

# MANCHESTER CRICKET

A Local Tradition Since 1888

VOL. 136, NO. 35

FRIDAY, JANUARY 19, 2024

PRICE: \$1.25

**BRIEFLY**

**Annual Knights of Columbus Free Throw Championship This Sunday**

In Manchester, the Masconomo Council 1232 Knights of Columbus will be hosting its annual "Knights of Columbus Free Throw Championship" this coming Sunday, January 21. The competition will be held in the gym at Manchester Memorial Elementary School, as it is every year, and it's open to all resident boys and girls in Manchester and Essex (and any other students of the ME Regional School District who are 9 to 14 years old as of the first of this year). Preregistration begins at 11 a.m. sharp. Then, the Free Throw Contest will take place from 11:30 a.m. to 1:30 p.m. Plaques for boys and girls will be awarded to winners in each age group. The winners will then be eligible to compete in District or Regional Championship to be held in the coming months. Last year, Manchester and Essex winners went on to victory in District and Regional Championship competition. There is no fee to participate. Info at davidwslade99@gmail.com.

**Tax Help for Seniors**

Free income tax advice is available for qualified senior citizens and low-income residents beginning on Thursday, February 8, 2024. This service is available through a cooperative effort of the AARP Foundation tax-aid program and the SeniorCare RSVP program. All volunteer counselors are trained by the Internal Revenue Service; counselors will have hours at the Town Hall in Manchester on Thursday mornings with appointments scheduled every 15 minutes. Seniors coming in for tax advice should bring with them copies of their previous year's federal and state tax returns, any forms including W-2s and other relevant material showing income for the year. If it is not completed by your appointment time you will need to reschedule. Appointments are required, so if you're interested, call (978) 526-7500.



**Sadly, it has come to our attention ...**

Longtime Manchester resident George Matthews has died. Among his many accomplishments, Matthews was co-founder with Mikhail Gorbachev of the Gorbachev Foundation of North America, which is dedicated to "the triumph of humanism and justice" in the world. His obituary, **Page 2**.



**Historic Flooding**

Saturday's rain storm brought historic flooding to areas from Boston to Cape Ann. Manchester and Essex were particularly hard hit, with images that brought the topic of coastal resilience and rising sea levels to the forefront. From the Essex Causeway to Masconomo Park and the inner harbor, water was everywhere.



## MBTA Zoning Task Force Narrows its Scope



By Jeff Pope

The Manchester-By-The-Sea MBTA Zoning Task Force reduced the number of the areas under current consideration for multi-family zoning options at its meeting on Thursday, Jan. 11.

Five of the 11 areas of town that the Task Force previously identified were dropped for now, but one new area was added, and another was placed in the possible category.

The state implemented a new zoning regulation that requires each community with MBTA rail or subway

service to create a "by right" zoning, allowing for an average of 15 units an acre for a certain number of acres, with at least 40 percent of those acres inside a half mile radius of the MBTA station. The remaining 60 percent of the acres can be anywhere in town.

Manchester's required number of acres is 39, meaning 15.6 acres must be within a half mile of the station. The remaining 23.4 acres may be anywhere in the town.

The zoning rules would allow 585 units to be built over the 39 acres, but it only needs an average of 15

units per acre. So, if the new zoning allowed 18 units on some acres, some could be limited to less than 15 units.

Consultant Emily Innes described each of the 11 areas previously identified, how many acres each contained, and how many units could be built in each area under the current zoning. Seven of those areas are inside (or mostly inside) the half-mile radius. The other four are outside the half-mile circle.

"What I'd like to do is winnowing down, narrow down (these areas)," said Innes. "Take things out of consideration, out of consid-

eration." "Then we could have a second round of winnowing down (at the next meeting)," she added.

Following is a description of each of the areas still being considered:

- 1-A is just 4 acres and includes Newport Park and the two single-family homes just north of the senior housing. The half-mile radius runs through the middle of this section.
- 1-B is mostly on the west side of Pine Street, starting opposite Newport Park and running down to Bennett Street. It generally only includes the lots along Pine Street, with a few exceptions. It is 8.8 acres in size.
- 1-C is mostly between Pine

and Elm streets from the woods south to Central Street, but not including the businesses and buildings on Central Street. It is 7 acres in size.

• 1-D is the smallest zone being considered at 2.8 acres and is east of Elm Street to Sawmill Brook and ends south of Friend Street.

• D is a section of downtown with a southern border of the railroad with lots on both sides of Beach Street, south of the intersection with Summer Street, and on both sides of Summer Street, stopping before reaching Washington Street. It is 10.3 acres in size.

• A is the only section outside the half-mile circle and consists of 75.1 acres, including the Manchester Athletic Club, the medical complex off School Street, the storage facility, and the land Cell Signaling is considering for a research and development laboratory.

