



Labor Day is Monday, Sept 4. Enjoy the holiday!

"All labor that uplifts humanity has dignity." (Martin Luther King, Jr.)

MANCHESTER CRICKET A Local Tradition Since 1888

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BRIEFLY

Andrea Ramos is Going on Vacation

It's that time of year again! Andrea Ramos, owner of Manchester Barber on Beach Street, is going on vacation, Sunday, Sept. 10 thru Monday, Sept. 18.

ME Hornets Fall Sports Calendar!

The Fall 2023 Manchester Essex Hornets Sports Calendar is now available, featuring all the dates and games for Varsity teams, including Football, Soccer, Cross Country and Golf.

Seaside Garden Club

Tuesday, September 12 will be the first meeting of the 2023-2024 season of the Seaside Garden Club, a group of fun, active, civic-minded and hands-on gardeners.

RIP Larry Kirby



Sadly, it has come to our attention that Manchester's Larry Kirby has died. Kirby served in World War II in the United States Marine Corps as a combat reconnaissance scout, and participated in amphibious assaults on Bougainville, Guam, and Iwo Jima.

Elder Brethren Picnic is Sept. 9

Register now for the 2023 Manchester Elder Brethren picnic on Saturday, September 9. Please take a moment to register to attend the Elder Brethren picnic at Tuck's Point on Saturday September 9th.



WEDNESDAY, 8 A.M.: (1) "Back to School" at Essex Elementary, (2) Jason Waldron, ME Middle High School head of facilities greets students entering the school. (3) Inside, students were greeted by teaching staff, including the friendly face of Mary Myers, Middle School reading specialist (waving). And across Lincoln Street, (4) Manchester Memorial's Dina Flood welcomes new first graders. (Photos: Erika Brown, Paul Clark)

ME Field Hockey Boasts Ample Experience Despite Roster Turnover

By Jason Brisbois

One year after making a push all the way to the Div. 4 State Championship, it's fairly clear that the players on the Manchester Essex field hockey team know what it takes to reach the top rung of the sport.

The biggest question for this team at the start of the 2023 regular season: Can they reach those same lofty heights for a second year in a row?

The Hornets lost some key talent to graduation from last year's squad, a group that could very well form the core of a dangerous all-star team. Gone are familiar names like Amy Vytopylova, Hadley Levendusky, Paige Garlitz, Helaina Davis, Grace Gerhardt, Calista Lai, Ava Grace Magnuson and Juliana Saunders.

"We graduated eight seniors last year, all who played a significant role in our success," explains Manchester Essex field hockey coach Courtney Brown. "However, we carried a pretty large roster last year, so we have 13 returning varsity players, six of which are seniors. Their experience playing together is obvious on the field."

She adds: "We also are pulling up some talented underclassmen who have shown great improvement and dedication to the sport in the off season. It's going to take work to mesh, but I'm confident that the girls will find their groove early on this season."

At the heart of this year's roster are four senior captains: Forward Torrin Kirk, defender Phileine DeWidt and midfielders Caelie Patrick and Ella Chafe.

"Torrin is a lightning fast forward and scrappy in front of the goal," says Brown. "Phil is our strong and steady defender. As center-mid, Caelie is one of our key playmakers, and quite literally works everywhere on the field. Ella is a feisty left-mid, and we rely on her as our main inserter on corners. These four seniors already are excellent leaders and working hard to support every player throughout our program."

The seniors will set the tone for both returning players and faces that are new to the varsity lineup. Summer Demeo and Abby Kent are part of the returning 13 student athletes and will be counted on to be pillars on the field for the Hornets.

"Summer will most likely be a defensive midfielder, and her endurance, patience, and ability to distribute the ball are going to be huge for us," says Brown. "Abby's stick skills and abil-

MERSD will continue to require middle school and JV to wear goggles during games while providing another option for varsity

ity to possess the ball to create offensive pressure are crucial."

Add in the fact that Brigid Carovillano will take up residence as the starting goaltender after getting varsity experience last year, and this group shows real promise.

"We have individuals with strong skills and game sense," explains Brown. "I'm looking forward to uniting them all together. This group is fast and fierce offensively. I'm also really excited to have Brigid, our junior goalkeeper, step up into the starting position. She's an incredible athlete."

While many of the returning players will get their time in the spotlight, it's worth noting that although sophomores like Laila Mears and Emma Hickey are new to the varsity level, they certainly are not novices when it comes to the sport. Junior Isabelle Donnellan should also play a key role in 2023.

"Both girls have been playing field hockey since middle school and are very ready for their varsity debut," says Brown. "Isabelle

Donnellan, a junior, is also joining us this year. She's fast and coachable. I'm excited to see the three of them develop this season."

The ingredients are there for another successful season for the Hornets, but the climb back to the top includes some challenges unique to the makeup of this group.

"With some newer players, it's going to be a challenge at first finding where they fit and how they can best be utilizing," says Brown. "Long term, we are working on maintaining composure on the field and playing with consistency, no matter who our opponent is. We also have to rebuild a lot of our defensive unit,

so that's a focus during pre-season."

None of which is a small detail to overlook as the team prepares to open the season against Amesbury at home on September 6. However, the Hornets have the experience and the talent to make the climb back into contention for the CAL and the division because many of them have done it all before.

"Our returning players know what it takes to win a CAL championship and make it all the way to the state championship," explains Brown. "They are confident and ready to earn a winning season again this year."

...(Continued on page 4)

Weekly Weather Chart

Table with 4 columns: Day, Weather icon, High temperature, Low temperature. Rows for Saturday 2 Sept through Friday 8 Sept.

Weather data pulled Wednesday and is subject to change.



Gavel to Gavel This Week's Town Meetings

Manchester Town Hall is Open to the Public. Public hours are 9 a.m. - 4:45 p.m. Monday through Wednesday and 9 a.m. - 6:15 p.m. on Thursday.

MERSD SC Meeting Tuesday, September 5 6-8 p.m.

Essex Planning Board Wednesday, September 6 7 p.m.

IN THIS ISSUE

Table listing issue sections and page numbers: Weather (1), Police Notes (2), Library (4), Sports (1, 6), Essex Echo (7), Business Moves (9), Puzzles (10), Senior Living (11), Real Estate (10, 12).



When Allie's Beach Street Cafe closed its doors this past spring, all of Manchester wondered what might be next for the restaurant space in the heart of downtown Manchester. The answer is 35 Beach, a completely reimagined eatery with a new, beautiful interior and a creative fusion menu from an amazing chef. Kris McGinn learned it's a true family affair. Page 5.

Obituaries

Following a long-standing tradition, The Cricket publishes obituaries as a public service for our readers. If an obituary cannot be published in time for a service, we will post the notice to our website and Facebook page (facebook.com/TheManchesterCricket).

Lawrence F. Kirby



Born to Lawrence Francis "Darby" and Sarah (McCool) Kirby on June 21, 1924, Lawrence F. Kirby of Manchester-by-the-Sea, passed away in his sleep on August 13, 2023, following a brief illness.

Raised with his beloved "sibs" in Brookline, Larry is survived by two of them: Eddie and Alice. He lost his sisters Mary Donnelly and Joan Sullivan in recent years. Across decades, the group convened regularly for "sibs weekends" in scenic New England towns.

Larry served in World War II in the United States Marine Corps as a combat reconnaissance scout, and participated in amphibious assaults on Bougainville, Guam, and Iwo Jima. In the fierce fight-

ing on Guam, he was awarded a Silver Star and Purple Heart. On Iwo Jima he was one of seven men out of 230 marines to survive the battle. After recovering for some months stateside, he gave his mother a happy surprise by arriving back home to Brookline on Christmas Eve in 1945.

Soon after, he met the beautiful, smart, and kind-hearted Mary Crane, who was studying at Emerson College. They eloped, married in Manhattan, started a family that grew to include Lawrence Francis II, Christine Mercer, Theodore John, and Alan Crane Kirby. They were raised on Summer Street in Manchester, in a house next to the one where Mary was born and with siblings of Mary's living on both sides.

A beneficiary of the GI Bill, Larry took courses from 1948 to 1952 at Northeastern University, including in the Law School, while working to support his family. Later he would join Shaw-Walker, the office furniture company, where he worked for 19 years.

Years after his service, Larry found it therapeutic to write about his memories of the war. The result was

Stories from the Pacific, a collection of remembered events, some humorous and others dealing with the horror of close combat. Thousands of people have since read the book and many reached out to become new friends. Larry's gift for storytelling also served him well in gatherings of veterans where he was invited to speak, including the annual Iwo Jima Day remembrance at the Massachusetts State House on Beacon Hill. Often interviewed and featured in the Boston Globe, the Boston Herald, WBZ News, and other media, Larry was quick to remind people that, "family is everything, and love is the most valuable thing".

While Manchester-by-the-Sea was his in-laws' town, he loved it from the start. He was active in Lion's Club, of which he was president of the local chapter for several years and served on many Manchester-by-the-Sea committees and boards. He actively participated in the North Shore political scene and was a driving force behind the annual Red, White, and Blue Breakfast. In many ways, he also supported Mary's volunteer efforts and philanthropy.

The couple entertained

often and traveled widely, even returning to Guam to visit Mary's niece. Most of all they loved and took pride in their grandchildren, starting with Christine's daughter, Kate. (In 2011, Larry took an online course to be ordained a minister so that he could officiate at her wedding to Matt Ellis.) Christine's stepsons, Jeff and Kevin, Ted's children Michael, Shawn, and Alyson, and Alan's children, David, Jane, and Ted, will miss him greatly, as will his great-grandchildren Caroline, Tyler, Kirby, Cameron, Catherine, Cassius, Marine, Liam, Seamus, and Sam—and his many nieces and nephews.

Larry often said that the luckiest day of his life was when he met Mary, and she often thanked him for making her laugh every day. She predeceased him by a matter of months, leaving him to mark alone their wedding anniversary in the spring. May they be reunited now in endless joy and peace.

