



Raw milk easier to digest?

STUDY SAYS IT IS NO HELP FOR LACTOSE INTOLERANCE.

YOUR HEALTH, PAGE D1

EMS boss pick declines

FIRST CHOICE OF COMMITTEE FOR DIRECTOR FOR SOUTH COUNTY EMS SAYS NO, CITES PERSONAL REASONS.

LOCAL NEWS, PAGE C1

WEATHER



39/20

SUNNY
Nick Peabody
Erving Elementary
PAGE A5

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Orange veteran to hike Appalachian Trail

By ANITA FRITZ
Recorder Staff

ORANGE — It was 1948, three years after the end of World War II, when Earl Shaffer, a U.S. Army veteran from Pennsylvania, hiked the entire length of the Appalachian Trail, something no one else had done to that point.

More than 14,000 people have hiked the entire trail since Shaffer, and U.S. Army National

Guard veteran Joe Young of Orange says he hopes to be one of the next.

Many have attempted the 2,180-mile trek — some have finished, some have not. They've done it for many reasons: the challenge, the sheer exhilaration or just to be able to say they did it.

Others, like Young, decide they want to do it to find the piece of their soul they lost somewhere along the way —

Young says he lost his in Iraq.

The 61-year-old veteran retired after spending 42½ years in the National Guard. He suffers from post-traumatic stress disorder, a type of anxiety disorder that occurs after someone has gone through an extreme emotional trauma that involves the threat of injury or death.

It's obvious that he doesn't like to talk about the specifics of what he saw in Iraq when he

was deployed from 2003 to 2004 and again from 2005 to 2006. He served at Abu Ghraib prison and says if someone tries to push him too hard into talking about it and he starts to feel too uncomfortable, he simply leaves the room.

"I hope that sometime during my six-month hike with 13 other veterans I find that piece of my soul I'm looking

See WALK Page A5



Joe Young walks on gate 29 at the Quabbin Reservoir.

submitted photo



A Ukrainian soldier stands atop an armored vehicle at a military camp near the village of Michurino, Ukraine, Monday. Addressing lawmakers in Ukraine's parliament on Monday, Olexandr Turchynov, the acting president, described Sunday's Crimean poll as a farce that would "never be recognized by Ukraine and the civilized world." He also signed a decree to mobilize volunteers and reservists.

AP photo

Putin recognizes Crimean independence

By JIM HEINTZ
Associated Press

KIEV, Ukraine — Ignoring the toughest sanctions against Moscow since the end of the Cold War, Russian President Vladimir Putin recognized Ukraine's Crimean Peninsula as an "independent and sovereign country" on Monday, a bold challenge to Washington that escalates one of Europe's worst security crises in years.

The brief decree posted on the

Kremlin's website came just hours after the United States and the European Union announced asset freezes and other sanctions against

Russian and Ukrainian officials involved in the Crimean crisis. President Barack Obama warned that more would come if Russia didn't stop interfering in Ukraine, and Putin's move clearly forces his hand.

West imposes stiff sanctions. See Page D3.

The West has struggled to find leverage to force Moscow to back off in the Ukraine turmoil, of which Crimea is only a part, and analysts saw Monday's sanctions as mostly ineffectual.

Moscow showed no signs of flinching in the dispute that has roiled Ukraine since Russian troops took effective control of the strategic Black Sea peninsula last month and supported the Sunday referendum that overwhelmingly called for annexation by Russia. Recognizing

Crimea as independent would be an interim step in absorbing the region.

Crimea had been part of Russia since the 18th century, until Soviet leader Nikita Khrushchev transferred it to Ukraine in 1954 and both Russians and Crimea's majority ethnic Russian population see annexation as correcting a historic insult.

Ukraine's turmoil — which began in November with a wave of protests against President Viktor Yanukovich

See CRIMEA Page A6

Turning the corner Charlemont seeing hopeful economic growth

By DIANE BRONCACCIO
Recorder Staff

CHARLEMONT — The term "ghost town" was tossed around at a recent Economic Roundtable meeting of community leaders, yet seldom has Charlemont seen such an infusion of new business, investment and civic interest in its aging town center as it has over the past year.

It was the village center — with its vacant apartments, empty storefronts, cash-strapped sewer district, and zoning bylaws that slow property redevelopment — that was discussed by local business owners, town officials, and sewer commissioner's eager for change.

The town will have three new eateries this spring. Berkshire East has doubled the size of its ski lodge, adding a restaurant and a bar.