...(Continued on page 7)

**Weekly Weather Chart**

Saturday 20 Jan		21°	14°
Sunday 21 Jan		26°	14°
Monday 22 Jan		38°	21°
Tuesday 23 Jan		44°	31°
Wednesday 24 Jan		41°	38°
Thursday 25 Jan		40°	37°
Friday 26 Jan		42°	38°

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.- 3:30 p.m.

**Essex BOS**  
Monday, January 22, 6 p.m.

**MERSD**  
SC Meeting & Budget Hearing @ EES  
Tuesday, January 23 6 - 8 p.m.

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A drone shot taken by the Manchester Police Dept. Officer Ryan Machain shows Manchester's inner harbor taking over the entire public parking lot behind Town Hall and leaving the American Legion Hall an island. (Photos above: Paul Clark, Bob Lockwood, and Town of Essex)

## 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).

### Josepha Nieberle Collins



Josepha Nieberle Collins, 98, of Manchester, passed away Friday, December 22, at home surrounded by loved ones. Born in Obergunzburg, Germany on May 18, 1925, she was the daughter of the late Johann Hanseler and Amanda Fuhner Hanseler. She was one of seven children, including her twin brother, Heinrich.

After living through the frightening times of WWII Germany, she met and married her husband, Wilhelm Nieberle, with whom she shared 36 years of marriage before his passing. She often told the story of the day Willie came home from his job at the US Army Base and announced they were moving to America. Though neither spoke any English, they packed up their belongings and bravely took on a transatlantic crossing with their daughters, six-year-old Hedi and two-month-old Linda, to start a new life in Manchester by the Sea.

They worked long hours and saved every penny to provide a better life for their daughters. No matter what struggles they faced, Josepha (lovingly known to friends as Betti) met every challenge with strength, courage and optimism. She made friends everywhere she went and so many of those friends became family. She was kind and lovely and had a spirit of generosity like none other. She was a talented cook and baker and showed her love through her craft, baking coffee bread and cookies for family and friends and often delivering them.

Josepha had a deep connection to nature that began as a child growing up in the mountains of Germany and continued here in America where she spent countless hours creating beautiful perennial gardens. She was happiest with her hands in the dirt, working in the garden and tending her woods. She generously shared her perennials with many friends and family. Helping others start their own gardens brought her great joy and those gardens are a beautiful legacy she leaves behind. Each summer, hundreds of evening primrose, astilbe, wild geranium and more will bloom because of her and they will always serve as a reminder of her loving and generous spirit.

Josepha is survived by her two daughters, Hedi Kershaw and her partner Crow Black of Newbury and Linda Nieberle and her partner Barry Ramos of Manchester, granddaughter, Kristin Kershaw, grandson Jason Kershaw, wife Andrea, daughters Emma and Autumn, grandson Matthew Kershaw, wife Ilse and son Loren and many nieces and nephews. She is predeceased by her husband Wilhelm Nieberle, second husband Richard Collins, and son-in-law Ralph Kershaw.

Services for Josepha are private. A celebration of life for Josepha will take place at a future date. Contributions may be made in her memory to Generous Gardeners, www.generousgardeners.org.

### George James Matthews



George James Matthews of Manchester-by-the-Sea died peacefully on January 11 after illness surrounded by his family. George was born on February 13, 1930 to Wallace James Matthews, Sr. and Catherine Carter Matthews. George grew up in East Boston, attending public schools and playing football for his high school.

George graduated from Northeastern University in 1956 with double degrees, one in Business Administration and another in Industrial Engineering. He was an energetic and fearless entrepreneur, owning and managing a number of companies during his lifetime, most recently The Registry. At the Registry, an agency that places interim executives with colleges and universities, George worked alongside his son, Kevin, who now serves as The Registry's CEO. George was founding owner of the United States Football League and a co-owner of the USFL's Boston Breakers football team. George served on many boards of directors during his career.

In 1950, George married Hope MacDonald and they raised four children, Karen Matthews, Kevin Matthews, Maureen Matthews McClintock, and Kathleen Matthews Rodgers in Littleton, Massachusetts. Later, George, Hope and Kathleen moved to Manchester-by-the-Sea, where George enjoyed sailing his sloop, It's About Time.

Northeastern University was a very special place to George. George believed the University's unique Cooperative Education program, mixing work experience with education, was foundational for his career, and for many others, too. George joined the University's Board of Trustees in the 1980s. During his tenure, George led the effort to renovate the former Northeastern Arena (originally known as Boston Arena), giving the Arena new life. The University renamed the Arena the George J. & Hope M. Matthews Arena in honor of George and his first wife, Hope. In 1989, he was elected Chairman of the Board of Trustees, serving in that position for 10 years. His leadership transformed Northeastern from a regional institution to a nationally ranked university (now ranked #40 nationally by U.S. News & World Report). George was instrumental in the University establishing the Center for the Study of Sports in Society. For his service the University honored George with its highest honor, granting him an honorary Doctorate of Humanities in 1986. The University's most prestigious faculty and student awards, the Matthews' Distinguished Professor and the Distinguished Scholar Awards, were named for George and his wife Kathleen Waters Matthews. For George's support of the University's athletic programs, including women's athletics, George was inducted into the Northeastern Athletic Hall of Fame.

