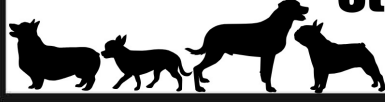


Starting Sunday, Oct. 15: It's a Dog's Life
Dogs are allowed back on MBTS' Singing Beach, now until Spring 2024.



MANCHESTER CRICKET

A Local Tradition Since 1888

VOL. 136, NO. 21

FRIDAY, OCTOBER 13, 2023

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Chris Langathianos took the helm with Brian Sollosy (red checks) in "Jimmy's All You Can Drink Buffet" cardboard boat Sunday. More photos, Page 5.

WET. AND. WILD.

By Erika Brown

It seemed everyone poured out to the town boat launch behind Town Hall Sunday for the 13th annual Manchester by the Sea Cardboard Boat Regatta and its promise of an afternoon of raucous, rollicking fun with costumes, light-hearted grudge matches, and the emergence of real legacies in the annals of cardboard-and-duct-tape-boat racing. Every year it's worth noting the names of the entrants. This year, co-founder Kimberly Hofeldt reported that 28 boats raced with names like Apollo 7, Tropic Like It's HOT, Flotsame & Jetsun, Granny Panty, Barbenheimer, Rubber Duckie, Gulls Gone Wild, among others. ...*(Continued on page 3)*

BRIEFLY

Public Forum on Oct. 14 for Proposed MBTA District

What is MBTA Zoning and what does it mean for residents of Manchester? The MBTA Zoning Task Force will host a community forum to answer these questions and more, starting at 10 a.m. Saturday, October 14 in person on the Town Common (in front of Town Hall). Light refreshments will be served.

Thanksgiving Hornets Football

The Manchester Essex Hornets football team will now be hosting North Middlesex at 10 AM on Hyland Field Thanksgiving Day (Thursday, November 23). On a separate note, this weekend is the fundraising auction for the ME seniors—Saturday, Oct 14 at the Manchester Yacht Club. We hear there will be amazing items, from sports tickets, ski houses, the most amazing artwork, travel packages to suede powder pink cowboy boots. (Wow.) Tickets on Eventbrite.

CAPA's Finale Saturday

This week, dotted all over Cape Ann, 37 juried artists have been painting the areas' beauty as part of Cape Ann Plein Air. Want to buy one of these beauties? Saturday's finale gala at the new Glen T. MacLeod Cape Ann YMCA on Saturday, Oct. 14 will showcase hundreds of paintings, and on Sunday morning (also at the Y) there will be an event focused on just 37 small format paintings. See artist demo pics this week at Hammond Castle in Magnolia and Sharkmouth in Manchester, Page 8.

Holiday Shopping Has Started

It's hard to imagine, but the holidays will soon be with us. This weekend, 9 a.m. to 3 p.m. Sunday, Oct. 15 artist Angela Zampell from "Hot Glue Heroes" will be at 7 Fuller Street in Magnolia selling her unique ornaments and décor items that are a favorite with editors. They are miniature vignettes featuring 20th Century vintage and kitschy themes.

Week 4 Crib Addicts

Results from Week 4 of play at the Legion: Harry Parsons (again!) in the lead, followed by Tina Latassa, Jim Chabot, Heather MacDonald, Billy Bell, Bob Torkildsen, Ben Conway, Joan Snow, Paul Clark, Marc Kwiatkowski, Ted Cakounes, David Slade, Corrie Whalen, Stephen Chabot, Michela Hirnak, Pierre Rumpf, Martha Emery, Bob Allia, and Ed Conway.

Update on PFAS in Manchester's Water

Q&A With Chuck Dam, Manchester DPW

A new challenge facing cities and towns across the country is the issue of "PFAS," also called "forever chemicals," in public drinking water supplies. Manchester has been testing for these chemicals at the Lincoln Street Well and at the town's other water resource, Gravely Pond, for two years now. Chuck Dam, director of Manchester's Dept. of Public Works, oversees testing and treatment of our entire water system. He is also a past president of the Massachusetts Municipal Water Association. Here's the update.

Q: Can you give a quick/recent recap of the Town water supply with respect to PFAS?

A: We started PFAS testing prior to DEP requiring it for our water system size in 2021. Because of variance in testing results (due to the extreme sensitivity of testing to parts per trillion (ppt); for context that is the equivalent of 1 second over 31,709 years) we elected to send separate samples to both of the state's certified labs in our area.

Our results, which are reported monthly to DEP, have always been below the current Maximum Contami-



Chuck Dam, director, Manchester Dept. of Public Works. File photo

nant Limit (MCL) threshold at both sources.

What are the current limits for PFAS and what are potential changes?

The current MCL was set by Massachusetts DEP at 20ppt (sum of 6 individual PFAS compounds). EPA has currently proposed new limits of 4 ppt for 2 individual PFAS compounds (PFOS and PFOA) and another factor for other PFAS compounds.

What are the Town's plans to address any changes to PFAS limits?

We already did a study

on treatment options (and cost) at the Lincoln Street Well (LSW). We are currently reviewing options for our Water Treatment Plant (WTP) at Gravely Pond in light of the potential changes proposed by EPA. Part of this new analysis is whether it is potentially cheaper to pump the LSW water to Gravely Pond (via a new pipe) and treat all potable water at the WTP. This evaluation needs to account for the capital costs as well as ongoing O&M costs, which is our current task with our consultant. Our next step will be to test various types of filter media with our specific water chemistry (bench-scale and pilot scale testing) to ensure we get the best possible treatment with our specific water and existing treatment. There are pros and cons to doing combined treatment vs separate treatment systems at the LSW and WTP. One major consideration for separate treatment systems is redundancy; in the last 3 years, there have been instances where either the WTP was offline to facilitate planned work or the LSW was offline

to facilitate emergency work; these offline instances ranged from a few days up to over a month. Being able to provide water to residents during these times was only possible because water could still be provided from the other facility that was still online.

What are the potential costs?

No way around it. They are significant. In 2022 the potential upgrades at LSW alone were estimated at \$9.7 million. Currently the approach at Gravely Pond is roughly \$16.4 million. The cost of a pipe from LSW to the WTP will be \$10-11 million. These costs may be offset somewhat by the class action lawsuit against PFAS manufacturers as well as state and federal grants (or zero interest loans) but the amounts of any of these awards is yet to be determined. Note, however, that these are planning level costs. Nothing is certain with respect to costs until we advance the design and go through the bidding process.

...*(Continued on page 3)*

Braving It ... With a Little Help Between Friends



Friends from the neighborhood, Brenda Johnson (left) and Dierdre Baker. Both women learned they had breast cancer within two months of each other, and each leaned on the other.

By Erika Brown

It was just before her family's Christmas celebration last year—Dec. 21—that Dierdre Baker received confirmation that she had breast cancer. Two months later, Brenda Johnson, a friend in her Pleasant Street neighborhood book group got the same news: she, too, had been diagnosed with breast

cancer. Unlike their book group, this was a club neither were eager to join. Breast cancer, which will strike one in eight American women in her lifetime, isn't genetic. The disease requires monthly self-checks to identify abnormal changes and regular mammograms for early detection, which in turn enables early treatment

and what's called a "good outcome." That worked for Dierdre Baker, who for 15 years has been a teacher in the Middleton school system. In November 2022 she noticed a marble-sized growth in her right breast during a self-exam and quickly made an appointment for a mammogram.

...*(Continued on page 4)*

Date	Weather	High	Low
Saturday 14 Oct	☁️	57°	48°
Sunday 15 Oct	☁️	56°	51°
Monday 16 Oct	☁️	54°	51°
Tuesday 17 Oct	☁️	54°	49°
Wednesday 18 Oct	☁️	53°	49°
Thursday 19 Oct	☁️	55°	48°
Friday 20 Oct	☁️	55°	49°

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.

MBTA Task Force
 Zoning Subcommittee

Monday, October 16, 10 a.m. Hybrid Meeting - Town Hall

MERSD
 SC Meeting
 Tuesday, October 17
 6 - 8 p.m.

Essex Planning Board
 Wednesday, October 18
 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).

Barbara Ricker Egan



Barbara Ricker Egan, 97, of Beverly, and formerly of Manchester-by-the-Sea, passed away peacefully on June 21. Barbara was predeceased by her husband Leonard W. Egan, Jr., with whom she shared 50 years of marriage.

Born in Boston on March 9, 1926 she was the daughter of James Wesley Ricker and Elinor (Price) Ricker of Poland Spring, Maine. Barbara grew up on the property of the Poland Spring Resort Hotel and Water Bottling Company, both of which were

owned and operated by the Ricker family. Her great-grandfather, Hiram Ricker, was the founder of the Poland Spring Water Bottling Company.

At the age of 14 Barbara moved to Beverly, Massachusetts, with her family. Barbara graduated from Beverly High School, class of 1944. She continued her education at the Boston School of Occupational Therapy, graduating in 1947. She was a member of the American Occupational Therapy Association, practicing OT for many years. She was an OT instructor at North Shore Community College and was employed by the Visiting Nurse Association of the North Shore.

Barbara was a veteran of the U.S. Army, achieving the rank of Second Lieutenant in the Women's Medical Specialist Corps, U.S. Army Reserve, serving during the WWII period.

Barbara married her hus-

band Leonard in 1955 and lived in Manchester-by-the-Sea for 63 years. Barbara was always interested and eager to try new things: from archery and marksmanship to art, cabinetry making, horseback riding and water-skiing, still giving new things a try well into her 80s! She was an avid downhill skier, imparting her enthusiasm to her husband and children. She found much enjoyment in gardening, eagerly dividing her plants and seeking neighbors or friends with whom to swap them. For some reason she was always waiting for that tiny cutting to grow to full bloom (maybe a little more water, mom?).

Her real passion, however, was golf. Taking up the game when she was an army nurse in her early 20s, she played well into her 80s. She regularly played on the Women's Golf Association of Massachusetts circuit, enjoying different courses across the State. Her favorite course, though, was Wenham Golf Club, where she was a member for many

years and where she made a large circle of friends with whom she enjoyed the game of golf and all the laughs that went along with it. She had a wonderful smile and made a great blueberry pie.

Barbara leaves her son Peter of Southington, CT, and her daughter Abigail and favorite son-in-law J. Stanley Reeve of Prides Crossing, MA. She leaves two grandchildren, Gretchen Hillstrom (Kenneth) of Wellesley, MA, and Benjamin Egan of Southington, CT. Barbara also leaves her older brother Wesley P. Ricker, formerly of Beverly, her younger brother James P. Ricker of Whitehall, Michigan, and many nieces and nephews. She was predeceased by her sister, Elinor R. Anderson, and her daughter-in-law, Beth Fordiani. A private memorial service will be held. Donations in Barbara's name may be made to the Employee Appreciation Fund, c/o The Herrick House, 89 Herrick Street, Beverly, MA 01915.



BOARD UPDATES

MBTA Zoning Community Forum: Join the MBTA Zoning Task Force for an in-person public forum on the Town Common to discuss the new MBTA Zoning law and how it applies to Manchester on Saturday, October 14 at 10 a.m. on Town Common. Light refreshments and coffee will be served.

COA Shredding Day: The Council on Aging will host a Shredding Day on Saturday, October 14 behind Town Hall from 9 a.m. to 12 noon.

Dogs on the Beach: Dogs will be allowed back on Singing Beach on Sunday, October 15. Please remember to clean up after your pet, maintain effective verbal control, dogs must wear a

collar and be licensed and vaccinated, and owners are personally liable for any damage or injury.

Select Board Forum: The Select Board will hold open hours for the community to come discuss anything before their meeting on Monday, October 16 at 5:30 p.m. in Town Hall Room 5. The Select board meeting will begin at 6:30 p.m. Meeting details can be found on the Town website.

2024 Chowder House Rentals: Reservations for the Chowder House will open on October 19 at 5 p.m. at Town Hall for residents only. The Parks and Recreation department will hold a lottery at this time for present attendees to determine the order of reservation.

DPW Hydrant Flushing:

Hydrant flushing is underway. Flushing will continue through November 15 and will take place Monday through Wednesdays from 7 - 11 p.m. If you experience discolored water, run a cold tap until clear.

Transfer Station Hours: The Transfer Station is closed on Wednesdays until further notice due to construction at the new compost facility. The Transfer Station is open on Saturdays from 10 a.m. to 3 p.m. Trash, recycling, and compost collection: Regular Schedule. Please place curbside by 7 a.m. on the day of collection.

