

THE BUZZ ON "MONTAGUE READS" **CONLAN AT THE CARNEGIE** see page 3



WE ALL LIVE DOWNWIND HUNDREDS MARCH IN BRATTLEBORO see page 5



Town Meeting Approves Dry Hill Road Study

BY DAVID DETMOLD MILLERS FALLS -Montague town meeting members voted in a straw poll on Tuesday night, October 17th to support a feasibility study to determine the best means of providing access to the town-owned Dry Hill cemetery in Millers Falls, the locus of a long-running land dispute with Wendell Road excavator James Senn. The selectboard warned meeting

members the study could it to ourselves to keep that cost more than \$30,000, and the eventual construction of an access road, if chosen and approved by town meeting, could run an additional \$200,000. Still, Precinct 2 town meeting member Mike Naughton, speaking for the measure, said, "We owe it to past generations who have been promised that the town would provide vehicular access to that cemetery, and we owe

promise."

The selectboard promised to bring funding measures for design work and construction for the project back to town meeting for final approval.

For the last three decades, the easternmost quarter mile of Dry Hill Road has been cordoned off by Senn with wire cable and No Trespassing signs. After protracted



Bruce Hunter of the Franklin County Housing and Redevelopment Authority checks on the work of New England Infrastructures as they pour concrete. Job superintendent Bryan Kennet, seated, tamps concrete into a sono-tube to anchor springs for playground equipment. (l-r Bruce Hunter, Luis Morales, Bryan Kennet, John Defilippo)

BY JOSEPH A. PARZYCH

new tot lot - a rocket, a motorcycle, a Despite what casual observers over pony and a duck.



The right of way for Dry Hill Road at Wendell Road, blocked for thirty years by abutter James Senn, has now been surveyed and marked by the town of Montague

his lawyer, the selectboard proved the town's ownership of the historic road, and paid to have it surveyed and staked this year. With that work completed, DPW superintendent Tom Bergeron told the selectboard on August 7th of this year that the town would have to spend "around \$30,000 to

\$40,000" to put in a 12-

foot, one lane gravel road

in the town's 33-foot right

cemetery.

Subsequently, September 19th, warning of possible legal consequences to the town catch basins at the inter-

"Most public cemeteries have a way to get people in and out of them. This one should be no different." - Sue SanSoucie

Montague Cemetery Commission

the steep roadway spill onto Senn's property, of way up the quarter mile Bergeron advised the to the cemetery, including board he had increased his

wrangling with Senn and a turnaround near the estimate for the one lane gravel road to at least on \$200,000, taking into account the added drainage systems and section of Wendell

Road that would be required to satisfy Senn's requirement.

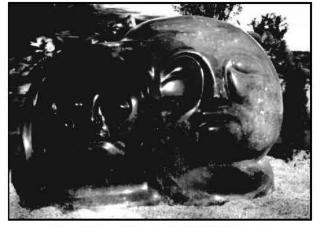
In past years, Senn has worked as a subcontractor for the town highway department, plow-

should any run-off from ing snow in Lake Pleasant and performing excavating work for the town.

> Lawrence and Ursula see DRY HILL pg 8



BY FLORE MONTAGUE CENTER The beaten track for art walks in the town of Montague has wended its way along the Avenues and back alleys of Turners Falls in recent years, but art is being created here in the boondocks of Montague Center, too! Art aficionados got an eyeful on Saturday, October 14th as Montague Center artists joined Leverett arts and crafters in a first of its kind open studio tour with more than 30 stops! Too many stops for one day, so we focus here on just the Montague end of things.



the last few months might have perceived as a lack of action at the site, construction on the renovation of Peskeomskut Park in downtown Turners Falls is moving along. New England Infrastructures has cleared the site, stripped loam, paved sidewalks, and poured footings and a pad for the new band shell.

"The prefabricated band shell will be up by the end of the week," promised Bruce Hunter, assistant director of community development for the Franklin County Housing and Redevelopment Authority, who is keeping an eye on the work in progress.

On Friday, October 13th, New England Infrastructures' crew poured concrete, supplied by Graves Concrete from their Bernardston facility. They filled Sono-tube concrete forms designed to anchor coil springs for bouncing playground objects on the

Asked about the public perception that only one person has been on the job off and on throughout the summer and early fall, and not much progress has been made, Hunter begged to differ.

"There are usually two men at work on the project," Hunter said. "It is more efficient. There are no guys standing around. The job is moving right along. The material for the band shell is all here. It will go up fast. The pre-fabbed beams are beautiful."

As for the solid looking concrete sidewalks the firm tore up and replaced with blacktop, "They only removed concrete to pave with blacktop a short section in the middle coming in from Avenue A," Hunter said. "This way, it [asphalt sidewalk] all matches."

So, dear readers, tune up your instruments, the concerts on the green will be coming any day now.

Under the auspices of the Leverett Crafts and Arts center, headed by

A roadside sculpture by Joseph Elide Landry

organizer

whole.

energetic

on

Donna Gates, with the

support of the Mass

Cultural Council, the ten-

tative planning for this

event began last spring.

The event was a success,

Unfortunately, the majori-

ty of art lovers chose the

village of Leverett for

the

their touring on Saturday, leaving out the designers nearby living in Montague.

Those who did venture across the Sawmill were amazed to discover so many talents in our village. Take Joseph Elide

see ART pg 16

October 19, 2006

PET OF THE WEEK Waiting for You



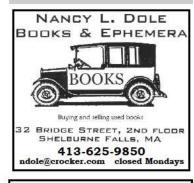
Precious

Precious is a three-year-old black and white short-haired female cat in need of a good home. She is a former stray who has lived with other cats without a problem. She has been an indoor-outdoor cat. Precious is rather mellow and happy, quick to purr and quick to make friends! For more info on adopting Precious, please contact the Dakin Pioneer Valley Humane Society in Leverett at 413-548-9898 or via email at info@dakinshelter.org.

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THEATER REVIEW FINIAN'S QUIRKY RAINBOW

BY P. H. CROSBY TURNERS FALLS - I will

walk over hot coals to see actors Steve Woodward and Jerry Marciano in anything they're in, so it didn't matter that what I'd read about the old chestnut of a musical Finian's Rainbow, in production since 1947, didn't much appeal to me. I marched down to the Shea Theatre last weekend with my nine-year-old son ready to be well entertained. We were not disappointed.

A quirky and oddly uneven play, mounted by Arena Civic Theatre in a similarly quirky and slightly uneven production, full of much Irish hokum and blarney, Finian's Rainbow nevertheless packs a punch. Any musical with sentiments along the lines of the following lyric (admirably delivered in a generous soprano by Amber Sumner) can't be bad:

When a rich man doesn't want to work.

He's a bon vivant. But when a poor man doesn't want to work,

He's a laughter, he's a lounger, he's a lazy good-fornothing, He's a jerk!

Woodward, as drunken but lovable Finian, and Marciano as the self-centered stuff-shirt Senator Billboard Rawkins, got to sing, dance, wink, strut, and stagger through a wide range of well-crafted scenes. But equally charming was the chorus of children and adults who populated the stage for most of the plot's many twists and turns. Ranging from American Irish mawkishness to hard-edged Red Scare era satire, the songs are whimsical, pointed, luscious and snarky by turns, and many good voices in addition to Sumners' fill the Shea to the rafters. It's also refreshing to hear actors un-miked and backed up by talented musicians like Henry Gaida, Laura Botkin and others, instead of a taped soundtrack

Recognizable favorites like "How are Things in Glocca Morra" and "Old Devil Moon" are bound to please any audience, and UMass theater major Josh Momaney will keep people chuckling as the irrepressible, idiotic leprechaun Og. But one number you really don't want to miss is the show-stopping rendition of "Necessity," (What a lovely old world this silly old world could be / But man it's all in a mess, 'cause of Necessity), delivered out of the blue by what looked to be until that moment 'just' a tall, quiet girl in the chorus with a shy smile and a self-effacing manner. Eighth grader Kimaya Soparkar Diggs sashayed into the footlights at the end of Act I and suddenly let loose with a song that had the audience cheering long after she'd socked out the last note.

This is apparently Director Robert Ducharme's 100th production. Congratulations, Mr. Ducharme! Please, bring us a hundred more.



BY ANNA VIADERO

A reading of personal essays by area senior citizens will take place on Wednesday, October 25th, from 6:00 - 7:30 p.m. at the Greenfield Public Library. Seniors are contributors to

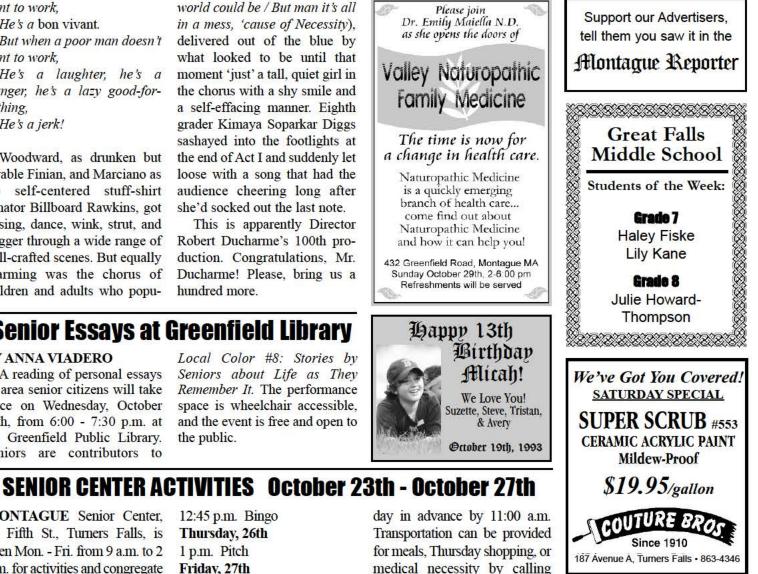
Local Color #8: Stories by Seniors about Life as They Remember It. The performance space is wheelchair accessible, and the event is free and open to the public.

Happy 13th Birthday Micah! We Love You! Suzette, Steve, Tristan, & Avery October 19th, 1993



Less than two weeks after 178 volunteers pulled two 30-yard dumpsters worth of trash out of the Montague Plains, a thoughtful illegal dumper left this lovely pile of used tires behind on Northfield Road for next year's crew. The Montague Reporter will offer a \$100 reward for information leading to the arrest of the perpetrator.

www.turnersfallsriverculture.org Arts, Culture, Recreation in Turners Falls Log on and find out what you are missing.



The Montague Reporter Published weekly on Thursday 24 3rd Street

MONTAGUE Senior Center, 12:45 p.m. Bingo 62 Fifth St., Turners Falls, is open Mon. - Fri. from 9 a.m. to 2 1 p.m. Pitch p.m. for activities and congregate Friday, 27th meals. Make meal reservations a 10:15 a.m. Senior Aerobics day in advance by 11 a.m. Messages can be left on the machine when the center is closed (863-9357). Mealsite manager is Chris Richer. The center offers a hot noon meal weekdays to any senior. Transportation to the center can be provided. Special trip coordinator is Jean Chase. Make trip reservations by calling 772-6356. Payment and menu choice is due three weeks prior to trip.

Thursday, 26th 11 a.m. PACE Aerobics day in advance by 11:00 a.m. Transportation can be provided for meals, Thursday shopping, or medical necessity by calling Dana Moore at (978) 544-3898.

