# Leyden Life

Leyden, Massachusetts

April 2012

#### Selectboard Office Hours:

Monday 12:00 - 5:00 PM, Tuesday—Friday 9:00 AM - 2:00 PM and Thursdays (April 12<sup>th</sup> and 26<sup>th</sup>) 6:00 - 8:00 PM

#### Tax Collector:

Monday and Wednesday 5:30 - 8:00 PM

#### Assessors Office:

Wednesday 2:00 - 8:00 PM

#### Select Board

#### **SELECTBOARD MEETINGS**

The Select Board will meet on <u>Thursday, April 12<sup>th</sup></u> at 9:00 AM and <u>Thursday, April 26<sup>th</sup></u> at 6:45 PM in their office. To be added to the agenda or to get a copy of it, please contact Bob Hardesty at 774-4111 or leydenselectboard@crocker.com.

#### **TOWN HALL MONTHLY MEETINGS**

The following meetings are scheduled this month:

Tue,	Apr 3	7:00 РМ	Agricultural Commission
Tue,	Apr 3	5:30 РМ	Board of Health (at the Police Station)
Wed,	Apr 4	6:30 рм	Board of Assessors
Wed,	Apr 11	7:00 РМ	Planning Board
Thur,	Apr 12	9:00 AM	Selectboard
Mon,	Apr 16	7:30 РМ	Conservation Commission
Wed,	Apr 18	6:30 рм	Board of Assessors
Thur,	Apr 26	6:45 PM	Selectboard

(Any changes to these meeting dates or times will be posted separately.) Meetings *not* held monthly will also be posted separately.)

—Board of Selectmen

### Leyden Local Cultural Council Free Opera Performance

Have you thought about introducing your children to opera but wondered about the best way to go about it? Or couldn't afford the ticket prices? Or didn't want to drive a couple of hours? Happily, Memorial Hall in Shelburne Falls is offering Leyden families a special opportunity to enjoy opera in our own backyard, *and all for free*.

On <u>Sunday</u>, <u>April 29<sup>th</sup></u>, at 2:00 PM, Memorial Hall Association (MHA) will present a Sunday matinee of the Metropolitan Opera's 2008 production of the fairy tale opera "*Hansel and Gretel*" on the large screen. *This event is free of charge* for children and families of Franklin County. Local music educator Zeke Hecker will introduce the opera and lead a short discussion afterwards. MHA will provide refreshments. This production was especially produced for children, and includes backstage and orchestra tours, and interviews with the stars and designers. The event is appropriate for young children up through high school, and their families.

MHA received funding from several cultural councils for this event (including Leyden), in order to provide this program free of charge. Their goal is to encourage children to acquire a lifelong interest in music and the performing arts, particularly in light of cutbacks in school arts programs.

Reserve your *free* tickets for Sunday, April 29<sup>th</sup> at Memorial Hall, 51 Bridge St., Shelburne Falls. Instructions on how to reserve your free tickets have already been distributed at PRES. For more information, you can contact LCC member Dianne Ryan at 624-0225.

# Massachusetts Cultural Council

### This project is sponsored in part by a grant from the Leyden Local Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency.

#### Town Clerk

#### **VITAL STATISTICS**

Deaths: John E. Williams, January 9, 2012 John P. Walsh, January 11, 2012 Edward M. (Mike) Wells, March 14, 2012

#### **TOWN CAUCUS**

The Town Caucus to nominate candidates for the Annual Town Election will be held on <u>Wednesday</u>, <u>April 4<sup>th</sup></u> at 7:00 PM at Town Hall. Offices up for nomination are:

Moderator (1-yr), Kathy DiMatteo, Incumbent; Selectman (3-yr), Lance Fritz, Inc; Selectman (1-yr), vacant; Town Clerk (3-yr), Robert Hardesty, Inc; Treasurer (3-yr), Robert Taylor, Inc; Tax Collector (3-yr), Roxanne Zimmerman, Inc; Assessor (3-yr), Kenneth Spatcher, Inc; Library Trustee (3-yr), Trueman Robbins, Inc; Planning Board (5-yr), Peter Tusinski, Inc; Board of Health (3-yr), Gloria Fisher, Inc.; Board of Health (1-yr), vacant; Constable (3-yr), Wallace Herzig, Inc; and Tree Warden (1-yr), Edmund Klaus, Inc.

