



Next Week : ME Hornets Fall Season Calendar
Get out and support all our teams, and support the businesses that support them!

MANCHESTER CRICKET

A Local Tradition Since 1888

VOL. 136, NO. 14

FRIDAY, AUGUST 25, 2023

PRICE: \$1.25

BRIEFLY

Valiant Play at ITL Season End

The Intertown Twilight League (ITL) season ended Saturday in an epic 12-inning game with defending champs, the Hamilton Generals, beating the Manchester Essex Mariners. It's the first time in 50 years that the Generals won back-to-back titles, according to Matt Williams who wrote up the excellent summary of the game on the league's online blog. Craige McCoy, the dean of the Mariner's boosters, sent in regular updates to us on the team's progress this season and he also ran the team's raffle, which raises needed money for equipment. ITL Baseball is the longest running amateur baseball league in the country, started in 1929 and the Mariners' home field is in Essex. Congratulations to the Hamilton Generals for an amazing 3-1 Final Series win.

MBTS Cribbage Begins Sept. 12

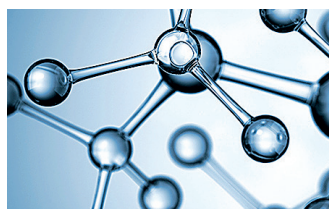
Starting Tuesday, Sept. 12 the next eight-week season of "Crib Addicts" will start its regular play at the American Legion Hall in Manchester. This group of delightful but ruthless competitors meets weekly, 6 p.m. on Tuesdays. In all truth, all are welcome, of all skill levels and they're a lovely bunch. Come on down.

Also, 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. The event runs from 11 a.m. to 1:30 p.m. with early onsite check in starting at 10:30 a.m. The guest speaker will be two-time Pulitzer Prize-winning photo-journalist and author Stanley Forman. Additional details and registration information online. Or, feel free to reach out to one of the organizers: Joe Willwerth (508-878-5988), Todd Crane (978-998-1533), or Mike Chapman (978-835-1812).

Save the Date! Evening by the Sea

The ME Regional High School Class of 2024 is up and at it already, which is important because this small-but-mighty senior class (just 87 students) is markedly smaller in size than previous graduating classes, and that spring prom and end of year class trip isn't any cheaper! With that opener, they ask that you mark your calendars for Saturday, Oct. 14 at the Manchester Yacht Club where they will host "Evening by the Sea," and auction and cocktail party benefiting class coffers. Sounds like a great time. Tickets go on sale in September.



PFAS Primer

On Page 9, MBTS ConCom Chair Steve Gang has written a comprehensive and important "primer" on PFAS the toxic "forever chemicals" in public water, with a special focus on what residents can actually do in their homes to address it.

CORRECTION: Last week we were featured photos from the Second Annual Manchester JazzFest benefiting the 4th of July Committee. We omitted Greg Cook as one of the three organizers (with John Filias and Scott Milne) of the event. He's one of the "Three Amigos," and we regret the error.



ME Hornets Soccer at pre-season practice this week at Brook Street's Ed Field. Hornets teams are sharing the outdoor space as the turf on Lincoln Street's Hyland Field undergoes renovation. Sports coverage by Jason Brisbois starts this week, Page 6. Photo: Paul Clark

On the Waterline Fishermen's Facility, The Rotunda, Harbor Management Plan

By Bion Pike
Manchester Harbormaster

It's closing in on September, and we're winding down on the summer season. But that doesn't mean things are slowing down. In fact, there are many important things in the works for Manchester's Harbormaster's office.

Fishermen's Facility designs are in!

Morss Pier was last updated in 1969 with private donations from Everitt Morss specifically for the fishermen of Manchester. The new facility will meet the changing needs of the fishing industry in Manchester.

The proposed design for the Fishermen's Facility at Morss Pier will be forwarded to the Select Board for discussion and comment. Thank you to the team at Foth Engineering for their diligence on this design.



The original design for the facility had over 40 pilings. The current design has 14 timber pilings, and 10 additional floats.

When completed the facility will support seven fisheries vessels in the area dredged in 2017 and 2018. The addition of this facility provides long-term viability for continued fisheries in Manchester.

The working waterfront continues to contribute to the regional economy as well as being a driver for grant funding from the state. Grant funds received to date have greatly reduced the tax impact on property owners when it comes to infrastructure upkeep and repair in

the harbor. Supporting the fisheries and the new facility helps keep the character of the harbor intact. The centuries long history of support for fisheries was and is vital for coming generations who will benefit from a healthy vibrant Manchester harbor.

Checking in on Tuck's Point and the Rotunda

Design options for the Rotunda were presented to the Select Board by Foth Engineering. Several options are on the table, some more popular than others! In July the Mass Department of Environmental Protection (DEP) visited the harbor to see two other projects. AF-

ter viewing those projects, the Harbor Department took the DEP representative to Tuck's Point for a look at the Rotunda.

Discussion about permitting revealed some good news.

Given the fact that the facility at Tuck's is now fully licensed it would be very simple to obtain a DEP license to raise the rotunda in its original footprint. Additionally, the use of steel framing which reduces the number of pilings by nearly 50 percent would further speed the process.

Grant funding will be available for the reconstruction phase of the Rotunda and the town will pursue every avenue available.

It is expected the funding will be sought in May of 2024, with potential approval in July of 2024.

Let's all hope for no strong storms!

Continued development of the Harbor Management Plan

Manchester has experienced tremendous change and growth in use during the last decade. Some of this is driven by internal efforts and much is due to the outside forces of changing demographics in boating and how the boats are used.

The Select Board approved nine individuals to serve on an advisory group to help oversee the creation of an appropriate Harbor Management Plan. Members for this group serve on other boards, so there will be representation from a variety of important interests like the Harbor Advisory Committee, Conservation Commission, Planning Board, Stream team. Others include the Shellfish Warden, a marine business owner, a downtown business owner and a lobsterman.

...(Continued on page 2)

MBTA Task Force Looks to Hire Consultant

By Jeff Pope

The Manchester-By-The-Sea MBTA Task Force began to plan out its future actions during its meeting on Thursday, August 17.

The first task is picking a consultant to help determine areas of town suitable for the higher density zoning required by the state. Interim Town Planner Betsy Ware said she was in "the process of developing a scope of services for a consultant to work under a grant we secured."

The consultant would use the state's software program to analyze where the new MBTA zoning could go.

Under the state's new MBTA zoning regulations, the town must allow by right multi-family zoning in a district totaling at least 37 acres in town, including at least 40 percent or 14.8 acres inside a half mile from the commuter rail station on Summer Street. The lots inside the newly created zoning district would need to allow on average 15 units per acre.

The other 22.2 acres may be outside the half mile radius of the train station.

The state recently re-

The Task Force has kicked into a full schedule, and will work with an outside consultant to support getting to a townwide vote at Spring's Annual Town Meeting.

duced the town's requirement from 39 to 37 acres. All communities with commuter rail or subway stations are facing similar requirements, although the state has set a different number of acres depending on the community's current density.

Ware said she has already identified four or five consultants on the state's approved list as well as a couple others not on the list. She and other town officials would put together a list of a half dozen or so possible consultants. Task Force members Sandy Bodmer-Turner and Richard Smith agreed to serve as a subcommittee to narrow the choice and recommend a consultant to the full task force.

Chairman Chris Ol-

ney said he hoped the consultant would be hired by the middle to late September.

In response to a question from Smith about how the task force was going to determine which property lots could be included in the new zoning district, both Ware and Olney explained that the consultant, using software programs from the state, would offer the task force a number of alternatives, hopefully before the end of the year.

The task force would then have to choose which of those alternatives was best for the community.

The task force also created a second subcommittee to create a schedule for community outreach, such as holding coffee gatherings at various locations to answer questions and to get the public's input on not only where the new district should be, but also what restrictions the task force might include on any new development, including height, setbacks, parking, design and if affordable units would be required.

...(Continued on page 2)

Weekly Weather Chart

Saturday 26 Aug		72°	63°
Sunday 27 Aug		68°	59°
Monday 28 Aug		71°	58°
Tuesday 29 Aug		69°	58°
Wednesday 30 Aug		66°	63°
Thursday 31 Aug		66°	62°
Friday 1 Sept		65°	61°

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
Teacher's Return to School Monday, August 28

Essex ConCom
Tuesday, August 29, 7:15 p.m.

MERSD
First Day of School-Welcome Back Students! Wednesday, August 30

IN THIS ISSUE

Weather.....1
Police Notes.....2
Library and Letters 4
Sports6
Essex Echo.....7
School District8
Puzzles.....10
Senior Living.....11
Real Estate..... 8, 10, 12

MANCHESTER POLICE NOTES



MONDAY, AUGUST 14
8:25 a.m. Ashland Ave., traffic hazard, secured/checked.
11:29 a.m. Summer St., animal complaint, gone on arrival.
2:42 p.m. Pleasant St.,

motor vehicle stop, citation issued.
9:41 p.m. School St., motor vehicle stop, citation issued.

TUESDAY, AUGUST 15
8:37 a.m. Smiths Point Rd.,

alarm, cleared, false alarm.
3:39 p.m. Central St., citizen assist, assisted as needed.
8:37 p.m. Bridge St., motor vehicle stop, verbal warning.
11:44 p.m. School St., sus-

picious activity, gone on arrival.

WEDNESDAY, AUGUST 16
1:22 a.m. Lincoln St., directed patrol, secured/checked.
9:22 a.m. Lobster Cove, parking complaint, parking enforcement.
6:19 p.m. Pine St., motor vehicle stop, written warning.
9:53 p.m. Central St., citizen assist, assisted as needed.

THURSDAY, AUGUST 17
9:33 a.m. Central St., citizen assist, assisted as needed.
12:29 p.m. Chapel Lane, motor vehicle stop, written warning.
1:39 p.m. Pine St., motor vehicle stop, written warning.
6:32 p.m. Route 128NB, motor vehicle stop, criminal application.

FRIDAY, AUGUST 18
7:34 a.m. Summer St., directed patrol, secured/checked.
10:30 a.m. Proctor St., animal complaint, assisted as needed.
12:13 p.m. Walker Rd., fraud/scam, report to follow.
10:52 p.m. Pine St., motor vehicle stop, verbal warning.

SATURDAY, AUGUST 19
8:43 a.m. Tuck's Point Rd., alarm, secured/checked.
10:05 a.m. Forest St., parking complaint, parking enforcement.
12:26 p.m. Jersey Lane, harassment, spoken to.
11:11 p.m. Raymond St., animal complaint, notification made.

...(Waterline, from page 1)

The group will meet with Urban Harbors with UMass and Coastal Zone Management (CZM) to discuss the process for developing a document for Manchester's planning needs. The information from this meeting will be used by any town body or waterfront developer to determine what is best for the waterfront.

Note, the plan will probably take about a year to develop and bring to the public for final approval.

The document is not to recommend a development plan for the harbor, but rather be an information center for town boards and councils as well as residents when projects are put forward.

The initial meeting is tentatively scheduled for Thursday, September 7. The meeting time will be posted on the town website and interested residents are always invited to sit in.

Urban Harbors will be the contractor for this project and CZM will participate depending on the type of document the town wants to pursue.

Feel free to reach out with questions.

Safe Boating Courses

There are two options to complete a boating safety education course. The Massachusetts Environmental Police offers an online Safe Boater course in addition to the traditional classroom-based education course. Go online to the website sign up page today. Anyone going out in a boat as a passenger as well as paddle sport enthusiasts are encouraged to take this course.

Remember, safe boating isn't just for sailors and power boaters!

Kayak Rack Spots

There are spots available

at Tuck's Point for kayaks. Residents only, please. Contact the Harbormaster and secure a spot today.

Marine Mammals

A beached whale, dolphin or porpoise should be reported immediately and left alone pending further instruction. Call the NOAA 24-hour Marine Animal Hotline: (866) 755-6622. Please leave your name and a phone number where you can be reached.

Sea turtles in our region do not typically come ashore unless they are seriously debilitated. Call the 24-hour Marine Animal Hotline: (866) 755-6622.

Seals belong on the beach. It's normal.

What should you do if you spot a seal on the beach?

Keep people and dogs 150 feet away from the seal.

Does the seal look injured or unhealthy? If so please

call (866) 755-6622 or call the Harbormaster. All marine mammals are protected by the Marine Mammal Protection Act. This law makes it illegal to touch, disturb, feed, or otherwise harass marine mammals without authorization.

Harbormaster Hours

We continue our summer office hours at the Harbormaster's office. From September through November hours are Monday to Friday 9 a.m.-5 p.m. Specific hours will vary depending on training, Safe Boating classes and meetings. Feel free to call before coming to the office.

Be vigilant and notify the harbormaster of any missing or off station aids to navigation. The latest Manchester Harbor Rules & Regulations are posted on the Harbormaster website.

Stop by and say "hi," and don't forget your lifejacket.

...(MBTA, from page 1)

Task Force members Bodmer-Turner and Susan Philbrick agreed to serve on this subcommittee, and it was hoped that one of the three task force members who were unable to attend the August 17 meeting - Ann Harrison, Sarah Mellish and Garlan Morse - would be added to the subcommittee.

In other areas of discussion, John Feuerback, chairman of the Manchester Affordable Housing Trust, said that despite having about \$1.3 million in assistance, the Housing Trust has not had any luck in getting developers interested on possible Manchester projects. But he hoped that a feasible plan would be found.

He also suggested that requiring at least 10 percent affordable housing in any new development, especially in the new zoning district,

would be a wise move.

Ware told the task force that she had asked town officials to put together a list of state grants the town has received over the past few years as well as a list of grants the town expects to receive in the coming years.

The state has said that any community that does not come up with an acceptable

zoning plan by the end of 2024 could lose all of its state grants.

Task Force member Michael Pratt said that the list of grants would be important to see so that the town would know just how much it was risking if it didn't ap-

prove a new zoning plan.

Olney said that Town Manager Greg Federspiel would attend a coming meeting to discuss state grants.

The Task Force's next meeting will be Thursday, September 7 at 6:30 p.m.