Furners Falls, MA 01376 PHONE (413) 863-8666 FAX (413) 863-3050 reporter@montaguema net

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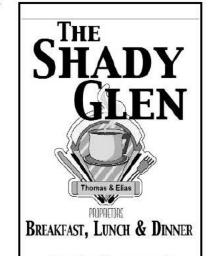
> Subscription Rates: \$20 for 6 months

Monday, 23rd 10:15 a.m. Aerobics 11:30 a.m. PACE Aerobics **Tuesday**, 24th 9:30 a.m. Aerobics Wednesday, 25th 10:15 a.m. Senior Aerobics Advance registration appreciated for the folloowing class, program will be canceled if less then 5 people sign up

Monday, Oct. 23rd 9 a.m. SHINE Program and Prescription Advantage Enrollment

ERVING Senior Center, 18 Pleasant St., Ervingside (Old Center School, 1st Floor), is open Monday through Thursday from 9 a.m. to 2 p.m. for activities and congregate meals. For information and reservations call Polly Kiely, Senior Center director at (413) 423-3308. Lunch daily at 11:30 a.m. with reservations a Monday, 23rd 9:30 a.m. Exercise 9:45 a.m. Library 12 Noon Pitch Tuesday, 24th 9 a.m. Aerobics 12:30 p.m. Painting Wednesday, 25th 9:30 a.m. Line Dancing 12 Noon Bingo Thursday, 26th 9 a.m. Aerobics 12:30 p.m Shopping

WENDELL Senior Center, located in the town offices on Wendell Depot Rd. Call Kathy Swaim at (978) 544-2020 for info, schedule of events or to coordinate transportation.



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42 YEARS ON AVENUE A 863-9636

The Secret Life of Bee Keepers

BY ANNE HARDING

TURNERS FALLS - A crowd of twenty readers listened with munication pattern rapt attention as beekeepers Dan and Bonita Conlan of Warm Colors Apiary in Deerfield ostensibly linked their lives as beekeepers to the ongoing "Montague Reads" book discussion at Carnegie Library on Wednesday, October 18th.

Dan came well prepared with a series of slides projecting the bee biology quotes from the chapter headings in Sue Monk Kidd's acclaimed novel, The Secret Life of Bees, book chosen for the Montague's town-wide book discussion this month. He interspersed these slides with amazing photographs of bee colonies. He planned to relate the novel's story to the bee quotes. Two hours simply flew by, and had it not been for the chirping of the library's bird clock no one would have noticed the time. I must confess the book discussion portion of the program was minimal in those two hours, and it was usually Bonita who mentioned the novel from time to time. But no one minded!

It was a fascinating evening interrupted by gasps of amazement from the audience as we learned about the complex world of honeybees. Dan's passion for bees was evident as slide after slide diverged from the quote and the audience learned about bee social patterns, physiology and anatomy, pheromones, swarms, bee dances, training bees to search for land mines, royal jelly, why Russian bees are so important to the American bee industry, bee mating habits and much, much more.

The remarkably sophisticated comof bees is demonstrated when an alarm scent is exuded. Bananalike in smell, it is a warning to beekeepers to don their protective gear at once. A calm hive can become upset quickly, as 50-60,000 bees can spread the word in about one second. Similarly, the loss of the queen bee will cause profound changes in the hive within four hours as the colony begins the

work of raising a new queen, for without a queen the the hive cannot survive long.

By the end of the program, I also knew that the palest honey on the table was made from the nectar of wildflowers blooming in May and June, while the amber colored honey was made from late summer wildflower nectar.

The darkest and most highly prized of the three, however, was buckwheat honey. Dan found this amusing because he grew up in Ohio where buckwheat honey was considered bakery grade and you were lucky to sell it for 25 cents a pound. In those days, an acre of buckwheat could produce about a ton of honey. In today's world, hybrid buckwheat seed is grown for other end products; an acre might produce 200 pounds of honey.

It was no surprise to learn that Dan Conlan was named

Late Addition for the Poetry Page Last week, that headline should have read, not "Irish Wales" but "Irish Wakes." The editor who wrote that has been shot, Replaced by one who never makes missteaks.



Carnegie Library's book discussion of the Secret Life of Bees

2006 Massachusetts Beekeeper of the Year, or that he was a faculty member at NMH for 26 years. He is a natural teacher. Dan and Bonita have been fulltime beekeepers for about six years - with more than 500 colonies, each containing about 60,000 bees. Together they sell about 35,000 pounds of honey annually, as well as pure beeswax candles and beekeeping supplies. In addition, they raise disease- and mite-resistant queen bees, because they choose not to use chemicals. (Russian bees, we learned, pick the mites off each other and kill them; the Italian bees common in commercial American hives do not.)

Gifted and animated speakers, the Conlans together delivered an extraordinary program equal parts lecture, comedy, social commentary and edible delights. Be sure to visit their website to learn more. (www.warmcolorsapiary.com) (Oh, and don't forget to read

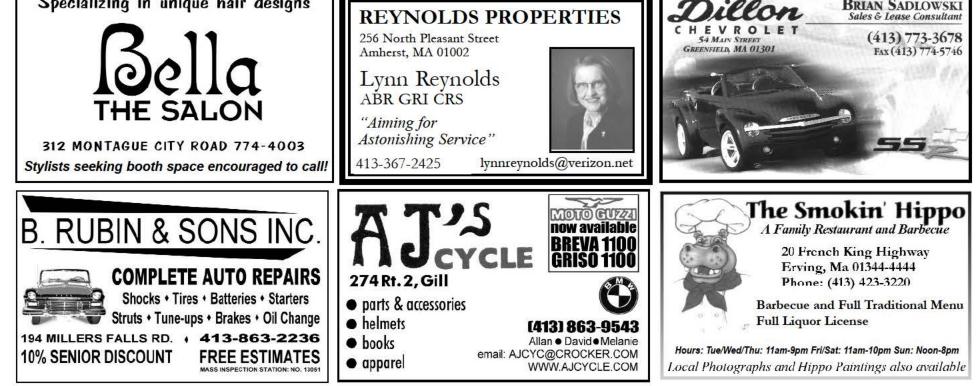
the book!)

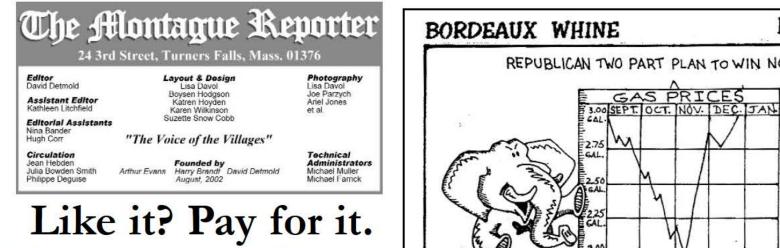
Psychic Fair --

The National Spiritual Alliance will sponsor a Psychic Fair Saturday (October 28th) from 11 a.m. to 4 p.m. at Thompson Temple across from the Post Office in Lake Pleasant. Divination methods include astrology, I-Ching, hand reading, vibration connection, and tarot cards. Consultation is with a medium of choice. Healing services will also be available. In addition TNSA will conduct a Tag Sale from 8 a.m. to 4 p.m.



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P.H. CROSBY

GILL - I'm as cheap as the next person. I love the Gill Store, but several times since it re-opened a year ago, I've gone in to pick up something I needed, checked the price, weighed the options, and decided maybe I'd wait till the next time I'm "in town," where maybe I can pick it up cheaper at one place or the other.

I'm also stubborn about brands. You know ... "This may not be the jam I usually buy. That's not the cocoa I always get. Where's the bread I'm accustomed to?"

I'm sure the Gill Store continues to be open to suggestions about what products to carry, and I suspect it does the best it can with prices, considering its inherently low volume and presumable limitations in competing with larger stores and the chains. But I have a suggestion for us - as neighbors, community members, and customers.

Like having it there? Then

Amherst or Holyoke next week; or when we opt to drive ten miles further for the buck-a-box spaghetti; or when the \$6.99 back-to-school jersey at a mall which is a forty-mile round trip somehow - even though we should, of course, factor in gas prices and time and general mall aggravation - seems like a better deal than the \$9.99 one at a neighborhood clothing store.

Well, the shoe sellers and pharmacies are gone. The opticians and bookstores are barely hanging on. The libraries and schools are under siege. Most movie theatres have been sucked into huge, impersonal, cavernous complexes. And that socalled 'over-priced' department store in the next town is one of the very last independent department stores in New England.

Of course, not everyone can choose to pay more, which is sometimes necessary when we're buying from an independent. There are many people on

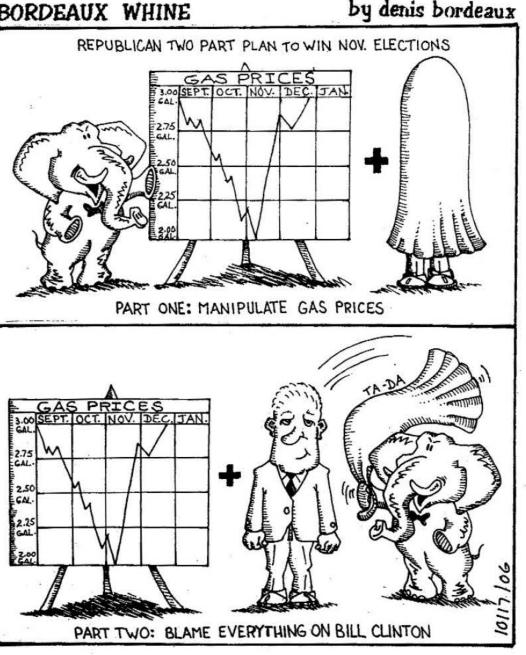


pay for it.

We take so much of our resources - man-made as well as natural - for granted. We think somehow our library, our local school, our movie theatre (I'm speaking generally now), our downtown department store, our independent bookstore, our optician, our local pharmacy (Remember those? You must be old!), our shoe store will always be there. As if there were no impact on their business when than what it costs to make them) we make our long list of books may be a more attractive option. to get when we're at a chain in



fixed incomes, and Franklin County has far more than its fair share of people who are out of work or among the many working poor. For poor and very lowincome people, making a list and saving up and holding back until they can get to a discount store that can afford to drop its prices enticingly low, (due to volume, use of inhumanly lowcost foreign labor, and by actually selling some items for less Many of us - and not just



'rich' people, but some of us on moderate incomes and with children in college or mortgages or car loans to pay off - make choices every day that involve paying more. Some of us send clothes to the drycleaners we could actually wash and iron ourselves. Some of us shell out the extra money for a cappuccino, or cable TV, or to get our nails done. Some of us choose the handmade artsy tureen at the expensive gift shop as a wedding present, instead of the mass-produced platter from the mall. Many of us pay for convenience, pay for little luxuries, pay for aesthetics, and pay for principles.

But we still want our Gill Store supplies and groceries plentiful, varied, and cheap.

And we'll be stunned if we pull in some morning for coffee and the Gill Store is closed. "But wait a minute," we'll say. "I didn't know, I didn't realize, I thought it would ... " etc.

"But what about when it snows," we'll say, "and I don't want to drive into town for milk or bread or the paper? Or what if I need some batteries or bandaids or light bulbs fast? The Gill Store can't close. We need it!"

Never mind that Our Family Farms Milk is actually less expensive at the Gill Store than at the local Super Store. So is the cocoa to go with it on that winter day. And never mind that many of the locally produced, organic, or handcrafted items you find at the Gill Store would never even make it onto the shelves of the chain store.

The fresh-baked scones with natural ingredients at the Gill Store cost the same as the tasteless ones at the super stores, but they are delicious and they feed more than your stomach. Like many of the items you find in small, locally owned stores, they feed your sense that you are connected to the farmer who grew the berries or the apples or the whole wheat they are baked with, and to the people in the store who baked them that morning. They feed your spirit, and they feed your sense of belonging to a real village rather than a faceless suburb. That's worth something, isn't it?

Like it? Need it? Pay for it.

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Legislators Sponsor Single **Payer Health Care Hearing**

(First Massachusetts District) and Massachusetts representatives John Scibak (2nd Hampshire District), Ellen Hampshire Story (3rd District), and Benjamin Swan (11th Hampden District) have joined over 30 local organizations in sponsoring a public hearing on the Expanded and Improved Medicare for All Act (HR 676). Congressman Olver will chair the hearing and for-

Representative John Olver mer Northampton mayor receive high quality and Mary Ford will moderate. The hearing will be held on Saturday, October 21st, from one to four p.m. in the Forum Auditorium at Holyoke Community College, 303 Homestead Ave (Route 202), in Holyoke.