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

MANCHESTER POLICE NOTES

SUNDAY, OCTOBER 1
6:04 a.m. Beach St., animal complaint, gone on arrival.
9:39 a.m. Coolidge Point, utility request, notification made.
12:01 p.m. Brook St., trespassing, secured/checked.
10:25 p.m. Powder House Lane, disturbance, spoken to.

MONDAY, OCTOBER 2
2:10 a.m. White Beach, suspicious activity, arrest.
2:33 p.m. Lincoln St., motor vehicle stop, verbal warning.
3:21 p.m. Pine St., motor vehicle stop, written warning.
6:12 p.m. Pleasant St., motor vehicle stop, verbal warning.

TUESDAY, OCTOBER 3

9:19 a.m. Beach St., animal complaint, assisted as needed.
12:37 p.m. Beach St., parking complaint, assisted as needed.
2:06 p.m. Pleasant St., animal complaint, assisted as needed.
3:04 p.m. Summer St., motor vehicle stop, verbal warning.

WEDNESDAY, OCTOBER 4
4:11 a.m. Smiths Point Rd., alarm, secured/checked.
2:16 p.m. Crooked Lane, agency assist, notification made.
5:38 p.m. Summer St., suspicious activity, report to follow.
7:54 p.m. Central St., motor vehicle stop, verbal warning.

THURSDAY, OCTOBER 5
1:59 p.m. Summer St., motor

vehicle stop, verbal warning.
2:32 p.m. Big Rock Rd., fire alarm, cleared, false alarm.
3:38 p.m. Union St., traffic hazard, spoken to.
7:49 p.m. Bridge St., alarm, secured/checked.

FRIDAY, OCTOBER 6
10:14 a.m. Bridge St., community policing, secured/checked.
11:59 a.m. Pine St., motor vehicle stop, verbal warning.
12:39 p.m. Beach St., motor vehicle stop, verbal warning.
10:56 p.m.

Pleasant St., disturbance, secured/checked.

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CLASSIFIEDS

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

FOR RENT

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

Transfer Station Hours: The Transfer Station is closed on Wednesdays until further notice due to construction at the new compost facility. The Transfer Station is open on Saturdays from 10 a.m. to 3 p.m. Trash, recycling, and compost collection: Regular Schedule. Please place curbside by 7 a.m. on the day of collection.

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HELP WANTED

FRONT OFFICE RECEPTIONIST —Cape Ann Orthopedic and Sports Physical Therapy Center, part time, 7hrs/week: Hours: Wednesday: 8-3pm. For friendly, busy, Physical Therapy Private Practice in Manchester-by-the-Sea. Computer, and people skills a must! Call Dr. Jodi Llacera Klein: Office: 978-526-8288 ...10/20

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VINTAGE BRICKS, \$600—120 Vintage Bricks -18th -19th C. handmade, red "waterstruck" bricks/pavers. Smooth surfaces, strong, for exterior decor - walkways / patios, no branding, clean. Sizes: 1 3/4" - 2" thick, 7 1/4" - 7 1/2" length, & 3 1/2" - 3 3/4" wide. Selling as a single lot. \$780. - 978.526. 9171 10/20

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...(Continued from page 1)

Are there any other treatment technologies to address this issue?

For the purposes of drinking water treatment, the available options are granular activated carbon (GAC), anion exchange and membranes (each discussed in more detail in the LSW report on the town website). Because remediation and treatment are part of an emerging industry, there is a lot of research and development going into it (as well as into things that turn out to be non-viable). While some things appear to be promising it is unlikely any of them will be approved for use in drinking water, at scale, in the time frame that the Town would need approval from DEP for a proposed treatment system. Therefore, we are not seriously considering them to meet our treatment goals with future compliance requirements.

Given the cost of implementing these improvements should we consider abandoning the well on Lincoln Street and/or finding a new water source?

Absolutely not. There are many layers to this answer. Even at these costs it would not be advisable to abandon a viable water source and lose the redundancy our two sources provide. Folks may not know (which is a good thing) that we constantly operate our water system to maximize our resiliency and water quality while minimizing service disruption. Last summer for instance we had a very dry summer and although we implemented water restriction in response to the state drought declaration, our water supply was never really in jeopardy of not being able to respond to system demands. We monitor things such as pond level, draw down in the well, as

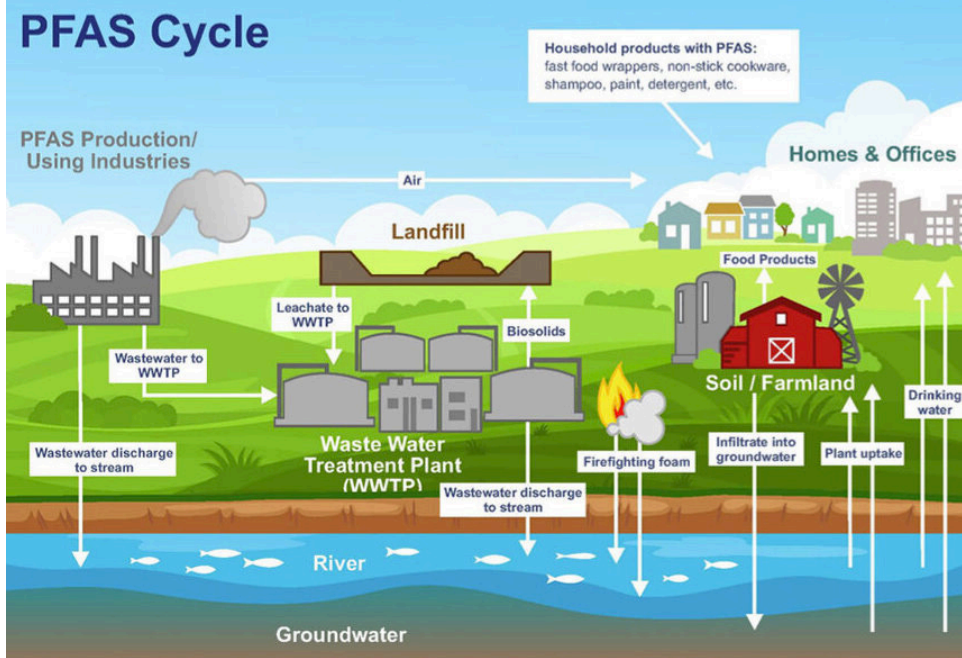
well as other water quality parameters to inform decisions on which source is used when and/or more often. We also have occasional downtime for maintenance as well as unforeseen issues out of our control (such as pump failures). LSW also provides a boost to system pressures on the eastern side (opposite from the WTP) of town as well as additional fire protection. Beyond that we have external factors like other potential threats (emerging contaminants) and climate change (prolonged drought) that could pose a threat to our sources in the future so maintaining more than one source, in separate aquifers as the Town currently has, seems to be a prudent strategy at this time for long term resiliency.

New sources would take a considerable amount of time to acquire and develop, likely cost millions of dollars in their own right, and are just as likely to require treatment for things like PFAS. It would be extremely premature to abandon the LSW until an additional source (or two) were available to come online (fully approved and built). The time it would take to go through this process would mean LSW would require treatment anyway to remain active (absent this source we would be extremely vulnerable).

In short, a new source, not a viable solution on the current timeline to adequately respond to PFAS regulations.

Will we have to shut down either water source anyway?

Currently we do not think we will need to shut down either water source for an extended duration. All current regulations and future drafts read that we will have a multiyear period in which to come into compliance with



Source: www.dep.pa.gov/pfas

whatever the final MCL is. If that changes, we may need to implement conservation measures like outdoor water use restrictions. We also have the ability to perform much of the work during off peak times of year, so disruption would go largely unnoticed by users.

After treatment is installed, how much PFAS will be in the water?

The good news is all of the approved treatment processes under consideration should remove PFAS down to a non-detect limit with today's current testing.

Will there be other treatment benefits?

If we install GAC at LSW we will also install iron and manganese removal system (greensand media) which will have a positive impact on water quality. There may be other benefits we observe that will not be evident until we select a media and do the required bench-scale and pilot testing.

Why doesn't the town just buy residents bottled water or provide in-home treatment?

First- the regulations are based on point of entry into the distribution system (water as it leaves the plant or well). In-home treatment will not be adequate for meeting the regulations.

Second- there would be considerable O&M and testing requirements for in home solution that we otherwise do at our treatment facilities. It would not be financially viable for the town to make this type of investment only to continue with treatment options as described above.

Bottled water would also be a costly alternative and there is no way of knowing the amount of PFAS in bottled water short of testing at the certified labs which is not currently required for bottled water (not regulated by EPA).

Do you recommend in-home filters or treatment?

We currently haven't vetted any in home treatment systems and don't have one

to recommend. Everyone's situation is different but unless you are doing a very vigorous analysis and subsequent testing of potential in home solutions, it is likely you will not get to a 24-7, zero pfas solution. Some carbon filters may work for a certain period but will require constant changing or regeneration of the media. Reverse osmosis will work but will have corresponding increased energy consumption, increased water consumption (RO has a waste stream of water not for consumption) and other required maintenance.

Compounding this issue is a lot of marketing/false advertising regarding efficacy of in-home solutions. We have tried/tested one pitcher/filter combo along with our routine monthly testing and the results were inconclusive (not effective). Please use all due diligence if you elect to install one of these solutions in your own house.

How does conservation of water and/or rates play into this?

The proposed rate structure in front of the Select Board was only intended to encourage conservation, targeted mostly at high users, which tend to be ones that use potable water supply for irrigating lawns. It was also meant to be overall revenue neutral compared to previous years.

Whether or not the rates get implemented or the town even sees a corresponding dip in demand remains to be seen at the juncture. It also varies a lot year to year depending on several factors. With or without the rates and/or reduction in demand there is very little to no chance (mostly no chance in my opinion) it will affect our overall requirement to treat for PFAS or the likelihood that we abandon one or the other of our sources (we won't), for all the reasons stated above.

Are there any other benefits of conservation with respect to PFAS?

Conserving water at some scale will ensure that we do not overly draw down LSW or unnecessarily lower the level of Gravelly Pond. When the pond is full and the ground water at LSW is high we are less likely to draw in contaminants from the surrounding watershed. Individual conservation across the entire town could add up in this respect and being good stewards with our water (or any resource) is everyone's responsibility. For our "normal" precipitation and consumption patterns the Town has been fine in this regard and only some random situations have required curbing non-essential use. That is not to say today's "normal" will always be the status quo.

For more info visit the dedicated PFAS page on the Town's website or if there are additional questions, please reach out to DPW.

WHAT WAS HAPPENING

90 YEARS AGO – 1933

Summer Street just beyond the bridge seems to be a hoodoo spot for motorists as the second accident within a few days took place there last Saturday about 7:30 a.m. and was very similar to the first one. Superintendent of Streets Ernest Dechene has made a wonderful improvement at the sharp turn in the road at the Cove opposite the school house lot by cutting down the bank, moving the stone wall and widening the roadway thereby lessening the liability of accidents at this point.

75 YEARS AGO – 1948

The apartment of William Cawthorne, upstairs over a two-car garage on Pine Street, was badly gutted Sunday afternoon and he sus-

tained second degree burns of the hands and face, when a fire broke out in his home, the result of a pot of wax boiling over. It was with deep regret that the Finance Committee accepted on Wednesday evening the resignation of Edward F. Height, who has served that committee for about 25 years.

60 YEARS AGO – 1963

Fire Chief Richard A. Hammond has announced the appointment of Bruce A. Macdonald as a permanent firefighter, effective October 1. MacDonal will fill the vacancy caused by the retirement of Philip H. Parsons.

Dedication of the Catherine E. Neary Memorial Library will be held Wednesday, October 9, from 3-5:30 p.m. Refreshments will

be served in the cafeteria by members of the Parent-Teacher Association.

45 YEARS AGO – 1978

The Manchester Hornets chalked up their third victory of the season on Saturday beating the Bristol-Plymouth Craftsmen 33-14. Manchester's running back, Derek Coons, was the sensation of the afternoon. Derek ran the ball 239 yards in 17 carries, scored three touchdowns, and two conversions. Mrs. Margaret Wilmot's class welcomes two new guinea pigs to the class born last Sunday. If children would like to have one or more of our guinea pig families to stay for the weekend, parents can write a note expressing this wish and come to school Friday afternoon to collect them.

...(Continued from page 1)

Let's get to the results.