Monuments
Whose lasting beauty is permanently guaranteed by all members of the Barre Guild.
BARRE GUILD
MOUNT PLEASANT MEMORIALS
150 EASTERN AVENUE
Gloucester
978-283-7841 • (800) 287-7841
EXPERT CEMETERY LETTERING

BARTLETT TREE EXPERTS
SCIENTIFIC TREE CARE SINCE 1907

Never Be Without Electricity Again
Standby Residential Generators
Power outages will happen, but don't be caught in the dark. Generac stand-by generators will automatically keep your power running 24/7.
Call Today! **781-526-1194**
Manchester Electric Co.
Manchester, MA
www.manchesterelectricllc.com
Authorized Generac Dealer

MANCHESTER FRAMING
custom picture framing
Sarah Rodier
(978) 808-2596

BUCKLEY TREE CARE
pruning • vistas • tree removal • land clearing
hazard mitigation • cabling • stump grinding
(978) 704-1441 • BUCKLEYTREECARE.COM

Next Chapter
Family Law & Estate Planning LLC
ANDREA LANCE, ESQ.
36 UNION STREET
MANCHESTER
(978) 704-9223
LANCELAWMASS.COM

The Manchester Cricket
Founded in 1888.
Published every Friday.

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
Phone | 978.526.7171
Email | news@thecricket.com

Display Advertising
ads@thecricket.com

Classifieds & Legals
classifieds@thecricket.com
legals@thecricket.com

Postmaster, please address changes to:
The Manchester Cricket
PO Box 359
Manchester, MA 01944

Contents Copyright 2020
The Manchester Cricket, LLC.
All rights reserved.

Subscriptions
\$52 / year (print / digital)
\$26 / year (digital only)

\$1.25 at newsstand

PUBLICATION NUMBER
USPS 327-420

NEPA
New England Newspaper Association
2019 Winner For Best Website, Best Photo
Feature Series, Best Front Page

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

FOR SALE
\$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
SHARKSMOUTH ESTATE™, MBTS —Summer, Fall Weeks and Winter Rentals - Oceanfront homes on private 40-acre historic, woodland estate, 1/3 of a mile of shoreline, fishing, kayaking, miles of paths and tidal pools to explore, tennis court, walk to beaches, and more. STONE HOUSE (10 Bdrm), RED COTTAGE (6 Bdrm) and BARR HOUSE (2 Bdrm) weeks availability (Friday-Friday). WINTER RENTALS: BARR HOUSE (2 Bdrm) and RED COTTAGE (4-6 Bdrm) available September 15 - June 2024. Call Marianne 978-618-5860 TF

FOR SALE
3 STRONG BOYS—Atticus, Brody, Jarrett, and their team do it all: drudgery, mowing, raking, moving, weeding, lifting heavy things & whatever else you need! To schedule, call/txt Atticus at 978-473-0034 or email 3strongboys.ma@gmail.com. Look for us in our pink shirts! TF

FOR SALE
HANDYMAN, MBTS—Handyman for light construction, home repairs, painting, cleanups, home repairs, painting cleanups, power washing, rototilling. Fully insured. Have truck and trailer. Clean, honest, references. Contact Bill mbtshandyman@gmail.com or (978) 618-0999. TF

FOR SALE

WOODEN GUIDE CANOE, \$3,000 OBO—19 ft long , stern can handle small outboard (3-10 hp). Comes with 3-4 wooden paddles. Bought in Waldoboro Maine a few years ago. Great Lake canoe. Call 978-231-3440 TF

FREE!
FREE!—525 PreCore Treadmill, local pick up, please text 978-473-1894 for pick up. 8/4
FREE! Old Alto Sea Kayak. Needs new seat, otherwise hull is solid. Interested? Email mgubbins@comcast.net..... 8/18

SEEKING ...

GOING MY WAY?—Quiet passenger with two small pieces of luggage will pay for a one-way ride to Manhattan on either September 9th or 10th or the 16th and 17th. Please text 917-868-9289 8/28

HELP WANTED

STYLIST, BEV FARMS—The Last Tangle would like to welcome experienced hairstylists. New clients welcome too! Ask for Manon at 978-922-0400 7/28

PROFESSIONAL LISTINGS

MAKE IT GO AWAY!
www.makeitgoaway.net
Call (978) 526-7452
Email Kathy.Willy@verizon.net

MASONRY
Lombardi & Son
Brick & Stone
Restoration • Repairs
Over 40 Years Experience
Don: 978-526-4123
lombardimasonry.com

MCINNIS PAVING, INC.
Infra-Red Asphalt Repair Specialists
Cold Planing • Driveway Rebuilding
Repairs • Seal Coating • Crack Filling
Beverly Farms, MA 01915
Timothy McInnis 978-921-1608
Cell: 978-375-1727 • Fax: 978-927-9602

BROOKSIDE CONTRACTING
978-526-1414
Manchester-by-the-Sea
keithlittka@brooksidecontracting.com
Home Improvement • Carpentry
Roofing • Siding
Replacement Windows

THE ACCOUNTING DEPARTMENT
Accounting & Bookkeeping Solutions
GAIL MCELHINNEY
Bookkeeping / Accounting, Client Invoicing, 928 Collections, Bill Processing, 1099s, Reconciliations, Monthly / Quarterly Reports, Catch Up Services, Auditing Preparation
978-792-5433
Gail.TheAcctgDept@gmail.com

LOCAL & BEYOND
ESSEX LIMO SERVICE
EDWARD B. CUSHING
(978) 491-1267
essexlimoservice@yahoo.com

HOME CLEANING SERVICE
By Polani
Dependable, Friendly, Honest
Cleaners. Ask about our happy,
Local References
800-858-7822
781-656-3414

Friends, Parties, Holidays ...
"Time For Cleaning"
Complete House Detail
Regular Routines
Brass/Silver Polishing
Kitchen Floors Restored
Post-Construction
Window Washing
Chandeliers
Manchester Cleaning Services
978-526-4741
Celebrating Our 38th Year!
Estate Caretaking & Management Services Available | Bonded & Insured
Post Office Box 52, MANCHESTER-BY-THE-SEA, MA 01944

A Busy Fall of Important Decisions



By Gregory T. Federspiel

Excuse the cliché but, where has the summer gone? It is hard to believe September is nearly here. A wet start to the summer did not help but here we are, on the cusp of the start of fall. While the business of the Town has been advancing all summer, the pace of decision making will begin to pick up in the months ahead.

There are important decisions that residents will want to tune into.

First, there is the question of where to place the Tuck's Point Rotunda as we prepare to rebuild the supports under the iconic structure. Renderings of the three main options will be presented at a public forum on September 14, at 7 p.m. at Town Hall or via Zoom. Rebuilding in the existing footprint but elevated by 4½ feet, relocating the Rotunda to dry land for better protection, or raising it in place in two phases are the three options being considered.

A new facility plan is being crafted. The plan assesses the condition of town buildings and proposes needed renovations or new facilities. The draft plan will be available for public review beginning in September. The Select Board and Finance Committee will begin their review at their next meetings. Finalizing this plan impacts our capital budgeting significantly.

Another major issue that will have large budget impacts is the future direction of the School District and any changes to how Essex and Manchester share the expenses of the District. This issue will loom large as the fall advances into winter leading up to the Annual Town Meeting in April for the 2025 Fiscal Year budget votes.

There is also the work of the MBTA Task Force and the decisions the Planning Board will be making on what new zoning proposals to bring to the voters. The new law mandating by-right multi-family housing on at least 37 acres in town at a minimum density of 15 units per acre has a December 2024 deadline for compliance. The Task Force has begun to methodically address this mandate, starting out with an examination of our current baseline and a thorough understanding of the state guidelines. A new set of Frequently Asked Questions has been posted to the Task Force's web page. On-going and frequent community wide discussions will be needed as the Town works through a response to the new law.

Part of the calculus for both the MBTA zoning work and our facility planning is the impact of climate change. Parts of the village core area face new flooding due to sea level rise and bigger storms. Critical town infrastructure is also threatened by these same forces which must be

considered when thinking long term about town facilities. A recently completed Vulnerability Action Plan for the Village core area provides important guidance.

Facility planning, School District funding, MBTA zoning and climate change are all major topics that impact the community. Robust discussions are needed to help determine the solutions that ultimately must be made on each of these topics. An array of community engagement strategies will be deployed to foster these discussions. Strategies will likely include public forums, surveys, open houses, and informal round table gatherings. Presentations at different clubs and organizations can be arranged.

Most of the decisions facing the community will require Town Meeting approval in one form or another. Over the course of the next 8 months or so, a continuing series of community outreach, dialogue and engagement is needed to prepare for the final votes. If successful, this concerted effort, while not guaranteeing unanimous votes, should lead to well informed votes and outcomes that residents can appreciate and respect.

As always, there is much to discuss and decide. Your participation and guidance through the upcoming series of community dialogues starting up this fall is strongly encouraged.



BOARD UPDATES

Planning Board: The Planning Board will meet on Monday, August 28 at 6:30 p.m. Meeting details are posted on the Town website.

Music in the Park: The last concert in Masconomo Park will be held on August 29 with Live Dead from 6-8 p.m. Call the cancellation line at 978-525-6429 for weather updates or check social media.

Fire and Police Slush Event: All school kids are invited to stop by the fire station after the first day of school on August 30 for a

free slush with the Manchester Fire and Police Departments. Slushes will be given out from 2:30 - 4 p.m.

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.

Join Local Government: Volunteer to become a member of a Board or Committee and serve your community. A list of vacancies can be found on the home page of the Town website.

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: Regular 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

Bright and early Saturday morning the Manchester Boy Scouts left for their annual camping trip at Ayer's Pond, Barrington, N.H. traveling by private cars. The trip up was quickly made and the boys found on arrival that the tents were all erected and the cook house was alive with activity through efforts of the advance guard which took possession the previous day.

There was a near serious accident Saturday afternoon, near the railroad bridge on Summer Street, when a Packard sedan owned by William J. Sheaves of 25 Sargent Street, Gloucester and driven by Mrs. Lizzie M. County of 301 Washington Street, Gloucester skidded on the wet road just after passing under the bridge, got beyond the control of the driver and left the road running out into an adjoining field and overturned.

75 YEARS AGO – 1948

Three times this past week Champion Carillon Colin, five-year-old Black Standard Poodle, owned by Mrs. George Putnam of this town, was awarded the coveted title of "Best Dog in Show".

Town Clerk, Frederick B. Reynolds, has been appointed Chief Registrar of Manchester for the draft registration. Young men between the ages of 18 and 26 years will be required

to register at the Town Hall beginning Monday, August 30th and continue through September 18.

60 YEARS AGO – 1963

Margaret Smith of Australia foremost women's tennis player in the world, annexed her second straight Essex County Club Championship Sunday when she defeated Maria Bueno of Brazil in straight sets, 6-4, 11-9.

Donald Gibbon, age 9, of Ancient County Way, was injured Monday afternoon when he fell out of a tree at his home. He was treated at the Beverly Hospital for a severely gashed right arm.

45 YEARS AGO – 1978

Mr. and Mrs. William Hollis Shaw of Jersey Lane, were honored at their 25th Wedding Anniversary with a surprise party given by their children Larry and Ellen Hussey, Mark, Susan, Martha, Amy and Paul Shaw, Saturday August 19. The 50 guests in attendance presented the couple with a gift certificate for a painting by Tom Baker.

Navy Operations Specialist Seaman Apprentice William G. Renehan, son of Mr. and Mrs. William Renehan of Manchester, is serving as a crewmember aboard the destroyer USS Comte de Grasse.

30 YEARS AGO – 1993

The Manchester Mariners,

the local entrant in the Intertown Twilight League, took the fifth and final game of the best of five series, with the Rockport Townies at home on Hyland Field last Sunday. The victory is the sixth crown for the locals.

A mind and body health expo will be held at the Manchester Community Center on Friday, September 10 from 12 noon to 8 p.m. and on Saturday, September 11 from 10 a.m. to 4 p.m. With skyrocketing costs in medical care and insurance, and increasingly stressful lifestyles, many people are interested in learning how to be more actively responsible for their own health.

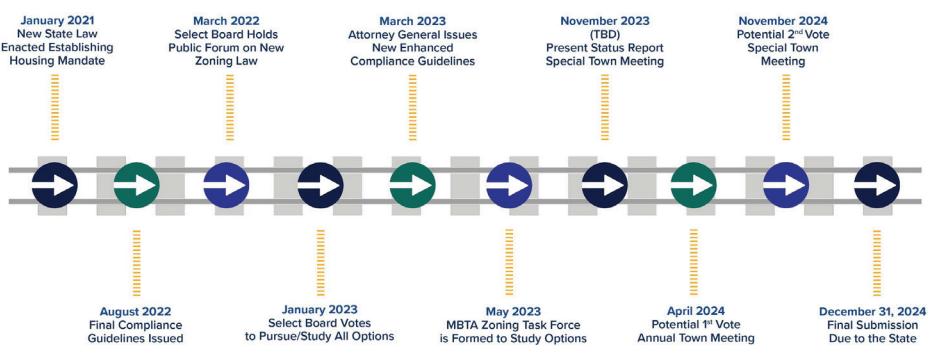
15 YEARS AGO – 2008

The State Department of Environmental Protection has inspected the construction site of the new middle/high school building on Lincoln Street and has found further violations on the site that must be cleaned up. The violations may have occurred due to the torrential rains that the area has received over the course of this summer.

Donald Lombardi of Lombardi & Son Masonry is pleased to announce he received a "Notice of Allowance" from the United States Patent and Trademark Office and will be granted a patent for an "Adjustable Chimney-Platform Arrangement."