"I think everybody knows what a ghost town the village has become," said Karen Hogness, co-owner of the venerable A.L. Avery and Son General Store, who chaired last week's meeting.

Several committees and residents gave progress reports on efforts to revitalize the village center, and how to make it more welcoming to new businesses, and to give the outdoor adventure tourists more reason to stay in town for meals, lodging or shopping.

The Charlemont Inn is still closed, but the town will have three new eateries this spring. Berkshire East has doubled the size of its ski lodge,

See CHARLEMONT Page A6

INDEX

Arts, Entertainment	C4
Classified advertising	D3-D4
Comics	D2
Death Notices, Obituaries	A6, A2
Editorial page	A4
Local news	C1-C3
Nation & World	A3, B4, D3
Puzzles	D3
Sports	B1-B3
Talk of the Towns	C5
Television listings	C4
Your Health	D1

At food processing center, right mix is key

By RICHIE DAVIS
Recorder Staff

When Nicholette "Nico" Lustig took the newly created job of "food business development specialist" at the Western Massachusetts Food Processing Center a couple of months ago, she began working with the same sorts of farmers and specialty food businesses she'd dealt with as manager at McCusker's Market and jobs at Green Fields Market and Old Creamery Co-Op in Cummington.

Franklin County Community Development Corp.'s 13-year-old shared commercial kitchen has seen some ups and downs as it's tried to spawn food businesses largely fed by farms around the region, all aimed



Recorder/Paul Franz

Nicholette "Nico" Lustig of Shelburne Falls is the food business development specialist at the CDC Western Massachusetts Food Processing Center in Greenfield with just some of the foods made there.

at stirring the grass-roots economy. Lustig's job, according to CDC Executive Director John Waite, was created to help make better use of the 3,500-square-foot facility housed at the

CDC's Wells Street Greenfield Venture Center — especially at a traditionally slow time of year, when production on

See CDC Page A2

'You can see back to the beginning of time'

By MALCOLM RITTER
Associated Press

NEW YORK — Researchers say they have spotted evidence that a split-second after the Big Bang, the newly formed universe ballooned out at a pace so astonishing that it left behind ripples in the fabric of the cosmos.

If confirmed, experts said, the discovery would be a major advance in the understanding of the early universe. Although many scientists already believed that an initial, extremely rapid growth spurt happened, they have long sought the evidence cited in the new study.

Researchers reported Monday

See BANG Page A6



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Charlemont

From Page A1

adding a restaurant and a bar. Although it will be closed after skiing season, it will reopen with the zip-line tours in May.

Once construction on the new Cold River Package store complex is finished, Charlemont will have a new cafe, along with a larger package store and new market. And a short distance away, the vacant Charlemont Pizza building is being renovated and will open as Berkshire Pizzeria. The owner, Greg Rowehl of Manhattan, has owned a home in West Hawley since 1997, and lived in Ashfield before then. Rowehl is president of Commercial Kitchen Designs in Brooklyn, and this will be his first business in Franklin County.

Over the last five years, Berkshire East has transformed from a winter-only ski-resort to a year-round outdoor center, with skiing, seven zip-line canopy tours, a valley jump tour, and two mountain hikes. A wind turbine and solar array generate enough green-energy electricity to run the facility. Last year, the resort added a 12,000-square-foot addition to its lodge.

This summer, the ski resort will replace its summit triple lift with a faster SkyTrac chair lift that seats four. It also plans to install an Alpine Mountain Coaster on a track along the mountain, which Berkshire East's Jon Schaefer says will be the longest mountain coaster ride in North America.

Last year, Charlemont saw the debut of two new, large sporting events: The Berkshire Highlands Pentathlon, which will be held again this year on April 5; and the U.S. Navy Seals Bone Frog Challenge, which will be held again at Berkshire East on May 17. Both events drew lots of participants and spectators.

Also, Berkshire East, Warfield House Inn and Zoar Outdoor have given public access on their properties for a network of extensive hiking and biking trails — opening up yet another outdoor activity in town.

Hogness told the roundtable group that cellphone reception in town may soon improve, with the construction of a new cell tower, near the wind turbine up at Berkshire East. "We all know that, 10 years ago, some people were against it (cell towers) and some were for it," she remarked. "But now, they're absolutely screaming for it."

Death notices

Full-text paid obituaries can be found on Page A2. Because of differing deadlines, notices sometimes appear a day or so before the obituary.

Blain services

DEERFIELD — A memorial service for Judd Huntley Blain, 78, of Stillwater Road, who died Thursday (3-13-14) at home, will be held April 12 at 2 p.m. at Trinity Episcopal Church in Shelburne Falls.