Manchester's Akshay Patel raced his "Bull Ship" to a win with 42.85 seconds. A family affair, Akshay's Bull Ship was entered alongside "Piece of Ship" and "Dip Ship," both vessels built and raced by daughters, Aashika and Kayuri.

Coming in second overall was Bernie Romanowski's Granny Panty (43.59 seconds). This had to be a bitter pill for Romanowski, a resident of Manchester, who last year also lost to Patel by mere seconds and came in second place.

In the youth division, first place went to Ellery Olson, with a time of 49.83 seconds. His Batman themed boat, "Bruised Wayne" was a marvel in engineering. In fact, the same vessel raced in the last two regattas, last year under the name "Pikachu." And, fun fact, last year Ellery raced with his family and friends in the six-seater Viking vessel wonder, puzzlingly named, "Cuisine de France" that astonished last year's crowd for its superior seaworthiness.

Second place in the youth division was Piece of Ship, captained by Aashika Patel (1 min, 7.43 seconds).

Finally, the Best Design/



Crowd Favorite trophy was snatched up by Holly Berube and her "Barbie Dreamboat." Many in the crowd thought the six-seater Tiki hut-themed "Jimmy's All You Can Drink Buffett" should have shared that prize. Alas, Jimmy's nearly sank (saved only by Bob Hofeldt, who tried desperately to use his body muscle as something of a plug for the left side of the vessel that was taking on water fast as the group lurched toward the finish. (It's 5 o'clock somewhere, guys.)

In the most important ways, this event has changed little since it began as a small affair between trash talking friends on the harbor all those years ago. One important change? Even though this event is free for all to participate, the regatta has quietly become a fundraiser for cancer research after the Hofeldt's daughter, Summer, was diagnosed with Lymphoma in 2022 (she's one year clear of the disease). On Sunday, the event took in \$2,000

for Dana Farber Cancer Institute from sales of the event's tee shirts and hoodies.

The event has also gotten bigger, for sure, in both the number of participants and volunteers. This year, local businesses (like Laughing Gull and Boo Bird) entered their own boats for the first time. Official town staff have become a huge help, like the DPW and the MBTS Police Dept. that worked tirelessly with regatta organizers to ensure a smooth event. (MBTS Police Officer Sean Mullin went further, helming "Manchester Vice" dressed as Miami Vice's Sonny Crockett).

But, really, in the end, the only obligation of the Manchester by the Sea Cardboard Boat Regatta is to come out on an autumn Sunday autumn, enjoy the often outrageous "expressions of creativity," and admire what can be made from this collective talent, creativity, engineering, duct tape, and a whole lot of cardboard.

Let the recycling begin.

Tides & Sun Chart For The Week Ahead

DATE	HIGH				LOW				☀️	
	AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
13 Fri	11:25	9.3	11:45	9.3	5:17	1.0	5:37	0.8	6:52	6:06
14 Sat	11:58	9.6			5:56	0.9	6:19	0.5	6:53	6:04
15 Sun	12:20	9.3	12:28	9.9	6:34	0.9	7:01	0.3	6:54	6:02
16 Mon	12:55	9.2	1:00	10.1	7:13	0.9	7:43	0.2	6:55	6:01
17 Tue	1:30	9.1	1:35	10.2	7:52	1.0	8:26	0.2	6:57	5:59
18 Wed	2:09	8.9	2:14	10.2	8:34	1.2	9:12	0.3	6:58	5:58
19 Thu	2:53	8.7	2:58	10.2	9:19	1.4	10:00	0.4	6:59	5:56

FRIENDS OF MANCHESTER TREES, INC.

FRIENDS OF MANCHESTER TREES MEMBERS ANNUAL MEETING

TUCK'S POINT PARK
MANCHESTER-BY-THE-SEA, MA
WEDNESDAY, OCTOBER 25, 2023
11:30AM - 12:30PM

Meet up with fellow FOMT members, take a 'tree walk' at beautiful Tuck's Point, enjoy some refreshments, and vote for our new slate of Officers and Directors.

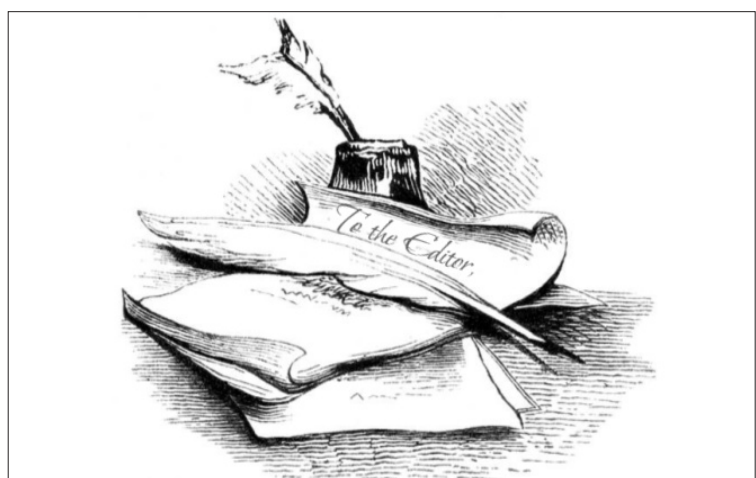
Friends of Manchester Trees (FOMT) is a local 50-year-old non-profit organization that plants and cares for public trees in Manchester-by-the-Sea. Membership by donation is open to all and we encourage you to join your friends and neighbors in supporting this worthwhile endeavor. Most of the trees at Tuck's Point were planted by FOMT. Come to learn their names and appreciate their beauty!

FRIENDSOFMANCHESTERTREES.ORG

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

Lack of Transparency? Or Red Herring?

To the Editor,

In observing several town and district board meetings on a variety of issues (in Manchester and Essex), I have noticed that accusations of a "lack of transparency" are being consistently leveled against public servants on various topics. This claim strikes at the heart of the trust we put in public servants in our democracy.

Certainly, as citizens, we must all be skeptical and think critically as we understand the issues. We expect our town leaders to provide us with timely facts and explanations for their decisions. When the claim of a "lack of transparency" is made, it implies these public servants are not doing their job and maybe even hiding something from the public.

When the claim is unfounded, the damage of distrust has been done by simply making the accusation. Haphazardly launching this accusation is misleading, irresponsible, and lazy.

Therefore, I call on all stakeholders to answer the following basic questions when they claim there is a "lack of transparency" about any single issue. This will help us all better identify when "lack of transparency" arguments are a real concern and not simply a red herring.

- What specific information do you think is being withheld?
- How will that information help you as a public servant or citizen make better decisions for our towns? Why is this information critical to your understanding of an issue?
- Have you looked to see if the information is available? Is it on the town website or minutes from a

prior meeting? Were there prior requests for the information?

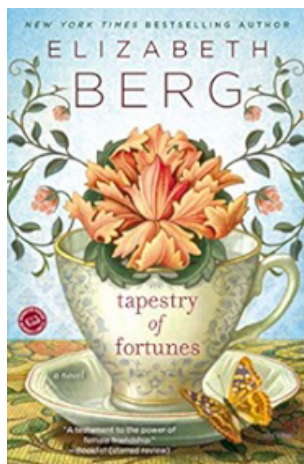
- Is there a good reason why the information is not available? Is your need for the information more important than, for example, legal protection of privacy for minors? May there be larger issues that you are not aware of?

This is not an excuse for public officials to not engage honestly with town residents. But let's engage in a healthy discourse without unnecessarily undermining our elected leaders.

Let's not make unfounded accusations that sow seeds of distrust. In these times, we all have to do our part to keep our democracy healthy and functioning.

Lindsay Banks
Manchester

LIBRARY NEWS



Tapestry of Fortunes by Elizabeth Berg

Fall Library Hours
The library is now open on Saturdays from 10 a.m. - 4 p.m.

October Cybersecurity Awareness Month

The Cybersecurity and Infrastructure Security Agency (CISA) has launched a new cybersecurity awareness program—Secure Our World—through which the agency will be promoting behavioral change across the nation. CISA encourages four key behaviors to greatly improve security:

- Use strong passwords and a password manager.
- Implement multifactor authentication.
- Update software promptly.
- Learn how to recognize phishing and reporting

phishing attempts.

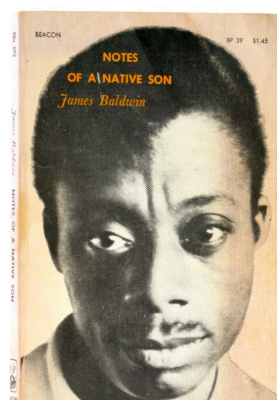
Peecycling for Clean Water and Fertile Gardens (Virtual)

Wednesday, October 18 from 11 a.m.- 12 p.m. This workshop covers why and how to fertilize your garden with urine. Reclaiming urine as a fertilizer is a safe and simple practice that gardeners everywhere can learn to access an abundance of free fertilizer, and prevent downstream pollution. This workshop introduces the Rich Earth Institute's community peecycling program and research. Then we'll delve into step-by-step instructions for using urine in home gardens, and how to contribute to Rich Earth's Community Science Survey.

out for Halloween, enjoy some treats and a creepy tale by the fireside. This is a family event appropriate for ages 4 and up. Registration is required, please register for one session only.

- 1st Tour 5:30 - 6 p.m.
- 2nd Tour 6 - 6:30 p.m.
- 3rd Tour 6:30 - 7 p.m.

Diversity Matters Book Group



Tuesday, October 17 from 5:30-6:30 p.m. We will be discussing James Baldwin's "Notes of a Native Son".

Hearthside Book Group

Tuesday, November 7 from 4-5 p.m. Join us in person or on ZOOM to discuss "Tapestry of Fortunes" by Elizabeth Berg. "In this novel by the beloved New York Times bestselling author, four women venture into their pasts in order to shape their futures, fates and fortunes.

MBTS Haunted Library



Wednesday, October 25. It's our third annual Haunted Library Spooktacular. Take a tour of the MPL all decked

Cookbook Club

Tuesday, October 24 from 5:30 - 6:15 p.m. The Cookbook Club meets once a month to share recipes from a new cookbook off our library shelves. October's pick is Crave: Bold Recipes that Make you Want Seconds, by Karen Akunowicz. Please register so we know how much cutlery to have on hand. This event will be outside if possible, so bundle up.

Library's Free Public WiFi

MBTS Library's WiFi is now encrypted, offering extra security for our community and guests. Log on from inside the building or from the front garden by connecting to MBTSLibraryWifi using password library1887.

Mindfulness Meditation

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

Tai Chi

Wednesdays from 9:45-10:45 a.m. When the weather is good the class will be held on the library's front side lawn, if the weather is inclement, it will be held at the Manchester Community Center. Please complete the Safety Release Registration Form,

on the event listing on the library website, before joining. Susan Halpern will update by email those who have completed the Safety Release Registration Form.

Digital Advice Appointments and Drop-ins

Register for a dedication session on Mondays, or drop in most Fridays between 3-4 p.m. Increase your comfort level with technology or try out a digital service you have always wanted to try.

Shut Up and Write (Virtual)

Every Thursday from 10:30 a.m.-12:15 p.m. Join a community of writers and artists on Zoom who just want to write. Come any time. No need to share, no need to critique or be critiqued.

Calling All Local Artists

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

MPL Children's Events:

Pumpkin Storytime Saturday, October 28 from 2-3 p.m. Join Miss Audrey for a pumpkin themed storytime and craft. We will share fun stories and make a beaded pumpkin that can be displayed all fall long. Program is best for ages four and up. Registration is required.

Teen Craft Night

Thursday, October 19 from 4-5 p.m. Create your own spooky terrarium with live plants and eerie figurines. For teens ages 14-18. Snacks will be provided. Registration is required.

Pop Up Art School: Insect Shadow Boxes



Wednesday, November 8 from 1-2:30 p.m. Using images of butterflies, moths, and beetles as reference, draw and paint your own realistic or imaginative insects and mount it in a paper shadow box.

Storytime with Miss Audrey

Fall and Winter story time begins Wednesday, October 11 for children ages 0-5 and their caregivers. Registration is required each week as space is limited.

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)

After that, it was another mammogram, an ultrasound, and a biopsy which confirmed her worst fears: a 1.6 cm tumor ("Stage 1"), categorized as triple negative ductal carcinoma in situ (DCIS). Dierdre, her husband Bill and two daughters faced what was to come, with determination. By early 2023, Dierdre and Bill called friends and family, as she entered treatment at Mass General Hospital in Boston and in Danvers at the MGH Cancer Center ("the kindest human beings that I have ever met," she said of the staff there.)

