

MANCHESTER CRICKET

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BRIEFLY

It's Here! Essex In Bloom

Starting Friday, all of downtown Essex will feature a series of floral-themed events and activities to lure visitors to check out downtown businesses. The weekend event is sponsored by the Essex Economic Development Committee and paid for with state pandemic recovery monies to energize local business during off-peak months. There will be balloon artists, a scavenger hunt, author talks at the library, a "Light Up the River Basin" evening event with private boats lit to offer a beautiful riverfront, sidewalk chalk art, a giant mobile selfie station and, of course, flowers. Lots of flowers in dramatic oversized installations along the Causeway designed by interior designer Anna Hardy of Anna Hardy Design & Showroom. There are a whole slate of programs (official and offshoots by retailers and restaurants hosting "open house" programs). Kory Curcuro will be hosting a live show Friday morning on 1623 Studios.

Vet Tips For Class of 2024 Fundraiser

On Monday, May 22 from 6:30 to 7:30 p.m. at the ME High School auditorium, the MERHS Class of 2024 will host "Tell Tail Tips: First Aid for Your Dog," with Dr. Kate Dodge, VMD. Just \$10 and you'll learn a whole lot.

Seminal CAM Edward Hopper Exhibit Curator To Speak At Hastings House

Mark your calendars! Elliot Bostwick Davis, author of "Edward Hopper & Cape Ann," just published in connection with this summer's seminal exhibit of the same name at the Cape Ann Museum, will be in conversation with Oliver Barker, CAM Director on Thursday, May 25 at 6:30 p.m. at the Hastings House in Beverly Farms. This event is free, but you'll want to buy that stunning book. Info at bookshopofbeverlyfarms.com.

2023 MBTS Memorial Day Flags and Grave Markers

Every year the Manchester American Legion places flags and replaces grave markers on veteran graves at all the Manchester-by-the-Sea cemeteries. Volunteers are welcome to participate. Here is the schedule: Friday, May 26, meet 1 p.m. at Rosedale Extension Cemetery. After the team will move to Pleasant Grove Cemetery. On Saturday, May 27, meet at 1 p.m. at Rosedale Cemetery. Contact Allan Kirker, Commander for info at 978-380-0029. There are extra flags and grave markers available at the Legion to be installed by family members if any graves are missed.

Election Monday: Incumbents Win, Fields Financing Supported

By Erika Brown

In its annual election Tuesday, Manchester voters offered solid support for sitting candidates while eschewing all challengers. They also demurred from using town reserves or savings to fund Manchester's share of athletic turf field replacement scheduled for this summer at Brook Street and Lincoln Street.

In the end, 1,331 residents—or 31 percent of Manchester's total 4,351 registered voters—turned out for the election at Manchester Memorial Elementary School. For these voters, there were three consequential votes—Select Board, Planning Board, and the question of how to fund replacement of two athletic fields. The rest of the votes were for uncontested seats for Library Trustee, Moderator, Housing Authority, and School Committee.

In the Select Board race, Ann Harrison and John Round won re-election relatively easily, securing 864 and 788 votes, respectively. Karen Bennett, a first-time candidate challenging the incumbents made a strong, but ultimately lacking, showing of 508 votes. Bennett did not have any board or committee experience but brought what she called a "common sense" approach and decades of experience in corporate sales and training. She also serves as the treasurer of Manchester Matters, a group associated with a series of anonymous postcards sent to every resident and business including one the week of the election that endorsed her candidacy.

The race for Planning Board brought more energy in the campaign season, with newcomers Donna Furse and Marty Flood running as a team and a promised "voting block" to bring what they called balance to the board at a critical time. Ultimately, however, the voters disagreed, voting in Planning Board incumbent Chris Olney (838 votes) and newly appointed PB member Susan Hanson-Philbrick (863 votes) over Flood and Furse who received 348 and 465 votes, respectively.

All candidates had participated in a well-attended Meet the Candidate forum



Monday's town election in Manchester brought energy from challengers (from left) Donna Furse, Karen Bennett, and Marty Flood.



But in the end, it was seated board members that won their seats. Susan Hanson-Philbrick (left), with Ann Harrison (center, hidden and holding her sign) and Chris Olney (right) who made it to Planning Board and Select Board. (Photo: Paul Clark)

on Thursday, May 4, hosted by the Cricket and 1623 Studios giving voters a chance to hear from the candidates themselves on issues that ranged from Manchester's move to regional dispatch (following a nonbinding referendum narrowly voted against the move), the "40A" state's mandate requiring a vote in 2024 on whether to adopt "by right" multifamily zoning near the commuter rail station, commercial development in the Limited Commercial District by Cell Signaling Corp., and how to address the challenge of senior housing in town, among

other issues. Then, before the election, the town filed a report with the Massachusetts Elections Division after a mistake by Manchester Council on Aging staff who ran a candidate introduction letter from Chris Olney and Susan Hanson-Philbrick in a Friends of the COA-funded newsletter. In the end, the town apologized and paid for a correction sent to all newsletter recipients before the election. According to the report, the town spent \$70 in taxpayer funded time

...(Continued on page 4)

Following Essex Vote, School Committee Faces Hard Choices

By Erika Brown

This week the Manchester Essex Regional School Committee (MERSD) met for the first time since Essex voters rejected a Proposition 2½ override to bridge the gap for Essex's \$9.3 million apportionment for the FY24 MERSD budget, setting off a domino-like series of hard choices and cuts.

ME School District Superintendent Pamela Beaudoin presented initial options to find the money that Essex voters failed to deliver at the ballot. Beaudoin's options included furthering teacher reductions—including by way of layoffs that would require notification by June 15 of this year—to 11.5 full time teachers

(comprised of 7.5 teachers in addition to four reductions in the district's previously approved budget). It also included significant cuts to arts education across the board, it recommended doubling the class size for middle school exploratory classes as well as eliminating several STEM (science, technology, engineering, math) classes at the high school.

It was hard medicine for the School Committee.

Coincidentally, the meeting was packed with many student teams associated with ongoing programs like Math Club, DECA (marketing and entrepreneurship), Robotics Club, SCAR (diversity and engagement), and others who had been previously

scheduled to present successes in their programs. Besides parents in the audience, members of Essex's Finance Committee, residents, and Manchester's incoming School Committee member John Binieris were in attendance.

This is the first in a series of meetings required to get to an approved school district budget in both towns. Currently, the School Committee is in a 30-day window during which it will determine whether to reduce the FY24 budget or keep its original budget. If the budget is reduced by the amount asked for in the override, nothing more is needed. If not, the budget will have to again go before voters, first at a Spe-

cial Town Meeting and then at the ballot in a special election.

School Committee Chairman Theresa Whitman, who narrowly won reelection last week in Essex to a second term, said this upcoming exercise will be one of simple, hard choices. Lowering the budget means the communities of Manchester and Essex are supporting lower services, and reduced educational programming.

Essex spends 44.86% of its annual budget, exclusive of debt, on education. Essex's share of the district budget—determined in part by enrollment—has been escalating in recent years because of the

...(Continued on page 4)

Weekly Weather Chart

Saturday 20 May		61°	53°
Sunday 21 May		69°	55°
Monday 22 May		58°	49°
Tuesday 23 May		59°	46°
Wednesday 24 May		55°	47°
Thursday 25 May		60°	54°
Friday 26 May		60°	56°

Weather data pulled Wednesday and is subject to change.

Gavel to Gavel
 This Week's Town Meetings

Manchester Town Hall is Open to the Public. Public hours are 9 a.m. - 4:45 p.m. Monday through Wednesday and 9 a.m. - 6:15 p.m. on Thursday. All board and committee meetings continue to be conducted virtually. Details on thecricket.com	Monday, May 22 10 a.m. Hybrid Meeting - Town Hall
MBTS House Numbering Com	Essex BOS Monday, May 22 6 p.m.
	MERSD SC Meeting Public Hearing Tuesday, May 23 6 - 8 p.m.

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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).

Pamela Quinn Grady



Pamela Quinn Grady passed away peacefully Monday, May 15. The family was grateful they were able to surround her with love and celebrate Mother's Day with her. She was 80 years old.

Born in Boston to the late Joseph Quinn and Lillian Pa-

tricia Symmons Quinn. She grew up in Boston and Milton, Mass. She graduated high school from the Fontbonne Academy and then went on to graduate from the Massachusetts College of Art and Design and the Museum School in Boston.

She moved to Manchester-by-the-Sea in 1982 with her family where she and her husband Tom owned and operated White Gables Rest Home in Manchester and Ivy Manor Rest Home in Salem.

She was an active member for the Manchester Council on Aging and wrote a regular column called Gray Matters for the Manchester Cricket newspaper. Over the years they converted White Gables into the Columbia Inn, a Lodging and Bed and Breakfast where she spent some

of her fondest memories hosting a multitude of guests from all over the world. Making lifelong friends due to her ability to make people feel special and at home.

Pam was a notable artist working mostly in pastels. She was a member of the North Shore Arts, Rockport Art, Beverley Art, Manchester-by-the-Sea Art, and the Wolfeboro Art Associations, winning many awards.

She and her husband Tom cherished their time spent in the summers in Rocky Neck Art Colony and made so many friends and artist there. After they retired, they moved to Wolfeboro, NH and renovated a 1775 farmhouse. She continued her love of painting Plein Air in Wolfeboro and surrounding mountains. They moved

back to Manchester in 2019.

She leaves behind her husband, Thomas Grady, her brother David Quinn, daughter Jennifer DeCarvalho, son-in-law Michael DeCarvalho, granddaughters Kaila DeCarvalho and Mia DeCarvalho, daughter Gretchen Green and son-in-law Ted Green, son Zachary Grady and wife Renee Grady and granddaughters, Katerina Grady, Samantha Grady, Jacqueline Grady and great grandson James Joseph Ledin.

She was an amazing wife, mother, and friend to all that knew her and she will be sadly missed by so many. A Celebration of her Life in her honor will be announced at a later date. Contributions may be made in Pamela's memory to the Alzheimer's Association.

Tides & Sun Chart For The Week Ahead

DATE	HIGH				LOW				☀️	
	AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
19 Fri			12:10	9.4	6:13	-0.2	6:18	0.7	5:15	8:03
20 Sat	12:20	10.6	12:56	9.2	7:00	-0.2	7:02	1.0	5:14	8:04
21 Sun	1:02	10.5	1:41	9.0	7:44	0.0	7:44	1.2	5:13	8:05
22 Mon	1:43	10.2	2:25	8.7	8:26	0.3	8:27	1.5	5:12	8:06
23 Tue	2:23	9.9	3:08	8.5	9:08	0.5	9:10	1.7	5:11	8:07
24 Wed	3:05	9.6	3:52	8.3	9:50	0.8	9:54	1.9	5:11	8:08
25 Thu	3:50	9.3	4:36	8.2	10:33	1.1	10:41	2.0	5:10	8:09

WHAT WAS HAPPENING

90 YEARS AGO - 1933

The members of the North Shore Horticultural Society turned aside for the moment from their usual discussions on methods of production of plants and flowers at their meeting on Friday evening last, to hear what is being done in the world of science in the art of preserving food for human consumption in the latest methods of quick freezing as developed by the most modern or Birdseye method.

Frank Bullock is having a small building erected on the front of his lot on Norwood Avenue and will occupy it as a neighborhood grocery.

75 YEARS AGO - 1948

A new business enterprise has been launched in Manchester. The Manchester Mist Spray Co., headed by Norman Perley, treasurer. The new company will completely eliminate mosquitoes, flies and other insects from your property.

Bruce Lesesne, one of Manchester's most popular and largest lobster fisher-

men, was featured in the June issue of Ebony, a magazine published "of, by and for Negroes."

60 YEARS AGO - 1963

Manchester firefighters on Saturday made a quick stop of a fire that started in the boiler room at Al's Café on Central Street and thereby prevented what could have been a real serious fire.

Miss Wilmot's first grade class is having pet's week. On Tuesday Deborah Gannett brought to school a little white kitten called Snow White, and everyone enjoyed playing with it. Tom Ring brought Polly Wogs and Brian Mulcahey brought frogs.

45 YEARS AGO - 1978

The Frostbiters fought a strong easterly of 15-20 knots which gave two more sailors an opportunity to swim. John Winder by now an old hand, and Luke Brown of the U.S. Coast Guard Academy, each tested the cold water of the outer harbor.

The JV girls softball team

with Coach Diane Coons, now has a record of 6 wins and 2 losses. With top players Dee Mitchell, Lisa Stanley, Linda Marshall and Maura Smith, it's not surprising the team has had winning scores of 16-7, 13-7 and 12-3.