A celebration of Larry's life will be held at the First Parish Church Congregational on 30, September at 11 a.m. with refreshments to follow in the Chapel. Burial will be private.

The Manchester Cricket

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Erika M. Brown
Publisher & Editorial Director

Paul Clark
Assistant Editor

Susan Zampell
Business Development Director

Christy King
Digital Director

Susan Anthony
Subscriptions & Office Mgr.

Business & Editorial Offices

P.O. Box 359
Manchester, MA 01944

11R Beach Street
Manchester, MA 01944

www.thecricket.com

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CLASSIFIEDS

First, the good news. For subscribers, classified ads are free (one listing / subscriber at a time, please ... and keep it to 25 words or so). For all others, submit your weekend sales, lost and found, for rent, help wanted, services, etc. to classifieds@cricketpress.com or call us at 978-526-7171 and we'll take your payment over the phone. Cost: 65 cents/word the first week and 55 cents/word thereafter. Minimum charge \$12. Deadline for Classifieds Mondays 5 p.m.

SERVICES

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\$925K, MBTS TOWNHOUSE—Lovely 3 bedroom, 2½ bath 3-story end unit townhouse at 46B Brook Street. 1-car garage plus one deeded parking spot adjacent. Easy walk to town center and beach. Newly finished basement, carpeting, kitchen and bathrooms. End unit with lots of sunlight. Sale by owner. \$925,000. cutler@northinfo.com or 978 273 2291. ... TF

FOR RENT

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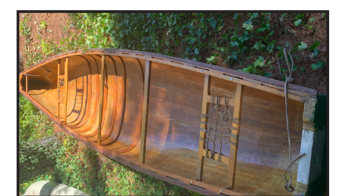
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FREE! Old Alto Sea Kayak. Needs new seat, otherwise hull is solid. Interested? Email mgbubins@comcast.net..... 8/18

MANCHESTER POLICE NOTES

SUNDAY, AUGUST 20
2:44 a.m. Summer St., fire alarm, fire false. 10:40 a.m. Pine St., motor vehicle stop, verbal warning. 2:13 p.m. Beach St., motor vehicle stop, verbal warning. 6:02 p.m. Beach St., parking complaint, parking enforcement.

8:20 a.m. Norwood Ave., animal complaint, assisted as needed. 6:20 a.m. School St., motor vehicle stop, written warning. 8:18 p.m. Ledgewood Rd., motor vehicle stop, written warning. 10:05 p.m. Pine St., motor vehicle stop, criminal application.

MONDAY, AUGUST 21

TUESDAY, AUGUST 22
1:38 a.m. School St., selective enforcement, other. 1:35 p.m. Central St., motor vehicle accident, no personal injury, spoken to. 5:16 p.m. Masconomo St., traffic hazard, other. 9:37 p.m. Route 128NB, disabled motor vehicle, vehicle towed.



motor vehicle stop, citation issued. 8:00 p.m. Pine St., motor vehicle stop, citation issued. 11:35 p.m. School St., motor vehicle stop, verbal warning.

alarm, secured/checked. 11:11 a.m. Central St., parking complaint, assisted as needed. 5:26 p.m. Summer St., animal complaint, no action taken. 5:42 p.m. Bridge St., directed patrol, secured/checked.

THURSDAY, AUGUST 24
10:02 a.m. Old Essex Rd., motor vehicle stop, verbal warning. 11:22 a.m. Vine St., animal complaint, notification made. 1:27 p.m. School St., motor vehicle stop, citation issued. 11:05 p.m. Pleasant St., motor vehicle stop, arrest.

FRIDAY, AUGUST 25
1:19 a.m. Tuck's Point Rd.,

motor vehicle stop, citation issued. 8:00 p.m. Pine St., motor vehicle stop, citation issued. 11:35 p.m. School St., motor vehicle stop, verbal warning.

10:20 p.m. Forest St., animal complaint, assisted as needed.

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Summer Music Sunset



Above, the 4 Beach Gifts & Goodies offered treats for the kiddos on the last night of Music at the Park. From left, Liz Brown Swanson, MBTS Parks & Rec's Heather DePriest, Pam Crehan, Dean Brown, and Jennifer Brown Erdogan. Below, the Manchester Masonic Lodge hot dog crew. From left, Gary Russell, Mike Loring, Alak Kirker, Jim Brown, Ed Bjork, Todd Crane and Rus Brown. (Photos: Erika Brown)



Masconomo Park in Manchester was packed Tuesday evening for the season's final "Music at the Park," filled with lots of children, enjoying the last night before the start of the school year Wednesday morning.

Manchester Club

After its traditional summer break, The Manchester Club will be holding its next dinner on Thursday evening, September 21 at the Legion Hall. Todd Crane will be serving his family specialty of the "Mort Mayo" fish dinner and Essex County District Attorney, Paul Tucker is guest speaker. New members will be introduced to the membership at this dinner as well. Cocktail hour starts at 6 p.m. with dinner served at 7 p.m. As a friendly reminder, members who have not paid their 2023 dues yet, may do so at the September dinner.

We also have foursomes available for the Richard J. Lysiak Memorial Golf Tourna-

ment that is set to be played on Monday, September 25 at 11 a.m. at Beverly Golf & Tennis Club. As is club tradition, all players will head to the Legion at the conclusion of play for a lobster and steak dinner and awards presentation. Sponsors are still needed also - to sign up a foursome or as a sponsor, please go to www.themanchesterclub.org. This is one of the biggest club fundraisers of the year with proceeds going to the James Hatcher High School Scholarship Fund and the William Scott Scholarship award.

To register for the dinner, members are asked to watch their email for an invitation with registration link around the first of September.

Tides & Sun Chart For The Week Ahead

DATE	HIGH				LOW				☀️	
	AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
1 Fri	12:38	11.4	1:08	10.8	7:13	-1.2	7:31	-0.9	6:06	7:19
2 Sat	1:28	11.3	1:56	11.0	8:00	-1.1	8:22	-1.0	6:07	7:17
3 Sun	2:19	11.0	2:44	11.0	8:46	-0.8	9:13	-0.7	6:08	7:16
4 Mon	3:10	10.4	3:33	10.8	9:33	-0.4	10:05	-0.3	6:09	7:14
5 Tue	4:03	9.7	4:24	10.4	10:20	0.2	10:59	0.2	6:10	7:12
6 Wed	4:58	9.0	5:17	9.9	11:09	0.9	11:55	0.8	6:11	7:11
7 Thu	5:57	8.4	6:14	9.4			12:02	1.5	6:12	7:09



BOARD UPDATES

Town Hall Closed and Trash Delay: Town Hall will be closed on Monday, September 4 in observance of Labor Day. All trash, recycling and compost collection will be delayed by one day.

Singing Beach Bath House Closes: The last day the Singing Beach Bath House will be open for the season will be Monday, September 4.

Select Board Meeting: The next meeting will be held on Tuesday, September 5 at 6:30 p.m. Meeting details will be posted on the Town website.

MBTA Zoning Task Force Meeting: The next meeting will be held on Thursday, September 7 at 6:30 p.m. both at Town Hall and Zoom. Meeting details will be posted to the Town website.

September 11 Ceremony: Please join the Fire Department to commemorate the 23rd Anniversary of 9/11 on Monday, September 11 at 9:45 a.m. at the Fire House.

Tuck's Point Rotunda Public Forum: The Select Board will host a public forum on September 14 at 7 p.m. to discuss options for preserving the Rotunda. The Board will choose an option at their

meeting on September 18.

Transfer Station Hours: The Transfer Station is closed on Wednesdays until further notice due to construction at the new compost facility. The Transfer Station is open on Saturdays from 10 a.m. to 3 p.m..

Trash, recycling, and compost collection: Delayed Schedule. Please place curbside by 7 a.m. on day of collection.

Follow Us on Facebook, Instagram, and Twitter @townofmbts and visit the Town website Manchester.ma.us to stay informed.

WHAT WAS HAPPENING

90 YEARS AGO - 1933

Mr. and Mrs. Clarence Mackin had the most thrilling experience of their lives as passengers on one of the Merchant and Miners steamships on a trip from Boston to Philadelphia, being at sea in all the worst of the tropical hurricane that lashed the southern coast last week.

The Manchester troop of Boy Scouts arrived home Sunday night after spending a jolly week in camp at Ayers' Pond in Barrington, N.H., which gave them the thrill of their young lives.

75 YEARS AGO - 1948

The Manchester schools open Wednesday, September 5 with the following enrollments: 148 students in the John Price School: Kindergarten 38, Grade 1 27, Grade II 40, Grade III 38. George A. Priest School 133 pupils enrolled: Grade IV 29, Grade V 28, Grade VI 28, Grade VII 25, Grade VIII 23, Story High School 92 pupils: Freshman Class 22, Sophomore Class 24, Junior Class 24 and Senior Class 16. This year's enrollment in the kindergarten is the largest in the history of the town.

Word has been received that two more of Manchester's men in the service are on their way home. Roland MacNeill, C.M. 1/c and Archie Gillis, C.C.M. both of the USNR (SeaBees) 23rd

Naval Const' Co. have left Guam and are headed for the States.

60 YEARS AGO - 1963

Traffic was very heavy, in and out of Manchester Harbor over the Labor Day weekend. Boats from New Jersey, New York, Boothbay, Maine, Boston, Scituate and Baltimore, Maryland were in and out of the harbor.

An orientation meeting to acquaint the new staff members of the Manchester Public Schools was held Friday, August 30, 1968. Superintendent of Schools, Foster H. Ball, welcomed the new faculty, reviewed for them a brief history of the town, and explained some of the policies and procedures of the school system.

45 YEARS AGO - 1978

The Department of Public Works announces that the reconstruction of the Singing Beach Revetment will begin after Labor Day. Work will begin near the ramp and proceed toward the west end of the beach.

The summer Haunted House Reading Club for children at the Manchester Public Library closed Monday, August 28. Of the 125 Club Members, 79 qualified for certificates and Sundae Cup awards and 8 qualified for certificates only.

