

Leyden Life

Leyden, Massachusetts

May 2018

Selectboard Office Hours:
Monday—Thursday 8:00 AM - 3:30 PM
Tax Collector:
Monday and Wednesday 5:30 - 8:00 PM
Assessors Office:
Wednesday 12:00 - 6:00 PM

Select Board Office

SELECT BOARD MEETINGS

The Select Board will meet on Mondays, May 7th, 14th, 21st, and 28th at 7:00 PM upstairs in the meeting hall. To be added to the agenda email selectboard@townofleyden.com at least 72 hours prior to the meeting. Anyone not on the posted agenda is welcome to address the Select Board at the end of the meeting during the "Citizens' concerns not anticipated in advance of the meeting" agenda item time slot.

MAY MEETINGS

Wed, May 2	4:30 PM	Board of Assessors
Thu, May 3	4:30 PM	Council on Aging
Mon, May 7	7:00 PM	Select Board
Wed, May 9	7:00 PM	Planning Board
Mon, May 14	7:00 PM	Select Board
Tue, May 15	7:00 PM	Historical Commission (Downstairs at the church)
Wed, May 16	4:30 PM	Board of Assessors
Mon, May 21	7:00 PM	Select Board
Mon, May 21	7:30 PM	Conservation Commission
Mon, May 28	7:00 PM	Select Board

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. —Select Board

Attention Leyden Veterans

We are trying to update the Leyden Honor Roll and need your help. If you or anyone you know is/was a Leyden resident, and honorably discharged, or currently serving in any of the Armed Forces, we would like to include you in the Town Honor Roll.

All we need is your full name, branch of service and period served. For example:

John Smith, USAF, 1973-1977 or

John Smith, USAF, 2017- currently

Please email this information to jphigginsarmy@yahoo.com or call 772-1924 and leave the information. Please respond by May 25th, and please spread the word. We do not want to miss honoring anyone. This information will only be for Town use.

Thank you for your service



Town Clerk

ANNUAL TOWN MEETING AND ELECTION

Candidates on the May 19th Town Election Ballot are as follows:

Moderator (1-yr) Kathy Di-Matteo, Incumbent; Select Board (3-yr) Jeffrey Neipp, Inc.; Assessor (3-yr) Kenneth Spatcher, Inc.; Town Clerk (3-yr) Nicole Glabach; Tree Warden (1-yr) David Brooks, Inc.; Library Trustee (3-yr) Richarad DiMatteo, Inc.; Planning Board (5-yr) Robert Snow, Inc. and Peter Tusinski; Board of Health (3-yr) Marcia Miller; and Constable (3-yr) Nikolas Adamski, Inc.

—Thank you, Nicole Glabach, Town Clerk

Town Clerk Office Hours are Mondays and Wednesdays,
5:30 to 7:00 PM, or by appointment.
Telephone 774-4111, Ext. 3, or Cell/Text at 413-362-9378
Email: townclerk@townofleyden.com

ANNUAL TOWN MEETING AND ELECTION

Saturday, May 19th, 9:00 AM

Attend the meeting and let
your voice be heard.

Select Board

Ah! Spring has sprung, at least according to the calendar, but I guess as chair of the Select Board I was supposed to send a memo! So, to all Leyden residents, please accept my apologies. Winter sure has been eventful with the damage to the Fire House, an accident with the police cruiser and the one ton truck fire. No wonder I forgot to send the spring memo.

The Town is fortunate that we are well insured. The lion's share of the damages is covered by insurance and the costs to the town are minimal. As of this writing the fire house and police cruiser damage have been repaired and a new one-ton is on the way.

Dave had a great start sweeping roads and cleaning drainage and until Mother Nature intervened. Hopefully this weather hasn't set him back too far. The Highway Department has gone on summer hours. They will be working Monday through Thursday and doing any Tree Warden work on Fridays. The Town has purchased a used surplus one-ton truck for interim use until we receive the new truck.