30 YEARS AGO - 1993

The MHS boys tennis team continued its winning streak this week by knocking off previously undefeated Masconomet and North Andover, sandwiched around somewhat easy wins over Pentucket and Hamilton. As a result of their success, the boys now sit atop the Cape Ann League with a 9-1 record.

The sun was shining, the throngs were smiling, and the children laughing this past Saturday at Memorial School at the scene of one of the most successful Spring Fair's ever sponsored by the Manchester P.T.O.

15 YEARS AGO - 2008

As the debate season draws to a close, Manchester-Essex debaters have con-

tinued to collect top honors on the state and national circuits. Senior Emily Osborne recently brought home the Massachusetts Forensic League State Championship in Lincoln-Douglas Debate, defeating Sacred Heart's top debater in the final round of the MFL State Tournament.

The Manchester-Essex Conservation Trust recently accepted a new conservation restriction in West Manchester with a very generous gift of George P. Smith of Manchester. The restriction permanently prohibits alteration of the land and applies to two adjoining parcels of land off Crooked Lane. Mr. Smith will lead a hike on this property on Saturday, May 17 beginning at 10 a.m.

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Erika M. Brown
Publisher & Editorial Director

Paul Clark
Assistant Editor

Susan Zampell
Business Development Director

Christy King
Digital Director

Susan Anthony
Subscriptions & Office Mgr.

Business & Editorial Offices
P.O. Box 359
Manchester, MA 01944
11R Beach Street
Manchester, MA 01944
www.thecricket.com
Phone | 978.526.7171
Email | news@thecricket.com

Display Advertising
ads@thecricket.com

Classifieds & Legals
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Postmaster, please address changes to:
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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@thecricket.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.

YARD SALE

MBTS SATURDAY, 5/19—Yard sale at 1 Dexter Lane, Manchester for Saturday May 20th 9-11 and Sunday May 21st 9-11. Yard tools and equipment, lawn equipment, wood stove, furniture, household items, dishes, china, golf items, sm appliances, ladders, rugs, white boards. 5/19

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MBTS—Storage downtown MBTS: 4 units from 10x10 (\$100) up to 24x32 (\$500) one garage unit. Text (978) 473-1894 for details. 5/25

MBTS, OFFICE—Looking for a place to work in Manchester that isn't your spare bedroom? I'm looking to share a sunny, contemporary space with one or two others. Call me at 617-620-9631 for details. 5/16

MBTS—Summer Rental: 3+BR (6 beds)/2 BA, ideal village location with large backyard. A few weekly rental dates still available for \$3500/week. Contact Harrison.lauren@gmail.com for open dates/information. 5/16

SERVICES

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

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Water Use and Rates



By Gregory T. Federspiel

The Water Resources Task Force, comprised of citizen volunteers with a range of helpful expertise, has been hard at work for over a year looking into many aspects of the Town's drinking water system. A final report by the Task Force is forthcoming in the next couple of months. One area of investigation has been the role more conservative use of water can play in ensuring an ample supply of water despite the changes we are witnessing in weather patterns and other challenges.

The group first did an analysis of the past 10 years of water use. The analysis confirmed what then Select Board member Eli Boling had researched back in 2018 when the town first introduced a tiered rate structure to try to encourage through pricing better water conservation. Manchester residents on average use more water per capita than most other communities in the area and throughout the state. Residents use some 50% more water per capita than the neighboring town average. We are amongst the top 10 heaviest users amongst 287 Massachusetts towns and cities. (These numbers do not include any commercial users, which account for <5% of our metered usage of drinking water.)

The state's target is a maximum of 65 gallons of water use per capita per day (GPCPD). Manchester residents are more than 20% above this target at an average of 78.5 GPCPD. However, there is a wide range within this average. The 50% of households with the lightest usage consume about 26 GPCPD while the other 50% of higher-usage households consume 126 GPCPD. Indeed, half our drinking water is consumed by only 17% of households.

Seasonal variation in town is also exceptional (and not in a good way). Summer-time use is more than double wintertime use. This ratio is also much higher than neighboring communities where summer averages are 1.4 -1.65 times higher than winter use. Again, there is a wide range here. Many Manchester residents are similar to our neighbors. But others increase their summer use of drinking water to 4 times their winter use. Summer irrigation is the main reason for this high seasonal fluctuation.

The news is not all bad. About 2/3rds of all households in Manchester are already conservative users of drinking water having a per capita use below the state's target. And during last summer's drought, residents responded across all user levels to lower consumption. This allowed us to weather

the drought without any fears of running too low on our water supply.

Manchester has benefited enormously from the foresight of leaders more than 100 years ago, ensuring that we'd have both highly productive wells and our own reservoir. Being more conservative with water use is an important tool to preserving this legacy as well as the reliability of our water supply. At a minimum, it provides a buffer against future unknowns. As we think about ways to implement wiser use of our water supply three key steps have been identified by the Task Force.

New, state of the art water meters can provide each household with real time data on how much water is being consumed. These meters allow you to monitor your daily consumption. This is useful in many ways, from quickly detecting a leaking fixture to challenging yourself to lower your consumption while tracking how you are doing. These new meters are designed to remain very accurate over time and would allow the town to go on a more frequent billing cycle which again is helpful in reminding people to conserve water. In addition, the Water Division will shortly change its bills to report your drinking water usage in gallons instead of the opaque HCF (hundred cubic feet).

With so much of our water use going towards irrigation needs, a focus on more efficient strategies to irrigate (e.g.: drip vs aerial spraying) and refocusing on more native plants that do not require as much water can be another significant way to reduce water consumption. Meadows can be as beautiful as manicured lawns - and with the many side benefits to wildlife, the meadows can provide greater joy. Communities in the southwest are paying residents to replace their lawns with more native landscapes to significantly reduce water consumption. There are lessons to be learned here.

Lastly, the rate structure for water bills can be adjusted to influence behavior. Our current rate structure, while charging more to higher users, does not appear to be much of a deterrent; the per-gallon differential is relatively modest between low- and high-usage households compared to other models aimed at conservation (today our highest rates are about 40% above our lowest rates) The Task Force has asked the Select Board to consider consolidating our six volume-based rate tiers to four and implementing much more progressive tiers for households using significantly more than the recommended 65 GPCPD.

The proposed structure would reduce water bills for the majority of households and increase water bills for higher usage. The very highest-usage households (about 3% of all users) would see their bills increase fairly dramatically, up to 3 times what they are currently paying, unless of course they find ways to conserve drinking water.

The Select Board will be considering these approaches in the coming months as they review the recommendations of the Task Force. Any changes to rates must be considered at a future public hearing.



BOARD UPDATES

Planning Board Meeting: The Planning Board will meet on Monday, May 22 at 6:30 p.m. at Town Hall and on Zoom. Meeting details can be found on the Town website.

MERSD School Committee Public Hearing: The School Committee will hold a public hearing on Tuesday, May 23 at 6 p.m. at the high school learning commons or virtual. Meeting details can be found at mersd.org.

Select Board Special Meeting: The Select Board will meet on Thursday, May 25 at 5:30 p.m. at Town Hall and on Zoom. Meeting details can be found on the Town website.

Memorial Day Services: Join us to honor our veterans on Memorial Day, Monday, May 29. The program will start at 9 a.m. at Post 113 (behind Town Hall) then will proceed up Pine Street to Pleasant Grove Cemetery, Rosedale Cemetery, Hinkley Memorial and Union Cemetery.

Beach Walk on Tags: Singing Beach tags that were ordered online are ready to be picked up at the Town Clerk's office. All visitors to Singing Beach ages 12 to 65 need a tag. Tags can be purchased online or in the Town Clerks office for \$35.

School Street Paving: School Street repaving continues this week. The proj-

ect is expected to take a few more weeks to complete. Expect road closures and detours at times. Please contact DPW with questions.

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

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

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MANCHESTER MADNESS

• • • • •

SIDEWALK SALE

↘
Saturday

May 20th - 9-2

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LIBRARY NEWS



Digital Advice Drop in Has Moved to Mondays and Thursdays

Mondays from 11:30 a.m. to 2 p.m., and Thursdays March 9 and 23 at 6 p.m. Increase your comfort level with technology. Register for a dedicated session at 11 or 11:30 a.m. or drop in between 12-1 p.m.

Mindfulness Meditation

Thursdays May 25 from 11 a.m. -12 p.m. Alida Bryant is a Dharma Leader and meditation instructor under the guidance of Anam Thubten Rinpoche. Beginners and experienced meditators are welcome.

Diversity Book Group

Tuesday, May 23 from 5:30 - 6:30 p.m. We have two graphic memoirs, They Call

US Enemies by George Takai and The Best We Could Do by Thi Bui. All are welcome to read either or both and join in the discussion of these books.

Hearthside Book Group

Tuesday, June 6 from 4-5 p.m. join us in person or on Zoom to discuss the novel "Horse" by Geraldine Brooks.

50 Hikes in Eastern Massachusetts

Tuesday, May 23 from 7-8p.m. We are looking forward to chatting with author Madeline Bilis about her book "50 Hikes in Eastern Massachusetts".

Author Chat with Charlotte McConaghy (Virtual)

Thursday, May 25 from 7-8 p.m. Join us with author

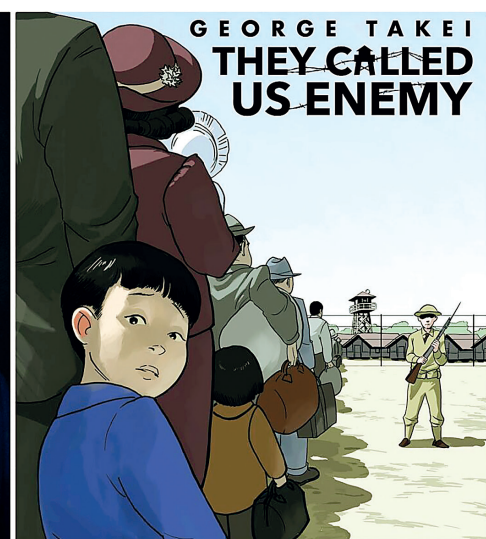
Charlotte McConaghy, author of "Migrations"

Drop in Craft

Saturday, May 27 from 10 a.m.-1 p.m. Stop by and make a window cling mandala with an intricate paper outline and tissue paper. The library will be open 10 a.m.-1 p.m. on this day due to annual carpet cleaning. All ages, as long as you can handle cutting or tearing tissue paper.

MBTS Bike and Pedestrian Committee Book Discussion

Thursdays in May, starting May 4 from 6-7 p.m. The MBTS Bike and Pedestrian Committee is excited to be hosting another community book discussion group. We'll be reading "There Are No Accidents: The Deadly Rise



of Injury and Disaster—Who Profits and Who Pays the Price" by Jessie Singer.

Annual Book Sale and book donations

Annual book sale is August 5. Book donations will be at the Manchester Middle High School parking lot on May 20 and June 10 between 9 a.m. and 12 p.m.

Craft Circle by the Hearthside

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

Literary Libations Writing Group is moving to Thursdays

Thursdays from 7-8 p.m. Do you need inspiration to start your next project? Do you want some constructive criticism before you send your work to an editor or publisher? Meet with librarian Maddy Willwerth or

poet Crystal Condakes at the library's hearthside for writing prompts, critique and comradery. Snacks and coffee provided. Please register.

MPL Children's Events: 4H RABBIT & CAVIES

Saturday, May 20 at 2 p.m. Join our 4H friends for all things Rabbits & Cavies, story time, followed by rabbit and cavy petting stations.

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 people at half-price admission.

Vox and Wonder Books

Kids are going to love these new audio and print picture and chapter books bound together for literacy and fun. The permanently attached Reader transforms an ordinary print book into an all-in-one read-along experience.

No need for computers, tablets or CDs, children simply push a button to listen and read.

Mysteries on the Move

Wednesday, May 24 from 3-4 p.m. Calling all puzzle-busters in grades 6-10. Join Mysteries on the Move game master Pam Hatch for a problem-solving adventure that will ask you to read, think, collaborate and test your limits to crack the Case of the Haunted Hotel. Registration required.

Stories and Songs with Ms. Carol

Wednesdays at 10:30 a.m. Our youngest patrons and their caregivers are invited to share songs, rhymes and simple stories with Ms. Carol.

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? Register on the library events calendar.

MANCHESTER POLICE NOTES



SUNDAY, MAY 7

3:18 a.m. Beach St., suspicious activity, secured/checked. 1:34 p.m. Pine St., motor vehicle stop, verbal warning. 5:09 p.m. Pine St., animal complaint, notification made. 9:18 p.m. Woodholm Rd., fire alarm, fire false.

