

It's Father's Day This Sunday

A reminder to readers and our advertisers. Don't forget good old Pop!

MANCHESTER CRICKET

A Local Tradition Since 1888

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BRIEFLY

June 24: Manchester Democrats to Elect Delegates to Democratic State Convention

On Saturday, June 24 at 9:30 a.m. at Tuck's Point, Democrats will convene in person at the picnic tables under the trees (or at the Rotunda if it's raining) to elect four delegates and four alternates to represent Manchester at the 2023 State Democratic Convention. Registered and pre-registered Democrats in Manchester at least 16 years old by May 23, 2023, may vote and be elected as delegates or alternates during the caucus. Youth (age 16 to 36), people with disabilities, people of color, and members of the LGBTQ+ community not elected as delegates or alternates are encouraged to apply to be add-on delegates at the caucus or by visiting massdems.org/massdems-convention. The 2023 Convention will be in person at the Tsongas Arena in Lowell, MA on September 23. Interested in getting involved with the Manchester Democratic Town Committee? Contact Michele Kulick at michL2ku@yahoo.com or (978) 807-1046.

Cape Ann Sea Scouts at Masconomo Park

The Cape Ann Sea Scouts will visit Manchester on June 17 from 4 - 6 p.m. to present a program for families with younger children. They will gather in the shelter of Morss Pier in Masconomo Park. The Sea Scouts will demonstrate knot tying, shell painting, and sextant use. They will also give a short presentation on oysters, repropagating native oysters in our local waters, and other citizen science activities. The Scouts will be hosted by the Manchester Harbor Boat Club and our oyster upweller on the harbor will be open for viewing. The Boat Club will provide sodas and snacks. Please join us for this free event on Manchester Harbor.

Last Call! Go Daddy

Father's Day is Sunday, and *The Cricket's* annual gift guide for dad is ready for all you laggards who left gift purchases to the last minute. Never fear. We have great ideas on Page 11 and they are all from local retailers, which supports your neighbors and the local economy.

Special Town Meetings in Essex and Manchester

Two Special Town Meetings in Essex and Manchester have been set for later this month. In Essex, the June 26 meeting at Essex Elementary School will consider the revised "Compromise FY24 Budget" from the ME Regional School District. In Manchester, STM is set for June 28 at the Memorial School to consider the school district budget as well as revisions by the Planning Board to the Manchester Bylaw. Details on Page 3.



Fireman's Memorial Service and Parade in Essex last Sunday morning, Page 7



ONTO THE FINAL 4! ME Varsity Girls Lacrosse defeated Nantucket 10-4 Sunday in the Elite 8 game and here we see Paige Garlitz (#7) in action as team striker. The team moved onto to face Ipswich on Wednesday (after our deadline) at Whittier Tech High School in Haverhill. Read about the GLAX season this year, Page 6.

Photo: Abby Levendusky

MBTS Secures Millions in Grants for Culvert



Last week, MBTS Town Administrator Greg Federspiel with (from left) Lisa Berry Engler, MA director of National Coastal Zone Management; Rebecca Tepper, MA Sec of Environmental Affairs, and (facing backward) Betsy Nicholson, northeast director of NOAA. Photo Erika Brown

By Erika Brown

A team of state and federal officials last week assembled along the harbor behind Town Hall to announce \$1.5 million in coastal resiliency funding to support next year's restoration and

expansion of Manchester's Central Street culvert and restoration of Sawmill Brook areas in the critical areas along Elm Street, School Street and lower Brook Street.

It was a relatively small gathering next to the Central Street culvert, belying

the extensive spectrum of officials present.

Select Board Chairman Ann Harrison said success with this grant was critical for the future of Manchester's resilience posture. The project has been sorely needed, said Harrison, "for decades."

She was joined by Town Administrator Greg Federspiel, DPW's Chuck Dam and Nate Desrosiers, Harbormaster Bion Pike, ConCom officials along with state and federal agency officials that included MA Secretary for Energy and Environmental Affairs Rebecca Tepper (EEA); Lisa Berry Engler, director at the Massachusetts office of the National Coastal Zone Management (CZM); and Betsy Nicholson, north regional director of NOAA, the US Office of Coastal Management, among others. MA Representative Ann Margaret Ferrante and MA Senator Bruce Tarr were also on hand.

The \$1.5 million restoration grant will be combined with an additional \$4.5 million in US FEMA "BRIC" (Building Resilient Infrastructure and Communities) grant to pay for the nearly \$7 million project. Local and state funds will cover the balance of the project's costs.

Ferrante invoked dramatic images of haze that have blanketed the East Coast in recent weeks from Canadian wildfires to the north. She said the impacts of climate change are here, illustrating that we are all connected. They also demonstrate the urgency of projects like this one.

The US CZM's Nicholson said Thursday the grant monies are part of the US Dept of Commerce's effort to help coastal communities fortify infrastructure in the face of changing climate conditions with funding and technical assistance for capacity building, transformational projects that help protect communities from storms and flooding. The grant won by Manchester is one of two announced last week. The other recipient is the town of Truro, on Cape Cod.

...*(Continued on page 10)*

Task Force Takes on MBTA Zoning Requirements

By Jeff Pope

The Manchester-By-The-Sea MBTA Task Force held its first meeting on June 8 at Town Hall. The goal of the panel is to develop new zoning for the town to meet the state's requirements for its new MBTA zoning laws.

"Our goal right now is to have something to put before the voters at the 2024 Annual (Town) Meeting next April," said Selectman Ann Harrison, a member of the task force. "We are on a very tight schedule."

Jonathan Murray of KP Law provided the task force with an overview of the new law and the requirements for Manchester. The MBTA Zoning Act is Chapter 40A, Section 3A of the state's general laws. The MBTA Zoning Act is a new section to the state's Housing Choice Act.

"What it requires of towns is that those towns that are designated as

The task force will help residents understand implications of a state mandate to consider a by-right multifamily district downtown

MBTA communities ... have to adopt at least one zoning district of reasonable size in which multi-family housing is permitted as a right," said Murray. "That's the basic requirement."

Murray said "reasonable size" was defined differently for every town. For Manchester, the multi-family housing district must be at least 37 acres, with at least 17 acres within a half mile of the Manchester trail station.

In addition, Murray said the district must have "a

minimum gross density of 15 units per acre." Murray said that multi-family housing was defined as three or more units in the same building.

Questions were raised about the zoning district and if all 37 acres had to be contiguous. Murray explained that at least 50 percent of the district - or 18.5 acres in Manchester's case - had to be contiguous. But the rest of the district could be spread out over any number of parcels, if each parcel was at least five acres.

Murray said that the land included in the district must be developable land. Any land that is wetlands, rivers, streams, oceans, or publicly owned land has already been excluded by the state. The apartment complex at 12 Summer Street was used as an example of a parcel that already has a density greater than what the state is calling for.

...*(Continued on page 13)*

| Day | Icon | High | Low |
|-------------------|------|------|-----|
| Saturday 17 June | ☁️ | 64° | 59° |
| Sunday 18 June | ☁️ | 62° | 57° |
| Monday 19 June | ☁️ | 60° | 58° |
| Tuesday 20 June | ☁️ | 61° | 57° |
| Wednesday 21 June | ☁️ | 59° | 56° |
| Thursday 22 June | ☁️ | 62° | 58° |
| Friday 23 June | ☁️ | 62° | 59° |

Weather data pulled Wednesday and is subject to change.

Gavel to Gavel
This Week's Town Meetings

| | |
|---|--|
| <p>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. Essex Town Hall hours are Monday through Thursday 7:30 a.m. - 3:30 p.m.</p> <p>MBTS ZBA - Site Visit Tuesday, June 20, 5:30 p.m.</p> | <p>MBTS Bike & Ped Committee Wednesday, June 21 6:30 p.m.</p> <p>MBTS ZBA Wednesday, June 21 7 p.m. Hybrid Meeting - Town Hall</p> <p>Essex Planning Board Wednesday, June 21, 7 p.m.</p> |
|---|--|

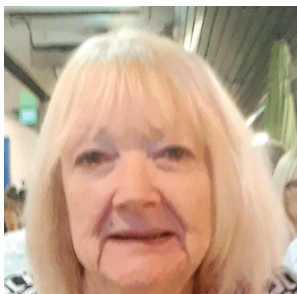
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Obituaries

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

Georgia Anne Pepper



Georgia Anne Pepper, 80, of Manchester, passed away at the Care One Essex Park facility in Beverly on Tuesday, June 6. She was the daughter of the late Elsie and Raymond Pepper of Manchester by the Sea. Georgia was a lifelong resident of Manchester. She remained actively involved in various community events and social clubs, most notably the Manchester Woman's Club, throughout her life. She enjoyed traveling, shop-

ping, and dining with her friends, especially in retirement.

Georgia worked for the Registry of Motor Vehicles of Massachusetts for over 40 years as a Computer Operations Manager and as a Contractor. She supported numerous charities and foundations over the years from the American Red Cross to Susan G Komen to Wounded Warriors to ASPCA to MADD. She was a cancer survivor for over 15 years before succumbing to her illness.

Georgia is survived by her two sons, Robert and David Pepper, daughter in law and David's wife, Antonia Pepper, and numerous relatives in MA, US, and Brazil.

Funeral services for Georgia were attended privately by family at Rosedale Extension Cemetery in Manchester by the Sea. Contributions may be made in Georgia's

memory to aforementioned causes or to another charity you support.

Kevin M. McQuaid

Kevin M. McQuaid, of Manchester-by-the-Sea, died in the early morning of June 10, after a long, valiant battle against cancer. His wife and daughter were by his side.

Kevin was born to John and Mary McQuaid on January 16, 1945, in Cambridge, MA, and raised in Bedford, MA. Kevin married his wife, Linda, née Zilonis, in 1978.

Kevin was the second-generation owner of Anderson & McQuaid in Cambridge, MA, where he had worked for six decades, including 50 years alongside Linda. He was proud of his business, customers, and above all his employees.

He enjoyed fishing, classic cars, and the highs and lows of Boston sports.

Kevin is survived by his



wife Linda, daughter Kate; sister Sheila Torigian, brother Paul McQuaid, and many nieces and nephews. He was predeceased by his parents and his brothers, Brian and John.

Visitation will be held from the Bedford Funeral Home, 167 Great Rd, Bedford on Thursday, June 15, from 3 to 6 p.m.

In lieu of flowers, contributions may be made in his memory to Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284 or via jimmyfund.org/gift.

MANCHESTER POLICE NOTES

MONDAY, JUNE 5
7:25 a.m. Lincoln St., selective enforcement, no action taken. 1:27 p.m. Union St., fire alarm, fire false. 5:35 p.m. School St., motor vehicle stop, written warning. 7:38 p.m. Newport Park Rd., fire structure, fire confirmed.

TUESDAY, JUNE 6
9:30 a.m. Woodcrest Rd., animal complaint, notification made. 12:29 p.m. Pine St., motor vehicle stop, verbal warning. 2:16 p.m. Pine St., motor vehicle stop, verbal warning. 6:49

p.m. Beach Street, alarm, secured/checked.

WEDNESDAY, JUNE 7
10:39 a.m. Old Essex Rd., fire alarm, fire false. 11:11 a.m. Central St., citizen assist, assisted as needed. 5:07 p.m. Summer St., selective enforcement, secured/checked. 6:02 p.m. Lincoln Ave., animal complaint, assisted as needed.

THURSDAY, JUNE 8
9:12 a.m. Beach St., directed patrol, secured/checked. 12:49 p.m. Masconomo

St., parking complaint, parking enforcement. 5:06 p.m. Pine St., motor vehicle stop, citation issued. 7:52 p.m. Route 128NB, disabled motor vehicle, assisted as needed.

FRIDAY, JUNE 9
3:10 a.m. Raymond St., alarm, secured/checked. 11:33 a.m. Woodholm Rd., alarm, secured/checked. 12:54 p.m. Summer St., animal complaint, notification made. 10:16 p.m. Brook St., disturbance, report to follow.

SATURDAY, JUNE 10
8:51 a.m. School St., motor vehicle accident, no personal injury, assisted as needed. 9:45 a.m. Tucks Point, watercraft enforcement, written warning. 12:00 p.m. Lincoln St., alarm, secured/checked. 2:23 p.m. The Plains St., fire structure, fire false.

SUNDAY, JUNE 11
8:09 a.m. Central St., theft, report to follow. 8:19 a.m. Central St., disturbance, spoken to. 2:38 p.m. Beach St., harassment, secured/checked. 5:11 p.m. Pine St., motor vehicle stop, citation issued.

WHAT WAS HAPPENING

90 YEARS AGO - 1933
Thursday, June 22nd has been set as the date for a special Town meeting called for the purpose of considering the report of the Beach Committee on the construction of a new bath house and take action thereon. This is one of the most important matters the town has been called to act upon, for some years, one that the committee has given a great deal of time and consideration.

