

Leyden Life

Leyden, Massachusetts

May 2015

Selectboard Office Hours:

Monday 12:00 - 5:00 PM, Tuesday—Thursday 9:00 AM - 3:00 PM
Friday 9:00 AM - 1:00 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 Thursdays May 7th at 9:00 AM, and May 21st 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 at least 72 hours prior to the meeting. Anyone not on the posted agenda is welcome to address the Selectboard at the end of the meeting during the “Citizens’ concerns not anticipated in advance of the meeting” agenda item time.

TOWN HALL MEETINGS

Wed, May 6	6:30 PM	Board of Assessors
Thu, May 7	9:00 AM	Selectboard
Tue, May 12	5:30 PM	Board of Health (at the Police Station)
Wed, May 13	7:00 PM	Planning Board
Mon, May 18	7:30 PM	Conservation Commission
Tue, May 19	7:00 PM	Historical Commission (Downstairs at the church)
Wed, May 20	6:30 PM	Board of Assessors
Thu, May 21	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.

Note: Monthly meetings are now posted on the town web site at www.townofleyden.com. Any changes or additions to meeting times and/or dates should be forwarded to the Municipal Assistant.

—Selectboard

Selectboard Corner

Spring is here! Potholes are being filled and dirt roads graded. Sugar houses are making the final boils and fields are greening up. Whew! We made it through a long winter.

The Select Board has worked diligently to put together the warrants for the Special Town Meeting and the Annual Town Meeting to be held on May 16th. Every budget has been reviewed, building maintenance issues prioritized, and employee reviews have been scheduled.

The first phase of the Town Hall kitchen is now complete. Special thanks to Jeff Neipp for managing this project. Changes include: new LED lighting, better wall outlets, a new double-oven gas range with griddle and burners, automatic shutoff and carbon monoxide detectors, a large hood with new exhaust, new sink and stainless countertop for food prep work, new cabinet, and hand-washing sink. On May 4th at 6:30 PM and May 9th at 9:00 AM the Select Board will hold a kitchen tour and an explanation of policies and procedures and BOH regulations. All interested residents and *Cont. on Page 3*

Town Clerk

TOWN CAUCUS RESULTS

The annual Town Caucus held on April 1st resulted in the following candidates to appear on the Town election ballot. (Not all nominees signed the Certificate of Nomination.)

Offices open for nomination are as follows: **Assessor** (3-year term), Kenneth Spatcher; **Board of Health** (3-year term), no nominee; **Constable** (3-year term), no nominee; **Library Trustee** (3-year term), Richard DiMatteo; **Moderator** (1-year term), Katherine DiMatteo; **Planning Board** (5-year term), Robert Snedeker; **Selectboard** (3-year term), Jeffrey Neipp; **Selectboard** (1-yr term), Lance Fritz; **Town Clerk** (3-year term), Mary Lou Barton and Elizabeth Johnson; **Tree Warden** (1-year term), David Brooks and Nikolas Adamski.

SPECIAL TOWN MEETING

The Special Town Meeting will be at 9:00 AM on May 16th.

ANNUAL TOWN MEETING AND ELECTION

The Annual Town Meeting and Election will be held on Saturday, May 16th at Town Hall. Polling hours for the Election are 8:00 AM to 4:00 PM. Town Meeting will begin at 9:00 AM.

Town Clerk Office Hours are Mondays 8:00 AM – 12:00 NOON and Wednesdays 4:30 – 6:00 PM	Phone 774-7769
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Candidate Statement

JEFF NEIPP — SELECTBOARD

Three years ago I decided to throw my hat back into the ring and run for Selectmen. I was elected again after taking some time off to finish my career. I appreciate your confidence in allowing me to serve as your Selectboard member. I will continue my best efforts to keep informed and updated on the issues that affect us all in this special place in western Massachusetts.

Running unopposed at this time does not mean I take this position for granted. I hope to continue better communication between town committees, work with the COA, better use of Town Hall, and to continue to maintain town assets. I also have a special interest in our farms here in town. They continue to have my support in all their hard work. I have always supported public education, and will continue to support it. I have always worked hard supporting public safety and our roads.