30 YEARS AGO - 1993

After driving his familiar brown truck around, Phil Anthony is retiring from the United Parcel Service (UPS). For 19 of those years, Phil has had the Manchester route and has endeared himself to every businessperson and most private homeowners.

Local and State police are trying to apprehend two men who stole a total of five cars last Friday and led police on a highspeed chase through the communities of Stoneham, Marblehead, Gloucester, Manchester, Wenham, Danvers and Hamilton.

15 YEARS AGO - 2008

Local author Bill Sargent will speak at the library Wednesday, September 10 at 6:30 p.m. on his book Storm Surge: a coastal village battles the rising Atlantic, he will discuss coastal erosion on the town of Chatham, MA and how the problem is viewed by homeowners, fishers, scientists, and engineers.

The Manchester COA is pleased to offer lap swimming, water exercises and indoor walking starting September 2008. These programs are offered through the Hamilton-Wenham Recreation Department and The Bennett Center at Gordon College.



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LIBRARY NEWS

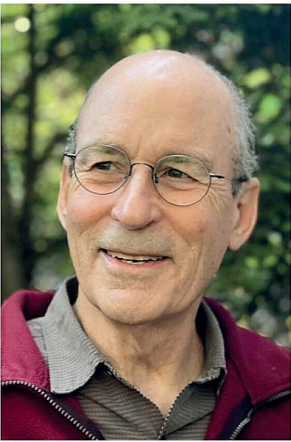
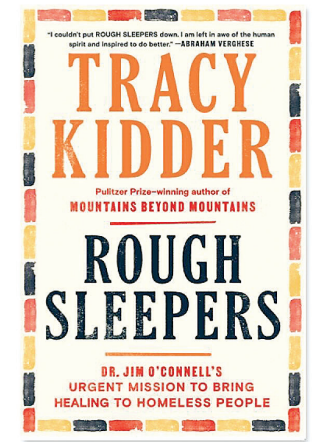


What a wonderful visit we had with the North Shore YMCA camp. Courtesy Photo

Library Hours and Holidays
MBTS Public Library will be closed on Saturdays and Sundays until next month.

Hearthside Book Group
Tuesday, September 5 from

sleepers.” For the past three decades, Dr. O’Connell has run the Boston Healthcare for the Homeless Program, which he helped to create. Affiliated with Massachusetts General Hospital, the program includes clinics and a



4-5 p.m. We will discuss “Rough Sleepers” by Tracy Kidder. It became Jim O’Connell’s life calling to help people known as “rough

van on which Dr. O’Connell and his staff ride through the Boston streets at night, offering outreach of medical care, socks, soup, and friendship.



Friday Movies
Friday, September 8 from 5:30-7:30 p.m. The movie this month has a MPA rating:PG-13, for intense sequences of violence, action, strong language, suggestive/drug references and thematic elements.

Asian Art Museum with Steve Zilles
Sunday, September 10 from 2:30-4 p.m. What constitutes a “masterpiece?” Explore some answers as illustrated by a few of the very best treasures of the Asian Art Museum. These are masterworks from the vast and varied regions we collectively call Asia.

Shut Up and Write (Virtual)
Every Thursday from 10:30 a.m.-12:15 p.m. Join a com-

munity of writers and artists on Zoom who just want to write. Come any time. No need to share, no need to critique or be critiqued.

Mindfulness Meditation
Every Tuesday from 11 a.m.-12 noon at the Community Center with Alida Bryant. Beginners and experienced meditators are welcome. There will be guided meditation, some silence, and discussion. Please register if this is your first time coming to this program. We need either an email or a phone number in case we need to cancel or change venues.

MPL Children’s Events:
North Shore Children’s Museum Pass
The Friends of the Manchester Library have donated a

discount pass to the North Shore Children’s Museum in Peabody. The pass admits up to 5 people at half-price admission.

The Pineapple Project
Saturday, September 9 from 1-2 p.m. A theatrical performance celebrating each child’s freedom to be who they are. “Boys can’t be princesses!” The impetus for The Pineapple Project came out of this moment during play between Mal and Mal’s niece. As a nonbinary person and theater artist, Mal knew that this moment could not go by without recognizing how early in a child’s development, ideas and influences can form around gender. With years of experience working with LGBTQ youth who struggle with their gender, Mal, Becca, and Renee, felt it was time to create a theater piece that could help broaden the conversation as well as advocate for and validate each child’s individual freedom to be who they are. Best suited for audience ages 3-8. Registration is required

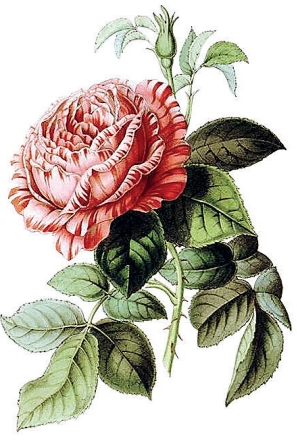
as space is limited.

Vox and Wonder Books
Kids are going to love these new audio and print picture and chapter books bound together for literacy and fun. The permanently attached Reader transforms an ordinary print book into an all-in-one read-along experience. No need for computers, tablets or CDs, children simply push a button to listen and read.

Storytime with Miss Audrey
Mondays at 10 a.m. for ages 0-5. Our youngest patrons and their caregivers are invited to share songs, rhymes and simple stories.

Teen Advisory Board (TAB)
Second Tuesday of the month from 5:30-6:30 p.m. Want to earn community service hours while you design amusing activities for your friends and neighbors? Register on the library events calendar.

Seaside Garden Club



Tuesday, September 12 will be the first meeting of the 2023-2024 season of the Seaside Garden Club, a group of fun, active, civic-minded and hands-on gardeners. The club welcomes all types of gardeners, from beginners to experienced ... there is always something to learn and share. The Club always meets at the Manchester Community Center. Social time starts at 7 p.m. before each meeting, and the “business” portion of the meetings begin at 7:30 p.m. promptly. New members are always

welcome. Please bring a check for \$30 dues for the year, or a \$5 fee for guests. This month’s program features a Books in Bloom presentation by members. Contact Catherine Heanue at Catherine.Heanue@yahoo.com or Evonne Blanchard at blanchard-evonne@gmail.com for details.

...(Continued from page 1)



ME Hornet, Abby Kent, takes instruction from coach Courtney Brown during practice at Brook Street field. Photo Paul Clark

SIDEBAR: Safe to Take Off the Goggles?
One of the major offseason changes made by the MIAA that could the local field

hockey team was the elimination of the rule that requires players wear protective eye goggles. While Manchester Essex field hockey coach

Courtney Brown was initially on board with it, more time to reflect has put the concept in a different light.

“Initially, I was excited for this change,” Brown explains. “The MIAA has left it up to leagues, schools, and individual players to decide whether or not they will continue wearing goggles. We’ve done a lot of thinking about the purpose of goggles, though, and feel like there are real safety risks of not wearing them at certain levels. I can’t even tell you how many times my players and my former teammates’ faces have been saved by goggles.”

With that in mind, MERSD will continue to require middle school and junior varsity players to wear goggles during games, while providing another safety option for varsity players.

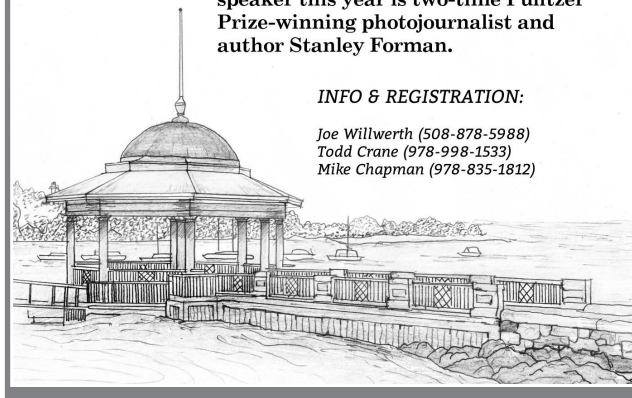
“Varsity players will have the option too but will also have hard plastic face masks to use as protection during corners,” says Brown. “I know this might be a bit of a controversial decision, but at these experience levels, sticks and bodies are less in control. Even if wearing goggles protects a single ME or CAL player from an injury this season, it’s worth it. As the season goes on, we will reevaluate this policy.”

ScottEnergy Community Bulletin Board

2023 Elder Brethren Picnic
11 a.m. to 1:30 p.m.
(Early onsite check-in at 10:30 a.m.)
Saturday, Sept. 9
Tuck’s Point, Manchester

Calling all “Elder Brethren” (a.k.a., Manchester men over the age of 55) and join this tradition. Our guest speaker this year is two-time Pulitzer Prize-winning photojournalist and author Stanley Forman.

INFO & REGISTRATION:
Joe Willwerth (508-878-5988)
Todd Crane (978-998-1533)
Mike Chapman (978-835-1812)



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It’s taken me all my life to learn what not to play.
~ Dizzy Gillespie ~

Welcome Home



Chef Nicolas Intonti is a veteran Boston chef whose experience includes Boston's Aquitaine and Cinquecento and well known kitchens in Austin, Tx and Modena in Italy. Photo: Kris McGinn

35 Beach opens their doors, family style

By Kris McGinn

Change is hard. With the departure of Allie's Beach Street Café due to Chef/Owner Glenn Varga's stroke, the space at 35 Beach Street sat empty for just long enough to have us all in Manchester wondering what would come of it.

Then, a little flurry of activity followed by a note in the window indicating that something would soon arrive – and arrive they have. 35 Beach opened on the 2nd of July, just in time for the summer slam.

I slipped in a couple of times, unplanned, and was delighted to find a new twist to the usual Manchester fare. On my first visit I had the Bay of Fundy salmon, which with its sushi rice and furikake was lovely! Everyone in my group found the food to be quite good. We even tried the fried Maine smelts! I returned days later to the reliable fried haddock sandwich, this is a beach town after all. And I am looking forward to tucking into the lobster tempura next. I have not yet tried them myself, but have heard rave reviews of the cocktails, expertly crafted by 35 Beach's mixologist, Joshua Salmons. So, to answer the question everyone undoubtedly has—YES, the food is good! Moreover, the menu is interesting. This is due in part to the upbringing of co-owner Margaret Cain.