William Goodall was notified on Saturday of his being chosen one of the seven winners in the Tufts Prize Scholarship Contest, in which over 300 students of high schools in Massachusetts and Pennsylvania participated. This scholarship, awarded by the Trustees of Tufts College, is for full tuition, \$300 a year,

for four years.

75 YEARS AGO - 1948
The Brook Street Playground will be officially opened for the season on Monday morning. Miss Dorothy Sjolund and Mr. Joseph Hyland again being the instructors in charge. To open its summer series of social evenings in the New American Legion Hall, formerly Horticultural Hall, Amaral-Bailey Post, No. 113, will have a cabaret dance on Saturday evening, June 19, for members and their guests. It will be held in the lower hall, with music, dancing, and refreshments.

60 YEARS AGO - 1963
Thirty-six Manchester young ladies and young men received their diplomas from

Manchester High School on Friday evening of last week the occasion being marked by traditional, appropriate ceremonies.

Another banner year of baseball came to a close at Newton on Thursday of last week when the Hornets were ousted from the State Class C title fight by Westwood in an 8-1 contest.

45 YEARS AGO - 1978
The Massachusetts Board of Bar Examiners recently announced that Paul B. Cullinane of 31 Lincoln Street, passed the February 22nd and 23rd bar examination.

Police received reports of two mailboxes being blown up with firecrackers Friday night. The reports came from Sally Loring, 85 Bridge Street, and Sally Carson of Rockwood Heights Road.

30 YEARS AGO - 1993

The Manchester High School boys' tennis team are the Cape Ann League Champions. Coached by the very lovely and knowledgeable Jeanne Snow, the team produced an 11-1 overall record this season. The Trustees of the Library wish to set the citizens' minds at ease about the cost of the current construction of the Access Walk. The funds for this walk were obtained through grants and private donations.

15 YEARS AGO - 2008

The rehabilitation of the Masconomo Park bandstand is set to begin this week, now that a bid for construction has been secured. Generous contributions of more than \$38,000 from members of the community, and \$80,000 in grants received through the Community Preservation Act have allowed the town to begin reconstruction work on the bandstand.

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CLASSIFIEDS

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

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GREAT SUMMER GIG!—Local screenwriter seeking very savvy assistant for navigating TikTok, Instagram, Nextdoor, and Google. Preferably two-hour sessions once or twice a week. Flexible scheduling and fee, negotiable. Text 917-868-9289 6/23

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

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Special Town Meeting June 28

By Gregory T. Federspiel
The Select Board has approved the warrant for a Special Town Meeting to take place on Wednesday, June 28. The meeting will be held at the gymnasium of the Memorial Elementary School starting promptly at 6:30 pm. The main impetus for the Special Meeting is the need to approve a revised budget for the regional school district. Six other articles will be taken up as well.



Article 1: The District's originally proposed budget for FY24 failed to obtain the necessary approval at the ballot in Essex for an override of just under \$300,000. (Less funding from Essex means roughly twice as much less from Manchester per the apportionment formula.) Thus, the School Committee, after debating various options, has proposed a revised budget that avoids the need for Essex to approve an override. The new proposal closes a \$781,000 budget gap through a combination of position cuts (through attrition instead of layoffs), lower wage increases for non-union staff and the use of District reserve funds.

The School Committee's original budget sought to end the recent unsustainable practice of using reserve funds for operating expenses. While the revised budget uses a lower amount of reserves for next year (\$287,102) doing so means there will be a greater funding cliff to deal with in FY25. The Committee feels that the revised proposal offers a short-term solution that provides time for the two towns and the District to work out a solution for the long term. Voters are being asked to approve a new District budget of \$29,256,388 instead of the originally proposed budget of \$29,750,180 that Manchester voters previously approved.

Article 2: The revised budget results in Manchester paying nearly \$500,000 less toward the school's operating budget. The Select Board and Finance Committee are proposing that voters approve appropriating \$400,000 to go toward Manchester's share of replacing the two turf fields owned by the District. This would lower the amount Manches-

ter would have to borrow to pay for this work thus saving interest payments. (Voters approved borrowing for the field projects at the Annual Town Meeting and ballot.) Three zoning articles are also on the Warrant.

In **Article 3**, voters are being asked to approve a new Administration and Procedures Section, Section 12, of the Zoning By-Laws. A similar amendment was on the warrant for last fall's Special Town Meeting, but the article, along with a few others, was passed over due to the various difficulties encountered at that meeting. Importantly, this section includes the procedures for Site Plan Review which was removed at the fall Special Town Meeting in anticipation of adopting the new Section 12. There are other administrative and procedural changes which the Planning Board will highlight ahead of the June 28 meeting.

Article 4 provides for the reinstatement of the old site plan review section but will only be needed if voters decide not to approve Article 3. In other words, if voters do not approve the revamped Section 12, which includes a new site plan review subsection, they will be asked to reinsert the old Site Plan Review section to ensure we retain site plan review authority.

Article 5 seeks voter approval for a series of cross-reference corrections along with a few other corrections that were not made with the amendments that have been approved over the last couple of years. As you might imagine, changing one section of the zoning by-laws can impact another section and some of these cross references were missed. Thus Article 5 cleans up these

mistakes within the zoning bylaws. There are no substantive changes proposed, merely cleaning up errors. Two other money articles are being presented. The first, **Article 6**, seeks voter authorization to replace the Fire Department's ladder truck. Our 22-year-old ladder truck no longer passes the required state inspection for emissions and multiple efforts to get the old diesel engine to meet today's standards have failed.

To fund the purchase of a new ladder (up to \$1.5 million) voters are asked to approve using the existing funds in the Fire Apparatus replacement fund (\$1.32 million) and proceeds (\$180,000) from selling the existing mini-pumper, Squad 3.

Voters are also being asked to rescind a previous vote to use \$400,000 from the apparatus replacement fund to purchase a new ambulance.

Lastly, **Article 7** seeks additional funds -- \$50,000 -- for a Salary Reserve fund. The approved FY24 budget assumed wages for union staff would increase 2.5%. As you know, inflation has been running much higher of late. Union contracts are being settled in the 3-3.5% range for FY24 thus additional funds are needed. Some of the Salary reserve money may be needed to pay for additional overtime in the Fire Department as we wait for new hires to be fully trained.

Even with the funding for the school fields and these funds for wages, next year's tax increase is expected to be under 2%.

Please visit the Town's website under Town Meetings and Elections for additional details on the articles.

Planning Board Continues Its Work to Improve Manchester's Zoning By-Law

Over the past several years, the Planning Board has been working to streamline, reorganize and clarify the Zoning By-Law which regulates permitted land uses in Manchester. This work, which was overdue and was delayed by the COVID 19 pandemic, has resulted in several changes to reorder the By-Law, delete obsolete sections, and update existing sections to make them more easily understood, current, and legally enforceable.

The June 28, 2023, Special Town Meeting will include three zoning amendments that are administrative in scope.

1. Replacing Section 12.0 Administration and Procedures with a new section that corrects the November 2022 Town Meeting omission of the Site Plan Review process. In addition, it more fully outlines and details the roles of the Building Inspector, the Zoning Board of Appeals, and the Planning Board. This section also includes a provision for a "Request for a Reasonable Accommodation" which addresses housing protocols of a handicapped person and compliance with the American Disabilities Act

(ADA), as well as Site Plan Review for uses that are exempt from zoning restrictions such as religious and educational facilities. The new language provides specific performance standards and criteria to guide the Planning Board in the approval process. All the changes proposed in this newly revised Section 12 have been made on advice of Legal Counsel, with the goal of making Manchester's Zoning By-Law more up to date and legally enforceable.

2. If the new Section 12 is approved by Town Meeting, there is no need to consider this proposed simple amendment. However, if the new Section 12 is not passed, this article would simply reinsert the Site Plan Review (Section 6.5) provisions that were deleted at last November's Town Meeting, and not replaced due to the lateness of the hour. This article would simply reinsert the old language that was deleted. The Planning Board believes that it is imperative that Site Plan Review be included in Manchester's Zoning By-Law as it is used regularly to oversee development projects that are allowed by right, but require Planning Board

review of traffic patterns, stormwater systems and other relevant public safety, health, and welfare issues.

3. The third article addresses scrivener's errors and cross-referencing mistakes that resulted from Town Meeting actions of several years ago. Special Town Meeting in the fall of 2021 made a series of renumbering provisions. Regrettably, many of the cross references within the remainder of the Zoning By-Law were not properly transcribed, resulting in wrong references in the Zoning By-Law. This article corrects the problem with proper numbers and correct references to other sections of the By-Law.

These articles do not change any allowed uses or other zoning intent.

The Planning Board will continue to review, update, and amend the Town's Zoning By-Law and appreciates the Town's ongoing support for improving the zoning within Manchester-by-the-Sea. For details on these proposed articles, please consult the Town's website.

Contributed by the Manchester Planning Board

BOARD UPDATES

Town Hall Closed: Town Hall will be closed on Monday, June 19 in observance of Juneteenth. All trash, recycling and compost collection will be delayed by one day.

Select Board Public Forum: The Select Board will meet on Tuesday, June 20 at 6 p.m. for an open public forum regarding the Special Town Meeting Articles and at 7 p.m. for their regular agenda which will include a discussion on the Tuck's Point Rotunda. Meeting details can be found on the Town website.

Special Town Meeting: A Special Town Meeting will be held on Wednesday, June 28 at 6:30 p.m. at Memorial School. Meeting warrant and details can be found on the Town website.

Fourth of July Parade: The annual Fourth of July Parade is on Tuesday, July 4 at 10 a.m. rain or shine. Parade route can be found on the



Town website. No fireworks on Singing Beach this year.

March in the Parade: We are seeking floats, teams, and groups to march in the Fourth of July Parade this year. Register at bit.ly/MBTSparade.

Beach Walk on Tags: All visitors to Singing Beach ages 12 to 65 need an orange beach tag or a daily walk on pass. Passes can only be purchased at Singing Beach during operating hours. Cost is \$35 for the season or \$10 per day.

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.-3 p.m.

Trash, recycling, and compost collection: Delayed Schedule. Please place curbside by 7 a.m. on day of collection. Follow Us on Facebook, Instagram, and Twitter @townofmbts and visit the Town website Manchester.ma.us to stay informed.



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| DATE | HIGH | | | | LOW | | | | ☀️ | |
|--------|-------|------|-------|------|------|-----|------|-----|------|------|
| | AM | FT | PM | FT | AM | FT | PM | FT | RISE | SET |
| 16 Fri | 11:01 | 8.8 | 11:13 | 10.3 | 5:06 | 0.3 | 5:04 | 1.2 | 5:03 | 8:24 |
| 17 Sat | 11:51 | 8.8 | 11:57 | 10.3 | 5:57 | 0.2 | 5:51 | 1.3 | 5:03 | 8:24 |
| 18 Sun | | | 12:37 | 8.7 | 6:42 | 0.3 | 6:35 | 1.5 | 5:03 | 8:25 |
| 19 Mon | 12:39 | 10.1 | 1:20 | 8.6 | 7:23 | 0.3 | 7:18 | 1.6 | 5:03 | 8:25 |
| 20 Tue | 1:18 | 10.0 | 2:01 | 8.5 | 8:02 | 0.5 | 8:00 | 1.6 | 5:03 | 8:25 |
| 21 Wed | 1:58 | 9.8 | 2:41 | 8.4 | 8:41 | 0.6 | 8:42 | 1.7 | 5:03 | 8:26 |
| 22 Thu | 2:37 | 9.6 | 3:20 | 8.4 | 9:21 | 0.8 | 9:25 | 1.7 | 5:03 | 8:26 |



Patricia Gallagher Martin Joins J Barrett & Company's Ipswich Office

J Barrett & Company announced this week that Patricia Gallagher Martin, a resident of Essex, has joined the firm in the Ipswich office as a realtor.

Patricia has extensive experience in marketing and selling single family, commercial properties, land, new construction, waterfront properties, condominiums, multi-family homes, short sale, and foreclosed properties. Patricia began her real estate career as an agent but soon became the manager of several real estate offices.

"Understanding the ins and outs of the process from all sides has given me invaluable insight when I am working with clients whether they are buying or selling," she says. "Part of my job as an agent is to 'educate' clients and help them to understand how the process works on a macro and micro level, so that they are confident when they make decisions."

"We are always on the lookout for opportunities to expand our firm's knowledge base and Patricia is an excellent resource for our team as well as every client who works with her," said J Barrett President Jon Gray, President.

Patricia, one of the first female graduates of St. John's Preparatory School in Danvers, is a long-time Essex resident.

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



This past weekend hundreds of people showed up at the Essex County Greenbelt's Cox Reservation for the annual Art in the Barn event. A good time was had by all!

LIBRARY NEWS



A line of teens across the lawn enjoyed henna, treats, and picked up the teen summer reading bingo sheets. Teens (age 11-18) can stop in the library at any time to pick up bingo sheets and instructions so you can win cool prizes. *Courtesy Photo*

Library is closed Monday, June 19 in observance of Juneteenth.