MBTA ZONING TIMELINE

A History of the New MGL Chapter 40A Section 3A



Consideration of the MBTA Zoning District timeline

Tides & Sun Chart For The Week Ahead

DATE	HIGH				LOW				☀️	
	AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
25 Fri	6:12	7.9	6:29	9.4	12:32	1.4	12:41	1.9	5:59	7:31
26 Sat	7:19	7.9	7:34	9.6	1:34	1.3	1:43	1.9	6:00	7:29
27 Sun	8:29	8.1	8:41	9.9	2:37	1.0	2:46	1.6	6:01	7:28
28 Mon	9:36	8.5	9:47	10.4	3:39	0.5	3:48	1.1	6:02	7:26
29 Tue	10:36	9.2	10:49	10.8	4:38	-0.1	4:48	0.5	6:03	7:24
30 Wed	11:30	9.8	11:45	11.2	5:33	-0.6	5:45	-0.2	6:04	7:23
31 Thu			12:20	10.4	6:24	-1.0	6:39	-0.7	6:05	7:21



Maggie performs at ME's "Performing Arts in the Park" on Tuesday night at the Masconomo band stand. This was the second annual outdoor talent show for students 6th grade and up. Photo Paul Clark



BESPOKE HOME DESIGN

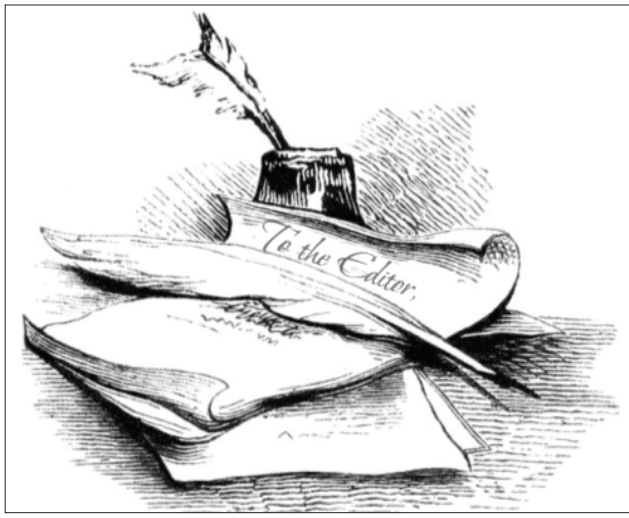
With our values-based design approach we get to know what's important to you before picking up a pencil. When we understand the values you live by, we can better design a home that truly reflects your individuality.

Never settle for cookie cutter.



WE SPECIALIZE IN
Custom Homes | Large-Scale Renovations + Additions | Advanced Construction Methods
High Performance Buildings | North Shore Processes + Regulations | Client Satisfaction

www.redbarnarchitecture.com | 978.890.7254



“Oh My Rotunda”

To the Editor,

I have been a resident for 68 years and the subject of what to do with renovating the “Rotunda” at Tuck’s Point makes me a little (forgive my “French”) ... “pissed off!” I have been going to Tuck’s for 68 years, and I can’t believe the talk of putting the “Rotunda” up on land. If this option is done, it will no longer be a “Rotunda.” It will be a “Gazebo!” The tradition of jumping off the “Rotunda” will be gone! Think of the kids, for once! If the town had fixed the Rotunda the correct way 30 years ago, this would not be an issue today.

Please, just raise the “Rotunda” and leave it on water!

I have another thing to say: Manchester is a Town and it’s not a Village. The definition of a “village” is a community with less than 1,000 residents and our “town” is bigger than that. Stop calling Manchester a village. Love and kisses,

Cindie Lou / Manchester
“Mayor” of Tuck’s too!



In honor of Ron Borel’s August birthday, we wish to thank him and his family for his generous \$500,000 bequest to the library, which has made a future library expansion possible. We celebrated Ron and the end of youth summer reading (teen summer reading is still ongoing, so keep filling out your Bingo boards) with didgeridoos and ice cream sandwiches. From left to right; David Lumsden (Library Trustee), Pat Martines (Library Assistant), Beth Borel (Ron’s daughter) Ric Rogers (Library Trustee) Sara Collins (Library Director) Lori Dumont (Head of Circulation) Audrey Carman (Head of Youth Services) and Paula Martin (Ron’s granddaughter). Thank you to Beth and Paula and everyone who celebrated with us last week.
Courtesy Photo

The Cricket publishes every letter it receives. However, letters should be original (no reprints), no more than 400 words and written in a general spirit of discourse, signed and include an email/phone and a valid address in case we have questions. Letters may be edited for clarity and accuracy. We have a “one letter, one person, one topic” policy, so please do not send multiple letters on a single issue. We do not publish press releases, anonymous letters, those judged to be libelous or an invasion of privacy. Longer pieces (up to 1,000 words) may be submitted for consideration as an Op-Ed Commentary. Please send submissions to letters@cricketpress.com.

LIBRARY NEWS



Thank you so much to Matt Kurdt, of Holistic Energy Works for his presentation and demo of relaxing massage and energy work techniques.
Courtesy Photo

Library Hours and Holidays

MBTS Public Library will be closed on Saturdays and Sundays until September.

Authors Lisa Jackson & Nancy Bush (Virtual)

Monday, August 28 from 7-8 p.m. Bestselling authors, and sisters, Lisa Jackson and Nancy Bush will discuss their latest books. Jackson will discuss “The Last Sinner”, a gripping novel of suspense and Bush will discuss “The Camp”, a chilling novel of suspense.

Zero Waste for Parents & Kids (Virtual)

Tuesday, August 29 from 7-8 p.m. Join Sarah as she shows you practical tips to make your children’s birthday parties and school lunches eco-friendly and low waste.

Mystery Book Club

Friday, August 25 from 10:30-11:30 a.m. August’s meeting will occur in the library’s reading room or outside on the lawn. We will discuss “Right as Rain” by George Pelecanos.

Hearthside Book Group

Tuesday, September 5 from 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 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 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.

Calling All Local Artists

For the Friends of the Library’s 1st Falling For Art Exhibit and Sale, October 20-22, 2023. Artists and photographers are invited to submit up to 5 digital jpg images by August 30 to fallingforartmbts@gmail.com. Include your name, title of piece and price.

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.

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.

HEIRLOOM
FINE TREE & SHRUB CARE
CERTIFIED ARBORISTS

Fine Tree & Shrub Pruning
Tree Selection & Planting
Preservation & Care
Design & Installation
Removals
- FULLY INSURED -

Contact Us for A Consultation
HeirloomTreeCare.com
HeirloomTree@gmail.com
Text or Call - (978) 473-2417

It requires wisdom to understand wisdom. The music is nothing if the audience is deaf.
~ Walter Lippmann ~

CAPE ANN INSURANCE AGENCY
A division of Salem Five Insurance Services

Home • Renters • Auto
Business • Life Insurance
Workers’ Compensation

SalemFive
MAKE YOUR MOVE. 978.283.7757 • 23 Dale Ave, Gloucester, MA

SALES • SERVICE • RENTALS
COME VISIT OUR NEW LOCATION
@ 21C LEXINGTON AVE, MAGNOLIA
Grand opening Feb 2
(978) 712-8012 • WE FIX ALL MAKES

SAVE THE DATE

MERHS CLASS OF 2024 PRESENTS AN
EVENING BY THE SEA
AT THE MANCHESTER YACHT CLUB

BEVERAGES, BITES & BIDDING AUCTION TO BENEFIT CLASS of 24

OCTOBER
SATURDAY 14 AT 6:00 PM
2023

Class of 2024

ScottEnergy Community Bulletin Board

FREE FALL FUN FEST
Saturday, September 9th
1:00 - 5:00pm
Sacred Heart Church
Manchester By The Sea

Bouncy House • Covered Maze
Face Painting • Games of Skill

Hosted by Knights of Columbus

Supporting Our Community Since 1946

16TH SEPTEMBER
7PM HASTINGS HOUSE 14 OAK STREET
\$60 ADMISSION / \$100 PER COUPLE
\$1000 CHIPS WITH ADMISSION

10 GAMES TO PLAY
WIN GREAT PRIZES & CASH
BEST DRESSED & RAFFLE PRIZES
BEER WINE COCKTAILS

CASINO Royale

THANK YOU TO OUR SPONSORS
STEPHEN P. O'BRIEN PLUMBING & HEATING
THE CRICKET NEWSPAPER ENGEL & VOLKERS - VICTOR PAULINO
FREE MOVEMENT MASSAGE & WELLNESS HALE STREET TAVERN
ACHIEVE PERFORMANCE & WELLNESS WEST BEACH CORPORATION

DISCOUNT ADMISSION THROUGH AUG 15 ONLY
HASTINGSHOUSE.ORG

KETTLE COVE CATERING
Manchester-by-the-Sea

A personal touch to lobster bakes, birthdays, celebrations & events of all kinds.

Todd Crane
- proprietor -
(978) 998-1533

ScottEnergy
Cleaner Better Fuel. Unmatched Service.
800-736-4929
ScottEnergyCo.com

This ad space has been purchased by the ScottEnergy Company and is offered free of charge to local non-profits 501(c)(3) and public organizations. Call the Manchester Cricket at 978-526-7171 to reserve this space for your group.

Shop Thoughts: A Taste of Fall

By Hannah Harlow

New York Times Bestselling Author of *Fates and Furies*

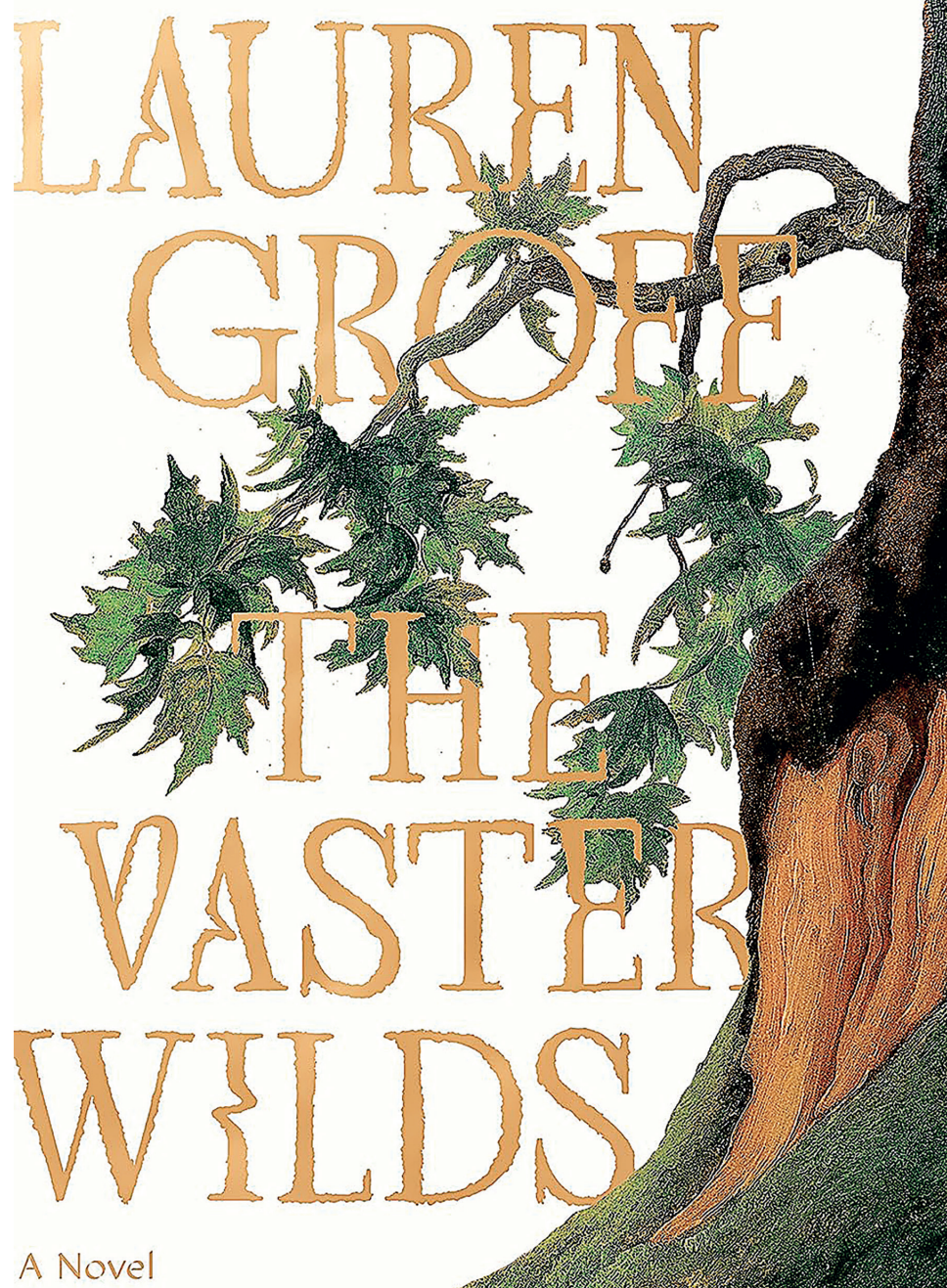
We've been having our annual summer sale this week (if you missed it, mark your calendars for the third week of August next year!) and multiple people have asked us if it's because we're going out of business. We most certainly are not. We are merely participating in a long tradition of clearing the shelves before the fall stock floods in (we've found flyers and advertisements belonging to our predecessors doing the same in the store's archives).

Why do so many books publish in September and October? The most obvious answer is the holidays. Most books receive a short attention span and publishers want their biggest books front of mind when holiday book displays go up in stores and holiday shopping begins. The less obvious reason is award season. Like movie studios vying for an Oscar nomination, publishers release books by their most eligible authors toward the end of the eligibility period (November 30 for the National Book Awards) in order for books to be fresh for the judges.

I am in no way attempting to rush your summer to a close. Please relish the best days that New England has to offer. (*Tom Lake* by Ann Patchett is a delightful end-of-summer read to pair with your pre-Labor Day leisure.) But if you like to plan your own to-be-read piles, as well as gift giving lists, here are some of the books I'm looking forward to in September by authors you've heard of and at least one you probably haven't.

A new book by Zadie Smith is always cause to celebrate and her new novel, *The Fraud*, comes out September 5. A work of historical fiction set in Victorian England, the story of a housekeeper to a successful novelist is set against a trial that captivates the nation, one in which a penniless man claims to be heir to a fortune. How do we know what's really true?