George joined forces with Mikhail Gorbachev to establish the Gorbachev Founda-

tion of North America, which is dedicated to "the triumph of humanism and justice" in the world. George and Mikhail Gorbachev were the Foundation's first leaders. The Foundation hosts events for world leaders addressing the issues of economic development, democracy and justice.

He was co-founder and member of the Club of Madrid, a resource center for democracy whose one-hundred-plus members are all former prime ministers or presidents of their respective countries. George served as a Senior Fellow of the Institute of Socio-Economic and Political Studies at Trinity College of Oxford University, U.K.

George received many honors during his lifetime. In 1998, George received the Medal of Honor from the Les Amis D'Escoffier Society of Boston. The Vatican State honored George with a knighthood, making him a Knight Grand Cross of the Equestrian Order of the Knights of the Holy Sepulchre of Jerusalem, which was founded in 1099. George was a proud member of the Clover Club of Boston, serving as its President in 1993.

For all of his honors and accomplishments, George was a product of East Boston. He believed that everyone in an organization and community had value and was important. Whether you were the chief financial officer or the receptionist, the president of a large corporation or a machinist, you were important. George could be a force of nature as a leader, but he always respected people of character, regardless of their station in life. He believed that success did not always last and, if a person's life took a bad turn, help should be provided. These are the values that George shared and passed along to us.

George is survived by his loving wife, Kathleen Waters Matthews of Manchester-by-the-Sea, MA; his daughters Karen Matthews of Rockport MA, Maureen Matthews (Lon) McClintock of Shaftsbury, VT and Kathleen Matthews (Robert) Rodgers of Magnolia, MA, his son, Kevin (Prema) Matthews of Sudbury, MA, his sister Ann Regan of Belmont, MA and his brother Wallace (Sherry Loo, M.D.) Matthews, Jr., M.D., of Honolulu, HI. George is also survived by his grandchildren Alex Sorgi (Ryan Fairchild) of Jersey City, NJ; Mark Sorgi (Bianca deLeigh) of Watertown, MA; Matthew McClintock of South Burlington, VT, Carter McClintock (Calla Harrington) of Greenfield, MA, Samantha Rodgers, Mikaela (Matthew) Daigle, and Derek Rodgers, all of Magnolia, MA and Ranjani Matthews of Sudbury, MA, and great-grandson of Jackson Fairchild. He was predeceased by his loving wife Hope MacDonald Matthews, his parents Catherine Carter Matthews and Wallace James Matthews, Sr., his sisters and brothers-in-law - Edna and Charles Dankens, Alice Matthews, Thomas Regan, Joan and Frederick Peterson. He also leaves behind many nieces and nephews.

His funeral Mass was celebrated at Visitation Parish (formerly Sacred Heart Church) in Manchester-by-the-Sea on Monday. In lieu of flowers, please consider donations to Visitation Parish, 62 School Street, Manchester-by-the-sea, MA 01944.

### Ellen James Ward

Our beloved aunt, Ellen James Ward (aka El, EJ or Dodo) died peacefully just before dawn on January 12.



She was 96, and a recent resident of the River Mead retirement community in Peterborough, NH.

El, the youngest daughter and last remaining member of a close-knit family of seven that included parents Hugh C. Ward and Grassie B. Ward, siblings Virginia W. Cabot, Hugh C. Ward, Jr., Mary Louise Ryus, and Peter B. Ward, was born in Boston in 1927. She spent her childhood at their family home, the Pump Cottage, Hart Street, Beverly Farms.

Beyond her immediate family, El took special pride in her ancestral Kansas City roots as a direct descendant of Jesse James.

Ellen was a graduate of the Shore Country Day School, St. Catherine's School ('45) and Vassar College ('49). She excelled in athletics. She won numerous secondary school tennis tournaments, often with her sister Mary Lou as her doubles partner. In her senior year at St. Catherine's, she was the captain of the school's Gold team. While at Vassar El was invited to attend the Merestead Field Hockey Camp in Camden, Maine, one of two in the country at the time preparing serious female athletes to pursue competitive international field hockey at home and abroad. In the winter of 1950, she was a member of the Merestead Rooters Touring Field Hockey team that competed in the United Kingdom and Holland. She was coached by Anne Townsend, a ranking member of the All-American Field Hockey Team, and she played both field hockey and lacrosse with Maggie Boyd, long-term captain of the English lacrosse team. In a remarkable feat, our aunt played with the American National Field Hockey team in the fall of 1951 and the All-American Reserves in the National Lacrosse Tournament during the spring of 1951.