> This U.S. House of Representatives bill would enroll all Americans in an improved Medicare program, ensuring that everyone would

affordable health care. (See www.house.gov/conyers/new s_health_care.htm.)

Representative Olver is a co-sponsor of HR 676 along with 75 other members of Congress, including John Dennis Conyers and Kucinich, and almost the entire Massachusetts delegation. The hearing is being organized by the new Western Mass. Single Payer Network.

GUEST EDITORIALS

Vermont Yankee Protest Draws a Crowd

BY DON OGDEN BRATTLEBORO

 \sim Area activists marched through downtown Brattleboro on Monday, October 16th and on to the corporate headquarters of Entergy, operators of the Vermont Yankee nuclear plant, as part of a "Peoples Call to Action to Revoke Entergy's Operating License." Horsepower confronted nuclear power as the Glover, VT-based Bread & Puppet Circus took part in the parade with horse costumes and giant puppets, including a twelve-foot tall Horseman of the Apocalypse that narrowly passed beneath utility wires on Main Street. The lively procession wound its way north past the common, and across the West River bridge accompanied by the Brattleboro police department and a cacophony of horns, thumbs-upsigns (and the occasional stiff middle finger) from passing motorists.

By the time the line of march reached Entergy headquarters,

on hand for a rally and non-violent civil disobedience action. The numbers, which peaked at about 250, were impressive for a Monday afternoon. Still, given the potential threats the Vernon nuclear plant holds for residents in the region, from vulnerability to terrorism, to an accident with onsite high level radioactive waste or failure from aging,

brittle and cracked components and safety systems, one wonders why thousands of demonstrators weren't out in the streets? As plant critics point out, if the seventh story spent fuel pool experienced a loss of coolant accident, 25,000 square miles, including large swaths of Vermont, Massachusetts and New Hampshire, could become uninhabitable for decades.

Unlike previous actions at hundreds of demonstrators were Entergy, corporate officials and



At the Headquarters of Entergy Vermont Yankee

police were not 'welcoming' the event with parking and a friendly atmosphere. Nor were the 'Ladies Against Women,' a group of 'church ladies' taking part in a satirical counter-protest with signs reading: "Support Nuclear Family Values;" "Ban the Environment it's Far Too Big (to Clean Easily);" "Trust Authority, They Know What They're Doing;" and "Discussing (Nuclear) Waste is in Poor Taste." The anti-nuke demonstrators joined them, lining up across the street from Entergy headquarters with placards and banners in a mood perhaps best described as upbeat but angry.

The "Peoples Call to Action to Revoke Entergy's Operating License" was organized by the VT Yankee Decommissioning Alliance and the Citizen's Awareness Network, over what organizers called "the

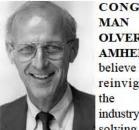
clear, immediate and completely unacceptable threat to life posed by Vermont Yankee." The organizers claimed: "We have renewable alternatives to Vermont Yankee right now that could replace its power if strong action were taken. Wind, solar, tidal, geothermal, biomass and efficiency technologies have proven effective, and are creating thousands of jobs."

The civil disobedience action took place following a skit by

Bread & Puppet focusing on the priorities of the corporate/military complex. Twenty-seven protestors and one journalist who happened to briefly cross over onto Entergy property were met by Brattleboro police, assisted by state troopers, and arrested. One fast moving group of young women managed to evade the cops momentarily and raise a "Closed!" banner in front of the Entergy Headquarters. Despite the group's best efforts, the building remained open.

Among locals arrested were John Ward, of Gill, Margo Culley, of Wendell (arrested for parking in a location deemed off limits by the police), Hattie Nestel of Athol, Sunny Miller of Deerfield, Bob McCormick of Shutesbury, and Steve and Suzette Snow Cobb, David Detmold, Eric Wasileski, and Richard Andersen of Montague. They were summonsed to court in Brattleboro on November 28th, to answer charges of criminal trespass.

No Confidence in NRC's Decision



reinvigorating nuclear the industry without solving safety issues and the nuclear waste storage problem risks creating a new environmental calamity. We should not rely on nuclear power before we

Americans from its side effects.

Radiation poisoning and the threat CONGRESS-MAN JOHN of cancer are health problems that OLVER (D) have been clearly linked to exposure AMHERST - I to nuclear waste.

that Therefore, a national energy policy that supports the building of new plants and which encourages and enables uprate and license extension applications at existing plants is off target. A much wiser course would be to make major investments in developing renewable energy technologies and increasing energy efficiency. That would create new jobs, discover how to safely store nuclear waste for the long term and protect reduce our dependence on foreign

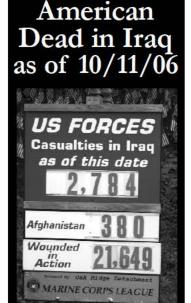
oil, lower energy costs and cut

greenhouse gas emissions.

I am dismayed at how quickly the NRC approved Vermont Yankee's 20% uprate. My colleagues and I had urged the NRC to conduct comprehensive a Independent Safety Assessment of the plant using the same methodology and scope that was applied to the Maine Yankee Reactor. But this request was dismissed despite the knowledge that the plant has existing cracks in its steam dryers, an issue that has caused major failures in other uprated facilities across the country. Without independently ver-

ifiable assessments of Vermont Yankee - both of its ability to safely sustain the now approved uprate and to operate beyond 2012 - every day of operation poses an unacceptable risk to the lives of all living in the vicinity of the reactor.

Please know that I continue to have serious concerns about the Vermont Yankee uprate and Entergy's intention to extend the plant's operating license. Indeed, there are too many unanswered questions and not enough hard science to make me confident in the NRC's decisions on either matter.





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GUEST EDITORIALS

Five Rivers Council: What's It All About?

JONATHAN VON RANSON

GREENFIELD - The first gathering of the Five Rivers Council drew over 175 people to the Four Rivers charter school on Saturday, October 14th, in an event that many in the crowd seemed to consider seminal in its straight look at troubles on this little globe, and for the hope it gave.

The Council attendees first heard presenters sum up the constructive action and thinking being done locally on half a dozen topics including energy, the environment, and agriculture. Masked beings representing earth, air, fire, water and the plant and animal kingdoms drifted through the room, reminding the crowd of these oft-neglected values, and of the preciousness and mystery of our existence in this place and time.

At the main event of the day, the attendees met in small circles and passed a talking stick to share their sense of the 'heart of the matter' to the uninterrupted attention of the others. From these circles came reports of remarkable group closeness and a richer understanding of the issues facing us that developed during the time togeth-

The wrap-up of the six-hour program included a presentation of youth voices - songs, stories and sketches from a group of young people facilitated by Sarah Pirtle. There were signup



Laylee Botkin-Morton (at mic) leads the Youth Voices group and the Five Rivers Council in a song she wrote at Four Rivers Charter School. From left: Levi Baruc-Habib, Sarah Brown-Anson, Mary

Fraser, Joshua Wolfson and Sarah Pirtle, who worked with the young people during the event.

> sheets posted for those who wanted to connect with others on particular aspects of community healing. The intention was to downplay - for this one day specific organizing activities in favor of some good togetherness, a bit of celebration and

some longer-range exchange. thinking, encompassing both past and future.

The Five Rivers Council is an effort to galvanize the Franklin County area into a stronger community, one that's more responsive to the great challenges of these times. Very experimental at this point, it is intended to work by gathering the people and groups already work-

ing toward a "healthy, equitable and sustainable" community, helping others get started, and offering a way to assess the needs and the progress of the effort. The tools the Council uses are mainly the power of greater closeness and honest

Folks who would like to get involved are invited to follow our plans on the website, www.fiverivers.org, or come to one of our planning meetings. Please e-mail or call for more information: 978-544-3758, commonfarm@crocker.com.

Trustees of the Soldiers Memorial

will meet on Tuesday, October 24th, at 6:30 p.m. at town hall to review plans for the new Soldiers Memorial or Avenue A. The Trustees have raised \$65,000 toward the \$76,000 needed for the downsized memorial, but contigency funds will also be needed before construction can get under way. Plans for the upcoming Veterans Day ceremonies will also be discussed. The public is welcome.

Elementary Buildings and Configuration Proposed Public Forum Schedule

er.

Tuesday, October 24th First forum to be held and televised in the media center at TFHS

6:00-7:00 p m. School Committee business meeting 7-8:30 p m. Public Forum

Thursday, October 26th 6:30-7:00 p m. Gill PTO Meeting

7:00-8:30 p m. Public Forum

Monday, October 30th

Montague Center School 6:30-8:00 p.m.

Wednesday, November 1st Sheffield Library 3:30-5:00 p.m.

Thursday, November 2nd Hillcrest Auditorium 6:30-8:00 p.m.

Monday, November 6th Erving Elementary School (Tentative) 6:30-8:00 p m.

Diemand Farm Mormon Hollow Rd. Wendell Wendell It's time to order your Fresh Thanksgiving Turkey and don't forget to visit our store! Featuring our homemade Turkey Pot Pies, Frozen Chicken, Turkey Dinners, Eggs, Pesto, Ground Turkey, Quiche, Turkey Chili, Baked Goods and Lots More! Store Hours: 7 a.m. - 6 p.m.

7 days a week! 1-978-544-3806

Bluefish Swim Team & Swimming Lessons **Montague Parks & Recreation** Department

The Bluefish Swim Team will hold its pre-season meeting on Thursday, October 26 from 6:00pm - 7:00pm at the Turners Falls High School Cafeteria. This is an informational meeting for interested youths and their parents. The Bluefish Swim Team is a competitive/recreational swim team open to all area youths able to swim one length of the pool - freestyle. - Dolphins.

Swimming Lessons will begin Saturday, October 28. All levels are held on Saturday mornings. We are now offering Parent/Child classes for children ages 12 months and up. For program fees, more information, and to register for these programs please call the Montague Parks & Recreation Office at 863-3216.

G-M Education Fund Awards \$5,400 in Mini-Grants

By Cori Urban - The Gill-Montague Education Fund board of directors met on Thursday, October 12th and awarded more than \$5,400 in mini-grants to be used for educational enrichment programs and activities in the district's schools.

Nine grants were awarded, ranging from \$200 - \$1,000.

The GMEF grants will fund a portable mural project, environmental studies, robotics inventions, a French dinner and show, a Roman Legionary re-enactor presentation, two guitars and a portable electronic keyboard for the Alternative Learning Program, a quilting program for the study of literature and math concepts, new library books and the restart of a chapter of the Students Against Destructive Decisions.

The GMEF seeks to enrich and extend the reach of district and school goals through the funding of mini grants and special project grants.

The criteria for awarding grants are:

1. Projects must enrich and support district and school goals and curricula.

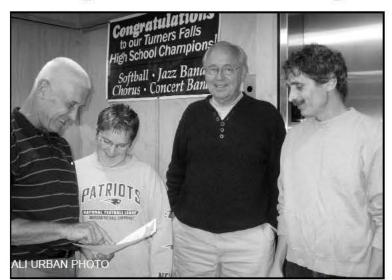
2. Projects must specify clear goals, an implementation plan, timeline and an evaluation process.

3. Projects must demonstrate a strong connection to improved student outcomes.

A second round of applications will be accepted during the current school year, and grants will be made during the second semester.



Organization Begun for TFHS Alumni Association



(L-R) John O'Riley, Dawn Miner, Bob Avery and Patrick Kelly discuss plans for forming a TFHS Alumni Association at a recent open house at the high school.

BY ALI URBAN -

Attention Turners Falls High School Alumni: planning has begun to begin a TFHS Alumni Association! Spearheaded by Bob Avery, retired TFHS guidance councilor, and TFHS graduates Doug Brown and John O'Riley, the group held its first organizational meeting on October 4th.

"We think the time has come to create an organization that would connect with alunni on a regular basis," said Avery. "It is important, I think, to develop a relationship between and among past and present students and the community."