Lauren Groff's newest novel goes even further back in time, to a colonial settlement in Virginia in *The Vaster Wilds*. A young girl flees into the wilderness and must learn to survive on her own. It's an ambitious novel, by one of our most ambitious novelists (author of *Arcadia*,

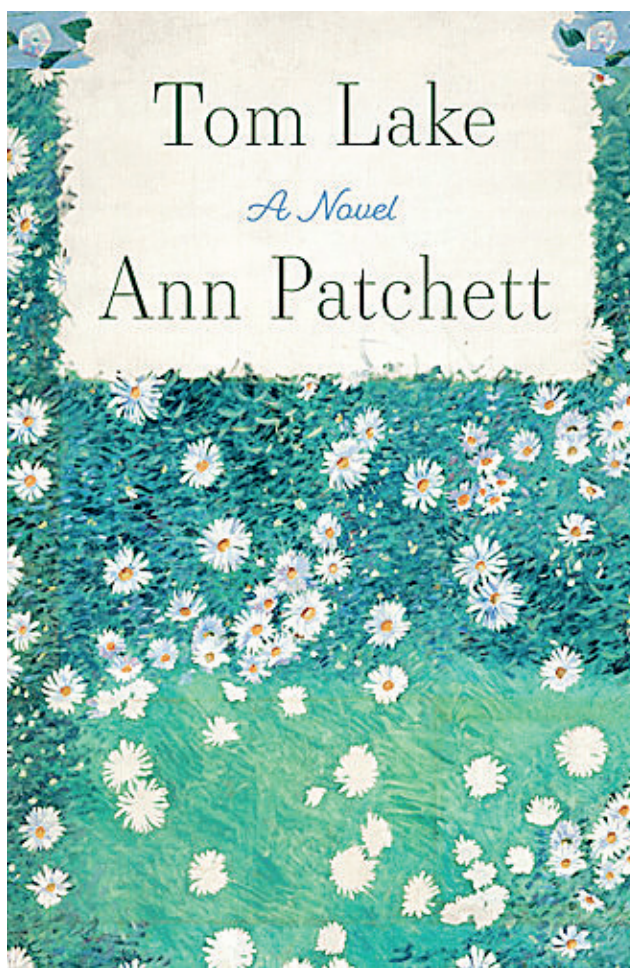


A Novel

Lauren Groff's *The Vaster Wilds*
(Courtesy Images)

Fates and Furies, *Florida*, and others) about who America is and who America could be.

Also releasing in September is a book that was a wonderful discovery for me, a debut novel called *Amazing Grace Adams* by Fran Littlewood. This novel is part comedy, part tragedy, in the vein of *Where'd You Go, Bernadette* by Maria Semple. Middle-aged mother and linguist Grace Adams has reached her breaking point: her daughter is no longer talking to her, she's hanging on to her job by a thread, and the *Guardian* has just reminded her she's the unhappiest age she can be. No kidding. We join Grace on an epic journey across London to deliver a birthday cake to her daughter and trust me when I say



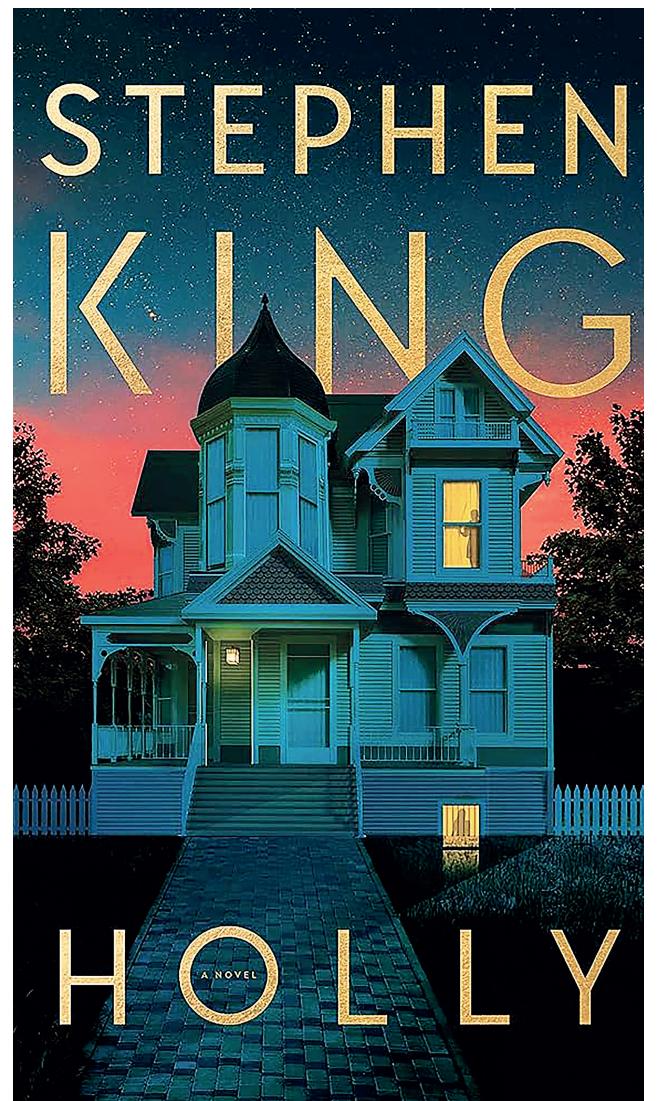
Ann Patchett's *Tom Lake*

you'll laugh ... and you'll cry. Plus, Stephen King revisits a beloved character in *Holly*; Ken Follett returns to the Kingsbridge series with *The Armor of Light*; Ross Gay brings us more to wonder at in *The Book of (More) Delights*; Mick Herron gives us a stand-alone spy thriller with *The Secret Hours*; biographer Walter Isaacson takes on *Elon Musk*; and Sy Montgomery takes on turtles (with co-author Matt Patterson) in *Of Time and Turtles*.

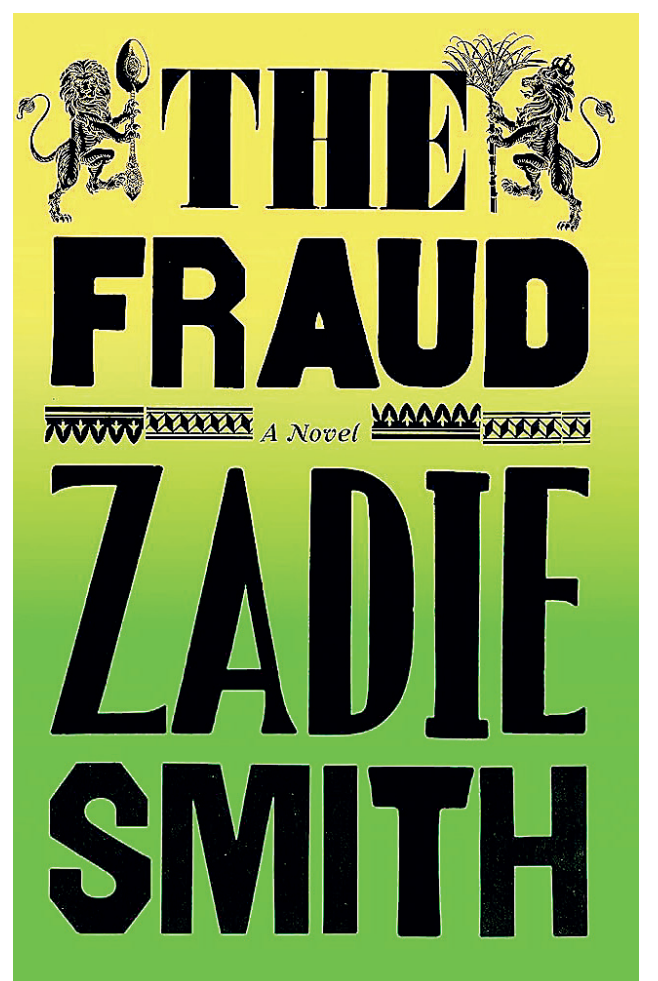
In children's books, look for a new picture book from Amanda Gorman, illustrated by Christian Robinson, called *Something, Someday*; a new pigeon book from Mo Willems, *Don't Let the Pigeon Drive the Sleigh*; a new book in the Percy Jackson series, *The Chalice of the Gods* by Rick Riordan; the third book in the Wild Robot series, *The Wild Robot Protects* by Peter

These recommendations may be looking to Fall, but please, I am in no way attempting to rush your summer to a close. Please relish the best days that New England has to offer.

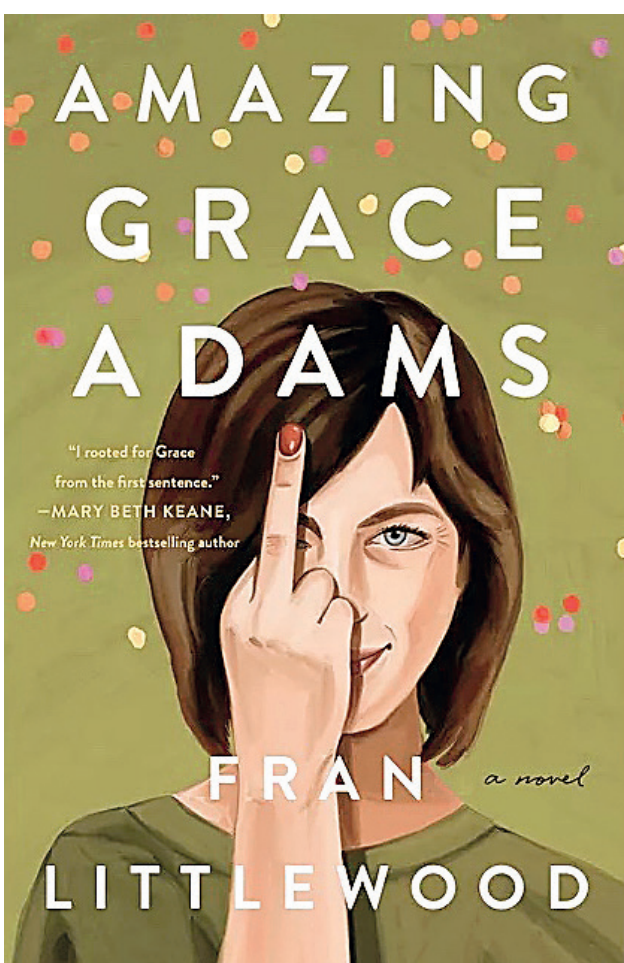
Brown; a new book in the *Dory Fantasmagory* series, *Can't Live Without You*; and the *Dork Diaries* return after a long hiatus with *A Not-So-Posh Paris Adventure*. Clear your schedule because October has a lot to be excited about, too. It's a good season to be a reader.



Stephen King revisits a beloved character in *Holly*



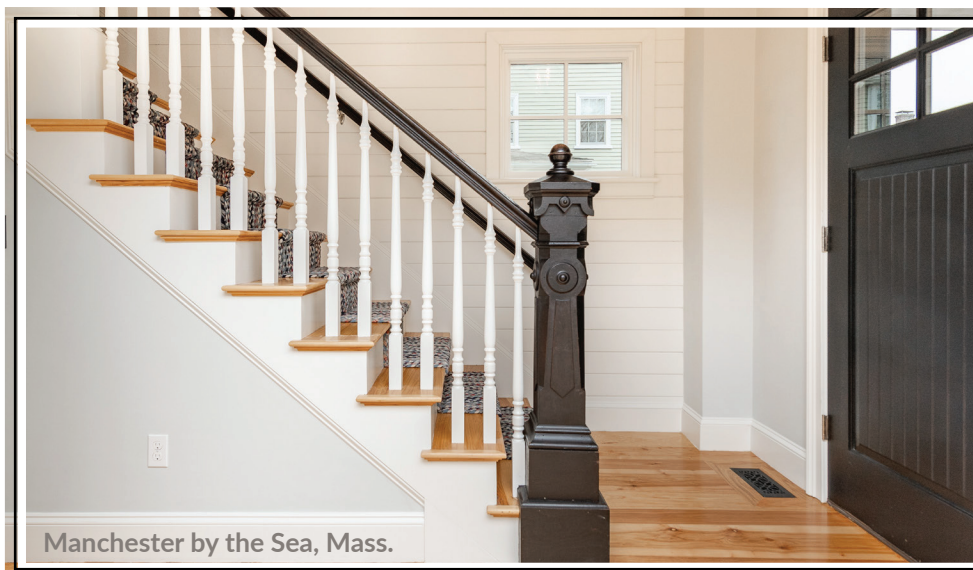
The Fraud, by Zadie Smith



Amazing Grace Adams by Fran Littlewood



Walter Isaacson takes on *Elon Musk*



New Homes
Major Renovations
Property Development
View our portfolio at www.chbuilds.com



Fielding Solutions: ME Athletics Navigates New Turf at Season's Start



Progress continues at Hyland Field installation of new turf field.

Photo Paul Clark

By Jason Brisbois

While competition is a crucial element of sports and athletics, this isn't the kind that anyone involved with Manchester Essex athletics wanted to witness: Delays in the Hyland Field turf installation have had the unintended effect of the installation schedule competing with the beginning of the fall sports schedule.

School administrators announced in July that the installation of the new turf would be pushed back due to delays in testing for PFAS in the infill and shock pad. The good news is that the results showed no detectable PFAS

in these components, resulting in site work focusing on removal of the old turf and infill beginning on August 14, and the grading for the surface below the turf began on August 18. Project managers Sprinturf updated the schedule to provide an estimated completion date of September 5, a one-week delay from the previously expected final date.

At the same time, the fall sports season has already begun behind the scenes. The football team's preseason began on August 18 - the same day surface grading began on the Hyland Field turf - with all other fall sports beginning tryouts, practice and preseason scrimmages at the

start of this week.

To ensure that the turf installation didn't result in the Manchester Essex field hockey, football and soccer teams' seasons all being affected by the delay, those teams have been utilizing Brook Street field to practice and prepare for the 2023 fall season, while also using Sweeney Park to help account for junior varsity squads.

"The biggest impact the turf field replacement project has on athletics is the lack of two available turf fields during the month of September," explains Manchester Essex Athletic Director Cameron Molinare. "Typically, all jayvee soccer games have been played at Brook Street, while

Varsity competes on Hyland. This year, during the month of September, all JV soccer games have moved to Sweeney Park. We recognize grass is a different playing surface than turf and could impact the play on the field, so teams will be rotating through to Sweeney Park for practices throughout pre-season and the month of September."