Dave and company will commence site work in the triangle across from PRES for the Communications Hut for our Broadband Network build out. This Hut will house most of the electronics necessary to deliver internet service to your home.

By the time you read this we will have closed the warrant and sat down with the Finance Committee to iron out differences with the budget that will be presented at the Annual Town Meeting, which is scheduled for Saturday, May 19th, commencing at 9:00 AM. I expect that commencing at 8:30 we will open a Special Town Meeting to dispose of year-end matters, and then proceed into the Annual Town Meeting.

—Lance Fritz, Chair

Robertson Memorial Library

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

It's a *cold*, snowy April day as I write, but spring will win out, and before we know it we'll be reading our books on a comfy chaise lounge under kindly shade trees watching all of nature come to life! Good times are coming!

Raffle tickets are selling well, but we'd love more patron involvement in this fund raiser. Pat Little's art is really outstanding (see below), and knowing that you have a chance to win a piece of her work is more than appealing! Whether you frequent the library or not, stop in and purchase a ticket or three! *You* could be the lucky winner!

Parents, think about summer and involving your children in a summer of reading for fun! The summer reading program will begin before the school year ends, and we'd love more involvement by local parents in fostering a life-long love of reading. I'll work with PRES teachers to get information to you early in June about this year's program.

Recently a parent visited with her two youngsters and remarked at how her girls love our library. 'It's small, welcoming, and cozy!' What a great way to introduce youngsters to the joys of a library! Take advantage of your town's gift to literacy. Remember, libraries are important partners in child development!

Best wishes to all for a happy spring and a joy-filled summer of reading fun!

—Chris Johnston



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 Sweet Morning Farm, Julie McCarthy, Jerry Levine, Angels' Rest, and Spirit Fire for contributions and to Michele Higgins, Barbara Wallace and Karen Loomis, for collating help. Thanks to deliverers Barbara Wallace, Marie Bartlett, Marie Lovley, Pat Little and the Cafferys. (We apologize if we missed anyone.)

Keep Leyden

Beautiful

Please don't litter!

Take empty cans home with you.

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

Tuesday, May 15th

If you cannot e-mail your submission, please leave it in the drop box at the back of Town Hall.


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



Memorial Day Service

Monday, May 28th 10:30 AM

on the Town Common



Council on Aging May Calendar

Wednesday May 2nd ~ Lunch of soup, salad & sandwich at NOON Wednesday May 9th ~ Coffee morning 8:30 ~ 10:00

Tuesdays May 15th -- June 19th from NOON to 1:00 drop in for "CHAIR YOGA PLUS" with Linda Allis

Wednesday May 16th ~ TRIAD Presentation at 11:00 AM followed by Main Lunch of grilled hot dogs at NOON ~ Please call Sue Howarth at 774-3118 to make reservations

Friday May 18th ~ Movie Night ~ "Three Billboards Outside Ebbing, Missouri", starring Francis McDormand & Woody Harrelson. Rated R.

Wednesday May 23rd ~ Coffee morning 8:30 ~ 10:00 followed by a Foot Clinic by "FOOT CARE by Nurses". Please call Karen Loomis at 624-3902 to sign up.

Space is limited and there is a \$20 fee for a 45-min consultation and treatment.

Monday May 28th MEMORIAL DAY OBSERVANCE 9:00 AM

Thursdays in May COLORING CAFE with artist Alicia Blaze Hunsicker from 2:00 ~ 4:00 PM May 3rd, 10th, 17th, & 24th. There is a \$10 per person fee for materials, and expect lots of extras and surprises!

Neighbors Helping Neighbors

The Leyden COA is compiling a list of people of all ages willing to help out occasionally with either indoor or outdoor chores for seniors or disabled persons. Indoor chores might be helping out with cleaning or minor indoor repairs. Outdoor chores might be snow shoveling or yard help. This can be on a volunteer basis or fee for service. Our goal is to help seniors and people with disabilities on limited incomes to be able to age in place and stay in their homes. Advocates to drive and go to medical appointments and help people without family nearby are also needed. Call Amy at 774-6907.