The group hopes to develop a regular newsletter updating members on the activities and achievements of other members as well as school news. "Current students should know that people who graduated from TFHS have become very successful," Avery said. He hopes that through this organization, graduates will be recognized for their achievement within the school community.

One way to do this would be through the development of a Turners Falls High School Hall of Fame. The association would install members who have succeeded in various walks of life.

"The Hall of Fame would bring successful graduates back to their *alma mater* to not only be recognized by their school community, but also to create a healthy spirit recognizing how special Turners Falls High School is," said Avery.

Doug Brown, a 1971 graduate of TFHS and current school resource officer, also hopes to connect past and present students through an electronic database. As students think about possible careers and colleges, this database could connect alumni who work in the fields or attended the schools in which students are interested.

"This warehouse of information could be a great resource for students as they think about their future," Brown said.

He highlighted the importance of community involvement as a way to not only stay informed but also to pass on kindnesses to future generations. "It's important for people to pay it forward, to recognize the good things others have done for them and to pass it on," he said.

"There is a lot of tradition within this school and community," said John O'Riley, who graduated in the class of 1965. The retired TFHS English teacher stressed the importance of maintaining that tradition and connection. "These are things you take with you for the rest of your life," he said. "The memories and stories people have are really interesting, and I don't want to see them left behind. This association will help to continue that tradition."

The TFHS Alumni Association would bring together the educational community through a constant unfolding of information, activities and awareness. Avery compared this community to a large family. "When one graduates, one doesn't leave the family," he said. "These members move, grow and do all kinds of things."

Most graduates always will be connected to their high school



community. Experiences at TFHS have in many ways molded who they have become. The organization's leaders hope to develop interest in what other graduates are doing.

"This is a facility that lacks for nothing," Avery said referring to the newly renovated high school. He stressed how students, past and present, can take pride in their high school.

"I may not be an alum, but in my heart, I am," Avery said.

Avery, Brown and O'Riley welcome anyone interested in the organization; one does not need to be an alumnus or alumna to join. The public is welcome to attend the next meeting on Wednesday, October 25th at 7 pm. in the Turners Falls High School theater. For more information, write to Avery via email at: ravery21@hotmail.com.

High School Highlights is a biweekly column by Turners Falls High School junior Ali Urban that focuses on subjects relating to and of interest to high school students and the general community.

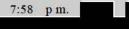
HIGHLIGHTS FROM THE MONTASGUE POLICE LOG Candy Thief Strikes

Friday 10-13

12:48 p m. Caller reports overturned canoe in the river seen from Migratory Way. Turners Fire Department and Environmental Police responded as well. Canoe was on riverbank. Environmental Police took custody of canoe.

7:28 p.m. Report of a breaking and entering at a Montague Street address. Building at Newt Guilbeault Little League Field had been entered. An unusually large amount of candy was missing. Under investigation.

Saturday 10-14 1:45 pm. was arrested on a probable cause warrant from another agency.



was arrested at 91 4th Street on a default warrant.

Sunday 10-15

2:03 a.m. Report of a suspicious vehicle in the TFHS parking lot.

, was arrested and charged with assault and battery on a police officer and resisting arrest.

8:13 p m. Report of a domestic disturbance at a Turners Falls

Road address.

was arrested and charged with domestic assault and battery and intimidating a witness.

Monday 10-16

11:03 a m. Report of a breaking and entering at the Book Mill. Several businesses were entered. Under investigation.

9:03 pm.

was arrested in Greenfield and charged with violating an abuse prevention order, annoying telephone calls, and criminal harassment.



Progress in Millers Falls; Sewer Work Reviewed

BY JOHN HANOLD - The selectboard offered an update to residents of Precinct 2 on Monday night, October 16th, on some all-too-familiar issues. The board offered hope that once-intractable issues in Millers Falls are inching toward resolution. Uneven pavement and a puddling problem in front of the old hotel on East Main Street are being smoothed out, addressing one of the communiconcerns about recent ty streetscape improvements. Several interrelated problems surrounding the yellow clapboard building abutting the Powers Block are being sorted out, starting with a determination that there are no squatters (or other residents) in the building. In addition, a trailer building inspector David Jensen had ordered removed from the lot adjoining that building was removed recently.

In another step toward community beautification, D & D Motors said they have removed all their cars from a lot owned by Jeanne Golrick, behind the Powers Block. Apparently, half a dozen unregistered vehicles belonging to Richard Conley are still parked there. Passage of the property into tax title has been averted again by Golrick, who recently paid overdue fiscal 2004 property taxes on the lot. Taxes for other years remain unpaid, so building owner Conley cannot acquire new permits for improving the Powers Block structure or façade, though minor work can proceed under the remaining outstanding permit, building inspector David Jensen said. Town administrator Frank Abbondanzio stated that a Slums & Blight designation, last obtained in 2005 from the Franklin County Regional Housing Authority, would have to be sought again to make the village of Millers Falls and a "willing building owner" able to apply for Community Development Block Grant funds to improve any blighted properties in the village. It will be at least another year before such a grant could be sought.

Lake Pleasant town meeting member Marge Levenson once again reminded DPW head Tom Bergeron that he had promised to stencil Slow Village Ahead, or words to that effect, on Lake Pleasant Road as a deterrent to speeders. Noting the weather is now too cold for painting, Bergeron replied, "We'll do it in the spring, Marge; it's on tape and on TV!"

Some long-term obstacles to public access to the public cemetery on Dry Hill Road have been cleared, as the town has confirmed that Dry Hill Road is a town way and that the town has an obligation to provide access to the long-neglected cemetery. Furthermore, abutting property owner Jim Senn has removed obstacles to use of the The right-of-way. most intractable obstacles remain: the road itself is too steep and rocky to be navigable by an ordinary auto without extensive work, now estimated at \$200,000, and town officials question whether this should take priority over the estimated \$5 million backlog of other road maintenance needs. Pedestrian access is now possible for physically fit visitors, at no additional cost to the town, but this would be a disappointing outcome for those less robust. Alternative solutions include creating a footpath to the site as part of a more extensive trails project, scheduling four-wheel-drive access via a town-owned vehicle, and construction of alternative roadways over private land. In the opinion of town staff, only engineering feasibility studies of the alternatives can quantify the attendant costs for these options.

A more tangible construction program was assessed, in part, by Steve Freedman of the consulting firm Brown & Caldwell. In the wake of the estimated cost for the Combined Sewer Overflow (CSO) project ballooning from \$5.7 million to over \$10 million this year, the town hired B&C to perform a peer review of the design pre-

"Town meeting expected plant improvements as well as combined sewer overflow; we aren't getting that here." - Mike Naughton Precinct 2

pared by Camp, Dresser & McKee (CDM). Because the original project consisted of two phases of contracting, and involved work on both in-street sewer piping and the wastewater treatment plant, the evaluation comprised five "technical memoranda" embracing design, cost, and prioritization issues. Perhaps most reassuring was B&C's conclusion that the initial CDM design concept was sound and an efficient use of community-owned equipment.

Less reassuring was Freedman's observation that the revised approach seemed to rely on a "desk-top" revision of that design to a lower treatment capacity, with less provision for cost contingencies. The original design would treat a 7 million gallons-per-day (GPD) flow without significant discharge of untreated sewage into the Connecticut River; this would satisfy fully the state Environmental Protection Agency and place Montague well ahead of such river abutters as Chicopee and Springfield. The revised design would probably accommodate 6 million GPD, and substantially comply with EPA guidelines, but supporting data is not fully developed. As Freedman put it, "Seven million GPD is way over the minimum, six million needs to be confirmed."

In addition, the slimming down of the project to fit within the \$5.7 million approved by town meeting would result in deferral of many improvements to the treatment facility itself. relying on continued "as-needed" repairs and continuing the current stress on equipment and operators. The deferrals point the way toward capital projects in future years to accomplish what is deleted now. Precinct 2's Mike Naughton reacted to this news, commenting, "Town expected meeting plant improvements as well as CSO; we aren't getting that here."

The evaluation and discussion of the cost data indicated CDM's revised cost estimate adequately reflects the volatile nature of the construction market, but could be improved, in the opinion of B&C, by providing realistic cost contingencies and balancing savings in some areas with larger expenditures elsewhere. The bottom-line is a cost at least as high as CDM's revised estimate, and up to \$340,000 higher. Board member Pat Allen concluded, "Unfortunately, you validated

CDM's \$10 million number." Freedman concurred, and said, "Did they pick the right track, in reducing costs? Yes."

The sense of the audience was general frustration with the emerging path, to pare back some of the over-specification work and ask bidders on Phase 2 to quote the higher priority enhancements as add-on tasks to the basic requirements, in case savings in some areas can release money for deferred work on the treatment plant.

In other business, the board granted Jake's Tavern in Turners Falls an entertainment license for acoustic music on Wednesdays until year-end, and discussed a similar application from the new owners of the former Equi's Spanish Gardens in Millers Falls, now re-opened as Millers Pub, for Friday and Saturday offerings of karaoke and disc-jockey entertainment. The issue there is the adequacy of soundproofing and control of doors opening and closing during performances, which will take place in the former dining room rather than in the main bar. Building inspector Jensen will talk the issues over with Ed Tolzdorf of the Pub, observing, "History tells us it's the smokers going in and out that causes the problem."

Art Gilmore balanced his comments on the proposal between his concern for neighborhood children trying to sleep and wondering whether the Millers Pub needed his experience as a piano player. The matter was concluded by deferring the decision for a week while the Pub looks at noise-abatement methods. Board member Al Ross summed up the board's attitude by saying, "We'd like this to come to a success-Mp ful conclusion."

DRY HILL

continued from pg 1

Ellis, neighbors of Senn's on nearby Ellis Road, attended selectboard meetings concerning access to the town cemetery on Dry Hill in August of 2004. Ursula Ellis commented on the standoff between Senn and the town on Dry Hill Road as follows: "This has been going on for 30 years. We'd like something done about it. There are veterans buried there. My husband's grandparents are buried there. We should be able to visit the graves."

This week, Ellis echoed comments by former selectboard member Clarkson Edwards that Senn had altered the landscape and boundaries of the town owned road, increasing the steepness of the grade at the intersection. "The last burial was held there in the 40s, and we got a hearse up there from Wendell Road with no difficulty," Ellis said. "Why

shouldn't he [Senn] be required to pay to restore the road to its original condition?"

Following Tuesday's special town meeting, cemetery commissioner Sue San Soucie said, "Most public cemeteries have a way to get people in and out of them. This one should be no different." San Soucie said Dry Hill Cemetery was the only one of Montague's seven public cemeteries that the public cannot access.

The straw poll of town meeting members to determine the best way of gaining vehicular access to the cemetery garnered a clear majority, prior to the start of the regular warrant. A subsequent straw poll on whether to provide temporary access to the cemetery via a town-owned 4-Wheel drive vehicle for any resident or researcher who requested such a service failed by a convincing margin, even though town administrator Frank

Abbondanzio said, "We have a moral and legal obligation to provide access," to the cemetery. Abbondanzio noted the Daughters of the American Revolution had written the town requesting access to the gravesites of Revolutionary War veterans buried there.

A third straw poll, to determine whether the town should work with landscape students to design a foot trail system to reach the cemetery carried by a wide margin.



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Wendell Admires New Pumper

BY JOSH HEINEMANN

Wendell's new Engine #1 is the pride of the fire department, the result of years of saving by the town and effort by fire chief Everett Ricketts. It is filled with water, and packed with hose, including 600 feet of four-inch supply line that has fittings compatible with other county departments' supply lines. The 2006 Smeal pumper has a 390 horsepower Cummins diesel engine that got 18 miles from a gallon on its trip from the factory in Nebraska. It has a tilting cab with seats for six firefighters, five of which have space for an air pack so a firefighter in turnout gear can put on the air pack while traveling to the fire. It has a Jake brake that can be operated in tandem with an automatically downshifted transmission to bring the truck almost to a complete stop without use of



No, it's not broken. Wendell's new 2006 Smeal pumper features a tilt front end that allows for easier access to the 390 hp Cummins Diesel powerplant that drives the machine.

the foot brake. For snow and and a locking differential. ice, it comes equipped with chains that can be deployed on demand from the driver's seat,

The pump operator can set the pump to be governed electronically, determined by his

Massachusetts Historic Commission Comes to the Wendell Town Hall

BY JOSH HEINEMANN

On Friday afternoon, October 13th, Chris Skelly from the Massachusetts Historic Commission met 20 Wendell residents at the town hall and spoke about ways to preserve the historic assets of the town. He began by defining the difference between a town's historical society, and its historical commission.