In the next year the Selectboard will have to take a leadership role in Leyden’s future regarding Wired West and MBI. I have been actively attending many meetings on Wired West and trying to gather as much information as I can to learn all I can. This is an opportunity for Leyden to step forward in securing the future for generations and for growth of the town. We need a reliable internet system that serves the whole town and not just the few that live within three miles of Verizon’s switch boxes. Leyden would be a member of Wired West cooperative and be a partner in something that residents could rely on for better phone service, high speed internet, and an infrastructure to support our future.

I also continue my role as President of Vermont Chapter 1 Rolling Thunder, a national organization that continues to advocate for missing Americans from all wars and advocate for the rights of veterans. I thank everyone I have worked with in the last three years.

—Respectfully, Jeff Neipp

Robertson Memorial Library

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

Become a patron! We are an old-fashioned library with top notch books, CDs, and DVDs for you to borrow, and it's incredibly easy to become a patron. On an index card I'll write your name, addresses (email and home) and telephone number. Then we'll decide on your special sign out designation, usually your initials. DONE! Now you can sign out books and CDs for three weeks and DVDs for one week. If you need more time, I'll renew for you—just email me or call, and it's done. So, there are no excuses for avoiding the best place in town where everything is *free*.

It's spring at last! Congratulations, you made it through one of the coldest, snowiest winters in a while. Now it's time to get outside and *play!* Let us help with some great ideas via the books that line our shelves, or order a book you want to peruse, and it will be here in no time.

Paula Sayword has donated *Canticle of Light and Dark* to the library. A resident of Leyden, she has been writing poetry for fifty years. If you enjoy poetry, come to the RML to borrow her book and browse through our nice collection by local authors and well-known writers from all over the world.

In late March we received the Kill A Watt Kit from Eversource. It will assist homeowners in understanding their energy use. Its ultimate goal is to help you reduce energy consumption and electricity costs. Included with the kit is a booklet providing easy conservation tips and information about energy savings rebates and programs available through Eversource and Mass Save. If you are interested in borrowing the kit, come to the library and sign it out for several weeks!

Thank you, John Rodgers, for 'grounding' our new boot brush. John overheard Trustee Carolyn Asbury comment that the boot brush was really difficult to use as it was not bolted to the granite for stability. So John offered to take it home and attach a board to its base so that users can step on the board and brush their other foot free of mud and grit without becoming apoplectic. Thank you, John—patrons are much more pleasant now.

Pat Little is a wonderful artist and a regular patron of the library. She has lent us one of her special works, and it sits proudly on the library mantle. It's a winter scene, and it is absolutely lovely. Two work horses pull a sleigh during a storm making us all remember just why we are so glad that spring has finally arrived. Come in to see it. You won't be disappointed.

A big thank you to Trueman Robbins who spent several hours working on the library landscape, cleaning up the flower bed and raking. What a joy it is to see the beginnings of restoration to our lawn and flower garden now that the work to create the parking lot has ended. Dave Brooks will be planting more grass soon, too.

Happy May!

—Chris Johnston

Candidate Statement

MARY LOU BARTON — TOWN CLERK

I was nominated at the Town Caucus to run for the Town Clerk of this wonderful Town of Leyden, and I would appreciate any votes you can give me at the Town Election on May 16th. I was your Town Clerk from 1985 until 1995, and I really enjoyed meeting all the wonderful people and helping you with the duties of being Town Clerk. Thank you all in advance, and I look forward to serving you again.

—Respectfully, Mary Lou Barton

Board of Health

Please be mindful that those tiny nymphs that grow up to be ticks are making their way into our lives again. *Even in the Nymph Stage, ticks can spread Lyme disease.* Leyden is still covered by the *free tick-testing grant until June of this year.* If you have any questions about identifying a tick, or would like to use the *free tick-testing service*, please call Kathie at 773-8595.

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. (Yes, please send it to *all three* of us.)

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 15th of the month.

If you would like to receive the **electronic version of Leyden Life** in PDF format, please email the same three addresses listed above.

