



2nd Annual MBTS JazzFest Saturday August 12

At the Legion Saturday, Aug. 12. With proceeds benefiting Manchester's 4th of July festivities!

MANCHESTER CRICKET

A Local Tradition Since 1888

VOL. 136, NO. 9

FRIDAY, JULY 21, 2023

PRICE: \$1.25

BRIEFLY

MBTS Library Annual Book Sale Aug. 5

Saturday, August 5th is Manchester Public Library's annual used book sale. 9 a.m. to 4 p.m. Stock up on bargain books, paperbacks \$2 (three for \$5), hardbacks \$4 (three for \$10), fiction, non-fiction, children's and young adult ("YA"). YA authors, Sarah Patt and Jeff Denoncour will be in person selling signed copies of their latest books! Browse and buy before strolling down to Masconomo Park for music and nibbles. And as the Friends of Manchester Public Library would like you to know ... donations (as in cash) are also graciously accepted.

MBTS Fishing Tournament July 28

The Manchester-by-the-Sea Fishing Tournament returns for the 4th year Friday, July 28 at first light to Sunday, July 30 at noon. Divisions include Kid - (11 and under), Junior - (12 - 17), Adult - (18+). As always fishing can occur either by boat or on shore in the catch and release striped bass tournament. Awards ceremony will occur on Sunday at 5 p.m. at Tuck's Point. mbtsfishing.com for info and registration.

Get Out There For Intertown Twilight League Play

The ITL Mariners play their home games Tuesdays at the Annie Gosbee Field in Essex, located behind Town Hall. The team has won the ITL Baseball Championship six out of the last eight years, which makes it a great sports team to see. Right now the M/E Mariner are having an annual equipment raffle, with cash prizes. Tickets can be purchased from any Mariner player, or contact Craige Mcoy.

Correction: Opal and Otis

Last week's dramatic action photos of the Crocker Boat Race were mistakenly attributed to Mike Opal instead of Mike Otis. Opal shot the trophy winners at the Yacht Club. We regret the error.



The relatively new public pickleball courts on Summer Street in Manchester are popular, and have triggered noise complaints from neighbors. They will soon have sound mitigation barriers installed along its fence that will be transparent and, everyone hopes, effective.

MBTS SB Takes Up Pickle Ball, and Proposed Water Rates

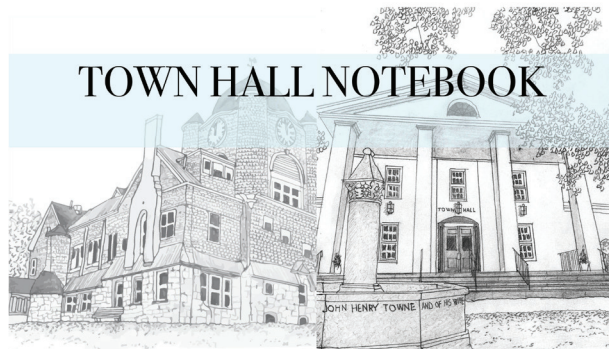
By Erika Brown

The Manchester Select Board this week tackled two big issues, including a big change in water rates based on recommendations from the about-to-be-dissolved Water Resources Protection Task Force and the drumbeat of complaints from neighbors within earshot of the popular Summer Street public pickleball courts.

The Puck-Puck-Puck of Pickle Ball

First up, pickleball, and the unintended consequences of the game's ever-expanding popularity because of its accessibility, health benefits and fun.

The town redeveloped the former skateboard "park" area of Summer Street, across from Forest Street, constructing six pickleball courts surrounded by a chain-link fence that have been busy at all hours with players. And while they



have been a hive of happy play, they've also been the source of neighbors who complain of continuous loud thumps that go along with the game.

Pickleball popularity has exploded nationally, so Manchester is not alone. Fans love it because it's healthy, social and fun, combining the concept of tennis with "ping-pong" table-tennis. COVID was a huge accelerator for the sport, and towns that offer public courts like Manchester are a draw for devotees from far and wide. But complaints from the

incessant noise from some neighbors began almost as soon as the Summer Street courts opened, with one neighbor even lodging a complaint with the Board of Health earlier this month connecting the noise to health concerns.

At MBTS' Annual Town Meeting, voters approved \$20,000 for sound mitigation of the courts from CPC funds, and the Manchester Recreation Committee's Muffin Driscoll and Manchester Parks & Recreation Director Cheryl Marshall appeared before the Select

Board to recommend raising the fence and installing sound barriers around three sides of the courts.

The market for sound-proofed pickleball equipment (racquets, balls, court infrastructure) is new and, not surprisingly, expanding rapidly. The Recreation Committee researched barrier vendors, spoke to neighbors and conducted sound research based on industry figures as well as measuring sound at the Summer Street courts early in the morning when it was empty and again when it was fully being utilized.

The recommendation is a system that would combine a transparent barrier from SoundTec, a New Zealand company that would address neighbors' aesthetic requests and offer line-of-site security assurance with non-transparent, high-performance side barriers along the Sweeney Park side of the courts. The total cost is \$26,000.

Research into sound mitigation vendors has taken the better part of four months. USA Pickleball, an industry organization, helped source the vendor that will offer Manchester a discount since the transparent barrier technology (long used in construction projects and to line racecar tracks) hasn't yet been used for pickleball courts in Massachusetts.

"I know more than I knew a year ago, I'll tell you that," said Marshall.

Driscoll said the committee was "diligent" in addressing neighbors' concerns and said Manchester is early in the game (pun intended) on adopting sound mitigation. Marshall said the challenge is balancing neighbor concerns with players who want to enjoy the public courts.

Kim Logue, one of the neighbors, told the SB that the noise has been hard to live with.

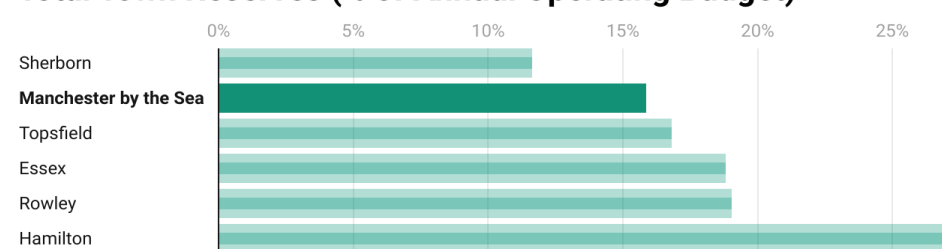
...(Continued on page 6)

FinCom Proposes New Math To Cut MBTS Reserves

Reserve Funds By Similar Towns

	Operating Budget Prior Year	Stabilization Reserves	Free Cash Reserves
Hamilton	35,449,576	3,862,083	5,709,332
Manchester by the Sea	34,668,705	1,879,461	3,617,959
Topsfield	32,800,438	2,496,596	3,022,081
Sherborn	30,588,609	850,280	2,710,718
Rowley	22,843,362	1,388,605	2,960,095
Essex	19,420,796	1,374,470	2,277,035

Total Town Reserves (% of Annual Operating Budget)



Source: Mass Dept. of Revenue

By Erika Brown

Last week the Manchester Finance Committee reviewed a proposal that would cut Manchester's savings rate from 15.86% to 6.05% by using a new formula that removes Manchester's portion of the regional school district budget before setting its reserve rate.

The proposal—offered by FinCom Chair Sarah Mellish—would calculate Manchester's total reserve funds from a baseline of \$20,705,473 after removing the town's share of the school district

budget and adding in capital and OPEB ("other post-employment benefits") instead of using the state certified town budget, which is \$34,668,705.

Mellish said the new calculation would free up money locked in the town's coffers, enabling it to be applied to other obligations or be returned to taxpayers in the form of lower tax rates in future years.

Based on FY23 data Manchester holds \$5,497,420 in two state-certified reserve funds—\$1.879 million in the MBTS "Stabilization Fund"

and \$3.617 million in what's called "Free Cash." Mellish's proposal targets \$2.1 million between both funds, which is 6.05% of the annual budget.

"At the end of the day, we would be going from 10 percent down to 5 ... which I'm in agreement with," said FinCom member Mike Pratt.

Mellish offered a clarification, saying if the new calculation would be a higher percentage reserve (10%) based on the lowered baseline.

"I don't think we want to voice it that way," Mellish said. "I think we want to

voice it that we're still doing the 10 percent, but (after) excluding the school budget, and adding in annual capital expenses."

If adopted Manchester would stand out among comparable towns in calculating reserves.

For instance, Hamilton's annual budget (\$35,449 million) is similar to Manchester's (\$34,668 million) and, like Manchester, Hamilton is part of a regional school district. Yet Hamilton holds 27% of its budget in reserves that are tied to a list of large, planned initiatives. According to Finance Director Wendy Markiewicz, Hamilton does not back out regional school district monies before calculating reserves.

Similarly, in Rowley (\$22.8 million budget and part of the Triton School District) holds 19.04% in combined reserves. Sherborn (\$30.588 million budget and part of Dover-Sherborn School District) keeps 11.64% in combined reserves. Topsfield (\$32.8 million budget and part of Masconomet Regional School District) has 16.8% in reserves. None of these municipalities calculates reserves after backing out their share of the annual school district budget.

Free Cash + Stabilization = Town Reserves

The concept of "reserves"—how much should go into

...(Continued on page 4)

Weekly Weather Chart

Saturday 22 July		80°	69°
Sunday 23 July		78°	65°
Monday 24 July		79°	65°
Tuesday 25 July		83°	66°
Wednesday 26 July		72°	67°
Thursday 27 July		71°	68°
Friday 28 July		71°	67°

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. Essex Town Hall hours are Monday through Thursday 7:30 a.m.

Essex BOS Monday, July 24, 6 p.m.

MBTS FinCom Wednesday, July 26 7 p.m. Hybrid Meeting

Essex Board of Health Thursday, July 27 7 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).

Glenn Paul Nichols

Glenn Paul Nichols, formerly of Manchester-by-the-Sea passed away June 25 after a long illness. He was 71. He is survived

by his sister Lorraine Nichols and his brother Gregg Nichols and wife Norma.

He also leaves two nephews, Derek W. Bois and son Ashton and Jayson Nag and wife Melinda.

Take Care of What Goes Down the Drain

By Chuck Dam
Director, Manchester Dept. of Public Works

I am seeking the community's help with a growing concern in the operation of our wastewater treatment system.

Over the past year, the improper disposal of fats, oils, and grease (or "FOG") has increased, leading to significant challenges and disruptions in our wastewater treatment system and processes.

It is essential for residents and businesses alike to understand the impact FOG can have on our sewer infrastructure and the environment. While it may seem convenient to pour FOG down the drain (or just unwittingly), it can lead to severe consequences downstream.

When FOG enters the

sewer system, it cools and solidifies, adhering to the inner walls of pipes thereby reducing capacity and potentially causing blockages. In addition to the pipes, FOG accumulates at the wastewater treatment plant in the wet well at the end of the sewer collection system.



FOG does not break down or respond to the biological wastewater treatment process at our facility. As a result, the Town pays approximately \$10,000+/- per tank annually to remove and dispose of the accumulated FOG.