Ann Marie Coulson

LYNDONVILLE, Vt. — Ann Marie Coulson, 89, formerly of Berlin and South Hadley, Mass., died Friday (3-14-14) at The Pines Rehabilitation and Health Center in Lyndonville.

A memorial service, led by the Rev. Oscar Wallace at First Parish Church in Berlin, will take place on Wednesday at 11 a.m.

Donations in her memory are suggested to First Parish Church, 24 Central St., Berlin, MA 01503 or the The Pines Residents Activity Fund, 601 Red Village Road, Lyndonville, VT 05851.

Arrangements are under the direction of the Wrisley Funeral Home, Sugarloaf Street, South Deerfield, MA.

John J. Gilmore Jr.

GREENFIELD — John James Gilmore Jr., 88, of Greenfield, died at home on Thursday (3-13-14).

Calling hours will be held at the Smith-Kelleher Funeral Home on Franklin Street on Thursday from 6 to 8 p.m.

A memorial service will be held at St. James Episcopal Church on Friday at 11 a.m.

Contributions in his memory are suggested to the Sarah H. Gilmore Gordon '78 Memorial Scholarship Fund (Middlebury College, Middlebury, VT 05351) or to the Dakin Humane Society, P.O. Box 6307, Springfield, MA 01101.

Sewers: hidden asset, cost

Part of the town infrastructure needed for new growth is a healthy wastewater treatment facility, and the importance of the Charlemont Sewer District was pointed out by many present. The district is separate from the town and is solely dependent on sewer user fees for its operating costs. The district doesn't meter sewer use, because the village center doesn't have a public water system, which would meter water use and calculate sewer use.

"The sewer district is running at about a 20 percent loss per year," said Sewer Commissioner James Williams. "We have a \$150,000 budget per year, and we bring in about \$108,000." He said the lack of water meters, combined with absentee landlords, high vacancy rates and some low-income users who can't pay their bills account for some of this deficit. "Irene has also put us behind in general maintenance," he said.

The sewer district is still waiting to get some of its Tropical Storm Irene reimbursements from the Federal Emergency Management Agency. That storm flooded the wastewater treatment facility, causing an estimated \$800,000 in damages. Williams pointed out that the district can't borrow money for emergencies the way that a municipality can.

"In the beginning," Williams said, "the greater community was against us. Half the people in the district don't even know we exist."

Hogness, a former sewer commissioner, explained that the sewer district was formed at a time when sewage from the village center was being piped directly into the Deerfield River. She said townspeople who were not part of the sewer district did not want to share in any of the district costs. She said the attitude was: "I'm not paying for anything I don't have to use."

"We were in violation," she continued. "This little village created special legislation to create the district for sewer users. Now, the river's clean. We couldn't have river-based business here if they were still pumping sewage into the river."

Without a sewer district, someone said, Charlemont could have the same issues that Colrain has, in trying to revitalize its town center.

"User fees alone are not enough money to keep it really viable — especially if something like Irene comes along,"

Anita M.

GREENFIELD — Anita M. (Chagnon) Gruszkowski, 94, died Friday (3-14-14) at the Buckley HealthCare Center.

Services, all in Turners Falls, will be held Friday at 9:15 a.m. from the Kostanski Funeral Home, 1 Kostanski Square, followed by a Liturgy of Christian Burial at 10 at Our Lady of Peace Church with the Rev. Stanley J. Aksamit, pastor, officiating. Burial will follow at St. Anne's Cemetery.

Calling hours will be held Thursday from 6 to 8 p.m. at the funeral home.

Memorial contributions are suggested to Our Lady of Peace Church, 90 Seventh St., Turners Falls, MA 01301 or to Hospice of Franklin County, 329 Conway St., Greenfield, MA 01301.

Sympathy message available at: www.kostanskifuneralhome.com

Ellen G. Moriarty

PETERSHAM — Ellen G. (Gould) Moriarty, 84, formerly of Hardwick Road, died Monday (3-17-14) at Quabbin Valley Healthcare in Athol.

Arrangements, under the direction of Witty's Funeral Home, 158 S. Main St., Orange, were incomplete at press time.

Paul R. Turnbull

HEATH — Paul R. Turnbull, 75, of Heath, died March 11 at Baystate Franklin Medical Center in Greenfield, after a brief illness.

A memorial Celebration of Life will take place on March 29 at 2 p.m. at the Federated Church in Charlemont.