Similar work is expected to begin at Brook Street field after work on Hyland is complete in early September, with Sprinturf working accelerated hours to complete that project by September 30. Which means all varsity and junior varsity teams will be practicing and playing at Brook Street up until Septem-

ber 5, and then will switch to Hyland upon completion of turf installation after that date so Brook Street can get its own makeover.

"We are very fortunate to be able to utilize Brook Street field while we wait for Hyland Field to be completed," says Molinare. "Many student-athletes have been using this field throughout the summer to prepare for the upcoming season, and all preseason practices and scrimmages initially intended for Hyland Field were easily moved to Brook Street."

Once the season begins in earnest, Molinare points to a few notable changes that should affect local fall sports teams.

Manchester Essex football team seems to have lost its traditional Thanksgiving Day rival: Georgetown did not have enough interest to field a varsity football squad this season, putting an end to a traditional matchup that goes back more than 30 years.

"Unfortunately, this means we no longer have a Thanksgiving Day opponent this year," explains Molinare. "We recognize this is heart-breaking news for all communities involved. Our Georgetown-ME Thanksgiving Day rivalry is a long-standing tradition in our community that brings everyone together and provides an opportunity to reunite with alumni."

Manchester (before the Manchester and Essex school districts were combined) won the first game in the series by a 31-13 score in 1990 and leads the series in wins over the years by a 17-13 margin. Georgetown will co-op with Pentucket in 2023, leaving the Hornets looking for a new Turkey Day opponent.

"At this time, the Athletic

Department is working diligently to find a new opponent to play on Thanksgiving Day," says Molinare. "Long-term, we will continue conversations with Georgetown Athletics about the status of their program and/or look to create a new Thanksgiving Day rivalry with another opponent."

Similar to what's happening with the Georgetown football team, the Manchester Essex cross country program will add a new neighboring community and new faces to the roster in 2023, with Gloucester runners joining the boys' and girls' teams. The co-op with Gloucester was approved for 2023 only.

"Previously, our cooperative team was comprised of Manchester Essex and Rockport students only," explains Molinare. "Due to lower than anticipated registration numbers at Gloucester High School, Gloucester student-athletes were in need of a team to compete on. The approval of the expansion of our cooperative team by the MIAA now provides Gloucester student-athletes the opportunity to compete with us this fall."

In field hockey, the MIAA - Massachusetts' governing body for high school athletics - eliminated the rule that requires players wear protective eye goggles.

"The elimination of the rule is in line with current NFHS rule 1-6-5 which states goggles may be worn by all field players," says Molinare. "Goggles will now be optional for the fall 2023 season."

Also of note is the addition of Essex Tech to the Cape Ann League, with the school competing in the CAL's Kinney Division.

Golf Team Eyes Another Tourney Run

By Jason Brisbois

Can they do it all over again?

In 2022, the Manchester Essex golf team went on an 8-2 run to counter their 1-6 start to the season, qualifying for the MIAA Div. 3 North Tournament by winning their final three matches in the regular season and earning the Cape Ann Cup for the first time in three years. Once there, the team placed eighth out of 12 teams competing at Black Swan Country Club in Georgetown.

Now comes the encore. While this year's squad returns only one senior - stand-out golfer Lilly Brigham, a cornerstone for this team over the past few years - there are also a handful of younger golfers returning who played at a high level and gained a wealth of varsity experience in 2022.

"I would say our expectation is to make the tournament again this year," explains Manchester Essex golf coach Bill Melvin, now

in his second year coaching the Manchester Essex golf team. "I certainly think we have enough quality golfers to do so; I think our experience from last year is going to help us."

Helping to lead the way back into contention in 2023 is the team's most experienced player, Brigham.

"Lilly's a very diligent, hard worker," Melvin says of the senior. "She loves the game of golf. She did well in the girls state individual championship back in June, and I have high expectations that she'll do a great job both on and off the course as our number one and as the captain of the team."

The rest of the projected top five is made up of a junior and a trio of sophomores. Junior Matt Graeter and sophomores Jack McCavanaugh, Matt Deoreo and Gray West are talented underclassmen who are no strangers to competing at this level.

"All of them have been working on their game quite frequently this summer, so I'm looking forward to seeing

their continued progress," explains Melvin. "All three of the tenth-graders played well last year and helped to carry us to the state tourney. That experience and their competitive nature will certainly help us be competitive again this year, I think."

The rest of the lineup has yet to be determined, with a bunch of new faces working hard during the preseason to make the cut.

"We have some guys who played jayvee golf last year hoping to step up and fill a couple of spots at the bottom of the roster, as well as some newcomers," says Melvin. "This week, it's tryouts and evaluations."

The season begins earlier than the other fall sports and ends seemingly just as quickly. As the fall progresses, the amount of daylight available to play drops precipitously, making getting in as many matches as possible in September and October crucial. The season officially begins on August 29 at Old Newbury Golf Course against Triton.



Lilly Brigham, team captain. Courtesy Photo



ME Hornet Sammy Bothwell seems to be enjoying soccer practice as he performs a quick direction drill at Coach Ed Field.

Photo Paul Clark



Hornets out in force at practice on Coach Ed Field Field, largest turnout for the Hornets in a while. First game of the season is on Friday, September 8 at 6:30 p.m. at Ipswich High School.

Photo Paul Clark

ESSEX ECHO.

Town Administrator's Report



Board of Selectmen's Meeting of August 21, 2023
Report covers from August 5, 2023 to August 18, 2023

Computer Configuration - Board of Assessors

The Board of Assessors Office has utilized a desktop PC for some time now and that system has reached end of life. Now that we have a remotely-hosted Assessors' software server as part of our tenancy with the Town of Danvers, the office can switch over to the use of a zero-client system (like the Assessors' Clerk uses) to access the software. The Town Administrator (TA) has decommissioned the old PC and a zero-client system is now in its place. All necessary folders and files were copied over to the new system.

Continued Review of RFP for Summer Camp and Enrichment Services

At the last meeting, the Board established that future years of summer camp at the Centennial Grove will only include an eight-week payment option. In addition, the Board asked the TA to review various summer camp program rates in the area to better understand any fee limitations that should be placed in the Request for Proposals (RFP) for a summer camp and enrichment program contractor for the next five years. Generally, most camp options in our area are already higher than fees charged for Camp Dory at the Centennial Grove and the draft RFP will actually require the fee to decrease from what is being charged in this summer of 2023 season. The current fee for an Essex resident for 8 weeks of full day summer camp is \$2,200 and the RFP presently anticipates setting a cap of \$2,000.

Town Hall Elevator Diagnostics

Recently, after a power blip in our area, Mr. Zubricki had to reboot the Town Hall elevator by throwing the service disconnect since the elevator would not respond to service requests (thinking that the problem was related to the power blip). However, this unresponsiveness happened repeatedly thereafter without any reason to suspect a power grid issue. While the elevator returns to service with a reboot each time, we do not want to risk having someone get stuck inside. As

such, the TA contacted our service contractor during the week of August 14, 2023 and a technician could not find anything immediately problematic. The technician will be back with a special tool that can read the error logs within the system and hopefully will be able to find the cause and eliminate this sporadic issue.

Removal of Bats from Town Hall

A bat was found in the ladies' room on the second floor of Town Hall on August 14, 2023. The Animal Control Officer (ACO) was called and she removed the bat. A second bat was found in the Library on August 16, 2023. The TA assisted to corral the bat in a smaller space until the ACO could arrive. The ACO called in a wildlife specialist to take the second bat and to tour the upper reaches of Town Hall with us to ensure that no other bats were present and how they might be getting in. On the bell level of Town Hall, it was easy to notice that a gap had opened up in a small section of screening around a fresh air louver and this is likely the path of entry. From that level, a bat could make its way down a chase and into the occupied portion of Town Hall. The Superintendent of Public Works repaired the break in the screen and we are hopeful that the issue is solved.

Continued Review of Possible Fall Town Meeting Article Topics

Mr. Zubricki has revised the list of possible Fall Town Meeting topics in accordance with the Board's guidance from the last meeting. He would like to develop a preliminary version of the warrant for the Board's next meeting. As such, it would be beneficial to that process for the Board to begin to make some preliminary decisions.

Draft Mobile Vendors Policy Review

The Board began review of the subject policy at a previous meeting and has since been awaiting input from the Economic Development Committee and the Essex Merchants' Group. That input is available for review.

Downtown Lighting Project Update

Our engineering consultant completed the 75% de-

sign plans for the downtown decorative lighting project at the end of the week of July 31, 2023. The TA walked the entire project zone with the Chairman of the Economic Development Committee (Jodi Harris) and we were able to confirm the proposed locations for the 23 lights (all on the landward side of the causeway) that were included in the original project cost estimate. Other light locations on the seaward side of the causeway and Martin/Main Street are also possible but these will need to be addressed as "add-alternates" in the bid documents since we may only have enough funding for the base package of 23 lights. Chairman Perren, Chairman Harris, and the Town Planner helped to prioritize the list of possible add-alternate lights and we provided this feedback to our consultant during the week of August 7, 2023. Presently, the TA is awaiting a revised set of plans so that we can verify the final layout and move on to finalization of the bid package and a bid schedule. The bid package will only include all of the underground work and replacement of affected portions of the concrete sidewalk. All wire pulling and aboveground work will be accomplished thereafter, by the Ipswich Municipal Light Department.

Also, the Economic Development Committee has proposed that the Town purchase a total of 25 brass sidewalk plaques (to accommodate the base package and up to two add-alternates), with a final cost that is slightly higher than what the Board approved at the last meeting. Before an order for the plaques is approved, it will be useful to discuss the timing of the sidewalk work that will be attendant to the underground preparations for the lights. We want to be certain that the lead time for the plaques is not such that sidewalk work (procured by competitive bid) is far enough out to allow for the placement of the plaques.

Municipal Vulnerability Preparedness (MVP) Grant Check-in

Our engineering consultant for the subject project and Mr. Zubricki participated in a virtual meeting with our MVP grant coordinator on August 16, 2023. With the Apple Street Roadbed Elevation and Culvert Replacement

project design and permitting presently on hold, the MVP coordinator for our region reached out to understand the Town's plans moving into the fall. Generally, since neither the MA DEP superseding order of conditions process nor the MEPA review process will continue until after the Town potentially acquires the necessary easements for the project, the Town is in a waiting mode until the Fall Town Meeting in November.

Hazard Mitigation Plan Update Documents Review

The Metropolitan Area Planning Council (MAPC) is assisting the Town with the update of the Town's Hazard Mitigation Plan via grant funding. The planning team has had one meeting so far and a second meeting is planned for September 18, 2023. At that second meeting, team members will provide any final feedback on three worksheets that were updated as a result of the first meeting and will begin the review and discussion of two new documents. All documents were distributed by MAPC during the week of August 14, 2023 and the TA has provided comments to MAPC in advance of the next meeting. Other team members have been encouraged to do the same.

Community Wildfire Protection Plan Meeting Summary

At the Board's meeting of July 24, 2023, the Board agreed that Essex should join the other three Cape Ann communities in the development of a Regional Wildfire Protection Plan. Mr. Zubricki participated in a meeting involving all four communities on August 17, 2023 and we agreed that it was time to reach out to the various non-profit land conservation agencies in our area, hopefully to have them share in the cost of the study. The TA is making contact with the Essex County Greenbelt and others are making contact with the Manchester Essex Conservation Trust and the Trustees.

Town Administrator Leave

Mr. Zubricki was out of the office, on leave, from August 10 through August 15, 2023.

This report is available at www.essexma.org on the morning after any regularly scheduled Essex Board of Selectmen's Meeting.

LIBRARY NEWS

T.O.H.P. Burnha
Public Library



Library is closed Saturdays in July and August

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.

Can you find Rosey the Racoon

Each Monday Rosey will move to an Essex business, visible from the street. Call, email or stop by the library to be entered into a lottery for a prize.

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.

Library of Things

Giant Jenga, Corn Hole and Pickleball available.

Museum Passes

Passes available for your holiday weekend.

ESSEX POLICE NOTES

SUNDAY, AUGUST 13

11:20 a.m. Main St., male with chest pain, transported to hospital. 3:31 p.m. Eastern Ave., motor vehicle stop, citation issued. 5:55 p.m. John Wise Ave., citizen assist, assisted as needed. 8:55 p.m. Conomo Point Rd., directed patrol, secured/checked.

MONDAY, AUGUST 14

8:34 a.m. Martin St., animal complaint, secured/checked. 12:11 p.m. John Wise Ave., fire alarm, fire false. 5:15 p.m. Western Ave., male sick, transported to hospital. 6:10 p.m. Southern Ave., breaking and entering, spoken to.

TUESDAY, AUGUST 15

8:32 a.m. Martin St., male with abdominal pain, transported to hospital. 1:12 p.m. Belcher St., male sick, transported to hospital. 3:35 p.m. Lakeview Rd., male sick, transported to hospital. 11:08 p.m. Western Ave., motor vehicle stop, citation issued.

WEDNESDAY, AUGUST 16

9:19 a.m. John Wise Ave., motor vehicle stop, citation issued. 11:25 a.m. County Rd., male with unknown medical problem, transported to hospital. 12:35 p.m. Red Gate Rd., animal complaint, notification made. 1:42 p.m. Southern Ave., motor vehicle stop, citation issued.

THURSDAY, AUGUST 17

1:28 a.m. Eastern Ave., motor vehicle stop, verbal warning. 10:13 a.m. John Wise Ave., welfare check, report to follow. 3:14 p.m. Main St., motor vehicle accident, no personal injury, assisted as needed. 10:15 p.m. John Wise Ave., selective enforcement, no action taken.

FRIDAY, AUGUST 18

2:47 a.m. Eastern Ave., fire wires down, assisted as needed. 2:50 a.m. Centennial Grove Rd., utility request, notification made. 6:18 a.m. Route 128NB, directed patrol, secured/checked. 7:04 a.m. Chebacco Terrace, directed patrol, secured/checked.

SATURDAY, AUGUST 19

No report.