Leyden Knitting Circle

We'll be knitting in April. Please join us! Every Tuesday, 1:00 - 3:00, Town Hall, contact Michele Higgins at 772-1924. Home knitting times have not yet been set. Contact Laura at 773-8325 or Peggy at 774-5764 for dates. All ages and all experience levels are welcome!



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

—Laura Timmerman, 773-8325

2018 Leyden Telephone Directory

The Leyden Telephone Directory 2018 will be available in late April at Robertson Memorial Library and at Town Hall.



Also, we are asking for donations to help start a fund for seniors in town who need occasional help to maintain a home but have limited resources.

—Amy St. Clair



Leyden Café

The Leyden Café is open **Sunday mornings, 9:30 to 12:00**, downstairs at Town Hall.

Meet your friends and neighbors and enjoy Karyn's delicious baked goodies and Pierce Bros coffee. We look forward to seeing you there!

—Amy St. Clair

Café Calendar

Market Day, Sunday, June 10th
 Closed for Mother's Day, May 13th
 Closed for Father's Day, June 17th (for Firemen's Breakfast)
 Closed for July and August
Last day Café is open is Sunday, June 24th

Do you have a skill you would like to share with the Leyden community? This coming year the Leyden Café would like to showcase Leyden residents and their talents and interests. We are looking for musicians, artists, crafters, hobbyists and travelers who would be willing to share with friends and neighbors at the Café. Please contact Amy at 774-6907.

Leyden List

DIRECTORY OF SERVICES

We would like to start a list of people and service providers that you have had good experiences with, similar to Angie's List but just for Leyden. This list would include electricians, plumbers, plowing, yard work, housecleaning, carpentry and contractors, handymen etc.

If you have had a good person do a good job, please let us know and we will put them on the list and we will recommend them to other people who are looking for someone. Amy at 774-6907 or amy.woodsprite@gmail.com.

Board of Health

Reduced Cost Tick-Testing Program Continues

Lyme disease continues to be a growing concern, with an over 40% infection rate of the ticks tested in our area. Additionally, several more diseases are now associated with tick bites. Until a vaccine is available, prevention is our best protection against Lyme disease, and the other illnesses spread by ticks.

DEET (25%) is the most recommended repellent to prevent tick attachment. DEET must be applied directly to the skin. It is not effective if sprayed on clothing. **Carefully follow package directions for application and re-application.**

Permethrin is a spray-on product applied to clothes. Once treated with Permethrin, especially on shoes and socks, there is a **76% reduction** in tick attachment. Clothes should be sprayed outdoors away from children and pets—especially cats. **Please read and follow label directions carefully.**

Both the Center for Disease Control (CDC) and the Department of Defense (DOD) recommend the **combined use of DEET and Permethrin** as the most effect method to reduce the likelihood that ticks will attach to your skin.

How to get a tick tested: Leyden Residents are eligible for reduced-rate tick testing. If you have been bitten (the tick was attached to your skin) by a Deer Tick, save the tick in a small, plastic bag. Log on to www.tickreport.com and follow the instructions for mailing the tick, or call me at 414-773-8595 and I will help you through the process.

The Leyden Board of Health, in Conjunction with the

Cooperative Public Health Services of the Franklin Regional Coalition of Governments, has negotiated a reduced cost to member towns. *Leyden residents need pay only \$15.00* of the \$50.00 cost of getting a tick tested.

How to Remove a Tick: 1.) Use fine-tipped tweezers to grasp the tick as close to the skin surface as possible. 2.) Once you have a firm grasp, pull upward with steady, even force. Don't twist or jerk the tick as you may cause the mouth to break off and remain in the skin. 3.) If you do accidentally break the tick in half, try removing the mouth with the tweezers. If you can't, leave it alone and let the skin heal. 4.) Once the tick is removed, thoroughly clean the bite area, and your hands, with rubbing alcohol, an iodine scrub, or soap and water. 5.) Check the bite area for several weeks after removal; if you develop a rash there, or have a fever at any point in that time-frame, see a doctor about getting tested for Lyme and other tick-borne diseases.