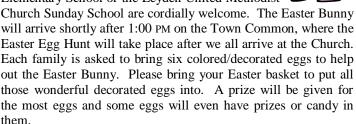
To accept nominations, nomination papers must be signed by the nominee within 72 hours after the caucus.

—Bob Hardesty, Town Clerk

Town Clerk Office Hours are Mondays 8:00 AM – 12:00 NOON and every other Wednesday (Apr. 4<sup>th</sup> and 18<sup>th</sup>) 4:30 – 6:00 PM Phone 774-7769

### **Annual Easter Egg Hunt**

Leyden's Annual Easter Egg Hunt, sponsored each year by the Leyden United Methodist Church and the Leyden Rifle Club, will be held on Saturday, April 7<sup>th</sup> at 1:00 PM (note new time) at the Church. Every Leyden youngster up to and in the 6<sup>th</sup> grade albeit school choice to the Pearl Rhodes Elementary School or the Leyden United Methodist



Please call Mary Lou Barton at 773-3548 with any questions or to volunteer to lend a hand.



Sunday, May 13<sup>th</sup>

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### **Robertson Memorial Library**

Library Hours: Monday 1:00 – 6:30 PM; Wednesday 1:00 – 6:30 PM, Saturday 10:00 AM – 12:00 NOON, Phone 773-9334 (Leave a message any time.)

Cindy LeBlanc's LCC-funded Toddler Story Hours were a great success. Although there are only a few toddlers in town, two families attended all six of the library's programs and enjoyed them tremendously. In fact, Cindy, a Saturday volunteer, is going to offer toddler hours when she is here at the library on Saturday mornings. The tentative date for her generous gift to these little people and their parents is April 28<sup>th</sup>. Thank you, Cindy! What a wonderful idea!

DONATIONS NEEDED! For the second time in six years, the Robertson Memorial Library has been awarded a LibriFoundation Grant. If we can raise \$350, we will receive \$1050 worth of books! That's fantasmagorical! Now we need donations so that we can make this all happen. If you can, stop in or mail in a gift to help us add topnotch books to our children's area shelves!

There is no doubt that this is a caring community! Noticing that I was wearing a brace on my right hand as a result of tendonitis, Linda Romano appeared one Wednesday with healing oils and gave me a yummy massage. My wrist was smiling by the time she was done, and I truly appreciated her kindness to me! Thank you, Linda!

Linda Romano suggested that we contact WMECO for an energy audit, and so we did. Unfortunately, our library is not open enough hours per week to qualify, but thanks, Linda, for thinking of it.

John Passiglia, a teacher at PVRS as well as the owner of an ironworks company in Greenfield, has been working with Johan Livingstone to finalize plans for the elusive railing we've been promising everyone for over a year. State regulations, as well as aesthetic considerations, have made this a rather complex process. Finally, however, we think we're in business. John will be visiting the library with two of his senior students to discuss the design and construction of the wrought iron railing that we hope to have installed. Let's hope things move along quickly and smoothly so that a railing is in place within a few months.

The MassBroadband initiative in Western Mass and North Central Mass is moving forward as planned. Their high-speed fiber optics internet connection was completed at the library last week. The MBLC and the MLS are participating in this Massachusetts Broadband Institute (MBI) project and have moved forward with the Library initiatives outlined in the original plan. The MLS has pursued and obtained grant funds from the MBLC to facilitate and support out Libraries. Last month, a new "Circuit Rider" and MBI Network trainer, Tone Nunes, started working for local libraries out of the Whately Office.

Happy Spring! —Chris Johnston

### **Board of Health**

There is a one-year opening on the Board of Health. If you are interested in running for this office, please attend the Town Caucus on April  $4^{th}$  at 7:00 PM at Town Hall to be nominated.

The Board of Health has coupons available for free installation of life line. If you or a family member needs this service please contact us for information and a coupon.

Our April meeting has been scheduled for April 3<sup>rd</sup> to allow for a public hearing on writing a policy for food inspections in town. This is a requirement for an FDA grant we have received for equipment, forms and further training to do our own inspections of retreats, B&Bs, camps, Town Hall, the school, the ball field pavilion, etc.

"Working to keep our town healthy and safe"

-Gloria Fisher, Chair

### townofleyden.com

leydenselectboard@crocker.com

### Leyden Life Lowdown

#### **EASY SUBMISSION**

Submit an e-mail to Cornelia Reid at cr43wr41@gmail.com, Carolyn Asbury at carolyn.asbury@gmail.com, and Bob Taylor at bobxtwo@verizon.net.