However, the need for removal and disposal has increased to every six months or so at the current loading rate. In addition to this hard cost, the reduced capacity in the plant tankage requires us to run other processes such

as sludge thickening more frequently, which has an associated energy cost as well as increased frequency of odors emanating from the plant.

There are other operational costs and inefficiencies as well, but I will leave it here for now. This will eventually result in costly maintenance, repairs, and potentially even sewer overflows that can contaminate water bodies, harm aquatic life, and pose health risks to our community.

Here are a few simple steps we can all take to prevent FOG from entering our sewer system:

- 1. Collect and store FOG:** After cooking, allow FOG to cool and collect it in a container, such as an old jar or can. Once solidified, dispose of it in the trash.
- 2. Scrape plates and utensils:** Before washing dishes, scrape excess FOG into the trash or compost bin. Wipe greasy cookware

with a paper towel to remove residual FOG.

3. Install grease traps: For businesses, installing and maintaining properly sized grease traps can prevent FOG from reaching the sewer lines and causing blockages.

4. Spread the word: Educate friends, family, and neighbors about the importance of FOG disposal. Encourage them to adopt responsible practices to keep our sewer system functioning smoothly.

By collectively addressing the issue of FOG in our sewer system, we can reduce maintenance costs, protect our environment, and ensure the efficient operation of the treatment process. Let's work together to safeguard the health and well-being of our community.

Chuck Dam is DPW Director for the Town of Manchester-by-the-Sea

MANCHESTER POLICE NOTES



MONDAY, JULY 10
8:43 a.m. Central St., citizen assist, spoken to. 10:37 a.m. Jersey Lane, parking complaint, spoken to. 6:39 p.m.

Forster Rd., disturbance, spoken to. 10:08 p.m. Pine St., motor vehicle stop, verbal warning.

TUESDAY, JULY 11
11:44 a.m. Route 128SB, traffic hazard, assisted as needed. 2:04 p.m. Summer St., motor vehicle accident, no personal injury, report to follow. 4:09 p.m. Bridge St., theft, report to follow. 9:31 p.m. School St., motor vehicle stop, verbal warning.

WEDNESDAY, JULY 12
9:24 a.m. School St., animal complaint, other. 10:30 a.m. Tuck's Point Rd., animal complaint, spoken to. 3:11 p.m. White Beach, directed patrol, secured/checked. 10:34 p.m. Union St., suspicious activity, arrest.

THURSDAY, JULY 13
4:19 a.m. School St., fire alarm, fire false. 5:28 p.m. Central St., suspicious activity, spoken to. 8:58 p.m. Bridge St., motor vehicle stop, verbal warning. 10:22 p.m. Pine St., motor vehicle stop, arrest.

FRIDAY, JULY 14
8:36 a.m. Central St., citizen assist, spoken to. 10:02 a.m. Forest St., motor vehicle accident, no personal injury, written warning. 5:22 p.m. Summer St., motor vehicle stop, written warning. 9:40 p.m. Pleasant St., parking complaint, parking enforcement.

SATURDAY, JULY 15
1:39 a.m. Masconomo St., suspicious activity, spoken to. 8:56 a.m. Hickory Hill Rd., citizen assist, secured/checked. 6:06 p.m. Summer St., motor vehicle stop, written warning. 10:31 p.m. School St., motor vehicle stop, verbal warning.

SUNDAY, JULY 16
1:46 a.m. School St., selective enforcement, other. 11:39 a.m. School St., fire alarm, fire false. 12:55 p.m. Beach St., motor vehicle stop, verbal warning. 10:43 p.m. Woodholm Rd., residential alarm, secured/checked.

MHA and MAHT Announce Request for Qualifications for the MHA Sites

The Manchester Housing Authority and the Manchester Affordable Housing Trust have publicly released a Request for Qualifications (RFQ) for submissions of qualifications from for-profit or non-profit housing developers. Each respondent will be available to assist MHA/MAHT as they finalize the conceptual plan for the new construction of additional housing and possible redevelopment of the MHA's state-aided mixed-income public housing developments located at Newport Park, The Plains, and Loading Place. MHA/MAHT will engage with each respondent, who will be available to meet with and

assist MHA/MAHT in the refinement of the development plan, including discussion of community planning approaches, feasible disposition models, development type, project budget and possible financing options. MHA/MAHT, at a later date, after engagement with respondents, and after refining and solidifying the conceptual development plan, will issue a development Request for Proposals (RFP) for the development plan, to formally solicit a development partner to advance the development plan. Residents may recall that the MAHT/MHA issued a development RFP in 2022 for the MHA sites for which we

did not receive applications. After engagement with our consultant, legal counsel and developers it was determined that the RFQ is the appropriate step at this time in the development process. RFQ submissions are due on August 28 at 4 p.m. Please see the following link to the page where the RFQ is posted. <https://www.manchester.ma.us/780/MHA-Housing-Redevelopment-Project> Going forward, the MHA/MAHT will notify residents when RFQ submissions are

received as well as publicize meetings to be held with respondents.

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2019 Winner For Best Website, Best Photo
Feature Series, Best Front Page

CLASSIFIEDS

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

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SEEKING ...
CALLING ALL LEFTIES RETIRING FROM GOLF—Retired from Golf? Do your left-handed clubs miss the fairways and the miss the greens, too? Give your clubs a 2nd life. Call Ben 310-525-8455 7/21

HELP WANTED
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Elder Brethren picnic



The brothers at the picnic in 2022.

Photo Paul Clark

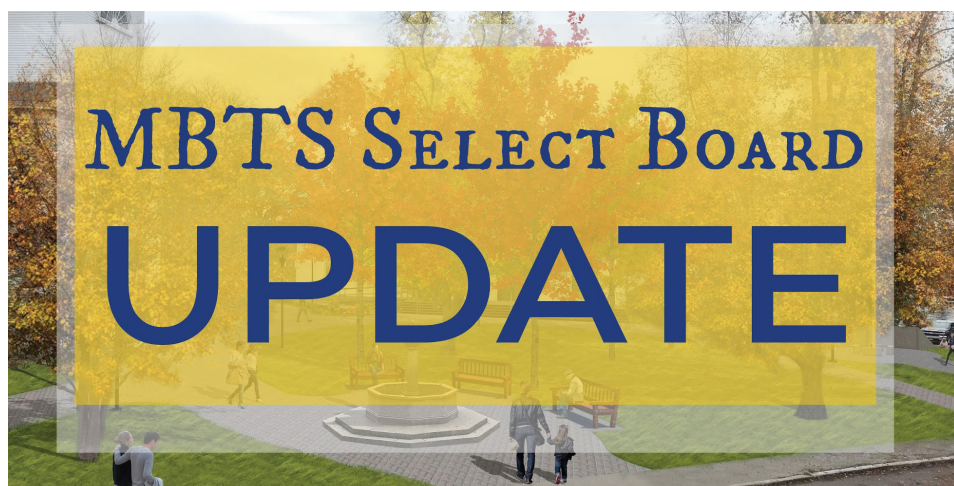
Please take a moment to register to attend the Elder Brethren picnic at Tuck's Point on Saturday September 9th.

The event runs from 11 a.m.-1:30 p.m. and onsite

sign in starts at 10:30 a.m. Our guest speaker will be two-time Pulitzer Prize winning photojournalist and author Stanley Forman and you won't want to miss his presentation. The link

for additional details and to register is: <https://forms.gle/Mqo5CDSfhvJgYa19A>.

Feel free to reach out if you have questions or need help registering. Thanks.



BOARD UPDATES

Planning Board Meeting: The Planning Board will meet on Monday, July 24 at 6:30 p.m. Meeting details can be found on the Town website.

Music in the Park: The next concert in Masconomo Park is on Tuesday, July 25 at 6 p.m. and will feature the group Conscious Reggae. Call the cancellation line at 978-525-6429 for weather updates or check social media.

Finance Committee Meeting: The Finance Committee will meet on Wednesday, July 26 at 7 p.m. Meeting details

can be found on the Town website.

Tuck's Point Rotunda Public Forum: The Select Board will host a public forum to discuss options to preserve the rotunda at Tuck's Point on Thursday, July 27 at 6:30 p.m. Meeting details will be posted to the Town website.

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

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

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

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

Rotunda Public Forum; Water Rates Update

By Gregory T. Federspiel

The Select Board will host a second public forum on Thursday, July 27 at 6:30 p.m. at Town Hall to present the options for refurbishing the Rotunda at Tuck's Point. This iconic Manchester facility requires all new pilings and other support structures to remain usable. As part of the refurbishment the structure needs to be raised at least 4.5 feet to meet new Army Corp/FEMA regulations due to rising sea levels and bigger storm surges.

Our consulting engineers have developed four options, with one of them (#3) being a land-based option - the picnic knoll just to the left of the pier as you face the Rotunda. Under this option, which provides greater protection for the Rotunda, the existing pier would be modified to have a viewing deck at the end. As the table below notes, this option is the least expensive, but it removes the Rotunda from its current water location.



engineering work done to date. We are in a good position to apply for construction funds as well (up to \$1.0 million). One option for funding the remainder is to consider increasing the Community Preservation tax surcharge. Currently it is at 1.5%. Going to 3% would generate enough funds to bond for the Rotunda project as well as for the reconstruction of Sweeney Park, another large project on the horizon. By raising

purposes. A range of public comments were heard from praise for the new structure to concerns about the timing of when such rates should go into effect and the financial hardships the higher rates for high end users might impose. In the end, the Select Board decided to approve a 2.5% increase to the current rate structure and postponed making a final decision on the new structure until September. This will allow additional time for water users to better understand the proposed new structure and make adjustments to their water consumption habits (e.g.: more efficient irrigation systems) should they want to before new rates become effective. Even with the 2.5% increase the majority of water users will be paying around a half cent per gallon of water (a real bargain compared to bottled water!) with the high-end users paying 7/10ths of a cent for the marginal difference in water use. Under the proposed restructuring, the range would change from a low of half a cent to a high of 2 cents a gallon. For the very high-end users this increased cost can translate to thousands of more dollars in annual water bills unless conservation measures are taken. Utility bills are sent out quarterly.

The Select Board will take up the proposed restructuring in September with the goal of adopting new tiers and rates to be effective in October.

Tuck's Point Rotunda Options	Estimated Cost
1. Replace in existing footprint	\$2.3 million
2. Replace with 38' extension	\$2.5 million
3. Relocate landward w/viewing deck	\$1.7 million
4. Replace in existing footprint in 2 Phases	\$3.6 million

Option 1 offers the least change as it keeps the Rotunda where it is albeit at a higher elevation. Option 2 pushes the Rotunda seaward 38', gaining an improved view out of the harbor and allowing the new pilings to be installed while moving the Rotunda only once. In Option 3 the Rotunda is placed on footings on land. The existing pier would be refurbished with a viewing deck installed where the Rotunda stands today. Lastly, under option 4, the existing support structures would be raised in 2 phases - first to 17' (from 14.5') and then to 19' in about 25 years.

In addition to deciding on the location for a rebuilt Rotunda, how to fund the project also needs to be answered. We received state support to help pay for the

the surcharge to 3% we also become eligible for additional state CPC funding.