What Not to Do: There is no shortage of alternative tick removal strategies to be found online. Most of those folk remedies have long since been debunked. A 1985 study in the journal *Pediatrics* compared several popular strategies (Vaseline, nail polish, and a hot kitchen match) to the tweezers technique described above and found that none worked nearly as well. There are several tick removal devices on the market, but the CDC says that a plain set of fine-tipped (pointy) tweezers is really all you need.

(See Page 6 for a tick chart.)

Council on Aging (COA)

Spring is well underway and we have lots of exciting events and activities planned for May. **Lunches at Noon and Coffee mornings from 8:30 – 10:00 will continue on Wednesdays with the schedule as follows: Wed., May 2nd ~ Light Lunch of soup, salad, sandwich & dessert. Wed., May 9th ~ Coffee Morning with baked goods. Wed., May 16th ~ Main Lunch of grilled hot dogs. Wed., May 23rd ~ Coffee Morning with baked goods.**

Please call Sue Howarth at 774-3118 to make reservations for lunch and to indicate if you have a food allergy. Thanks to all who provide the baked goodies for Coffee Mornings.

Tuesdays from 12:00 ~ 1:00 Chair Yoga Plus ~ on a drop-in basis, with **Linda Allis**, will be on **Tuesdays, May 15th through June 19th** Drop in and give it a try!

Thursdays in May ~ Coloring Cafe from 2:00 ~ 4:00 with artist **Alicia Blaze Hunsicker**. Come join in on the fun! Coloring is a great way to relax, de-stress and be creative. No experience is necessary; the goal is to have fun and discover the rewards of playing with color and pattern in a peaceful environment. Alicia will cover many simple techniques to improve your coloring pages and demonstrate how to use a variety of art materials that participants can choose from, including colored pencils, markers and even Crayola crayons for the traditionalist. Expect lots of surprises and giveaways! There is a \$10 fee for materials, which covers all four dates. We hope to see you there!

Wed., May 16th at 11:00 AM ~ TRIAD will give a presentation and grilling hot dogs for the Main Meal of the month. TRIAD is a community policing initiative between seniors, law enforcement agencies and service providers to increase safety through education and crime prevention. Its goals are to reduce criminal activity that target older Americans, to alleviate seniors' fear of victimization, build confidence and improve quality of life.

Movie Night Friday May 18th 7:00 ~ 9:00 PM, "Three Billboards Outside Ebbing, Missouri". After months of waiting for police to find the culprit in her daughter's murder case, Mildred Hayes (Francis McDormand) makes a bold move, painting three billboards leading into the town with a controversial message directed at the town's revered police chief (Woody Harelson). The entire town gets drawn into the crossfire. This darkly comic drama received a best picture nomination in 2018, and Francis McDormand won the Oscar for Best Actress. Rated R. This will be our last film for this season. Please feel free to send film suggestions for next year to Dianne Ryan at dianne.ryan34@gmail.com. Any input is welcome! See you in September.

Just as a reminder, while Movie Night is hosted by the COA, it is **open to all residents, not just elders**, and upstairs at Town Hall we have hot popcorn, a working projector and screen and now even the capability to use closed captioning for those who have trouble hearing.

On **Wed., May 23rd** we will offer another foot clinic by **FootCare by Nurses**, providing professional foot care for seniors, starting at **10:15 AM**. Please call Karen Loomis at 624-3902 to sign up for a time slot. Space is limited, and there is a \$20 fee for a 45-minute consult and treatment.

Monday May 28th ~ Memorial Day Observance ~ 9:00 AM with coffee and baked goods.

The COA will offer a **CPR Certification Class, on a Monday evening from 6:30-8:30 PM**. Stay tuned for details. Please call Karen Loomis at 624-3902 to reserve a space.