Her career as a physical education instructor began in Philadelphia, where she continued to play with the U.S. Women's Field Hockey team. After a brief stint in Connecticut as coach/teacher, El's professional career culminated in a multi-decade role at the Brookwood School in Manchester where she was a cherished physical education instructor, girl's field hockey and lacrosse coach.

After retirement, El dedicated herself to her life-long interest in art and photography. She lived in Manchester for decades on Washington Street where she turned the meridian patch into a flourishing, award winning flower garden. In 1999, for this garden the Manchester Board of Selectmen named Ellen "Outstanding Volunteer of the Year." She studied art with renowned artist, Zygmund Jankoski and with paints or camera in hand captured beautiful and widely exhibited images of locations like Manchester harbor, Black and White beach and secret coastal byways. She was an enthusiastic and prize-winning member of the Guild of Beverly Artists.

... (Continued on page 3)

### The Manchester Cricket

Founded in 1888.  
Published every Friday.

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PO Box 359  
Manchester, MA 01944

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Phone | 978.526.7171  
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**Subscriptions**

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

**\$1.25 at newsstand**

**PUBLICATION NUMBER  
USPS 327-420**

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

## CLASSIFIEDS

First, the good news. For subscribers, classified ads are free (one listing / subscriber at a time, please ... and keep it to 25 words or so). For all others, submit your weekend sales, lost and found, for rent, help wanted, services, etc. to [classifieds@cricketpress.com](mailto: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 SALE

**TIMESHARE - ATTITASH MT VILLAGE**—Not able to use any longer. Children long gone, need to sell. Located across the street from Attitash Mountain, Bartlett, NH. Week #4 (1/26/24 to 2/02/24). 2 separate units on main floor that can be used as one. Private hallway connects units. One with full bath and Qbed. Other full bath, washer/dryer, full kitchen, living rm, fireplace, pull down double bed. Main floor access to pkg lot. Ski locker, use of pool & game rm. Pls call to make an offer: (978) 526-7036.

**QUEEN SIZE BED**—Queen size bed in excellent condition. High end Sealy mattress and box spring with custom made fabric headboard. \$275.00. Call 617-817-1308.

### FOR RENT

**MBTS VILLAGE**—Upstairs at 38 Union St features renovated 1 bdrm/1bthrm with shower. Hdwd floors, cathedral ceilings, exposed beams, patio and backyard, two private entrances. W/D in unit. Central A/C. 700 sq.ft. +/- \$2,500/month. Great light with sunshine all day. Available now thru May 2025. Come bring your ideas to this ideal home or office space in the heart of MBTS right above Gray House Antiques! Email [hello@grayhouseantiques.com](mailto:hello@grayhouseantiques.com).

### SERVICES

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Members of Operation Troop Support braved a winter flood at the Legion Hall on Saturday. Volunteers met the goal of packing boxes of essentials for our troops that have been deployed around the world.

## Proposed Well Regulations up for Review

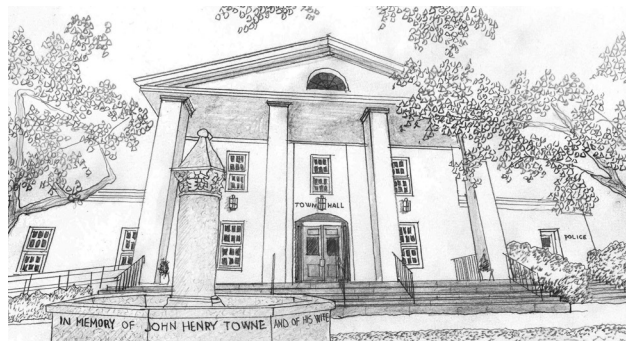
By Gregory T. Federspiel

The Board of Health has drafted new regulations for private wells in town. The proposed rules would apply to all existing and future wells whether the wells are for drinking water or strictly for irrigation/agricultural use. The Board will be hosting a formal public hearing on the proposed regulations on Thursday, January 25 at 6 p.m. in Room 7 of Town Hall or via Zoom.

Currently, well regulations that are in place are focused on the placement and permitting of new wells. There are no on-going testing and reporting requirements regarding the quality of the water drawn from the well.

With the rise in ground water contamination concerns, the Board of Health, with encouragement from the state and their model regulations, have advanced these proposed regulations with an eye toward ensuring that well water is as contaminant free as possible. For example, the growing concerns over PFAS, encompassing a large number of chemicals that are extremely persistent in the environment, has been fueled by cases of contaminated wells further spreading these potential toxins.

The proposed rules place new testing requirements on the owners of wells. All wells will be required to conduct baseline testing, including tests for PFAS and related chemicals. Assuming these tests confirm chemical levels below the state and



federal standards, the property owner would not need to do comprehensive testing for the next 10 years or when their property changes hands, whichever occurs first. The regulations highlight 13 items to be tested plus six categories of PFAS.