Essex Locals | August 25

115 Years Ago - 1908

The rain and decidedly cooler temperature of Monday and Tuesday was a change greatly appreciated by people in general and reminded us very forcibly of the approach of fall.

90 Years Ago - 1933

Another of the delightful Saturday evening suppers at Conomo Point was held last Saturday evening which was followed by a social hour and dancing.

Senior Living in Essex

The Essex COA offers a variety of events and trips for seniors. For further information or to sign up for an event, please call the Essex COA Office at 978-768-7932 or visit the Senior Center at 17 Pickering Street. Here's what's going on:

Games with Gil at the Senior Center: Wednesdays 1 p.m.: Don't be BORED, come play BOARD games or Scrabble, Boggle, Cribbage, Backgammon, join us or bring a friend and come play ANYTIME!

Arts & Crafts activities: Tuesdays, 1 p.m.
Computer and Technol-

ogy Assistance: Do you have questions about your computer, tablet, phone, etc.? Drop-in with Curt Wednesdays 1-3 p.m.

Hearing Wellness Group, every second Wednesday of the month, 10:30 a.m. July's theme was Hearing and Alzheimer's Prevention.

Monthly Ride: Tuesday, September 5, 12:15 p.m.: Join us for an adventure - a scenic ride and a stop for a sweet treat! \$5 per person. Please arrive at 12:15 p.m. at Memorial Park, the van leaves at 12:30 p.m. Transportation is free but seats are limited. Call 978-768-

7932 to sign up.

COA Fitness Programs:

- BALANCE IN MOTION Tuesdays and Fridays, 10 a.m. - \$5 donation requested.
- GROOVE FITNESS VIDEO Mondays, 9:30 a.m. - get your dancing shoes on and join this fun, energetic dance class! Video, no instructor.

Monthly Book Club: last Tuesday of each month, 1 p.m.: Join us for a lively discussion about the current book of the month and other topics. Tuesday, August 29 - "The Shell Seekers" by Rosamund Pilcher. Through the generosity of

the Friends, multiple copies of each title are available to borrow but please return them for others to read! New members are always welcome!

Down River Cruise: Wednesday, September 13, 9:30 a.m. - 12:30 p.m.: Lunch on board at Farnham's. Choice of Lobster Roll Boat - \$24, Had-dock Bits Boat - \$11, GF Grilled Chicken with salad - \$11. Registration required; payment due at registration. Depart from Essex River Cruise, 35 Dodge Street.

SAVE THE DATE, Tuesday, September 19, at 6 p.m.: Social Security & Medicare 101 presentations.

I WANT TO APOLOGIZE FOR NOT APOLOGIZING ENOUGH.



STEPH

District Administrators are Prepared and Excited for Back to School

By Phileine de Widt

For some Manchester Essex Regional School District students, these last weeks of summer vacation are a sad time. But these are also the weeks that school district administrators are busy preparing for the first day of school on Wednesday, August 30.

District-wide, administrators are ready. They've been working hard, getting buildings and curricula ready for students and teachers. When asked this week what they were looking forward to most about the school year, every single administrator interviewed gave the same answer: "When the students come."

New Leadership at the High School

At the high school, the administration is filled with new faces. Julie Sgroi is the new principal (stepping into the vacancy left by Patricia Puglisi, who left the district last year after 10 years for a position in Lynnfield), and Elizabeth Drinkwater is the new dean of students. Together they started working July 1, and are prepared for the new year.

Both Sgroi and Drinkwater mentioned their excitement to start the school year and get a feel for what the environment is like while in session.

Though they are new and bringing unique ideas, they have mentioned that this first year will be more about getting comfortable rather than making any instant changes.

"We definitely want to take into account what has been working well and we don't want to disrupt the positives," Drinkwater mentioned.

That said, Sgroi added that the school is already in a great position, so the focus will mostly be continuing the progress made on important initiatives like the Vision of the Graduate.

Mainly, the two new administrators want to get to know the students, and that students have the opportunity to get to know them.

At the fall athletics meeting, Sgroi took the place of athletic director Cameron Molinare, who was out. She presented to a nearly full auditorium about rules and regulations regarding student-athletes and made a great first-impression to many members of the school community.

Sgroi said this made her excited for the year, as the



MERSD new Director of Curriculum & IT Heather Leonard.



New ME Regional High School Principal Julie Sgroi

building will finally be filled with noise and life.

To prepare for the year and get a feel for the community, Sgroi visited the school while still in session last year, engaged in committee meetings and info sessions, and received a Manchester-Essex tour from the Mary Lumsden, the high school's administrative assistant.

Elementary Coordination

At the elementary level, Manchester Memorial is continuing to adjust and get comfortable with the new, modern building that opened for the 2022/23 academic year.

Principal John Willis said last year was filled with many firsts, and many positive attitudes overall.

The school facility was built with progressive education in mind, so students and classes can make use of new and efficient technologies and unique project rooms for a change of scenery throughout the school day. One focus for this year is making use of the roof deck, which is now equipped with outdoor furniture and materials so students can enjoy an outdoor lesson.

At Essex, a new building is still in the talks, but certainly hoped for by community and staff members.

"We all know that excellent teaching can occur in any location, under a myriad of circumstances, but it is certainly made easier and more enjoyable in a modern facility designed for today's instructional needs," interim principal of Essex Elementa-

ry, Sheila McAdams said.

Despite the differences in modernity and progressive spaces, the two schools have been collaborating on town alignment, along educational and social lines.

They collectively began the New England Association of Schools and Colleges (NEASC) accreditation process, which will ensure an equal and successful curriculum amongst both schools, and comparatively, other schools globally.

Curriculum mapping will also be a big focus this year, according to Willis, to ensure that all standards and materials are consistent amongst grade-levels district-wide.

To prepare for the Manchester-Essex merge at the middle school level, the two schools have collaborated on unique experiences, including a combined 5th grade play, which was a success in this year's production of Alice in Wonderland. This collaboration, to ensure an easier transition "across the bridge" or to the neighboring town, is a continued goal from the elementary administrators.

Essex Elementary itself, is continuing to do well, McAdams will be entering her second year and shares she is excited and lucky to be a part of such a welcoming community.

She looks forward to continuing the initiatives taken after a post-Covid reevaluation, and strengthening the curriculum to reflect various important values, backgrounds, and needs of the

district's student body.

Welcoming at Middle School

Over at the middle school, the administration has organized leadership meetings, planned professional development days, pre-coordinated safety protocols, developed teacher and student schedules, and more typical summer "chores."

One change to look forward to this upcoming year is a relationship with the Anti-Defamation League (ADL). This organization, already established at the high school level, aims to educate people about truth and histories of inequalities, especially among the Jewish population.

According to principal Joanne Maino, middle school health teacher, Janda Ricci-Munn, was the driver behind this move toward an increased posture of inclusion as he has experience working with the organization and encourages similar practices in his classroom.

The middle school has also continued progress with social-emotional learning, specifically focusing on which strategies best fit the current classes. Maino said the middle school has noticed some behavioral changes that weren't present in the past, like readiness for school, which can likely be drawn from the impact of COVID on these students' earlier academic years.

To cope with this, there have been numerous strategies to slow down the pace

of instruction and include breaks as needed.

One fun example, which the school has done in the past two years is an in-school club day on three half days per year. Here, students can choose to participate in a teacher-run club, which can be anything from mak-

ing cookies to playing chess.

Not only will this present school as a fun-relaxing environment, but it also serves as an important time to get to know their teachers in unique ways and mingle with older or younger students as it runs for 6th through 8th graders.



ME Regional High School Dean Elizabeth Drinkwater

jeffreys creek
land contractors inc.

Builders of Quality Crafted Outdoor Spaces

180 SOUTHERN AVENUE ESSEX, MA
978 ~ 768 ~ 3359
www.jeffreyscreek.com

Gibson Sotheby's INTERNATIONAL REALTY

Nothing compares to what's next.

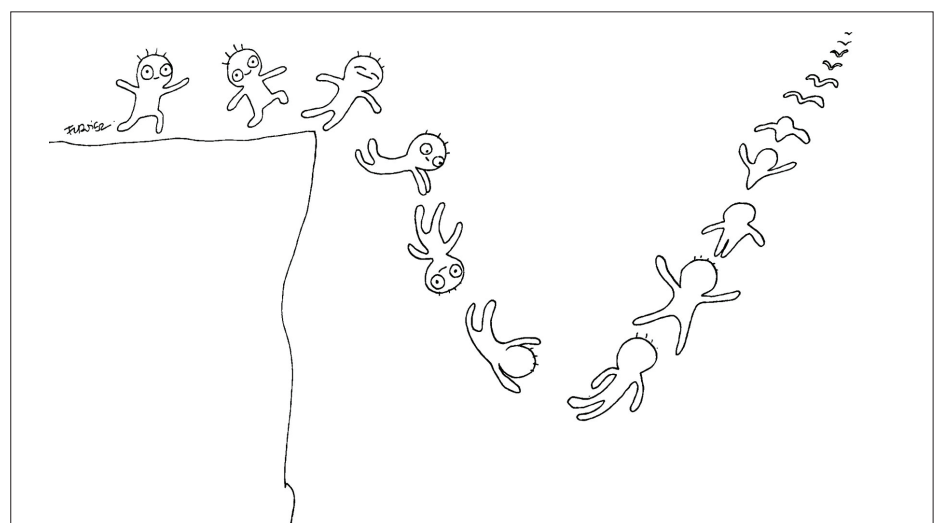
GIBSONSOOTHEBYSREALTY.COM

We are the industry's most prepared real estate agents—continually recognized for our expertise, experience, and stability.

WORK WITH US. DISCOVER WHAT'S NEXT.

Each Office is Independently Owned and Operated. Fair Housing Act and the Equal Opportunity Act. Featured Listing: MLSpin ID 73098619 | 9 Boulder Avenue, Unit 1, Gloucester, MA

Off at School and Doing Great



Local students enrolled in college have returned from their academic year, but we continue to receive news from colleges and universities across the country announcing successes by local students. We're happy to see that so many are doing well and have achieved academic honors:

Lilly Marletta of Manchester made the Dean's List for the academic year last year at Union College. Her major is computer engineering. Located in Schenectady, NY, Union College provides a rigorous, holistic, and immersive liberal education that emphasizes integration, innovation, inclusion,

and reflection for every student. Union College issues its Dean's List just once per year for students who have maintained a 3.5 GPA all year.

Also, with news on local graduation milestones.

Manchester resident **William Talleri** graduated magna cum laude from Babson College in May, earning a Bachelor of Science in Business Administration. William was a Presidential Scholar at Babson, and competed on the men's varsity soccer team. He spent his junior year abroad at the London School of Economics. The son of Manchester residents Sarah Whitehead and Jerry Talleri, William now works as an investment analyst for Re:Build Manufacturing, located in Framingham, Massachusetts.

Congratulations to all.

Got some news from a student we should know about? Email us at news@thecricket.com and we'll include it here in *Off at School and Doing Great*.

Removing PFAS From Home Drinking Water: A Primer

By Steve Gang

First, the background. What exactly are “PFAS” chemicals and why are they important?

PFAS (per- and polyfluorinated compounds) are a family of dangerous manmade chemicals that persist in the environment and accumulate in our bodies. They're highly toxic in very very small exposures. New EPA limits on PFAS in drinking water will require the town of Manchester (and many other public water systems) to add expensive sophisticated new treatment over the next few years. Meanwhile, it's prudent to look at options for protecting yourself and your family, especially infants, young children and pregnant woman.

What to know about home water treatment for PFAS:

- If you want to treat your home drinking water for PFAS, **focus on water you drink or cook with** - washing or bathing water is not considered a threat. The simplest (and cheapest) approach is to remove PFAS at a single point-of-use (POU) like your **kitchen sink or refrigerator water tap**. You can also treat all the water coming into your house, typically in your basement where the water enters your house, but I'm going to focus on POU treatment options.

- Two filtration methods for removing PFAS are becoming widely available and have been tested for effectiveness: **activated carbon and reverse osmosis**. Let's take them in turn.

- **Activated carbon (GAC) Filters**

- Filters with granulated activated carbon (called “GAC”) can be highly effective at removing PFAS along with all other organic chemicals, and they're simpler and often less expensive than reverse osmosis filters. They work by exposing the water to lots of tiny bits of charcoal or wood to which the organic chemicals tend to stick.

- The simplest GAC filters sit on your countertop, requiring no installation. Here's a good source for reliable tests and recommendations, which cost between \$250 and \$650 per year, including replacing the filter at recommended cycles. For this you'll get 100% reduction in the most common PFAS compounds (see “Fine Print” below.)

- GAC filters are also available for installation under your sink (supplying a separate tap for drinking water), for mounting on your faucet and for use in your refrigerator. Consumer Reports recommends a few of these based on testing and NSF/ANSI certification. They cost about the same to purchase as countertop filters but most people need to hire a plumber to install the under-the-sink models.

- Drawbacks of GAC filters: they can be slow (in terms of gallons per minute) and require you to replace the filter (for one product as frequently as every 10 days, while other products' filters last for years). Other drawbacks: that GAC filters don't remove particles, salts or nitrates and they don't treat bacteria.

- **Reverse Osmosis (RO) Filters**

- RO filters are probably a better bet for most Manchester households, since they'll cope better with the sediment and iron in our tap water. These are multi-stage filtra-



Because they are non-stick and water resistant, PFAS have been widely used for the past 70 years in many different consumer products and industrial processes. Graphic: WaterFilterGuru.com



tion that removes virtually all known contaminants including PFAS, nitrates, salt, iron, manganese and particulates. RO systems use (at least) three filters - one passive filter to remove particulates and minerals, one GAC to filter volatile organics and one very fine membrane using pressure to remove remaining organics, metals, bacteria etc. Can be more expensive upfront than GAC filters but can offer much longer-life filters (at a cost to the environment - see “Fine Print”).

- A good collection of recent reviews of RO systems is here.