Margaret's love of food stems from time with her mother, a self-taught Japanese cook. For her mother, and now for Margaret, food is about making people feel "amazing." Margaret's goal in opening 35 Beach has been to make people feel "embraced and enlightened." This ethic has been front and center from reimagining the physical space, to helping her Executive Chef curate the menu, to assembling a warm and inviting wait staff. And it's working. It feels good to be there.

35 Beach came about rather serendipitously. For some time, Margaret had wanted to open a restaurant, but found herself intimidated. Her son, Matt Jr., had wanted for some



The Cains of Manchester. From left, Naya, Margaret, Matt, Matt Jr., and Brittany. Photo: Kris McGinn

time to tackle starting a business. He approached Margaret, to which she replied, "The only way I would do it is if it were in Manchester."

Which, at the time, seemed impossible.

Alas, the space at 35 Beach became available. Margaret's husband Mathew was ready to line up the financing, Matt Jr. was good to go and, what's more, his very best friend, Nicolas Intonti, a veteran chef from Boston's Aquitaine and Cinquecento came on board, bringing culinary rigor and passion to Margaret's personal inspiration. It would seem that 35 Beach was inevitable.

The first step in realizing their vision was tackling the restaurant space itself, which

badly needed updating. Margaret oversaw the redesign, bringing a "coastal casual" feel from the white shiplap walls, mahogany shelving and turquoise tile. A much-needed new bar area was built, and it's now the center of the restaurant.

On my first evening at 35 I was there at the tail end of the day. Nick, came through to say hello to friends, and popped by our table. He is very easy going, and truly interested in how you felt about the food. Photographing him in the kitchen, Nick makes it all look effortless. He totally underplayed the amount of time and work it took to get to this ease by simply saying he loves food, and so he's a chef. He joked

about growing up eating the amazing food prepared by his grandmother, and finally when he was old enough to begin cooking himself asked for her famous spaghetti sauce only to discover that it consisted of three very basic ingredients; perhaps it was the love that made it so good. Whatever it was, Nick has it.

Now with Matthew, Matt



Jr. and Margaret running the business, Nick in the kitchen, daughter Brittany designing the logo and social media and, with their granddaughter, Naya as a hostess, 35 Beach is—truly—a family affair.

The day I came by to visit it felt more like being in someone's home for dinner than a restaurant. Cain after Cain just kept coming by to say hello or ask a question. A plate of fresh fries came out

and all gathered around to chat and nibble.

While change is hard, it is also inevitable. Our beloved space is in good hands. The warmth of family and the desire to make us all feel a little better for having visited makes 35 Beach special. I am so glad they are here. Welcome.

35 Beach Street, Manchester |
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Bay of Fundy Salmon.

Courtesy image

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Despite Inexperience, ME Boys Soccer Could Be Special in 2023



Photo Paul Clark

By Jason Brisbois

After losing 12 seniors from a team that advanced to the Round of 32 in the MIAA Div. 4 Playoffs last season, it would be easy to dismiss this as a rebuilding year for the Manchester Essex boys' soccer team. That, however, would discount the special nature that this group has shown during the preseason. Yes, this is a team with only one senior coming back from last year's squad, and they start the season

with a baptism-by-fire game on the road against the always-daunting Hamilton-Wenham on September 5. These are not challenges that will be easily overcome. But this group has a special something - an ability to play with little ego, communicate clearly, pass at a high level and make smart decisions - that could give them the ability to make some waves this fall. "It's exciting to have that team-first mentality," explains ME boys soccer coach Rob Bilsbury. "In my 25 years as a coach, those are the

teams that do the most in terms of postseason and everything else. They use each game to grow and play together. The sky is the limit for this group; it's a solid group. He adds: "We need to play together. If we are able to get nice and compact, and communicate and keep the ball, we can be solid. I mean, we're very young, but I think we can be a really solid team." At the heart of this solid team are two captains, junior Sammy Bothwell and senior Logan DeSousa. Both captains are skilled at setting

up teammates to make plays both in the backfield and in front of the opponent's goal. DeSousa is a center-back, communicates well with his teammates and plays selflessly. "He is very team-first, which is huge to have talented guys who are not me-first," says Bilsbury. Bothwell is a bright player who thinks a few steps ahead of the competition and brings the whole lineup together on the field. "He really just brings a lot of soccer IQ, and really, really elite foot

skills," explains Bilsbury. "Couple that with solid finishing and amazing field vision, he's someone who helps us play together." Owen Olivier-Meehan is back at center-back as well, one year after breaking into the varsity starting lineup as a freshman, and he is rock-solid at the spot. Charlie Rubens, Ernest Taylor and Sam Porter will also help to anchor the defense. Center midfield features junior Charlie Langendorf - who adds distribution skills and physical prowess to the midfield - as well as Ali Erdogan and Hayden Spencer. "Ali and Charlie are hard workers and willing passers, and that helps us kind of do what we need to do," says Bilsbury. Up front, Bothwell will be joined by Finn Birkland - who is transitioning from center-back to striker - along with Amir Mustafa, Ace Koeplin and Shae Englehare. "He's embraced it and done an amazing job," Bilsbury says of Birkland. "He's a great communicator, finishes well and can pass well. He, Sammy and Ali probably have the best chemistry between the three of them in that little triangle." Freshman Hudson Wood and sophomore Keegan Brooks will split time in goal for the Hornets in 2023. Wood's experience playing hockey translates well to his ability to stop shots in goal on the pitch, while Brooks displays good footwork and has a mountain of experience as a goalie despite it being his first year playing varsity. "Between the two of them, they will help us a ton," says Bilsbury. "We'll alternate games with them and see who emerges." This squad will be put to the test early, facing Hamilton-Wenham in the season opener on September 5. "It's at their place and on grass, and that will be a huge challenge for us right off the bat," explains Bilsbury. "They are physical and being on that grass field take a little bit away from our passing."

ME Girls Soccer Will Rely on Potent Offense to Contend in 2023



ME girls' soccer team during practice on Brook Street field on Sunday. Photo Paul Clark

By Jason Brisbois

The odds are pretty good that the Manchester Essex girls' soccer team will light up scoreboards across the Cape Ann League this fall. The Hornets return 17 players from a team that made it to the Elite Eight of the MIAA Div. 4 Tournament, with only a single player from a squad that went 9-8-4 in 2023. A majority of those players are entering their third year of playing at the varsity level and are looking to qualify for the postseason for the third

year in a row. Oh, and many of those players are adept at putting the ball in the back of the net. "Last year the main goal was playing aggressive, attacking soccer," explains ME girls soccer coach Christo Manginis. "We definitely achieved that, scoring 50 goals in 21 games in the regular season and playoffs. I know we will score a lot of goals again this season." A more pertinent question for this squad is how they will fare on defense. "The challenge will be for us to be more organized on

the other side of the field and concede less," says Manginis. "Defensively we were not good enough last year, and that includes every player on the team because we are all defenders when we don't have the ball." Familiar faces Pippa Spingler, Mechi O'Neil and Mackay Brooks are all back this season, and the three seniors will be joined by junior Ella Arnsten as captains in 2023. Pippa is a winger, playing mostly on the left," explains Manginis. "She is, quick, great in 1-versus-1 situations with defenders and can score goals herself and create chances for her teammates. She is also very vocal and a real leader on the field. Mechi was our MVP last year as well as our top goal scorer with 10. She will make life difficult for the defenses we face this year through her physicality, aggression and competitiveness. While Spingler and O'Neil

will provide a spark for the offense, Brooks and Arnsten will look to help the defense pick up the pace this year. "Mackay is a fullback but has also played at center-back and even in midfield for us. She is an aggressive defender in 1-versus-1 situations and was able to go toe-to-toe with some talented opponents last year and shut them down. This year she will also be an asset for us going forward. Ella Arnsten was added as a captain this year after a team vote. She played almost every minute for us last year at center back and was superb at both ends, defending hard and contributing five goals." The captains aren't the only players who will be counted on to help the Hornets work their way back into the playoffs. There are a handful of returnees who will need to contribute for the team to have success in 2023. "Charlotte Crocker was our well-deserved Unsung Hero award winner last year," says Manginis. "She will be a driving force in central midfield again this year, and I'm excited to see her contribute at both ends of the field. Libby Lawler had more assists than anyone else last year - 11 - and will be one of our most creative players again this year. Finally, goalkeeper Madi Cook should be looking to build on her hard work last year and become the best goalkeeper in the division."

Younger players playing a bigger role this year include versatile sophomore Harper Brooks, who found herself in the starting lineup late in 2022, along with fellow sophomore Grace Scarbrough. "She is a strong defender who can play anywhere across the back line and can contribute in possession through her excellent passing range and ability to take corners and other set pieces," says Manginis. The Hornets open the regular season at home on September 5 against Hamilton Wenham at Brook Street Field and are scheduled to return to playing future home games once turf installation is complete at Hyland Field. "This team is hungry," says Manginis. "They won two games in the playoffs last year, making the final eight of the tournament, and competed and took points off some great teams in the Cape Ann League last year. I know that they want to turn the potential they showed last year into some tangible success in 2023."

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ESSEX ECHO.

Essex Police Dept. Offers Travel Safety Tips for Back to School



Wednesday's drop off at Essex Elementary School was busy and rainy. Police Chief Paul Francis shared travel safety tips for families and students returning for the school year. Photo: Erika Brown

With this week's first day of public schools for the 2023-2024 academic years, Essex Police Chief Paul Francis released important back-to-school travel safety tips from the Police Department for students, families and motorists.

Walking to school:

- Walk on the sidewalk whenever possible. When on a street with no sidewalk, walk facing traffic.
- Before crossing the street, stop and look left, right and left again to see if cars are coming.
- Make eye contact with drivers before crossing the street and always cross streets at crosswalks or intersections.
- Stay alert and avoid distracted walking. Never walk while texting. If you need to respond to a text, move out of the way of others and stop on the sidewalk. Never cross the street while using an electronic device. Do not wear earbuds while walking across the street.