While there is little doubt that voters will want to preserve the Rotunda, predicting which option will garner the most favor is not as easy. No doubt the over-water options will be preferred but it is worth pausing to contemplate the safer land-based option. This choice is one of many sea level rise induced choices we will be making in the years ahead. The Select Board encourages you to attend the forum on July 27 to express your preferred option.

Water Rates Debate

Last Monday, July 17, the Select Board held a public hearing on a new water rate structure aimed at discouraging high water use for irrigation

WHAT WAS HAPPENING

90 YEARS AGO - 1933
There was an unfortunate auto accident of a serious nature Saturday morning, Mrs. Ada Marshall being struck by an automobile while crossing the street in front of her home on Central Street and quite severely injured.

An emergency call was received from Gloucester for oxygen tanks Friday morning for the relief of Mrs. "Cy" Perkins, wife of the famous baseball player who was critically ill. Chief Miguel of the fire department had two tanks on the way to Gloucester in a very few minutes in a car driven by Wilbur Stanley, driver for the department.

75 YEARS AGO - 1948
An early morning blaze Thursday destroyed the West Beach bathhouse in Beverly Farms. A report from a passing motorist states that at 5:40 a.m. he passed the scene and saw no indications of fire. At 6 a.m. on his return, the bathhouse was a raging inferno. Two alarms were sounded by the Beverly department, but the bathhouse was too far gone to save.

Singing Beach and Tuck's Point have been most popular spots of late as throng's have sought relief from the first real heatwave of the season. They received temporary relief from the heat at these famed bathing resorts and then on Tuesday the heavens let loose and a

deluge of rain brought a long relief.

60 YEARS AGO - 1963

The ice machine located on the Beach Street property of Augustus Means, will be moved back 45 feet and the area beautified, the Board of Selectman were told at their meeting Tuesday evening. Means and Atty. C. Henry Glovsky met with the board to submit a plan proposed for the site, together with a permit to build as requested by the Board of Selectman last week. Both were unanimously approved.

Manchester Boy and Explorer Scouts joined hundreds of other searchers early Wednesday evening in Beverly looking for a Roxbury boy who had wandered from his family and friends. A large search party was organized quickly and fortunately a Beverly man found the youngster after a couple hours combing the Cherry Hill Farm area of North Beverly.

45 YEARS AGO - 1978

Tony Bullock, son of Mr. and Mrs. Anthony Bullock of Hidden Ledge Rd., shot an 82 at Bass Rocks Golf Club on Monday and qualified in the Pre-Junior Division for the Massachusetts Junior Championship to be held at Framingham Country Club August 14.

There was a break into the Schylling house on Proctor Street sometime Friday.

Missing from the garage were three sets of golf clubs, a tape deck, two car speakers, and a case of liquor.

30 YEARS AGO - 1993

Donations continue to come in for the DISK campaign to renovate and re-equip the computer laboratory at the Memorial School. Cash receipts this week, along with pledges bring the results to over \$50,000, two-thirds of the \$70,000 goal.

The Manchester Water Department has pumped over 1 million gallons each day since June 22 and over 1.4 million gallons per day since July 5. Peak pumping exceeded 2.0 million gallons on Sunday. We must caution everyone that continued dry weather or a serious malfunction to one of the Gravelly Pond pumps could cause a water emergency.

15 YEARS AGO - 2008

This Thursday ushered in a new era in child passenger safety in Massachusetts as a new booster seat law takes effect. This requires booster seats for children up to their eighth birthday, or until they reach 4 feet 9 inches in height, whichever comes first.

Stephen Driscoll, a member of the class of 2008 at Manchester Essex Regional High School has received the Guido Masiero Scholarship from the Berkshire Taconic Community Foundation. Stephen will attend the University of Maine-Orono.

Tides & Sun Chart For The Week Ahead

DATE	HIGH				LOW				Sun	
	AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
21 Fri	2:11	9.6	2:44	8.6	8:49	0.7	8:57	1.3	5:22	8:16
22 Sat	2:49	9.4	3:18	8.7	9:27	0.9	9:40	1.3	5:23	8:15
23 Sun	3:28	9.2	3:55	8.8	10:06	1.0	10:25	1.4	5:24	8:14
24 Mon	4:10	8.9	4:35	8.9	10:47	1.2	11:12	1.5	5:25	8:13
25 Tue	4:56	8.6	5:19	9.1	11:31	1.4			5:26	8:12
26 Wed	5:46	8.2	6:09	9.2	12:04	1.5	12:19	1.6	5:27	8:11
27 Thu	6:43	8.0	7:03	9.4	1:01	1.5	1:12	1.8	5:28	8:10



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LIBRARY NEWS



Kids and families enjoyed saving the world on an interactive, science adventure with Talewise.

Courtesy Photo

Library Hours and Holidays

On July 1 the MBTS Public Library will be closed on Saturdays and Sundays until September.

A Look at The Life & Works of Agatha Christie (Virtual)

Friday, July 21 from 2-3 p.m. Agatha Christie is the most famous mystery writer in the world. Who was this remarkable woman? How did she come to write her indelible works? Why is she still such a popular literary figure? These and other questions will be explored along with a real-life mystery about Christie's dramatic disappearance

in 1926 that remains substantially unsolved to this day. Led by Dr. Bill Thierfelder, a retired college professor.

Job Search Triage (Virtual)

Is your job search hemorrhaging time, energy and resources? Learn a simple process to make more effective use of your time, energy and resources. Led by Tom McDonough, director of programs and founding Board member for the Institute for Career Transitions (ICT), zero in on what's working and what's not.

Mystery Book Group

Friday, July 28 at 10:30 a.m. The Manchester Mystery

Book Group meets on the last Friday of the month. July's meeting will occur in the library's reading room or outside on the lawn. We will discuss "The Dime" by Kathleen Kent.

Hula Hooping Extravaganza: Two Sessions

Friday, July 28 at 10:30 a.m. and 1 p.m. You are invited to an all-ages hula hoop event. Hooping induces joy through movement explorations designed to promote healthy bodies and minds. Registration is required in case we need to move inside due to the weather.

Diversity Matter Book

Group

Tuesday, July 25 from 5:30-6:30 p.m. July's diversity matters book group will be reading Pulitzer price winning "His Name is George Floyd: One Man's Life and the Struggle for Racial Justice" by Robert Samuels.

Annual Book Sale

Annual book sale is August 5. Come to the Manchester Library and take advantage of deals and steals in hardcover fiction, nonfiction, children's books, DVDs, puzzles and more. Both cash and checks are accepted.

MPL Children's Events: Celebrate the New Barbie

Movie

Friday, July 21 all day. Can't wait for the Barbie movie to open? Share your excitement, stop by this Friday, July 21, and check out our special selection of Barbie-themed reads, Help us design our own Librarian Barbie, and if you want to wear pink to the library, you'll even get a little prize.

Didgeridoo Down Under Show

Friday, August 11 from 2:30-3:30 p.m. The Didgeridoo Show is an energetic fusion of Australian music, comedy, character building, storytelling, and audience participation. The didgeridoo has been played by Aboriginal Australians for at least 1500 years, and it's known for its otherworldly sound. You'll learn about Aussie animal, culture, unity and more, while moving and grooving to the pulsing rhythms of the didge. The Didgeridoo Show is interactive, educational, motivational and fun for all ages. In the event of rain, we will be at the Manchester Community Center so please register.

Rubik's Cube-o-Rama

Monday, July 24 from 1-2:30 p.m. Join local resident and longtime speed cubing competitor Will Russo for an informal session covering all the ins and outs of cubing culture. Get solving tips, find out about participating in competitions, get the scoop on where to shop for the fastest and craziest cubes. No registration required, just come by and bring along your own cube.

Storytime with Miss Audrey

Mondays at 10:30 a.m. ages 0-5

Summer Art and Sensory

Wednesdays from 3-4 p.m. and running every Wednesday this summer for ages pre-K - 2nd grade. Art and

Sensory encourages students to explore their creativity through the fun of using many different art materials. The project is always step by step, hands on and guided to help create individual masterpieces. Space is limited and registration is required for each week's session.

Summer Reading

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

North Shore Children's Museum Pass

The Friends of the Manchester Library have donated a discount pass to the North Shore Children's Museum in Peabody. The pass admits up to five persons at half-price admission.

Vox and Wonder Books

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

Storytime with Miss Audrey

Mondays at 10 a.m. for ages 0-5.

Our youngest patrons and their caregivers are invited to share songs, rhymes, and simple stories.

Teen Advisory Board (TAB)

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

...(Continued from page 1)

them, how and when to spend them—has taken a lot of attention this year.

During the last four ME Regional School District annual budget cycles, the school committee had to bridge gaps in its operating budget by pulling from district reserves, prompting criticism that doing so threatens its bond rating. Then, reserves emerged during Town Meeting debates over capital funding for new turf fields on Lincoln and Brook Streets. Why not use the money we have on hand instead of raising taxes, some voters asked?

In all these, there's been a "black box" quality to discussing reserves. What are they, how do they work in municipalities, and do they even matter in a wealthy

town like Manchester that can easily approve expensive projects and capital items without leaning on accrued savings?

Put simply, reserves are just regulated municipal savings accounts. There are two types—Free Cash and Stabilization Funds—and every year the Massachusetts Dept. of Revenue (DOR) certifies them. Free Cash is like a family savings account. They are unrestricted and available to appropriate by a majority vote at Town Meeting.

Stabilization accounts, on the other hand, are "rainy day" reserve funds that carry balances from one fiscal year to the next, and can only be drawn on after a 2/3 vote at Town Meeting. They're hard to tap because Stabilization Funds are supposed to be used for specific initiatives,

emergencies, or to avoid borrowing for a capital project.

"A sound stabilization policy will set a schedule of annual appropriations designed to gradually reach and sustain the target balances over time," according to the Mass Dept of Revenue. (Over the past 10 years this is what Manchester has done.)

During School Committee budget season, the FinCom's Mike Pratt researched the state's AAA bond rated municipalities and their levels of Free Cash. He reported that savings rates varied wildly from 2.96% (Ashland) to 9.21% (Topsfield). Could Manchester lower its savings rate and retain its coveted AAA bond rating? Pratt's simple answer is yes. More than that, Pratt's answer is that bond ratings are about more than Free Cash balances. And it's true. Pratt's analysis lacked half the data, specifically each town's Stabilization Funds, which also can vary greatly based on a town's long-term goals, and savings philosophy.

The lowest Free Cash level in Pratt's research was Ashland, with just 2.96% in that form of reserves. But Ash-

land also has a certified Stabilization Fund of 11.7%, which brings its total reserves to a robust 14.66%.

And Topsfield's 9.21% Free Cash rate is certainly higher than Ashland's (and lower than Manchester's), but by adding its 7.61% Stabilization Fund, Topsfield's total reserves are relatively large, 16.8% which is actually larger than Manchester's 15.86%.

Going for Gold—AAA

So, what of the idea that AAA ratings aren't necessarily related to strong levels of savings? Manchester holds a AAA bond rating. Would its rating be threatened if it cut reserves in half?

According to bond rating agencies such as Standard & Poor's, Moody's, and Fitch, factors like financial management, economic fundamentals, debt and liabilities, and demographic indicators all figure into bond ratings.