THANKS

Thanks to Spirit Fire, Kathleen Anderson, Linda Romano, James Brodeur, Fran Moretti, Agnes Huber, Bob and Dianne Ryan, Julie McCarthy and Jerry Levine, Patricia and Wallace Herzig, Karen and Paul O'Neil, Angels' Rest, and Bill Maguire for donations this month.

Thanks to Laura Timmerman, Lois Feldman and Karen Loomis for collating, and thanks to deliverers Marie Bartlett, Marie Lovley, Pat Little and the Cafferys. (We apologize if we missed anyone.)

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

Layout and Design: 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

Friday, May 15th.

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

Donations are always welcome! Send to:
Leyden Life c/o Reid
30 West Leyden Road
Leyden, MA 01337

Leyden Council on Aging (COA)

Mission Statement: The Leyden Council on Aging is a senior advocacy group sponsored and funded by the Massachusetts Department of Elder Affairs. Our purpose is to enrich the lives of Leyden residents 60 and older, by providing educational and recreational opportunities that promote the physical, social, and mental wellness of our residents, and by directing seniors and their families to local and state agencies available to address their personal needs.

DID YOU KNOW...that you can borrow medical equipment at no charge? The TRIAD program has wheelchairs, hospital beds, walkers, crutches, portable toilets and more available to Franklin County seniors. TRIAD is a program of the Franklin County Sheriff's Office, originally established as a crime prevention initiative to protect the safety and welfare of seniors. In addition to the medical equipment program, TRIAD also offers smoke and carbon monoxide detector installation and monitoring, and a 911 cell phone program. Call Lt. Drew Powell at 774-4726 for more information.

Monday, May 4 – NEW!

9:00-10:00 a.m. ~ Walking Club ~ 6 weeks ~ 2 Groups: Beginner and Advanced Join some fellow walkers and hit the roads of Leyden together. A perfect opportunity to get back into shape after this winter - or take a break from your usual exercise routine and spend an hour with like-minded neighbors. Both groups will start together at Town Hall with stretching exercises, and will then separate into a short route and a longer route, before returning to Town Hall for a short cool down and health tip. Bring water and wear sturdy shoes. Supervised by Linda Romano, the program will be held on 6 consecutive Mondays and is free of charge. **Call Sue Howarth (774-3118)** to register in advance. **Limit: 12 in each group**

Wednesday, May 6

4:30-6:00 ~ Monthly Business Meeting at Town Hall. Anyone is welcome to attend.

Friday, May 8 – NEW!

9:00-10:00 a.m. ~ Classical Stretching with Linda Romano at Town Hall. This new 6-week course will focus on gentle exercises which are ideal for people who do not exercise regularly and want to get ready for gardening and outdoor activities, and for those who are recovering from surgery or injury. Classical Stretching also helps relieve arthritis and stress, and maintains flexibility as we age. Linda specializes in bodywork, yoga, and massage therapy, and has taught classes for many years. Class will be held on 6 consecutive Fridays and is free of charge. **Call Sue Howarth (774-3118)** to register in advance. **Limit: 10**

IMPORTANT: If you do not exercise regularly, please bring the instructor a note from your doctor confirming that you are able to participate in this program.

Wednesday, May 20

11:00 a.m. ~ Legal Check-up for Seniors ~ Elder Law Attorney Pamela Oddy will visit us again this year in conjunction with the Mass. Bar Association's Elder Law Education Program which provides seniors and caregivers with information on common legal and financial issues facing us as we age. Her focus this year will be on protecting the home, including homestead declarations, deeds with life estate, and tax exemptions, deferrals and credits. She will also discuss the pros and cons of reverse mortgages.

12:00 p.m. ~ Lunch Club ~ Meals now provided by Foster's. May menu will include lazy man lasagna, cole slaw, Italian rolls and pudding for dessert. We plan for 20 diners at each meal, so *call early* to reserve a place – phone Sue Howarth at 774-3118.

Wednesday, May 27

6:30-7:00 p.m. ~ The Leyden Café will be open for coffee and desserts before the program.