Either attach a Word document or include the information in the body of the e-mail. If e-mail is not possible for you, hard copies of items for *Leyden Life* can be left in the book drop outside the Library. The deadline for inputs is the **15**<sup>th</sup> of the month.

#### LEYDEN LIFE BY E-MAIL

If you are interested in receiving *Leyden Life* in PDF format via e-mail, please notify Bob Taylor at bobxtwo@verizon.net.

#### **THANKS**

Thanks to contributors and resubscribers Dianne and Bob Ryan, Lisa and Lee Denison, Lois Barton, and the Reids.

Thanks to collators Dianne Ryan, Cliff Carlson, Jeanne Breeden, Carolyn Asbury, and Cornelia Reid, and thanks to deliverers Lauren Clary, Marie Bartlett, Marie Lovley, Jeanne Breeden and the Cafferys. (If we have forgotten anyone, please accept our thanks and apologies.)



#### **DISCLAIMER**

Leyden Life is not an official publication of the town, nor an official source of town business. We do our best to print accurately and distribute promptly the announcements and information we receive. Please check with the town to verify information regarding town business or activities.

#### Leyden Life

Published monthly in Leyden, Massachusetts by a non-profit group of volunteers.

Editors: Cornelia Reid 774-5146, Carolyn Asbury 774-2840, Jeanne Breeden 772-2861 Design & Word processing: Bob Taylor 624-8965

Items for the next issue are due to Cornelia at cr43wr41@gmail.com, Carolyn at carolyn.asbury@gmail.com, and Bob at bobxtwo@verizon.net by 5:00 PM on Sunday, April 15<sup>th</sup>.

If you cannot e-mail your submission, please leave it in the book drop outside the Library.

<u>Donations are always welcome!</u> Send to: Leyden Life c/o Reid

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### **Meetings and Gatherings**

#### **Council on Aging**

Mike Wells passed away on March 14<sup>th</sup>. Mike was a fine person and a special part of our monthly get-togethers. He will be missed by all.

In March we met and played Leyden Bingo, featuring clues and prizes from Leyden. Thank you, Leyden Glen Farm and Bree-Z-Knoll Farm for the beautiful and delicious prize items.

On Thursday, April 12<sup>th</sup>, we will meet at 10:30 AM for a special presentation, "The Magic Of Origami". Kate Richardson of Northampton will share stories about the art of paper folding and demonstrate the making of an origami crane. She will teach simple folds to all who are interested and bring some more complex models for "show and tell". Kate has been making origami for many years, and her knowledge and skill are matched by her enthusiasm. Come to watch the demonstration, look at some really cool things, and try out origami, if you wish. After the program we will share lunch together featuring locally grown, seasonal food and some Asian recipes to go with the program.

All are welcome to join us. We will meet in the church Fellowship Hall. If you want to join us for lunch, please let Edith Fisher know at 773-7336 before Monday, April 9<sup>th</sup>, so we can plan the meal accordingly.

<u>Important COA Notice</u>: I have been helping with the Council on Aging since 2005, and it has been an enjoyable experience. However, I have decided to focus on other parts of my life and will no longer be directing the COA after June 30<sup>th</sup>. This is an opportunity for someone who would like to help out the town, spend some time with some wonderful people, and make a positive change for the COA. If that appeals to you, contact me or the Selectboard. Thanks!

The Leyden Council on Aging is dedicated to providing programs that support healthy and independent living for local seniors and is funded and supported by the Massachusetts Executive Office of Elder Affairs. Their funding allows the COA to offer delicious meals and interesting programs and to help support the newsletter and more.

-Laura Timmerman, 773-8325

#### **Knitting Circle**

The Leyden knitting circle will meet two times in April, <u>Friday</u>, <u>April 13<sup>th</sup></u> at Peggy's house and <u>Friday</u>, <u>April 27<sup>th</sup></u> at Laura's house.

We meet from 6:30 to 8:30 PM and enjoy a relaxed evening of handiwork and the company of our fellow stitchers. All are welcome to join us; no experience is needed and all kinds of handicrafts are fine. Visitors and all ages are welcome. Call ahead to RSVP and confirm the location. If you would like to be on an email group for the Knitting Circle, get in touch with Laura.

Facebook Group: "Leyden Knitting Circle," where members sometimes post pictures of their projects or interesting knitting-related links.