MONDAY, MAY 8

11:19 a.m. Jersey Lane, suspicious activity, spoken to. 4:03 p.m. Summer St., motor vehicle accident, no personal injury, assisted as needed. 5:52 p.m. Route 128SB motor vehicle stop, written warning. 7:57 p.m. Route 128NB, disabled motor vehicle, vehicle towed.

TUESDAY, MAY 9

9:36 a.m. Bridge St., motor

vehicle stop, written warning. 11:46 a.m. Highland Ave., welfare check, spoken to. 6:57 p.m. School St., motor vehicle stop, written warning. 11:58 p.m. Filias Circle, disturbance, secured/checked.

WEDNESDAY, MAY 10

7:34 a.m. School zone, selective enforcement, secured/checked. 12:25 p.m. Central St., citizen assist, secured/checked. 1:09 p.m. Pleasant St., animal complaint, notification made. 9:19 p.m. Masonomo St., alarm, secured/checked.

THURSDAY, MAY 11

9:39 a.m. Central St., parking complaint, assisted as needed. 10:48 a.m. School St., fire other, fire confirmed. 2:05 p.m. Walker

Rd., theft, report to follow. 11:10 p.m. Singing Beach, suspicious activity, spoken to.

FRIDAY, MAY 12

8:21 a.m. School St., parking complaint, gone on arrival. 9:50 a.m. Central St., citizen assist, assisted as needed. 11:13 a.m. Summer St., motor vehicle accident with injury, transported to hospital. 10:48 p.m. Norwood Ave., motor vehicle stop, verbal warning.

SATURDAY, MAY 13

12:53 p.m. Singing Beach, brush fire, fire confirmed. 3:29 p.m. Bridge St., animal complaint, secured/checked. 3:56 p.m. Bridge St., animal complaint, no action taken. 9:56 p.m. Beach St., motor vehicle stop, citation issued.

...(Continued from page 1)

and expenses associated with the newsletter.

Finally, voters on Monday approved a Ballot Question on whether to fund Manchester's share of the needed bond to pay up to \$796,740 for a much-needed replacement of two school athletic fields—Coach Field on Brook Street and Hyland Field on Lincoln Street. The measure passed (753 to 476), which will allow the town to exclude the resulting annual debt payments from Proposition 2½ limits.

At April's town meeting and in the candidate forum on May 4, the debate fell on whether the new fields

should be paid for by debt exclusion or by tapping town reserve funds.

Support for replacing the fields, after year of complaints alleging field condition to injuries, has been nearly universal. Each field will cost about \$800,000 to replace. Because Coach Field is used extensively by non-school programs, the Town of Manchester pays for half of the replacement costs directly. Voters had already approved this share at April's ATM, utilizing in large part funds received through Park and Recreation program fees.

This left \$1.2 million to be divided between Manchester

and Essex according to the regional school district's apportionment formula, resulting in the nearly \$800,000 noted above as Manchester's share of the district's cost (66 percent).

In other results Tuesday, the following uncontested races for Manchester seats were decided: Elizabeth Heisey won a five-year seat on the Housing Authority; David Lumsden for three years as a Library Trustee; Alan Wilson won a one-year position as Town Moderator; and John Binieris won a three-year seat representing Manchester on the ME Regional School District Committee.

...(Continued from page 1)

proportion of children from Manchester in the school district has been declining.

Behind the squeeze this year was a fundamental decision—supported by both towns' Select Boards and Finance Committees—to push for an override and "reset" dysfunction in district budgeting, specifically stopping the school district's routine use of reserve funds for operations, a practice that is discouraged by public finance professionals. It's also a tack adopted as the district heads into planning for the construction in several years of a new Essex Elementary School, which will require borrowing that could be expensive if the district's bond rating is dinged based on its reserves formula.

On Tuesday, one of the

newest School Committee members who ran on bringing financial rigor to budgeting, Anna Lin Mitchell, suggested Beaudoin's recommended cuts went too far, and wondered if a compromise was possible by reducing some costs while also dipping into reserves. Another option would be lowering the ask and returning to Essex voters, she said. In either case, she said, the district could buy another year to look fresh at budgeting strat-

egies. But, said others, bringing Essex to a 2.5% increase year-over-year, which is what Essex town officials are demanding, the district would have to make cuts every year to make a 1% overall. Given that salaries, health care, transportation, and special education all grow at a higher rate, the choices will be brutal. In order to do this next year, the district would need to cut an additional \$900,000 from the budget.

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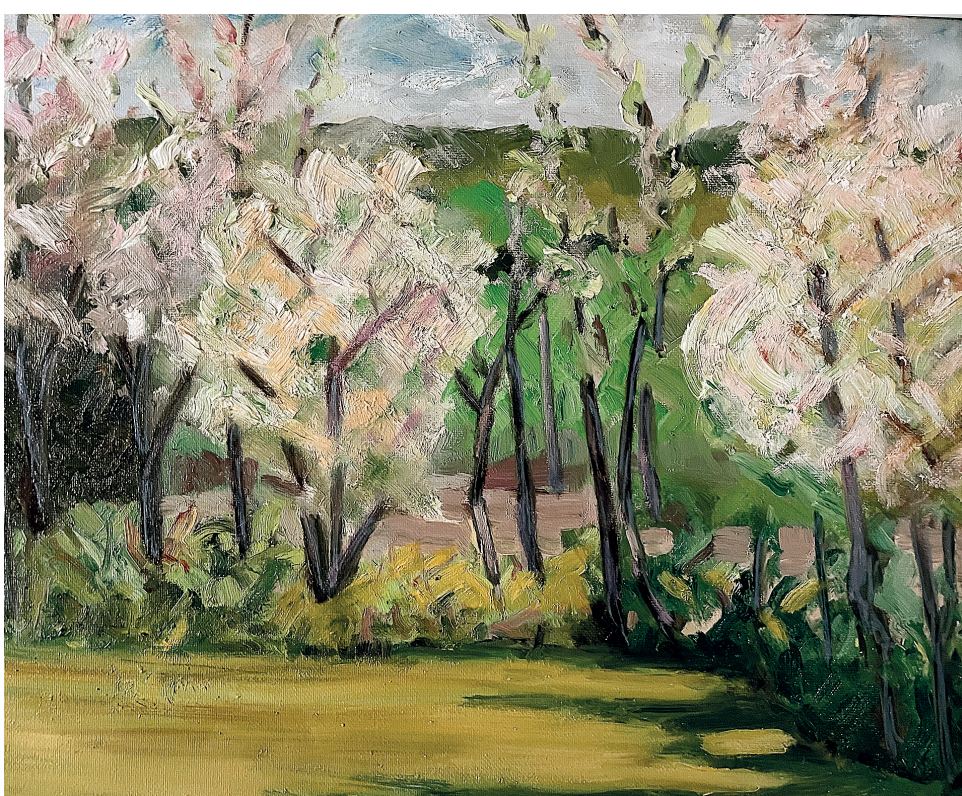
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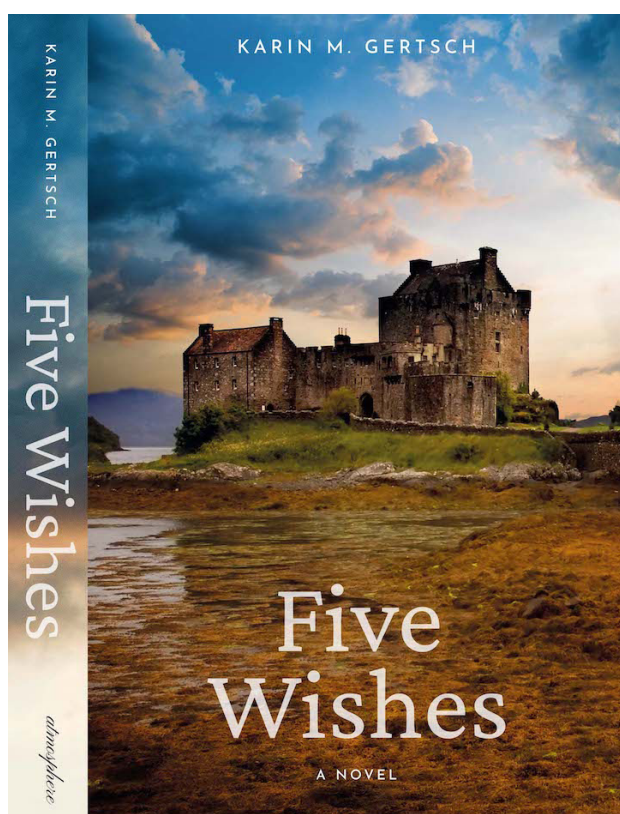
Author Karin Gertsch Expands Into Novel Genre

Locals may know Essex author and illustrator Karin M. Gertsch for her charming children's books (Flora Has an Adventure), but she has just released a debut novel about a family living in a small New England town.

Gertsch's novel, *Five Wishes*, published by Atmosphere Press, will be available June 13. The story begins with a couple. Delbert MacInnes was born and raised in Hamlet and is content to remain grounded, while his wife, Matilda, has been itching to make her Five Wishes come true. Over the years her wish list was amended several times—her patience is wearing thin.

Though Matilda's garden is alive and flourishing with color and variety, she feels stuck. Her best hours are when her grown daughters Mel and Lyn have time to visit. Whenever Matilda mentions to Delbert about going somewhere, he replies: "All I have to do is look out another window if I want to see a different view." When an unexpected event happens, Matilda learns that Delbert has kept a secret from her for decades. But, then, she's never shared her precious secret with him.

About 10 years ago the germ for *Five Wishes* was embedded in Gertsch's sub-



consciousness. It nagged at her to develop a story around an older woman frustrated by unfulfilled dreams. Gertsch wanted to show that even though someone is no longer young—dreams can still come true—all that is needed is a catalyst. *Five Wishes* takes the reader on journeys from Hamlet to the bottom of the Grand Canyon, then overseas to an ancient castle in Scotland, before ventur-

ing back to the cozy Cape Cod-style home at Five Cedar Street, where a freshly brewed cup of Darjeeling tea is waiting at the breakfast table. Gertsch grew up in Manchester and lives on a Christmas tree farm in Essex with her family, a rescue pup named Oliver, and a friendly flock of chickens. She is currently working on a second novel as well as a series of children's stories.

Dr. Susan Wadia-Ells, Busting Breast Cancer author, to speak in Gloucester

"Why does one woman develop breast cancer, while another never does?" This is the title of the talk that Manchester resident and Amazon best-selling author, Susan Wadia-Ells, Ph.D., will give in Gloucester next week.

Wadia-Ells' talk will take place from 5 to 7 p.m. Wednesday, May 25 at the Azorean Restaurant, 125 Washington St., in Gloucester. It is the same talk that

Dr. Wadia-Ells recently presented in Austin, Texas at KetoCon2023; the largest ketogenic-focused conference in the world.

Dr. Wadia-Ells' recent book, *Busting Breast Cancer: Five Simple Steps to Keep Breast Cancer Out of Your Body*, describes how and why a ketogenic lifestyle, maintaining a high Vitamin D3 blood level, and avoiding mammograms and birth control drugs, are all sig-

nificant ways to keep breast cancer out of your body.

"Breast Cancer will recently become the Number One killer of women in the United States; before heart disease. Also, in just the past year we are seeing an exponential increase in early-stage diagnoses and in recurrence. As women we must understand how to prevent this disease from taking root in our bodies," said Wadia-Ells.

...(Continued on page 11)

Beautiful Hands at Gloucester's Jane Deering Gallery

The Jane Deering Gallery this weekend is opening a new exhibit by Manchester artist Juni Van Dyke, "These Beautiful Hands," which will run from Friday, May 19 to June 4 with an opening reception with the artist Saturday, May 20 from 3 to 6 p.m.

Van Dyke speaks about "These Beautiful Hands" during Gloucester's 400th anniversary: "I wanted to honor many of the city's elders with a project involving their hands – hands which have been worn smooth as gems from years of loving, caring, toiling, living. Hands wrinkled and calloused, arthritic, spotted, veined," she said. "Beautiful hands of time. My tribute unfolds in four parts—Sculpture, Drawing, Painting and Video."

Gallery hours are Friday and Saturday 1-5 p.m.; Sunday 1-4 p.m. and by appointment.