Mindful Meditation
Thursday, June 22 from 11 a.m.-12 p.m.

A Trip to Scotland (Virtual)
Tuesday, June 20 from 10:30-11:30 a.m. Follow Ken Carlson's journey to the Shetland Islands in Scotland as he searched for a way to photograph the graceful Northern

Gannet seabird diving underwater to fish. Carlson is a nature, landscape and Fine Art photographer living in Harrington, ME. After living and practicing veterinary medicine in Ipswich for 43 years, Carlson has traveled to more than 40 locations for his photography.

Identity Theft and Fraud Prevention

Tuesday, June 20 from 1-2 p.m. Robin Putnam, Events & Outreach Manager from the Office of Consumer Affairs and Business Regulation, will present how to spot and

avoid scams, recent scams that the Office has learned about, how to prevent identity theft and steps to take if you have fallen victim.

Diversity Matters Book Group

Tuesday, June 20 from 5:30-6:30 p.m. June's diversity matters book group will be reading "The Three Mothers: How the Mothers of Martin Luther King, Jr., Malcolm X, and James Baldwin Shaped a Nation" by Anna Malaika Tubbs.

Mystery Book Group

Friday, June 30 from 10:30-11:30 a.m. This month's author, Bruce Robert Coffin will be at our meeting, in person! We will meet at the Masonic Lodge Hall, behind the library. Bruce Robert Coffin is the award-winning author of the bestselling Detective Byron mystery series. A former detective sergeant with more than twenty-seven years in law enforcement, following the terror attacks of September 11, 2001, Bruce spent four years investigating counterterrorism cases for the FBE, earning the Director's Award, the highest award a non-agent can receive.

Backpack and School Supplies Donation Drive

Beverly Bootstraps is holding their annual backpack drive for students and the library is a drop off location. You can donate a new backpack or school supplies to go inside, including pencils, pens, erasers, thin and thick markers, colored pencils, index cards, filler paper and composition books.

Craft Circle by the Fireside

Craft Circle by the Fireside Sundays from 2-3 p.m. Bring your craft project and covered beverage and enjoy comradery and conversation by the fireside. All ages welcome.

Plant Swap

Saturday, June 17 from 10:30 a.m. - 12:30 p.m. Have some spider plants that are ready to propagate? Bought an eight pack of flowers and only need six? Extra tomato plants? Why not swap the plants with your neighbors.

MPL Children's Events:

Summer Reading
Summer reading begins June 22-August 11. Kids going into grade 6 and under are invited to sign up for summer reading. Register for a chance to win raffle prizes and get free admission to the Topsfield

Fair.

Plant a Seed - Paint a Pot

Saturday, June 17 from 10:30 a.m. - 12:30 p.m. During the plant swap kids of all ages can paint a pot and plant a seed of their choice. Bring it home and watch it grow.

Comedy & Juggling Extravaganza

Thursday, June 22 from 3-4 p.m. Kick-off your summer reading and summer fun with Bryson Lang's The Cure for the Common Show. This unforgettable show is filled with technical juggling skills, creative physical-manipulation, and original comedy. In the event of rain, we will be at the Manchester Community Center.

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 five persons 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.

Stories and Songs

Wednesdays at 10:30 a.m. 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.

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The Annual Friends of the Library Book Sale will be held on Saturday, August 5 during the Festival by the Sea. Here Amy and her mom along with other library volunteers organize the book drop behind the high school on Saturday.

Off at School and Doing Great

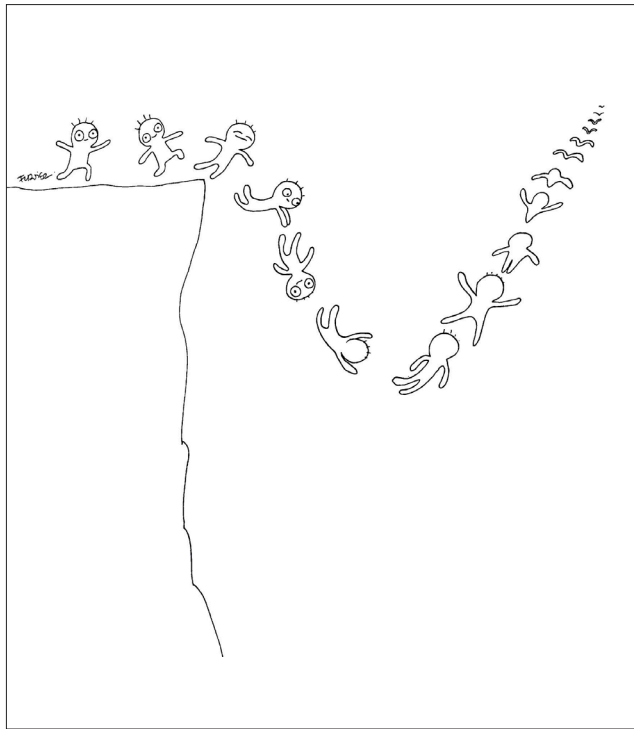
Local students enrolled in college are now returning from their academic year, but now is the time that colleges and universities across the country announce last semester's successes from local students. We're happy to see that so many are doing well and have achieved academic honors:

Gianna Huet of Manchester was named to the Spring 2023 Dean's List at York College of Pennsylvania. Established in 1787, York College of Pennsylvania is a private, four-year college located in the city of York, a hub of arts and industry between Baltimore and Philadelphia.

Springfield College has named **Elizabeth Athanas** from Manchester to the dean's list for academic excellence for the 2023 spring semester, which means she

held a minimum semester grade average of 3.5. Athanas has a primary major of Sport Management.

Eva Parker, a Lasell University student from Manchester, participated in the institution's annual "RUNWAY" shows last month. Parker was a designer who presented original work at the RUNWAY undergraduate show. The annual fashion shows featured work from 89 student designers and more than 150 models and production staff members. The April



28 program showcased work across 11 categories, including sweater knits, corsetry, athleisure, and non-textiles. On Saturday, senior designers presented full collections.

Anna Coyne, a native of Manchester, was recently initiated into the St. Lawrence University Circle of Omicron Delta Kappa, the National

Leadership Honor Society. The Society welcomed 1,869 new initiates from 78 universities during April 2023. Students initiated into the Society must be sophomores, juniors, seniors, or graduate/professional students in the top 35% of their class, demonstrate leadership experience in at least one of the five

pillars, and embrace the ODK ideals. Fewer than five percent of students on a campus are invited to join each year.

James Madison University announced that three students from Manchester have made the school's Dean's List for the spring 2023 semester. Congratulations to **Madeline Carvalho**, majoring in Health Sciences; **Gelsey McCue**, who is majoring in Political Science; and **Mairin Tully**, who is majoring in Writing Rhetoric and Technical Communication. Founded in 1908, James Madison University is a public university located in Virginia's Shenandoah Valley.

Worcester Polytechnic Institute announced that **Max Elwell**, a member of the class of 2024 majoring in Chemical Engineering, was named to the university's Dean's List for academic excellence for the spring 2023 semester. WPI Dean's List is calculated by the amount of work completed at the A level in courses and projects.

North Shore Community College announced its Dean's List Honors to stu-

dents this past Spring who have earned six or more semester hours of academic credit with a Grade Point Average (GPA) of 3.30 or higher. In Essex, **Julia Bundy**, **Kristy Camp**, **Zachary MacDonald**, **Michael Quill**, and **Maggie Richards** all made Dean's List. In Manchester, **Andrew Alibali**, **Lillian Calandra**, **Amy Coleman**, **Kayleigh Nicastro**, **Sophia Porter**, **Mark Shan**, **Benjamin Smith**, and **Scott Sutherland** all achieved Dean's List.

Finally, **Eve Feuerbach** of Manchester received a Bachelor of Arts degree Magna Cum Laude from College of the Holy Cross on May 25 at the college's commencement ceremony at the DCU Center in Worcester. The College of the Holy Cross is a leading liberal arts institution, and an exclusively undergraduate college of 3,100 students schooled in the Jesuit, Catholic tradition.

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.

Four-tune Smiles on ME Girls Tennis

By Jason Brisbois

With a win over Hopedale on June 11 in the Elite Eight of the MIAA Div. 4 Tournament, the Manchester Essex girls' tennis team took another step closer to a state title.

The Hornets were slated to move on to the Final Four and play a familiar foe in Lynnfield on June 14. A win would propel the team to the State Final game to play the winner of the Hamilton-Wenham/Lennox Memorial semifinal (scheduled to be played on the same date).

"Just fun to hold the final four banner up with the team and see all the smiles and excitement," explains Manchester Essex girls tennis coach Barrett Alston. "Great vibes at practice and general enthusiasm to be playing competitive tennis with something on the line."

Even though the Hornets have some positive precedent against Lynnfield in 2023 already - Manchester Essex beat the "other" Hornets squad by a 4-1 score near the end of the regular season - this promised to be one of the team's toughest challenges to date this spring.

"They are a strong team with particularly excellent singles players," says Alston. "The match was competitive and it will be competitive again." To get there, the Hornets faced some strong singles play and prevailed against Hopedale by a 4-1

score on June 11, with the only loss coming at first singles.

While third singles was a relatively easy point for Manchester Essex, the other two spots were much more back-and-forth: Vanessa Gregory lost in three sets at first singles, Calista Lai won in three sets at second singles. The ME doubles teams made quick work of the Lynnfield doubles teams, with the duos Emery Weber-Provost/Sophie Zalosh and Sienna Crocker/Grace Scarborough both winning in straight sets at first and second singles, respectively. Hopedale was really solid at one and two singles, and it had been weeks since Vanessa and Calista had truly competitive matches," explains Alston. "They both had rough first sets then played much better in the second sets. Mentally tough players, athletes, both of them. The third sets were 10-point tiebreakers because the overall match was already over. As has been the case, our depth carried us through as the doubles were comfortable wins." It was a similar story in the Sweet Sixteen, with the Hornets pulling out a 4-1 win in that match as well.

"We knew 1st singles would be a tough ask, so we knew that everyone else would need to step up to keep the match from getting nervy," explains Alston. "Everyone played well from the start, so all of the first sets ended quickly. Team effort all around."



ME Second Doubles team of Grace Scarborough and Sienna Crocker confer with coach Barrett Alston during MIAA DIV 4 Round of 16 against Wareham. The Hornets moved on to the Elite 8 by defeating Wareham 4-1. Photo Paul Clark



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MERHS Spring Teams Bow Out of Tourney

By Jason Brisbois

It was a memorable effort for the members of the boys' tennis, boys' lacrosse, baseball and softball teams from Manchester Essex, but all four teams' respective runs in the MIAA Div. 4 Tournament came to an end recently. We take a look at the highlights and challenges from an exciting 2023 postseason below.

Weston Halts Advancement of Boys Tennis in Elite Eight

The boys' tennis team 8-seed beat West Bridgewater 5-0 on 5/30, beat Monomoy (9) 4-1 on 6/6; lost in Round of 15 to top seed Weston, 5-0, on 6/7

The boys' tennis team made it to the Elite Eight of the Div. 4 Tournament, and certainly faced an elite opponent in Weston.

"That's an otherworldly team," explains boys tennis coach Rob Bilsbury. "We got nine total games in the match, but we played them tough, didn't get upset and played really good tennis, especially our second doubles team."

To get there, the Hornets defeated Monomoy, 4-1, in the Div. 4 Sweet Sixteen, a match that was one of the highlights of 2023 for the boys tennis team.

"That was a phenomenal match for us," says Bilsbury. "Jack Cummins at first singles played an excellent kid; Jack mixed up the pace and beat them in straight sets. Char-

lie Verdon [at second singles] also had a good kid coming off shoulder surgery, a very powerful player, and Charlie just played an amazing match to beat him."

Finn Straub fell at third singles, while Charlie Langendorf and Alexander Breuker won 6-3, 6-2 at first doubles and Jack Lawler and Finn Birkeland won in straight sets at second doubles.

"My two doubles teams, when they play one another in practice, it's really close," says Bilsbury. "If my first doubles team wins in straight sets, my second doubles usually does as well."

That was the case in the tournament opener against West Bridgewater, with Birkeland and Lawler combining for a win at first singles and Langendorf/Eric Bischoff winning at second doubles.

"It was pretty much straight set wins for everybody," says Bilsbury.

Boys Lacrosse Knocked Out By Lynnfield

No tournament loss is ever easy to swallow, and the ME boys' lacrosse team's 10-6 loss to seventh-seeded Lynnfield in the Sweet Sixteen of the MIAA Div. 4 Tournament on June 7 was no exception.

"Our game versus Lynnfield in the Round of 16 was a hard-fought battle on both sides," explains boys lacrosse coach Jon Siderewicz. "However, at the end of the day the better team won and Lynnfield made a few

more important plays than we did on the field. We struggled to stay out of the box at times, and there were scoring runs for both teams."