—Laura Timmerman - 773-8325, Peggy Brown - 774-5764

### **Ideas for Leyden Town Website?**

The website is now up and running at **townofleyden.com**, but it needs to be spruced up a bit. Give us some suggestions—what would *you* like to see on the site? We are soliciting content for the site, ideas about what people want to see, and/or information that would be useful. You may have some interesting facts about the town or the people in it, historical or otherwise, that you would like to post.

We would also like to have more pictures to add to the gallery, maybe seasonal photos or some depicting the sights and rural life of Leyden. Our webmaster, Jim Nielsen, is ready and willing to update the site, so please email any suggestions, or any particular information you would like to see posted on the site, to me at leydenselectboard @crocker.com or call me at 774-4111.

Please keep in mind that this is the "Town" website, and advertising will not be accepted.  $-Bob\ Hardesty$ 

### www.townofleyden.com

### **Artists of Leyden**

**Deborah Garner's** feature show *Glimpsing Apeiron*" continues through **April 30**<sup>th</sup> at Gallery in the Woods with a second opening during Gallery Walk on **April 6**<sup>th</sup> **5:30-8:30.** The gallery is located at 145 Main St. Brattleboro, VT and gallery hours are 11 to 5:30 daily, Sundays noon to 5. www.galleryinthewoods.com/

Deborah Garner and Alicia Hunsicker are continuing to exhibit in the Worcester Windows exhibit series with their participation in "Taking It to the Street!". Curated by Worcester State University alums Howard McGinn and Anne Seuthe, the newest cycle of Worcester's Community Gallery will include works by 36 artists working in painting, sculpture, drawing and photography. The theme seeks to give a nod to the days of window shopping when a stroll through city streets was an enjoyable pastime in itself. The Worcester Windows program also underscores the contemporary practice of artists showing their work in alternative venues. What better way to find new audiences for their work than to go public? In "Taking It To The Streets," both artists and community are enriched. The show runs through July, 2012 with an opening reception to be held at The Hanover Theater on April 12 from 5 p.m. to 7 p.m. Deborah Garner's paintings will be at NU-Café, 335 Chandler St., and Alicia's at Hanover Theatre for the Performing Arts, 2 Southbridge Street. www.worcestermass. org/arts-culture-entertainment/arts-culture/Worcester-windows/up coming-eshibit

**Alicia Hunsicker** was interviewed recently about her artwork by **SuperConsciousness Magazine.** The article, "SuperNatural Creator," by Paulina Amador, can be viewed at http://www.superconsciousness.com/topics/art/supernatural-creator

In addition to her Worcester Windows exhibit, **Alicia's** paintings are currently on view at Gallery in the Woods, 145 Main St. Brattleboro, VT with hours of 11 to 5:30 daily, Sundays noon to 5. www.galleryinthewoods.com/

Cecilia Tusinski has been working in her studio at 32 Bridge Street, Shelburne Falls, on an exploratory series of self-portraits, in various media including charcoal, pencil, watercolor and oil—a radical change from her previous abstract and large-scale works, and undertaken "to keep a fresh outlook on things."

When two artists live together, what is the impact on their work? **Trish Crapo and Tom Ashley** will be exhibiting in the show "Creative Couples," **April 6-28** at Atlantic Works Gallery, 80 Border St., 3rd floor, East Boston, MA, with an **Opening reception on Friday, April 7, 6-9 PM**, and **3rd Thursday Celebration April 19, 6-9 PM**. Regular gallery hours are Friday and Saturday, 2-6 PM or by appointment (contact 781-308-2259). The show is curated by **Lola Baltzell** of East Hill. Lola and husband **Mark Natale** will also have work in the show. www.atlanticworks.org/exhibitions\_2012/april/exhibition\_april.html

For more information about Leyden artists and their events, please visit the Calendar pages at www.artistsof leyden.org, and on Facebook, search for Artists of Leyden.

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### **Pearl Rhodes Elementary School**

Early Release Schedule The District is considering changes to the elementary schools' professional development/ early release schedule for next year. Part of the reason is to have the elementary schools' and PVRS' schedules aligned. We think it will be helpful to families to adopt a schedule that is consistent and dependable throughout the year for all PVRSD students. We would change the current model of having halfday releases on Friday afternoons for ten days (in addition to the Wednesday before Thanksgiving and the last day of school) throughout the school year. Instead, we are considering more frequent early release days of a shorter duration (for example, a 1:45 dismissal two times per month or every week.) To plan effectively for any proposed change, we want to consider the impact of any potential change on families. As we continue with our planning, we will provide an opportunity for you to weigh in.