Jane Deering Gallery
19 Pleasant St. | Gloucester
janedeeringgallery.com

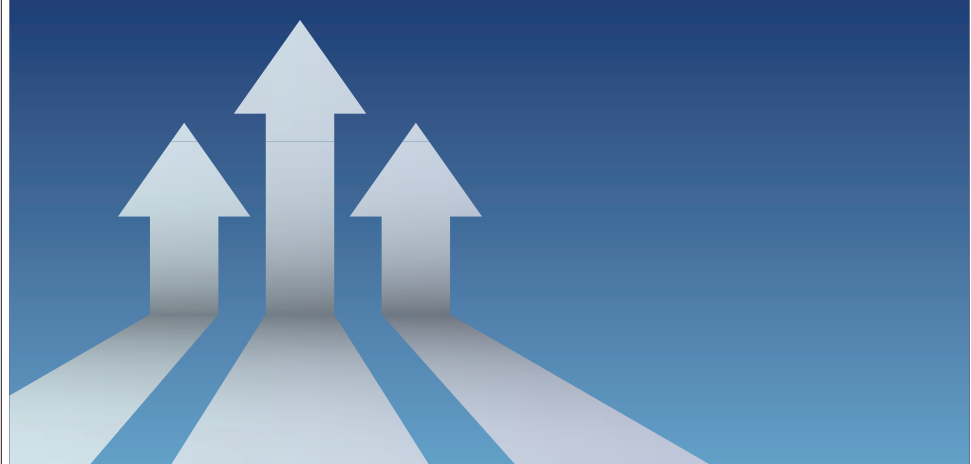


Painting, *Untitled 2003*, 16 paintings, acrylic on panel, each 10"x10". Completed from 2000 to 2003, each painting is an abstract reference to conversation between artist and participant.



Sculpture, *Untitled 1992-2003*, cast plaster, 10"x8"x2". These sculptures, completed from 1992 and 2003, is a presentation of plaster casts of hands of elderly participants. As personalized as a face, each hand reflects the passage of time and is symbolic of a lifetime of human contribution.

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Hornets Nest

Boys Lacrosse:

The ME Boys lacrosse team hosted CAL member Newburyport HS on a sunny afternoon on Hyland Field on May 9. Off to a quick start, the Hornets would find the back of the net early in the first quarter with Doug Pratt off a low wing dodge. Matt Russo would also score shortly after in transition to make it 2-0 early for the home team. Faceoffs won were exchanged by both teams, and Newburyport would score two of their own to tie it quickly. The visiting Clippers would score 7 unanswered goals before Sam Athanas would score the Hornets third goal of the half with just under a minute to play in the second quarter. Score leading into halftime would be 7-3 in favor of Newburyport. Jack DiPasquale would tally 7 saves in the first half for the Hornets.

ME would win the opening face-off to start the second half, to eventually turn the ball over and allow Newburyport to score off a broken play in transition to make it 8-3. Unfortunately for the Hornets, the Clippers offense had too much momentum to allow a comeback in the second half. Stephen Martin would score his first varsity goal at the end of the fourth for Manchester's seventh goal, with the final being 15-7. Hornets fall to 5-3 in the CAL and 10-3 overall.

Game scoring; Quinn Brady 1g, Jesse Oliver 1g, Mac Edgerton 1g, Doug Pratt 1g, Sam Athanas 1g, Matt Russo 1g, Stephen Martin 1g, Hayden Spencer 1a and Jack DiPasquale 12 saves, 15 goals allowed.

The ME boys' lacrosse team traveled to Hamilton Wenham for their second matchup of the season and the second of a home and away series. The visiting Hornets would score back-to-back to make it 2-0 early in the first. The Generals would cut the lead to 2-1 before the Hornets strike once more leading 3-1 into halftime.

The start of the third quarter seemed to be all Manchester Essex, gaining possession often and having many scoring opportunities against the Hamilton Wenham defense. The Hornets would lead 6-1 late in the third before the tables turned. Hamilton Wenham would go onto score 6 unanswered goals to bring the game within reach. Both teams traded goals once more before HW would tie it 7-7 late in the game to send it to overtime.

ME would be man down at the end of regulation, which carried over to start the first overtime period. The Hornets defense would make kill the man down penalty and give the ball to the offense. Back and forth possessions were exchanged in OT, where the Hornets offense failed to put the game away on multiple occasions. The Generals would clear the ball, and push transition to the cage with under a minute to play. Hamilton Wenham found a hole inside, swept across the top of the box and bury their shot with short time left on the clock to hand Manchester Essex their fourth loss of the season, and the Generals first CAL win of the season. Final score was

8-7 HW in OT

Game Scoring; Jesse Oliver 3g, Declan Kirk 2g, Quinn Brady 1g, Mac Edgerton 1g and Jack DiPasquale 6 saves, 8 goals allowed.

Girls Tennis:

Hornets Girls Tennis had another solid week, defeating both Rockport and Amesbury 5-0 in CAL matchups before losing 4-1 in a tight match on the road against the #1 team in D3, Newburyport. In the team victories, Vanessa Gregory and Calista Lai continued their excellent seasons in the top 2 singles spots, winning comfortably against solid opponents in both matches. Grayson Crocker won all 3 matches at 3rd singles, earning the Hornets their only win against Newburyport while showing an incredible ability to grind out long points. Finally, the doubles teams of Sophie Zalosh / Emery Weber-Provost and Sienna Crocker / Grace Scarbrough played great tennis all week, and both put up excellent fights against the top tier opposition in Newburyport - a big hand to Sophie and Emery who took their match to a 3rd set while hitting a ton of great shots.

Baseball:

Triton 7 -- ME 2 Mike Deoreo went 2-4 with an RBI and stolen base. Cooper Oldeman chipped in with 2 hits. Henry Otterbein drove in a run. Satchel Rubin pitched 3 1/3 innings letting up 1 run. We had the lead for the first few innings and then Triton got hot with the bat. That's the way baseball goes.

Newburyport 24 - ME 8. Nick Brunning went 1 for 2 with 2 RBI's. Zak Parot, Henry Otterbein, and Jacoby Catanzaro each had an RBI.

ME 15 Amesbury 4. Matteo Sarmanian pitcher 6 innings striking out 3. Mike Deoreo was 4 for 4 with 2 doubles and 3 RBI's. Troy flood went 3-4 with a 2 run HR, 2B and single. Jacoby Catanzaro was 3-4 with 3 RBI's. Henry Otterbein went 2-4 with an RBI. The team had a great bounce back game from Newburyport. I couldn't be happier with our team right now

Boys Tennis:

The ME Boys Tennis team picked up three more wins this week over Rockport, Amesbury and Newburyport to bring their record up to 8-1 in the CAL and 10-4 overall. On Monday the boys traveled to Rockport and picked up the 4-1 win. Points came from the top two singles positions of Jack Cummins (6-0, 6-1) and Charlie Virden (6-3, 6-2) and the doubles tandems of Jan Vytopil and Sonder Breuker (6-4, 6-2) and Finn Birkeland and Jack Lawler (6-1, 6-0). On Wednesday, the boys took on Amesbury at home and came out with a 5-0 victory. Winning again at first singles was Jack Cummins (6-0, 6-0), and second singles Charlie Virden (6-0, 6-0), and making his debut in the varsity lineup in a singles match was first doubles player Jan Vytopil who also cruised to a straight set victory (6-2, 6-1). First doubles featured



Hornet senior lacrosse captains, left to right, Declan Kirk, Jack Dipasquale, Mark Pollock and Quinn Brady.



Ella Chafe charges the cage in a match against Bishop Fenwick.

Photos Mark Dipasquale

the normal second doubles duo of Finn Birkeland and Jack Lawler who won (6-3, 6-1) and at second doubles the senior tandem of TJ Brunner and Andy Gagnon won their match handily (6-2, 6-2) as well. On Friday, the boys hosted Newburyport and played some excellent tennis to defeat a solid Clippers side 5-0. Winning in the singles positions were; at one, was Jack Cummins (6-2, 6-3), at two Charlie Virden (6-2, 6-1), and at three Finn Straub (6-2, 6-2). At second doubles, the tandem of Finn Birkeland and Jack Lawler won their match (6-2, 6-4), but the match of the day would come at first doubles. After having lost in three sets to the stout Clippers first doubles duo previously this season, juniors Jan Vytopil and Sander Breuker won their match in three sets (6-3, 6-3, 6-2) to finish off the 5-0 win for the Hornets. The Hornets have a shot at the CAL title this coming week if they are able to defeat Hamilton Wenham in the middle of their busy week of Amesbury, HW, and Lynnfield.

Sailing:

New England High School Fleet Race Championship, Saturday, May

13.

The Sailing Team travelled to Portland, Maine on Saturday, to compete in the Qualifying Round of the O'Day Regatta, the New England High School Fleet Racing Championship. The big commercial harbor offered up strong winds out of the north with directional shifts and some strong gusts, which capsized a few boats.

Ian Carlin and Cole Cote raced in the very competitive A Division, and after a mediocre start, managed to add up some strong finishes to end with a middle of the fleet record. In B Division, James Donohoe and Gus Hall shared duties with Max Deery and Thaddeus Bardsley. Both crews had to contend with racing conditions a bit more strenuous than they are accustomed to, but their finish positions were commendable given the four to five year age difference with a number of their competitors. A bit more experience over the next few years plus some added pounds on these 7th and 8th graders will help them move up the score board.

Donald Greene Regatta, Sunday, May 14

On Sunday the team headed south to race on Lake Cochituate in Natick and compete against 23 other teams in the Donald Greene Regatta, in memory of a 9/11 victim from Lincoln-Sudbury.

Ian and Cole were hopeful going into the event, and despite the huge variations in wind strength and direction (unfamiliar to us ocean sailors) chalked up a good score line with a fifth and two sixths in the 24-boat fleet plus two more middle of the fleet finishes, which gave them in 8th position. Meanwhile, James and Gus in B Division had a 9th and an 11th, plus a few further down. The combined score put us into 14th out of 24 teams, a bit better than I was hoping.

Softball:

The Hornets lost a tough one to Ipswich 12-8 on last Monday. Freshman Anna Gardner was 3 for 5 with 3 RBIs on the day and scored twice. Anna stole a base as well. Kyra Levasseur was 3 for 5 and scored. Freshman Penelope Riggs had two RBIs and freshman Abby Aiello was 2 for 4 with a stolen base.

The Hornets lost at Newburyport on Wednesday 15-2. Penelope Riggs was 2 for 3 and hit her second home run of the season over the fence in left. Anna Gardner was 2 for 3 with a stolen base.

The Hornets lost to a strong Amesbury squad on Friday 16-1. Abby Taron had a hit and scored the game's only run. Abby Aiello was 1 for 2 with a stolen base.

The Hornets bounced back to get the win over Cristo Rey 23-9 this Monday. Penelope Riggs was the star of the game as she hit her third homerun on the season as well as a triple with 5 RBIs on the day. She finished the day 3 for 4. Celia Mann was 2 for 2 with a triple and 2 RBIs. Abby Taron hit a home run as well. Morgan Laspesa and Abby Aiello both drove in two.

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ScottEnergy Community Bulletin Board

National Poppy Day
Friday, May 26

After World War I the lime filled rubble battle grounds of France and Belgium were blanketed with blood red poppies. The poppy soon became the symbol of the fallen for the American Legion. In 1924 the first handmade crepe poppies were seen around the nation on Memorial Day and Veterans' Day along with Lieutenant Colonel John McCrae, M.D.'s poem "In Flanders Fields". Millions of poppies are handmade by veterans as part of their therapeutic rehabilitation.

Honor the fallen and support the living on Saturday, May 27th. This year you will find American Legion Auxiliary members in four locations in Manchester on Saturday morning, May 27th.

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ME Hornet Anna Gardner fires one from the pitcher's mound in a recent game against Triton.

Photo Paul Clark

ME Softball Looks to Keep Season Going

By Jason Brisbois

Now that softball is back at MERHS, the local team is looking to extend its first season in four years by qualifying for the postseason. The Hornets were ranked 29th in the MIAA Div. 4 Power Rankings at the start of the week, and the top 32 teams in the rankings qualify for the postseason at the end of spring. With six games left, Manchester Essex needs to keep accentuating the positive and making strides to stay in contention for the playoffs.

"Our wins so far helped to put us in this position," says ME softball coach Frank Sarro. "This continues to be

our goal. We need to win as many games as we can and finish the season strong and the rest will take care of itself. With six games to go, we're excited for the opportunity. We're right there and we have a lot to play for the rest of the way."

The Hornets have four wins so far (with a pair of victories over Rockport and a win each against Hamilton-Wenham and Cristo Rey Boston) and boast a 4-9 overall record. The wins earlier this season have helped to keep them in contention, as well as strength of schedule: The CAL is loaded from top to bottom.