The Hornets made comeback after comeback to keep this one close, tying the game after falling behind by 4-1 and 5-4 deficits early on before Lynnfield pulled away in the second half of the contest.

"Credit where it is due, Lynnfield played strong that day," says Siderewicz. "It was a very emotional post-game huddle for players and the coaches because we all knew our road came to an abrupt end. Battling every game all year, overcoming injuries and adversity, dealing with scheduling and travel issues almost weekly, these players were determined to not let anything distract them from being great, which they are. I don't think we were sad or upset that we lost the game on Wednesday, but we were sad and disheartened that the journey with this group was over. This will be the most memorable team I have ever had the privilege to coach."

Quinn Brady led the Hornets in scoring with four goals, and Jack Dipasquale made nine saves against an aggressive Pioneers' attack.

"I think the message that was learned that day was to not give up when things get tough," says Siderewicz. "We certainly found ourselves in a hole that first half and tied the game after two quarters of play which was exactly what a positive

outcome looks like halfway through the game. The playoff experience is now under the belt with some of the younger classmen, and thinking about 2024 we want to compete at a high level which we have been doing, in order for us to find ourselves back in the playoff picture in the coming years. Keep focusing on ourselves and eventually the hard work and determination will pay off."

ME Baseball, Softball Teams Eliminated By Three-Seeds

Both the Manchester Essex softball and baseball squads were eliminated in the MIAA Div. 4 Round of 32 by the third-ranked teams in their respective sports. The baseball team lost to Seekonk, 8-0, while the softball team lost to Clinton, 13-0, on June 5.

"We got down early to Clinton and that hurt us," explains softball coach Frank Sarro. "We made some mistakes defensively and it's difficult when you give a team like Clinton extra outs, and they made us pay."

It was 4-0 in favor of Clinton after the first inning, and 10-0 after the second. Things snowballed for the Hornets from there.

"Against a team and an opposing pitcher of that caliber, it makes it a deficit that's difficult to overcome," says Sarro. "I was proud of the way the team battled until the end of the game. We set them down in order

in the fourth, and had a really good defensive inning. It's the kind of inning we're always looking to have."

Sarro lauded Anna Gardner's work on the mound in the face of the team's toughest opponent of the season, while Penelope Riggs, Abby Taron and Penelope Riggs did their best at the plate and on the basepaths to get the Hornets back into this one.

"Against good teams, we cannot give them extra outs," says Sarro. "We had it happen to us throughout the year at times with teams in our conference as well. That being said, I see improvement in our overall performance this season from beginning to end, and we were a young team."

Around the same time, Troy Flood's pitching kept the baseball team in contention up until the sixth inning against Seekonk, with the Hornets behind only 3-0 at that point. Their luck ran out after that.

"Troy Flood pitched six innings of grit baseball," says ME baseball coach BJ Weed. "Seekonk just got the ball to fall and ours were hit hard at their players."

While the end result wasn't what the Hornets were hoping for, the coach was encouraged to see the team hang in there against a much higher-seeded squad.

"We learned we can play with anyone if the team's mindset is locked in."

After Traveling to Nantucket, ME Girls Lax Travels to Final Four



By Jason Brisbois

Traveling to Nantucket is a fairly common occurrence in June -- the

island off the south shore of Cape Cod is a vacation destination for many during warm weather months.

The Manchester Essex

girls' lacrosse team's recent trip to the island was anything but a pleasure cruise, however. The Hornets were in Nantucket for business,

and they accomplished their goal while they were there.

Manchester Essex beat Nantucket, 10-4 in the Elite Eight of the MIAA Div. 4

tournament on June 11, propelling the team to a June 14 matchup with fellow Cape Ann League opponent Ipswich in the Final Four. As a fellow Baker Division rival in the CAL, this will be the third time the teams meet in 2023, with the Tigers winning by a 7-6 score in Manchester on May 18, and prior to that by a 6-4 score on May 4.

"We know everything, and they do too," Hornet coach Nan Gorton says when referring to the familiarity between the two teams. "They have beaten us twice this season, so it is an understatement to just say they pose a challenge. But we are ready."

To get there, the Hornets played at the top of their game to pull out a win on the road against Nantucket.

"This was one of the best games of the season," explains Gorton. "Every single player had a role to play and did their job. After a long travel day getting there, it was so impressive to see how amazing they played. So much heart on the field. One of the proudest moments of the year."

The coach lauded her defense and goaltender's efforts in the win.

"Oh, and my defense -- Charlotte Crocker, Teyah Flemming, Gabbi D'Andrea,

Harper Brooks -- was unbeatable against Nantucket. Great games by Abby, Kent, Mechi O'Neil, Paige Garlitz, Lucy O'Flynn, Sylvie McCavanagh. [Goaltender] Brigid [Carovillano had] 14 unbelievable saves, three in the final few minutes of the game."

Manchester Essex was also firing on all cylinders with a win over Tahanto Regional on June 7 in the Sweet Sixteen. Garlitz and O'Neal both had three goals while Kent, McCavanagh and O'Flynn scored two apiece in a dominant, 22-10 victory.

"We continue to play really well together, and our passing definitely improved," says Gorton. "We are passing the ball faster and looking for the pass to goal, even if it is a thread-the-needle pass."

All of which has brought the team to the precipice, beating Nantucket and moving on to the state semifinals. After the win, Gorton was able to channel a bit of the vacation vibe so common when others make trips to the Cape and the Islands.

"It feels great, and the trip to Nantucket was icing on the cake," says the coach.



Second Doubles player, Grace Scarborough, returning a shot during the MIAA DIV 4 Round of 8 versus Hopedale. The Hornets prevailed 4-1. This resulted in ME moving on to the Final Four against Lynnfield on Wednesday the 14th.

Photo Paul Clark



ME, CAL All-Star, Anna Gardner pitching at Sweeney Park.

Photo Paul Clark

CAL Names Baseball and Softball All-Stars

The Cape Ann League named softball players Anna Gardner, Abby Aiello and Penelope Riggs All-Stars. From the baseball side Isaac Porat, Mike DeOreo and Troy Flood were honored as well.

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ESSEX ECHO.



A Firefighters' Memorial

Early Sunday morning, the Essex Fire Department held its Annual Firefighters Memorial Sunday Parade and Service to honor fallen firefighters for their service and sacrifice.

Firefighters Memorial

Sunday has been a long-standing tradition of firefighters across the nation as a day to reflect on the many contributions made by firefighters to protect their fellow man and property, and is held to honor deceased

Firefighters who served the town of Essex. The procession started at 8:45 a.m. at the new Essex Public Safety Building on John Wise Avenue.

Current and retired firefighters assembled, dressed

in full uniforms and carried flowers in a ceremonial silver vessel. Residents turned out, lining Spring Street as the parade, led by a bagpiper, marched to the ceremony and short service before returning to the Fire Station.

Town Administrator's Report

Board of Selectmen's Meeting of June 5, 2023
Report covers from May 20, 2023, to June 2, 2023

Clammers' Beach Parking Layout

At the last meeting, the Board heard observations from a long-time Essex resident about the importance of beachside parking at Clammers' Beach. The resident was of the mind that only two parking places are now available, especially since the kayak racks have been placed to either side of the parking area.

The Board agreed that the TA should go out to the site and determine if there is a way to allow for three parking spaces. On this site visit Mr. Zubricki observed that five, concrete wheel stops are actually present, with three of the wheel stops not being optimally arranged. It was clear that two of the wheel stops could be removed and three could be reset in order to provide a visual cue for three parking places without reconfiguring any other features. As such, we reached out to the DPW and that work has been completed.

Manchester Essex Regional School Committee Budget Reconsideration Hearing

The TA attended the subject hearing along with the Board, members of the Es-



sex Finance Committee, and Manchester personnel and officials on May 23, 2023. While many hearing participants urged the Committee to not reduce the budget at all, officials from both communities are requesting some sort of compromise from the District, which could involve the use of reserves by the District, cuts and reductions, or a combination of these elements.

Massachusetts Municipal Management Association Spring Conference

Mr. Zubricki attended the subject conference on Cape Cod on June 1 and 2, 2023. The meeting featured a session on working with and managing others within an

organization. The conference also provided valuable networking opportunities with other municipal managers and a question-and-answer session with the Senior Deputy Commissioner of Local Services from the Department of Revenue.

Preliminary List of Fall Town Meeting Topics

Mr. Zubricki has developed a preliminary list of Fall Town Meeting topics for the Board's review and discussion.

Apple Street Project Design/Permitting Grant Monthly Report

The TA worked with our engineering consultant to file the subject report for

the month of May during the week of May 29, 2023. The report explains the intricacies of the DEP and MEPA permitting process and requests that some work items originally slated for completion during FY23 get moved into FY24.

Town Administrator Leave

The TA was out of the office, on leave, for the entire day on May 26, 2023.

Memorial Day Holiday

The office was closed on May 29, 2023, in observance of the subject holiday. This report is available at www.essexma.org on the morning after any regularly scheduled Essex Board of Selectmen's Meeting.

Senior Living in Essex

The Essex Council on Aging 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 at the Senior Center: Wednesdays 1 p.m.: Scrabble, Boggle, Cribbage, Backgammon, board games and more! Join us or bring a friend and come play!

Men's Coffee and Donuts, Wednesday, June 14, 9:30 a.m.: Enjoy a cup of fresh cut of coffee and donuts, bring a

friend, catch up with others, and meet new ones!

THE LONGEST DAY -- Alzheimer's Association, June 21, All Day! The Longest Day is the lightest day – the summer solstice. On June 21, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support, and research efforts of the Alzheimer's Association. At the Essex Senior Center, we will be offering a full day of activities for people of all ages from 8

a.m.-8 p.m. Join us for some or all of our events or make a donation.

8 a.m.: Guided walk with Gil at Cox Reservation
9 a.m.: Breakfast at Senior Center
10 a.m.: Outdoor Games
11 a.m.: Memory Cafe
12 Noon: Lunch
1 p.m.: Games with Gil: Nostalgic Board Games
2 p.m.: Games with Gil: Buffalo Bingo
3 p.m.: POMS Movie
5 p.m.: Dementia Friends Session
6 p.m.: All ages Musical Trivia

Learn how to make Strawberry Jam: Monday, June 26, 1 p.m.: Join us to welcome our

Guest Chef, Caroline Craig, to learn how to make Strawberry Jam! Nothing says summer like fresh strawberries! Can you say SCRUMPDILLY-ICIOUS? Please RSVP by June 22.

LIBRARY NEWS



Author Nancy Horan (Virtual)

Wednesday, June 28 from 7-8 p.m. Join Nancy Horan and Therese Fowler as they discuss Nancy's new book, *The House of Lincoln*, a sweeping historical novel which tells the story of Abraham Lincoln's ascendance from rump lawyer to U.S. President.

Beginning Birding with Hands on Nature

Wednesday, June 21 at 2 p.m. for ages 5 and up. Learn all about local birds in your yard and how to start identifying them.

Learn which birds are common to Massachusetts and begin the easy journey to learn more about these beautiful creatures that are an essential part of our natural world. Leave knowing common bird songs that you will be able to recognize on your own. Create and take home a simple bird feeder to attract birds to your yard at home.

Discover Underground Mammals

Tuesday, June 27 from 2-3 p.m. for ages 5 and up. Learn all about the local mammal species which spend most of their lives underground.

Discover some of the special characteristics of underground mammals and the adaptations these animals have made to a life under our feet. Explore what animals look for when making a home and learn about some interesting details of the den construction.

Read to Jackson

Wednesdays at 5 p.m. beginning June 21. Sign up for your 15-minute slot to read to loveable Jackson. Please register.

Community Book Group

Tuesday, June 20 at 10 a.m. Join in the discussion of "The Reading List" by Adams.

Friends of the Library Gardening

Sunflower growing contest, pick up your free packet of sunflower seeds to grow over the summer.

Library of Things

Giant Jenga, Corn Hole and Pickleball

Museum Passes

Passes available for your holiday weekend.

ESSEX POLICE NOTES

SUNDAY, JUNE 4

11:53 a.m. Story St., directed patrol, no action taken.
2:22 p.m. Lowe Hill Rd., animal complaint, assisted as needed. **5:48 p.m.** Southern Ave., motor vehicle stop, citation issued. **8:11 p.m.** Main St., directed patrol, secured/checked.

MONDAY, JUNE 5

1:52 a.m. Main St., citizen assist, assisted as needed.
3:32 a.m. Main St., directed patrol, secured/checked.
6:05 a.m. Belcher St., motor vehicle stop, verbal warning.
6:27 a.m. Conomo Point Rd., directed patrol, secured/checked.

TUESDAY, JUNE 6

6:14 a.m. John Wise Ave., motor vehicle stop, written warning. **10:26 a.m.** Apple St., animal complaint, no action taken. **4:36 p.m.** Southern Ave., citizen assist, assisted as needed. **10:27 p.m.** Main St., motor vehicle stop, criminal application.