Recreation Committee

FIRST ANNUAL LEYDEN OLYMPIC GAMES

The Leyden Recreation Committee will host its First Annual Leyden Olympic Games at Avery Field on Saturday, May 12th from 10:00 AM to 12:30 PM. Young Olympians will enjoy the following seven events: 1) Standing Broad Jump, 2) 50-Yard Dash, 3) 100-Yard Dash, 4) Relay, 5) Frisbee Throw, 6) Corn Hole Toss, and 7) the “Egg-stra Special” Egg Run. Medals will be awarded after each event and the *Lunch of Champions* for all participants will follow at noon. Our athletes will be grouped by age, 5 and under, 6 through 9, and 10 through 12.

Participants must be accompanied by a fun-loving adult with friends and family to cheer them on! Call Sue Howarth at 413-774-3118 for early registration. Children may also register the day of the games.

This will be a great way to get outside and have some *fun!*

Residents over the age of 12 are invited to share in the fun as volunteers! *Help is needed* to organize and run events, register the athletes, and distribute medals. Call Sue at 413-774-3118 if you are available! Thank you!

Rain date is Saturday, June 2nd.

—Sue Howarth

Before– and After-School Care

Town Vote Sought on a Before- and After-School Care Program for Pearl Rhodes Elementary School

On April 9, the Leyden Select Board voted to bring a proposal to the Town of Leyden for funding of a before- and after-school program at Pearl Rhodes Elementary School (PRES). Lisa Armstrong and Patty Solomon, both long-time teachers at the school, met with the board to discuss the need for starting the program for the coming school year. The funds would be used to help the school start an out-of-school care program, which has been lacking in recent years. The amount sought is \$7,500. This money will cover the cost of staffing for one hour a day before school and until 5:00 PM after school.

The program would be coordinated by the same staff member who coordinates the program at Bernardston Elementary, so no additional funding is needed for a coordinator. It would follow the same model as is already in place at BES. **The \$7,500 is planned as a one-time amount to get the program started.** As already established in Bernardston, parents would pay a fee for children to participate so that the program will be self-sustaining in the future.

The teachers spoke for the families at Pearl Rhodes who have expressed a need for this service. The lack of a before- and after-school care program has been the most common reason given by parents for sending Leyden children to other schools outside of our district. The hope is to bring enrollment numbers back up at PRES for a bright and vibrant future for our school!

—Patty Solomon

PTO News

Spring is finally in the air, and the PTO has been working on generating fresh, fun ideas to help get our children, families, and community engaged! We are always looking for parents to join our meetings. We understand that work schedules and other commitments can make it difficult to attend. If you are interested in joining us, please feel free to send an email with days and times that may work best for you. Currently we are meeting in the cafeteria on the first Monday of each month at 3:15 PM.

An Invitation

I would like to share my thoughts on my (your, our) church. I have a little different perspective than most. My Grandpa came to be a minister here and brought his family. One of his daughters married a young farmer from town, and Donald and Ruth Herron are my parents,. If there had been no church in Leyden for my Grandpa to come to, my Mom and Dad would never have met. My family would not exist! *I* would not exist!



In my personal present, the last 24 years have been very hard on my immediate family; a time when I have struggled to keep my beliefs and faith. But my church was there for me. Not in any way aggressive, just present and loving. Sometimes that’s all you can accept and more than you could ask for.

As for the churches future, the gifts of financial support are needed and greatly appreciated to keep the church going. But what my (your, our) church needs is *you!* People to sit in the pews, to share our faith with, as you share yours with us. People who are sure of their faith; people who are struggling with their faith; people who are curious; people who need something more in their lives, even if it is just fellowship.

Nami is a vibrant young pastor, educated and committed and enthusiastic about her faith and our church. She’s down to earth, with us, not above us. Yes, she has an accent, but because of it I find that I listen a little closer so I don’t miss anything.

If you feel you need an invitation to come to church, I am inviting you. We are inviting you. I am basically a shy person, but I will be pleased and happy to meet you if I don’t know you, and very happy and pleased to see you if I do.