But as important as financial management is behavior. Transparency of policies and reporting factor into ratings. So does planning, or establishing appropriate long-term goals for infrastructure and capital projects. And avoiding debt and liabilities.

In the end, it's about fostering confidence in growth and stability that trumps all,

and that translates into long-term consistency and avoiding sudden or disruptive moves. So, towns will choose to create savings accounts for big-ticket items, like the Manchester Fire Engine Fund (which plans 10 years out for a \$1.5 million acquisition).

"The organizations that have good policies and are well managed consistently are the ones that are going to navigate successfully," said Northborough Town Administrator John Coderre, whose municipality won the national Government Finance Officers Association's award for best practices.

Capital Projects in the Wings

Whether it's the school district budget or Manchester's municipal budget, reserve funds of any type today offer support for two things: capital projects, and inflation. After all, healthy reserve funds enable planning for big items in the future, they demonstrate the ability to put skin in the game when it comes to borrowing for big initiatives, and they act as a safety net during economic downturns or unexpected expenses.

Ann Harrison, Select Board chair, stood in defense of holding strong reserve funds during May's Annual Town

Meeting when residents had to weigh whether to bank (as reserves) a \$400K "refund" from the school district or lower the tax rate by 1.3% (130 basis points). The Select Board supported bolstering reserves. The FinCom's position was for the lowered tax rate. Harrison, a committee veteran who has served both as Chair of the FinCom and for years as a member of the School Committee, told voters that Manchester faces a significant list of capital projects. A desperately needed DPW headquarters. Upgrades to the Manchester Water and Sewer Treatment Plants. A Senior Center. A new Essex Elementary School, just to name a few. Harrison also said she remembers back ten years ago when Manchester's reserves were alarmingly low and its AA2 bond rating reflected it.

But Harrison also told voters she remembered a time when Manchester's reserves were low, and it was hard when there was a hard economic shift (driving excise and real estate tax income down). That, she said, is what reserves are for.

Last week, Mellish signaled a different point of view. She said Manchester doesn't use its Stabilization Fund, and besides, voters will accommodate the big capital projects on the horizon by simply voting the pay for them at Town Meeting when they are asked. The town, she said, should not be warehousing money (at little to no interest, added Pratt) that stays untapped when taxpayers would rather have that money back in their pockets.

The FinCom will continue to review its proposal.



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Local Gardens: Turning Your Lawn into a Flower Garden



I wanted to share this gardening story with my hometown neighbors to inspire...because it was so easy to create an enchanting backyard where the blooms draw butterflies, hummingbirds and happy, fat bees for a buffet of sweet nectars... not to mention, hopefully, a bounty of plump tomatoes for our table.

By Anna Kasabian

Last Spring (2022) we agreed the grass in our backyard needed to go. The mowing, raking, weeding, no longer were of interest! The lawnmower was left at the end of our driveway and was scooped up. Now the plan was real.

The entire yard, except for a third covered in lovely ivy, was covered with mulch. The idea was to create flower beds around the yard and we used mulch to define the beds. What was left was a grass path that soon became a stone path that gave a visual anchor to the new space.

We had already parsed out a section for my husband's raised tomato and basil beds.

I took my chances with the mulch obliterating the lawn and was happily proved correct.

In 2021 I transplanted about 12 peony plants and many day lilies that had been settled in one of the older beds for many years, to another bed along our garage.

We were thinking we needed the sunny peony bed for tomatoes we'd grow in bags, in addition to the raised bed we installed.

I took on the project of cutting and planting the new beds including a low rising hill to the wooded area behind our home. David took on the job of growing the tomato plants, basil, and an array of beans—the beans did not make it. The bugs came and had a feast.

We had a war of non-toxic pesticides going on until we raised our white flag and surrendered.

The tomatoes and basil, on the other hand, thrived and we had the best pesto and tomato sauce emerge from our freezer up until this past June!

As for plantings, I had a few simple requirements: they must be perennials; the heights, colors, and textures needed to vary, all needed to have that sign for "no rabbits/no deer"; and I wanted to include as many plants as possible to attract hummingbirds and butterflies.

One of the beds—a small one—became home for a butterfly bush that was indeed a butterfly and hummingbird buffet table.

A larger bed would have bee balm, knock-out roses (one pink and one salmon),.....

A long bed along our garage was enhanced with transplanted peonies and Daylilies, both of which are thriving along with astilbe.

The hill is now a mix of perennials.

A metal arbor (thank-you Amazon) was placed in a little green hallway between our home and our neighbor's planted with daylilies and lilies, and the arbor took on a thriving honeysuckle that is a fireworks of color weaving through and around.

I found antique posts to use as a hose guide and the rusty finish keeps them in the background but interesting to look at.

A wooden bench faces the beds and is a great place to sit quietly to watch all the activity of birds, bees, hummingbirds and butterflies.

What was once a pain to

mow & weed, and boring to look at, has become a tiny oasis.

Interestingly too, we have fewer pesty mosquitoes. Thank-you mulch.

Plantings from Corliss in Ipswich: Hibiscus, Crocos-

mia, Pink Turtlehead, Allium, Larkspur, Gaura, Knock Out Roses, Bellflowers, Bee Balm, Ligularia, English Lavender, Lamb's Ear, Astilbe, Snowy Lanturn Enkianthus, Foxglove, Begonia, Speedwell, Pye Weed, Ajuga, Scotch

Moss, Siberian Iris, Cardinal Flower (the rabbits ate them despite the belief that they don't!)

Stone path by: DGMMasonry.com

Additional deterrents for rabbits & deer: Sprinkle cayenne pepper on leaves and hot pepper flakes around bases

This past winter did a number on all of the roses I planted so blooms are sketchy, and my climbers sadly have no blooms or new growth. The extreme temperatures killed some plants altogether.

But here we are, and we are hoping for the best as summer heats up.

Anna Kassabian has written more than a dozen books and many articles on interior design, architecture, and garden design for magazines. While writing remains a passion, her creative focus these days is her work as a porcelain sculptor (seen above in her garden). Public installations are all over the country and collectors of her work span the globe.




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Point Counterpoint: Debating The “No First Use” Nuclear Doctrine

The “No First Use” nuclear doctrine—in which a country pledges not to use nuclear weapons or any other weapons of mass destruction first—has taken center stage in world politics recently. The Manchester Essex Regional High School Debate Team has taken up this question, arguing both sides. The power of high school debate as a program is it forces all participants to defend every side of a debate effectively, regardless of whether they are in personal agreement with the position. Debate builds skills that are powerful in considering other opinions and engaging important current events like this one about the ethics of weapons of mass destruction during times of war.

This week, Finn O’Hara defends the “Yes” position and Charlie Lations defends the “No” position. Here they are:

No First Use Doctrine: “Yes” Position

By Finn O’Hara

The affirmative side of this argument will focus on the decreased probability of nuclear war with the No First Use policy and all of the negative impacts that are consequently avoided.

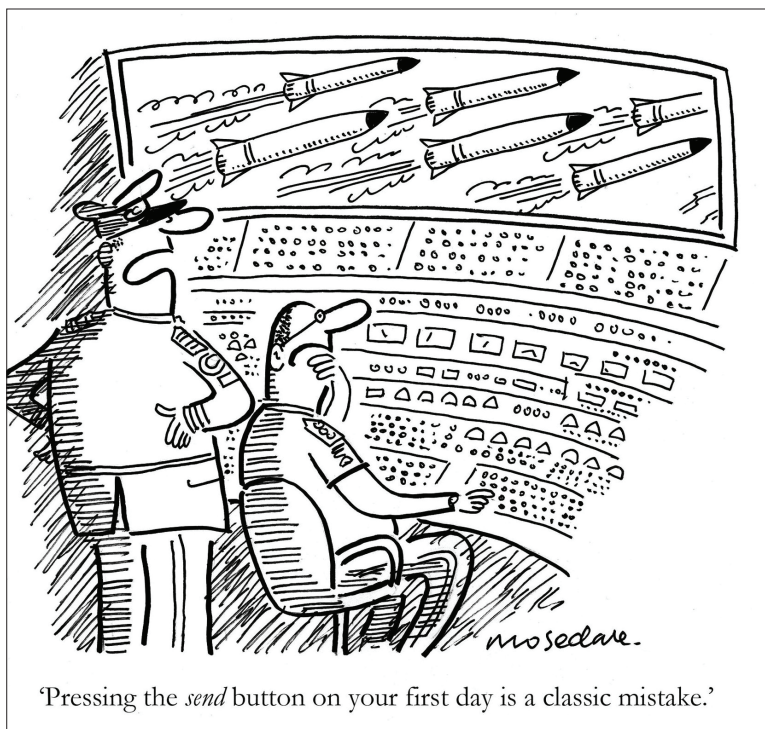
According to Mario Catalan of the International Monetary Fund blog, “Russia’s invasion of Ukraine, rising geopolitical tensions, and strained ties between the United States and China,” in recent years have raised foreign tensions along with the probability of nuclear warfare.

Adopting a declaratory nuclear policy of no first use, however, can decrease the chance of a nuclear war.

Most directly, a declaratory no first use policy would take away the possibility of the United States acting as the catalyst of a nuclear war.

As a result, nations with smaller nuclear arsenals would also be less likely to be aggressive. In the status quo, these less powerful countries fear that they would be wiped out if they allow the United States to strike first, but the “use it or lose it” mentality would not be necessary without the threat of the United States striking first.

Furthermore, because the No First Use policy, “makes it clear that deterrence not attack is the sole purpose of [the nuclear] arsenal, this bill would reduce the chances of a country acting upon a nuclear miscalculation,” according to Joe Gould. Since 1945, countries have almost acted on miscalculations on 13 separate occasions. A declara-



tory no first use policy could have prevented each miscalculation.

In a pro world, by avoiding nuclear war, “30% of the total population of the top 145 biggest cities in the United States – 21 million Americans – would die in a Russian nuclear counterattack,” according to a study by global zero.

Nuclear war would also entail terrible environmental effects resulting from the emission of millions of tons of smoke.

Additionally, in the event of the United States initiating nuclear war, they would be, “threaten[ing] the security of U.S. allies,” according to the Center for Arms Control and Non-Proliferation (4). As a result, those nations alienated by the U.S. could abandon them, leaving them

politically isolated in a time of war.

Without any foreign aid, the consequences of nuclear war would expand exponentially. Furthermore, alliances that maintain global security would be weakened, and the nuclear war itself would become even more detrimental to the world.

Thus, we affirm; The United States should adopt a declaratory policy of no first use.

No First Use Doctrine: “No” Position

By Charlie Lations

The negative of this argument centers on the increased risk of nuclear war as a result of a No First Use policy being enacted.



The United States’ alliances would be severely hurt by an NFU policy. Many allied nations are not in favor of the adoption of such a policy, particularly Southeast Asian nations in close proximity to nuclear countries such as China and North Korea.

These concerns continue even beyond Asia and to major European powers - including countries that are themselves in the nuclear club.

According to the Washington Post, “the governments of Japan, South Korea, France and Britain have all privately communicated their concerns about ... a ‘no first use’ nuclear-weapons policy for the United States.”

These nations are all major allies of the United States, and losing their confidence and support would be catastrophic in terms of maintaining global stability.