7:00 p.m. ~ Funeral Planning 101 ~ with Carol Coan

You've completed your will and filled out your health care proxy, so now is not the time to get squeamish about planning your funeral! Funeral planning is more than just telling your kids that you want to be cremated or writing down the name of your favorite hymn; there are many more decisions to be made. Advanced planning helps people figure out their specific logistics; save money; make informed and thoughtful choices; and eases the burden of decision-making on grieving family and friends who are not sure what a loved one wanted.

Carol Coan is past president and volunteer at the not-for-profit Funeral Consumers Alliance of Western Massachusetts and teaches a class (Funeral Planning for the Living) at GCC. She will talk about burial options (conventional and green burials, cremation, home burial); costs and prepaid agreements; and Mass. funeral laws about such things as disposition of remains, embalming, and renting caskets. Bring a sense of humor and get ready to start planning your last party!

Need transportation to COA meetings? Call Sue Howarth at 774-3118.

Selectboard Corner

Continued from Page 1

organizations are encouraged to attend. An attendee list showing you have had the tour and understand the policies and procedures is required in order to use the facility. If for some reason these dates don't work, please call Bob Hardesty, and he will make sure to get you updated. Special thanks go to our building needs committee and to Dave Vreeland for his design plans during this first phase. The second phase will begin once we determine how much the kitchen is used in the next year and hear more input as to what is needed.

The Select Board will hold a Stop-Sign Hearing on May 4th from 7:00 to 8:00 PM at Town Hall to explain discussions with and recommendations from MassDOT concerning the stop sign at the intersection of Mid County Road and West Leyden Road. Residents are invited to attend and voice their concerns and opinions.

The Select Board will hold a Pre-Town Meeting on May 4th from 8:00 to 9:00 PM at Town Hall to review and discuss the Warrants for the Special and Annual Town Meetings to be held May 16th. This is the second year a Pre-Town Meeting will be held. The purpose is to clarify issues and hear concerns in an effort to make sure the residents have an opportunity to ask questions to better understand the issues. Please take advantage of this opportunity. This is also an effort to streamline the Town Meeting, a continued concern expressed by residents.

Select Board meetings are open to the public, and input from town residents is always welcome. —Selectboard

Town Custodian Needed

The Town of Leyden is seeking a part-time custodian for Town Hall. The duties include, but are not limited to, sweeping or vacuuming of Town Offices, and emptying trash and recycle bins. The Meeting Hall shall be swept and mopped as necessary, and before and after functions. The kitchen shall be cleaned monthly. Restrooms shall be cleaned weekly. All doors and pathways shall be cleared within 24 hours of snowstorms. Persons interested should call Bob Hardesty, Municipal Assistant, at 774-4111. A complete list of custodial duties is available at Town Hall.

Board of Health Member Needed (Elected Position)

We need another member on the Board of Health. No experience is necessary. The board meets once a month. Help keep Leyden healthy—join the Board of Health!

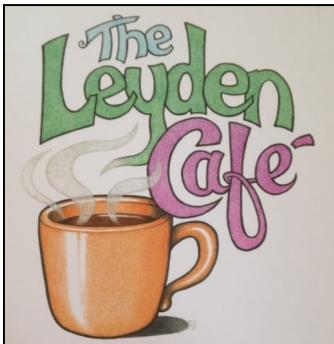
Note: A vote for this position needs to be a write-in on the ballot.

Agricultural Commission

The Agricultural Commission is looking for anyone who would like to give a presentation, demonstration, or class to any of our interested Leyden residents.

Any subject from identifying local trees and wildflowers to hot water canning, pressure canning and bread making. We have many talented residents and business owners in town. The sky's the limit. We are hoping people will share and teach since there is so much valuable knowledge in this town.

If you have any ideas or are interested in doing a presentation please call Beth at 774-2820. Thank you.



Spring hours

We will be open the month of May from 9:00 to 11:30 on Saturdays (Closed Sundays).

May 9th is Market Day

10:00 AM to 12:00 NOON

Local goods and wares for sale

Contact Hollyspatcher@gmail.com if you would like to have a space for your products.