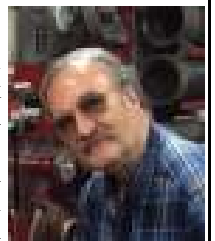
Please come join us.

—Rita Claus

Police Chief Dan Galvis

Dan Galvis can remain Police Chief until age 70. The Chapter 55 approval paperwork has been signed by the Governor and enacted into law by the legislature. Thanks to Representative Paul Mark for assistance in getting this accomplished. This special approval was voted at the 2017 Annual Town Meeting.

—Select Board



Police Department

Summary of calls for March, 2018:

Motor Vehicle Accidents, 1; Suspicious Motor Vehicles, 3; Theft, 1; Unpermitted Burn, 1; Threatening Phone Calls, 2; Dog Complaint, 1; Trees Down on Wires, 3; Lockout, 1; Non-Emergency Calls, 6.

Office Hours May 8th and 22nd 7:00-8:30 PM

Leyden Station - 413-772-2369 ; Shelburne Control Dispatch - 413-625-8200.

—Gilda Galvis

Correction

The Town Ford truck that burned was incorrectly identified as a Ford 150, but it was actually a Ford 550. The Ford 150 is, as everyone knows, a pickup truck, and this was a larger vehicle.



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.

Neighbors Helping Neighbors: Are you looking for someone to help with light yard work such as mowing, brush clearing, weeding or someone to put up a garden fence or paint a wood shed, or other odd jobs? Or maybe you would like some help making lunch for an elderly parent or have someone spend time with them while you take care of other business.

I can help you with all those things and more. No job too small. Just ask! Affordable rates. Call Melissa Sims at 413-834-3843.

Free Pianos: Elwin and Mary Lou Barton have two pianos at their house and they would really like to find some new homes for them. We are giving them away for free because each one needs some minor work done on them plus they also need to be tuned. Please call 773-3548 for details.

Free Firewood: Pine; cut, split, dry and covered. I can help you load. Good for outdoor boiler, campfires or sugaring. Call Bill Maguire at 774-5330.

Glenbrook Structures: Need a chicken coop or a dog kennel at a reasonable price? Various sizes and designs are available. Call Michelle Barton or Chris Kemp at 774-4545 to place an order. We're also on Facebook and Craigslist.

Stall Clean-outs: We are looking for manure, bedding, and other compostable materials such as old hay, leaves, etc. Call Robin or Laura at 773-8325.

Boer Goat Meat is available at Frizzell Hill Farm. Goat is quite tasty, low in fat and cholesterol, and high in protein and iron. Give it a try! Visit frizzellhillfarm.com for information and a price list. Thanks for supporting local Leyden farms!

Bill Maguire Painting: Serving the Leyden area's paint and staining needs since 1978. Interior, exterior, deck refinishing, window sash work, power washing, dirt and mildew removal. Call 413-774-5330.

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.

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.

2018 FARM SHARES

Shares are on sale! It's time to reserve your share of Leyden-grown, organic vegetables, fruits, and flowers. Shares include 20 weeks of a wide variety of vegetables, and flowers, plus pick-your-own pole beans, snap peas, and cherry tomatoes. This year we are offering a pickup time for larger shares in Greenfield. Our farm is not certified but we are completely committed to organic and sustainable practices.

2018 Prices: Mini Share \$120, Mini Share with Pick-Your-Own privileges \$140, Big Share \$400 - \$500 (sliding scale), Big Share delivered to Greenfield \$550.

FOR MORE INFO: Call or email Robin and Laura at the farm, or check out our blog, or Facebook page, or stop by the Leyden library to pick up a brochure. We invite you to become part of our little farm.

EGGS: We sell organically-grown pasture-raised chicken eggs and pork year round. Call or email for availability or to be placed on our News & Extras email list. We currently have spinach, eggs, and pork available. No need to wait for your garden to eat some Leyden-grown fresh greens!