WEDNESDAY, JUNE 7

6:35 a.m. Southern Ave., motor vehicle stop, citation issued. **9:52 a.m.** Main St., community policing, secured/checked. **11:21 a.m.** Eastern Ave., motor vehicle accident with injury, report to follow. **9:43 p.m.** Western Ave., motor vehicle stop, criminal application.

THURSDAY, JUNE 8

1:45 a.m. Centennial Grove Rd., directed patrol, secured/checked. **5:38 a.m.** Main St., directed patrol, secured/checked. **6:09 a.m.** Chebacco Terrace, directed patrol, secured/checked. **6:11 a.m.** Western Ave., selective enforcement, no action taken.

FRIDAY, JUNE 9

12:04 p.m. John Wise Ave., motor vehicle accident, no personal injury. **4:04 p.m.** Lufkin St., animal complaint, notification made. **7:46 p.m.** Southern Ave., motor vehicle stop, assisted as needed. **8:36 p.m.** Apple St., male with chest pain, transported to hospital.

SATURDAY, JUNE 10

12:59 a.m. Harlow St., motor vehicle stop, citation issued. **12:40 p.m.** Conomo Point Rd., parking complaint, other. **10:47 p.m.** Main St., motor vehicle stop, citation issued. **11:09 p.m.** Main St., motor vehicle stop, verbal warning.

Essex Locals | June 16

115 Years Ago - 1908

Elias Andrews lost a valuable horse on Thursday of last week after a few days of sickness caused by black water.

90 Years Ago - 1933

The Garden Club of Gloucester came to Essex last week to visit the gardens of Mrs. Mildred Story Ellis and were greatly pleased with the flowers and their artistic arrangement.

Book Club:

Tuesday, June 27, 1 p.m.: Join us for a lively discussion about the current book of the month, *Fellowship Point* by Alice Elliot Dark. Through the generosity of the Friends of the Essex COA, multiple copies of each

title are available to borrow but please return them for others to read! New members are always welcome!

ESSEX EATS! Lunch at The Farm: Thursday June 29, 12 noon. Please RSVP by June 19. \$15 per person.

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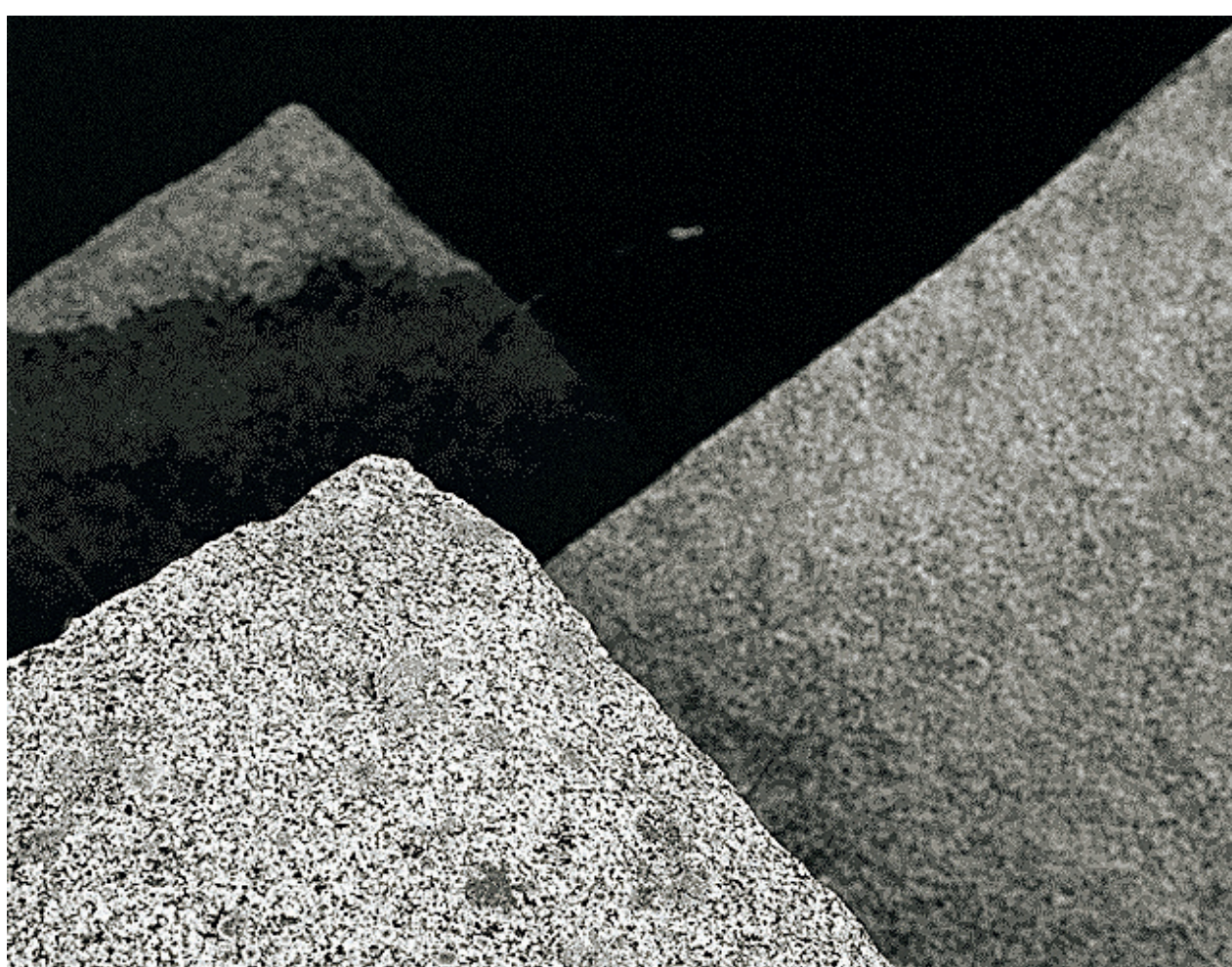
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"Quarry Art" Photography Exhibition Opens Saturday at Cape Ann Museum



Quarry_Paul Cary Goldberg, "Blood Ledge Quarry #1," 2021, pigment print.

A unique photography exhibition, "Quarry Art," opened Saturday at the Cape Ann Museum that was produced with freelance photographer and former Boston Globe reporter David Arnold that explores the majesty of Cape Ann's many quarries.

The exhibit will be held at the Janet and William Ellery James Center at the Cape Ann Museum Green and on view through July 30. Admission is free.

The work of nine photographers will be featured in the exhibition: Tsar Fedorsky, Albert Glazier, Paul Cary Goldberg, Skip Montello, Olivia Parker, Martin Ray, Katherine Richmond, Steve Rosenthal, and Constance Vallis.

Rosenthal is a former long-time Manchester resident and a nationally-renowned architectural photographer whose work has been shown widely, including in past exhibitions of the Cape Ann Museum.

Each spent time shooting quarries in the area at various times of the year. Together, their works capture the evolving beauty of the sites as they exist today while reminding us of the quarries' economic importance in last century.

"Quarrying has a rich and longstanding history on Cape Ann, and artists have been drawn to capture its indelible impact on this landscape in painting, drawing, etchings, and photography for decades," said Oliver Barker, the Museum's Director. "Having these contemporary artists come together with varied and poignant visions around a common purpose makes for a thought-provoking exhibition experience and provides an invitation to further explore the history and stories of the Quarry industry also on view at the Museum downtown."

Programming is offered in connection with the exhibition will include an opening day celebration on Saturday, June 10, at which the public will have the opportunity to meet the photographers; an illustrated talk and guided walking tour presented by Les Bartlett on June 24; and a series of galleries talks to be presented by the photographers on July 15.

The James Center is at 13 Poplar Street, Gloucester, the Cape Ann Museum Green. It is open to the public Friday and Saturday 10 a.m. to 5 p.m., and Sundays from 1 to 4 p.m.

An opening day celebration on Saturday, June 10, at which the public will have the opportunity to meet the photographers



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



Wenham - Beautifully renovated 3 bedroom ranch home. Very private lot at the end of a cul-de-sac. Oasis with natural surroundings. **\$1,195,000 Tracey Hutchinson 978-473-9720**



Manchester - Towering over Manchester Harbor, "HARBORHEAD" is perched majestically with stunning town and water views stretching from Manchester center, across the water to Peach's Point Marblehead. Fabulous New Construction is modern but Classic Colonial design. **\$13,750,000 Karen Bernier 978-807-5580**



Rockport - This beautiful colonial features an open floor plan, impeccable kitchen with 9-foot island and brand new stainless steel appliances. **\$1,249,000 Kristy Aparo 978-559-1184**



Lynn - Rare opportunity. Prime location overlooking Historic Lynn Commons. Presently Law offices and 3rd floor 2 bedroom apartment. **\$994,500 Edward Scialdoni 781-771-9729**



Wenham - Immaculate sunlit oasis! Over 6000sf of luxury abounds in this exceptional 5 bedroom colonial that has been extensively renovated in one of Wenham's finest neighborhoods. Impressive slate fireplace library with floor-to-ceiling built-ins, window seats and timeless chefs kitchen. **\$2,300,000 Cheryl Clayton 978-810-1416**



Gloucester - The best water views from this west facing 2 bedroom townhome. Two levels of living with lovely open floor plan. **\$849,000 Andrea Osbon 508-228-3733**



Gloucester - Immaculate 3 bedroom condo/townhouse near Stage Fort Park, the Boulevard & major highways. Space for home business. **\$799,000 Jane Meterparel 781-237-3341**



Marblehead - This charming home is located in a highly desirable location, just 90 steps from the Corinthian Yacht Club and beach/waterfront access. This fabulous home is bright and sunny with lots of glass and HARBOR VIEWS from both levels. **\$1,590,000 Karen Bernier 978-807-5580**



Gloucester - 2 bedroom Cottage close to Stacy Boulevard, Stage Fort Park, public beaches and the Annisquam River! Recent updates. **\$499,000 Kathleen McHugh 978-314-9131**

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Mushroom of the Week: Chicken of the Woods



By contrast, I have served my COW Quiches to hundreds and hundreds of people over decades and have never heard of anyone having a reaction to them. I believe this is due to cooking them for a very long time before adding to the dish. Relay this information to your guests also, before serving them.

And of course, always be 100% certain of your identification of any wild mushroom and confirm it with an expert before eating.

Gary Gilbert lectures about fungi locally and through the Boston Mycological Club. Some of his recipes will be featured in the soon to be released *Fantastic Fungi Community Cookbook*, a compendium of recipes from myco-chefs throughout the country.

Chicken of the Woods Quiche



- 1 med. onion, or 2 shallots
- 2 Cups Chicken of the Woods, pre-cooked
- 2 cloves garlic, minced
- ¼ Cup Madeira or Marsala wine
- 2 Cups grated cheeses: Colby and Swiss or Gruyere
- 8 eggs (4 yolks + 4 whole)
- 1-2/3 Cups heavy cream or less
- ¼ tsp ground nutmeg
- ¼ tsp salt
- ¼ tsp black pepper
- 2 pie crusts
- Chives, minced

Cook Mushrooms: Place medium sized pieces in a large fry pan in a single layer covering the bottom only. Cover and cook on med-low heat 10-15 mins. Try not to open the pan much, keeping their moisture in. Depending on how moist yours are, add small amounts of broth to continue cooking without burning. Cook them an extra 5 mins. by adding 1-1/2 Tbs. butter until they start to singe a bit. I try to cook them an extra 5-10 mins for thoroughness. Alternatively, you can roast them, covered in the oven at 350 degrees for 20-25 mins, or if you are using onions or other items that need cooking in your dish, cook the COW's at least 5 min., covered on med-low heat, then add those ingredients and be sure to cook at least another 15 minutes. All these methods vary depending on how dry or fresh your mushroom is. Use your own judgment.

Sauté onions on low heat until mostly translucent. Add the cooked mushrooms and garlic and cook a few more minutes. Add 2 large splashes of madeira and cook off. Allow to cool.

Mix eggs, heavy cream, nutmeg, pepper and salt in a bowl

Mix cheese with the cool mushroom/onion mixture.

Assemble cheese/mushroom mixture into the 2 pie crusts (frozen crusts work fine). Scoop the egg mixture into each quiche equally. Sprinkle some chives on top.

Cook at 350° for 35-40 mins removing before the crust edges get too browned.

This recipe also works well with Chanterelles or white Button Mushrooms who don't need cooking more than about 10 mins. (Gary Gilbert)

By Gary Gilbert

Chicken of the Woods is one of the "Top 4" easiest edible mushrooms to identify. It is right up there with Morels, Puffballs, and the Shaggy Mane.

