up for food if you have the need, it is easy and confidential as we are there to help.

We rely on donations of money and food for our continued operation. We are able to stretch our money by shopping at the Food Bank of Western Massachusetts as they provide most foods free and for a few for 19 cents/lb. Last year we gave out 85,616 pounds of food to those in need. We spend 96-98% of our budget directly on food.

Should you wish to make a donation our mailing address is

First Congregational Church
PO Box 161
Ashfield, MA 01330-0161.

Talkin' Trash

Did you know that holiday lights are recyclable at the Conway Transfer Station? January is often the month we go through our old lights and discard them if no longer usable. In truth they contain copper, which is recyclable. The scrap metal bin at the transfer station can accept these lights, so don't trash them, recycle them! For questions about what can be put into our recycling containers, visit the Springfield MRF website at www.springfieldmrf.org or the RecycleSmartMA Recyclopeda at www.recyclesmartma.org. If you can't get your questions answered there, feel free to email Veronique Blanchard, BOH member, at aemd@townofconway.com. A very merry 2021 to all!

Sir Reginald's New Year's Resolutions

1. I will stop asking my wife Alexa for the latest weather and the NFL standings.
2. I will start at least three days a week by getting out of bed.
3. I will apologize to all who fled the Conway Swimming Pool last summer when I showed up in my new Speedo.
4. I resolve to lose somewhere between 250-500 grams/week. (Sounds good but may be too ambitious.)
5. No matter how difficult, I will try to say, "Yum! Great creamed chipped beef!" when we dine at my mother-in-law's.
6. I will resolve to learn the difference between what my wife calls "dirt" and what I perceive as dirt.
7. In 2021 when it comes to work, I will stop at nothing.
8. To honor my wife's request, I'll stop bringing my accordion to dinner parties.
9. I will stop using my Elmo hand-puppet during Zoom meetings with my parole officer.
10. I will stop screaming, "Just repaint the wall!" at people rejecting the otherwise perfect house on HGTV.

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.

- Kids' foosball table game, 45"L x 24"W x 34"H. Not a high-priced table but in good condition; last used Nov. 2019. rcorey@comcast.net
- Two rectangular wicker baskets with handles, 12 1/2"W x 16 1/2"L x 8 1/2" deep; handle height 15". patricialynch@earthlink.net
- Metal wire shelving, 14" stacked cubes, 4 cubbies (2x2) with closed back & open front. lynnr42lynn@gmail.com

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 email the text of your advertisement by the 20th of the previous month to Louise at lmbeckett@crocker.com. If you want

to discuss your ad or have any questions, please call 413-559-1180 or email. Thank you for your support of *Conway Currents*!

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 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 a variety of homemade desserts and baked goods, and a large selection of last-minute items including locally made kid's masks. We always have freshly baked cakes, muffins, pies, and cookies - put in your order today for one of Helen's famous pies! Check us out on Facebook: facebook.com/Bakers-Country-Store for today's specials. Baker's would like to thank everyone for their continued support - Best wishes for a Happy New Year!

The Conway Inn - Limited seating is available indoors according to COVID-19 guidelines. 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!

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.

Calling all HAM Radio operators!

Are you already a HAM operator, or do you have any interest in becoming a HAM? I am planning to get my license and would love to network with others in town. Contact aemd@townofconway.com or 325-3472 if you are interested. Thank you! Veronique Blanchard

"What good is the warmth of summer, without the cold of winter to give it sweetness. You only truly, deeply appreciate and are grateful for something when you compare and contrast it to something worse." – John Steinbeck

Happy New Year from the staff of *Conway Currents*!

Kathy Kennedy
Veronique Blanchard
Pat Lynch
Louise Beckett



This intentional? Unintentional? Symbol of love? Of - "Whoops! I missed my turn." was found in front of my house during a recent dusting. Whether created or made without afore thought, It made me smile. I hope it does the same for you. Happy New Year! - Mike Haley

"The winter solstice has always been special to me as a barren darkness that gives birth to a verdant future beyond imagination, a time of pain and withdrawal that produces something joyfully inconceivable, like a monarch butterfly masterfully extracting itself from the confines of its cocoon, bursting forth into unexpected glory." – Gary Zukav

Unheard Melodies

by Nicole Braden-Johnson

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

Snow Day

Tomorrow there will be grumbling about the state of the roads;
Tsking about the (un)punctuality of snowplows;
Sighing about the length of the cold season before us.

But today the world is soft and silent and sepia-toned.
In secret places critters insulate themselves
Under cold snow dunes against colder winds.

Inside, chocolate nibs melt into coconut milk –
Sticky hot treats to fill eager little tummies,
To warm fingers bitten pink by frosty games in the flurries.

Outside on the lawn there's a haphazard snowman,
With a red cap and a lopsided grin, waving crooked stick-arms:
"Today I'm here, and soon enough I'll be gone!"

Today the world is soft and silent and sepia-toned.

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