Annual testing is part of the regulations for a series of potential contaminants. Here the rules specify eight substances for which to test - total coliform bacteria, E. coli bacteria, nitrates, nitrites, pH, conductivity, sodium and iron.

Additionally, the proposal calls for all well water to be chlorinated before use. This requirement is for both potable and non-potable water. This measure will require new chlorination systems for well owners as this would be a new requirement.

The BOH is also recommending that any time an outdoor watering ban is imposed on users of the municipal water system that the ban apply to those who use wells for their irrigation needs. Most of the wells in Manchester are not tied into the same aquifer as the municipal water supply thus some have questioned the

need for such a measure. Others argue that dry conditions impact all water supplies and that conserving water use regardless of the source is good policy. Certainly, removing the option of using well water during dry periods removes one of the bigger incentives for installing a well in the first place. As we look to reduce the overall use of municipal drinking water for irrigation, we will want to think carefully about the unintended consequences of restricting well use.

The upcoming hearing on January 25 provides an opportunity for residents to express their opinions about the proposed regulations. The full text of the draft can be found on the Board of Health's page of the Town's website. The Board will take public comments and will consider these comments as they further deliberate on the draft rules. Can't make the meeting? Written comments can be sent to the BOH prior to the hearing on the 25th. The Board of Health has the authority to adopt these types of regulations after conducting public hearings.

...(Continued from page 2)

In her ninth decade, El moved to the Herrick House in Beverly where she befriended the entire staff and continued her interest in painting. After a fall and brief stint with physical therapy, she left the North Shore to live in Peterborough, NH near her niece Susan Martin. El was a stalwart Kansas City Chiefs fan, refusing all telephone calls during game time. She remained creative, inquisitive, observant, humble, loving, energetic, generous with her time and laughter, often engaged on social media or phone and in person with her nieces, nephews, and hordes of grand nieces and nephews. She had an avid interest in politics, current events, cultural trends and all sports. Only hours before her death, El noted with some degree of satisfaction that the Patriots' Bill Belichick had left the scene and expressed the hope that Trump would do the same.

Our remarkable aunt is survived by a legion of family who were blessed to know her. We include Samuel and Claire Cabot, Ellie Cabot and Matthew Watson, Joan Cabot and Fred Gardiner, Christopher and Judith Cabot, Jared and Celina Ward, Natalie Ward and Joel Harris, Seth and Penny Ward, David and Martha Martin, Susan Martin, Michael and Heather Ryus; Peter and Patty Ward, Lisa Ward, Preston and Jackie Ward, James C. Ward and Jonathan Day; her sisters-in-law Diana G. Ward, Judy Ward and Nancy King, several dear friends in England,

and numerous great-nephews and nieces, and great grands.

Plans for a spring memorial service are yet to be made.

### John L. Allen, Jr.



John L. Allen, Jr. died peacefully on December 27 at Kaplan House in Danvers. He was born in Boston on May 12, 1940 to Marian Emerson Allen and John L. Allen. He will be lovingly remembered by his wife of 62 years, Lee T. Allen and his children; Elizabeth T. Allen (Chris Foster) of San Diego, CA, Charles E. Allen (Melynn) of Ipswich and Nicholas L. Allen (Monica) of Bend, OR. He is also survived by four grandchildren; Chelsea, Claire, Harper and July Allen; two sisters, Lindsay Allen of NYC and Melissa Heath of Asheville, NC as well as two beloved nieces and their families. He was predeceased by his sister, Wendy A. Sicre of Kalamazoo, MI, and his nephew, Alejandro Sicre.

John graduated from the Taft School in Watertown, CT and held both a BA'64 and an MA'69 in Architecture from Yale University. As an architect he saw the

possibilities in restoring historic properties that might otherwise have been demolished. As a developer he formed MyersonAllen and Co in Boston. His company received local, state and federal awards for redevelopment of economically obsolete buildings in MA, ME, OH, VA and NC.

Growing up in Marblehead fueled his love of the ocean and led him to teach sailing there and in Camden, ME where his grandfather, the founder of Camp Chewonki in Wiscasset, lived. All of his summers were spent as a camper at Chewonki and he later became a director of the Chewonki Foundation.

John cared deeply about Manchester and served on several boards including the Historic District Commission and the Planning Board. He also coached Manchester Youth Soccer and never forgot to mention the undefeated season of one of his teams.

JA, as he was called by many, never lost his dry sense of humor and even near the end of his life he had us quietly laughing. The humor was often so subtle that it was unrecognized but those who knew him will remember it.

He was very proud of his children's / grandchildren's accomplishments. While various injuries and illnesses kept him at home for the past several years, he followed their careers and adventures with great interest and joy. A family celebration of John's life will be held on the ocean next summer.



### BOARD UPDATES

**Planning Board Meeting:** The Planning Board will meet on Monday, January 22 at 6:30 PM. Meeting details can be found on the Town website.