Another key problem created by the enactment of an NFU policy would be a broad emboldening of United States adversaries.

Essentially, without the threat of nuclear weapons to keep them in check, hostile nations would see less reason to hold back from using military force since the potential consequences are lower.

According to an article from The Bulletin of The Atomic Scientists, “a no-first-use policy would degrade the prospective credibility of the US nuclear deterrent - a particularly

imprudent step at a time when Russia and China are rapidly expanding their military capabilities, pursuing aggressive policies in Europe and Asia respectively, issuing explicit threats to US allies in the process.”

These issues are not merely theoretical; “North Korea ... repeatedly issues extreme threats against [the United States] and [its] Asian allies while maintaining the world’s fourth largest army and reportedly advanced chemical and biological capabilities,” the Bulletin said.

Another side effect of an NFU policy’s adoption would be an increase in nuclear proliferation.

The number of nuclear weapons in the world has been on a steady decline since the 1980s, as “from a high of 70,300 active weapons in 1986, as of 2019 there are approximately 3,750 active nuclear warheads and 13,890 total nuclear warheads in the world,” according to the SIPRI yearbook.

This trend would reverse if a no-first-use policy was adopted, as many allied nations would feel less protected and thus want to increase the size of their own nuclear arsenals, leading to more proliferation and a broadly more dangerous world.

Thus, we negate; the United States should adopt a declaratory nuclear policy of no first use.

What is a master but a master student?
~ Neil Peart ~

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Congratulations to MERHS Varsity Girls Tennis Coach, Barrett Alston, for being named Division 4 Boston Globe Girls Tennis Coach of the Year! Tremendous honor after a fantastic first season as head coach!
Photo Paul Clark

...(Continued from page 1)

She said “it looks like a fun game,” but said there are times of the day when all the courts are being used that there are upwards of 4,000 pops. She said she’s not sure \$26,000 will solve the problem.

The Select Board said it will vote on the measure in August.

Water Rates

A big part of Monday’s meeting addressed consideration of Manchester’s new water rate structure designed to curb water usage and get it closer to the state recommended level of 65 gallons of water/person/day. That’s a mouthful, but it’s the state standard and Manchester’s water usage exceeds that by 20% all year long and exceeds it wildly in the irrigation-heavy summer months. It also exceeds the Massachusetts per-person water consumption average, which is 50 gallons/

person/day. The MBTS Water Resources Protection Task Force recommended the new, five-tier rate system as part of its 18-month charter to research and recommend ways to protect Manchester’s municipal water system. They found that water levels are not threatened, and threats from contaminants like PFAS “forever chemicals” are real but can ultimately be managed (albeit expensively).

Last week, ahead of the SB’s annual setting of FY24 water rates, about 400 residents received notice that their homes were in the top 20 percent of the town’s water usage, and excluding changes in consumption, their rates in FY24 would be escalating. The recommended rate structure calls for a drop in rates for lowest users and a dramatic escalation at the very top (which impacts less than 100 of Manchester households).

Public comment pushed hardest against the idea

that homes with large families would be disproportionately punished since the per-person goal of 65 gallons could be met by each member of the house while the Water Dept. single household meter would register them as a top tier user household.

“That’s just simple math,” said Harris Komishane of Eagle Head.

Phil Furse of Blossom Lane agreed, and equated the new rate structure to a second tax unfairly targeting number of people in a house, not the efficiency of the overall household. Real estate taxes are based on footprint, he said, and that’s fair. This, he said, isn’t.

The Water Task Force responded that the approach is the fairest available, since it’s unrealistic to price on each person. Part of the task force’s recommendation is a move to smart water meters, which can push water consumption data and information to homes on

demand, updated in 15-minute increments. That would help.

Besides, said the task force’s chairman Steve Gang, the Massachusetts Dept. of Environmental Protection looks at average water consumption as it regulates the municipal water registration each year, so the overall goal is relevant, important, and requires action.

In the end, the Select Board decided to delay implementation of the new rate system to January 2024. This will give the town time to send three notices of communication to households to educate them on the new direction. It also gives the town time to refine the rates (including how to address the few, but important, commercial users which has not yet been done) and adjust if necessary, based on public feedback. The SB also said it will adopt a quarterly look at rates after adoption to get ahead of any issues that might arise.

ESSEX ECHO.

Town Administrator's Report

Library Telephone Line Replacement

The main phone line into the Library stopped working during the week of July 3. Verizon came and checked the line between the street and the building and found no problem. The Librarian asked the TA to review the situation and he found that the jumper line connecting the Verizon feed to our internal network had gone bad. The TA replaced that line and dial tone was restored.

Public Safety Building Maintenance and Repairs

Stain on the cedar shingles at the public safety facility is beginning to peel in some places and the PVC trim around doors and windows and in other locations has pulled away from the building over time.

Also, the color-match caulking used to seal between trim and siding and to fill screw holes is not well matched and appears to have been applied liberally in areas not requiring it and not at all in some areas that could use it.

While the building is still in other condition, it would be advantageous to address these issues, many of which could translate to water problems if left untouched. The work would require an engineer or a designer to specify the project scope and a sealed bid process to hire the necessary contractor. The original project came in well under bid, so funding remains available for this work.

Continued Review of Fall Town Meeting Article Topics

Mr. Zubricki has revised the possible list of Fall Town Meeting topics in accordance with the Board's guidance from the last meeting.

Transient Vendor and Hawker & Peddler Licensing Policy



At the last meeting, the Board began to discuss this draft policy and agreed that the policy should be reviewed by the Economic Development Committee (EDC) as a next step. Mr. Zubricki will report back to the Board on any EDC comments after the EDC meets on July 20.

Sale of Gregory Island Properties Update

At the last meeting, the Board decided to make a site visit to the Town-owned properties on Gregory Island in order to better understand how the use of the parcels should be restricted into the future (via deed restriction), after being sold. That site visit occurred on July 9, and the Board will resume discussion at the present meeting.

Quarterly Review of Executive Session Minutes

Each quarter, the Chairman reviews all unreleased executive session minutes in the event that any particular sets of minutes are recommended for release. No such recommendation has been made this quarter.

Quarterly Reports and Reimbursement Requests

The TA is presently manag-

ing about nine active grants and the end of the fiscal year becomes a busy time given that quarterly reports, final reports, and requests for reimbursement of funds spent during the fiscal year are all due. Some grant programs required filing of materials by June 30, and all of those requirements have been met. Other grant programs allow filing of materials through July 15, and the TA is on track to meet all of those requirements as well.

Essex Zoning Bylaw Review Project Update

Courtney Lewis is now the lead consultant from the Metropolitan Area Planning Council (MAPC) with respect to the Community Planning Grant that is funding MAPC's review of the Essex zoning bylaw. Courtney held a project update meeting on July 5, and Mr. Zubricki was in attendance along with the Town Planner, the Chairman of the Planning Board, and Chairman Preen.

The meeting featured a discussion regarding priority zoning bylaw amendment proposals for the Fall Town Meeting in November. Planning Board Chairman O'Donnell proposed codi-

fication of the Town's General Zoning District within Section 6-3 (Establishment of Districts) - perhaps with some additional district designations for future use; the addition of a Use Table within Section 6-4 (Use Regulations); the elevation of the Site Plan Review process for a change of use to that of a Special Permit; and an article to possibly extend the change of use moratorium should articles for the above-described topics be unsuccessful.

Community Forum number 2 was supposed to have been held back in May but was postponed. This forum will now likely be held during August, with forum number 3 to be held in September and forum number 4 to be held in the winter or spring of 2024.

MAPC has proposed that its schedule be extended beyond the end of this calendar year to accommodate those changes, at no extra cost.

Joint meetings of the Planning Board and Board of Selectmen are proposed for July 26, August 23, and September 27. Fall Town Meeting will be held on November 13 and some new definitions and uses could be proposed at the Annual Town Meeting in the spring of 2024.

LIBRARY NEWS

T.O.H.P. Burnha
Public Library



Congrats to Maya, our raffle winner for last week's Spot Rosey contest. Thanks to the Essex branch of Bank Gloucester for hosting and to Woodman's of Essex for donating the prize. KIDS! Rosey is in a new spot every Monday! Watch for her and let us know when you find her for your chance to win! *Courtesy Photo*

Library is closed Saturdays in July and August

Can you find Rosey the Racoon

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

Summer Readers

Bring in your log sheets by August 11 for the Topsfield Fair Tickets. Weather has been really good for reading, keep it up.

Build a Fairy Garden

Tuesday, July 25 from 3:30-5 p.m. Ages 7-12 years are welcome to come and create a community fairy garden outside. Please register.

Yoga Book Club

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

Mr. Vinny's Bubble Show

Wednesday, July 26 from 4:30-5:30 p.m. Bubbles, songs and fun outside. All ages will enjoy this fantastic funny show.

Read to Jackson

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

Friends of the Library Gardening

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

Library of Things

Giant Jenga, Corn Hole and Pickleball

Museum Passes

Passes available for your holiday weekend.

ESSEX POLICE NOTES

MONDAY, JULY 10

10:14 a.m. Western Ave., citizen assist, assisted as needed.
12:11 p.m. Spring St., directed patrol, secured/checked.
4:36 p.m. John Wise Ave., citizen assist, assisted as needed.
9:06 p.m. Spring St., directed patrol, secured/checked.

TUESDAY, JULY 11

9:28 a.m. Southern Ave., motor vehicle stop, verbal warning. **1:50 p.m.** School St., male fall, transported to hospital.
6:02 p.m. Eastern Ave., motor vehicle stop, citation issued.
8:42 p.m. Conomo Point Rd., directed patrol, secured/checked.

WEDNESDAY, JULY 12

12:46 a.m. Centennial Grove Rd., directed patrol, secured/checked. **1:38 a.m.** Spring St., directed patrol, secured/checked. **2:05 a.m.** Scotts Way, directed patrol, secured/checked. **6:13 a.m.** Centennial Grove Rd., directed patrol, secured/checked.

THURSDAY, JULY 13

No report.

FRIDAY, JULY 14

9:09 a.m. Main St., male sick, transported to hospital.
11:28 a.m. Southern Ave., motor vehicle stop, citation issued. **4:58 p.m.** Centennial Grove Rd., disturbance, verbal warning. **6:32 p.m.** Martin St., motor vehicle stop, criminal application.

SATURDAY, JULY 15

10:48 a.m. John Wise Ave., citizen assist, other.
12:59 p.m. Main St., parking complaint, no action taken.
2:14 p.m. Pond St., fire alarm, assisted as needed. **10:21 p.m.** Southern Ave., motor vehicle stop, verbal warning.

SUNDAY, JULY 16

1:04 a.m. Western Ave., motor vehicle stop, verbal warning. **10:10 a.m.** Eastern Ave., fire structure, fire false. **2:03 p.m.** County Rd., male with chest pain, transported to hospital. **10:07 p.m.** Eisenhower Way, directed patrol, secured/checked.



On Friday, Mandy of Wicked Cool Henna, tattooed a beautiful, bespoke temporary henna design on children from grades 6 - 12 at the TOHP Burnham Public Library. *Courtesy Photo*

Essex Locals July 21

115 Years Ago - 1908

John Callahan captured a large live seal while down river clamming on Wednesday morning. It weighed about 100 pounds.