Memorial contributions in his name are suggested to Insight Photography Project, 45 Flat St., Suite 1, Brattleboro, Vt.



Recorder/Paul Franz

The new building behind Cold River Package store in Charlemont will include a cafe.

said Hogness.

Williams said the sewer district currently serves 187 homes and businesses.

One concern is how much of an increase would this small wastewater treatment facility be able to handle from new business in the future. Sewer Commissioner Beth Porter said the district might be able to handle a small laundry, but not one with 30 washers or more.

All present agreed that the town and sewer district should work more closely together to help the sewer district remain solvent. For instance, the sewer district is not notified of town building permits, which would help it gauge sewer use and possibly learn of new sewer users.

Public well

To make the town more user-friendly for future newcomers and business development, the Board of Health is looking into the possibilities of a public well, for water service, or special legislation that could make it easier to site wells within the town center. Health Board Chairman Rob Lingle said a small town in Maine was able to build such a well with the help of Department of Agriculture funding. Also, he said, a public water system would help supply water for fire hydrants.

The Planning Board has drafted zoning bylaws for a "village district zone" that would allow for denser development, apartments and commercial/residential mixed-use build-



Recorder/Paul Franz

Seth Martin is opening Berkshire Pizza in Charlemont center.

ings in the town center, such as those in small Cape Cod villages.

Other ideas being explored by the Economic Roundtable participants include:

■ Special legislation for permitting wells. Lingle explained that the village has wells that are trapped in bedrock, which makes them impermeable to contamination. He said such wells could be used even if they were closer to structures than is allowed by current state rules. For instance, Bruce Lessels of Zoar Outdoor said his company had to spend \$170,000 on a new well because a bedrock well that had tested well and been

used for 20 years was considered too close to the house.

■ Broadband. Chairman Robert Hansacker of the town's Broadband Committee reported that the regional Internet cooperative WiredWest had received a 41 percent response rate to its survey on "last mile" broadband interest from Charlemont residents. Lessels said Zoar Outdoor gets most of its business online. Many felt the lack of high-speed Internet could be a deterrent to new businesses moving to the area. Hansacker said that the Massachusetts Broadband Institute, another body charged with facilitating the spread of

broadband to rural areas, is now talking about "final mile" broadband in much the same way as WiredWest. And he spoke of the importance of supporting WiredWest to help see more high-speed broadband service.

MBI, with state backing, has recently completed the "middle mile" of fiber-optic cable, bringing the service to key points in towns like town halls, schools and libraries. The lines can be used by those facilities or extended to homes and businesses, but at a price.

You can reach Diane Broncaccio at: dbroncaccio@recorder.com or 413-772-0261, ext. 277

Bang: Could rank among greatest discoveries

From Page A1

that they found it by peering into the faint light that remains from the Big Bang of nearly 14 billion years ago.

The discovery "gives us a window on the universe at the very beginning," when it was far less than one-trillionth of a second old, said theoretical physicist Lawrence Krauss of Arizona State University, who was not involved in the work.

"It's just amazing," he said. "You can see back to the beginning of time."

Marc Kamionkowski, a theoretical physicist at Johns Hopkins University who didn't participate in the research, said the finding is "not just a home run. It's a grand slam."

He and other experts said the results must be confirmed by other observations, a standard caveat in science.

Right after the Big Bang, the universe was a hot soup of particles. It took about

380,000 years to cool enough that the particles could form atoms, then stars and galaxies. Billions of years later, planets formed from gas and dust that were orbiting stars. The universe has continued to spread out.

Krauss said he thinks the new results could rank among the greatest discoveries in astrophysics over the last 25 years, such as the Nobel prize-winning discovery that the universe's expansion is accelerating.

Crimea

From Page A1

and accelerated after he fled to Russia in late February — has become Europe's most severe security crisis in years.

Russia, like Yanukovich himself, characterizes his ouster as a coup, and alleges the new authorities are fascist-minded and likely to crack down on Ukraine's ethnic

Russian population. Pro-Russia demonstrations have broken out in several cities in eastern Ukraine near the Russian border, where the Kremlin has been massing troops.

Fearing that Russia is prepared to risk violence to make a land-grab, the West has consistently spoken out against Russia's actions but has run into a wall of resistance

from Moscow.

Reacting to Monday's sanctions, Russian Deputy Foreign Minister Sergei Ryabkov declared that they were "a reflection of a pathological unwillingness to acknowledge reality and a desire to impose on everyone one-sided and unbalanced approaches that absolutely ignore reality."

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