**Open Burning Season:** Open Burning Season started on January 15. To obtain a permit please visit manchester.ma.us/153/Burn-Permits. All permits are weather dependent.

**Board of Health Public Hearing:** A Public Hearing will be held on Thursday, January 25 at 6 PM to discuss new proposed private well regulations. A draft of the regulations and meeting details can be found on the

Town website.

**MBTA Zoning Task Force:** The next MBTA Zoning Task Force meeting will be held on Thursday, January 25 at 6:30 PM. Meeting details can be found on the Town website.

**Nomination Papers:** Run for office in 2024! Nomination papers are now available in the Town Clerk's office for Select Board, School Committee, Library Trustee, and Planning Board.

**DPW Rain Barrel Sale:** Last minute New Year's idea! DPW is selling rain barrels again this year. Order now and pick up on April 6, 2024. Fifty percent off the first barrel. Order at greatamerican-

rainbarell.com/community/.

**Walker Road Work:** Water Main work continues this week on Walker Road. The work will take place M-F from 7 AM to 3:30 PM and will take approximately 90 days to complete.

**Trash, recycling, and compost collection:** Regular Schedule. Please place curbside by 7 AM on day of collection. Transfer Station is open on Wednesdays from 7:30 AM to 3 PM and Saturdays from 10 AM to 3 PM.

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

## WHAT WAS HAPPENING

### 90 YEARS AGO - 1934

Another cold snap arrived Wednesday and fortunately without snow. Thermometers about town yesterday morning were registering six to ten degrees above zero.

That keen interest was felt in the announced subject for discussion at the last meeting of the Parent-Teacher Association "The Adolescent Boy and Girl" was evidenced by the largest attendance of the year at Price School Hall.

### 75 YEARS AGO - 1949

Judge Edward Morley, Norwood Avenue, this week was appointed to the Appellate Division Courts by Hon. Stanley E. Qua, Chief Justice of the Massachusetts Supreme Judicial Court.

Superintendent of Streets, P. Edward Sweeney was credited this week, aiding five Gloucester people who were injured in an accident on Western Avenue, Gloucester, Monday.

### 60 YEARS AGO - 1964

Arriving with gale force winds, the heaviest snow-storm of the season hit the North Shore on Monday and

left an accumulation of about 12 inches.

Coach Ed Field has extended an invitation to residents of Manchester to join with the Manchester High griders and coaches on Friday evenings to see movies of the game played the previous Saturday, and if available, movies of the team that the boys will play on the following day.

### 45 YEARS AGO - 1979

Manchester lost last Friday to an undefeated League strength Newburyport. The final score was 75-58. Manchester played a great game, they led at the half totally surprising Newburyport and taking them off their guard. Manchester coach Skip Milne said, "Overall I thought we played a fairly decent game. We gave them a run for their money."

The Dow Block on Beach Street, which was razed last week to make room for a business complex, was built 84 years ago this month.

### 30 YEARS AGO - 1994

The 350th Anniversary Committee is pleased to announce the design of our logo by John Doyle of Doyle Advertising. This logo will be made available to shopkeepers for their use on mugs or other items for sale.

On Thursday, December 16, 1993, in Norwood, Mass, Manchester-by-the-Sea Police Chief Ronald W. Ramos was presented the Pelletier Award for Service to the Jimmy Fund. This award is the highest award given to a Massachusetts Police Chief for his service to the Jimmy Fund.

### 15 YEARS AGO - 2009

Manchester Troop 3 Boy Scouts purchased, prepared, and served over 100 meals at the Cape Ann Food Pantry on January 8. Rave reviews were given about the homemade lasagna dinner served with a broccoli cheese casserole, salad, bread, brownies, and cookies for dessert.

The Manchester Essex girls' varsity basketball team improved from 6 to 2 last week with victories over Rockport and North Reading. The girls suffered their second loss of the season against league powerhouse Pentucket Monday night.