"Our conference is tough, although our strength of schedule has helped us in the

power rankings," says Sarro. "We did go through a tough streak where we lost 4 in a row at one point."

ME nearly pushed that win total to five and pulled out a win against Ipswich on May 8 but ended up losing, 12-8, leaving the bases loaded three times in the contest. The Hornets were looking to push the win total even further this week, with Cristo Rey (May 15) and Hamilton-Wenham (May 17), followed by a May 19 matchup with Lynnfield at Sweeney Park (4 p.m.).

"All of these are big games for us, and we have beaten Cristo Rey and Hamilton Wenham earlier this season," explains Sarro. "These teams have talent and are scrappy. We need to play good defense and hit our spots pitching. We need to be able to get the hit in key moments."

The Hornets have gotten various contributions from

all over the field so far this year.

"Freshman Anna Gardner is having an amazing offensive year," says Sarro. "Freshmen Abby Aiello and Penelope Riggs are also putting up really good offensive numbers."

Riggs has a couple of home runs this season, including one she sent out of the park against Newburyport on May 10. The three freshmen also comprise the majority of the team's pitching staff, with Riggs getting time at first and Gardner and Aiello splitting time at shortstop.

Since this is a team that's fairly young and new to each other, the senior captains have been crucial to keeping things going in 2023.

"We're getting great leadership from our senior captains, Kyra Levasseur and Abby Taron, which is vital with such a young team," says Sarro. "Kyra hits lead-off and gets on base a lot and is among the team leaders in scored runs. Abby has done a great job playing third for us defensively. She understands our defense, plays smart, and stays calm under pressure."

Even with the regular season coming to a close soon, the Hornets are still hoping to improve on team defense, while continuing to lean on an pitching that has pop and a pitching staff with enviable depth.

"We have improved so much from the beginning of the year, although there is still so much work to do," says Sarro. "I like our resilience -- I feel like this has been a difference in our wins."

ESSEX ECHO.



Essex Historical Society Provides Updates to the Community

By KD Montgomery

The Essex Historical Society and Shipbuilding Museum (EHSSM) is proud to announce a new initiative to keep the community up to date on our museum's activities. Starting this month, we will be providing regular updates to the Cricket through a series of articles.

As many of you know, EHSSM has been an integral part of the community for over 85 years. Our mission is to provide a center of education, preservation and study of traditional Essex shipbuilding and the community that supports it. Our museum is home to a vast collection of

artifacts, photographs, and documents that tell the stories of the people, boats, and industries that have shaped our community and an environment designed to support the continuation of our cultural traditions into the future.

Through our new series of articles, we hope to provide the community with a behind-the-scenes look at what we do at EHSSM. We will share updates on our current exhibits, upcoming events, and ongoing restoration projects. We will also introduce you to the dedicated staff and volunteers who work tirelessly to keep our museum running.

At EHSSM, we believe that

our community plays an important role in preserving our maritime heritage. We are proud to be a part of a community that values history and tradition. We hope that our articles will help to foster a deeper connection between EHSSM and the community we serve.

We have exciting news as we gear up for our 2023 public season. We are proud to introduce our reinvigorated initiatives around environmental sustainability and community place making, as well as a greater focus on diversity and inclusion as we connect to international shipbuilding organizations through our pilot program the "Builders without

Borders" talk series. The pilot will run with a pop-up pre-season event this Saturday, May 13 from 4-6 p.m. with a lecture by Ivan Jakobsen of the Viking Museum in Denmark. You can also mark your calendars for a June 1 student-built boat launch on the morning high tide.

We are just getting started. Keep an eye out for an upcoming article where we will make a big announcement. We look forward to sharing our museum's activities with you and hope to see you in the Shipyard soon!
KD Montgomery is executive director of the Essex Shipbuilding Museum

With Tourney in Sight, ME Baseball Team Plans to Fight to the Finish

By Jason Brisbois

Between injuries, inexperience and playing against some of the toughest competition in Div. 4, the Manchester Essex baseball team has had to overcome quite a bit this season.

Thankfully, the Hornets have shown signs that they can overcome those hurdles and possibly earn a spot in the MIAA tournament. Manchester Essex lost four games in a row to close out April, but picked up the pace since the start of May to cobble together a .500 record thanks to a potent offense.

"We struggled early and have been playing better the last two weeks," says Hornets baseball coach BJ Weed. "We had some injuries where we are trying to plug holes."

Wins against Pentucket, Rockport and Amesbury have helped put the team at an encouraging 5-5 in the Cape Ann League (the Hornets are 5-9 overall), and kept them in contention for a tournament berth. The team is ranked in the top 32 of the MIAA Div. 4 Power Rankings -- which utilizes a formula that involves strength of schedule in addition to overall team record -- with six games left on the schedule this spring.

"The playoffs are a possibility," explains Weed. "We are ranked in the top 32 at 27. We just need to win the games we are supposed [to]."

The Hornets have already avenged an early-season loss to Amesbury. This week,



Matteo Sarmanian slides safely into second base in a prior Hornets game against Rockport.

Photo Paul Clark

they get a second crack at Hamilton-Wenham (May 16) before traveling to Lynnfield (May 18) and Ipswich (May 20).

"We had a tough stretch playing Triton, Newburyport and Amesbury," says Weed. "We lost to Triton and Newburyport and beat Amesbury. We play Hamilton-Wenham, Lynnfield and Ipswich this week. All three teams are tough and hopefully we can have a good week."

To accomplish that, the Hornets need to continue getting key contributions from some of the team's top players.

"Troy Flood is playing a great defense at shortstop and hitting .500 with two home runs," says Weed. "Mike Deoreo is hitting well and leading the team in RBIs with 17. Jacoby Catazaro has been a great bat for us as a designated hitter. Henry Otterbein is playing a great centerfield.

Matteo Sarmanian has been throwing the ball well."

The Hornets also need to keep making waves at the plate while working on defense and pitching. For example, ME scored 15 runs against Amesbury to win 15-4 on May 13, but just two days earlier allowed 24 runs to Newburyport in a loss.

"We have struggled on the mound and making plays on defense when we need to," says Weed.

LIBRARY NEWS



Library will be closed Friday, May 26 and reopen Tuesday, May 30 for Memorial Day

Friends of the Library Gardening Series

Community sunflower growing contest. Pick up your free packet of sunflower seeds to grow over the summer. A fun community challenge from the Friends of the Library. Plant Swap Wednesday, May 24 from 6-7 p.m. outside on the lawn.

Spring into Essex-Essex in Bloom

May 19-21 the town of Essex and the Essex business community are welcoming people back to Downtown Essex. There will be dining, shop hopping, entertainment, art installations, games and more.

Essex in the 1950's

Thursday, June 8 at 7 p.m. join local historian Kurt Wilhelm as he takes us through the 1950's in Essex in an atmospheric talk. Kurt shares: "The 1950 federal census records were released last year. The records, with detailed information about individuals, are released 72 years after the census was taken. I will use the census to characterize the demographics of Essex in 1950, including information about immigrants, occupations, and changes from past and future demographic descriptions. We will set a 1950s mood. Popular songs of the post World War II era will greet everyone coming into the auditorium. There will be displays of period objects and pictures, and local, national and international news. The Korean War began in June 1950. We will display pictures of Essex Korean War veterans. Local issues of the time included building a new fire station on Martin Street, getting a town water supply and voting on a dog track."

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.

ESSEX POLICE NOTES

MONDAY, MAY 8

No report.

TUESDAY, MAY 9

7:53 a.m. John Wise Ave., citizen assist, assisted as needed. 11:59 a.m. John Wise Ave., motor vehicle stop, verbal warning. 1:27 p.m. John Wise Ave., male with unknown medical problem, patient refusal. 8:55 p.m. Eastern Ave., male fall, transported to hospital.

WEDNESDAY, MAY 10

10:26 a.m. Martin St., suspicious activity, spoken to. 1:31 p.m. Southern Ave., motor vehicle accident, no personal injury. 7:03 p.m. John Wise Ave., motor vehicle stop, citation issued. 9:14 p.m. Main St., motor vehicle stop, citation issued.

THURSDAY, MAY 11

10:21 a.m. Town Farm Rd., citizen assist, assisted as needed. 12:07 p.m. Main St., motor vehicle stop, verbal warning. 1:27 p.m. Apple St., male fall, transported to hospital. 6:51 p.m. Story St., male with stroke, transported to hospital.

FRIDAY, MAY 12

12:49 a.m. Scotts Way, directed patrol, secured/checked. 1:37 a.m. Conomo Point Rd., directed patrol, secured/checked. 1:46 a.m. Western Ave., selective enforcement, no action taken. 1:51 a.m. John Wise Ave., directed patrol, secured/checked.

SATURDAY, MAY 13

No report.

SUNDAY, MAY 14

10:07 a.m. Spring St., directed patrol, no action taken. 12:59 p.m. Southern Ave., male fall, patient refusal. 3:02 p.m. Martin St., directed patrol, no action taken. 8:58 p.m. Main St., animal complaint, notification made.

Essex Locals | May 19

115 Years Ago - 1908

In accordance with the recent ruling of the post office department regarding placing numbers on the boxes several owners along the route have not only added the required number, but have repainted the signal flag and otherwise improved their appearance.

90 Years Ago - 1933

The class in Gardening by the ladies of Ipswich and Essex was organized last Friday afternoon with a membership of 25. Prof. Davis of Amherst College being the instructor. There are to be three lessons.

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Mushroom of the Week: The White Button Mushroom



Cultivated white button mushrooms, America's most popular culinary mushroom.

Crimini, Baby Bella, Portobella mushrooms are simply “varieties” of the exact same species of fungi, the White Button Mushrooms.

the temperatures down and allow the gases to escape so they don't end up with nice dark but completely sterile soil.

Second, they move the substrate to trays to allow it to cool a bit further and flush out the ammonia vapors. The microbes that survive this process convert the remaining ammonia into protein, enriching the substrate. All the ammonia must be gotten rid of in the end or it will kill the *Agaricus mycelia* once it is introduced into the substrate.

Third, the substrate cools further and the mushrooms are introduced having been started at a separate facility on sterile grain. Growers can get all sorts of subtle varieties of *Agaricus* strains. Those that produce white, off-white, cream, or brown capped fruiting bodies. The heat and humidity are controlled to keep things moist and warm, but not hot. So are the carbon dioxide levels. A week and a half to three weeks will pass as the mycelia grow throughout the substrate.

Fourth, an inch or two of topping soil is added which locks in the soil moisture and spurns the beginning of the growth of the fruiting bodies called “pinning.” This takes only a few days to occur, and high humidity and very little light are the key to this stage.

Fifth, the temperature is decreased as are the levels of carbon dioxide and the mushrooms begin to grow. This takes about two to three more weeks.

Six, the huge dense flushes of fruiting bodies grow to maturity in cycles of about three to five days each. The substrate is exhausted after about three to five flushes of fruiting bodies have been produced from it and it can be recycled once again or used as garden compost. Most Button Mushrooms are picked while their caps are still closed and attached to the stem, hence the term “button.”

The complete process can take about three and a half months.

For any of the forms of the White Button Mushroom, other than the overpowering Portobello, I suggest sautéing them initially on a low temperature with a cover on the pan. This allows them to sweat and cook without needing to add excessive oils or fat.

As they start to dry out, I add butter and uncover the pan so they can finish cooking and singe a bit. A slight crispness, with a good bit of salt, on most mushrooms really brings out their flavor. Try making an omelet with some prepared mustard mixed into the eggs, some grated gruyère cheese, crisp sautéed Button Mushrooms, salt, pepper, and a touch of tarragon. And, voilà! 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.

By Gary Gilbert

The common White Button Mushroom is probably the most famous fungal fruiting body of them all. It is found in virtually every grocery store in the world.

Eaten raw, or cooked, it is an essential culinary delight, though somewhat flavorless as compared to its wild cousin, *Agaricus campestris*. It goes by a huge variety of common names though its accurate species name is *Agaricus bisporus* with common names including, Pink Bottom, Meadow Mushroom, Swiss or Roman Brown Mushroom, Hot-Bed Mushroom, Field Mushroom or the French “*Champignon de Paris*.”

So, what is the difference between the varieties of it we see in the stores; the Crimini, Baby Bella and Portobella mushrooms?

Well, they are all simply “varieties” of the exact same species of fungi. That means they have different macroscopic features, as well as ages, but still contain the same DNA. As they say in Thailand, “Same, same, but different!”

Crimini and Baby Bella's are the same species but slightly different strains than the Portobello. They are harvested when the cap is still closed, or slightly opened, which keeps their flavor a little less intense. For me, this is a good thing. Their gills have started to mature and produce spores so they will be less pink and start to get that nice chocolate brown color that Portobello's have.