Its bright orange colors can shine through the woods from a hundred feet away often revealing an awe-inspiring display; brilliant, impressive, and almost magical. Their overlapping orange caps with yellow margins give them a distinctive appearance, suggestive of a colorful female birds' plumage, but their nickname is actually derived from the texture of their flesh. They are a reasonable replacement for chicken in just about any dish you choose. Nicknamed COW's, people make BBQ COW Wings for football games or use them in stir-fries. I recommend trying them in a COW Quiche. Their flavor pairs extremely well with cheese and egg. (Recipe below).

Chicken of the Woods is a member of that crazy group of mushrooms referred to as the "Poultry of the Woods." That list includes: Hen of the Woods, Hawk's Wings, Bird's Nest, Parrot Toadstool, Turkey Tails and even Rooster of the Woods. Now is the time of year when Chickens start showing up in the forest, and their season continues until fall, although late spring and summer is their prime time.

Chicken of the Woods, in our part of the country, are either one of two species of polypores, also called shelf, or bracket fungi. *Laetiporus sulphureus* is orange on top with a bright yellow pore surface underneath, its spore-bearing surface. It is always found growing directly out of wood on tree trunks, logs or at the base of trees. Its cousin *Laetiporus cincinnatus* is also orange on top with a white pore surface underneath. It decays the roots of trees only, not their trunks, and is found at the base of trees or up to as much as twenty feet away. Though they may appear to be growing out of the earth, they are actually growing out of the tree roots beneath.

There are cautions to offer about eating these species because they are responsible for more gastric upset than almost any other mushroom in the forest. This is most often due simply to undercooking



them and to a lesser extent, to individual sensitivities to digesting their unique tissue. Cook them long and slow, directions below.

Laetiporus sulphureus has less tender tissue than its cousin. Cut off the outer 1- or 2-inch margin of their

overlapping caps. You can see circumferential lines on them to follow as a guide and you can also feel the supple outer margin of their caps. In contrast, you can usually use all of the tissue of *Laetiporus cincinnatus*, depending on how fresh and

young they are. When first eating COW's, limit your tasting to just a forkful or two. Ideally, you should wait eight hours to be sure you do not have an individual sensitivity to them, even though this is very uncommon.



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Hello Bicentennial

(Photo: Jessica November, MHM)

Constance Leahy (pictured above, left) Manchester Historical Museum's events chair, chats with Dan and Stephanie Senecal at last Wednesday evening's kickoff celebration of the museum's bicentennial of the Abigail Hooper Trask House.

The event was packed, enjoying incredible food, drink, and company in the gorgeous summer setting of the Sharksmouth Estate overlooking Dana's Beach just north of Singing Beach. The 1868 "Stone House" was built as the summer home of Harriot

and Greely Curtis is situated on a high promontory at the center of the forty-acre dramatic waterfront property.

This setting for Wednesday's party was particularly apt. Guests got a first look at three paintings recently acquired by the museum

by the renowned Manchester artist Charles Sidney Hopkinson (1869-1962) whose home was at Sharksmouth. They included a portrait in oil, a landscape watercolor, and a seascape watercolor painted from the artist's terrace at Sharksmouth.

The museum will host a grand opening of the Trask House on June 30, which has been closed for renovations) and more Bicentennial celebration events this summer, culminating in another party at Tuck's Point in September.

...(Continued from page 1)



MA Secretary for Energy and Environmental Affairs Rebecca Tepper

Critical and Interconnected

This area is within the FEMA 50-year flood zone, which impacts the Manchester village area, including the buildings on either side of Elm Street, those behind School Street, and along the base of Brook Street (before Norwood Avenue).

The brook has caused flood damage in past storms, and the old dam and stone culvert (last reconstructed in 1900), which restricts water flow, is in poor condition. The Massachusetts Dept of Transportation's most recent inspections of the culvert classified it as having a "severe/major deficiency" that is urgent and should be addressed.

The DPW's Chuck Dam said a larger culvert would help prevent flooding upstream during significant rain events.

The new culvert will be built to today's engineering and construction standards. A stone façade will replicate the look of the original structure.

The construction of the new structures will be challenging, given the small space to work in and the utility lines crossing at this location. Besides the major electrical feed for Cape Ann, other utilities pass under the culvert (but aren't expected to be a factor during construction). They include a National Grid gas pipeline, Comcast/Verizon ducts, and the municipal sewer main.

The project also includes work upstream. The retaining walls along the east side of Central Pond are in poor condition, with stretches of the old wall falling into the brook. These walls will be rebuilt, and the brook will be restored to its natural state with salt marsh grasses re-established in the current mudflats.

According to Federspiel, the banks on the west side will be fortified with "living shorelines" to protect it from further erosion while maintaining the natural look.

The brook serves as spawning habitat for endangered rainbow smelt and American eel. Removing the tide gate and restoring the brook to its natural state will have the added benefit of improving this habitat.

With grant funding (national and state) underwriting nearly the entire \$7 million bill, Sec. Tepper said funding is about more than habitat.

She said the state is laser-focused on supporting coastal communities like Manchester that are on the front line of climate change and facing these threats that, as Ann Margaret Ferrante said, are becoming more common.



Lisa Berry Engler, director at the Massachusetts office of the National Coastal Zone Management takes to the mic after being introduced by MBTS Slect Board Chair Ann Harrison

Nicholson credited Manchester Town Administrator Greg Federspiel's "tenacity" and pointed to the town's diligent engineering research work over the last nine years that documented the critical nature of the Central Street culvert for making the town a strong candidate for millions in grant funding. No data, no funding, she said.

Sen. Bruce Tarr agreed, adding that the Central Street

dam and culvert aren't just about connecting one part of Manchester to another. It also houses critical underground electrical utility infrastructure lines that feed the rest of Cape Ann, making this relatively small culvert particularly important. He said the disruption would be significant if it were to fail unexpectedly, and the impact would go beyond Manchester. Not to mention the in-

ability of emergency vehicles to pass directly from one end of town to the other.

And it's true. For the past few years, a considerable amount of study and analysis has been conducted of the dam and culvert that crosses over Sawmill Brook as it empties into the inner harbor. There is also the upstream dynamics, including the tidal pond behind the Fire Station on School Street.

Work to repair, slightly expand, and update the dam and culvert is expected to begin in Fall 2024.

The six to nine-month construction project requires cutting off Central Street to vehicle traffic for various periods. A walking bridge will be installed for foot traffic, said DPW Director Chuck Dam. It will be an inconvenience to residents and businesses in the immediate area,

for sure, but it's necessary.

Officials Thursday acknowledged Harbormaster Bion Pike, who has actively secured state grant funding for coastal infrastructure projects tied to economic development. In 2018, state grants were pivotal in the multimillion restoration of Morss Pier at Masconomo Park, Manchester's commercial fishing dock infrastructure.

Go Daddy

Father's Day is Sunday, June 18. For all the "jonnie-on-its," well, congratulations. You really love your dad. But for many (most?) of the rest of you—the laggards—this week's edition of Local Shopping just might save the day. As usual, all these recommendations for dad gifts are from local retailers. Enjoy.



Papa's Rocking Flowers

This summer, your father may just live in this Patagonia shirt. A lightweight, ultracomfortable short-sleeved shirt made with an easy-care organic cotton/recycled polyester fabric. \$79, at **Surfari**, 88 Bass Ave, Gloucester | (978) 283-7873 or surfcapeann.com



Electric Man

This incredible Happy Trails electric all-terrain bike from eBikes in Magnolia is appropriately nick named the "Big Daddy." 'Nuff said. It's an all-powerful, all-terrain, all muscle, fat tire electric bike. Featuring a 48 Volt 750-watt mo-

tor and 14-amp Samsung lithium-ion battery, which is why it will take you up to 45+ miles on a single charge. \$2,299 to purchase. There are bike rentals too, if you want to try before buying. **Happy EBikes**, 21 Lexington Ave., Magnolia | happyebikes.com

Idyllic View

This original, hand-made limited edition screen print by Rockport artists Rusty and Ingrid Kinnunen captures the essence of lazy afternoons spent lounging on a dock in the heart of summer, surrounded by nothing but nature. 14" X 18" and framed, \$170, at **Rusty + Ingrid**, 8 Bearskin Neck, Rockport | (978) 999-5107 or rustyandingrid.com



The Unsinkable Monkey Fist

Back in the day, "monkey's fist" knots were commonly used as a convenient and unobtrusive method for mariners to store and transport precious gemstones. Later, a large monkey knot wrapped around a stone would aid in throwing a line or serve as a doorstop. Today, more diminutive monkey fist knots are popular as floatable keychains, making them attractive and practical. At \$20 each, they're an easy gift, at **Sea Meadow Gifts** 7 Main St, Essex | (978) 768-3441

Gold, Baby. Real Gold!

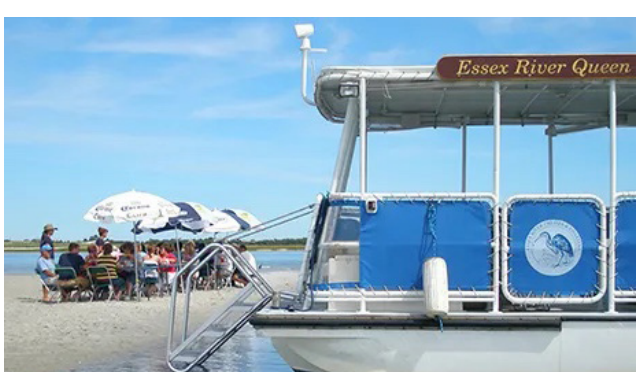
When Sperry Topsider relaunched it's "authentic original" boat shoe two decades ago, it did so with the "Gold Cup" series, featuring the classic leather upper, and sole sipping, and gold-plated eyelets for its original "preppy" wardrobe staple. \$170, at **John Tarr Store**, 49 Main St., Rockport | (978) 546-6524



Chocolate Lover >> Chillax?

For the dad who may dip into legal recreational cannabis products (21+ only), Happy Valley's premium 35% Milk Chocolate Bars are "expertly prepared" in the Happy Valley kitchen, using the finest French Valrhona Chocolate, sustainably sourced from Africa. Oh my. Keep in mind, Happy Valley Chocolate is accurately dosed and available in 20 servings per package, 100mg THC total (5mg THC per square). \$24, at **Happy Valley**, 38 Great Republic Dr., Gloucester | (978) 515-5600

Rediscover Your Back Yard



Enjoy a cruise up the Essex River past estates, salt marsh farms and historic shipyard sites. See lobstering, clamming, and fishing. Discover barrier beaches, sand dunes, winding rivers, and wildlife. Or, if you want to make it a party, book a charter for a clambake, company outing or celebration. Special cruises include coffee and croissant, chowda and brew tasting, and sundown cruises. \$18-\$30 for individual tickets. Charters start at \$750 and go up from there. **Essex River Tours**, 35 Dodge St., Essex | (978) 768-6981 or essexcruises.com



Come to our On-Site Auction!



MA LIC #171   

June 24th & 25th: June Estates Auction

33 Way Rd, Gloucester, MA 01930

Starting @ 10:00 AM Each Day

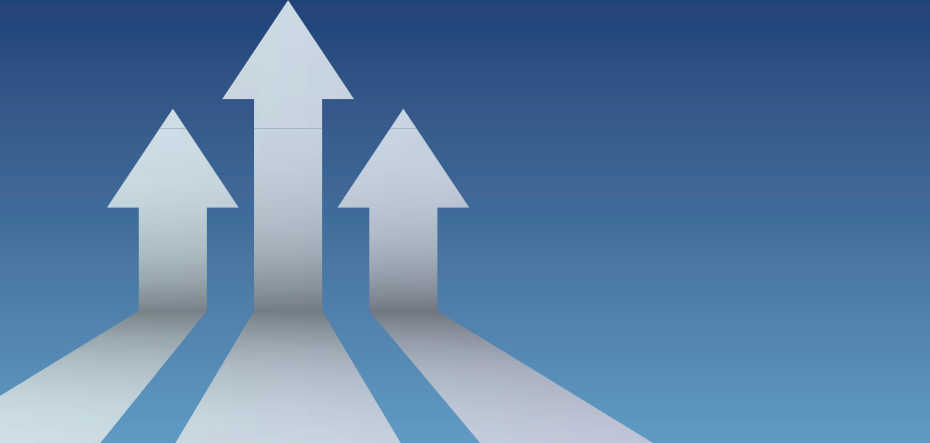
This sale will feature American and European furniture, fine art, antique rugs, china, silver, jewelry, glassware, coins, garden statuary, and a Steinway Model O miniature grand piano circa 1915.

There are additions from other New England estates, including fine art from the William H. Traves art collection, which features several Cape Ann artists, including Jane Peterson, Marsden Hartley, and Stuart Davis. Parking will be available. Please follow the signs.