Representative

Paul Mark

Leyden Office Hours

Wednesday, May 27th

4:30 to 6:00 pm

At Town Hall

Leyden United Methodist Church

Spring Brush Fires

My husband Jim is a volunteer firefighter with the Guilford Fire Department and I am their chaplain. Jim has been a firefighter since before we were married 33 years ago, and I have comforted folks at fire scenes, washed plenty of smoke-filled clothes and sat up praying through many a late night fire. This past Tuesday on our shared day off, we were enjoying lunch at an outdoor BBQ restaurant when the pager went off and the next thing I knew, we were in his F150 racing down the highway with lights flashing and siren blaring. It was Jim's third brush fire in two days.

Brush fires in the spring really surprise me. I have to wear my Sloggers boots because of the squishy mud that engulfs my feet when walking my dog. It doesn't seem possible that such damp ground could sustain a fire, but the fire danger has been high this past week. The dry grass and brush, newly emerged from the melting snow is completely devoid of moisture and can catch fire very quickly. The gusty wind easily spreads the flames from ignition point to forest, fields and dwellings. The firefighters' job is to control and contain it.

It makes me think of that expression, "spreads like wild fire." Fire is an integral part of our earthly existence and most often as a destructive force, but sometimes it is productive. There are lodge pole pine trees on the west coast that are fire-dependent, that is, they require forest fires to burn hot enough to open their cones and release seeds so that their species will continue. Humans have also learned how to use fire to keep warm, provide light and cook food. We have harnessed the power of fire for our use.

Ideas catch on like fire and some spread like wildfire. The message that we share at church is news that we want to spread like wildfire. The message is one of grace and forgiveness and love. It's not a harsh message of hellfire and brimstone. It brings us such joy that we want to capture this message of love...to have it catch fire and spread so that it burns not only in our hearts, but the hearts of everyone.

Philosopher Pierre Teilhard de Chardin said, "Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love, and then, for a second time in the history of the world, man will have discovered fire."

Join us in discovering that kind of fire at 8:45 AM on Sundays at 15 West Leyden Road for worship with snacks and friendly conversation to follow. Our services last about an hour and are full of hymns, choral music, a children's message, scripture and a sermon. Communion is served on the first Sunday of each month. There is Sunday School for the children and the church is handicap accessible. All are welcome!

—Rev. Cheryl L. Meachen

Mothers Day Breakfast

Sunday, May 10th

7:00 to 11:00 am

Full breakfast menu will be served,
and it's all you can eat!

\$10 per person

(Moms and kids are half price)

Sponsored by the
Leyden Firefighters Association

Knitting Circle

The Leyden knitting circle will meet twice in May, on the 8th and the 22nd (locations to be determined) from 6:30 to 8:30 PM. Call Laura at 773-8325 or Peggy at 774-5764 for details. All are welcome to join us; no experience is needed and all kinds of handwork are fine. Even if you don't know how to knit, come along and we'll help you get started! Visitors and all ages are welcome; it's very relaxed and low-key.

—Laura Timmerman, 773-8325

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

Free Computer Consulting

Do you have computer-related questions/issues? PC or Mac? Laptop, desktop or Tablet/iPad? I might have answers for you.

Beginning Monday, May 4th from 7:00 to 9:00 PM, and continuing on Monday evenings as long as the need exists, I will hold open consulting sessions at the Pearl Rhodes Elementary School computer lab (lower level). You may bring your own laptop/tablet/iPad (a wireless signal will be available), or we can access either a school desktop computer or my personal laptop (PC only on the latter two). Leyden residents only, please.

The only requirement on your part is you must inform me no later than the previous Friday that you plan to attend, either via email at askclint@gmail.com or telephone at 774-4222 (a voice mail will suffice).

—Clint Davis

WiredWest

After five years of planning, countless volunteer hours, and hundreds of thousands of dollars of expertise donated to the project, fiber optic to the home is finally becoming a reality. Now it is up to us to make sure the next steps happen. As you know, we are asking that you respond to the letter that was sent to every one of us, requesting that we each make a conditional commitment for service by sending a \$49 check to WiredWest, Old Courthouse, 99 Main St., Northampton, MA 01060, or by doing it online at www.wiredwest.net. Each town needs to have at least 40% of its households committed to getting fiber optic to their homes in order to make this a viable proposition. If you are even just thinking about it, you should make that commitment now, as it may cost you quite a bit more to get connected after the fact.