A historical society is a collection of volunteers who research town history. They can collect artifacts or anything from the town's past, catalogue it and display it in a museum. A historic commission is a board composed of three to seven people, appointed by the selectboard or town government, whose role is community-wide historic preservation. Their job is to identify, evaluate, and protect resources of significant historical or architectural interest, or places where important events occurred.

on the state and national historic registers.

The Wendell town common area is a National Historic district, for example. That designation is basically an honorific title; private owners of a building on the national historic register may still do anything they wish with their building. But if there is federal or state involvement in a project involving a building on the historic register, then state and federal reviews are required for any changes to the outside of the building.

Since the Wendell town common is on the National Historic Register, the new library and the new town office building design both had oversight by the Massachusetts Historic Commission.

A local historic district can be created only by a two-thirds vote at town meeting, and its regulations governing the exterior of buildings are enacted as zoning bylaws under Massachusetts General Law 40c. Regulations can strictly define features as detailed as

Commission, and the site is put paint color, or they can be looser. Any work done to the exterior of a building in a local historic district is regulated by the local historic commission.

> Skelly did not think Wendell should try to establish a local historic district now, but instead should work on education and outreach. He suggested a sign by the road designating the town center as an historic district, corner signs giving the construction date of buildings, and offering buyers of old homes a short history of their new (to them) house.

Town librarian Rosie Heidkamp asked if there were a set time that had to elapse before a building would be considered 'historic.' Skelly did not quantify a specific number of years, but suggested the possibly that the first McDonalds fast food stand, now about 50 years old, might be eligible, or the first Levittown development, another seminal structure representing a significant change in the way Americans live.

choice of engine speed, or pump pressure. The latter choice allows firefighters to avoid the situation that occurs when one hose is suddenly shut off and other hose operators feel a sudden jolt as water pressure from the closed line is diverted to the open lines.

The pumper can pull a sixinch diameter prime up from a pond in 30 seconds, and pump 1250 gallons per minute through any combination of its six discharge outlets. It has an electric start diesel generator

that uses fuel supplied from the main tank, and can run scene lights, a smoke ejecting fan, or any 120 or 240 volt appliance, even a toaster oven or a coffeepot.

The new pumper has not yet gone to a fire, and I do not want to be the first one to get dirt or ashes on it. Please take care around fire this winter, and make sure your chimneys are cleaned and inspected by a certified professional on an annual basis.

HIGHLIGHTS OF THE GILL POLICE LOG Loud ATV's on W. Gill Rd.

Wednesday 10-11

12:45 p.m. Grist Mill Road resident came into station, complaining of finding empty beer bottles near his property.

Friday 10-13

8:00 a.m. Officer assisted Erving police with a motor vehicle stop in Gill just over the French King Bridge.

4:40 p.m. Officer sent to a West Gill Road residence for a report of loud ATVs. Officer spoke to both reporting parties; report on file.

7:05 p.m. Arrested

for suspended license, resisting arrest, possession of class D drug, and a lights violation.

Saturday 10-14

10:50 a.m. Officer requested to check on a disabled motor vehicle on Main Road. Assisted the driver with a tow.

10:35 p.m. Officer requested to assist Erving police with a house alarm. Officer sent. Home secure. Possibly set off by the dog.

Sunday 10-15

1:10 p.m. Possible truck fire near the Greenfield line on Route 2. Officer sent to the area. No vehi-

cles were found to be in distress. Monday 10-16

7:45 a.m. Fire alarm activation at the NMH campus. Officer sent. False alarm.

6:05 p.m. Complaint from a Main Road resident that someone was urinating behind local business. Officer sent to the area. Incident is on file with the police department, and matter is still under investigation.

7:20 p.m. Complaint from an Oak Street resident that a neighbor's dog was left out all day. Complaining party was concerned about colder weather and age of dog. Officer sent to the area. Unable to make contact with the owner

9:09 p.m. Dog from above complaint still left outside. Officer still unable to make contact with the owner. Officer took custody of the animal and brought it to the town's animal control officer for safe keeping and well being check.

Tuesday 10-17

10:36 a.m. Report of suspicious vehicle in the area of Grove Street, all checked OK

7:55 p.m. Assisted with motor vehicle lock out on Vassar Way.

HIGHLIGHTS OF THE WENDELL POLICE LOG Car Totaled; Pole Damaged

Monday, September 18th Thursday, September 28th

The local historic commission submits a description of the property of interest to the Massachusetts Historic

The Wendell crowd seemed puzzled by this answer.

Gate Lane resident complaining about unrestrained dogs. Referred to dog officer.

Saturday, September 23rd

Motor vehicle accident on New Salem Road. Car totaled; utility pole damaged.

911 call from Lockes Village Road residence. Misdial; all OK.

Saturday, October 14th

Complaint of people on roadway interfering with traffic on Farley Road



THE NEIGHBORHOOD TOXICOLOGIST

Waterproofing the Ocean: the Consequence of Keeping Dry

BY EMILY MONOSSON MONTAGUE CENTER

"Must keep water out" was my mantra. The old red backpack, my faithful traveling companion for twenty years, cross country, up mountains, at sea, and across the ocean had sprung a leak. Several leaks, actually. Wet through completely when a drenching rain followed my husband and me down the Madison Gulf trail. Socks, underwear, warm clothes - sopping. But rather than purchase a new frame pack, I reached for the Scotchgard[™], and methodically sprayed each crack, crevice and seam, confident that by 'renewing' my old pack, I was doing the right thing.

What I didn't know then shames me now, and apparently the 3M Company and the Dupont Corporation had known it for years. The manufacturing process for products like Scotchgard™, my Gore-Tex Coat, and the surface on my favorite frying pan, bestowed upon us more than just consumer goods. According to a review recently published by Magali Houde from the University of Guelph and others in the journal Environmental Science and Technology (ES&T), the perfluorinated polymers, the most notorious being PFOA and PFOS, used to resist, protect, and repel, have infiltrated almost every living system on earth, from Great Lakes algae to polar bears in Svalbard, from the greenlipped mussel to Kemp's Ridley sea turtle, bald eagle and the common loon. And, unless you consider yourself separate from life on earth, these chemicals have infiltrated you, me and your nextdoor neighbor too.

By now, this is old news. Many of us are familiar with the stories. Parrots dropping dead, 3M voluntarily "outing" PFOS, reports of PFOA and PFOS in our blood. It is old news that these chemicals persist in the environment and are found from the North Pole to the South Pole and everywhere in-between.

But how did this happen? These chemicals have been

process.

Ever since Congress passed the Toxic Substances Control Act back in 1976, the EPA has had the authority to review and regulate each new chemical based on its potential threat to us and to the environment prior to its use in starfish, green-lipped mussels, tuna, sea-turtles and otters? Konstantinos Prevedouros and others from Stockholm University and E. I. duPont de Nemours, in a study published in ES&T, estimated that over the years thousands of tons of PFOA



Sea Otters are one of the many water dweller affected by the prevalence of PFOA and PFOS in their environments. Some studies indicate that levels of these chemicals are in decline.

commerce. But there's a catch. According to the EPA, "chemicals in commerce prior to the effective date of the Toxic Substances Control Act were placed on the inventory without going through the premanufacture notice." And, some classes of chemicals were specifically granted exemptions. These included some of the perfluorinated chemicals involved in the production of PFOA and PFOS. The idea is, according to the agency, "Certain chemical health and safety information [would] be submitted to the Agency...when companies learn of it."

But in 2004, the US EPA charged that Dupont had violated that bit about providing "certain health and safety" information. Apparently they forgot to report that not only was PFOA persistent, but that it might be toxic to humans and the environment. Oops.

Dupont settled for over \$10 million, EPA initiated a voluntary phase-out of the chemical by 2015 (a program in which Dupont and several other manufacturers are participants), and back in 2000 the 3M Company voluntarily phased out their use of PFOA, PFOS and related chemicals. or PFOA precursors were released to the environment, much of it discharged into our surface waters, inevitably supplying our oceans with tons of the stuff. In one case, 61% of the chemical used in manufacturing was released to the environment, most going right into the water, without violating a single law. Well, excepting those companies that knew, but didn't tell. And this is only part of the legacy bequeathed upon us not just by industry but by our own desire for eggs to slide, fabric to repel, and carpets to gleam. There is no accounting of the tons of PFOS used or released over the years.

And water, or more specifically the open ocean of the northern hemisphere, is where at least one hundred tons of PFOA or precursors has ended up, according to the report by Prevedouros and others. At the most, they figure tens of thousands of tons of the stuff is circulating around in our ocean water.

"Water is the main vector for

mammal transport, which the perfluorinated chemicals tend to favor."

The big "So what?" comes from my son. Each time I begin to write, he knows it's bad news.

"So what exactly do those kill?" he asked, peering over my shoulder.

I explain that aside from possibly killing the occasional parrot -- though Dupont and others suggest that birds are sensitive not only to fumes from overheated nonstick pans but from overheated butter and oils -- the effects on wildlife are unknown. Although there may be ample evidence of a chemical's toxicity in the laboratory (one form of PFOA causes neurotoxicity, liver toxicity, immunotoxicity and developmental toxicity), and ample evidence of the chemical's presence in the tissues of wild animals, one of the more challenging problems in environmental toxicology is linking the presence of that chemical in the environment with harmful effects on wildlife.

For example, Kurunthachalam Kannan, of the New York State Department of Health, and SUNY Albany, and others, recently reported on the relationship between disease status and PFOA and PFOS concentrations in sea otters found dead or dying along the California coast. The group found more PFOA and PFOS in sea otters determined to be diseased at the time of their death compared with those classified as non-diseased. However, according to their study, reported in ES&T, they were unable to determine if the higher levels of perfluorinated chemicals were "a cause of the disease, a consequence, or coincidental."

Kannan's group also reported a decline in PFOS in the otters over time, following 3M's phase-out. Was that a surprise? "I expect that it would take much longer for the environment to respond," said Kannan. "Maybe what we found was circumstantial, but a few other researchers have found a similar decline in seals from the Arctic."

James Armitage, a PhD candi-

said Armitage, "I would expect to see a response to declining environmental concentrations fairly rapidly [meaning within 10 years]."

"But," he added, referring to a modeling study soon to be published, "we observed that concentrations in the North Temperate Zone, the source area, decline almost immediately in response to drastic reduction in emissions, while concentrations in the North Polar Zone continue to increase." The declines, he noted, are due mainly to redistribution to other ocean areas. In other words, even if phased out, the perfluorinated chemicals aren't likely to go away soon, they'll just go elsewhere.

According to those in the industry, there really is no replacement for perfluorinated chemicals. It is the combination of fluoride and carbon that provides the repellent properties that make these chemicals so useful and durable. The 3M Company has already developed a new polyfluorinated chemical to replace PFOA, PFOS and PFOSrelated products.

When asked about the replacement products, Charles Auer, Director, Office of Pollution Prevention & Toxics, US EPA, said, "The new chemical replacements have been subject to considerable scrutiny....the Agency is requiring robust fate and toxicity testing, and will retain regulatory authority over these chemicals until we can be assured they do not present unreasonable risk."

Through their website, 3M asserts that the reformulated products have been tested for toxicity and bioaccumulation, and have apparently passed with flying colors. If you dig deep enough, you can also read that the replacement, like its predecessors, persists in the environment, though they state that sales and application of the new product will be limited to those resulting only in low environmental emissions.