Riding a bike to school:

- Ride on the right side of the road in the same direction as traffic, and in single file.
- Come to a complete stop before crossing the street, and walk bikes across the street.
- Stay alert and avoid distracted riding.
- Always wear a properly fitted helmet and bright-colored clothing.

Riding the bus to school:

- For parents:
- Go to the bus stop with your child to teach them how to properly get on and off the bus.
 - Teach your children to stand 6 feet (or three giant steps) away from the curb.
 - If your child must cross the street in front of the bus, teach him or her to walk on the side of the road until they are 10 feet ahead of the bus. Your child and the



New Essex Elementary School Principal Sheila McAdams greeted students to the new year in the school cafeteria on a rainy Wednesday morning.

bus driver should always be able to see each other.

For students:

- Wait until the bus has stopped and the door opens before approaching the bus or standing up on the bus.
 - Remind children to look to the right before they step off the bus.
 - Never walk behind the bus.
- For motorists, Francis said, it's that they stay alert while driving, especially in school zones, near playgrounds and parks, and in residential areas. Remember to never drive while distracted by talking or texting on your phone, eating or drinking, talking to passengers, or fiddling with entertainment or navigation systems.

Drivers are also reminded that Massachusetts law states that no motor vehicle

operator may use electronic devices while driving unless the technology is being used hands-free.

Around buses:

- Never pass a bus from behind - or from either direction if you're on an undivided road - if it is stopped to load or unload children. If the yellow or red lights are flashing and the stop arm is extended, traffic must stop. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.
- The area 10 feet around a school bus is the most dangerous for children. Stop far enough back to allow them space to safely enter and exit the bus.
- If you're driving behind a bus, allow a greater following distance than if you were driving behind a car.

In a school zone or at school:

In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection. Always stop for a school patrol officer or crossing guard holding up a stop sign.

Drivers who are dropping students off at school should obey school zone speed limits and follow the school's drop-off procedures.

Around pedestrians and cyclists:

- Don't block the crosswalk when stopped at a red light or while waiting to make a turn. This forces pedestrians to go around you, which could put them in the path of moving traffic.
- Make eye contact with pedestrians who are crossing the street.
- Never pass a vehicle stopped for pedestrians.
- When passing a bicyclist, proceed in the same direction slowly, and leave 3 feet between your car and the cyclist.
- A common cause of a collision is a driver turning left in front of a bicyclist. Watch for bike riders turning in front of you without looking or signaling - children especially have a tendency to do this.
- Watch for bikes coming from driveways or behind parked cars.

Finally, according to the Centers for Disease Control and Prevention, in 2019, over 40% of U.S. high school students did not always wear a seat belt when riding in a car driven by someone else. Ensure your teen understands that every person in a vehicle should be buckled up, no matter where they are sitting or how long the trip. Teens often crash because they are inexperienced. Have regular conversations with your teen about safe driving practices and laws to ensure they understand the rules of the road. Set a good example by driving the way you want your teen to drive.

LIBRARY NEWS



Library is closed Monday, September 4, 2023 for Labor Day

Library is open Saturdays beginning September 9, 2023 from 10 a.m. to noon.

Cool Annuals

There are many annual garden flower seeds that can be planted outside in the fall. The young plants will winter over and start the spring with a healthy root system and ready to set buds much earlier than spring plantings.

Essex Community Book Club

Monday, September 18 at 10 a.m. Join us in the discussion of "The Measure" by Nikki Erlick.

Thicker Than Water: Quest for Solutions to the Plastic Crisis (Virtual)

Monday, September 18 at 7 p.m. Join Erica Cirino, photo-journalist, scientist, and artist for this LIVE virtual event as she discusses her book "Thicker Than Water: The Quest for Solutions to the Plastic Crisis."

Cut Flowers for Sale

Mondays, Holly generously delivers six bouquets of freshly cut flowers from her Essex garden. Purchase a bouquet for \$10 and support the Friends of the Library and the children's collection.

Regional Social Worker

Wednesdays, 9 a.m. - 1 p.m. in the first-floor meeting room. Free, private and confidential, learn about resources, gain strategies and skill to assist in stress reduction and management. No appointment necessary.

Yoga Book Club

Saturdays, September 16 - October 7 at 10:30 a.m. Classes suitable for beginners and experienced practitioners. Grab your mat and your favorite book and join us at the library as we relax into gentle poses and immerse ourselves in the book of your choice. After practicing yoga for over a decade, Melanie received her RYT-200hr Hatha & Vinyasa certification and Yin Yoga certification from YogaRenew.

Read to Jackson

Wednesdays at 5 p.m. Sign up for your 15-minute slot to read to loveable Jackson. Please register.

Storytime and Author Meet and Greet

Tuesday, September 19 from 3:30-4:30 p.m. Join Author Betsy Ellor as she reads her hilarious and heartwarming picture book "My Dog is Not a Scientist."

Library of Things

Giant Jenga, Corn Hole and Pickleball

Museum Passes

Passes available for your holiday weekend.

ESSEX POLICE NOTES

SUNDAY, AUGUST 20

- 10:48 a.m. Western Ave., fire alarm, fire false.
- 2:13 p.m. Southern Ave., male sick, transported to hospital.
- 6:20 p.m. John Wise Ave., motor vehicle stop, citation issued.
- 7:20 p.m. Eastern Ave., parking complaint, parking enforcement.

MONDAY, AUGUST 21

- 12:41 a.m. Chebacco Terrace, directed patrol, secured/checked.
- 1:10 a.m. Conomo Point Rd., directed patrol, secured/checked.
- 2:50 a.m. Shepard Memorial Dr., suspicious activity, secured/checked.
- 5:53 a.m. Eastern Ave., selective enforcement, no action taken.

TUESDAY, AUGUST 22

No report.

WEDNESDAY, AUGUST 23

- 8:24 a.m. John Wise Ave., citizen assist, report to follow.
- 2:04 p.m. Story St., directed patrol, secured/checked.
- 3:09 p.m. Eastern Ave., disabled motor vehicle, assisted as needed.
- 9:32 p.m. Story St., fire alarm, fire false.

THURSDAY, AUGUST 24

- 12:49 a.m. Main St., male fall, patient refusal.
- 5:58 p.m. Main St., motor vehicle stop, verbal warning.
- 8:59 p.m. John Wise Ave., motor vehicle stop, verbal warning.
- 11:27 p.m. Hill Rd., male overdose, transported to hos-

Essex Locals | Sept 1

115 Years Ago - 1908

The coldest night of the season was on Friday of last week, the thermometer dropping to 34 at 12 o'clock. Saturday morning there was a heavy frost, the farmers reporting things in the garden nipped.

90 Years Ago - 1933

Wilbur and Dexter Woodman, Arnold Bennett and Herbert Goodhue, a quartet of Essex young men who motored to Chicago to see the World's Fair have returned home safe and sound much pleased and impressed with their experiences.

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OUR HOME TEAM



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MERHS Fall Sports Schedules



Please check: <https://tinyurl.com/48jm7e8v> for updated schedules and TBA designations while the new turf fields are being installed.

Varsity Boys Soccer

*League Games

09/05	4:00 PM	*Ham-Wen	Hamilton-Wenham
09/07	4:00 PM	*Amesbury	MERHS
09/12	4:00 PM	*Ipswich	Ipswich
09/14	4:00 PM	*Pentucket	MERHS
09/16	10:00 AM	Nash Tech	Nashoba Tech
09/19	4:30 PM	*N Reading	North Reading
09/21	4:00 PM	*Rockport	MERHS
09/26	4:00 PM	*Georgetown	Georgetown
09/28	4:00 PM	*Nburyport	MERHS
10/03	4:00 PM	*Ham-Wen	MERHS
10/05	4:00 PM	*Amesbury	Amesbury
10/10	4:00 PM	*Lynnfield	Lynnfield
10/12	7:00 PM	*Ipswich	MERHS
10/14	1:00 PM	Gloucester	MERHS
10/16	4:00 PM	*Rockport	Rockport
10/18	4:00 PM	*Essex Tech	Essex Tech
10/20	4:00 PM	*Triton	MERHS
10/24	7:00 PM	*Georgetown	MERHS
			Senior Night

Varsity Football

*League Games

09/08	6:30 PM	Ipswich	Ipswich
09/15	7:00 PM	Rockland	Rockland
09/22	6:30 PM	Greater Lowell	Hyland Field
09/29	7:00 PM	Nashoba Tech	*Nashoba Tech
10/06	6:30 PM	Lynn Tech	*Hyland Field
10/12	5:30 PM	Whittier Tech	*Whittier Tech
10/20	6:30 PM	Lowell Catholic	*Hyland Field
10/28	1:00 PM	KIPP Academy	*Manning Bowl
11/23	10:00 AM	TBA	Hyland Field

Varsity Girls Soccer

*League Games

09/05	4:00 PM	*Ham-Wen	MERHS
09/07	4:00 PM	*Amesbury	Amesbury
09/11	4:00 PM	*Ipswich	MERHS
09/14	4:00 PM	*Pentucket	Pentucket
09/19	4:30 PM	*N Reading	MERHS
09/21	4:00 PM	*Rockport	Rockport
09/23	1:00 PM	Stoneham	MERHS
09/26	4:00 PM	*Georgetown	MERHS
09/28	4:00 PM	*Newburyport	Newburyport
10/03	4:00 PM	*Ham-Wen	Hamilton-Wenham
10/05	4:00 PM	*Amesbury	MERHS
10/10	7:00 PM	*Lynnfield	MERHS
10/12	4:00 PM	*Ipswich	Ipswich
10/13	4:30 PM	Marblehead	Marblehead HS
10/16	4:00 PM	*Rockport	MERHS
10/18	7:00 PM	*Essex Tech	MERHS
			Senior Night
10/20	6:00 PM	*Triton	Triton
10/24	4:00 PM	*Georgetown	Georgetown