Previews: June 21st - 25th 10:00 AM - 5:00 PM

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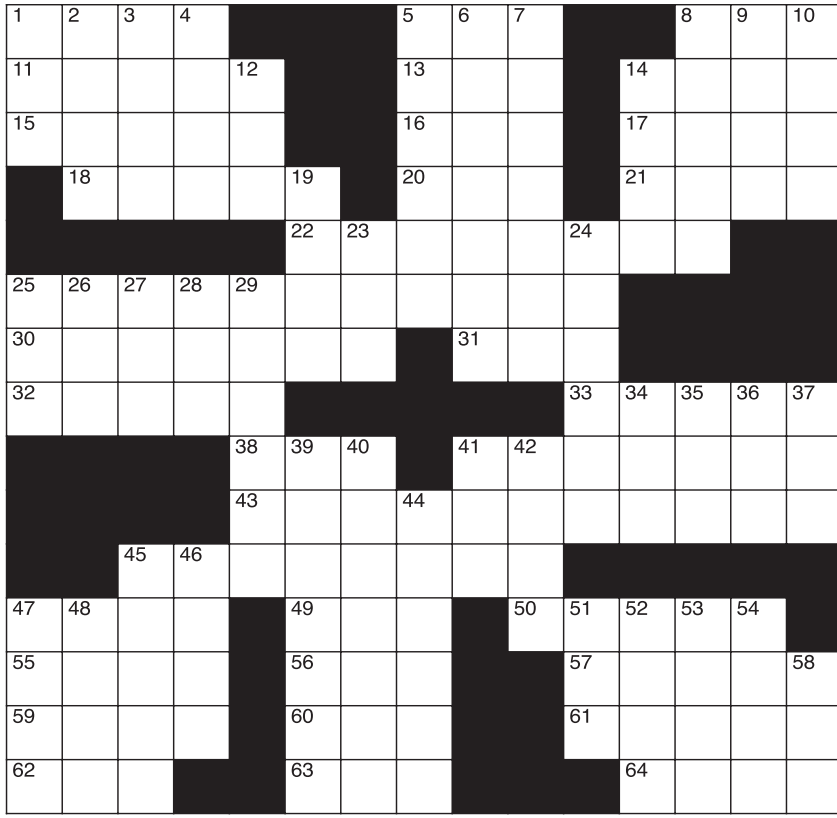


Each depositor is insured by the FDIC to at least \$250,000. All deposits above the FDIC insurance amount are insured by the Depositors Insurance Fund (DIF).



Puzzle

- CLUES ACROSS**
- In a place to sleep
 - Chemical compound (abbr.)
 - A way to fish
 - Classic Linklater film “_ and Confused”
 - Legume
 - Indonesian island
 - Smooth, creamy substance
 - Arctic
 - Wood sorrels
 - Defied
 - Cattle
 - Tableland
 - Honorably retired and retaining one’s title
 - Repossession
 - Danced
 - Adult males
 - A type of section
 - Type of Japanese animation
 - Satisfaction
 - Fit
 - “Ain’t No Sunshine” singer
 - Failure
 - Israeli city
 - French river
 - Cavalry-sword
 - Nocturnal S. American rodent
 - Liquefied natural gas
 - Afflicted
 - Electronic counter-countermeasures
 - Popular HBO fantasy series (abbr.)
 - Spiritual leader of a Jewish congregation
 - Large body of water
 - _kosh, near Lake Winnebago
 - Impudence

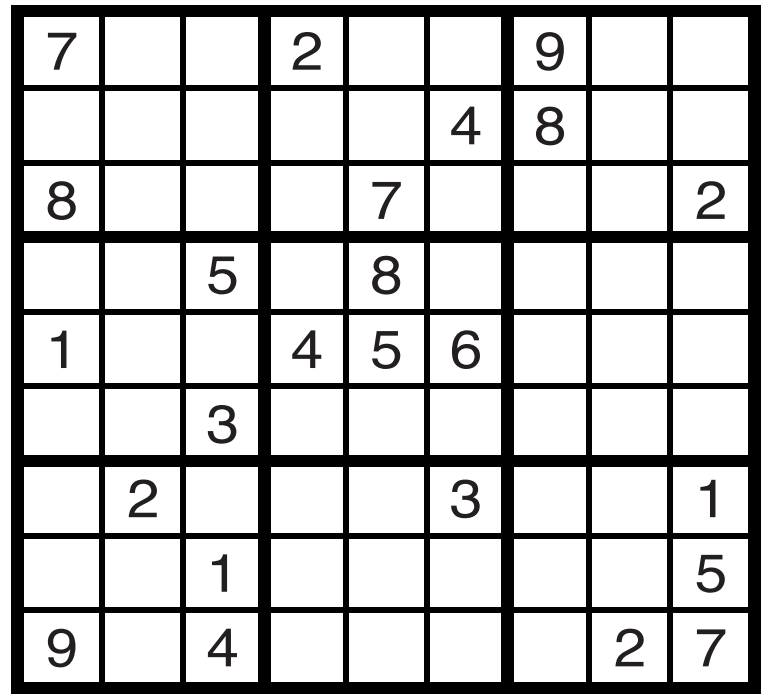


- CLUES DOWN**
- Payroll firm
 - Unit of transmission
 - Rockers Better Than _
 - Bambi is one
 - Highest parts of something
 - Correct behavior
 - Batty
 - Cyprinid fishes
 - Expression of sorrow or pity
 - Site of the famous Leaning Tower
 - Large American rocker Snider
 - W. African language
 - Symbol to mark for removal
 - Unit of transmission
 - Federal savings bank
 - Paddle
 - Returned material authorization (abbr.)
 - One point south of due east
 - Winter melon
 - Last or greatest in an indefinitely large series
 - Anger
 - Central European river
 - First responders
 - Spanish noble
 - Persons with absence

- Defunct airline
- Small island (British)
- The extent of something from beginning to end
- Capital of Bangladesh
- Dutch cheese
- Imitates
- A contest of speed
- Swiss river
- Prejudice
- Actor Idris
- UNLV’s are Runnin’
- Criticize

- Defunct airline
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- Swiss river
- Prejudice
- Actor Idris
- UNLV’s are Runnin’
- Criticize

Sudoku



Solutions on Page 13

Level: Advanced

HEADACHE RELIEF WORD SEARCH

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

- Chronic Cluster
- Congestion
- Diagnosis
- Doctor
- Gradual
- Headache
- Illness
- Inflammation
- Lifestyle
- Migraine
- Painful
- Persistent
- Primary
- Secondary
- Sensitivity
- Sharp
- Spine
- Stress
- Sudden
- Tension
- Throbbing
- Triggers

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

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 Kolentas, 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 Sunday June 18, 2023, 10 a.m., 10 Central St and streamed on Facebook, FirstParishChurchManchesterMa.com.

Worship Leader, Rev. Dave VanArsdale, "A Cup of Cool Water, When Things get Hot!"
 Music led by Dr. Herman Weiss and the First Parish Choir, Paul Knox and Rebecca Shrimpton
 Monday Friends of the COA Senior Drop in 10 a.m. -12:30 p.m.
 Search Committee 5:30 p.m.
 Tuesday, Search Committee 5:30 p.m.
 Wednesday, Choir rehearsal 7:30 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
First Parish Church Offering Fair by the Sea
 First Parish Church, Manchester will be holding a Fair by the Sea with a rummage sale and our famous jewelry table during the Festival by the Sea in August. Along with our sale we are offering the

opportunity for vintage vendors to purchase tablespace. Please email office. fpchurch@gmail.com if you are interested. The CACC Festival by the Sea is a wonderful opportunity for all to come and enjoy our community and we are excited to offer this contribution.
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)
 We begin our 2023 summer season this Sunday, June 4, with a single service of Holy Eucharist at 10 a.m. Thereafter 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.

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.

Wegmans For Lunch & Shopping
 On Friday, June 16, the Manchester COA is offering a trip to Wegmans in Burlington. Start off with lunch at their Market Café where

you can enjoy sushi, pizza, sandwiches, salads, or many hot, chef-prepared options. Then spend some time walking around or shopping in their enormous store. Check out the different departments

from the bakery to the organic produce to the cheese section. The van will start picking up seniors around 11 a.m. Return is expected around 2 p.m.

be prepared! Pick-up will begin at 12 noon and return will be by 2 p.m.
Of Thee We Sing America! Stars & Stripes Show at Crowell Chapel
 On Thursday, June 29, at 2 p.m. the Manchester COA and Friends of the Council on Aging are offering an afternoon of patriotic music and fun at Crowell Chapel on Rosedale Avenue. Celebrate the pride of America with a musical tribute featuring all the great American Classics from America, The Beautiful to the great songs of Irving Berlin. Uplifting, inspiring and fun!! Celebrate being proud to be an American and wear your Red, White and Blue! Transportation is available. Entertainment provided by Big Smile Entertainment. This event is free. Contact the COA office for further info and to sign up.

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS TOWN OF MANCHESTER-BY-THE-SEA SPECIAL TOWN MEETING WARRANT

Essex, ss.
 To any of the Constables of the Town of Manchester-by-the-Sea:

Greetings: In the name of the Commonwealth of Massachusetts you are hereby required to notify and warn the inhabitants of the Town of Manchester-by-the-Sea qualified to vote in elections, to meet at the Memorial School Gymnasium/Cafeteria at 43 Lincoln Street, in Manchester-by-the-Sea, on **Wednesday, the 28th day of June, two thousand and twenty-three AD, at six thirty (6:30pm)** in the evening, for the purpose, to wit:

ARTICLE 1. To see if the Town will vote to raise and appropriate or transfer from available funds a sum of money for the Town's assessment for the District for the Gross Operating and Maintenance Budget of the Manchester-Essex Regional School District - said sum to be calculated solely in accordance with the "Agreement Between the Towns of Essex and Manchester-by-the-Sea, Massachusetts with Respect to the Formation of a Regional School District", as most recently amended, by invoking and approving the provision found in paragraph four of G.L. c. 71, § 16B allowing District members "to reallocate the sum of their required local contributions to the District in accordance with the regional agreement", for the fiscal year beginning July first, two thousand twenty-three, or take any other action relating thereto.

and School Committee
The Select Board recommends approval
The Finance Committee recommends approval
ARTICLE 2: To see if the Town will raise and appropriate \$400,000 for the purpose of paying a portion of the Town's share of the Manchester Essex Regional School District's costs related to renovating and making extraordinary repairs and other improvements to the District's outdoor athletic facilities, and for payment of all costs incidental and related thereto, or take any other action relative thereto.

Per petition of the Select Board
The Select Board recommends approval
The Finance Committee recommends approval
ARTICLE 3: To see if the Town will vote to amend the Zoning By-Laws by deleting Section 12.0 ("Administration and Procedures") in its entirety and substituting a new Section 12.0 ("Administration and Procedures") in its place, or take any other action relative thereto. The full text of the proposed changes is available at the Town Clerk's Office, the Library, or on-line at the Town's web site at <http://www.manchester.ma.us/384/Planning-Board> or <http://www.manchester.ma.us/503/Town-Meetings-and-Elections>.

Per Petition of the Select Board and Planning Board
The Select Board recommends approval
The Finance Committee takes no position on the article
ARTICLE 4: If Article 3 fails to be approved, to see if the Town will

vote to amend the Zoning By-Laws by re-inserting Section 6.5 ("Site Plan Review"), which was deleted from the Zoning By-Laws as part of the amendments made at the Fall 2022 Special Town Meeting with the assumption that a new site plan review section would be added to an amended Section 12, or take any other action relative thereto. The full text of the proposed changes is available at the Town Clerk's Office, the Library, or on-line at the Town's web site at <http://www.manchester.ma.us/384/Planning-Board> or <http://www.manchester.ma.us/503/Town-Meetings-and-Elections>.

Per Petition of the Select Board and Planning Board
The Select Board recommends approval
The Finance Committee takes no position on the article

ARTICLE 5: To see if the Town will vote to amend Sections 4, 5, 7, 8, 9, 10, and 11 of the Zoning By-Laws to correct certain scrivener's errors and omissions, by deleting the strikethrough language, and inserting the underlined language, and to vote further to authorize the Town Clerk to make all clerical changes to the Table of Contents, Appendix, and Index to reflect the current Zoning By-Laws, and the amendments and corrections thereto, or take any other action relative thereto: The full text of the proposed changes is available at the Town Clerk's Office, the Library, or on-line at the Town's web site at <http://www.manchester.ma.us/384/Planning-Board> or <http://www.manchester.ma.us/503/Town-Meetings-and-Elections>.
Per Petition of the Planning Board

The Select Board recommends approval

The Finance Committee takes no position on the article

ARTICLE 6: To see if the Town will vote to authorize the purchase of a replacement ladder/pumper truck for the Fire Department for a cost not to exceed \$1,500,000 and to fund this purchase, transfer the sum of \$1,320,000 from the Fire Apparatus Replacement Fund and transfer the sum of \$180,000 from the Town's Fund Balance (equal to the sale of the Fire Department's mini-pumper), for a total of \$1,500,000; and further to rescind a previous Town Meeting vote to appropriate \$400,000 from the Fire Apparatus Replacement Fund for the purchase of a new ambulance, or take any other action relative thereto.