"What I learned in the process of being diagnosed is when someone in your cancer team asks, *Do you have any questions?* the correct answer is, *What questions should I be asking?*" said Dierdre.

"I figured that out in the

end," responded Brenda, laughing.

Brenda Johnson's story was different. Unlike Dierdre, who had no family connection to breast cancer, Brenda's family had breast cancer all around. Three members of her family had been diagnosed with the disease. In fact, just last year Brenda created a holiday tree with beautiful hand-made ornaments at Seabreeze Variety (a.k.a., "the old Richdales"), her family's business in the heart of downtown Manchester to raise money for Dana Farber after her cousin had been diagnosed with breast cancer.

Because of her family history, Brenda's general awareness is high. She was able to catch atypical cells three times on my breasts, first with a self-exam and then with the help of doctors. She'd also had Basel cell skin cancer cells surgically removed twice, once on her upper lip

and then on her neck.

Suffice it to say, Brenda was vigilant.

In April, 2022 Brenda was diagnosed with two areas of atypical breast cells and had two biopsies and a lumpectomy of the areas. All went well at her usual mammogram six months later in November. The results? Normal. No issues. All clear.

Then, just eight weeks later in January 2023, she noticed it. A lump on her right breast, about the size of a nickel.

"At first I thought it was strange, maybe an ingrown hair, I wasn't sure," she said. With her clear mammogram, she wasn't sure what to do but made an appointment to be safe. Appointments and biopsies take a few weeks to execute. As the time passed, Brenda noticed the lump was changing. So, by the time she was called in February 2023 with the results, she says she knew what she'd be told: she was positive for cancer.

Brenda first thought of her friend Dierdre. She was in a tough place, struggling to find firm ground in a new scary world. Brenda's family (husband Kevin and three adult children) were a rock-solid foundation. But she was facing chemotherapy, and mastectomy. Dierdre was there too, with a two-month lead into her therapy, which included chemo, a lumpectomy and radiation. She reached out to her friend, Dierdre—to connect and to ask the questions Brenda hadn't thought to ask in the doctor's office.

She soon learned that breast cancer is a formidable challenge, impacting physical health and emotional

well-being. As of 2023, according to the Massachusetts Dept. of Public Health, an estimated 5,800 new cases of invasive breast cancer will be diagnosed in Massachusetts women (and some men) this year. And despite incredible progress in treatment of the disease, it's nevertheless projected that approximately 900 women will lose their lives to breast cancer in Massachusetts before the year ends.

Luckily, there have been great advances in breast cancer screening, including digital mammography, 3D mammography (tomosynthesis), and MRI have been highly effective at changing the nature of a diagnosis. What was once a death sentence is now a path to that phrase, "a good outcome." These technologies have improved the accuracy of breast cancer detection, leading to earlier diagnoses. At the same time, breast cancer treatment has evolved, with a strong emphasis on personalized care. Oncologists now tailor treatments, from surgery, chemotherapy, radiation therapy, immunotherapy, and hormone therapy, to meet the unique diagnosis of each patient.

Brenda Johnson is naturally very easy going, and low key. She prefers being steady and strong over making waves. Dierdre, on the other hand, falls on the other end of the register: a self-proclaimed "oversharer" who can't hide what she thinks and believes early disclosure is the way to be. That difference in style made the two utterly compatible. And that was a godsend for Brenda as they faced the



Dierdre Baker rings the bell to signify she's cancer free, 8/11/23. Courtesy photo

challenge of cancer.

Dierdre gave Brenda assurances, information on what she'd be experiencing in chemotherapy treatment, and other important, often small tips like how to set up a private Facebook group so Brenda could update her network easily, and quickly.

The two tracked together in treatment. They lost their hair together, with grace and humor. Dierdre had seven chemo treatments, one lumpectomy and 20 radiation treatments. Brenda had a mastectomy, followed by four chemotherapy treatments in three months. It was brutal.

Dierdre's stance was she'd whip cancer, bad. When she didn't feel like getting out and walking, she did it anyway. Brenda did too, keeping steady on her routine as she endured treatment. Dierdre did things Brenda didn't do, like get a tattoo ("in honor of me," she says with a smile.). Dierdre rode 84 miles in the Pan Mass Challenge, ran six miles in Making Strides for Breast Cancer. On August 11, Dierdre was able to "ring the bell" in her doctor's office, a rite of passage for those cleared of cancer. The next month, Brenda learned she, too, was in the clear.

Both will be closely monitored in their remission for five years.

"A nurse once told me, *You are your own best advocate,*" said Brenda. "My one-year follow up to the clean mammogram wouldn't have been until the first of (this) November. ... So I shudder to think what could have been going through my body all that time if I hadn't been proactive and questioned it."

Indeed. Brenda's good outcome came directly from her willingness to listen to her instinct, even when she'd received an "all clear" on her mammogram. She doesn't want anyone to feel sorry for her; she's learned that by listening to herself and by knowing her body, she was able to effectively advocate for herself and Brenda hopes others will see that in her experience.

For her part, Dierdre showed how being a strong advocate for herself may actually mean she emerges from cancer in some ways stronger than she was going into it.

And for Brenda and Dierdre, that lesson of being your own best advocate, is one that's best shared, together. October is Breast Cancer Awareness Month.

SAVE THE DATE

MERHS CLASS OF 2024 PRESENTS AN

EVENING BY THE SEA

AT THE MANCHESTER YACHT CLUB

BEVERAGES, BITES & BIDDING AUCTION to BENEFIT CLASS of '24

OCTOBER

14

SATURDAY AT 6:00 PM

2023

BARTLETT TREE EXPERTS

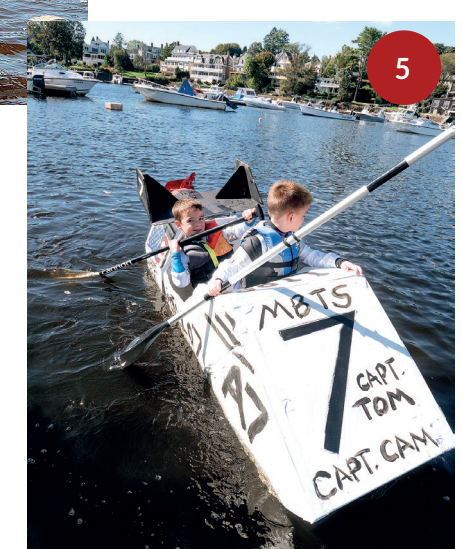
SCIENTIFIC TREE CARE SINCE 1907

...(Continued from page 3)



Starting above, 1. Captain Akshay Patel surges to the overall win in his "Bull Ship," 2. Evan Olson with "Barbenheimer," 3. the team at Laughing Gull, 4. the "SS Welcome," w/Captain KK Miller, 5. "Apollo 7," w/Captains Cameron Conley & Tommy Bergeron, 6. the crew of "Jimmy's All You Can Drink Buffet," 7. Captain Bernie Romanowski pushes to second place in his boat, "Granny Panty," and 8) George Nickless and daughter Betsy.

Photos: Erika Brown



Fall Splendor

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In the Hornets' Nest



The Hornets came to play on Friday the 6th at home. A large crowd of fans was on hand for an exciting win against Lynn Tech.

Photo Paul Clark

Cross Country:

The boys took the first 10 Hornets Cross Country took on Georgetown in our last home meet for the season. Both teams won with a 15-50, perfect score.

The girls won by forfeit as Georgetown only had 3 girls, although they did have one good freshman who took 2nd place. Sabine Cooper won the race in 21:01. She was followed up by Faith Castellucci 3rd, Whitney Turner 4th, River Silva 5th and Libby McKinnon 6th. Sadie Rich 7th and Grace Castellucci 8th both had personal records (PR).

The boys took the first 10 places. Finn O'Hara continued his 3-year unbeaten streak. He was followed by Charlie Lations 2nd and Colby Rochford 3rd. Lyall Cunningham edged Henry Stevens and Aidan Woods by a lean as all three finished in 20:10 for 4th, 5th and 6th places. Max Deery finished 7th to complete the sweep affecting the scoring for the first time. Jack Whelsky, Jonas Coletta and Matt Ala all had PRs.

On Saturday the teams traveled to Devens MA for the

Bay State Invitational meet. The weather was better than expected, making it excellent for running. The girls ran well, placing 8th with 184 points, just behind Nipmuc Regional which also had 184. Ties are broken by the placement of the 6th runner. Sabine Cooper medaled with a 19th place finish. The boys' team placed 10th with 321 points. Colby Rochford was our top runner with a season best 18:38.

The next meets for the Hornets are Wednesday against Hamilton-Wenham and Bob

Glennon Twilight Invitational on Friday.

Football:

A hard-fought league game which was a lot closer than the final score indicates. The Hornets capitalized on seven Lynn Tech turnovers leaving short fields and lots of scoring opportunities. Lynn Tech battled back in the 3rd to put two TD's on the board and get within range before the Hornets grabbed two fumbles and an INT in the 4th quarter to seal the deal. Senior captain Troy Flood (OL/

DL) scored his first varsity TD on a 27-yd fumble recovery while Preston Potter (Sr. WR/DB) and Quinn Brady (SR, RB/LB) paced the offense with 5 TD's and 4 2-pt's combined. Senior Steve Ross (RB/DB) had an incredible game on defense and led the team with 8 tackles including a crucial 4th down stop in the 4th quarter deep in Hornet territory to seal the game. The Hornets are right back in action on Thursday, 10/12 as they travel to Whittier Tech for a 5:30 PM game.

Girls Soccer:

The Hornets fall to Hamilton Wenham away. Hamilton Wenham certainly started the match more brightly and opened the scoring within 10 minutes. The home team pushed their advantage hard until a little over halfway through the first half. Manchester Essex goalkeeper Madi Cook did well to leave her line to claim a dangerous long ball, but she got a cleat to the face as she dove for the ball and had to be subbed off. Tori Moulton went in net for the Hornets, as she had done one time last season. She was not troubled that half as the tide slowly turned and the Hornets fought their way back into the game. In the second half it was the Hornets who had the better chances early on through the hard work of attackers Pippa Spingler, Mechi O'Neil, and Meg Hurd. Manchester Essex could not finish their chances. Tori Moulton put in a phenomenal performance as backup goalkeeper, making one particularly great save that even Madi Cook would have been proud of. Augie Capotosto put in a great performance in just her second

game with varsity. Libby Lawler and Lily Stefanovich played excellent in central midfield, especially in the second half, and Ella Arntsen put in a true captain's performance at center back. Manchester Essex conceded a late goal but continued fighting until the end. Final score: 2-0.

Player of the Match: Ella Arntsen.

The Manchester Essex Hornets smashed Amesbury 6-0 away. The Hornets certainly had the better chances early on but did not open the scoring until a handball in the Amesbury box resulted in a penalty for Manchester Essex. Libby Lawler stepped up to take the penalty and confidently found the top corner. The Hornets continued to dominate possession but were unable to press their advantage. In fact, Amesbury came close to drawing level in the final minute of the 1st half and were only stopped by some great goalkeeping from Tori Moulton.

The 2nd half was a different story. The Hornets scored within 2 minutes after a great run and shot from Pippa Spingler, assisted by Libby Lawler. Libby Lawler then provided 3 more assists in quick succession, all to Mechi O'Neil, who scored a hat trick of composed finishes before adding a 4th goal, assisted by Ella Arntsen. Final score: 6-0.

Player of the Match: It was impossible to pick just one player from this game. Mechi O'Neil (4 goals) and Libby Lawler (1 goal, 4 assists) will share this one.

The Hornets take on Lynnfield on Tuesday, October 10 in their Morgan's Message Dedication Game.

ME Field Hockey Finds Winning Formula



Torrin Kirk lines up a shot against Amesbury as Ella Chafe backs her up. As of going to press the Hornets are proudly 9-1-2. Photo: Paul Clark

By Jason Brisbois

When it comes to finding success at the varsity level in field

hockey, having a team with talent, depth or experience can definitely provide an advantage.

However, to string wins to-

gether and put together a really special season requires a special intangible that isn't always easy to sum up. To this point in 2023, it appears that the Manchester Essex field hockey team possesses that unique trait.

"I attribute a lot of our success this season to my players' willingness to outwork

their opponents," explains Hornets coach Courtney Brown. "We have extremely talented individual players, yes, but that can only take a team so far. As a unit, these girls have high expectations for themselves, and they work to improve every single day."