Varsity Cross Country

*League Games

09/13	3:30 PM	*Amesbury	Amesbury
09/20	3:30 PM	*Ipswich	Ravenswood
09/27	3:30 PM	*Lynnfield	Lynnfield
10/04	3:30 PM	*Georgetown	Ravenswood
			Senior Day
10/11	3:30 PM	*Ham-Wen	Hamilton-Wenham

Varsity Field Hockey

*League Games

09/06	4:00 PM	*Amesbury	Amesbury
09/08	4:00 PM	*Rockport	MERHS
09/11	4:00 PM	Bish Fenwick	MERHS
09/13	4:30 PM	*N Reading	MERHS
09/14	3:45 PM	Masconomet	Masconomet
09/18	4:00 PM	*Newburyport	Newburyport
09/20	7:00 PM	*Ipswich	MERHS
09/27	4:00 PM	*Lynnfield	MERHS
09/30	10:00 AM	*Ham-Wen	Hamilton-Wenham
10/02	4:00 PM	*Amesbury	MERHS
10/03	5:30 PM	Danvers	Danvers Turf
10/06	4:00 PM	*Essex Tech	Essex Tech
10/11	4:00 PM	*Triton	MERHS
10/13	4:00 PM	*Rockport	Rockport
10/17	4:00 PM	Bish Fenwick	Bishop Fenwick
10/19	4:00 PM	*Pentucket	Pentucket
10/23	4:00 PM	*Ipswich	Ipswich
10/25	7:00 PM	*Ham-Wen	MERHS
			Senior Night

Varsity Golf

*League Games

08/29	3:30 PM	*Triton	Triton
09/05	3:30 PM	*N Reading	Essex County
09/07	3:30 PM	*Newburyport	Newburyport
09/12	3:30 PM	*Amesbury	Essex County
09/14	3:30 PM	*Rockport	Rockport
09/19	3:30 PM	*Essex Tech	Essex County
09/21	3:30 PM	*Lynnfield	Lynnfield
09/26	3:30 PM	*Ham-Wen	Essex County
09/28	3:30 PM	*Georgetown	Georgetown
10/03	3:30 PM	*Ipswich	Essex County
10/04	3:30 PM	Ham-Wen	Myopia
10/05	3:30 PM	Amesbury	Amesbury CC
10/11	3:30 PM	*Pentucket	Essex County
TBA	TBA	Bish Fen	AWAY
10/17	3:30 PM	CA Classic	Essex County

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Essex Heritage Presents Trails & Sails



A Trails & Sails event, hosted at Battis Farm in Amesbury, provides high-quality telescopes, so participants can view the moon, Saturn, the Andromeda galaxy, and more. Reservation required.

Photo: Scott Booth

"Trails & Sails was created to encourage residents to experience some of the wonderful trails, museums, historic sites, and water-based activities that abound in this region."

In 2023, the organization identified four themes of importance to the Essex National Heritage Area including learning about where you live and taking care of it, the importance of our coastal resources and preserving them, recognizing the many influences and contributions of the Latino community within the Heritage Area, and new stories being uncovered in our local history. Helping to raise awareness about the important work being done by our regional partners is another way that Trails & Sails brings the community together.

Especially for locals, these free activities are an opportunity to visit and learn about special places they drive by every day.

There is a diverse selection of events including bird walks, guided hikes, historical tours, book lectures, boat rides, river paddles, and more—all happening morning, afternoon, and evening. With so many things to do and see during Trails & Sails, there's something for everyone.

Familiar Local Sites for Cape Ann

Some local highlights are the Historic Essex walking tours (Essex), the Shalin Liu Performance Center open house tours (Rockport), the open house reception: Student Explorations: The Great Marsh and Climate Change (Essex), a self-guided tour of Hammond Castle Museum (Gloucester), the walking tour: Overlooking the Essex River: The Landscape of Cogswell's Grant (Essex), and a scale up the heights of city hall tower (Gloucester).

Further out, one can visit the Saugus Iron Works Museum (Saugus), get a Farmstead Cheese Tour (Topsfield), join the Star Party at Battis Farm (Amesbury), or visit the Dominican Faceless Dolls Exhibit (Salem). Looking for something lively? There are numerous festivals like the Boxford Apple Festival (Boxford), Fairy House Festival (Groveland), Team Haverhill's River Ruckus (Haverhill), and Art and Music 75th Anniversary Festival (North Andover). Participants can visit the website to explore all events at www.trailsandsails.org or pick up a guidebook at one of the 13 Visitor Centers in Essex County, as well as in most local libraries.



Staying local, Trails & Sails is offering a tour of Gloucester City Hall's clock and bell tower that leads to a bird's eye view of Gloucester and Cape Ann.

Photo: Matt Phillion

For the 22nd year, Essex Heritage organizes Trails & Sails, 10 days filled with more than 150 free events around Essex County.

The program runs from Friday, September 15 through Sunday, September 24.

Across 34 cities and towns, these events celebrate the

incredible historic, cultural, and natural resources of Essex National Heritage Area.

Essex Heritage is a non-profit organization that

takes a community-driven approach to heritage conservation and economic development. Working through public-private partnerships,

Essex Heritage uses the Area's heritage resources in unique ways to engage diverse audiences.

CEO, Annie Harris, said,

Blaze Johnson Joins J Barrett & Company at the Ipswich Office



J Barrett & Company announced this week that Blaze Johnson has joined the firm's Ipswich office as a realtor.

Blaze, who has been selling real estate full-time in Ipswich and throughout the North Shore for 33 years, specializes in helping clients downsize to smaller homes, move in with family or into assisted living and/or sell estate property. "My focus on downsizing started when I realized

that many of my clients had little helpful information on downsizing and didn't fully understand the implications of these types of transactions and lifestyle transitions," she says. "I was determined to become educated on this topic and then share what I learned."

Today, Blaze is well-known for comprehensive presentations on the topic of downsizing at local senior centers throughout the North Shore.

"Joining J Barrett & Company is exciting because I'm working with such a well-respected firm but it's also 'value-added' for my clients - my already extensive team of professionals has expanded exponentially," says Blaze.

Jon Gray, president, agrees the collaboration is mutually beneficial. "We are always on the lookout for opportunities to expand our firm's knowledge base and Blaze is an excellent resource for our team as well as every client who works with her," he says.

A former Danvers resident, Blaze currently lives in Ipswich.

Established in January 2007, J Barrett is a privately-owned real estate firm on the North Shore serving the North Shore and Cape Ann from offices in Manchester, Beverly, Gloucester, Ipswich, Marblehead, and in Prides Crossing.

Brent Snider Joins NYC-Based Behaviorally as Managing Director of Global Business Development

Behaviorally announced this week that Manchester native Brent Snider has joined their team as Managing Director, Global Business Development.

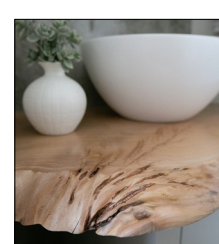
In his new role, Snider will spearhead the company's sales and marketing initiatives, as it expands actively across new sectors including health & wellness, technology, and retail. Snider's appointment comes as the company continues its growth having established new offices in Los Angeles, Mexico City, Dubai, Hamburg, Melbourne, Geneva, and New York City over the past 18 months.

Behaviorally has decades of global experience in marketing insights, integrating artificial intelligence

technology into its database and a behavioral framework to help brands achieve a valuable moment in marketing: when a purchase transaction occurs.

Alex Hunt, CEO at Behaviorally, said, "We are absolutely thrilled to welcome Brent to the Behaviorally team. His extensive expertise and track record in accelerating growth aligns seamlessly with our strategic plan to expand the customer base Behaviorally has the privilege of partnering with. Together, we're poised to chart an exciting course to help our customers own the most valuable moment in marketing: the purchase transaction."

Prior to joining the Behaviorally and chief revenue officer at Maru. During this tenure, he generated impactful insights and forge proud alliances with some of the globe's most prominent brands. Snider has also held pivotal roles at System1 Research and Kantar.



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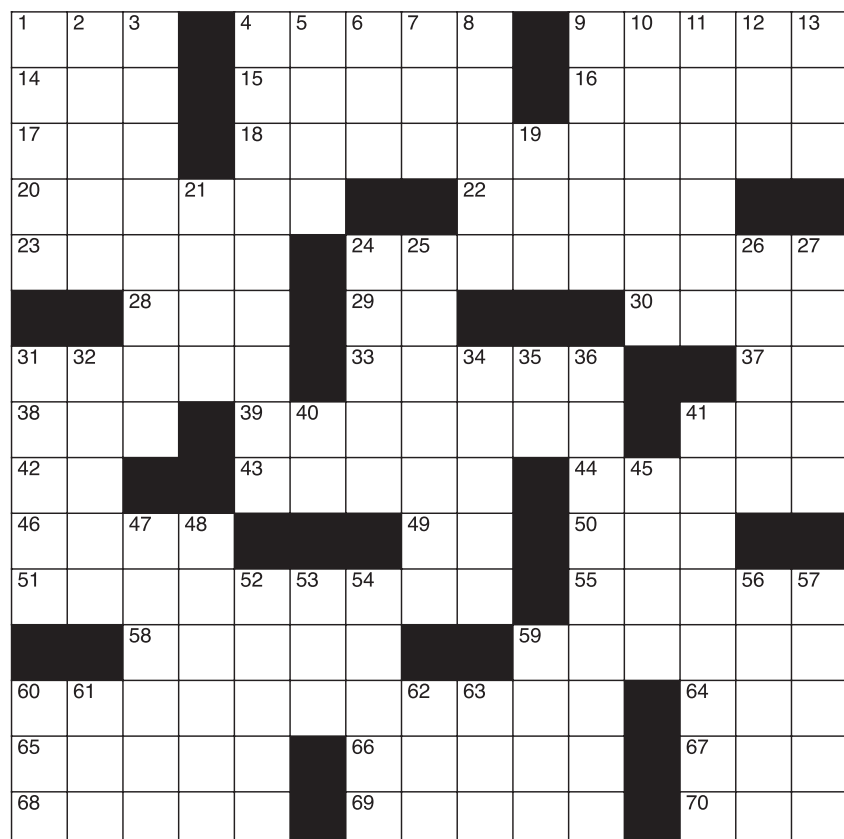
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Puzzle