The next step is critical. At our Annual Town Meeting on May 16th, we must have a 2/3 vote to approve borrowing the money needed to complete our portion of the network construction costs. The bad news is that we could have almost every home in Leyden make that initial commitment, but if most of those people fail to show up to vote to approve the borrowing, we would not be able to finish the project. We need every person who has a business here, or hopes to have one, every person who hopes to be able to work more from home, every family with school-age children who can only stay here with great internet, to come to the meeting to vote in favor. We need every senior citizen who wants to Skype their grandchildren or who wants to stay in their homes as long as possible with the help of smart phones, connections to doctors, and virtual communities. We need those who worry about the diminished value of their homes without good WiFi, as well as those who see this great new highway to the rest of the world as indispensable to our future as a town, to turn out to vote.

For those of you who feel that what you have through Verizon is just fine and think that this is not important, please know that Verizon has made very clear its intention to get out of the business of providing broadband to rural communities as soon as it can. When that happens - not *if* - we will have nothing. What they installed here was already obsolete; it only covers about 60% of our homes and will never be expanded or improved. As it breaks down and needs more investment, they are done with us. What we have is already inadequate for our needs, let alone growing to meet our constantly increasing dependence on the Internet. When they do cut us off, we will have no alternative but to do what we are doing now, but without the more than \$40 million dollars being contributed by the state, and without the economies of scale that can happen with a group of at least 33 towns working together to keep costs down. We will be in the position then of having to raise several million dollars to get connected.

Participating in this process means that our costs of service for internet, phone, and television will be significantly cut, and our service vastly improved. In addition, because we will own the lines, our towns will keep the money for those services that now goes to large corporations. We all love Leyden and want to keep it strong and growing. We just need to work together to make that happen.

*Sheila Hourihan, lshourihan@aol.com
Al Woodhull, aswoodhull@yahoo.com*

Absentee Ballots Available

Absentee ballots are available at Town Hall during regular business hours. They must be returned to Town Hall by 8:00 PM on election day.



Back By Popular Demand!

On Saturday, June 27th The Leyden Cultural Council will host a **free** concert featuring the legendary New Orleans saxophonist **Charles Neville** performing with the **Skeletones Big Band in Leyden**.

Not only will we have a chance to enjoy this great band again, but the **Leyden Fire Department** and the **Leyden Café** will enhance this wonderful evening by selling Barbeque and Desserts for all to enjoy.

Save the Date!



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.

Pearl Rhodes Elementary School

End of Year Test Schedule

Grade 3/4

PARCC ELA—May 4

PARCC Math—May 6 & 8

Grade 5

MCAS Science—May 5 & 13

PARCC ELA—May 7

PARCC Math—May 12 & 14

Grade 6

PARCC ELA — May 5 & 7

PARCC Math—May 12 & 14

Upcoming Events

May 6 6th grade Parent Night at PVRS, 6:30 PM

May 25 No school—Memorial Day

May 27 PRES Spring Concert at Town Hall, 6:30 PM

June 11 Field Day & Picnic, 9:15 AM to 12:30 PM

June 18 Last day of school

Thanks for a Successful Easter Egg Hunt

I want to thank everyone for coming to our Easter Egg Hunt sponsored by the Leyden United Methodist Church and the Leyden Rifle Club. It was a lot of fun watching the kiddos search through some of the snow that was left on the Town Common to find a lot of colored Easter Eggs. Special thanks to Joshua Meachen, who assisted us by playing the Easter Bunny. Also a *big* thank you to Emily Herron-Clark who helped me tremendously, since I was feeling under the weather. God Bless you all.

—Mary Lou Barton

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.

Erik's Handyman Service: Let me help you with your "to do" list. Property maintenance, brush control, lawn mowing, rototilling, odd jobs, and miscellaneous projects. If you could use some help, give me a call at 413-774-9948 and ask for Erik, or e-mail to erikshandy1@yahoo.com. Reasonable rates. Insured.

FREE Twin-size mattress and box spring, in good condition. Call Reids at 774-5146

Timber Frame Buildings small, custom-designed and assembled. Locally milled lumber. Cabins, sheds, workshops, studios, pool houses, greenhouses, etc. Contact Patrick at Single Bay Timber Frames at 413-834-4285 or message me on Facebook at Single Bay Timber Frames.