### Tides & Sun Chart For The Week Ahead

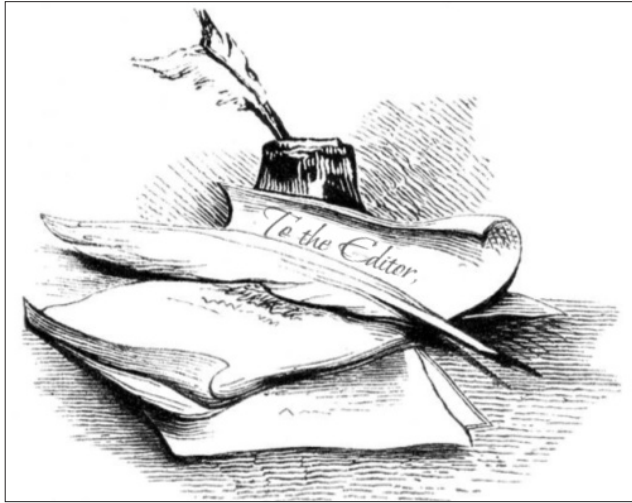
DATE	HIGH				LOW				☀️	
	AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
19 Fri	5:36	9.8	6:06	8.5			12:10	0.6	7:06	4:40
20 Sat	6:38	9.7	7:14	8.1	12:23	0.6	1:17	0.8	7:06	4:41
21 Sun	7:40	9.6	8:20	7.9	1:22	1.0	2:27	0.8	7:05	4:43
22 Mon	8:41	9.6	9:21	7.9	2:21	1.3	3:34	0.7	7:04	4:44
23 Tue	9:37	9.7	10:15	8.0	3:19	1.4	4:31	0.5	7:04	4:45
24 Wed	10:27	9.8	11:03	8.2	4:13	1.3	5:18	0.3	7:03	4:46
25 Thu	11:12	9.8	11:46	8.3	5:00	1.2	5:56	0.2	7:02	4:48



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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.**

**Leaf Blowers: Much More Than an "Annoyance"**

To the Editor,

Sylvia Vriesendorp certainly touched on a popular peeve

a few weeks back by suggesting a ban on gas-powered leaf blowers; and Paul Dozier's response, somewhere between conservative and pragmatic, occasioned more thinking on the subject. To regulate or not? To be sure, nobody

wants excessive regulation, but most want it where necessary to protect life, health and wellbeing. I was once involved in regulatory development myself. Contrary to some notions, regulations don't spring fully formed from the imaginations of leftist do-gooders. Rather, they are in response to real world problems which are often quite horrifying, even deadly, and when authorized by legislation. As a well-known local maritime expert of my acquaintance describes passenger vessel safety regs: "they're written in blood".

Leaf blowers don't rise to that level of concern, but there are the human health concerns of noise and two-cycle engine pollution, which includes hydrocarbons, nitrogen oxides, carbon monoxide and particulate matter, all of which are known to harm people's health. Leaf blowers also spin up clouds of dust that may contain pollen, mold, animal feces, heavy metals, and chemicals from herbicides and pesticides, according to the NY Department of Environmental Conservation. There is also the matter of life quality, which is a "real problem" in

a world full of noisy, noisome gadgets. My own special annoyance is the people who just blow stuff around without actually gathering and picking it up, often sending it into the streets where innocent passing motorists have their cars blasted by leaves and grit.

I won't comment on whether to regulate or not, but I do want to share the economist's concept of externalizing costs: this is when a party, be it an oil company or a lawn maintenance service, reduces costs but in so doing burdens others. So, if tanker X has an accidental spill that oils Singing Beach and disappears over the horizon, leaving the cleanup to the locals, the company has made others pay ("externalized") for its lax operations and maintenance. If, as Paul Dozier suggests, landscapers and their customers save money using leaf blowers, they burden others who must deal with the noise, smelly exhaust, and clouds of dust in the air. Sylvia has a point. Paul's "agonizing question": "does our irritation justify making the lives of our fellow citizens more difficult?" begs the response: who's making

whose lives more difficult?

The solution? Maybe battery-powered leaf blowers? Rakes? Paul also touched on a larger point: modifying our insane approach to lawn care! That topic would be for another series of long letters to the editor.

**Mike Dyer**  
Essex

**An Urgent Call for Library Renovation and Updating**

Severe water damage has occurred in our 135-year-old Library due to a leaking roof. The situation is creating unsafe conditions for patrons and employees.

On Dec.11th, over 100 pounds of rain-saturated ceiling came crashing onto the carpeted floor, narrowly missing one librarian. Water collection buckets were placed on the floor again last week to collect dripping rainwater inside the library. Evidence of wood rot in the attic from seeping water onto the rafters is visible.

Cory and Nate DesRosiers are courageously directing efforts to find and patch the leaks. But the damage has