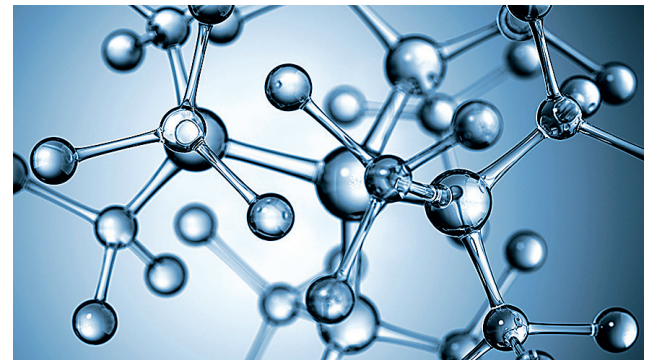
- Available for the countertop, e.g. Aqua-Tru at \$450-\$900 on Amazon. Countertop RO systems require a power source for the pressurized filter.

- Often installed under your sink with lower purchase price (\$200-\$500) but requiring professional installation. Many RO systems use a tank under the sink to store a supply of filtered water which is convenient but can get “stale” if not used for a while (so most people with these systems run their water for a while before drinking or cooking.)

Fine Print (The Gotchas!)

- Testing includes only the

most common PFAS, as few as the “Big 6” and as many as about 50. EPA has identified over 12,000 different compounds, so there's no way to tell how effective any home filter is on the other 11,950 PFAS compounds. Newer PFAS are “short chain” molecules as opposed to the most com-



mon long chain versions which are typically tested. GAC filters are less effective against these short chain critters (and they may have different toxic health effects).

- Manchester's water is full of sediment, iron and manganese (both from our sources and our ancient water mains). This will be a problem for GAC filters since they'll clog up with these particulates long before replacement would be required for just PFAS. The best solution is to filter out the sediment etc. before the water goes through a GAC filter to remove PFAS. Probably this is best done by installing a simple whole-house filter on the water feed line in your basement. These use cellulose to trap sediment and minerals. You can buy them online for less than \$50, installation is simple (for a plumber), and new filters are inexpensive and easy for you to replace when the filter turns dark. Plus your water will look and taste noticeably better.
- Reverse osmosis filters waste a lot of water (2-5x what they filter) since they flush the RO filter after each use. BTW, that also sends the PFAS down the drain into town sewers or your septic tank (depending on where you live). If you have a septic system, those PFAS will eventually work their way into the groundwater, slightly aggravating the whole PFAS water crisis. (Countertop RO systems have a wastewater tank you have to empty.)

More Background (Gory Details)

- Because they are non-stick and water resistant, PFAS have been widely used for the past 70 years in many different consumer products and industrial processes. (Notable examples, Teflon, Scotchgard, Gore-Tex, sunscreen, microwave popcorn, fast food packages, dental floss.) They have also been used in firefighting foams because of their incredible resistance to heat. Above is a graphic “wheel” showing common uses.

- Unfortunately, the same characteristics that make them useful also cause them to persist and to accumulate in our bodies. PFAS are known to be very toxic in very very small ex-

posures. According to Harvard's T.H. Chan School, a number of studies have linked PFAS to cancers, high cholesterol, thyroid disease, liver damage, asthma, allergies, and reduced vaccine response in children. PFAS have also been linked with decreased fertility, newborn deaths, low birthweight, birth defects, and delayed neurological development. The EPA and CDC list the following adverse health effects from exposure to PFAS:

- Hormonal disruption
- Increased cholesterol levels
- Impaired immune function
- Low infant birth weights
- Increased risk of cancer

- Accordingly, the EPA has advised in 2022 that total PFAS exposure should be limited to extraordinarily tiny levels (below the measurements available from current lab tests). In March 2023, EPA issued regulations for drinking water which are considerably below all current state standards, including Massachusetts' previously relatively strict ones. These regulations are expected to become effective at the end of this year, after which States and local water systems will be required to reduce PFAS in their drinking water significantly. (Meantime, it's on you and me to take action in our homes.)

- In case you're wondering, bottled water, seltzer and carbonated drinks aren't required to test for new contaminants. Depending on where they source their water, they can deliver significant amounts of PFAS. They're not a reliably-safe substitute for tap water. A few independent studies conducted in the past five years have identified many brands of sparkling and still water with detectable levels of PFAS, along with others that test safe from PFAS.

Steve Gang is chairman of the Manchester Conservation Commission and also served as chairman of Manchester Water Resources Protection Task Force that studied the quality and quantity of town water resources. After 18 months, the task force completed its mission and in a June report recommended a new water rates and flagged PFAS mitigation as a critical issue.



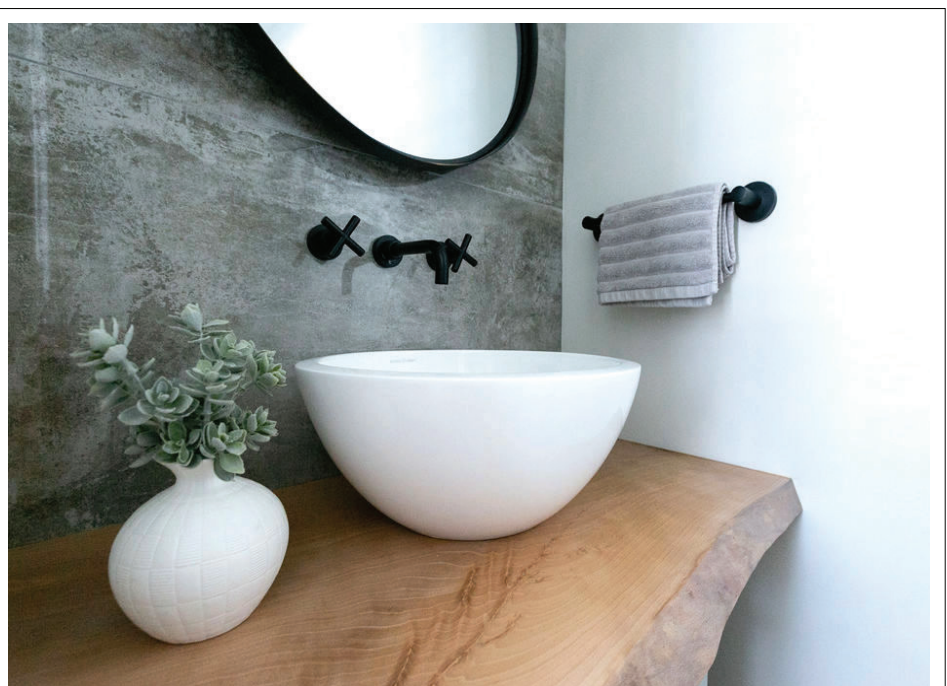
DR. JASON GRIMARD DC

Grimard Chiropractic is now open and providing spinal wellness to the Beverly Farms and Manchester community.

Follow @grimardchiro for health and wellness tips and alternative treatment to back pain, neck pain, musculoskeletal injuries and headaches.

20 Oak Street
Beverly Ma
@grimardchiro
grimardchiro.com
978.347.5489

ACCEPTING NEW CHIROPRACTIC PATIENTS!





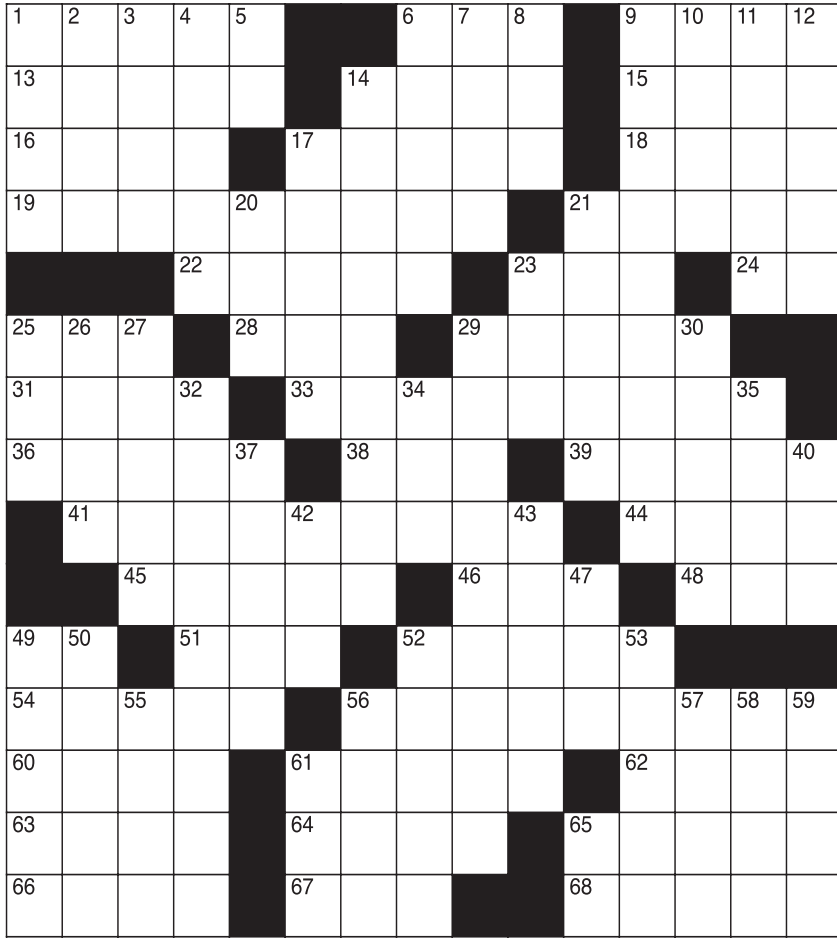
interior design services

Jennifer Coles, principal
colescoloranddesign.com
jen@colescoloranddesign.com

978.808.7481

Puzzle

- CLUES ACROSS**
- Russian painter
 - Very fast jet
 - Phillipine municipality
 - Intestinal
 - Small freshwater fish
 - Algerian coastal city
 - Vomit
 - Famed astronomer
 - Ghanaian currency
 - Improved the condition of
 - Int'l association of interpreters
 - Infections
 - Dish made with lentils
 - Thou
 - Former CIA
 - Unit used to compare power levels
 - Members of Pueblo people
 - Myanmar monetary units
 - Polished
 - Signed a contract
 - Nothing
 - Once-ubiquitous department store
 - Neural structures
 - Thick piece of something
 - Slang for trucks with trailers
 - Longing
 - Senior officer
 - Levels of frequency
 - Bird's beak
 - Move rapidly downwards
 - Koran chapters
 - Stretches out
 - Top of the human body
 - A Chinese temple and Indian town are two
 - Fertility god
 - Sea eagle



- CLUES DOWN**
- "Iron Man" actress Leslie
 - Wings
 - Adjust the spacing
 - Dry
 - Zodiac sign
 - "Horizon Call of the Mountain" character
 - Have the ability to
 - Take somewhere

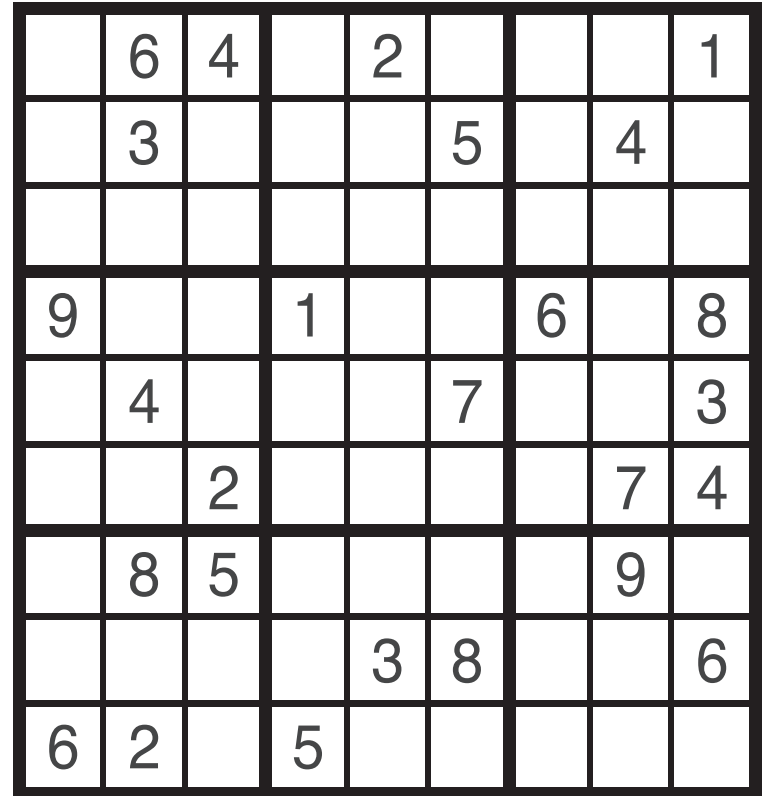
- They're usually locked
- Atomic #43
- Wise individuals
- Horse mackerel
- Pearl Jam's debut album
- Confines
- Colorless crystalline compound
- Unsatisfactorily
- Plant of the parsley family
- Determines time

- Causes the birth of
- Small ornament on a watch chain
- Richly decorated cloth tapestry
- Vito Corleone was one
- Igbo musical instrument
- Put in harmony
- Japanese alcoholic drinks
- Tinseltown
- Closes tightly

- Songs sung to one's lover
- One thousandth of an inch
- Small drink of whiskey
- Political divisions in ancient Greece
- Helps little firms
- Baby's eating accessory
- Very long periods of time
- Small block of wood
- Town in Surrey, England
- Enquiry

- Murdered
- Bura- : Chadic language
- Crater on Mars
- Mammal genus
- Sock
- Make
- Stony waste matter
- Partner to cheese
- Pound

Sudoku



Solutions on Page 11

Level: Intermediate

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 Kolentzas, are held each Sunday.

Sunday's Divine Liturgy, with Father Christopher, starts at

9:30 a.m. followed by a weekly sermon. All are welcome to attend.

First Parish Church Manchester-by-the-Sea

Worship service, Sunday Aug. 27, 2023, 9 a.m., we invite everyone to join us for hospitality following the service.

Worship Leader, Jeanne Westcott

Music led by Dr. Bonnie Anderson

Monday Friends of the COA Senior Drop in 10 a.m.-12:30 p.m.

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

St. John's Episcopal

Church (Beverly Farms)

Sunday Service Summer Hours 9 a.m. (1 service)

Community Shop Summer Hours

Thursdays & Saturdays 10 a.m. - 1 p.m.