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 Massachusetts Maple Producers Association

Natural Lamb is available again from the Petersons at Orchard Valley Farm. No growth-enhancing hormones or antibiotics. Usual cuts generally available. Special orders on request. Call 624-5562 or email ovfarm@verizon.net. Like us on Facebook at Orchard Valley Farm.

Maple Run Farm: A limited supply of Persephone's Garden Raw Honey should be available late fall. 2015 should be a great year. Natural Romney yarn is for sale for knitting or weaving, processed chemical-free at Green Mountain Spinnery in Putney, VT. Call Barbara Wallace at 774-7780.

J. R. Roy Martial Arts Studio

Serving Franklin County since 1972

1 Osgood Street, Greenfield, MA



- ◆ High quality martial arts instruction for adults and children ages 4-94
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- ◆ Private lessons available in Leyden

Sifu (teacher) J. R. Roy, 8th degree Black Belt

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Leyden, MA
(413) 475-0771

Sweet Morning Farm CSA

2015 FARM SHARES: We only have 3 shares left. Get in touch soon, if you are interested. Shares start June 4. Contact us at <http://sweet-morning-farm-csa.blogspot.com/>

POULTRY: We are taking orders now for duck and chicken raised on pasture and organic, soy-free grain.

EGGS: We sell organically grown chicken eggs for \$6.00/dozen. We often have extra greens and mesclun in the early spring. Sign up for our Egg & Extras List for updates.

For details call or email Laura or Robin. And check out our farm blog and Facebook page for news and pictures.

We are excited about growing things!

—Laura Timmerman, Rob Creamer

Sweet Morning Farm, 413-773-8325,

aurat@crocker.com, <http://sweet-morning-farm.blogspot.com/>

<https://www.facebook.com/SweetMorningFarm>

Linda Romano

Mother/ Father's Day special, buy two of any massage, Bodywork, yoga, or wellness and get the third one half off. Call or check the newsletter for uplifting spring sessions. Happy spring, Linda Romano, 413-624-3334

Huckle Hill Power Equipment

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Steven K. Rice

Proprietor

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MA 01337

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Erik's Handyman Service

Let me help you with your "to do" list

Erik Johnson

Erik's Handyman Service
148 Huckle Hill Rd Leyden Ma 01330
413-774-9948
erikshandy1@yahoo.com
413 522 8260



Franklin Regional Council of Governments

Franklin County Cooperative Public Health Service



Spring Cleaning for Health

Spring literally offers us a new leaf reminding that there is opportunity to start anew. Here are some spring cleaning ideas to help keep you healthy and on track.

- 1) Create and implement an action plan addressing your personal health goals. Specific, Measurable, Attainable, Realistic and Time-bound goals are easiest to achieve. Sharing your action plan with a friend or coach can help keep you accountable.
- 2) Review and update a current medication list, including all prescription, over-the-counter medications and supplements taken at what dose and time. This updated list should be reviewed with your physician at next visit and carried in your wallet “just in case”.
- 3) Dispose of old and unwanted medications. Franklin County has a number of Drug Drop Off boxes hosted by the Northwestern District Attorney’s office and local Police Departments where all types of non-liquid medications may be disposed of. There are 24 hour Drug Drop Off boxes at the Deerfield, Greenfield and Montague Police Departments.
- 4) Safely dispose of sharps (hypodermic needles and lancets). The Franklin County Solid Waste Management District offers a free exchange of sharps containers to its member Towns. Leyden residents can also turn in and receive sharps containers through the CPHS nurse.
- 5) Be ready for ticks. The return of spring means active and hungry ticks in our everyday habitat. Back yard leaf removal, daily body checks and appropriate use of repellents are important lines of defense against tick borne illness. Free tick testing (tickreport.com) continues to be available to residents of CPHS member towns through June 15.

For more information or help with any of the above suggestions, please contact Franklin County Cooperative Public Health Service Nurse Lisa White at [413-665-1400 x 114](tel:413-665-1400x114).