I hover over my daughter's new leather boots, a can of nonperfluorinated silicon-based leather sealant in my hand, and ponder the desire of beings who are 60% water to stay dry. Then I hold my breath, and begin to spray.

around for over fifty years. Where was the US EPA? Where were our environmental protections? Turns out, these repellent chemicals slipped through legally, via a loophole in at least one process that would have identified their role as the environmental contaminant du jour: i.e., the Premanufacture Notification

Phew. Glad that's over. Or is it?

What about those polar bears, eagles, and loons? What about the

exposure in wildlife," said Frank Gobas, a researcher at Simon Fraser University who studies chemicals that accumulate in wildlife. In the environment, according to Gobas, perfluorinated chemicals exist in a relatively water soluble form. "Marine mammals are likely the most exposed, due to water to fish to date at Stockholm University, studies the fate of PFOA in the environment. He agrees that once the release of these chemicals and their precursors is halted, depending on the location, environmental concentrations may begin to decline quite swiftly in response. "Given the lifespan of most creatures in the environment,"

This article will appear in OCEAN Magazine Volume 3, Issue 13, Winter 2006



NOTES FROM THE GILL SELECTBOARD \$317 Bill for Main Road Catch Basin at Issue

BY P. H. CROSBY

First item of business for the Gill selectboard on Monday, October 16th was to approve a payment of \$317 for the cost of redoing a catch basin on the Main Road project, after the contractors for the three mile, \$3.7 million project found clay in the sub-surface. Selectboard member Leland Stevens noted test drills could have been performed ahead of time to see what type of subsoil lay beneath the area of the catch basin. "They knew there might be ledge. Why wouldn't they know there might be clay?" With nearly a quarter of a million dollars invested in engineering design plans for the reconstruction of Main Road, board members felt this new cost was something that should have been covered in the original contract. Since the bill from F& J Construction was for such a small amount, in the end the payment. board approved However, board member Phil

Maddern asked for a meeting to be arranged with Mitchell LeClaire, Gill's highway superintendent, and a representative of the town's engineering consultant, Greenman Pedersen, Inc. to follow up on questions about the project.

Some time was spent authorizing the Revenue Anticipation note and other bank matters with the assistance of treasurer Ronnie LaChance and town clerk Lynda Hodsdon Mayo, who stood by with the huge and heavy cast iron town seal stamp in hand. After signing the warrant for the upcoming election, the board approved a request from the town's ambulance company for permission to seek designation of Gill as a "Heartsafe Community," having met the criteria by having defibrillators in town and people trained to operate them. Quotes for sand and salt were reviewed and approved, with board members declaring prices quoted by Mackin for sand and Eastern for

salt, "reasonable".

Correspondence reviewed included the final version of the Archeological Survey on the Mariamante land parcel, the certificate of occupancy for town hall, and a request from Greenman Pedersen that Mass Highway redo culvert drawings for the Main Road project, a cost that will be included in the original contract, since it will be a change-order under the 10% cap for cost overruns. The Massachusetts Department of Environmental Protection conducted a site visit of the road project recently and found everything in order.

The board is sending a warm thanks to B's Landshaping for donating services to repair a leak in a water line at the Gill school that resulted in the sudden emergence of a spontaneous water bubbler on the schoolhouse lawn. To the likely disappointment of many school children, had they only known of the short-lived fountain, B's

Landshaping efficiently located and repaired the leak and landscaped the schoolyard back to normalcy before classes started for the day.

Correspondence related to board of health activities informed the board that Regional Health Agent Sharon White is leaving. Her departure was noted with regret since White provided significant assistance to the health board with housing inspections, perc tests, and related issues. The Franklin Regional Council of Governments is moving quickly to replace her. Current inspections include major difficulties with mold in an apartment house in Riverside. The owner is fully engaged in trying to fix the problem, but the work is creating a major disruption for the tenants.

Gill-Montague Regional School District minutes noted the upcoming hearings on school buildings and elementary level configuration. Gill's hearing will take place October 26th

from 7:00 to 8:30 p.m. at the Gill Elementary School, directly following the 6:30 p m. PTO meeting. Board member Ann Banash plans to attend. School committee member Timmy Smith (in the audience at the board meeting on the 16th) said other public hearings on elementary school configuration will proceed and follow this one. The first will take place on October 24th from 7:00 to 8:30 p.m. at the TV studio of Turners Falls High, right after a 6-7 p.m. school committee meeting.

After reviewing a U.S. Census notice about the Gill town boundaries, Maddern noted the board was remiss in fulfilling its duties since it had been some time since they had walked the Gill boundaries. Banash welcomed Maddern to fulfill that obligation and report back.



Eclectic Bands Make for Fine Night Out

Gary Higgins, with MV & EE and the Bummer Road Medicine Show

BY AMY LAPRADE **MONTAGUE CENTER** - Is that the mournful cries from a chain gang you hear? Or the wail of a woman wandering the desert at night in search of lost love?

No, it is the sound of Matt Valentine & Erika Elder with the Bummer Road Medicine Show, painting fantastic imagery with their bluesy, psychedelic sound.

The evening with Gary Higgins at the Montague Book Mill on Friday, October 13th kicked off with this innovative quartet from Brattleboro, VT. The band, members Matt Valentine - guitar, Erika Elder vocals, lap steel guitar, and electric mandolin, Nemo Bidstrup second guitar, and Mo Jiggs -

ments, performed for about an hour to an intimate and appreciative

audience.

Though lyrics the are difficult to ascertain, the music itself conveys a psychotropic moodiness and sense of

loss as Elder shakes her tambourine like she is shackled to it, creating a spooky syncopation with the thick wooden twangs of Valentine's acoustic guitar. Punctuated by the ghostly sounds of harmonica and bottle

percussion and harp environ- neck guitar, this band may sound monies.

good. The second half of the evening ushered in longthe awaited

they

way

hurts

acoustic performance by Gary Higgins

- guitar and vocals, Dave Van deBogart - lead guitars and vocals, and Graham Higgins vocals, lead and rhythm guitar. This trio executed their performance succinctly, with precision and perfectly synchronized har-

His voice sounding as good as it did thirty years ago on his infamous cult classic Red Hash, Higgins' velvety tones melded perfectly with the guitars on "Thicker than a Smokey," while Van deBogart's phenomenal guitar playing conveyed images of fine chocolate and aged spiced wine to warm the pallet and send the listener off into a sweet dream.

These performances, set in the intellectual yet cozy venue of the Book Mill, with the Lady Killigrew's nearby offerings of fine microbrewed beer combined for a great night out in Montague. We hope Higgins returns to the area for an encore soon.

For future show listings for MV & EE and the Bummer Road, go to: ecstaticpeace.com/mvee

RISTORANTE

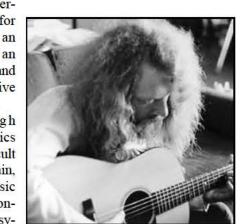
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Paolo



Gary Higgins

somber, but leave the listener feeling bittersweet in a that 50



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Notes from the Montague Special Town Meeting Town Meeting Backs Higher Pay for Town Clerk

BY DAVID DETMOLD **MONTAGUE** - The special town meeting of October 17th turned down the selectboard's recommended pay decrease for the town clerk's position, and supported an impassioned appeal by former town clerk John Zywna to set the salary at a higher step level, and to fund it at \$49,900, nearly \$2,000 more than town clerk Deborah Bourbeau had requested in closed door negotiations with the selectboard. The selectboard had recommended a starting salary of \$43,500 for the position, considering Bourbeau's relative lack of experience in relation to Zywna's 15 years as town clerk. Zywna had been making \$55,154 a year, and Bourbeau, who worked as assistant town clerk under Zywna for the past 21/2 years, has began receiving that salary, set by town meeting in May, when she assumed the post on October 1st on Zywna's retirement.

Zywna was back in the saddle Tuesday night, following an unexplained medical emergency which absented Bourbeau from the meeting. Members unanimously voted Zywna back into the position of town clerk for the duration of the meeting, to fulfill legislative requirements that a clerk be present, and Zywna was back at his old town hall office on

Wednesday, filling in for Bourbeau, who may be out through the November election.

Zywna left the stage, however, to stand at the podium on the floor and appeal for a higher salary for his colleague, who was not there to plead her own cause. Zywna reminded the meeting that the town clerk is an elected post, with a salary set by town meeting members, not the selectboard. He said department heads in Montague make between \$74,000 and \$48,000. "If you vote \$43,000, you've just knocked her right off the chart."

Selectboard member Pat Allen defended the selectrecommendation. board's noting that a salary of \$49,900 for the position would give Bourbeau a higher starting salary than another department head in town with more than five year's experience. She said Bourbeau would receive an automatic pay increase when she completed certification at a state training school for town clerks.

Zywna countered by saying Bourbeau had ten years' experience in town hall, six of them working in the treasurer collector's office, a good foundation for the clerk's position. And, he said, the requirements of the job don't change with the person ful-

or just LOTS of Laundry?

filling them.

Norman Seymour of Precinct 2 said, "The job is the job - it has a certain amount of responsibility, and we should pay commensurate with the workload."

Town meeting agreed, backing Zywna's recommendation on a motion made by Precinct 2's Mike Naughton and seconded by Seymour, by a large majority.

Town meeting also:

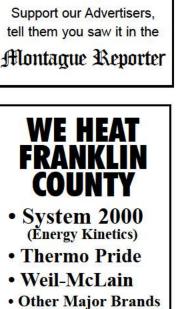
• rescinded a \$20,500 appropriation from the May town meeting for repairs to the front steps of the Montague Center School. Building inspector David Jensen said repairs at that amount would have triggered ADA requirements for wheelchair accessibility at the front entrance, at a far higher cost. Meanwhile, the loose railing and chipped stairs he had originally ordered fixed had been repaired successfully - at a cost of \$100, Jensen said.

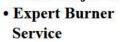
·· ratified a three-year agreement between the town of Montague and Northeast Generation for Cabot Station and Unit I, hydroelectric facilities with 67,709 kilowatts of generating capacity between them, which were recently purchased with 15 other generating facilities (including Northfield Mountain, a 1080 megawatt plant and Mount Tom, a 146

megawatt plant) by Energy Capital Partners for \$1.34 billion. The new owners have agreed to abide by the terms of the agreement, which sets values for the two hydro plants at \$51 million for '07, \$52 million for '08, and \$53 million for '09. (In '06, the two plants were valued at \$46,789,400, according to Montague's director of assessing JoAnne Greenleaf.)

· rejected a motion to provide a \$3,000 stipend to the three members of the board of retirement. Finance committee member Marge Levenson estimated the stipend would translate to \$150 an hour for the members' work, which may have dampened town meetings' enthusiasm for the measure. Retirement board chair Carolyn Olsen said members would soon face a mandatory ten-day training requirement, and would be held to their responsibility to attend meetings and perform required work in order to receive the stipend. Precinct 5's Jay di Pucchio suggested the town lobby the legislature to allow localities to set the amount of the stipend, rather than just accept or reject the \$3,000 figure, as the law currently requires.

 accepted Edgewater Way as a town road.









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Sunday 10-5

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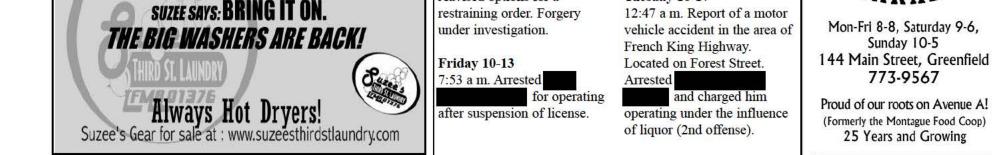
25 Years and Growing



8:03 a.m. Assisted EMTs at a Prospect Street address with a medical emergency. Subject transported to FMC.

5:19 p.m. Arrested on a straight warrant.