Summer Office Hours- Starting June 12

Monday - Thursday 10 a.m. - 4 p.m.

Friday 10 a.m. - 1 p.m.

Gloucester Unitarian Universalist Church

10 Church Street, holds Sunday morning services at 10 a.m. in-person in its historic sanctuary, as well as online. Please visit the church's website, www.gloucesteruu.org, for the link to the livestream. Activities provided for elementary school-aged children

during the service. Masks are always now optional. Our church is handicap accessible. All are welcome.

EMMANUEL CHURCH (Episcopal)

19 Masconomo Street Manchester, MA 01944

(978) 526-0085

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: northshorequaker@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.



CHURCHILL PROPERTIES

266 Cabot St, Unit 7, Beverly | 169 Bay Rd, Hamilton | 49 Union St, Manchester
230 North St, Unit 2, Danvers | 127 Eastern Ave, Gloucester | 1 Merrimac St, Suite 6, Newburyport



Templeton
Welcome home to this 2-year young Colonial on nearly 15 Acres. Wide open floor plan, ideal for entertaining.
\$629,000 | Samuel Gifford | 781-307-0228



Ipswich
Exceptional and rarely available residence at Turner Hill with FIRST FLOOR Main bedroom suite in beautiful move in condition!
\$1,400,000 | Philio Cushing | 978-884-9904



Hamilton
Beautifully updated Greek Revival home nestled in the historic district amid lush lawns and beautiful gardens. Perfect location.
\$799,000 | Alli Allmendinger | 978-325-2702



Wenham
Spacious oversized home drenched in natural light with gleaming hardwood floors throughout! Offers privacy & an open floor plan.
\$1,195,000 | Tracey Hutchinson | 978-473-9720



Gloucester
The best water views from this western facing townhome. Two levels of living, lovely open floor plan.
\$849,000 | Andrea Osbon | 508-228-3733



Boston
Welcome home to this lovely two bedroom, two bath condo situated on one of the South End's tree-lined cul-de-sacs.
\$1,274,900 | Theresa DiPiro | 617-275-6624



Gloucester
This immaculate condo/townhouse conveniently located near Stage Fort Park, the Boulevard, and other amenities.
\$799,000 | Jane Meterparel | 508-228-3733



Newbury
New Custom Designed Modern Farmhouse! Exquisite home sits on a private, level 1 acre lot abutting farmland in a fabulous location.
\$1,895,000 | Leshia Crestin | 617-543-3104



Manchester
Towering over Manchester Harbor, "HARBORHEAD" stunning town and water views. New Construction with classic design.
\$13,750,000 | Karen Bernier | 978-807-5580



Gloucester
Perfect blend of charm, location, and space to expand! More than an acre of land, this offering is RARE. Restore & let your imagination soar!
\$599,000 | Kristal Pooler | 978-764-4506



Newbury
Restored antique carefully blends old world charm with modern convenience. Park-like 1.64 acre parcel on the Newbury Upper Green.
\$2,795,000 | Karen Bernier | 978-807-5580



Boxford
Spacious 3 bedroom property featuring modern amenities, and a serene backyard. Comfortable living space in a beautiful neighborhood.
\$739,900 | Tara Farley | 978-267-7785

When you entrust your listing with **Churchill Luxury Properties**, we impart our expertise and leverage luxury marketing venues to maximize the return on your investment and equity. Find out about our luxury custom-designed, multi-media program that provides exposure on an international, national, regional and local level by calling us at 1-833-MOVING-9.



Churchill Properties is pleased to welcome Don Notargiacomo to our Newburyport office. If you are considering renting, buying or selling a home, contact Don today at 617-803-2944 or DonNotar@ChurchillProp.com



Call 833-MOVING-9 | Visit www.ChurchillProp.com



You are what you eat, watch, and listen to...



By Joanne MacInnis RN, Certified Dementia Practitioner

Are you bombarded? Overwhelmed? If not, you might have yet to read a paper or listen to the radio or TV. It's all happening out there; much of it is worrisome, frightening, and feels very out of control.

Think of the input your mind, emotions, and central nervous system are dealing with daily. Not only do we hear about local issues, tornado touchdowns last week, drownings in rivers and ponds, but we're inundated with the ever-increasing violence and the global crises of fire and war. It reads like a Stephen King horror novel.

BREAKING NEWS

Even if you don't think this impacts you...guess what...it does. Our Central Nervous System is, in fact, our "motherboard." Because our physiology is so complex and sophisticated, we have "reflex" responses to much in our environment. We hear an ambulance siren, and without our "permission," our heart rate and blood pressure rise. Our bodies are made to have an immediate response to danger.

The "Sympathetic Nervous System" is part of our collective response to stressors that typically cause the fight/flight/freeze response. A perceived threat occurs, and our reflexive neuro department, automatically and without your permission, changes your biology, including system-wide stress hormone release resulting in an internal sense of emergency.

Once our brains and bodies become accustomed to the excretion of these mood-altering hormones and stress chemicals, sometimes we become accustomed to the feeling that is created. Those who enjoy "extreme sports," like skiing off a cliff, love the rush of the perceived threat. What happens to most of us is that we are "triggered" by information that sets off a chain reaction within.

Those of us with good mental health and intact boundaries clearly have ways of managing the input that creates chaos. We change the topic of conversation, put the paper down, and turn off the news. We protect ourselves from the chaos we can do nothing about. We give a message to our "motherboard" that we are going ... offline.

How does all this input affect those who do not have the skills to turn up their personal filter? At the time of 9/11, I was providing private duty care for an elder with dementia. That day, I was scheduled to go in at 7 p.m. When I arrived, shaken from the day's

horrific events, my poor patient thought the airplanes were headed to her home. The caregiver on the shift before mine had the TV on all day, a constant loop of disaster.

She clearly could not filter the information; it all became local, real, and personal. While it's true that she may not have fully grasped all that was happening, she felt and experienced the panic it invoked. Sadly, this lasted for many days. She forgot the story but lived in a state of profound crippling anxiety for many days, not even sure why.

This is my point. Sometimes, we cannot "source" the root of our distress. All we can do is be attuned to its presence and impact. Do your own inventory. Pay attention to your feelings, breath, heart rate, and discomfort. Are you "edgy," moody, and irritable? These could be signs that your central nervous system is on overload.

It's very fashionable at the moment to pursue all kinds of Zen.

The point is that we have some responsibility and power to shield ourselves from counterproductive input. Enough chaos will find us at one point or another, and we do not need to look for it. Maybe we need to be more fully aware of our

response to it. Often, we are on a "loop." We tell ourselves the same disturbing story over and over; even if it's reality, we bathe ourselves in it.

When you feel calm and in control, peaceful and serene, really stop and note what that feels like.

Reward yourself when you take a position that says "no more" to whatever stimulus is not personally yours and is wreaking havoc within. Over time, and yes, it takes time like any good change of habit, you can condition yourself to react less ... and respond more thoughtfully, even if it's in your head.

The Presidential Election spinning wheel of death is about to begin. I'm not suggesting you boycott but encouraging you to consider how much you can tolerate. The weather and natural disasters press on, as do unrest and violence in so much of the world. Your anxiety does not help any of those worldwide crises, but it can make you less able to stay centered and fully present for your own life and loved ones.

Be careful with children and elders who may need help to engage their filter systems fully. Help them set boundaries and set up adequate self-protection. You are what you eat, listen to, watch, and consume. Choose wisely.

Solution to puzzles on page 10

B	A	K	S	T	S	S	T	L	U	B	A		
I	L	E	A	C	D	A	C	E	O	R	A	N	
B	A	R	F	S	A	G	A	N	C	E	D	I	
B	E	N	E	F	I	T	E	D	T	A	A	L	S
S	O	R	E	S	D	A	L	Y	E				
O	S	S	B	E	L	H	O	P	I	S			
P	Y	A	S	S	I	M	O	N	I	Z	E	D	
I	N	K	E	D	N	I	L	S	E	A	R	S	
C	E	R	E	B	E	L	L	A	S	L	A	B	
S	E	M	I	S	Y	E	N	S	M	A			
E	Q	N	E	B	S	W	O	O	P				
S	U	R	A	S	E	L	O	N	G	A	T	E	S
H	E	A	D	M	I	A	O	S	B	A	A	L	
E	R	N	E	A	R	I	D	L	I	B	R	A	
R	Y	A	S	C	A	N	B	R	I	N	G		

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

PET OF THE WEEK



SINEAD

Sinead is being featured as part of our Clear the Shelters campaign to help her find her forever home. Sinead's adoption fee is reduced to \$25.

I'm a sweet and loving five-year-old gal who would love to join your family. I'm cuddly, playful and fun. I have lots of personality and great people skills though I'd likely do best in a home without small children. I haven't

been a huge fan of the other cats here; it appears they do poke at my anxiety quite a lot. The shelter is a stressful place, and stress doesn't bring out the best in anyone, right? I've been in a home the last 3 years but unfortunately due to no fault of my own, I was unable to stay. I'm ready to find a new loving home of my own, so come on down and meet me!

Visit the following section of our website if you are interested in adopting: <https://www.capeannanimalaid.org/adopt.html>

Senior Highlights

There's a lot set to happen with the Council on Aging (COA) in the coming weeks. Check them out here, and for on any of these great trips or to reserve your seat on the van, please call 978-526-7500..

COA to Trader Joe's & Walmart

On Friday, August 25, the Manchester COA van will be

going to Trader Joe's, Burlington Coat Factory, & T.J. Maxx shopping area as well as Walmart. The van will start picking up seniors around 10 a.m.

The Old Manse

Manchester COA is pleased to offer a trip to The Old Manse in Concord on Wednesday, August 30. Built in 1770 for

patriot minister William Emerson, The Old Manse, a National Historic Landmark, became the center of Concord's political, literary, and social revolutions. From upstairs, you can look out over the North Bridge, where the famous battle of April 19, 1775, took place. Ralph Waldo Emerson and Nathaniel Hawthorne both called the Manse home for a time - and each found inspiration here. The COA van will begin to

pick up at 10 a.m. Admission is free thanks to the Highland Street Foundation's August Activities. A \$2 donation is requested if able.

Salem Willows

On Friday, September 1, the Manchester COA is pleased to offer a trip to Salem Willows. Come and enjoy all that Salem Willows has to offer. Sit by the water and enjoy the Willow's famous Chop Suey Sandwiches at the re-opened

Salem Lowe or ice cream at Hobbs where the first ice cream cone in America was given in 1906. There is also popcorn, taffy, or check out the Clam Shack and don't forget the arcade. The van will start picking up seniors at 11 a.m. Return is expected around 2 p.m.

All About Pizza

On Wednesday, September 6, the Manchester COA is pleased to offer an opportu-

nity to learn all about pizza. Learn about the different types of pizza and how they are made, including Massachusetts' own South Shore Bar Pizza. Pizza recipes, healthier alternatives, and pizza history will also be covered. Sample pizza available for tasting.

Join us at the Congregational Chapel. The event starts at 11:30 a.m. Transportation is available. FREE

REEL 'EM IN WORD SEARCH

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

- Angler
- Backcast
- Bait
- Barb
- Bobber
- Bottom Feeder
- Braid
- Bucktail
- Bunker
- Chumming
- Creel Limit
- Crimp
- Drag
- Fishing
- Fly
- Gaff
- Hook
- Jigged
- Line
- Lure
- Reel
- Rod
- Sinker
- Spool

Find the words hidden vertically, horizontally, diagonally, and backwards.



Manchester Animal Hospital

Larry A. Lamb, DVM

66 Summer Street
Manchester-By-The-Sea
MA 01944

Office:
978-526-9500
Urgent Care:
978-500-6208



**Comprehensive Veterinary
Medical, Surgical and Dental Care**

www.manchestervet.com



The North Shore's Premier Real Estate Agency



Manchester \$2,200,000
Nestled beside conservation land, a custom-built home that offers single level living, 4 bdrms, 3.5 baths, distinctive design and versatile floor plan. Fenced yard, detached garage, close to town.
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

Thinking of
Buying or Selling
YOUR Home -
**WE ARE HERE
TO HELP!**



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

1 Beach Street • Manchester-by-the-Sea, MA 01944 • 978.526.8555

Find us on **f**:
JBarrettRealtyNorthShore

WE'RE LOCAL
WE'RE GLOBAL®

Leading REAL ESTATE COMPANIES IN THE WORLD®

LUXURY REALTY

www.jbarrettrealty.com

J Barrett & Company, LLC supports the principles of both the Fair Housing and the Equal Opportunity Acts.

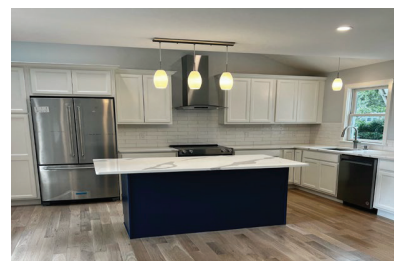
COLDWELL BANKER
MANCHESTER-BY-THE-SEA



**208 Southern Ave
Essex | \$1,595,000**
Stunning 3 BR contemporary on almost 2 acres, equidistant between downtown Essex and Manchester. Amazing chefs' kitchen, living room with sliders to covered patio
Realtors
Joan- 978-979-3190
Scott- 617-750-2793



**74 Cherry Street
Wenham | \$4,250,000**
On over 40 Acres of private rolling lush fields overlooking a majestic pond, this property is in pristine, move-in condition.
6 BR, 5 full BA 2 half BA, 7 fireplaces.
Lynda Surdam | Realtor
978-764-7474



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



**2 Saint Anthonys Ln.
Gloucester | \$ 1,090,000**
Spacious raised ranch tucked away Off the back Shore in East Gloucester
3BR, 3 BA
Lynda & Brianna Hemeon
978-884-5710



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



WHEREVER YOU
DREAM OF LIVING,
WE'LL HELP GUIDE
YOU THERE.



40 BEACH STREET, MANCHESTER-BY-THE-SEA, MA 01944 |
TELEPHONE 978-526-7572
COLDWELLBANKERHOMES.COM