That level of effort and

expectation has led to a very impressive 8-1-1 record to this point. The Hornets were ranked third overall in Div. 4 in the MIAA Div. 4 Power Rankings with seven games remaining in the regular season, putting the team in the driver's seat for not only a playoff berth but also a likely high seed among the 32 squads who will end up eligible to keep playing deep into the fall.

The Hornets were able to use a 3-1 win over Newburyport last month as a launchpad to this point, tallying five wins and a tie against some tough competition since then.

"As soon as the girls got on the bus, it was clear that they wanted it," Brown says of the win over the Clippers. "They were ready both physically and mentally—and that's the difference."

That momentum has carried over and continued as we head into the middle of October, and has even shown up in the one tie the team has during this recent span of success -- a 0-0 contest with Danvers on October 3.

"Recently, our game against Danvers was a tough, but fun challenge," says Brown. "Ultimately, we tied, but I think we walked away from that game feeling proud for controlling a majority of the play."

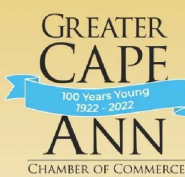
In the near future, an October 17 road matchup with Bishop Fenwick (4 p.m.) should provide another opportunity to measure just how far this team has come and how good the Hornets can be against tough competition. It will be the second meeting between the two traditionally successful programs this season, with the previous result a 1-1 tie on Sept. 11.

"We can't wait to see Bishop Fenwick for a second time," explains Brown. "We always look to play strong non-league teams, and tying them early in the season was a bittersweet way to walk off the field. They've also had a strong season so far. It'll be fun to see how both teams have developed over the course of the season."

Before that, the Hornets were slated to travel to Hamilton-Wenham on Oct. 9 and to host Triton on Oct. 11, followed by a trip to neighboring Rockport on Oct. 13 (4 p.m.). All are important games against Cape Ann League opponents.

"Each game presents a different sort of challenge with respect to the surface we play on, physicality, etc.," says Brown. "Across the board, we are focused on playing our game and setting the tone each game."

ScottEnergy Community Bulletin Board



39th Annual Essex ClamFest and Arts & Crafts Festival

Saturday, Oct. 21

11 a.m. to 4 p.m.

Shepard Memorial Park, Essex

(*rain date Sunday, 10/22)

There is no fee to enter the Festival. There is a \$12 fee to taste the chowders, while supplies last!

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Girls Soccer Wins Big Against Amesbury

By Jason Brisbois

The Manchester Essex girls' soccer team split their last couple of games, but both games helped to keep the Hornets well in contention for a chance at the postseason. On Oct. 5, Manchester Essex walloped Amesbury, 6-0, on the road, and fell to Hamilton-Wenham by a 2-0 score on Oct. 3. While the win certainly helped to keep the local team in playoff contention, even the loss was helpful: The Generals are ranked second overall in the Div. 4 power rankings, giving the 15th-ranked Hornets a more advantageous strength-of-schedule rating. The top 32 teams at the end of the season qualify for postseason play in the MIAA tournament. It took a little while for the girls' soccer team to get going against Amesbury, with a Red Hawks handball resulting in a successful penalty shot for Libby Lawler.



Hornet Lily Stefanovich concentrates on the ball as she moves it down the field against Amesbury opponents. ME won the match 6-0. Courtesy Photo

"[We] continued to dominate possession but were unable to press their advantage," says ME girls soccer coach Christo Manginis. "In fact, Amesbury came close to drawing level in the final minute of the 1st half and were only stopped by some great goalkeeping from Tori Moulton."

In the second half, the Hornets would be denied no longer. Lawler assisted Pippa Spingler two minutes into the second stanza, and then doled out three more

assists after that, all to Mechi O'Neil - who tallied four goals in total. Ella Arntsen also provided an assist on an O'Neil goal.

Hamilton-Wenham was the team who struck first in the 2-0 loss a couple of days earlier, with the Hornets falling behind, 1-0, in the first ten minutes. After that, starting goaltender Madi Cook was injured making an impressive save, putting Tori Moulton into the net for the remainder of the game.

"She was not troubled that

half as the tide slowly turned and the Hornets fought their way back into the game," Manginis says of Moulton.

Spingler, O'Neil and Meg Hurd did their best to maintain possession and put shots on goal, but couldn't break through against one of the top programs in Div. 4.

"Tori Moulton put in a phenomenal performance as backup goalkeeper, making one particularly great save that even Madi Cook would have been proud of," says Manginis. "Augie Capotosto put in a great performance in just her second game with varsity. Libby Lawler and Lily Stefanovich played excellent in central midfield, especially in the second half, and Ella Arntsen put in a true captain's performance at center back."

The Hornets (4-4-3) were scheduled to face Lynnfield at home on Oct. 10, Ipswich on the road on Oct. 12, and Marblehead on the road on Oct. 13 (4:30 p.m.).

ESSEX ECHO.

Town Administrator's Report

Board of Selectmen's Meeting of October 2, 2023
Report covers from September 23, 2023 to September 29, 2023

Joint Selectmen/Planning Board Meeting Concerning Zoning Bylaw Changes

Mr. Zubricki attended the subject meeting on September 27, 2023. Planning Board Chairman O'Donnell reviewed draft proposals for several zoning bylaw-related Fall Town Meeting articles along with personnel from the Metropolitan Area Planning Council (MAPC). Selectmen and Planning Board members had the chance to ask specific questions and to provide additional input. The Planning Board will be meeting on October 4, 2023 to refine the proposals so that a draft final package can be sent to Town Council for review. The Planning Board will have a final discussion about the proposals at its meeting of October 18, 2023 and the final versions will be added to the Fall Town Meeting prior to its signature by the Selectmen on October 23, 2023.

Discussion Concerning Potential Wetlands Protection Bylaw

At the last meeting, the TA updated the Board on the position of Town Counsel concerning whether the Conservation Commission is allowed to promulgate wetlands regulations without an enabling vote of the Town Meeting via a wetlands protection bylaw. At that juncture, the TA reported that the Conservation Commission must either simply enforce the Wetlands Protection Act or must seek the passage of a wetlands protection bylaw if the Commission desires to introduce more stringent rules regulating wetlands in the Town. While the Commission could be authorized in a new bylaw to promulgate rules and regulations concerning wetlands protection, the Commission cannot promulgate rules and regulations without the bylaw (the Act does not convey such authority).

The Board asked that Mr. Zubricki set up with a meeting among Town Counsel, himself, and the co-chairs of the Conservation Commission to review Counsel's position and to give the co-chairs a chance to disagree and to provide justification supporting the Commission's assertion. Concurrently, the Commission and the Department of Public Works (DPW) have been discussing the possibility of the DPW relinquishing control over the Municipal Separate Storm Sewer System (MS4) program required by the United State Environ-



mental Protection Agency (EPA) in all Massachusetts municipalities. Soon, the MS4 program in Essex will be required to take steps to modify and strengthen the Town's existing storm water bylaw and it may make sense to pass control of that bylaw to the Commission at that time (perhaps in the spring of 2024), according to Commission co-chair Cliff Ageloff.

We are presently working to arrange a meeting among Town Counsel, the co-chairs of the Commission, and Mr. Zubricki with respect to the wetlands regulation question that had been raised by the Commission and with respect to possibly folding the MS4 requirements into some type of new Commission bylaw. Also, the Commission was of the mind to hire its own attorney to work on refining the wetlands protection bylaw that was initially developed in the spring. However, we have confirmed that the Commission does not have the authority to independently hire legal counsel. As such, if desired, the Selectmen may continue to work with the Commission by granting some level of access to Town Counsel concerning the Commission's remaining legal questions.

Senior Center Property Line Review Update

At the last meeting, the Board agreed that a survey plan produced by an abutter to the Essex Senior Center needed some further explanation before the Town could engage in discussions with the abutter. The abutter's attorney provided the Town with the survey plan and suggested

that it requires the Town to take certain actions or make certain agreements. However, if the actual measured distance between the Town's left-hand property corner marker and the Town's right-hand corner location claimed by the abutter's surveyor on the plan is less than the 60 feet noted on the plan, then the Town needs to continue to question the accuracy of the plan and the corner spike set by the surveyor.

We provided the abutter's attorney with a photo of what the Town believed to be the left-hand corner marker to verify that the surveyor agrees that this is the actual monument that he listed as "found" on his plan. We have heard back from the surveyor that the marker the Town has located is not actually the Senior Center property front-left corner pin and we have asked if the actual pin could be highlighted with paint so that the Town can view it as well.

Community Compact Cabinet Best Practices Grant

At the last meeting, Mr. Zubricki explained that the application made to the Commonwealth Community Compact Cabinet Best Practices Program for a senior citizen demographic study had been funded in the amount of \$35,000. The Commonwealth has provided the Town with the necessary contract documents for the grant award and the Council on Aging is working on final contracting documents with UMass Boston concerning UMass conducting the study.

Affordable Housing Trust Technical Assistance Grant

Application

A member of the Essex Affordable Housing Trust provided me with information on a technical assistance grant being offered by the Massachusetts Housing Partnership (MHP) to advance the goals of local affordable housing trusts in Massachusetts (with an application deadline of October 2, 2023). Given that the Essex Affordable Housing Trust has come to the realization that a Housing Production Plan (or at least a precursor study concerning Town demographics) is a necessary next step to advance the Trust's goals, we submitted an application to the grant program after conferring with Chairman Pereen, who is also the Chairman of the Essex Affordable Housing Trust.

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

Essex Locals | Oct 13

115 Years Ago - 1908

William Bagnell, driver of Hubbard's bakery met with a mishap while on his Tuesday's trip to this town. The horse fell while suffering from colic, breaking the shaft. The driver telephoned to the bakery at Gloucester, when another horse, and forward wheels were sent whereby he finished his rounds.

90 Years Ago - 1933

Mrs. Mark Burnham observed her 87th birthday last week and was surrounded by numerous members of the family during the day and many friends called to offer congratulations.

LIBRARY NEWS



Library is open Saturdays beginning from 10 a.m. to noon.

Retirement Reception for Debbie French, Library Director

Thursday, October 19 from 3-6 p.m. Join the Friends of the Library, Library Trustees and community as we celebrate 18 plus years of service to Essex's TOHP Burnham Library.

Community Book Group

Monday, October 16 at 10 a.m. Come by for a discussion of "Lessons in Chemistry" by Bonnie Garmus.

Regional Social Worker

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

Halloween Magic Show

Monday, October 30 at 4 p.m. Ages 4-10, join us and magician Tommy James for a hysterical, fun for all ages Halloween Magic Show. Don't miss a wizard's wand taking on a life of its' own, a haunted jack-o-lantern, Frankenstein and even an appearance from "Bunnacula" the real bunny. Reserve your spot today.

Story Hours Begin

Wednesdays at 9 a.m. for Wee Ones, ages 0-2 yrs. 20 minutes for songs, rhymes, stories and creative play. Please register. 10 a.m. Preschool ages 3-5 years. 30 minutes of songs, rhymes and stories read aloud and concludes with a themed craft. Please register.

CFCE Science Thursdays

Thursdays 9-10 a.m. for ages 2-6 years old. Join Ms. Christine for some STEAM fun, you will listen to stories, then explore science, technology, engineering, art, and math. Space is limited so please register.

Teen Candy Sushi Making

Friday, October 13 at 3:30 p.m. Grades 6-12 join us to make sushi from candy. It's easy and fun, all supplies provided.

ESSEX POLICE NOTES



MONDAY, OCTOBER 2

9:18 a.m. Main St., parking complaint, assisted as needed.
11:59 a.m. Winthrop St., welfare check, spoken to.
4:13 p.m. Main St., fire alarm, fire false.
6:47 p.m. Martin St., directed patrol, no action taken.

TUESDAY, OCTOBER 3

5:02 a.m. Western Ave., male seizure, transported to hospital.
11:36 a.m. Grove St., male stroke, transported to hospital.
5:03 p.m. John Wise Ave., motor vehicle complaint, erratic operation, spoken to.
8:25 p.m. Main St., animal complaint, assisted as needed.

WEDNESDAY, OCTOBER 4

8:21 a.m. Story St., male stroke, transported to hospital.
3:16 p.m. Chebacco Terrace, welfare check, spoken to.
4:58 p.m. John Wise Ave., citizen assist, assisted as needed.
10:19 p.m. Main St., directed patrol, secured/checked.