Per petition of the Select Board
The Select Board recommends approval
The Finance Committee recommends approval

ARTICLE 7: To see if the Town will vote to raise and appropriate the sum of \$50,000 for a Salary Reserve Account for FY24 to be used to fund salary adjustments primarily due to final contract negotiations with Town labor unions and additional Fire Department overtime expenses, or take any other action relative thereto.

Per petition of the Select Board
The Select Board recommends approval
The Finance Committee recommends approval

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

Win as though you were used to it and lose as if you like it.
 ~ Isabella Stewart Gardner ~

Summertime... and the Livin' is Easy?

Not if you are having a family crisis.



By Joanne MacInnis

I'm guessing this belief stems from childhood, but don't we still feel that summer offers us something special? A big change from the regular human experience of the other seasons; a lightness? I saw a Facebook post where parents (clearly born in the 1960s/70s) dressed up as Alice Cooper's Band and serenaded their junior high student off the bus on the last day of school. I got a big kick out of it, as did the performers. Maybe not so much for the poor kid... no amount of therapy will erase that memory!

"Crisis" implies a new situation.

My professional world is that of serious illness. We meet families at the tipping point, right where the lava starts coursing down the volcano toward the village beneath. Many are trying to cope with chronic illness, children, and grandchildren, declining elder loved ones, or someone's mental health episode needing help and intervention.

Maybe you are a master at knowing how to manage, or perhaps you are exhausted and have no idea what to do. Maybe there isn't anything to be done. You're not alone if you are fresh out of your crisis, feel one coming on, or are plum right in the middle of the bubbling lava. We've

all been there. Whatever your burden is, it takes a toll. Waiting for the head-on collision you fear is coming is possibly the most brutal place of all to be.

My world has brought some challenges to me recently. I am typically the "fix it" person. I have a large toolbox to draw, but sometimes no tool fits the problem. During those times, we call in the troops: the professionals in whatever arena we are in, mental health helpers, clergy, and others who can help facilitate "self-care." We sit with it, talk about it, and hopefully get some good solid advice from those with credibility in our given situation.

The term self-care is rampant across professional communications these days...and with good reason.

COVID taught us that there is often a longer recovery period from a crisis than we thought. Prolonged stress takes its toll. We can feel underwater without acknowledging, identifying, or naming it. Where does one begin?

Self-care is primarily an "inside job." It's taming the voices (the committee) that live in our heads and encourages us to worry, fret, stress, and feel distracted, often with the ceaseless chattering about what a mess it all is.

We forget we are one being - spirit, mind, and body, and to get the most bang for our buck, we should hit all three in our effort to cope better.

What feeds all parts of you? Community, 1:1 time, nature, music, art, animals, time alone, the beach? What are your sources of nourishment? Spirit, mind, and body. When self-care seems most irrelevant and unobtainable, it's a sign that we need it: STAT.

Most wellness habits are developed over long periods so that they become part of our fabric. I am fortunate to know many people who prioritize self-care regularly. Are their issues less than because they have a more developed notion of self-care? Of course not. However, their reaction, response, and experience of personal disruption may be different.

One of my teachers describes it as "extreme self-care" in case we are under the misguided impression that we are living lives of self-care. Working with families in crisis has helped me hone this skill, or at least my awareness of it for other people... not me. Still, I have talked the talk, which has given me some real-life practice in getting it right for myself.

Beware. It's a life changer.

Let's explore and commit to this notion of self-care.

It is bound to have some of the following effects: it may decrease your frustration with the many horrid drivers on the road, may have you turning off the news when you feel your blood pressure going up, and may cause you to willingly stop at the crosswalk for old folks, young folks, bikes, and wild turkeys. If taking a deep dive and getting some support helps you cope with whatever "crisis" has arrived and allows you a better sense of well-being as you face it, that sounds like a winner...you know what.

There are helpers out there: many wonderful books where authors share their experiences, Ted Talks, YouTube, local face-to-face support groups, and the list goes on and on and on. What works for me may not work for you. The important thing is, to be honest. "I'm struggling and need help." Would you be honored to "be there" for someone you knew in a tight spot? Many are. Know them and find them. Take help. You are not alone in the "summertime and the livin' ain't easy" club. Know what you are dealing with, what's bothering you, and what you can and can't fix. Jump into the pool of clear, cool water (that may look like a book, coffee frappe, or walk on the beach) and breathe in your life. Don't forget to ask for help.

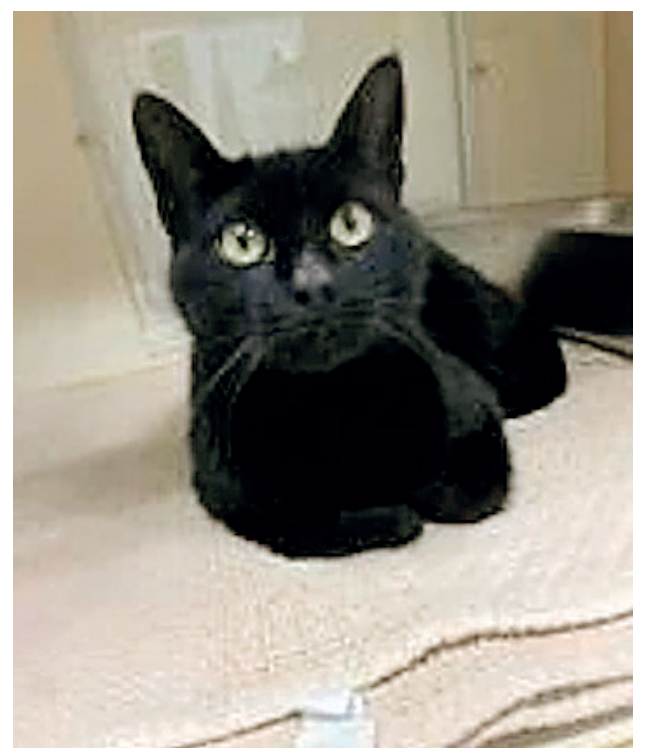
Solution to puzzles on page 12

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Level: Advanced

PETS OF THE WEEK



Pete Repeat

Hey there! My name is Pete. I'm a handsome guy around 4-years-old who was found as a stray and now I'm looking for my forever home. I'm sweet as can be. I enjoy relaxing and getting love from humans! I seem to be interested in the cats here at the Christopher Cutler Rich Animal Shelter

so I wouldn't mind going to a home with another feline friend! If you think I'd make a good addition to your family, stop by and visit me today! Visit www.capeannanimalaid.org for more information about me and all the other animals waiting for homes here at the shelter, 4 Paws Lane in Gloucester.

...(Continued from page 1)

"You could for example ... zone districts that are already dense and count those toward the requirement," said Murray. "You don't have to take an empty field and add that to the zoning district."

Asked if there was any way around the new zoning, Murray said no.

"There is no waiver proce-

dure in this law at all," said Murray. "There is no way to opt out. There is no way to get any waiver from the guidelines."

If the town chose not to enact the multi-family zoning district, Murray said it would face loss of state housing funds and grants. Also, the state's attorney general

towns has said that towns could face being taken to court over violation of the state's housing laws.

Finance Committee member Michael Pratt, also a member of the task force, questioned if loss of the state housing funds and grants would be a hardship for the town. He said they only

amounted about \$200,000 to \$400,000 a year.

Interim Town Planner Betsy Ware noted that Cell Signaling Technology was expecting to apply for \$5 to \$6 million in grants in the coming years.

The task force agreed to meet on the third Thursday of each month to start with,

so the next meeting will be July 20 at 6:30 p.m.

The task force elected Chris Onley of the Planning Board as chairman and Garlan Morse of the Downtown Improvement Plan Committee as vice chairman. Morse ran the meeting on June 8 because Onley was attending the meeting online.

The other members of the task force, in addition to Onley, Morse, Harrison and Pratt, are Sarah Mellish of the Planning Board, Richard Smith of the Historic District, Susan Philbrick of the Planning Board, and at-large members Sandy Bodmer-Turner and Dennison Hall.

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Thermometers




Mercury Switches



Fluorescent Lamps

Please contact your local Board of Health or Department of Public Works for information on where to safely dispose of these items.

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Manchester \$1,565,000
Hilltop sanctuary. 3+ bedroom oasis built in 1985 has fireplaced living room, expansive windows in light-filled family room, stylish open kitchen, private staircase to 2nd floor bonus space.
Mandy Sheriff



Essex \$1,495,000
Waterfront Contemporary with a dock in a private setting offers sweeping unobstructed ocean views. Two bedrooms, one and 1/2 baths, A/C splits, generator, and 2-car garage.
Ida Doane



Manchester \$1,475,000
Multi-family home in Manchester's General District near village and Singing Beach! Each unit has 2 bedrooms, 1 bath, new kitchen, air conditioning and more! Complete with off-street parking.
Cricket Sperry



Rockport \$1,188,000
Spacious South End Contemporary stone's throw to Loblolly Cove. 1-level living option, floor-to-ceiling windows to ocean side. Open living-dining area, updated kitchen, office. Near beaches.
Theresa Scatterday

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



Boxford \$980,000
Spacious 4-bedroom, 2.5-bath Contemporary on beautiful, private 6-acre lot. Open floor plan, large windows, well-appointed kitchen, fireplaced dining room, family room, 2 offices. Much more.
Emily McPherson



Danvers \$865,000
Well-maintained two-family in Danversport area with many updates including electrical, structural and heating systems. Each unit has 3 bedrooms, plenty of space and off-street parking.
Julia Virden



Wenham \$770,000
Colonial home with 3 bedrooms, updated kitchen with abutting pantry, easy floorplan and hardwood floors throughout. Complete with 2-car garage, air conditioning and fenced yard and patio!
Gretchen Berg



Rockport \$710,000
You can almost touch the beach from this 2-bedroom, 2-full bath extensively renovated home next to Back Beach. Outdoor shower, fenced yard, deck, gardens, patio, and parking. Move-in ready.
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Lia Giacalone
978.836.8976



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FURNISHED SEASONAL RENTAL. This picture perfect 4 bedroom colonial seamlessly blends today's modern comforts & amenities while maintaining so much charm & character! Perfectly located in the heart of Manchester by the Sea's Village with its top rated schools, beautiful Singing Beach & lovely town center, this is the one you've been looking for.



4



2,251 Sq.Ft.



2F1H

Katie McClain
978.509.8164



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Beverly | \$1,375,000

Prides Crossing. Stunning 4 BR, 3.5 bath home on beautifully landscaped private acre of rolling lawn and magnificent perennial garden.
Lynda Surdam



Rockport | \$5,200,000

Proudly positioned overlooking Pebble Beach in the coveted South End of Rockport, this oceanside clapboard and stone home will captivate you from the moment you arrive. 6 Beds, 5.5 Baths, 4,008 Sq. Ft.
Scott Smith



Magnolia, Gloucester | \$875,000

Are you looking for a home that is nestled in the lovely village of Magnolia and located between the town of Manchester-by-the-Sea and the ocean views of Gloucester's Stacey Blvd.? Then look no further.
Hope Watt-Bucci



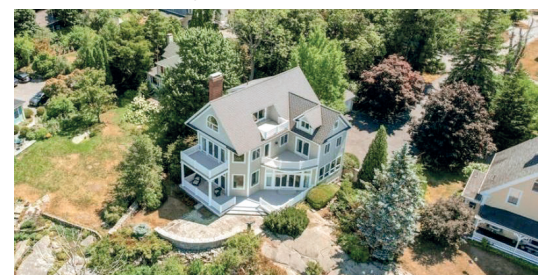
6 Smith Ln., U-6 - Manchester | \$1,100,000

Turn Key, free standing condo- a rare find in village location in Manchester by the Sea. 4 bedrooms & 2 full bathrooms, w/ a spacious primary suite. **Brian Rothe**



Gloucester | \$599,000

Lanesville! Come see this adorable home with a plethora of rooms to custom fit your lifestyle needs; work from home, gather round for a weekend getaway or year round living, the choices are limitless. 3 Beds, 2 Baths, 1,565 Sq. Ft.
Mary Matthews



Gloucester | \$2,995,000

Positioned high on a ridge in East Gloucester, 119 Mount Pleasant Avenue commands the most panoramic view of the city. 4 Beds, 4 Baths, 3,076 Sq. Ft. **Scott Smith**



Hamilton | \$2,495,000

"Foxview" Rare offering of magnificent country estate with unsurpassed 360 degree private pastoral views. 6 Beds, 5.5 Baths, 7,040 Sq. Ft. **Lynda Surdam**



Rockport | \$724,900

Two Bedrooms, two bathrooms in desirable Rockport location, 60 yds from Back Beach. 1,224 Sq. Ft.

Elizabeth Reilly and Peggy Moroney

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