CLUES ACROSS

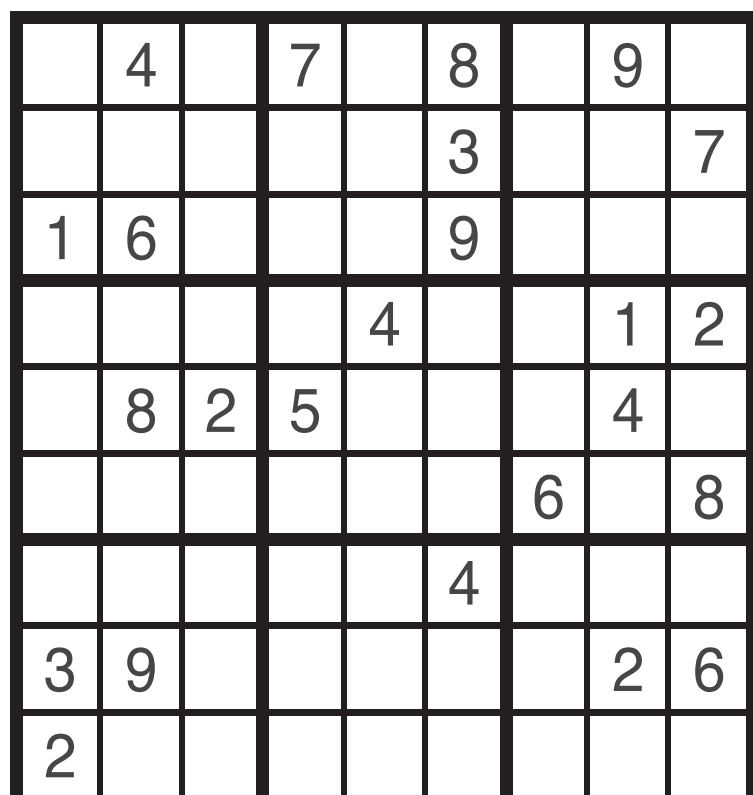
1. Midway between east and southeast
4. At right angles to a ship's length
9. William Penn's business partner
14. _ de plume
15. _ Accomplished soccer coach
16. Bone cavities
17. _ juris: independent
18. Popular Philly sandwich
20. Northern Ireland county
22. Performing artist
23. S S S
24. Lacks flavor
28. Commercials
29. Anno Domini (in the year of Our Lord)
30. Qatar's capital
31. Indigenous peoples of Alberta
33. Popular footwear
37. Indicates position
38. Anglican cathedral
39. Aircraft part
41. Before
42. Blood group
43. Secretory organ
44. Fencing swords
46. The small projection of a mammary gland
49. Technological advancement
50. Male parent
51. Dissociable
55. More cold
58. Cape Verde Islands capital
59. Blood disorder
60. Creative
64. Sun up in New York



65. Made angry
 66. Relieves
 67. Brooklyn hoopster
 68. Seasonsings
 69. Movable barriers
 70. Attempt
- CLUES DOWN**
1. Occur as a result of
 2. Spiritual essences
 3. Representative
 4. Entering
 5. Nobel Prize-winning physicist

6. Midway between northeast and east
7. Consumed
8. Tablelands
9. Kids' craft accessory
10. Not known
11. Sound directed through two or more speakers
12. A major division of geological time
13. Wild ox
19. Shock treatment

21. Turner and Laso are two
24. Genus of flowering plants
25. Relating to ductless glands
26. Stock certificate
27. Satisfies
31. Places to enjoy a rest
32. Edward _ author and writer
34. " _ but goodie"
35. One hundredth of a liter
36. Shabbiness



Solutions on Page 11

Level: Advanced

40. TV personality Roker
41. Triangular upper part of a building
45. Speed at which you move
47. Offend
48. A reference point to shoot at
52. Forays
53. Biblical city
54. Blatted
56. Northern sea duck
57. Shabby (slang)
59. Allege
60. Tax collector
61. Whereabouts unknown
62. Chinese philosophical principle
63. Indicates equal

Religious Notes

Cornerstone Church

We gather for worship each Sunday at 10 a.m. and welcome you to join us for a time of studying the scriptures and praising the Lord. Other ministry updates and details can be found on our website, www.CornerstoneNorthShore.org. If you have any special needs or concerns, please let us know! We're here to serve!

Visitation Parish - Mass Schedule

The Visitation Parish Mass Schedule:

Sacred Heart Church - Saturday Vigil Mass - Virtual Mass - on our YouTube as well as www.mecatholic.org
 Sunday Mass - 8:30 a.m.

St. John the Baptist Church

- Saturday Vigil Mass - 5 p.m.
 Sunday Mass - 10 a.m.

Please go to our website: www.mecatholic.org for Sacramental Information as well as Parish Registration if you are new to town or looking to join a Catholic Church.

The Assumption of the Virgin Mary Greek Orthodox Church

8 Lafayette Road, Ipswich Mass.

Church services, with Father Christopher Kolentsas, are held each Sunday.

Sunday's Divine Liturgy, with Father Christopher, starts at 9:30 a.m. followed by a week-

ly sermon. All are welcome to attend.

First Parish Church Manchester-by-the-Sea

Worship service, Sunday Sep. 3, 2023, at 9 a.m., we invite everyone to join us for hospitality following the service.

Worship Leader, Rev. Rick Chrisman

Music led by Dr. Herman Weiss

Thursday Bible Study, Via Zoom 4 p.m. join in with computer, smart device or dial in on a phone - email office.fpchurch@gmail.com or call 978-526-7661 for the link
 Thursday VNA Health Clinic 10 a.m. - 12 noon
 Thursday Seaside Parish Knitters 1-5 p.m.

St. John's Episcopal

Church (Beverly Farms) FALL SERVICE SCHEDULE - 8 a.m. Rite I & 10 a.m. Rite II

We resume our fall service schedule on Sunday, September 10. There will be a blessing of students and teachers at the 10 a.m. service. Following the 10 a.m. service, we will hold a picnic. Lastly, our concert series kicks off for the year with a folk concert at 4 p.m. featuring Naomi Westwater.

Gloucester Unitarian Universalist Church

10 Church Street, holds Sunday morning services at 8:15 a.m. in-person in its historic sanctuary, as well as online. Please visit the church's website, www.gloucester-uu.org, for the link to the livestream. Activities pro-

vided for elementary school-aged children during the service. Masks are always now optional. Our church is handicap accessible. All are welcome.

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www.emmanuelmanchester.org

The Rev. Luther Zeigler (Minister)

Ms. Priscilla Walter (Organist)

During the summer, we offer services every Sunday at 8:15 a.m. (a quiet, spoken service) and 10 a.m. (a family-oriented service with music)

Quaker Meeting

Quakers of the North Shore

worship every Sunday from 10-11 a.m. at the Glen Urquhart School: 74 Hart Street, Beverly Farms, Mass. It is an unprogrammed Quaker Meeting. There is no Pastor (or leader) save the spirit of God in and among us. Our worship is primarily silent. When a worshiper is moved, it may include a brief, spoken ministry offered in a 'spirit of worship.' Friends gather quietly, awaiting the experience of God's presence.

If you are new to Quakers, someone will be happy to talk with you and answer any questions you may have. Send an email to: northshore-quaker@gmail.com. First Day School, our Children's Program, consists of forest walks near the Glen Urquhart School led by Jessica Kagle from the Kestrel Foundation. Blessings To You.

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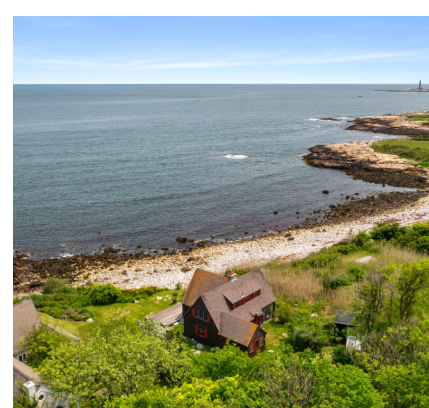
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Understanding Virus Infections in Pets

PETS AND PEOPLE



By Lawrence Lamb, DVM

When I discuss virus infections with my clients at the Manchester Animal Hospital, the effort requires time and patience. It is a complicated subject even for those of us with a scientific education. This virology review is meant to help the pet owner understand how viral infections work and how our pets survive them. Virology is a complicated subject, as is immunology, and the following is meant as a sort of a primer of terms and events. I think it is helpful in understanding the biology of what happens with viral infections.

What is a Virus?

Viruses are strange life forms. They have only the bare bones of biochemical equipment, barely enough to even qualify for the title of life form.

- They have only one type of nucleic acid (either DNA or RNA, but not both.)
- They reproduce solely from this nucleic acid, whichever type it is.
- They do not have any metabolic enzymes.
- They are completely dependent on their host cell.

Some Definitions:

Viral Particle

One little individual virus is called a viral particle. Viral particles are so small (some are the size of a large protein molecule) that we cannot really call them creatures; they are more like particles, hence the term. The word virus is more correctly applied to a species or genus of the virus rather than to the individual particle.

Capsid

The nucleic acids (the DNA or RNA) within the viral particles are surrounded by a protein coat and sometimes by an additional fatty envelope. The capsid consists of this protein coat and any fatty layer. The capsid proteins are crucial to the virus' ability to attach and infect a host cell.

Viruses that have fatty envelopes generally do not last long in the environment as the fat is easily disrupted; these viruses tend to require direct contact with fresh body secretions to transmit the infection.

DNA

DNA is the double-stranded nucleic acid (deoxyribonucleic acid) that serves as

the blueprint for all proteins a cell can make. It enables the cell to live and function within a body. It essentially amounts to instructions on how to make different proteins.