Their flavor is stronger than the white Button Mushroom, but not as strong as their steamroller cousin, the Portobello. Portobellos are large, fully mature *Agaricus bisporus*. Their gills are a nice dark chocolate brown and their flavor is nutty, almost meaty, so they work very well as a meat substitute in, for example, a vegetarian hamburger. Because of their large size they are also quite versatile to be stuffed or grilled and fill up a dinner plate.

If anyone thinks that mushrooms



Baby bellas, a.k.a., Crimini mushrooms.

are inconsequential in terms of nutrition, think about that again. In a large mushroom omelet, the white Button Mushroom provides you about three grams of protein as well as vitamins B1, 2, 3, 5, 6, 9, 12, C and D along with iron, magnesium, phosphorus, potassium, sodium, and zinc.

That's a lot more than the average vegetable will give you!

White Button Mushrooms are grown in dark warehouses, caves, tunnels, or the catacombs of Paris. Being decayers, or saprotrophic fungi, they need nutrient rich soil, called substrate, to grow in. They are a second stage decomposer meaning that they do not decay the substrate directly like Shitake or Oyster mushrooms do, but require bacteria and other fungi to break the substrate down first. This is a form of composting, and not just decomposing, because essential bacteria are involved.

Growing the common Button Mushroom is a six-stage process.



Portobello mushrooms.

First, they make long rows of organic material about six-feet-high and let bacteria digest it for a week or two. These piles heat up like anyone's back yard composting bin would do. They are turned and aerated while the bacteria produce

ammonia, and the material starts to soften up and hold a lot of water. This stage pasteurizes the soil and kills anything that could contaminate the spawn. This is also why some people often turn and aerate their home composting bin, to keep

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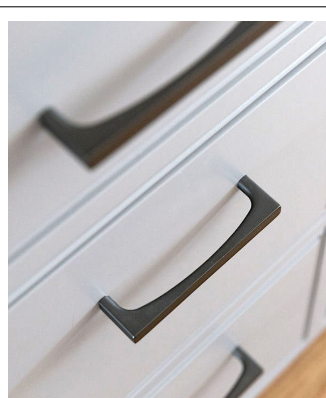
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Summerstage Auditions Starting



Isaac Collins and Mario Zanetti are excited about Summerstage auditions.

Courtesy Photo

Manchester Summerstage will be producing "School of Rock" this summer! Auditions will be held next week at the First Parish Community Hall, 1 Chapel Lane, located behind Santander Bank/next to the Library in downtown Manchester-by-the-Sea.

For those entering grade 7 -- leaving grade 12, auditions will be Monday, May 22,

6- 8 p.m. Students should prepare a song in the style of School of Rock and bring sheet music or an accompaniment track.

For those entering 5th and 6th grade and for prior Summerstage participants who are in lower grades, auditions will be Tuesday, May 23, 3:30 - 5:30 p.m.

All kids, young and old, should bring an instrument if they play and if it is conve-

nient to bring and come prepared -- no flip flops or open back sandals and wear comfortable clothes that are easy to move in and bring water. Preregister on our website manchestersummerstage.org.

Parents, please note there will be a mandatory parent meeting at the start of auditions both nights! Questions? Emailmanchestersummerstage@gmail.com.

Seniors Celebrate Upcoming Graduation with Traditional Game

Phileine de Widt
Junior at MERHS.
Editor-in-chief of the Independent.

As graduation is approaching, seniors are taking part in typical traditions to celebrate the end of their high school career. This past week on May 8, the seniors started the annual game of senior assassin, or water gun tag. Each senior who wishes to participate pays \$5 to enter alone or \$10 to join as a partner group. The money raised will go to the victorious senior(s) after the game ends, which is May 26 at midnight.

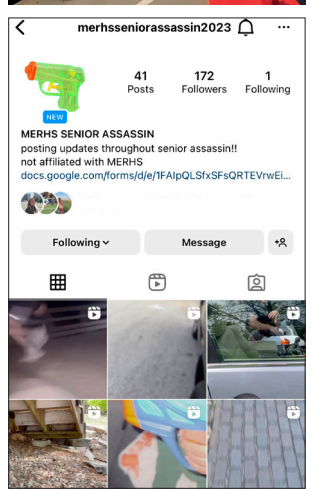
There are three rounds, where, at the start of each, the players get assigned new targets. The goal of the game, is to get one's assigned person(s) out, and to hide and protect yourself from the person(s) who has you. Everyone's assignment is secretive, unless of course someone fails to keep it that way. To get someone "out" the player must have video evidence of shooting water at their target. By getting one's assigned targets out, the group or person is safe, can move on to the next round, and increases their chances on reaching the valuable prize.

To maintain order and safety, the game has many rules. The water guns must be the bright colored plastic ones, and there are numerous safety zones. A target cannot be eliminated at school, prom, or while driving. At practice or at work eliminations are also not



allowed, but once a target leaves the field or building, all is fair game. Students are prohibited from breaking into a house, or disrespecting the rules of a property. That said, many students utilize speaking with parents or homeowners to gain access into houses and get their targets. Though there are seemingly many "do nots," the game is the talk of the school, and enjoyed by all.

On the Instagram page @merhseniorassassin2023, all the eliminations are posted with fun music. So far, the game seems to be going well. Many seniors have made it to the next round, while others suffered a difficult defeat. Despite one's ranking in the game, every senior is enjoying the footage and participation, and is happily celebrating their last few weeks of high school.



CALENDAR YEAR 2022 WATER SUPPLY # 3092000 TOWN OF ESSEX WATER DEPARTMENT 44 CENTENNIAL GROVE ROAD, ESSEX, MA 01929

FOR MORE INFORMATION CONTACT DAVID FRITHSEN, CHIEF OPERATOR
PHONE (978)-768-6431

E-MAIL dfrithsen@essexma.org ONLINE: <http://www.essexma.org>

THE DEPARTMENT OF PUBLIC WORKS COMMISSIONERS MEET AT THE ESSEX WATER FILTRATION PLANT ON THE FIRST AND THIRD MONDAYS OF EACH MONTH AT 7:00 PM

The Town of Essex' water is supplied by three gravel packed wells, one on Centennial Grove Road and two on Harry Homans Drive. All of the water is treated at the Essex Water Filtration Plant at 44 Centennial Grove Road.

Essex' water supply is protected by an Overlay Protection Zone which is enforced by the Essex Board of Health.

The Town of Essex has been granted monitoring waivers for Synthetic Organic Compounds (SOC's) and Inorganic Compounds (IOC's) due to the consistent quality of the results of our sampling. No detects have been found in previous monitoring.

The Essex Water Department was not in violation of DEP/EPA requirements for this time period.

Definitions:

Maximum Contamination Level Goal (MCLG): The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Maximum Contamination Level (MCL): The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Action Level (AL): The concentration of a contaminant that, if exceeded, triggers Treatment or other requirements, which a water system must follow.

90th Percentile: Out of every 10 homes, 9 were below this level.

Secondary Maximum Contaminant Level (SMCL) These standards are developed to protect the aesthetic qualities of drinking water and are not health based.

EPA: United States Environmental Protection Agency

DEP: Massachusetts Department of Environmental Protection

Health information:

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. However, some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their healthcare providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline (800) 426-4791

Lead and Copper

"If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The Town of Essex Water Department is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>."

Sodium

Is a naturally occurring common element found in soil and water. It is necessary for the normal functioning of regulating fluids in the human systems. Some people, however, have difficulty regulating fluid volume as a result of several diseases, including congestive heart failure, kidney failure and hypertension. The guideline of 20mg/L for sodium represents a level in water that physicians and sodium sensitive individuals should be aware of in cases where sodium exposures are being carefully controlled. For additional information, contact your health care provider, your local board of health or the Massachusetts Department of Public Health, Bureau of Environmental Health Assessment at (617) 624-5757

For level of detected contaminants see attached Appendix A

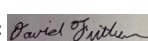
Treatment information:

The Town of Essex has been fluoridating its drinking water since the early 1950's and continues this practice following EPA/DEP/DPH guidelines. From 1985 to present, the Essex Water Department has received numerous awards from the Massachusetts Dental Society for outstanding efforts in providing Community Water Fluoridation.

In 1982, the Essex Water Filtration Plant went online to mitigate iron, manganese, taste and odor problems. These items are controlled, the water is then disinfected with chlorine, and the PH adjusted to prevent corrosion in the system. The pH adjustment has helped to control lead and copper leaching from plumbing systems.

Certification:

I David Frithsen, hereby certify and attest that the information contained in this annual Consumer Confidence Report is accurate and correct to the best of my knowledge. I further certify that I have either made this Consumer Confidence Report available for public inspection or have distributed copies to all users of the Essex Water system in accordance with 40 CFR.141-142. Any intentional deception or misinformation represented in this report may be cited as a violation of State and U.S. EPA National Primary Drinking Water Rules.

Signed David Frithsen:  Dated: 5/13/2023

THIS REPORT IS A REQUIREMENT OF THE EPA/DEP

Sources of Drinking Water:

Sources of drinking water (both tap and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and in some cases radioactive material and can pick up substances resulting from the presence of animals or human activity.

Contaminants in Source Water

Microbial Contaminants, such as viruses and bacteria, may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife.

Inorganic Contaminants, such as salts and metals can be naturally-occurring or result from urban stormwater runoff, industrial, or domestic wastewater discharges, oil and gas production, mining and farming.

Pesticides and Herbicides, may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.

Organic Chemical Contaminants, include synthetic and volatile organic chemicals that are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems.

Radioactive Contaminants can be naturally-occurring or be the result of oil and gas production and mining activities.

Contact EPA's Safe Drinking Water Hotline for more information about contaminants and potential health effects; and EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants: (800) 426-4791

EPA and FDA Regulations:

In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. FDA regulations establish limits for contaminants in bottled water that must provide the same protection for public health.

Backflow/Cross Connections

If you have any questions refer to web site: <http://www.essexma.org/water-department>

APPENDIX A

	MCLG	MCL	Highest Level Detected	Date Tested	Violation	Likely Source of Contamination
Copper 90th percentile	1.3ppm	1.3ppm	1.29ppm 1.62ppm	27/07/20	No	Corrosion of household plumbing systems. Erosion of natural deposits. Leaching from wood preservatives. No site exceeded the action level.
Lead 90th percentile	0	15ppb	0.0023ppb 0.0025ppb	25/07/20	No	Corrosion of household plumbing systems. Erosion of natural deposits. No site exceeded the action level.

Tap water samples were collected from 10 sample sites throughout the community

Regulated Contaminant

Total						
Trihalomethanes [TTHM'S]	0	80ppb	33.82ppb	01/08/22	No	By-product of drinking water chlorination Site Location # 002
	0	80ppb	41.90ppb	01/08/22	No	By-product of drinking water chlorination Site Location # 140
Haloacetic Acids [HAA5'S]	0	60ppb	5.8ppb	01/08/22	No	By-product of drinking water chlorination Site Location # 002
	0	60ppb	4.3ppb	01/08/22	No	By-product of drinking water chlorination Site Location # 140
Chlorine (Total) Fluoride	4ppm	4ppm	1.54ppm	10/09/22	No	Water additive used to control microbes
Fluoride	4ppm	4ppm	.9ppm	06/09/22	No	Water additive which promotes strong teeth. Erosion of natural deposits.
						Discharge from fertilizer and aluminum factories.
Nitrate	10ppm	10ppm	0.22mg/l	04/04/22	No	Runoff from fertilizer use. Leaching from septic tanks, sewage. Erosion of natural deposits.
Radionuclide	5pCi/L	5pCi/L	0.35 pCi/L	22/07/14	No	Erosion of natural deposits.
Radium - 228						
Turbidity (NTU)	NA	TT	0.46ppm	22/02/22	No	Soil runoff
Perchlorate	NA	2.0	<0.5ppb	28/07/20	No	Rocket propellents, fireworks, munitions, flares and blasting agents
PFAS	20ppt	20ppt	2ppt	12/07/22	No	Are a group of man-made chemicals that have been manufactured and used by a variety of industries since 1940

Secondary

Sodium	NA	NA	26.3ppm	20/07/21	NA	Erosion of natural deposits and road salt.
Iron (Total)	NA	0.3ppm	0.059ppm	10/03/22	NA	Natural sources, road salt, by product of treatment process. No exceedance
*Manganese (Total)	NA	0.05ppm	0.059ppm	26/08/22	NA	Leaching from natural deposits. Yes exceedance