THURSDAY, OCTOBER 5

12:37 p.m. Western Ave., animal complaint, assisted as needed.
2:56 p.m. Conomo Point Rd, parking complaint, parking enforcement.
4:34 p.m. John Wise Ave., citizen assist, report to follow.
8:59 p.m. River St., disturbance, spoken to.

FRIDAY, OCTOBER 6

12:01 a.m. Main St., male with breathing difficulty, report to follow.
8:41 a.m. Orchard Rd., utility request, notification made.
1:25 p.m. Apple St., property damage, vandalism, spoken to.
5:55 p.m. Eastern Ave., male fall, patient refusal.

SATURDAY, OCTOBER 7

9:02 a.m. Centennial Grove Rd., directed patrol, secured/checked.
11:13 a.m. Martin St., fire alarm, cleared false alarm.
7:48 p.m. Eastern Ave., selective enforcement, no action taken.



The Hornet Cheer Squad kept the fans in the game as ME defeated Lynn Tech 63-22 at home. Next home game is against Lowell Catholic on 10/20 at 6:30 p.m. Photo Paul Clark

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Shop Thoughts

Spell-tastic Reading for the Halloween Season

By Hannah Harlow

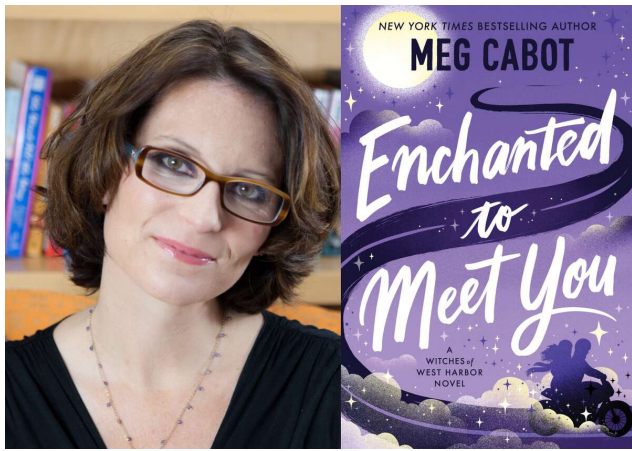
We have entered the month in which we all avoid driving to, or anywhere near, Salem; pumpkin flavor gets infused into every imaginable food product; and small children count down the days to the biggest sugar high of the year.

In the Book Shop, our shelves are bursting with seasonal titles in every section. If you're looking to get beyond your annual rereading of Edgar Allan Poe, the recent surge in popularity of the horror genre makes this the perfect time of year to explore our thriller shelves. But if horror is not your thing, do not worry because witches remain hotter than ever and appear in almost every category of book we carry.

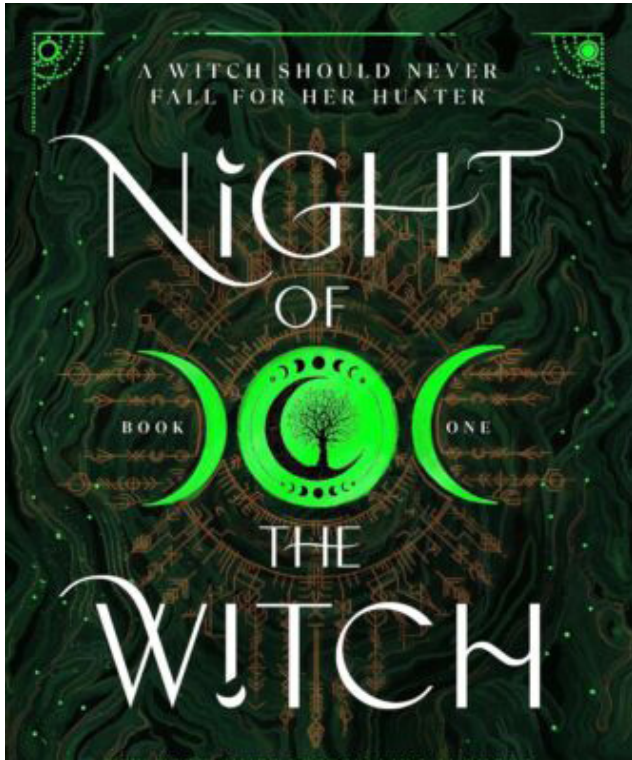
On our History shelf, *In Defense of Witches: The Legacy of the Witch Hunts and Why Women are Still on Trial* by Mona Chollet (translated by Sophie R. Lewis) has just arrived in paperback. The French feminist author suggests that the types of women historically accused of witchcraft continue to be the same women oppressed today. Part history, part literary criticism, part manifesto, this book is a call to broomsticks for independent women everywhere.

For the practicing witch, there are spell books aplenty, like *The Contemporary Witch: 12 Types and 35+ Spells and Rituals for Advancing Witches to Find Their Paths* by Ambrosia Hawthorne and Sarah Justice, but also a new memoir by Diana Helmuth called *The Witching Year: A Memoir of Earnest Fumbling Through Modern Witchcraft* that digs deep into the rules, spellcasting, and liturgy, and travels to Salem, Edinburgh, and Northern California, so you don't have to. Helmuth takes a journalistic approach to her search for something to believe in and the results are thoughtful, funny, and relatable.

Turning to fiction, *The Witching Tide* by Margaret Meyer is a new literary novel that takes readers back to a deadly witch hunt in 17th-century England. For fans of *Hamnet* by Maggie O'Farrell



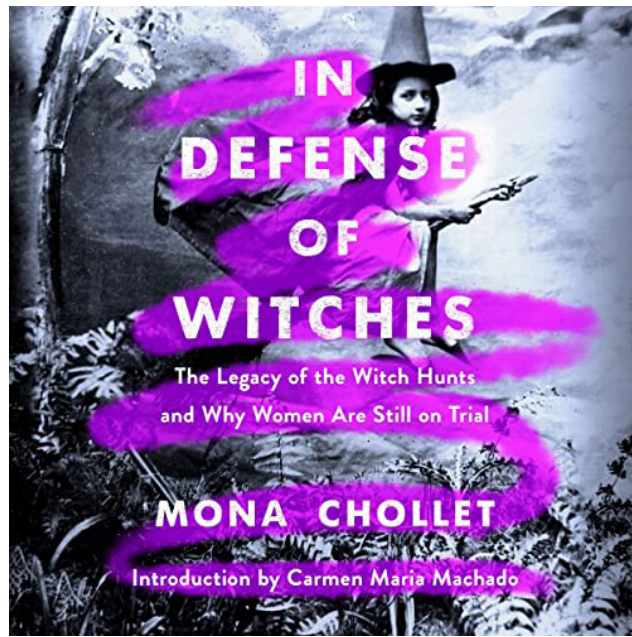
"Enchanted to Meet You" by Meg Cabot. Courtesy images



"Night of the Witch" by Sarah Raasch and Beth Revis.



The newest edition in *The Witches of Brooklyn* series, "Spell of a Time," just arrived last month.



"In Defense of Witches: The Legacy of the Witch Hunts and Why Women are Still on Trial" by Mona Chollet.



"The Contemporary Witch: 12 Types and 35+ Spells and Rituals for Advancing Witches to Find Their Paths" by Ambrosia Hawthorne and Sarah Justice

and the historical fiction of Hilary Mantel, Margaret Meyer's book is an immersive read rich with atmospheric detail about one woman caught between the accuser and the accused and the terrible decisions she must make. *Weyward* by Emilia Hart will appeal to fans of *The Lost Apothecary* by Sarah Penner. The natural magic in it is on

the lighter fantasy side and the stories of three women across five centuries are affecting and full of secrets. On the lighter side, witchy romantic comedies abound. *Enchanted to Meet You* by Meg Cabot, *In Charm's Way* by Lana Harper, *Kiss and Spell* by Celestine Martin, and *The Kiss Curse* by Erin Sterling are all new additions

to a series full of magic, humor, and love.

Spooky season isn't just for adults, of course. In board book format, there's *Room on the Broom*, of course, but if we can deviate from witches for a moment, I would also point the youngest of readers to *Happy Halloweenie* by Katie Vernon, in which we meet a hot dog who just can't decide what to be for Halloween. One of my favorite new picture books is *I Will Read to You* by Gideon Sterer, illustrated by Charles Santoso. One night, a young child asks his mother who reads to all the witches (and goblins and ghouls, skeletons and vampires and more) out there? And so the boy sets out with a book to find all the monsters in the world and he reads them a bedtime story. A tiny bit creepy, but lovely and heartwarming at the same time.

The legacy of Harry Potter is a bevy of middle-grade fiction featuring witches discovering their powers. Our favorites include *Amari and the Night Brothers* by B.B. Alston, *Witchlings* by Claribel A. Ortega, and *The Marvelers* by Dhonielle Clayton. Graphic novel readers should check out *The Witches of Brooklyn* series; the newest, *Spell of a Time*, just arrived last month and features a trip to Coney Island and a missing mermaid.

The new Romantasy genre mash-up (of Romance and Fantasy) is taking the world by storm. *Night of the Witch* by Sarah Raasch and Beth Revis sits on our Young Adult shelf, but that shouldn't stop older readers from picking it up, too. In this epic enemies-to-lovers romance, a witch and a witch-hunter discover they have common enemies. Set during the medieval German witch trials, this novel combines history and magic, love and adventure, with twists galore.

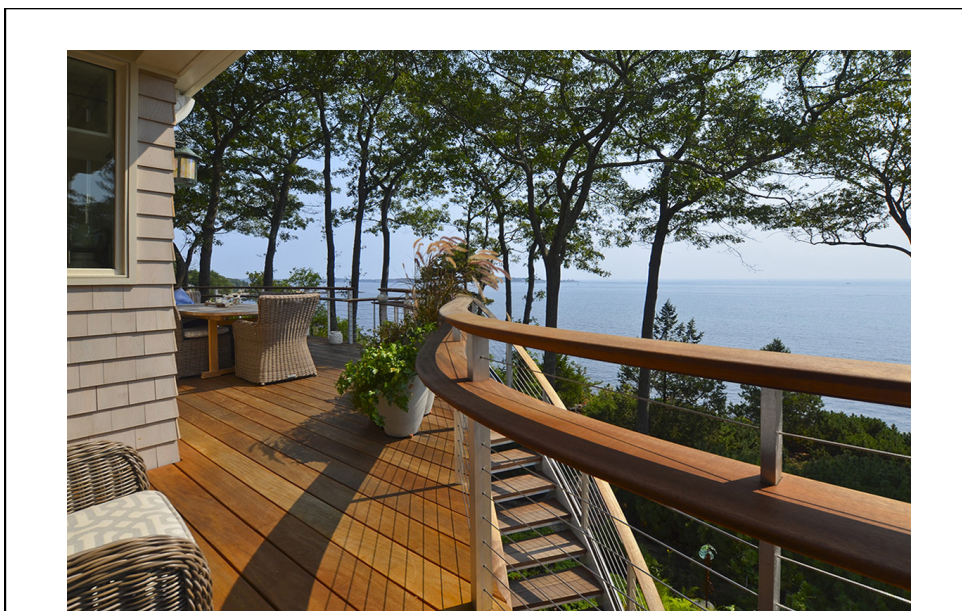
When was the last time a book cast a spell on you?

Hannah Harlow is owner of *The Book Shop*, an independent bookstore in Beverly Farms. Harlow writes biweekly recommendations for us. See more of what she recommends reading at thecricket.com.



Cape Ann Plein Air kicked off around Cape Ann this past weekend. At left, Stapleton (Stape) Kearns of Rockport, painted at Hammond Castle during an artist demo on Monday for an audience of 80. At right, artist Charles Shurcliff at the Sharksmouth Estate in Manchester demonstrates his talent during Cape Ann Plein Air week on Cape Ann.

Photos Paul Clark, Erika Brown



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A beautiful day greeted visitors to Magtoberfest. Crowds covered all of Lexington Avenue in Magnolia. There were food trucks, arts, crafts, a beer garden, open restaurants, kids activities, classic cars and live music.

Photo Paul Clark



The Cape Ann Vernal Pond Team brought a couple of dozen snakes for display and to interact with at Magtoberfest in Magnolia. A stunning day brought droves of visitors added to by a shuttle bus that brought people from Stage Fort Park.