Messenger RNA

When it comes time to make a protein, a DNA segment unzips its double strands, allowing messenger RNA to enter and bind. The messenger RNA forms a "negative" image of the DNA segment it is "reading." The messenger RNA then leaves the cell nucleus and travels out into the cell's main body, where its message is read by cell structures called ribosomes.

Transfer RNA is another type of RNA that floats around the cell. Each piece of transfer RNA has only three base codes (as opposed to the messenger RNA which has many base codes and is a long strand). The piece of transfer RNA carries with it an amino acid that its code corresponds to.

The ribosome looks like two round pieces attached together. The two pieces grab the strand of messenger RNA and sandwich it between them. The ribosome reads the first three codes on the messenger RNA and matches them to a piece of transfer RNA. It moves to the next three codes and matches them as well. With each match, the transfer RNA leaves its amino acid for the ribosome to bind to the next amino acid, so as the ribosome moves down the strand of messenger RNA, it creates a strand of amino

acids based on the matching. As we know, a strand of amino acids forms a protein molecule. This is how our cells make proteins.

Transcription

The act of messenger RNA taking down the protein code from the original DNA segment is called transcription.

Translation

The act of producing a protein from the segment of messenger RNA using transfer RNA is called translation. It is performed by the ribosomes mentioned previously.

Viral Infections

When the match is correct, the virus binds to the cell and injects its nucleic acids inside. There are several techniques that viruses use to accomplish this, but all involve the capsid. Once the viral particle has injected its nucleic acids into the host cell, the next activity is to manufacture messenger RNA for the cell to translate into protein. The proteins that the viral nucleic acids make will shut down the cell's normal function and convert the cell into a factory for viral particle production.

- Some viruses simply contain ready-made messenger RNA and they just inject it into the host cell (like polio).
- Some viruses inject a negative of the messenger RNA they need and include with it an enzyme that will trick the host into making the usable messenger RNA from the negative (like ra-

bies).

- Some viruses inject their DNA directly into the host cell. Messenger RNA is made from this DNA, just as it would be made from host DNA (like poxviruses).

Regardless of the tricks the virus uses to make messenger RNA, once the messenger RNA is made, the host cell is doomed. Ribosomes line up on the strand of messenger RNA, read it, and use transfer RNA to mass produce the protein coded. This will be a viral protein, and its action will be to shut down normal cell function and dedicate the cell to the production of viral capsid and viral DNA.

Soon the host cell is little more than a bag of viruses. These viral particles either bud off the surface of the host cell or the host cell simply explodes, leaving millions of new viral particles to seek new host cells. The only way to stop this process is for the immune system to recognize the infected cell early and destroy it before virus production becomes too advanced.

Infected cells express viral proteins, shapes that the immune system can recognize. Within the body are several groups of cells, all created to respond against a specific shape. For example, B lymphocytes, which live in our lymph nodes, transform into antibody-producing plasma cells once they encounter their destined antigen. They produce Y-shaped antibodies that flood the circulation and bind the viral antigen, thus preventing the virus from attaching to the host cell, clumping with other antibody-virus groupings to create a larger clump, which in turn attracts a cell called a macrophage. The macrophage is the body's "Pac Man," swallowing and digesting debris.

Aside from antibodies, there are patrolling T-lymphocytes that identify viral or other inappropriate shapes on the surfaces of host cells. The T-cell can thus recognize a virally infected cell or even a cancer cell, attach, and destroy it before it causes harm.

Hopefully, between T-cell and antibody attack, the viral infection is removed from the body, and the status quo resumes. We don't have a lot of tools to treat virus infections. Usually, antibiotics only protect against secondary infections. So, vaccination is extremely important as well as supportive care.

Dr. Lamb is the Veterinarian at the Manchester Animal Hospital.



Solution to puzzles on page 10

E	S	E		A	B	E	A	M		P	U	S	E	Y	
N	O	M		C	O	N	T	E		A	N	T	R	A	
S	U	I		C	H	E	E	S		E	S	T	E	A	K
U	L	S	T	E	R			A	C	T	O	R			
E	S	S	E	S		T	A	S	T	E	L	E	S	S	
		A	D	S		A	D				D	O	H	A	
S	A	R	S	I		C	R	O	C	S				A	T
E	L	Y		N	A	C	E	L	L	E			P	R	E
A	B			G	L	A	N	D		E	P	E	E	S	
T	E	A	T			A	I			D	A	D			
S	E	P	A	R	A	B	L	E		I	C	I	E	R	
		P	R	A	I	A				A	N	E	M	I	A
I	M	A	G	I	N	A	T	I	V	E			E	D	T
R	I	L	E	D		E	A	S	E	S			N	E	T
S	A	L	T	S		D	O	O	R	S			T	R	Y

5	4	3	7	6	8	2	9	1
9	2	8	4	1	3	5	6	7
1	6	7	2	5	9	8	3	4
7	5	9	8	4	6	3	1	2
6	8	2	5	3	1	7	4	9
4	3	1	9	7	2	6	5	8
8	1	6	3	2	4	9	7	5
3	9	5	1	8	7	4	2	6
2	7	4	6	9	5	1	8	3

PET OF THE WEEK



SING ALONG WITH . . .

Melody, a 10-year-old gal who is looking for a patient person to help her find her purr-fect tune, is part of the Clear the Shelters celebration and her adoption fee is reduced to \$25 in August. Melody might initially greet you with a hiss, but it's her way of letting you know she needs time to feel safe. Once you've earned her trust, her eyes will close in bliss when patted, and her

purrs will fill the room— a symphony of happiness and contentment. If you understand that good things come to those who wait, submit an application for Melody at CapeAnnAnimalAid.org/Adopt. Visit www.capeannanimalaid.org for more information about Melody and all the other animals waiting for homes at the Christopher Cutler Rich Animal Shelter, 4 Paws Lane in Gloucester.

LEGAL NOTICE



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INVITATION TO BID

The Town of Manchester-By-The-Sea, MA invites Bidders to submit sealed Bids for the 2023 Water Main Improvements Project which includes, but is not limited to, services to remove and replace water mains and all related appurtenances in the Town of Manchester-by-the-Sea, MA. The project includes 4 Alternates which include removing and replacing water mains in accordance with the contract documents. The Project being bid is subject to Massachusetts General Laws,

Chapter 30, Section 39M.

Plans/Specifications Available: Bid documents are available electronically by email request to john@gobobrek.com. Documents are available on or after August 30, 2023 at 11:00 am.

General Bid Deadline: Bids for the General Contract will be received until 1:00 p.m. local time on Thursday, September 20, 2023, at Owner's offices 10 Central Street, Department of Public Works Office, Room 6, Manchester-By-The-Sea, MA 01944. Attention: Mr. Charles Dam, P.E.

Posted to MNPA website: <http://masspublicnotices.org>.

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Fabyan & Filias Team



Ipswich \$1,675,000
Captivating seasonal 5-bedroom beach cottage in the coveted Little Neck community with breathtaking water views, direct beach access offers renovated interior and open floor plan.
Hackett & Glessner



Hamilton \$1,669,000
Impeccable renovation perfectly blends new style and original charm to this updated 4+ bedroom, 3.5 bath Hamilton Colonial. 1.6 acres, large bonus room, 3-car garage and more!
Deb Evans



Peabody \$1,300,000
Birch Hill Estates! West Peabody's Premier New Community. Stately Colonial to be built with a 2-car garage, 4 bedrooms, 2.5 baths, open floor plan, and rich architectural details.
Maria N. Miara

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Ipswich \$919,000
Gambrel style home with Ipswich River access, plus 4 beds, 2.5 baths, eat-in kitchen and more! Enjoy fireplaced family room, level, wooded lot and 2-car garage. Tucked on cul-de-sac with in-town location.
Josephine Mehm Baker



Hamilton \$889,000
Colonial home offering timeless and classic charm with 4 bedrooms, 1.5 baths and an updated kitchen. Replacement windows plus partially finished lower level, 2-car garage and backyard oasis.
Blaze Johnson



Gloucester \$749,900
Magnolia. 2-family used as single family. Updated tri-level-style 3-bedroom, 3-bath home has 2 kitchens, all hardwood, 2nd floor master suite, office, laundry room. Possible in-law suite.
Grace Ciaramitaro



Ipswich \$679,000
Impeccably maintained, updated 3-bedroom Ranch is a peaceful retreat on a dead-end street. Gorgeous new hardwood floors throughout, updated bath, many upgrades, and flat yard. Move in ready.
Hackett & Glessner

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**82 Cary Ave.
Lexington | \$1,799,000**
Elegant home. Close to Rt 2 A& 1-95. 4 BR, 4 BA, 2 car garage . In-ground pool & large backyard.
Evonne Blanchard | Realtor
978-578-4701



**47 Englewood
Magnolia | \$1,299,000
Coming Soon**
New Construction marketed as a Multi-family, 2 BR units & separately as 2BD condos.. A Must see!
Brian Rothe | Realtor
978-968-6272



**208 Southern Ave.
Essex | \$1,595,000**
Stunning 3BR contemporary On almost 2 acres, equidistant between downtown Essex & MBTS. Amazing chef's kitchen, living room w/sliders to covered patio.
Joan McDonald | Realtor
Scott Smith | Realtor
617-750-2793



**2 St. Anthony Ln.
Gloucester | \$1,090,000**
Spacious Raised Ranch Tucked away off the Back Shore in East Gloucester. 3BR, 3 BA
Lynda & Brianna Hemeon | Realtors
978-884-5710



**21 Haskell St
Gloucester | \$775,000**
Positioned high on a ridge in East Gloucester with panoramic view of the city.
4 Beds, 4 Baths, 3,076 Sq. Ft.
Camille Murphy | Realtor
781-775-9036



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**119 Mount Pleasant Ave.
Gloucester | \$2,995,000**
Luxurious interior appointments throughout, with multiple water view decks and stone terrace.
4 Beds 4.5 Baths, 2 Fireplace
Scott Smith | Realtor
617-750-2793