Unregulated Contaminant

Chloroform	NA	NA	2.4ppb	04/04/22	NA	No high/low range
Bromodichloromethane	NA	NA	4.4ppb	04/04/22	NA	Sample annually - By-product of drinking water disinfection
Chlorodibromomethane	NA	NA	3.5ppb	04/04/22	NA	Sample annually - By-product of drinking water disinfection

ppm= parts per million or milligrams per liter (mg/l)

ppb= parts per billion or micrograms per liter (ug/L)

pCi/L= picocuries per liter (measure of radioactivity)

TT= treatment technique - A required process intended to reduce the level of a contaminant in drinking water

ND= no detection

NTU= (nephelometric turbidity units) measurement of clarity, or turbidity of water

NA= not applicable

ppt = parts per trillion

PFAS = per -and polyfluoroalkyl substances

No high/low range

Sample annually - By-product of drinking water disinfection

Sample annually - By-product of drinking water disinfection

Sample annually - By-product of drinking water disinfection

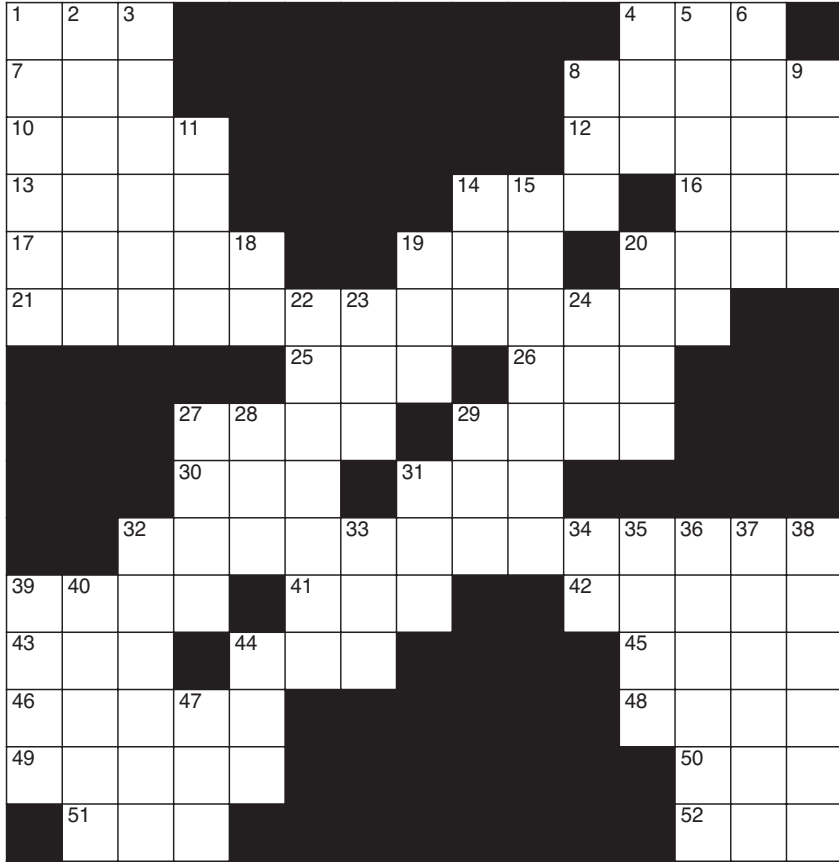
Qtr Testing 100' tap at water plant: Manganese

(Waiver) 0.035ppm 8/26/2022

Puzzle

CLUES ACROSS

- Relative biological effectiveness (abbr.)
- Chinese philosophical principle
- Branch
- Jewish spiritual leader
- Slang for requests
- "So Human An Animal" author
- Rocker Billy
- British Air Aces
- Type of tree
- "Tough Little Boys" singer Gary
- State attorneys
- Goddess of fertility
- Localities
- Beloved singer Charles
- Clue
- Ridge of jagged rock below sea surface
- Helsinki neighborhood
- Farm resident
- Ocean
- Where ballplayers work
- Unable to hear
- Cool!
- Cape Verde capital
- One point north of due east
- Kilo yard (abbr.)
- Middle Eastern nation
- It yields Manila hemp
- People operate it (abbr.)
- Regenerate
- Not healthy
- Chinese sword
- Mild expression of surprise



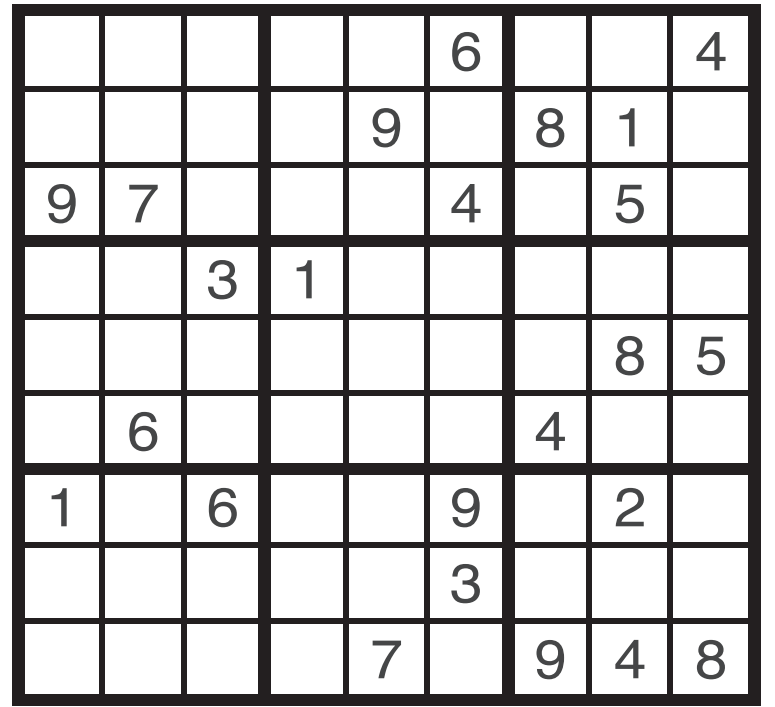
CLUES DOWN

- Unit of angle
- Headgear to control a horse
- Clots
- Follows sigma
- A woman who is the superior of a group of nuns
- Greek units of weight
- Radio direction finder (abbr.)
- Systems, doctrines, theories
- Stony waste matter

- Bravo! Bravo! Bravo!
- Hostile to others
- U.S. State
- Not wet
- Something one thinks up
- Where beer is made
- Clumsy person
- Belonging to us
- Canadian flyers
- Greek goddess of the dawn
- Snakelike fish
- Unhappy

- Fruit
- Not good
- Zero degrees Celsius
- Goo Goo Dolls' hit
- Crawls into the head (folklore)
- Legally responsible
- Move in a playful way
- Regarded with deep affection
- Partner to flowed
- Native American tribe
- Head honcho

Sudoku



Solutions on Page 11

Level: Advanced

TOSSED SALAD WORD SEARCH

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

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

- Apples
- Arugula
- Avocado
- Beans
- Beets
- Berries
- Celery
- Chicken
- Chickpea
- Croutons
- Kale
- Lettuce
- Nuts
- Oil
- Olives
- Onion
- Peppers
- Radishes
- Seeds
- Spinach
- Sprouts
- Tomato
- Vinegar

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 May 21, 2023, 10 a.m., 10 Central St and streamed on Facebook, [FirstParishChurchManchesterMa](https://www.facebook.com/FirstParishChurchManchesterMa).

Worship Leader, Rev. Dr. Llewellyn P. Smith

Music led by Dr. Herman Weiss and the First Parish Choir, Rebecca Shrimpton, Paul Knox

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

St. John's Church

Every Sunday we hold services at 8-10 a.m. Childcare is available during the 10 a.m. service.

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.

Quaker Meeting

Quakers of the North Shore worship every Sunday from 10-11 a.m. at the Glen Urquhart School: 74 Hart Street, Beverly Farms, Mass. It is

an unprogrammed Quaker Meeting. There is no Pastor (or leader) save the spirit of God in and among us. Our worship is primarily silent. When a worshiper is moved, it may include a brief, spoken ministry offered in a 'spirit of worship.' Friends gather quietly, awaiting the experience of God's presence.

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



CHURCHILL PROPERTIES

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



Newbury - New Construction: 4 bedrooms, 2.5 baths, two car attached garage and will be loaded with extras. 9-foot ceilings with open floor plan. **\$1,950,000 Leshia Crestin 617-543-3104**



Manchester - Towering over Manchester Harbor, "HARBORHEAD" is perched majestically with stunning town & water views stretching from Manchester center, across the water to Peach's Point Marblehead. "Sunset Farm", the original estate, has been replaced by this New Construction Home. **\$13,750,000 Karen Bernier 978-807-5580**



Rockport - New Construction! Beautiful colonial features an open floor plan, kitchen has 9-foot island and stainless steel appliances. **\$1,279,000 Kristy Aparo 978-559-1184**



Hamilton - This fabulous property could not be any more convenient! Set in a beautiful private enclave of Townhomes. **\$1,195,000 Karen Bernier 978-807-5580**



Gloucester - Located near Stage Fort Park, the Boulevard, major highway and central shopping district also boasts water views from roof deck. **\$799,000 Jane Meterparel 781-237-3341**



Gloucester - Dutch Colonial, circa 1935, is nestled in an enclave on a 3/4 acre parcel and offering views of the Great Marsh. **\$845,000 Kristal Pooler 978-764-4506**



Boston - Gorgeous 2 bedroom, 2 bath, South End duplex with a tranquil private patio. This beautiful home is on a coveted, dead-end street. **Call for Price Theresa DiPiro 617-275-6624**



Ipswich - This home has it all! Water views and direct water access. Easy access to the train. Close to downtown. **\$789,000 Andrea Lacroix 508-561-1161**



Peabody - This spacious Colonial was custom built in 1997 and is conveniently located in an up-scale cul-de-sac neighborhood. **\$785,000 Karen Bernier 978-807-5580**



Beverly - In the heart of the Beverly Cove this newly completed condo conversion in this classic colonial home is not to be missed! **\$599,900 Melissa Skomurski 617-850-2353**



Beverly - This bright and spacious newly renovated condo is located in Beverly Cove close to Lynch park and Rice beach **\$899,900 Melissa Skomurski 617-850-2353**

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Memorial Day....

There it is again, hiding in plain sight. We need more awareness that moments together are just that: valued, right here.



By Joanne MacInnis
RN CDP,
President, Aberdeen Home
Care, Inc.

For the last 55 years, I have made a late May pilgrimage to Rosedale Cemetery. Many readers will have and continue to share this experience. This annual event has much to offer beyond grave beautification if we are open to it.

I started my Memorial Day contributions primarily as a sherpa.

I lugged the plants, shovel, fertilizer, and watering can. I was in the service of my maternal grandfather, Leo Chane. As we planted, I heard the stories I hadn't heard since the previous year: who lived where, who was who, who was nice, who was not, and whom he missed most. Those are among the most precious memories that I have of him. It was "our" thing.

I know he wasn't grooming me for the job. "You surely have something else you'd rather do on this nice May afternoon," he would always say. "In fact," I would reply, "this is exactly what I want to do, and you are exactly who I want to be with." Complete truth.

The event had the same components every year. I have had a green thumb since childhood, and my poor Leo did not. He was guaranteed to crush the delicate roots in his effort to "get them nice

and snug in the soil." I took over the planting as the years went along to save him from a painful descent onto his arthritic knees...and to save the plants.

So many of us suffer with "Did we really appreciate what we had when we had it?" In truth, we can probably always do better with this. I know I could have. But I did. I knew that this very busy man's schedule did not have many carve-out moments for just the two of us and that this annual trek was very special indeed.

I'll be headed to Rosedale and a couple more this weekend, hopefully with at least one of my daughters. We will likely have the same conversations we have every year. I will step into the comforting pool of memories surrounded by what was and what remains inside me.

In the 40-plus years of my nursing career, I have seen that the mundane is where the extraordinary lives.

You can miss it if you aren't paying attention. All the car rides, with the kids in the backseat, become all the more precious as time moves toward independence. Toddler bath time, what's better?

Most of the patients I have cared for in that timeframe have wanted "a regular day." They don't talk about the French Riviera or a Viking River Cruise; they want a cup of coffee on their porch.

They want to feel the sun on their skin and monitor the bird feeder for regulars and visitors. There it is again, the extraordinary hiding in plain sight. In the mundane.

We may need a reminder. Perhaps we need to have more awareness that the moments we have together that don't necessarily feel special are indeed that. I'm not sure that Leo created that magical time we had together. I think I so wanted time alone with him that I "tagged along," going from little kid helper to driver, digger, planter, and outing organizer.