90 Years Ago - 1933

A large delegation from the local grange is expected to attend the outing of all the granges of Essex County at Leslie Grove in Georgetown, Saturday. Sports will be held in the afternoon and entertainment in the evening.

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irony was the
shackles of
youth, uh-huh

~ Michael Stipe ~

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Manchester Artist Kata Hull Featured “In Motion” at Rocky Neck Art Colony

The Rocky Neck Art Colony is currently showing “In Motion,” featuring 37 local artists including Manchester painter Kata Hull. The exhibition, running through August 20, explores the myriad ways artists explore time and movement - actual, implied, imaginary, or otherwise.

This subject of time and motion has interested artists throughout history, from the earliest examples of overlapping animals running on the cave walls of Lascaux and Nike of Samothrace leaning into the wind.

But it is in the 20th Century, fueled by technology and rapid societal change, that time and motion become essential subjects for exploration within contemporary art.

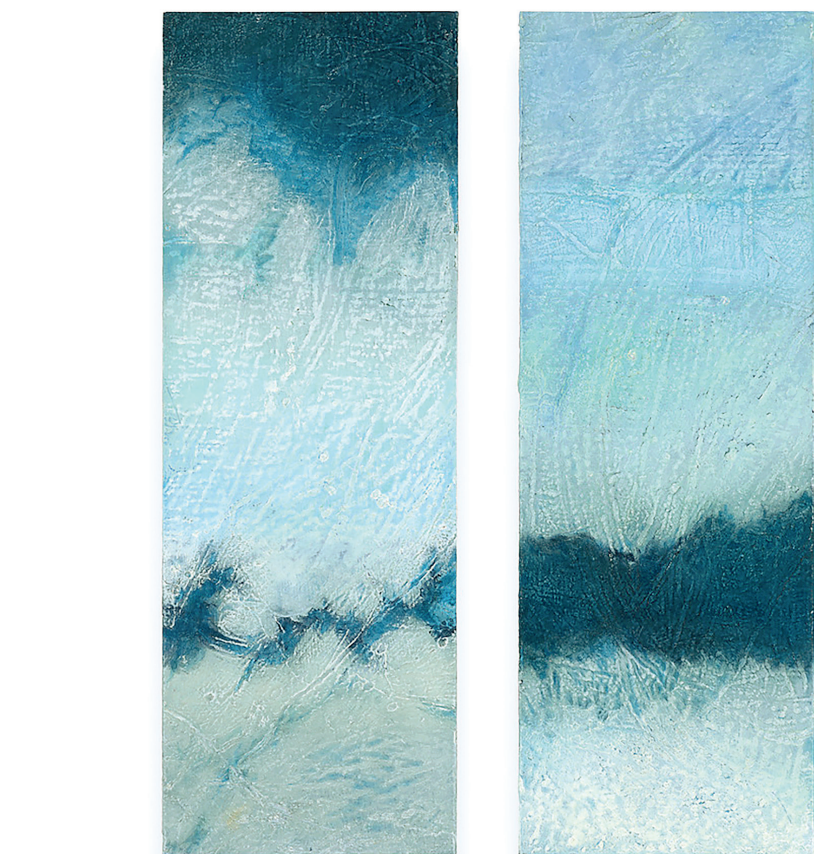
The 37 artists in the exhibition employ a variety of media, including photography and video, found objects, mobiles and puppets, paint, and mixed media.

Some artists evoke movement solely through formal means - carefully chosen shapes, color juxtapositions and mark-making or digital manipulation - while others comment on nature as time-keeper and climate change.

The human body is in motion, propelled by mechanical means as well as the natural movements of water, wind, sound and light. Movement can be lightning fast, rhythmic, and repetitive, or gentle and mesmerizing. Whether it is the thrill of the arcade ride or the optical play of light on water, the works activate our senses and invite us to slow down and engage with a world in motion.

THE ARTISTS

Hilary Bachelder, Katherine Bagley, David Lee Black, Jeanne Carey, Gary Carlson, Michelle Carter, Matt Cegelis, Michele Champion, Katherine Coakley, Alyssa Coffin, Dianna Daly, Francois DeCoste, rd, Maria Denjongpa, Ron



On the Move, 10 1/2" x 3 5/8", oil and mixed media on paper, mounted on wood, by Kata Hull



Wave Quartet, 6 1/2" x 13 1/2", oil and mixed media on paper, mounted on wood panels Courtesy photos

Dirito, Carin Doben, Cheryl Dymment, Sarah Eiermann, Maria Galante, Ellen Garvey, Anne Gilson, Kata Hull, Ann Lafferty, Juliet Lockwood, Carmela Martin, Perry McIntosh, Brian Murphy, Margaret

Rack, Judy Robinson-Cox, Tom Robinson-Cox, Isabel Santos, Lynne Sausele, Ruth Schneider, Sally Seamans, James Seavey, Laurie Simko, Fleur Thesmar, and Helen Tory.

IN MOTION

July 13 - August 20
The Cultural Center at Rocky Neck Art Colony
6 Wonson St. | Gloucester
rncexhibitions.com/in-motion



Essex Ma., by Mike Storella.

Courtesy image

Magnolia Library and Cape Ann Plein Air Announce Midsummer Art Festival

Local Plein Air Artists Display Works to Benefit the Magnolia Library

The Magnolia Library and Community Center and Cape Ann Plein Air, Inc. are joining forces to present a free Midsummer Art Festival featuring the work of over a dozen Cape Ann area artists August 6 -12 in the Magnolia Community Center, 1 Lexington Ave. in Magnolia.

Over 100 pieces of art will be displayed for sale, a portion of which will benefit the Magnolia Library and Community Center.

The event will kick off with an advance viewing on August 6 at 3 p.m., followed by a “Meet the Artist” reception at 6 p.m., featuring live music, hors d’oeuvres and cash bar. The show will be open throughout the week from 2 -7 p.m. daily and feature live demonstrations by artists.

All the artists in the show have local roots and many

are members of local art associations on Cape Ann. They regularly paint in the “plein air” style - a French term meaning out of doors - where the artist paints outside, directly from life, and relying on direct observation of the subject. Since the area is rich in subject matter, Cape Ann offers a long tradition of plein air painting - from Lane to Homer to Hopper. Four of the artists showing are current board members of Cape Ann Plein Air, and seven are former members of the Central Street Gallery Co-op in Manchester by the Sea. Eleven of the artists share instruction or mentorship by noted Gloucester artist David P. Curtis.

“We are pleased to bring a summer art show back to the Magnolia Library.

...(Continued on page 9)

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Kathleen Murphy | 603.498.6817



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347 High Street
\$2,399,900
Kevin Fruh | 978.500.7409



GLOUCESTER

42 Fort Hill Avenue
\$2,295,000
McDermott Group | 978.857.0343



ROCKPORT

10 Briarstone Road
\$2,050,000
Jill Michaud | 978.766.8064



WEST NEWBURY

64 Bridge Street
\$1,299,000
The Cronin Team | 978.609.0740

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It's More Than a Carnival

By Emily McCavanagh

When Tyler Pinstein, a young man who grew up in MBTS and now lives here with his family, approached the Boosters about bringing back the carnival I had no idea how this experience would open my heart, and my eyes, helping me realize that a community fundraiser with so many nostalgic memories and stories would have the power to bring us together in a way that is meaningful and magical.

I did not grow up in Manchester, but, like Tyler, I shared a love for the carnival. When my family and I moved here in 2011 we loved taking our then three- and four-year old kids to what felt like a magical affair. At the time I had no idea who hosted it, where the money went or what it meant to the community. I was just a parent looking for a way to entertain my toddlers and was so happy that the town I had just moved to had created something so amazing.

Fast forward a few years later and I found myself at a Boosters meeting asking why the carnival had ended and could we bring it back? The members at the time were eager to have me explore. Our first attempt at bringing back the carnival was in 2017. We found a company but at the last minute they canceled due to lack of staff. Once again, the carnival discussion became mute until last year when an energetic guy walked into Laughing Gull to meet me and share his vision. He had so many fond memories of the carnival and together we agreed that future generations needed to share in these moments. We also loved the



The carnival was a mainstay community event that raised funds for the Hornets Boosters for years remembered decades later by local young families. This fall, the Carnival is coming back. Stock Photo

idea that it could once again serve as the main fundraiser for our Manchester Essex Boosters.

We divided and conquered, received approved permits, contracted with a carnival company, and

began to create a plan for bringing back the carnival. Part of our plan was to connect with people from

this community who, like Tyler, had amazing stories to share about the carnival. We both agreed putting something out on the Manchester the What, When, Where, How on Facebook would be a great place to start. This was a bit of a risk as sometimes this page can provide you with more than you originally wanted (insert winks and smile emoji). Not this time! My inbox was flooded with rich stories that included the history of how it all began, who started it, photos, old carnival posters. Responses were from both young and old- it was a multi-generational palooza. It was a moment where people were supporting each other and celebrating the opportunity for old and new to come together.

That's when it hit me. This is more than a carnival, more than a Boosters' fundraiser. It's an opportunity to celebrate Manchester and its community. Past traditions shared with current residents old and new. While at the same time we are continuing the tradition of raising funds for our beloved Manchester Essex Athletic Boosters. The event will return this fall making its debut as a Harvest Festival including all the fun and excitement of the carnival and some harvest fare to be served up by local food trucks from throughout the area.

Emily McCavanagh is a member of the Manchester /Essex Boosters led by Donna Furse (President), Abby Levensky (Treasurer), Maureen Twombly (Vice President) & Vicki Donnellan Valade. To learn more about how you can become a part of this evolving group please email the Boosters at merhsboosters@gmail.com

Farmer's Market Produce for Eligible Manchester Seniors



Manchester senior citizens are invited to participate in the Massachusetts Farmer's Market Coupon Program, hosted by SeniorCare, Inc. and the Manchester COA. This program is designed to provide an opportunity for older adults to eat more locally grown fresh vegetables and fruits, enjoy the health benefits and support local farmers. Instead of issuing Farmers Market Coupons, bags of fresh produce from local farms will be distributed. Eligible seniors will receive two fresh produce bags on August 9 and 30.

Participation is limited and based on a first-come, first-served basis, per person. To register or for more information contact the Council on Aging office at Town Hall. To qualify for this program: be at least 60 years of age, have a monthly income at or below \$2,248 for a one-person household or \$3,041 for a two-person household or participate in at least one of the following means-tested programs: food stamps/SNAP, fuel assistance/low-income home energy assistance, MassHealth, Medicaid, transitional assistance, or emergency aid.

...(Continued from page 8)

By partnering with the prestigious Cape Ann Plein Air organization, we are able to offer quality artwork to our community while supporting the mission and work of the Magnolia Library," said Chris Boucher, President of the Magnolia Library Board of Directors.

Cape Ann Plein Air (CAPA) is a Cape Ann based organization dedicated to the advancement of arts and culture on Cape Ann and raising awareness of its long and important art heritage. CAPA sponsors and hosts a national art competition each year which draws nationally recognized painters vying for over \$20,000 in awards. This week-long event has gained national prominence and recognition for attracting artists to the Cape Ann area and provides an opportunity for CAPA to support not only the artists but the businesses and community of Cape Ann.