News from Grades Three and Four Our days are packed with activity and learning. Both third and fourth graders are working on division in Math. Because students have been getting better at knowing the multiplication facts, it has made division a snap! In Writer's Workshop, students are finishing their five paragraph essays. This is a new format for most students, but a self-chosen topic makes it more fun. In science, our class really enjoyed designing and carrying out experiments to learn more about evaporation. Also, as a part of our weather unit, each student is doing research on a type of severe weather. The final product will be a poster.

PRES raised a very generous 183 pounds of non-perishable foods for the Franklin Area Survival Center. We appreciate all the hard work everyone put into making this a successful food drive.

News from Grades Five and Six In math, the 6<sup>th</sup> grade is having a great time working with integers. Working with negative numbers is interesting, and similar to working with fractions, it is easier to multiply and divide them than add and subtract them. Like so much in math, if you learn the rules, think clearly through the problem-solving process, and check that your answers are reasonable; solving problems with integers is a breeze!

The 5<sup>th</sup> grade is working with fractions, which will be their focus of study for several more weeks. Part of the class is still working with basic fraction concepts such as understanding how to determine the relative size of fractions, and finding the least common multiple and greatest common factor, while others in the class will soon be adding and subtracting fractions. Both grades will begin MCAS preparation for the math MCAS tests coming up in May.

In science we are continuing to study the solar system. Students are learning about stars, moons, and the planets. We have also been talking about the fabulous night sky. Recently, Venus, Jupiter and Mars have been available for viewing, even without the use of a telescope.

In social studies we will soon be wrapping up our study of the explorers. The icing on the cake will be that each student will pick an explorer to write an essay about. Like Magellan, we are making progress toward a successful voyage through MCAS waters.

### **Bulky Waste Collection May 12<sup>th</sup>**

Leyden is a member town of the Franklin County Solid Waste Management District. The Solid Waste District coordinates a special collection event every spring and fall for "bulky" items. The next collection is scheduled for May 12<sup>th</sup> at the Northfield Highway Garage, Buckland Recreation Center, and Whately Transfer Station. A wide variety of materials will be accepted, including electronics, furniture, tires, propane tanks, appliances, scrap metal, and construction debris. Fees are associated with each material. A price guide can be found at www.franklincountywastedistrict.org/cleansweep.html.

Leyden residents can also bring bulky items and scrap metal year-round to the Greenfield Transfer Station off Wisdom Way near the Franklin County Fairgrounds. The Greenfield Transfer Station has a different fee structure than the Solid Waste District's collection. Hours and pricing for the transfer station can be found at www.townofgreenfield.org/pages/greenfieldma\_dpw/fees.pdf.

The Solid Waste District offers many programs and services to Leyden residents. For a complete list visit the District's website at www.franklincountywastedistrict.org or call 772-2438 with questions.

#### **WiredWest**

Monica Webb and Steve Nelson from WiredWest have been working with a nationally recognized Northampton-based market research firm to develop a market survey which will be used to document the demand for Internet and other telecomm services in our towns. This survey uses sampling methodology, so the people called will be randomly selected; they'll be asked a series of questions which will establish what kinds of services they are interested in and at what price points. We cannot use local volunteers for this, since the survey must be conducted by a firm which will be credible to financial markets.

The survey will be conducted over the course of the next few weeks. Obviously that leaves us very little time to get the word out so that we can encourage those who are called to participate. We are asking people to email or talk to friends and neighbors, and ask them to do the same. Get the word out to as many people as you can. We are not asking participants to exaggerate in any way the level of service they want; just be honest. We need realistic data.

Remember that our ability to get this wonderful service affects the whole town in so many ways: property values, the chance to get cable and great phone service as well as the best high speed Internet, and at competitive prices. Even if you already have what you think is sufficient, please respond favorably to the survey. Leyden is still considered under served. Many of us can still attest to this! And no one will make you give up your awful phone lines if you just can't bear to lose them!

—Sheila Hourihan, Leyden represemtatove to WiredWest and Mass. Broadband

### townofleyden.com

levdenselectboard@crocker.com

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#### **Unclassified Ads**

#### **Unclassified Ads Policy Statement**

We welcome unclassified ads from Town residents, and will run them free of charge (though a small donation of \$1 or so is always appreciated). We will normally run an ad for one issue only, unless requested to extend it.