WHOLE & HALF HOGS: This year we are offering pre-orders on whole and half hogs. It's a great way to get some organic, pasture-raised, delicious pork at a reduced price. Get in touch for details.

—Robin Creamer and Laura Timmerman
Sweet Morning Farm—413-773-8325

sweetmorningfarm@gmail.com

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

<http://sweet-morning-farm.blogspot.com/>

Angels' Rest

May 10 - 13: Soul Support Systems: Are you ready for a deeper connection with your soul and an inner spring renewal? Please check out the website for more information: <http://soulsupportsystems.org/warm-water-soul-recognition-at-angels-rest-may-10-132018/>

Please check out our retreat calendar to view upcoming retreats at <http://www.angelsrestretreat.com/calendar.html>

You can find us on Facebook and Instagram at: Angels Rest Retreat Center

Thank you, Jessica Miller, Angels' Rest Retreat, 63 North County Rd, Leyden, MA 01337. Phone 413-772-0648, Fax 413-772-0658 On the web at www.angelsrestretreat.com

Easter Egg Hunt a Big Success

I just want to thank *everyone* who came to our Annual Easter Egg Hunt. It was just so much fun and so many youngsters looking for eggs and getting close to our wonderful Easter Bunny to get their pictures taken. I also received lots and lots of hugs from a *lot* of these youngsters; it made my heart so very happy. I have been doing this event for many, many years and this was a fabulous turnout with lots and lots of eggs and great gifts from the Easter Bunny to all the children. Thank you also to the Leyden Rifle Club for assisting with those gifts, and thank you to Emily Herron-Clark for helping the kiddos design their Easter bunny hats while we were out hiding the eggs. A special *huge thank you* to our Easter Bunny.

God Bless this wonderful Town of Leyden and *all* the wonderful people associated with it.

Lots of Love and Peace to *all*,

—Mary Lou Barton



TICK IDENTIFICATION CARD



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www.mass.gov/dph

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 Ryan Clary and Steve O'Hare
 e-mail greenriverlawn@yahoo.com

Rhonda Wainshillboom

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 177 W. Main Street

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 Ernie Johnson

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 erniejohnson@earthlink.net
 413-522-8260

John W. Starnard Jr.
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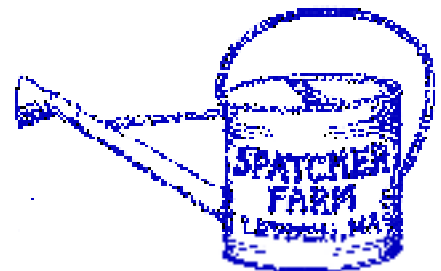
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Preventing the Misuse of Medications

As many of us have sadly become aware, the issue of misuse of prescription drugs and overdose is a serious public health problem in the United States and in Franklin County. Nonmedical use of prescription drugs is highest among young adults, and each year many young children also accidentally ingest unsafe medications. Reasons for the high prevalence of drug misuse vary by age, gender, and other factors, but likely include ease of access.

Do you have prescription opioids, depressants or stimulants in your home? Here are three recommended steps to prevent the misuse of medications:

1. **Counting** includes not just knowing how many pills you have but keeping a record of your pill count with your bottle showing the amount remaining.
2. **Locking** means keeping all medications out of reach to household visitors, contractors, and family members. Through a grant from the Opioid Task Force of Franklin County and the North County Region, a limited number of free medication lock boxes are available to residents.
3. **Dropping** is proper disposal of medications that are no longer needed. Unused medication (no liquids or injectables) can be disposed of at any one of the Drug Drop-Off Boxes located at Police Stations throughout the region. The Gill Police Station does NOT have a Drop Box, but Boxes are located at nearby Police Stations including Bernardston, Greenfield and Montague.

For more information on medication safety, disposal, or to request a medication lock box, please call FRCOG Cooperative Public Health Service Nurse Lisa White at 413-665-1400 x 114.