Midsummer Art Festival
Magnolia Library and Community Center
1 Lexington Ave, Magnolia
August 6 - 12, 2 to 7 p.m.
Preview August 6, 3 p.m.
Reception August 6, 6 p.m. with live music, hors d'oeuvres, cash bar
Free exhibit

Portrait of Place at Cape Ann Museum

This weekend the Cape Ann Museum will open Portrait of a Place: Stuart Davis in Gloucester, an intimate exhibition of paintings and photographs that illustrate the city's significant artistic influence on Davis.

The exhibition, which will be displayed in the center of the Fitz Henry Lane gallery, is being presented with the Museum of Fine Arts in Houston, The Phillips Collection in Washington, D.C., and the Wadsworth Atheneum Museum of Art in Hartford. The exhibit will be on view now through October 16.

Davis first visited Gloucester in the summer of 1915 at the invitation of fellow painter John Sloan. He wrote that the city "...was the place I had been looking for. It had the brilliant light of Provincetown, but with the important addition of topographical severity and the architectural beauties of the Gloucester schooner." Sloan moved on to other locations to paint after 1918 while Davis continued to return to Gloucester for many years.

"Stuart Davis's resonate responses to Gloucester and Cape Ann illuminate how this singularly unique and inspiring place shaped artists in the early 20th Century," said Oliver Barker, Cape Ann Museum Director. "The Museum is thrilled to share these works with audiences in the city that stimulated their creation and remains indebted to Davis's family for their generosity in providing ac-



Stuart Davis (1892-1964), Autumn Landscape, 1940, Gouache on illustration board, Collection of Lawrence A. Rand and Tiina Smith. (Image 2023 Heirs of Stuart Davis / Licensed by Artists Rights Society, NY)

cess to archival materials and photographs which bring this time period so vividly to life."

Portrait of a Place: Stuart Davis in Gloucester is the third exhibition to be shown within the gallery and in juxtaposition with the suite of spaces that the Museum has dedicated to Fitz Henry Lane's work. Lane, a Gloucester native son, also noted the city's "topographical severity" in the landscape, working as a printmaker in Boston for several years before then returning to the city in the late 1840s. Lane preceded Davis by over 50 years, and interestingly both artists explored the area with paper and pencil before returning to their studios to paint, based on their drawings. "Stuart Davis's paintings and those done by Fitz Henry Lane are

vastly different in composition, palette, and style," said Martha Oaks, the Museum's Curator. "Despite these differences, being able to view Davis and Lane together in the same gallery is eye-opening and affirms how the importance of one particular place - Cape Ann - has played in the lives of countless artists over the generations." In connection with the exhibition, a 14-page catalog has been published by the Museum, it is available for purchase in the Museum shop for \$5 and includes an essay by Martha Oaks, Chief Curator.

Portrait of a Place: Stuart Davis in Gloucester and an accompanying lecture, Stuart Davis's Gloucester: The Pungent Aroma of Oil Paint, Fish Cakes, and Glue presented by John X. Christ, Plymouth State University

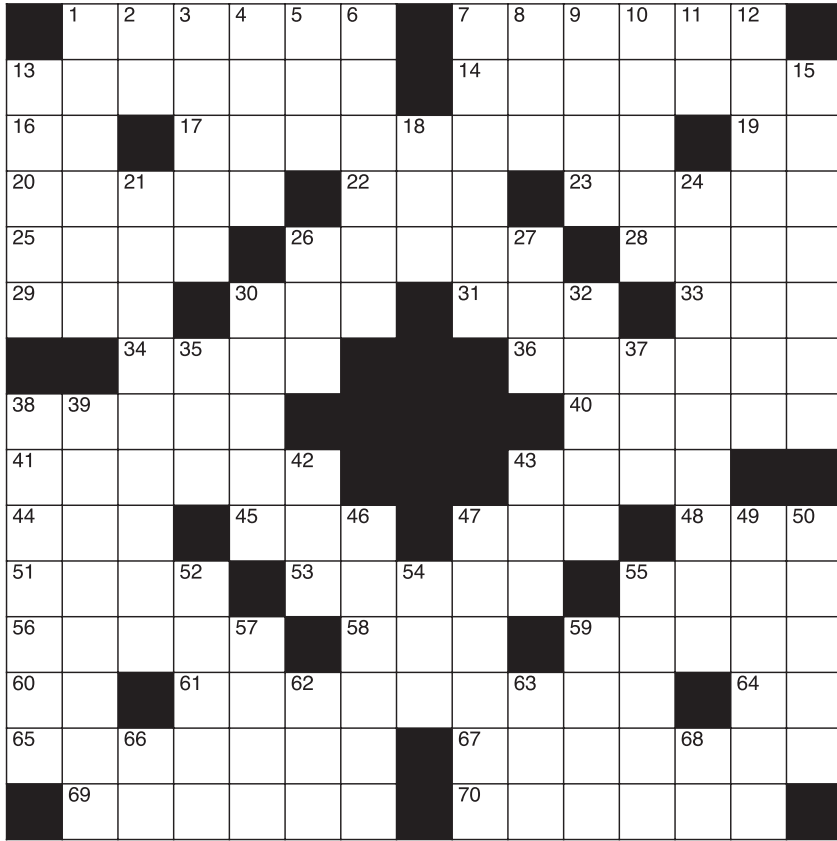
on Saturday, September 16, 2023, at 2 p.m. are part of the Cape Ann Museum's contribution to Gloucester's 400+ Anniversary, marking 400 years since English colonizers first attempted to settle here. Over the course of this year, the Museum is presenting a wide variety of exhibitions and events that both celebrate the best of Cape Ann and acknowledge the important and complex history of this place stretching back more than 10,000 years.

Portrait of a Place: Stuart Davis in Gloucester runs concurrently to Edward Hopper & Cape Ann Illuminating an American Landscape, the first-ever major exhibition devoted to Hopper's Gloucester years, which opened on July 22, and runs through October 16.

Puzzle

CLUES ACROSS

1. Bonus materials
7. Formal names
13. Free from restraints
14. One who scrapes away
16. Type of device
17. Skin cancers
19. The Show Me State
20. Plate glasses
22. Red-brown sea bream
23. Small (Fr.)
25. Flightless Australian birds
26. High IQ group
28. Stiff structures
29. Revolutions per minute
30. Where a bachelor lives
31. Licensed for Wall Street
33. A place to park
34. Energy, style and enthusiasm
36. An important creed in Catholic Church
38. 18-year astronomical period
40. Furies
41. Removes from the record
43. Noted child psychiatrist
44. Feline
45. High schoolers' test
47. Not happy
48. They _
51. On top
53. Precious stones unit of weight
55. Moved quickly
56. Seagulls
58. A seed with hooks or teeth
59. Partner to "oohed"

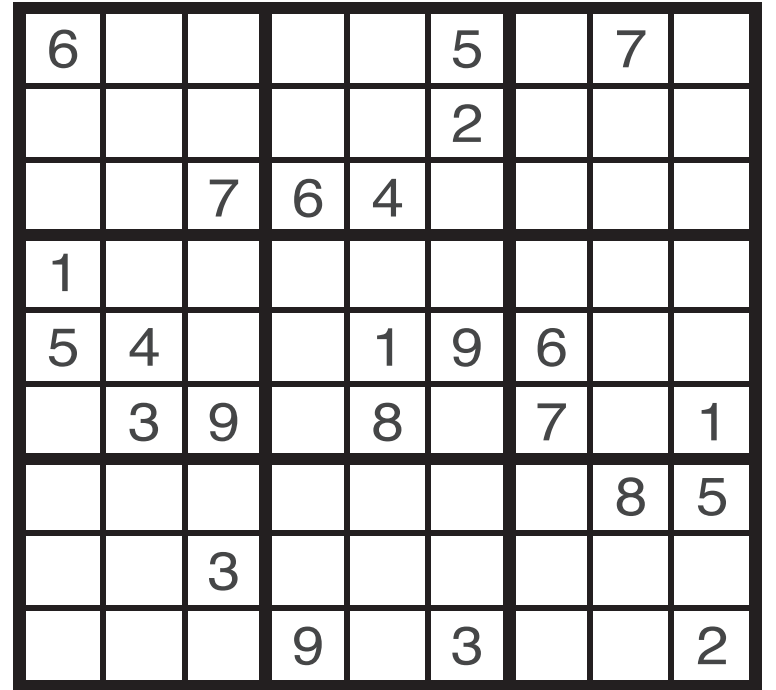


60. Exclamation of surprise
61. Most unpleasant
64. Organization help service members
65. Type of cockatoo
67. Humorous criticisms
69. Went through and organized
70. Wakes up

CLUES DOWN

1. Settle in tents
2. Big
3. Books
4. Masses of eggs in fish
5. Language
6. Not standing
7. Chinese philosophy
8. Computer giant
9. A device to catch
10. Emits coherent radiation
11. Actor O'Neill
12. Smallest interval in western music
13. Not lower
15. Revolves
18. Leavened bread
21. Number above the line in a fraction
24. Cable
26. Adult male
27. Airborne (abbr.)
30. Bullfighting maneuvers

Sudoku



Level: Advanced

Solutions on Page 11

32. Broadcast
35. _ Angeles
37. Vehicle
38. Not religious
39. North American peoples
42. A baglike structure
43. Body art (slang)
46. Picked for a role
47. Actress Tomei
49. Former hoopster "Big Country"

50. Icelandic poems
52. More pleasant
54. It can add flavor to meat
55. Self-immolation by fire rituals
57. Expression of annoyance
59. _ Spumante (Italian wine)
62. Consumed
63. Body part
66. Thus
68. In reply (abbr.)

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 Man-

chester-by-the-Sea

Worship service, Sunday July 23, 2023, 10 AM, we invite everyone to join us for hospitality following the service.

Worship Leader, Elsa Marshall

Music led by Dr. Herman Weiss

Thursday Bible Study, Via Zoom 4 PM 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. Ongoing Art Show this week. Check our website for details.

First Parish Church Offering Fair by the Sea

First Parish Church, Manchester will be holding a Fair by the Sea with a rummage sale and our famous jewelry table during the Festival by the Sea in August. Along with our sale we are offering the opportunity for vintage ven-

dors to purchase tablespace. Please email office.fpchurch@gmail.com if you are interested. The CACC Festival by the Sea is a wonderful opportunity for all to come and enjoy our community and we are excited to offer this contribution.

St. John's Episcopal Church (Beverly Farms)

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

Community Shop Summer Hours

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

Summer Office Hours- Starting June 12

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

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

Gloucester Unitarian Universalist Church

10 Church Street, holds Sunday morning services at 10

a.m. in-person in its historic sanctuary, as well as online. Please visit the church's website, www.gloucesteruu.org, for the link to the livestream. Activities provided for elementary school-aged children during the service. Masks are always now optional. Our church is handicap accessible. All are welcome.

