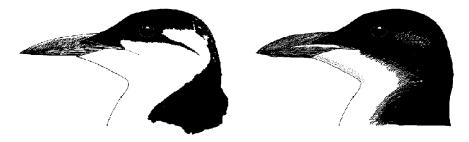
## CONTENTS

Bird Finding in Northern Berkshire County		
Leslie Reed-Evan	s and Ronald Rancatti	207
Health Tips for Birders	Petti Staub, MD	221
THE PHALAROPE CONSPIRACY One of Nuttall's Phalaropes The Phalaropes	Kathleen S. Anderson Deborah Howard	
ANATOMICAL AND PHYSIOLOGICAL CHANGES IN BIRE	s Christopher Neill	225
BLACK RAIL IN GREENLAND, NEW HAMPSHIRE	Matt Tarr	227
FIELD NOTES A Memorable Experience: Ferry Hill Thicker, I	Dan Furbish	
Massbird at Its Best - Mystery Accipiter Caper	Carolyn B. Marsh	230
A Birding Idol	Robert H. Stymeist	233
ABOUT BOOKS Who Needs Aesthetics and Ornithology?	Mark Lynch	236
2003 Request for Proposals, Charles Blake Fund Grants		241
Bird Sightings March/April 2003		244
THIRTY YEARS AGO		259
ABOUT THE COVER: Semipalmated Plover	William E. Davis, Jr.	261
ABOUT THE COVER ARTIST: Paul Donohue		264
At a Glance	Wayne R. Petersen	265



COMMON (LEFT) AND THICK-BILLED MURRES BY GEORGE C. WEST

BIRD OBSERVER Vol. 31, No. 4, 2003