Tuesday 10-17





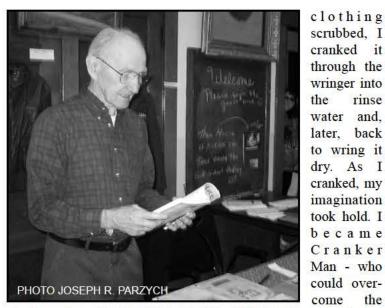
JEP'S PLACE: FAITH, HOPE AND OTHER DISASTERS, PART VII

Chapter 5: Washday BY JOSEPH A. PARZYCH

GILL - As I grew older, washday held out a chance for me to redeem myself. I helped Ma lug water from the outside rain barrel, pail by pail, to fill a big copper boiler sitting on the glowing kitchen wood stove. The kitchen soon became an inferno.

I lugged more rainwater to fill the rinse tub while Ma filled the washtub with hot water. She refilled the boiler from the rain barrel, added a couple of bars of brown P&G lye soap, and put Pa's work clothes in to loosen the ground-in grease and grime. Without stopping to rest, Ma grabbed a piece of

clothing from the wash water and began scrubbing on the metal washboard. After scrubbing a section, she looked to see if it was clean, then, turned the clothing to scrub another place. Soon, steam from the top of the boiler came rolling across the low ceiling. The stench of lye filled the air. Wash water soaked the front of Ma's apron. Sweat showed in dark circles under her arms. Ma stopped, from time to time, to rest her head on her forearm. She went back to scrubbing, hurrying, always hurrying, with quick steps, snatching at laundry. The worst of it was; she never quite got her washing caught up.



Joe Parzych reading from his book at the Gill Arts Fair toughest piece of wet

When Ma got a piece of laundry that dared defy him. It

was a time when I knew I was clothing scrubbed, I being good.

> I went to take a break out on the porch, away from the heat and steam and stink of lye, when I spotted a pickup truck racing down the road to our farm, trailing a rooster tail of dust. It pulled into our driveway. A sign on the side of the pickup read SEARS & ROE-BUCK CO. A washing machine sat on back. I figured the driver was lost and wondered whatever possessed him to turn down our road. A neatly dressed man, wearing a tie, got out.

"Why don't you show me where your mom's at, Sonny?"

... Continued next week

MCTV Schedule

Channel 17: Friday, October 20th through Thursday, October 26th

Friday, October 20

7:00 am Barton Cove Eagles 9:00 am Montague Update 10:00 am Montague Selectboard 10/16 1:00 pm "Wind Changes" Body Art 6:00 pm NASA Destination Tomorrow #12 6:30 pm People's Harvest: Day 2 7:30 pm Montague Update 8:30 pm Source to Sea River Clean-up

Saturday, October 21

7:00 am Barton's Cove Eagles 9:00 am NASA Destination Tomorrow #12 9:30 am People's Harvest: Day 2 10:30 am Montague Update 12:00 pm Source to Sea River Clean-up 6:00 pm The Discovery Center: The Importance of Pollinators 7:00 pm NASA: The Case of the Mysterious Red Light 7:30 pm The Well Being: Listening to Your Body 8:30 pm Classic Arts Showcase

Sunday, October 22

7:00 am Barton's Cove Eagles 9:00 am The Discovery Center: The Importance of Pollinators 12:00 am NASA: The Case of the Mysterious Red Light 12:30 pm The Well Being: Listening to Your Body 1:30 pm Classic Arts Showcase 6:00 pm Montague Update 7:00 pm Farmers Market Music: Michael Nix 8:30 pm Isaac Mass 9:00 pm Discovery Center: Waterfowl Identification 10:30 pm Isaac Mass Monday, October 23 7:00 am Barton's Cove Eagles 9:00 am Montague Update

10:00 am Farmers Market Music: Michael Nix

12:00 pm Discovery Center: Waterfowl

11:30 am Isaac Mass

Identification 1:30 pm Isaac Mass 6:00 pm Montague Update 7:00 pm Selectboard Meeting "Live" 10:00 pm People's Harvest: Day 2 11:30 pm Diagnosed with Hepatitis C? learn More

Tuesday, October 24

7:00 am Barton Cove Eagles 9:00 am Montague Update 10:00 am People's Harvest: Day 2 11:30 am Diagnosed with Hepatitis C? Learn More 5:00 pm Montague Update 6:00 pm GMRSD Meeting LIVE 9:00 pm NASA: The Case of the Mysterious Red Light 9:30 pm Source To Sea River Cleanup 1030 pm Farmer's Market Concert

Wednesday, October 25 7:00 am Barton's Cove Eagles 9:00 am Montague Update 10:00 am NASA: The Mysterious Red Light 10:30 am Source to Sea River Clean-up 11:30 am Farmer's Market Concert 6:30 pm NASA Destination Tomorrow #12 7:00 pm GED Connection #11 7:30 pm The Well Being: Listening to Your Body 8:30 pm Encore Body Art

Thursday, October 26 7:00 am Barton's Cove Eagles 9:00 am NASA Destination Tomorrow #12 9:30 am GED Connection #11 10:00am The Well Being: Listening to Your Body 11:00 pm Encore Body Art 6:00 pm Montague Update 7:00 pm Montague Selectboard 10/23 10:00 pm Discovery Center: Waterfowl Identification 11:30 pm Classic Arts Showcase

FINDING BALANCE **Migraine Relief**

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BY JENNY CHAPIN

MONTAGUE CENTER Migraines are classified as vascular headaches, in which the arteries around the head first constrict, then suddenly dilate. When restricted blood flow is released, the pressure of rapidly pulsing blood swells and inflames the arteries, causing pain.

Common migraines are characterized by throbbing, blinding, unrelenting pain, nausea, vomiting, and sensitivity to light and sound. Classic migraines have these symptoms, as well as flashing lights, blind spots, short-term loss of vision, and warning signs ten minutes to an hour before the headache strikes. Both tend to be extremely debilitating.

Migraine triggers vary by person. They include stress and anxiety; lack of food or sleep; bright light or loud noise; chocolate, aged cheese, red meat, red wine or beer; sugar or caffeine; food additives such as MSG, nitrites, or nitrates; and environmental toxins. Oral contraceptives, ovulation, and menopause can set off



migraines in women, as can just their regular menstrual cycle.

About 75% of migraine sufferers are women. They are most common between the ages of 25 and 45 (although I spoke to one woman who had them from age three) when there are multiple commitments around family, job, and social life.

There is a "migraine personality": Dr. Christiane Northrup describes "pushing myself mercilessly in school and in all my activities." Linda Sparrowe, in The Woman's Book of Yoga and Health, portrays the typical sufferer as "a high-strung, compulsive worker who is hypersensitive to the stimuli around her. She is extraordinarily organized, a perfectionist who values order and can be very selfcritical. Highly emotional, she reacts quickly to stress and has a tendency to get angry easily,

either blowing up at the slightest provocation or holding her emotions inside for fear of exploding."

Stress is the most common migraine trigger. Not major but temporary stresses like moving, getting married, or starting a new job, but the regular day-today ones of juggling career, motherhood, and partnership in the midst of financial pressures.

Dr. Northrup says that stress "shorted out" her body's electromagnetic system; it was her body's way of saying it needed rest, recreation, and nurturing. She discovered that her migraines could be interrupted by relaxing totally, and warming her hands.

Make time for yourself, and find healthy ways to deal with stress. Lifestyle changes might be in order. A healthy diet, regular exercise, relaxation exercises, and getting enough sleep are one place to start. A tip from Dr. Northrup is to stay in touch with your emotions; she believes that migraines could be the result of

continued next page



BALANCE continued from last page

emotions that have been repressed, and are your body's way of trying to get your attention. Pinpoint factors in your life that cause stress and reduce them, or figure how to better cope with them. Biofeedback, acupuncture, and yoga can help lessen the severity and frequency of migraines.

Linda Sparrowe's book on yoga for women contains a sequence of poses for migraines. The poses and breathing exercises provide for a release of built-up tension, and help prevent or relieve pain. Deeper than that, they acupuncturist, bodyworker, help balance also the endocrine and nervous systems, two interrelated systems that play a significant jgchapin@crocker.com.

role in producing headache pain. Yoga poses help us rest and rejuvenate, while also giving us strength and support, which helps us deal with pain and stress. Various poses help regulate the blood flow to and around the head, balance the contraction and dilation of blood vessels, release tension in the shoulders and neck, and open the chest, providing more oxygen and fresh blood to the area. Restorative poses help quiet the mind and notch down the nervous system. Rhythmic breathing emphasizing the exhalation signals the body to return to equilibrium.

Jenny Chapin is an teacher and yoga in Greenfield. Suggest a topic or question for her column at

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BY FRED CICETTI LEONIA, NJ -

Q. I suffer from hemorrhoids and I suspect a lot of other people do, too, because I see a lot of remedies in drug stores. But this is not a topic you bring up at parties. How many people have hemorrhoids, anyway?

By the age of 50, about half of the population - both men and women - have hemorrhoids. However, not everyone suffers from the nasty symptoms hemorrhoids can inflict.

Hemorrhoids are inflamed and swollen veins around the anus (external) or in the lower rectum (internal). Sometimes referred to as "piles," hemorrhoids are caused by straining when defecating, aging, pregnancy, sitting or standing for a long time, obesity and heavy lifting. Hemorrhoids can run in families.

Blood may pool in an external hemorrhoid and form a clot that causes pain. Internal hemorrhoids don't usually hurt surrounding because membranes don't contain painsensitive nerve fibers. However, internal hemorrhoids tend to bleed. Sometimes, an internal hemorrhoid will protrude out of the anal opening causing



ILLUSTRATION JESSICA HARMON

discomfort.

Hemorrhoids usually are not a serious problem. Hemorrhoid symptoms, which can also include burning and itching, will go away within a few days. However, if you are bleeding from the anus, you must go to a doctor to have the condition checked out. This can be a symptom of cancer.

You can treat the symptoms of hemorrhoids yourself with over-the-counter medications that come in ointments and suppositories. Pads soaked with witch hazel help. And there are topical anti-inflammatory agents containing hydrocortisone. Warm water from a bath, bidet or removable shower head works, too. In addition, avoid

dry toilet paper. Instead, use moist towelettes.

A doctor can remove or shrink hemorrhoids. These techniques include: rubberbanding that cuts off circulation and makes the hemorrhoid atrophy, an injection of a chemical that shrinks the hemorrhoid, burning hemorrhoidal tissue with an infrared device, and hemorrhoidectomy surgical removal.

Avoiding constipation is preventing critical to hemorrhoids. Doctors recommend increasing fiber and fluids in your diet to develop softer stools that don't lead to straining. So, it's important to eat whole grains, vegetables and fruit. Taking a fiber supplement each day helps, too. Drink liquids. Exercise.

A few other pointers:

· If you have to sit or stand for a long time, take breaks often.

· Don't sit on doughnut cushions because they can increase the pressure on the veins in the anus.

· Don't hold your breath when trying to defecate; this creates greater pressure in the veins in the lower rectum.

• Go to the bathroom as soon as you feel the need. Waiting can make your stool dry and harder to void.

· Avoid laxatives that can lead to diarrhea.

· Keep the anal area clean.

· Apply ice packs or cold compresses on the anus to relieve swelling.