**Recycle Your Coffee Bags:** I am looking for used foil coffee bags for a craft project, the more unusual, the better. Pierce Brothers bags also desired. Thank you, Holly at 624-3247.

**Adjustable Single Bed Needs a Home:** We need to find a home for an adjustable single bed (like a hospital bed). It is in excellent condition, the mattress is good, and there is a remote control to adjust the head and foot of the bed. Please call Lance or Kathleen Fritz at 773-9003.

The Log Cabin Bed & Breakfast can provide comfortable space for your out-of-town visitors. Please check the website at www.Leyden LogCabin.com or call 773-8595 to check availability or to make a reservation. Please be sure to ask for the Leyden discount of \$50 off the nightly rate for Leyden residents and their guests!

**Beaded Jewelry for Sale:** Carol Kuzdeba dba CJ Design has beaded jewelry for sale at Himalayan Views gift shop in the Tibetan Plaza, 265 Greenfield Road, South Deerfield. Unique one-of-a-kind designs of natural stone, pearls, furnace glass, etc. Stop by to see it. Special orders upon request.

Maple Run Farm has farm-fresh brown eggs for \$2.50/carton. The girl's are Hubbard Golden Comets. The Hubbard Golden Comet has been widely acclaimed in all areas of the world where brown eggs are preferred. The reason is simple: The Golden Comet pullet is easily one of the finest brown egg layers available today. They mature early and lay eggs of excellent size and quality. She is an extremely quiet bird, that seems to be able to withstand the colder, non-insulated, laying houses of the small flock owner, better than most breeds. Try our eggs. Call Barbara at 774-7780.

**Ed's Sugar Shack** has fresh local maple syrup for sale. Available in gallons, half gallons, quarts and pints. Call 773-7619, Ed and Carol Johnson, 72 South County Road, Leyden. Member of MassMaple Producers Association.

**Beautiful handmade stoneware functional pottery for sale.** Mostly blues, greens, and purples. Microwave, oven, and dishwasher safe. Commissions accepted. Come check it out. Also would like to barter for housework. Call Rhonda at 624-5175.

**LPs and Cassette Tapes to CDs:** Will convert your favorite (or even your not-so-favorite) LPs and/or tapes to CDs. \$7.50 per CD. Call Jerry at 624-5546, or e-mail at jlevine4@verizon.net.

**Natural Romney yarn for sale** for knitting or spinning. Processed at Green Mountain Spinnery in Putney, VT, and chemical free. Call Barbara Wallace at 774-7780.

**Excavating and Carpentry:** Site work, driveways, land clearing, field mowing, septic systems, drainage, trucking loam and gravel products, backhoe, dozer or excavation work. Rich Allis at 624-5582.

**Bill Maguire Painting** serving Leyden's interior and exterior needs for 28 years. Staining, power washing, trim work, deck refinishing, paper hanging. Insured. Call Bill at 774-5330.



#### Timmerman Farm CSA

Farm memberships are on sale and it is time to reserve your share of locally grown, organic vegetables, fruits, and flowers. Shares include a wide assortment of produce including mesclun, tomatoes, beans, leeks, kale, carrots, chard, onions, garlic, shell beans, and lots more! Pick up at the farm on Thursdays.

Full Shares - 20 - 24 weeks - \$600.00 - \$675.00, sliding scale; Half Shares - 20 - 24 weeks - \$300.00 - \$350.00, sliding scale; Mini Shares - 16 weeks - \$100.00; Extended Mini Shares - 20 weeks - \$125.00.

EGGS: I sell organically grown eggs for \$4.00/dozen. Call or email me for availability or to be placed on the Egg and Extras Email List. I also have fresh-picked microgreens, and soon will have mesclun. There will be more extras as the season progresses.

If you like fresh, organic vegetables, please consider signing up for a share.

Laura Timmerman, 413-773-8325, laurat@crocker.com, http://lastingimpressionscsa.blogspot.com/

#### Linda Romano

Spring session options: arthritis exercises, chi- gong, Yoga. Massage/ bodywork- for detoxing, warming oils for muscular tension. Morning is a great time for a session; it can be relaxing, and rejuvenating. Additional treatments: sinus relief, happy feet, Thai- compress, steamy towels. Call Linda Romano MT, at 624-3334 for an appointment.



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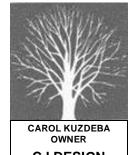
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