Photo Paul Clark

Halloween Tales

Graverobbing, Harvard's Medical School, and Chebacco Parish

We're leaning into Halloween themes this week. Enjoy this **PART I** in a special series about a true crime story in Essex, Ma., that happened in the early 1800s, written by Robert "Rob" Fitzgibbon, a local author and an Essex Library Trustee. Fitzgibbon will speak with Gloucester historian Wayne Soini at 9 a.m. Saturday, Oct. 28 at Gloucester High School about another local mystery, this time an unsolved 1930s double murder.



By Robert Fitzgibbon

In 1634, Goodman Bradstreet and William White were the first Englishmen to homestead in the southwestern part of Ipswich, a town of the Massachusetts Bay Colony. The Native American name for the area was "Chebacco," after a nearby lake, and for the next 50 years it was an out of the way spot, sparsely settled, on the route to the village of Gloucester.

During this time, residents of all ages in the Chebacco area were required to walk in any weather the six-plus mile footpath to Ipswich center for all-day Sunday services—no doubt a difficult journey. In

addition, any members of the Chebacco community who passed away during this time were expected to be buried in the central Ipswich burial ground on the high street. The Chebacco deceased had to be carried on "a bier upon the shoulders of men" for the aforesaid six miles, a task even more arduous and distasteful.

To cut down their commute, the residents on the Chebacco side of town—now known as Essex—began the process of exploring self-determination. The two towns still can't seem to agree on the exact timeline but, starting in 1673, Chebacco residents began to petition for their own meetinghouse and

burial ground on their side of town. By 1680, Chebacco residents hired the Reverend John Wise to be their own preacher, set aside an acre lot for their very own burial yard and officially became known as Ipswich's Second Parish.

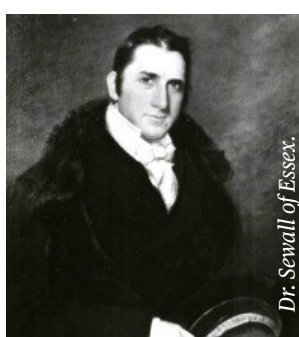
One-hundred thirty-eight years later, that local yard would become infamous for a set of events straight out of a Gothic horror novel—the largest recorded multiple grave-robbing in 19th Century New England.

The aspiring doctor comes to town

Thomas Sewall, son of Thomas and Priscilla Coney Sewall, was born on April 16,



Gravestone of Essex's first pastor, John Wise, at the Old Burial Ground in Essex.



Dr. Sewall of Essex.

1786, in a small village on the Kennebec River in Maine. A bright and diligent student, 21-year-old Sewall moved to Massachusetts in 1807, attending lectures at Harvard Medical School and studying under the renowned Boston doctor Dr. John Jeffries. Sewall excelled in his studies, even winning a prize in 1810 for his dissertation on "Diseases of the Breasts of Nursing Women." In 1812, Sewall graduated from Harvard Medical School. Later that fall he became a member of the Massachusetts Medical Society.

Upon moving to Massachusetts Sewall boarded at the home of Miriam Foster Choate on what is now Spring Street in Essex. Miriam was a recent widow who had married into the large and prosperous Choate family. The Choates were one of the "first families" of Chebacco, settling the area in the 1600s and a clan that included judges, ship captains and Revolutionary War heroes. The family-owned multiple properties in town including an island on Essex Bay. Miriam's husband had recently purchased the Spring Street home before he passed.

No doubt Mrs. Choate welcomed the addition of the handsome, dark-haired medical student not just for whatever payment he made and chores around the house he performed but also for his acting as a tutor for two

of her six children—David Jr. and Rufus. Sewall instructed the precocious boys Latin and other subjects and maintained a lifelong friendship with his two students.

Which isn't perhaps too surprising, for they were also brothers-in-law. When Sewall moved into the Choate house in 1809, Miriam's oldest daughter Mary was seventeen. Thomas Sewall and Mary Choate caught each other's eye, and the match must have met the approval of the maternal landlord, and they married in 1813. They didn't move far—the "Choate House" was in fact a handsome clapboard double-house, so there was plenty of room.

The young doctor and his bride settled down to a life of domestic bliss, community engagement and professional success. In 1818, Dr. Sewall became the Second Parish treasurer. Proficient in his ministrations and well-respected as the community doctor, Dr. Sewall's medical practice was thriving.

A bit of context

By the first decade of the 19th Century, the Chebacco's 1,207 residents had successfully managed a level of self-determination as Ipswich's Second Parish for over a century. They had their own meetinghouse and pastor—the latest being the Reverend Robert Crowell, hired in 1814. They had their own burial ground.

Although the trek to the town center was less frequent, they were still technically, legally, and financially part of Ipswich, and not happy about it, which is why they were considering a petition to the Massachusetts Legislature to break off and form their own town. Dr. Sewall in fact was a member of the committee in charge of the

petition process.

Meanwhile, the medical profession in the young United States of America—particularly in New England—is booming. Medical schools are springing up in the cities, with thousands of students eager to attend. Recent medical school graduates like our Dr. Sewall are setting up family practices in town and villages.

Some—again, like our Dr. Sewall—are acting as "preceptors," which means that they are willing to provide clinical training to aspiring medical students before they head off to med school. And some of course—like our Dr. Sewall—are anatomists, i.e., proficient in the training and practice of anatomy. In fact, Dr. Sewall has a side gig as an anatomy lecturer to local students. Now if you're going to teach anatomy, there is only so much you can explain using a dog-eared, shared textbook. You're going to need some "hands-on" practice dissecting a human body or preferably, bodies. (More bodies = more practice)

So, more bodies. Who's going to find them for you?

Next week: bodysnatching, "Spunkers," Adam Smith, religion, and the folks of Essex discover there is another side of the good Dr. Sewall.

Robert "Rob" Fitzgibbon is an Essex resident, a Library Trustee, and a former member of the Essex Finance Committee. He writes about colorful local history on his Medium blog, "Chebacco Parish." On October 28, Fitzgibbon will speak with Gloucester historian Wayne Soini about a 1930s era double murder in Rockport that remains unsolved: "Main Street Murder," 9 a.m. Saturday, Oct 28 at Gloucester High School, Lecture Hall, 2nd floor. Info at <https://www.finn-funn.org/ghs.html#murder>.

Meet the New Staff At MERSD

Manchester Essex Regional High School

Alisha Gomes | Nurse (Middle/High School)

Alisha is joining the middle/high school after three years in the private healthcare industry. Alisha has worked as a registered nurse at North Shore Community Health and a clinical associate at Beth Israel Lahey Health. Alisha holds a Bachelor of Science in exercise and health services from the University of Massachusetts, Boston, and a Bachelor of Science in nursing from MGH Institute of Health Professions.

John Herrick | Biology and Anatomy Teacher

John Herrick is returning to us as a biology and anatomy teacher. John was a long-term substitute here

at MERHS in 2016. Since then, he has taught biology and anatomy and physiology at Marblehead High School. John holds a Bachelor of Arts from Johnson State College and a Master of Education from Gordon College.

Janie O'Halleran | School Psychologist (Middle/High School)

Janie is a licensed school psychologist who recently moved to the North Shore after working for four years with students ages three to 21 in the Chelsea Public Schools. Janie holds a master of science degree in school psychology from Northeastern University and a bachelor's degree from Colby College in Waterville, Maine. Janie will support students in the middle school SAIL program and conduct psychological evaluations for initial referrals

and reevaluations at the middle and high school level.

Heidi Pallo | Special Education Teacher

Ms. Pallo earned her undergraduate degree from Gordon College in recreation, sports, and wellness. She also earned her graduate degree from Gordon College in special education. Ms. Pallo worked as a teacher's assistant at MERHS for the past two years in the SWING and Transitions programs.

Amanda Rumble | Bridge Program-Counselor

Amanda Rumble is returning to us as a counselor for our Bridge program. Amanda was a counseling intern with us in 2018-19 and worked as a long-term substitute counselor for the 2020-2021 school year. Be-

fore returning to us this year, Amanda spent the last couple of years as a school adjustment counselor in Marblehead. We are very happy to have her back in the Bridge program.

Julie Sgroi | Principal

Julie Sgroi comes to us as the next MERHS Principal. Prior to this, she was the assistant principal at Danvers High School and middle school. She also served as department chair in Lynnfield for a number of years. She has her Master's degree in Educational Leadership from Salem State University.

Manchester Essex Regional School District Central Office

Heather Leonard | Director of Curriculum and Instructional Technology

Heather joins us from Reading Public Schools where she was the STEM Curriculum Coordinator since 2018

and previously Principal of Barrows Elementary School. Leonard holds a Master of Education in Curriculum and Instruction from the University of Massachusetts Lowell. She began her career as an educator at Gloucester Public Schools, where she worked as an after-school program coordinator, Math/Science teacher, and then as the Middle School Assistant Principal until 2010. She then served as the Elementary School Assistant Principal at Triton Regional Schools until 2013 before transitioning to her roles in Reading.

Manchester Essex Regional Middle High School Athletic Trainers

Brandon Mitchell

In on Monday, Wednesday, and Friday.

Johanna Sargent

In on Tuesday and Thursday.

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

Olive Garden Friday the 13th!

On Friday, October 13, the COA will present a trip to the Olive Gar-

den in Danvers. Olive Garden is an American casual restaurant chain that specializes in Italian American cuisine. Join us for your pasta fix. The van will start picking up seniors around 11 a.m.

Community Shredding Event

On Saturday, October 14, the Manchester COA is pleased to present a

Community Shredding Event. This event occurs between 9 a.m. and 12 noon behind Town Hall. Bring any documents that you want shredded and there will be a truck that will shred them on site.

Foliage Trip

Manchester COA is pleased to offer a trip on Friday, October 20 to enjoy the colors of fall. Take a ride around our local area observing all the foliage and decorations that have us

loving autumn. Afterwards we'll stop for lunch at Stephanie's Pancake House in Rowley. The van will start picking up at 10 a.m. Lunch is on your own.

Lunch of the Month

The Manchester COA is offering an Italian Feast on Tuesday October 24th at the Congregational Chapel at 12:00. The lunch, catered by Virgilio's, will include meatballs, chicken parmesan, stuffed mani-

cotti, salad, dessert, and beverage. MANGIA! The cost of this luncheon is \$10 per person and open to the first 40 who sign up. Reservations and prepayment are necessary by October 20th. Transportation will be available.

COA to Walmart

On Friday, October 27, the Manchester COA van will be going to Walmart in Danvers. The van will start picking up seniors around 10

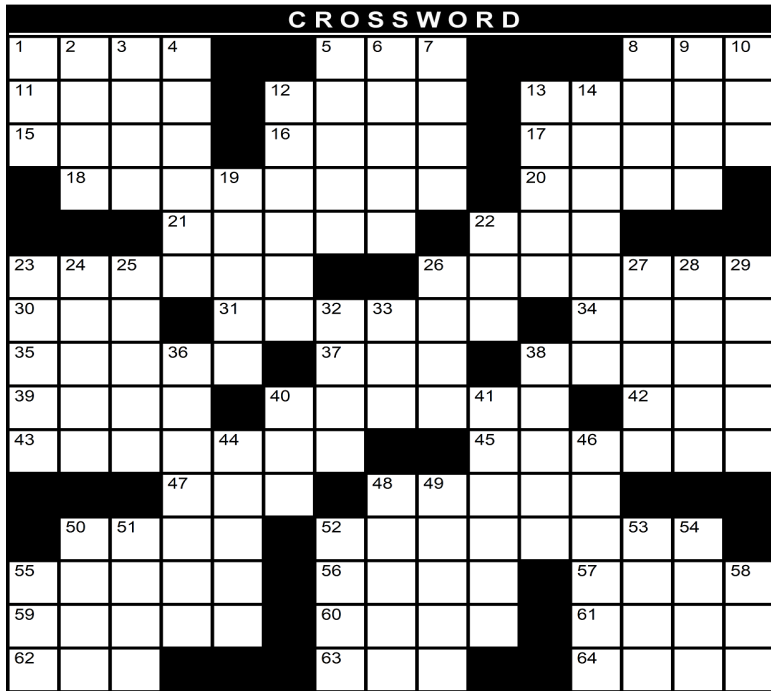
Puzzle

THEME: SWEET TOOTH

ACROSS

1. *Bow Wow Wow's "I ___ Candy"
5. Money source
8. * ___'s Root Beer
11. Pelvic parts
12. Start of something big?
13. Round openings
15. RPM gauge
16. Cantina cooker
17. Car sound, to a toddler
18. *Ninepins namesake
20. Kiln for drying hops
21. They had
22. Division, abbr.
23. Informal wear
26. "Tail" on letter C
30. Kamakawiwo'ole's strings
31. Real estate sale agreement
34. Denials
35. 9 a.m. prayer
37. Even, to a poet
38. *Desert plant harvested for sweet syrup
39. Forbidden
40. Quickly or slowly, e.g.
42. *Sweet ___ brew
43. Breathe in
45. Westernmost city in Germany
47. Soldier's bed
48. Mensch, alt. sp.
50. Italian car brand
52. *Jolly livestock raisers?
55. Russia's hard liquor
56. Ctrl + Z
57. Consumes food
59. Checks out
60. Famous French couturier (1905-1957)
61. Heavy Metal's Quiet ___
62. Caustic soda
63. Newsmen Rather
64. Kill, as in dragon