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www.emmanuelmanchester.org

The Rev. Luther Zeigler (Minister)

Ms. Priscilla Walter (Organist)

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

Quaker Meeting

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

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

Senior Highlights

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

The Village Restaurant for Lunch

On Friday July 21, the Manchester COA is offering a trip to The Village Restaurant in Essex. The Village is well known for their award-winning fresh seafood as well as delicious chicken and beef dishes. The van will start picking up seniors around 11 a.m.

Mark Your Calendar! Summer Cookout for Manchester

Senior Citizens

Manchester senior citizens are invited to attend a cookout sponsored in part by the Friends of the Manchester COA on Tuesday, July 25 at Tuck's Point. The menu will include steak tips, chicken kebobs, summer salads, beverage, and dessert.

Lunch will be served at 12 noon and the cost per Manchester senior citizen is \$12. Reservations and prepayment are necessary by July 20. As always, the C.O.A. van is available for transportation.

Mystery Ride

On Wednesday, July 26, the Manchester COA van will take our monthly mystery ride. The van driver heads for an undisclosed establishment somewhere on the North Shore; it could be ice cream, pastries, sandwiches, or all of the above and only the van driver knows! A little hint will be given, so all can be prepared! Pick-up will begin at 12 noon and return will be by 2 p.m.

COA to Walmart

On Friday, July 28, the Manchester COA van will be going to Walmart in Danvers. The van will start picking up seniors around 10 a.m.

The Lynn Museum

The Manchester COA is pleased

to offer a trip to the Lynn Museum on Friday, August 4. In the heart of Lynn's Arts & Cultural District, The Lynn Museum was founded in 1897 to collect, preserve and illuminate the city's remarkable history. The museum has evolved into a vibrant cultural center, expanding its footprint to include the LynnArts building.

The Council on Aging van will begin to pick up at 10:00 a.m. Return is expected around 1 p.m. Admission is free thanks to Highland Street Foundation's August Adventures. A donation of \$2 is requested if able.

Peabody Essex Museum

The Manchester COA is pleased to offer a trip to the Peabody Essex Museum on Monday, August 7. To engage the mind and spirit, the PEM collection offers outstanding works primarily from the 1700s to today: paintings, sculptures, photographs, drawings, textiles, architecture, and decorative objects.

The Council on Aging van will begin to pick up at 10 a.m. This is part of Highland Street Foundation's August Adventures, so admission is free. A donation of \$2 is requested

if able.

The Mile Marker Restaurant for Lunch

On Wednesday, August 9, the Manchester COA is offering a trip to the Mile Marker Restaurant in Gloucester for a lobster roll lunch. Enjoy freshly shucked, never frozen lobster rolls or try one of their other delicious sandwiches. Situated at the Cape Ann Marina, enjoy the water views while you have lunch. The van will start picking up seniors around 11 a.m. Return is expected by 1:30 p.m.

COA to the Malls

On Friday, August 11, the Manchester COA van will be going to the Peabody and Danvers Malls. Seniors can pick between the North Shore Mall or Liberty Tree Mall. The van will start picking up seniors around 10 a.m.

Gourmet Gardens

On Wednesday, August 16, the Manchester COA is offering a trip to The Gourmet Gardens Restaurant in Danvers. Come and enjoy a wide selection of Asian dishes at a reasonable price. The van will start

picking up seniors around 11 a.m. Return is expected by 1:30 p.m.

Bear Skin Neck

On Friday, August 18, the Manchester COA is pleased to offer a trip to Bear Skin Neck. Take a stroll along the water in beautiful Rockport where you can check out the shops, look at the art, enjoy the view, or grab a snack at one of the many eating establishments. The van will start picking up seniors at 10:15 a.m. with a return around 2 p.m.

Summer Cookout for Manchester Senior Citizens

Manchester senior citizens are invited to attend a cookout sponsored in part by the Friends of the Manchester COA on Tuesday, August 22 at Tuck's Point. Catered by the Causeway Restaurant, the menu will include lobster rolls, chicken salad rolls, fish chowder, pasta salad, chips, pickles, beverage and dessert. Lunch will be served at 12 noon and the cost per Manchester senior citizen is \$12. We will also be enjoying entertainment by Davis Bates, musician, sponsored by a grant from The Cultural Council.



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Our Pets and Unconditional Love

PETS AND PEOPLE



By Lawrence Lamb, DVM

Unconditional love from pets refers to the unwavering and limitless affection, loyalty, and emotional support that animals, such as dogs and cats, provide to their human companions without any conditions or expectations. It is a profound bond that exists between a pet and its owner, characterized by genuine care, acceptance, and understanding.

As a veterinarian at the Manchester Animal Hospital, I experience the bond between my clients and patients.

Defining this bond created by the traits that pets exhibit, I thought it would be interesting to try an AI (artificial intelligence) definition of Nonconditional Love.

What I found was somewhat humbling in the awareness that these are the traits we seek in parents, friends, and significant others.

Here are some key aspects that illustrate unconditional love from pets:

- **Non-judgmental:** Pets do not judge their owners based on their appearance, flaws, or mistakes. They accept their human companions exactly as they are, providing a sense of emotional security and acceptance.
- **Unwavering loyalty:** Pets are incredibly loyal to their owners. They re-

main devoted, faithful, and dedicated, offering a consistent source of companionship and support.

- **Emotional support:** Pets have an intuitive ability to sense and respond to their owners' emotional needs. They can provide comfort, solace, and companionship during times of sadness, stress, or loneliness.
- **Forgiveness:** Pets are quick to forgive and forget. Even if their owners make mistakes or unintentionally upset them, pets usually exhibit understanding and continue to shower them with affection.
- **Presence and companionship:** Pets are often a constant presence in their owners' lives. They are always there to listen, cuddle, play, or simply be by their side. This presence can be immensely comforting and reassuring.
- **Unconditional affection:** Pets express their love through various gestures, such as wagging their tails, purring, licking, or simply snuggling up to their owners. They show affection freely, without any expectations in return.
- **Consistent happiness:** Pets have a remarkable ability to bring joy and happiness to their owners. Their playful nature, boundless energy, and unconditional love can brighten even the most challenging days.
- **Dependability:** Pets pro-

vide a sense of stability and reliability. They offer a consistent and dependable presence in their owners' lives, which can be especially valuable during difficult times or transitions.

Overall, the unconditional love from pets is a unique and extraordinary experience. Their ability to provide comfort, joy, and unwavering support can profoundly impact the emotional well-being of their owners, creating a deep and lasting bond between humans and animals. Pets can have a positive impact on mental health in various ways.

Here are some specific ways in which pets can contribute to mental well-being:

- **Emotional support:** Pets offer unconditional love, companionship, and emotional support. They can be a source of comfort during times of stress, anxiety, or depression. Simply being in the presence of a pet can help reduce feelings of loneliness and provide a sense of calm.
- **Stress reduction:** Interacting with pets has been shown to lower stress levels. Activities such as petting, cuddling, or playing with a pet can release endorphins and reduce the production of stress hormones, leading to a decrease in stress and tension.

• **Mood enhancement:** Spending time with pets can improve mood and uplift spirits. The bond between a pet and its owner can create a sense of joy, happiness, and contentment. Pets can bring laughter, playfulness, and a positive energy into the lives of their owners.

• **Routine and responsibility:** Taking care of a pet involves establishing a routine and being responsible for their well-being. This can provide structure to daily life, promote a sense of purpose, and enhance self-esteem. Having tasks to complete, such as feeding, grooming, and exercising a pet, can give individuals a sense of accomplishment.

• **Social connection:** Pets can serve as social facilitators, helping individuals connect with others. Walking a dog or participating in pet-related activities can lead to interactions with other pet owners, sparking conversations and potential friendships. Pets can also act as social icebreakers, making it easier for individuals to engage in social interactions.

• **Increased physical activity:** Owning a pet, especially a dog, often involves physical activities such as walking, running, or playing. Regular exercise is known to have positive effects on mental health, including reducing symptoms of anxiety and depression, improving mood, and increasing energy levels.

• **Mindfulness and relaxation:** Interacting with pets can promote mindfulness and relaxation. Focusing on the present moment, such as during a grooming session or while observing a pet's behavior, can help individuals reduce stress and achieve a sense of calm.

• **Sense of companionship:** Pets provide companionship and alleviate feelings of loneliness and isolation. The presence of a pet can offer a sense of connection and reduce feelings of being alone. For individuals who may have limited social interactions, a pet can provide constant companionship and emotional support.

As pet owners, don't we all share a profound understanding of what this means. I know I certainly do.



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

Solution to puzzles on page 10

E	X	T	R	A	S	T	I	T	L	E	S		
U	N	L	O	O	S	E	A	B	R	A	D	E	R
P	C	M	E	L	A	N	O	M	A	S	M	O	
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E	M	U	S	M	E	N	S	A	S	E	T	A	
R	P	M	P	A	D	M	B	A	L	O	T		
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C	A	T	S	A	T	M	A	D	A	R	E		
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6	1	2	3	9	5	8	7	4
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5	4	8	7	1	9	6	2	3
2	3	9	5	8	6	7	4	1
9	6	1	4	2	7	3	8	5
4	2	3	1	5	8	9	6	7
7	8	5	9	6	3	4	1	2

COMMUNITY PAPER WORD SEARCH

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

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

Advertisement

- Articles
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- Community
- Delivery
- Editor
- Exposure
- Feature
- Information
- Journalist
- Learn
- Local

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PETS OF THE WEEK

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follow. Did you say treats? She is a quick learner and looking forward to taking classes with you. She has mastered sit and enjoys going for walks on leash. With her cute button nose and perky ears, she's sure to capture the

hearts of everyone she meets. If you're looking for a playful and affectionate pup to join your home, look no further than Dandelion. With her endless charm, she's sure to bring sunshine to your life every day! If you are interested

in adopting Dandelion, please fill out an online application today and we can setup a virtual meeting so you can meet her in her foster home.

Submit an application for Dandelion by going to capeanimalaid.org/adopt

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 7/21/23

Gary Gilbert requests the Commission make a decision regarding a Request for Determination of Applicability for hardscape landscaping improvements within Riverfront; and 30-foot No Disturb Zone, 50-foot No Build Zone, and 100-foot Buffers to Inland Bank at 11

Magnolia Avenue (map 5, lot 38). This request will be discussed at a VIRTUAL meeting Tuesday, August 1, 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.
 MNPA website: <http://masspublicnotices.org/>

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Gretchen Berg



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George Needham



Manchester \$1,799,000
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Christine Grammas



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Deb Vivian & Alle Cutler

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Ann Olivo & Rick Marshall



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Emily McPherson

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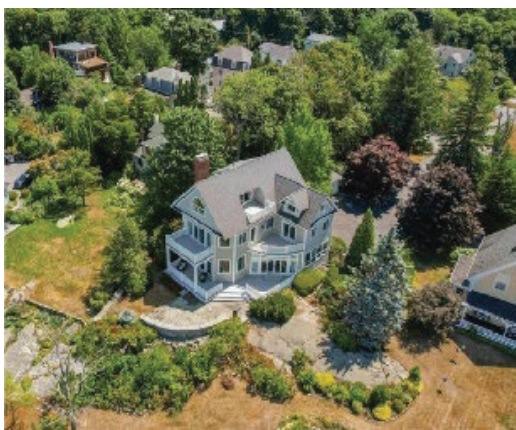
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