How do we create these opportunities where the magic can manifest?

In our world, where our systems and technology are supposed to free us up, we seem busier and more over-scheduled than ever. Carve out the time, set it aside, and see it for what it is... Sacred.

On the heels of Mother's Day and weeks ahead of Father's Day, most of us want one thing: more time. One more dinner. One more story of Mr. Brown selling "Orange Pinappila" out of his ice cream wagon. One more laugh, one more hug. One more game of cards, one more trip to plant flowers at the family plots.

It's true that "going back" can hurt. Our loss can rise, collect others along the way, and present us with what feels like a crushing blow. And we "ride the wave" of

that pain to get to the good stuff over the crest. We remember who loved us, who they were, how they paved the way for us, and how we loved them and still do. We access gratitude for the way our lives were impacted and enhanced by these giants.

If you have "cemetery duty" this year, and even if you don't, consider a tender trip down memory lane.

You may need a companion to pull this off. Maybe your children or grands want to come along. However you create your memory ritual, cemetery or not, it can be a lifelong point of connection for those who will be here after we are not. You are creating a place of comfort, a dear sweet place of bonding and belonging. I hold these dear.

I remember only a few times (probably during teen angst) when I might have been persuaded to do something else on those May Saturdays. I am eternally grateful that I stayed the course and held our annual pilgrimage as a priority. I am the beneficiary.

I can still hear his voice telling me to "really push down hard on those roots to get them nice and deep." I will, don't worry (as I gently put tender pressure around the delicate roots).

Thank you, my dearest Leo, for this gift that keeps on giving. I'll be at Rosedale soon. Look for me there.

Solution to puzzles on page 10

R	B	E					T	A	O	
A	R	M					R	A	B	B
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I	D	O	L			R	A	F	E	L
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N	E	I	G	H	B	O	R	H	O	O
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E	B	N	K	Y	D		I	R	A	N
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4	9	7	3	6	2	1	8	5
8	6	1	9	5	7	4	3	2
1	4	6	5	8	9	7	2	3
7	8	9	4	2	3	5	6	1
3	2	5	6	7	1	9	4	8

PETS OF THE WEEK



Hey There Millie!

Millie is a cutie that just wants to be your best friend. She's still figuring out her confidence, but she's really started to come out of her shell in her foster home. She's definitely nervous in new situations and around new people/dogs, but she quickly warms up with a 'whole-body-wag', and loves it when you pick her up and hold her. She's loved being around an adult dog -- her playful side really comes out, including lots of zoomies -- and she'd do great with an older sibling that she can keep learning from. She has a newfound love for stuffed animal toys -- we gave her a few and she quickly gathered them up, brought them to her bed, and fell asleep. She also loves the ones that squeak! As she loves being picked up, she also loves to sit with you, or on you, on the couch and will snuggle right in when she knows it's quiet time. Millie would thrive in an adult home with another friendly, outgoing pooch to show her the way, she is just a baby and adjusting to all the new things and would love a friend to help her learn and grow!

Interested in adopting Millie? Learn more at capeann-animalaid.org

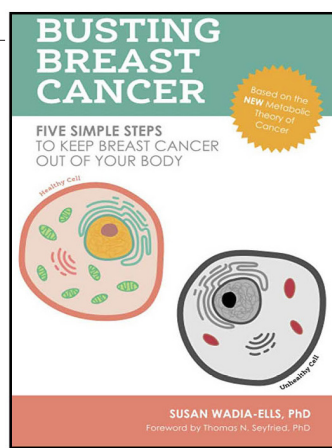
...(Continued from page 5)

Busting Breast Cancer is the first book on breast cancer prevention, based on the metabolic theory of cancer, not on the mainstream genetic theory of cancer. The book includes a foreword by Dr. Thomas Seyfried, the Boston College professor who authored the 2012 historic treatise, Cancer as a Metabolic Disease: On the Origin, Management and Prevention of Cancer (Wiley & Sons).

Wadia-Ells, a long-time Manchester resident, and investigative journalist, formerly wrote the Honest Health column for the Gloucester Daily Times. Her decade-plus of research behind this book was grassroots-funded in large part by generous

Cape Ann residents. Back by extensive research, and highly controversial for its various stances including, "No Mammograms!" and "Indoor SAFE Tanning is Healthy!", the book continues to periodically rise to the #1 Amazon international best-seller spot in the categories of cancer and breast cancer.

The event is free and includes free keto appetizers and a cash bar. Seating is limited, so pre-registration is required. Email susan@bustingbreastcancer.com. Busting Breast Cancer is available from each of the Cape Ann libraries as an ebook; at local bookstores; at Common Crow and online at bustingbreastcancer.com.



LEGAL NOTICE



CONSERVATION COMMISSION
Town of Manchester
Town Hall
10 Central Street
Manchester-by-the-Sea, MA, 01944

Public Hearing Notice
Public Hearing Notice to be
Published on or before 5/19/23

Martin and Lauren Hahn request the Commission make a decision regarding a Request for Determination of Applicability for landscaping design changes within Land Subject to Coastal Storm Flowage, and the 30-foot No Disturb Zone, 50-foot No Build Zone, and 100-foot Buffers to Coastal Bank at 18 & 22 Bridge Street (map 18, lots 10, 9).

On behalf of the Town of Manchester, Evin Guvendiren of DeRosa Environmental Consulting, Inc. requests the Commission make a decision regarding a Request for Determination of Applicability to affect repairs to a pile-supported public pier within Land Under Ocean,

Coastal Beach, and Land Subject to Coastal Storm Flowage at 17 Tucks Point Road (map 22, lot 16).

On behalf of Gerald Dackert, Dackert Realty Trust, Timothy Ford of Ford Properties, Inc. requests the Commission make a decision regarding a Notice of Intent for construction of a single-family house with associated utilities within the 30-foot No Disturb Zone, 50-foot No Build Zone, and 100-foot Buffers to Vernal Pool Habitat at 9 Crooked Lane (map 32, lot 102).

These requests will be discussed at a VIRTUAL meeting Tuesday, May 30, 2023, at 6:00 p.m. and will be reviewed under the Massachusetts Wetlands Protection Act (MGL Chapter 131, Section 40) and/or the Manchester General Wetlands Bylaw.

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

May 19, 2023 MC

LEGAL NOTICE



Manchester Town Hall
10 Central Street
Manchester-by-the-Sea, MA, 01944

Manchester Planning Board
PUBLIC HEARING NOTICE
NOTICE OF PUBLIC HEARING

The Planning Board of the Town of Manchester-by-the-Sea will hold a Public Hearing on Tuesday, June 6, 2023, at 7:00 p.m.

Location: This is a Hybrid meeting. The Planning Board will meet in Room 5, Town Hall and on Zoom.
https://us06web.zoom.us/j/89623836690?pwd=a0V1WVxOSnk2aG5C Y2ZSeVRIN2lndz09

Meeting ID: 896 2383 6690
Passcode: 423768 Dial in: 646 558 8656

Legal Notice Zoning Articles for June 6, 2023 Town Meeting

Residents of the Town of Manchester-by-the-Sea please note that the Manchester-by-the-Sea Planning Board will hold a public hearing on Tuesday, June 6, 2023, at 7:00 p.m. in Room 5 of Town Hall, 10 Central

Street, Manchester-by-the-Sea, MA, to discuss amendments and corrections to the Manchester-by-the-Sea Zoning By-Law. These changes include adding or correcting the following sections of the By-Law:

- Section 12 Administration
- Adding a new Section 6.5- Site Plan Review
- As needed, correcting cross-references of recently renumbered sections and correcting typographical errors.

Copies of the proposed language are on file with the Town Clerk, Town Hall, 10 Central Street, Manchester-by-the-Sea, MA, and at the Public Library, 15 Union Street, Manchester-by-the-Sea, MA and on the Planning Board website. For more information, please contact Gail Hunter, Planning Board Administrator (hunterg@manchester.ma.us) or Interim Town Planner, Betsy Ware (wareb@manchester.ma.us).

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

May 19, 2023 MC
May 26, 2023 MC



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Hamilton \$3,985,000
Savin Hill - 15 acres of rolling lawns and direct trail access for equestrians are idyllic backdrops to 6-plus bedroom English country manor house (in-law suite, too), barn and 3-car garage.

Gretchen Berg



Hamilton \$1,429,000
You won't want to leave! Custom 2014 Craftsman-style 3-bedroom home on 1.85 acres has 3-car garage, small barn, equestrian permit qualifier, 1st floor bedroom, Runtal radiators, copper gutters.

Gretchen Berg



Boxford \$1,400,000
Contemporary 3-bedroom Colonial on cul-de-sac with newly remodeled kitchen has seasonal water views of Four Mile Pond and 2-story, 1-bedroom, 2.5-bath in-law. Wraparound deck, in-ground pool.

Norman Banville



Rockport \$1,350,000
Better than new. One-level living in 3-year-old custom home with 3 porches, 2 patios, deck. Open 1st floor with stunning McCormick kitchen, primary suite, laundry room, office. 2-car garage.

Ann Olivo & Rick Marshall

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



Wenham \$1,325,000
New Construction! Last 2 luxury 2-bedroom plus office, 2.5-bath open concept attached 2,425 sf homes with fireplaced living rooms, deck, 2-car garage at Wenham Pines, 55+ active adult community.

Alle Cutler & Deb Evans



Gloucester \$899,000
Colonial home with direct water access! Offers generous sized rooms, open kitchen and sliders that lead to deck with water views. Complete with additional space in basement, 2-car garage, gardens and more!

Julia Virden



Manchester \$675,000
Design your dream home for this 2.2-acre hillside lot with southern exposure and overland views near downtown and Singing Beach. Approval for 5-bedroom septic and engineered plans pending.

Holly Fabyan & Paula Polo-Filias



Rockport \$645,000
Charming, move-in ready 3-bedroom, 1.5-bath Colonial on a side street near town center is packed with improvements: updated kitchen/baths, new windows, newer roof-front deck, shed, and patio.

Theresa Scatterday

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

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120 Main Street, Gloucester | 978.522.6233
bythesea.evrealstate.com



7 SHADY LANE, WALPOLE, MA
OFFERED AT \$1,520,000

Welcome home to this beautiful property located on a quiet cul-de-sac in a picture perfect neighborhood. Nestled in a well sought after community, this house offers privacy and a great location. Enjoy your outdoor sitting area in the front of the house as you enter into a grand foyer adorned with double staircases.



5 5,024 Sq.Ft. 5F 1H

Candice Fontas
617.365.0384



1 AVERY STREET, UNIT 17F, BOSTON
OFFERED AT \$1,149,000

The renowned Ritz-Carlton Residences in the heart of downtown Boston offers a luxury, full service experience as soon as you walk through the doors. From your own private parking space with valet services to a 24/7 concierge & security, this one bedroom / two full bathroom unit is a must-see.



1 1,087 Sq.Ft. 2

McClelland Del Rio Group
978.828.1579



COLDWELL BANKER REALTY



Manchester | \$4,975,000

Watch your boat sail in from this stunning oceanfront property in prime estate location. Magnificent views from every room. 3Br 2 Bath, 2 car garage.

Lynda Surdam



Gloucester | \$2,195,000

Lanesville ocean front with spectacular views of Ipswich Bay. 2-3 bedrooms, open floor plan, part ownership of seaside quarry.

Alice Miller



Manchester | \$849,000

Now showing! Beautifully renovated Mansard roof Colonial on .6 acre lot. Well-designed modern layout with high end finishes throughout

Krista Julien



Rockport | \$7,24,900

Two Bedrooms, two bathrooms in desirable Rockport location, 60 yds from Back Beach

Liz Reilly
Peggy Moroney



Rockport | \$365,000

Rare offering! This gorgeous Victorian has commanding views over Rockport village and the Sandy Bay. Tons of natural light, beautiful wood floors and 8' ceilings. Large yard with designated area for the avid gardener.

Nicolette Vanstigt



Manchester | \$869,000

Harbor views! A legal two - family home, in need of renovation, featuring a great back yard and off-street parking.

Jim Brown



Gloucester | \$2,995,000

Located on Banner Hill, the home has impressive water and city views. Four bedrooms, four and half baths, library, chef's kitchen, gorgeous appointments throughout.

Scott Smith



Rockport | \$1,145,000

Circa 1907. Step back into the era of yesteryear & remember how homes were once built. Exquisite Old World Charm is the major theme throughout.

Mary Matthews

ColdwellBankerHomes.com

40 Beach Street, Manchester MA | 978.526.7572

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