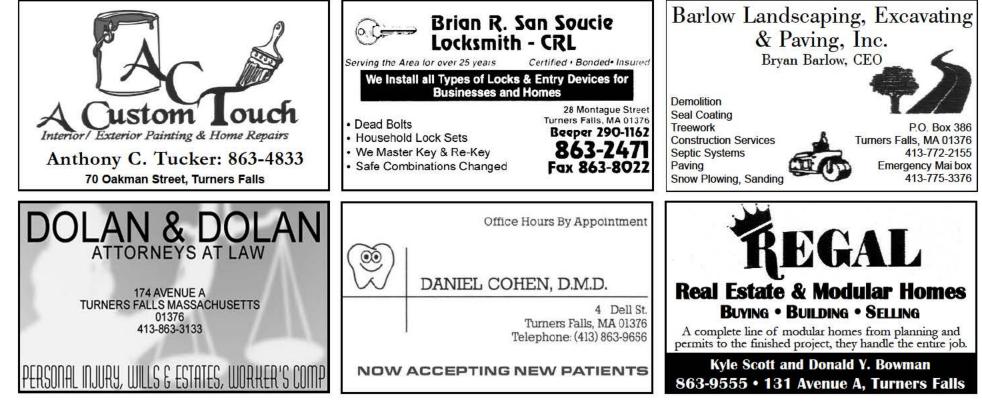
· Over-the-counter painrelievers such as acetaminophen, aspirin or relieve ibuprofen can discomfort.

If you have a question, please write to fredcicetti@gmail.com



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ARTS & ENTERTAINMENT

THRU OCTOBER NEL-CWIT Film Festival. Three nights of film and conversation. Refreshments and childcare provided. Everyone welcome! Thursday, October 19th, 6 pm.: Hidden Victims looks at the impact of domestic violence on children. Tuesday, October 24th, 6 pm.: Tough Guise explores the role of masculinity in society and the culture of violence. Thursday, October 26th, 6 p. m.: Broken Vows presents religious presepectives on domestic violence. All films will be shown at NELCWIT, 479 Main Street, Greenfield. Please park in the back of the building and use back entrance. Questions? call Piyali at 772-0871 x120, or communityed@nelcwit.org.

FRIDAY, OCTOBER 20TH

Greenfield Community College Chorus performance; 12:15 to 12:45 p.m. in the Music Room (Room S-358) at the main building of GCC. The chorus will perform works under the direction of Margery Heins, with Amy Crawford, accompanist at GCC's Steinway grand piano. Free and open to the pubic. The Oct. 20th concert is a preview of a longer performance by the GCC Chorus at the First Church in Historic Deerfield at 7:30 p.m. on Friday, November 17th. For more info: 413-775-1171. Details on handicap access for the Oct. 20th performance call GCC: 413-775-1000.

Rt. 63 Road House, Millers Falls, Factory Defect, rock & roll covers, come to dance! 9:30 p m.

SATURDAY, OCTOBER 21ST Rt. 63 Road House, Millers Falls, The Amity Front, original rock americana! 9:30 p.m

Pat Humphries and Sandy O., perform at 7:30 p.m. at the Echo Lake Coffee House, Town Hall, Leverett. Tickets are \$12/\$10 seniors. Opening by singer-songwriters, Bess Hepner and Masie Sylvan.



Stephanie Marshall at The Great Falls Coffeehouse. Wednesday, October 25th at 7 p.m.

pm. - 4:30 p.m. at The Book Mill, Montague.

Silver Star Holiday Craft Fair Sponsored by Turners Falls Chapter No. 181, O.E.S. Featuring craft vendors (hand-carvings, snowmen, quilts, birdhouses, handmade scarves, oil paintings, jewelry, handmade soap, stainedglass, etc.), baked goods table, teacup auction, refreshments and luncheon available. At the Masonic Lodge, 20 Masonic Ave (across from Farren Care Center), Montague City. 9 a.m. to 2 p.m.

Tornado Tour Hike at Wendell State Forest See the devastation of an F2 tornado that hit Wendell this past summer. Learn about tornados from an amateur SKYWARN weather spotter. Meet at the Wendell State Forest headquarters. 10 a m. Register at (978) 249-2162

Coffee & Soul Concert: Featuring Chip Taylor & Carrie Rodriguez Special guests the Kate Clark Trio. At All Souls Unitarian Universalist Church, Greenfield. 7:30 p.m. 773-5018

Family Folk & Fun Day for all ages. Join local caller Cindy Green and friends for international folk dances, cooperative games, storytelling, and multicultural activities, 3-10 p.m. to celebrate the Eastern Cooperative Recreation School's new CD, "All Day Singing" with NYC folksinger Pete Haas; Pioneer Valley Cohousing, 120 Pulpit Hill Road, Amherst. Potluck supper 5:30, bring a dish to share.

Evening program 7:15; Suggested donation: Adults, \$9, Children 15 and under \$5, family maximum \$25 all day. Wheelchair accessible restrooms. RSVP: 665-3672 or Cindy@U-Access net; please call to confirm. Se habla español. www.ecrs.org.

COUGHLIN ILLUSTRATION

ACK

FRIDAY TO SUNDAY, **OCTOBER 20TH- 22ND** Arena Civic Theater presents Finian's Rainbow. Performances at the Shea Theater, Turners Falls. Friday and Saturday at 8:00 p.m., Sunday at 2 pm. Call 863-2281 x 3

MONDAY, OCTOBER 23RD Informational

Meeting on the National Animal Identification System and its Effects on Small Farmers. If you raise animals, you could be required to use a device like this. NAIS (National Animal ID System) is a federal animal tracking system set to require all livestock animal owners to identify their animals. If you own a single horse, chicken, goat, cow or alpaca or if you care about local agriculture - you need to know about NAIS. Guest speaker: Jack Kittredge of Many Hands Organic Farm. Sponsored by: Northeast Organic Farming Association, Massachusetts Chapter and Greenfield Farmers Cooperative Exchange. Held at Town Hall, 194 Chestnut Plain Rd., Whately, 7 p.m.

WEDNESDAY, OCTOBER 25TH

The Friends of the Great Falls Discovery Center welcome singer/songwriter Stephanie Marshall who will perform her special blend of folk, rock and country in the beautiful historic Great Hall of the Great Falls Discovery Center, Turners Falls.



Upcoming at the Discovery Center Seasonal hours through October 21st:

SUNDAYS THRU OCTOBER	Dinosaurs at the Great Falls
Family Nature Program geared towards the family group. Progams at 12:30 p m.: Nature Craft, 2 p.m.: Meet an Animal, 3:30 p.m.: Nature Activity FRIDAY, OCTOBER 20 What lives beneath the soil? Come and investigate the life beneath our Earth's surface. Learn how to use a microscope & identify different microorganisms. Geared towards ages 3 - 5. Will include a story at the end of the program. 10:30 - 11:30 a m. SATURDAY, OCTOBER 21TH Tales of the Connecticut Valley's	Discovery Center with Brendan Hanrahan. Co-sponsored by Northfield Mountain Recreation Area and the Silvio Conte US Fish and Wildlife Refuge. This slide/lecture will include seldom-seen images that tell of two centuries of fossil discov- eries in western Massachusetts and central Connecticut. 2 to 4 p m. Pre- registration required: Call 800-859- 2960 UNTIL NOVEMBER 4TH Pioneer Valley Institute: Great River Art Show in the Great Hall

Doors open at 6:30 p m - coffee & homemade baked goods. Sliding scale donation \$5 - \$10. Accessible; for info. call: 413-863-3221.

Documentary Film Series on "Active Nonviolence" at the Arms Library, Shelburne Falls. on Wednesdays in October and November. Oct. 25th: In the Company of Fear: Follows members of Peace Brigades International in their work of providing unarmed "protective accompaniment" to peasant leaders and human-rights activists in war-ravaged Columbia. Explores the international community's role in generating and deterring terror. 7 p.m. Frree, discussion to follow.

THURSDAY, OCTOBER 26TH Gill-Montague-Erving TRIAD, Turkey Dinner at St Kaz Hall. The Natural Resource Officers will then give a presentation on:

Cats & Dub

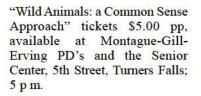
Jug Band

Rock

wireless

Draft

Beer



SUNDAY, OCTOBER 29TH

Family Dance at the Montague Center Grange. Live music and a caller. All dances are taught and for the whole family. \$7-12 per family, sliding scale, includes a light snack. 4 to 5:30 p m.

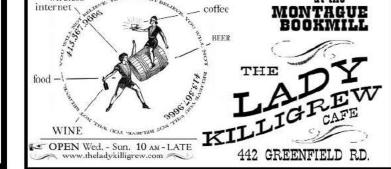
ONGOING

Hallmark Museum of Contemporary Photoghraphy, Turners Falls. Photographer/digital print artist John Paul Caponigro displays his work through December 17th. More info. www.johnpaulcaponigro.com



The Republic of Poetry Reading & Book Release Party with acclaimed poet and social activist Martín Espada, who will read from his just-released 8th collection of poems entitled The Republic of Poetry. Espada celebrates the transcendent power of poetry itself. 2

TUES & WEDS - Ongoing Music Project, 3 - 6 p.m. THURS - Drop-in, 3 - 6 p.m. & Movie Night, 6 - 8 p.m. Free (except some trips), open to local teens. Some require permission slips. Info: Jared at 863-9559. Hot Spot Teen Center is in The Brick House





ART **CONTINUED FROM PAGE 1**

Landry. He comes to us from Atkinson, NH. This sculptor of stainless steel and graphite offers an astonishing repertoire of forms crafted through long hours of filing away the uncast metal.

Some of the pieces are so shiny, one could use them as a mirror! Landry and family have laid siege to Turners Falls Road since last year. Now, driving the main road to Turners Falls leads by his studio, where you will discover his sculpted work extending to garden sculptures.

Practically right across the street from him lives Laura Garrison, a painter whose palette holds vibrant colors. Garrison's landscapes are reminiscent of the lush hues favored by Henri Matisse. A native of Warwick, Rhode Island, she has chothis of Western sen part Massachusetts for the past 15 years to practice her art.

If you ever observe the way old cars' surfaces play with moving light, you will fall under their spell, just



Painted mugs from the studio of Jaye Pope, Good Dirt Pottery.

like photographer Gloria Kegeles has done in her "Chrome Series." Originally from Indiana, Kegeles now lives in Wendell, where she helps to deliver our newspaper at a cutrate discount for subscribers there. Selftaught Kegeles' photographic images offer the onlooker pools of fantastic worlds one would never suspect existed

on the hood of their old family car. Another gifted artist, Mary Melonis several displays aspects of her cre-

ative impulses. An illusionist in fabric, she can at the same time sew beautiful handbags, turn to the making of unusual dolls, and produce beaded necklaces at the speed of lightning!

Claudine Mussoto takes us down intricate topographic road patterns in her drawings, on anthropormophic pathways leading to the soul. On these extraordinary journeys, all that is needed are pencils, light coloring, brushes of lines. Enhanced with glue, the lightened clouds of tissue paper, bring the links of dream fantasy ...

For the weight of holding clay in our hands, we turn to potter Jaye Pope, of Good Dirt



Mary Melonis with one of her wildly colorful quilts.

Pottery. Her creations are for every day use: from mugs to plates, these utilitarian vessels bring art to our lips. The making of beautiful objects has no boundary for her: from stoneware to porcelain, they all make their statements.

A former member of the potter's guild, Mark Lattanzi has since switched to designing jewelry. I would call them, after admiring his pieces, 'wearable sculptures.' He uses an unusual material called precious metal clay. The composite ingredients are really simple: powdered pure silver, starch and water. Fired in a digital kiln, his intricate pieces harden in the process to pure silver. Lattanzi is now at work on his 'Tidepool Series' while trying to observe all the possibilities the delicate natural element offers - a sort of micro-world fused in forms fanciful and flowing, according to his interpretations.

Louise Minks has held fort at the Montague Mill for the past decade. She is at ease with all forms of painting, collages, portraits. Her studio room is filled with all sorts of intriguing paraphernalia: a sort of cavern of Ali Baba for all types of art collectors.

Lastly, Karen Chapman, who runs the Mill Music used CD store, has now turned her interest to painting. Formerly a very gifted weaver, Chapman now mixes colors and texture for those among us lucky enough to own one of her astounding scarves.

Make sure the next time artists throw open the doors to their studios, you follow the not-so-beaten path to these talented creators. You might find your gifted neighbor hiding just around the street corner.



Photo by Gloria Kegeles, Chrome Photos

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DUSTRIAL SUPPLIES