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1. Clever humor
2. Unfortunately, exclamation
3. Actor Nolte
4. Island in French Polynesia
5. *Donut filler
6. Checked out
7. Bleats
8. Rocky & Bullwinkle and Mary Kate & Ashley, pl.
9. To a very great degree (2 words)
10. Not bright
12. Sacred choral compositions
13. Roundish
14. *Sweet tooth, technically
19. * ___ Musketeers, spelled out
22. Drops at dawn
23. * ___-Frutti
24. Highlander's dagger
25. Sage and rosemary
26. *Scoop holder
27. Averse
28. "Drove my chevy to the ___"
29. Southeast Asian org.
32. Relinquish, as in property
33. Clergyman's title, abbr.
36. *Single serving treat

Sudoku

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4	6							5
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5					9			4
			4	6		5		
		8		7				
	9							7

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Solutions on Page 11

38. Embarrass
40. Arthur, to friends
41. Hard feelings
44. I to Greeks, pl.
46. TV's "Where everybody knows your name"
48. Opposite of depression
49. " ___ a high note"
50. Same as fogey
51. Inactive
52. "Ant-Man" leading actor
53. Not top-shelf in a bar
54. Greek portico
55. Radio knob, abbr.
58. Farm pen

Religious Notes

Cornerstone Church

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

Visitation Parish - Mass Schedule

The Visitation Parish Mass Schedule:

Sacred Heart Church - Saturday Vigil Mass - Virtual Mass - on our

YouTube as well as www.mecatholic.org

Sunday Mass - 8:30 a.m.

St. John the Baptist Church - Saturday Vigil Mass - 5 p.m. Sunday Mass -10 a.m.

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

The Assumption of the Virgin Mary Greek Orthodox Church

8 Lafayette Road, Ipswich Mass.

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

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

followed by a weekly sermon. All are welcome to attend.

First Parish Church Manchester-by-the-Sea

Facebook, FirstParishChurchManchesterMa.

Worship Leader, Rev. Ellie Richardson

Music led by Dr. Herman Weiss and the First Parish Choir

Mon., Oct. 16, 10 a.m. Friends of the COA Senior Coffee, drop in and visit!

Weds. Oct. 18, 7:30 p.m. Choir Rehearsal

Thurs., Oct. 19

10 a.m. - Noon, Thursday VNA Health Clinic, free open to all

1- 3 p.m., Thursday Seaside Parish Knitters, bring your knitting and drop in for conversation

4 p.m. Online Bible Study, with Elsa Marshall, join in a lively discussion, on Zoom. To join, by computer, smart device or dial in on a phone - email office.fpchurch@gmail.com or call 978-526-7661

St. John's Episcopal Church (Beverly Farms)

FALL SERVICE SCHEDULE - 8 a.m. Rite I & 10 a.m. Rite II

Our Children's Chapel is the first Sunday of every month. Our first children's chapel will be October 1.

Gloucester Unitarian Universalist Church

10 Church Street, holds Sunday morning services at 10 a.m. in-person in its historic sanctuary, as well as online. Please visit the church's website, www.gloucesteruu.org, for

the link to the livestream. Activities provided for elementary school-aged children during the service. Masks are always now optional. Our church is handicap accessible. All are welcome.

EMMANUEL CHURCH (Episcopal)

19 Masconomo Street Manchester, MA 01944

(978) 526-0085 www.emmanuelmanchester.org

The Rev. Luther Zeigler (Minister)

Ms. Priscilla Walter (Organist)

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

...(Continued on page 11)

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WEST NEWBURY
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The Cronin Team | 978.609.0740



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Adopting a Shelter Dog



PETS & PEOPLE

Photo: Matheus Bertelli

By Lawrence Lamb, DVM

Deciding to add a new animal to your family is an exciting time!

Adopting a dog or puppy from an animal shelter or rescue program can be very rewarding. Not only will you be adding a wonderful companion to your family, you will also be saving a life. Here are a few things to consider before, during, and after the adoption that can help ensure success.

Make sure you're ready. Adopting an animal means agreeing to be responsible for the animal's care for many years to come. It is always wise to think ahead and consider what might change in your life and how you will be able to ensure that you meet your new dog's needs as a beloved family member. Veterinary care, nutritional needs, exercise requirements, and how well the dog will blend with children and other family members are all important. It is also imperative to consider the financial obligation of caring for a canine companion. There are expenses involved with caring for your dog if you travel, including veterinary care and emergency services.

Some of these expenses can add up to thousands of dollars. Therefore, it is highly recommended your new friend has a major medical insurance policy.

Familiarize yourself with the type of dog you seek to adopt. Breed, energy level, sociability, haircoat, age, and your personality and lifestyle are just a few. Many shelters are experienced at helping to make lasting matches and may even have standardized, research-backed questionnaires for you to fill out to help with this process.

Most areas have multiple animal welfare organizations, and each may have different missions and philosophies. You may wish to give your adoption support to the agency your philosophies align best with. Consider asking your regular veterinarian about the local shelters. It can also be useful to ask friends what their experiences have been. Ultimately, you should feel great about the dog or puppy you are bringing home and the organization you choose to support through your adoption.

Rescues and shelters take different approaches to the adoption process. Some re-

quire you to fill out involved questionnaires and perform reference checks. Others take a more open, trusting, and conversational approach. Some shelters will send animals home the first day you visit, and others take a slower approach. It can be helpful to familiarize yourself with how the shelter you visit works immediately so you won't be disappointed after you've matched with a dog. Almost all shelters will require their animals to be spayed/neutered before adoption. Many shelters will have already performed the surgery before animals are available for adoption, while others will wait until adoption papers are signed. This is also something you may want to find out about early on. Less commonly, shelters will send animals home with a voucher or other system and require spay/neuter at some point after adoption. It can be helpful to keep an open and compassionate mind during the adoption process. Remember that shelters are busy and chaotic places for the animals they house and the humans that work there.

Once you have found a dog you are interested in, ask the

shelter for as much information as possible! Get a complete history, but recognize that sometimes little information is known. Find out when and where the shelter obtained the dog; was it brought in as a stray, surrendered by an owner, transferred from another shelter, or in another situation? Ask what is known about the previous living situation and how the dog has behaved since being at the shelter.

You should also be shown the medical records the shelter has kept since intake (and any previous records that might exist). You will want to ask about any ongoing medical issues, whether the dog is on any medication, and what anticipated care will be required if there are known medical issues. Inquire about what sort of follow-up services the shelter offers, such as health insurance, microchipping, obedience training, or consulting for behavioral issues or medical issues.

Finally, be sure to ask about return policies, as it is important to know what options exist if the adoption does not work out.

Although many sheltering organizations have staff veterinarians, many do not. The level of veterinary care can be advanced to non-existent. No matter what exists in the shelter your dog comes home from; it is always wise to schedule an appointment to see your regular veterinarian soon after adoption. Illnesses such as upper respiratory infection and diarrhea are quite common in the early period after adoption due to the stress of shelter stays, and your veterinarian can help provide appropriate care so that your new friend recovers optimally. Vaccination boosters, parasite examinations, microchip implantation, and other important preventive care may also be needed early after arriving home.

It can take weeks for a new dog to adjust to a new home, yard, family, and environment. Keeping things quiet for a week, learning about and employing crate training, and establishing a solid routine can help. Especially for an older dog, patience is a very good idea during the initial adjustment period.



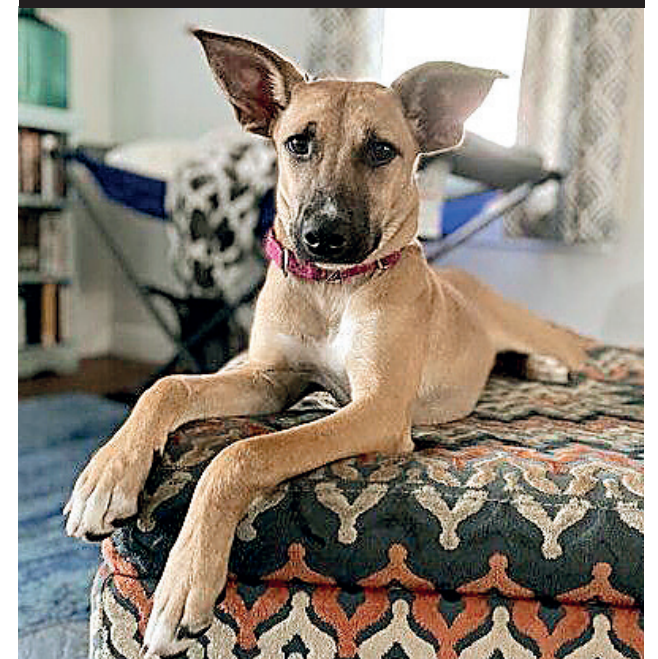
Dr. Lamb is the Veterinarian at the Manchester Animal Hospital.

Solution to puzzles on page 10

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6	5	8	9	7	1	4	3	2
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PET OF THE WEEK



REDUCED PRICE

Irita is being featured as a part of Cape Ann Animal Aid's Extended Stay Program. Her adoption fee is reduced to \$200 and includes three months of heartworm/flea/tick prevention along with a consult with the Behavior Associate to help ensure success with her new family. Irita is a 7-month-old Sato from Puerto Rico. She is currently in a foster home and learning confidence and new skills. Her foster mom

writes, "I am learning to love pets and snuggles and how to be silly and have been the very best girl!" Irita will be most happy with another dog in her new home who will help build her confidence. She has been living with teenagers and would likely do best in a home without very young children.

Apply online at www.capeannanimalaid.org and set up an appointment to meet Irita from foster.

...(Continued from page 10)

Quaker Meeting

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

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

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INFORMAL PROBATE PUBLICATION NOTICE
Docket No. ES23P2978EA

Estate of E. Nancy Wrobel
Also Known As: Nancy Wrobel/
Nancy S. Wrobel

Date of Death: September 4, 2023

To all persons interested in the above-captioned estate, by Petition of Petitioner Diane C. Plouff of Nashua, NH. A Will has been admitted to informal probate.

Diane C. Plouff of Nashua, NH has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered

under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

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

October 13, 2023 MC



Pictured from left to right: Club President, Bruce MacDonald Jr., and newly inducted Manchester Club members.

Courtesy Photo

Manchester Club

The Manchester Club held their September dinner on Thursday, September 21 at the Legion Hall. Todd Crane and his kitchen crew served up the "Mort Mayo" fish dinner along with a garden salad, mashed potatoes and green beans topped off with Klondike Bars for dessert. At the conclusion of dinner, Club

President Bruce MacDonald Jr. called the meeting to order. Club Secretary Craig McCoy recapped the June dinner and Club Treasurer, David Slade apprised the members in attendance of the club's finances. At the conclusion of business, President MacDonald introduced the 2023 new members to the club: Chris Oliver, Laurence Kiely, Don Gib-

bon, David Turnbull, James Maccarone, Joseph Sabella, Steven Hall, Lane Mann, Jason Levendusky, Kyle Donoghue, Aidan Cheney-Lynch, Dan Armstrong, Mathew Decharnais, Sean Zahn, Brian Sollosy and James Brady. After the recognition of new members, it was on to guest speaker, Essex County District Attorney, Paul Tucker. DA Tucker shared with the club how he got involved in politics and the biggest challenges he is facing as DA.

It was a most informative talk. The next Manchester Club meeting will be held on Thursday, October 19 - chicken cordon bleu is on the menu and US Navy veteran and Manchester resident, Fred Wales will be sharing his experiences while serving aboard an icebreaker and submarine. Members are asked to please RSVP to the email invitations they received earlier in the month. Thank you!