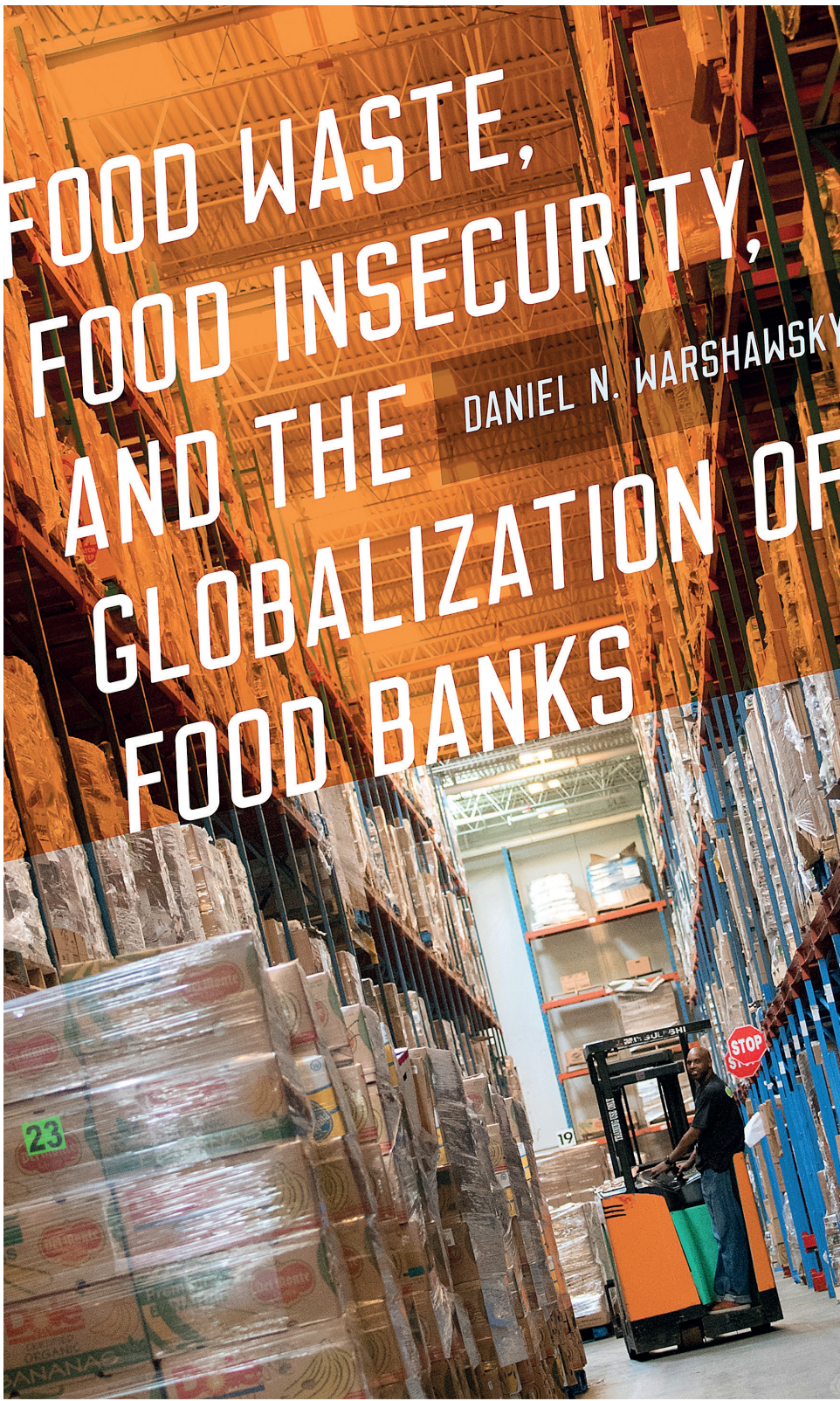
been progressive over many years. Overdue renovations and an expansion are needed to help update Manchester's oldest and most beautiful municipal building.

Fortunately, Massachusetts has just released a competitive matching grant for Library renovations and additions. If selected, this new state program will pay 50% of the planning and design costs and up to 50% of the construction cost. The State requires a commitment of \$150,000 for the Planning and Design matching grant at our spring Town Meeting. On Jan. 31st, the Finance Committee will decide whether to recommend support for a State grant for our Library's future.

Please contact our Select Board and Fin Con Representatives and let them know that you support the warrant article for the renovation and expansion of our library. Contact: Ann Harrison, Select Board Chairperson, harrisona@manchester.ma.us. And Sarah Mellish, Finance Committee, Chairperson, smellish11@comcast.net.

**David Lumsden**  
Manchester

# LIBRARY NEWS



Author Daniel N. Warshawsky holds a virtual Q&A on his book about food waste.

Courtesy Photo

**Manchester-by-the-Sea Distinguished Speakers Series**

Thursday, February 1 from 5:30-6:30 p.m. Jack Hammond, a retired and deco-

rated U.S. Army Brigadier General, is a private sector innovator who has served on advisory groups for presidents, governors, and businesses. Home Base, a Red Sox Foundation and Mass General Program, is dedicated to healing the invisible wounds for Veterans of all eras, Service Members, Military Families and Families of the Fallen through world-

class clinical care, wellness, education, and research. The inspiration for the series is to broaden education, awareness, and empathy via the fine tradition of learning from knowledgeable people.

**Check Out Snowshoes**

Did you know the library has 3 sizes of snowshoes available for kids and adults? Check-out is for a week and residents can reserve a pair from our Library of Things.

**Diversity Matters Book Group**

Tuesday, January 23 from 5:30-6:30 p.m. We are continuing to read "Another Country" by James Baldwin. "Another Country" is split into three books. We will be reading books two and three in January.

**Mystery Book Group**

Friday, January 26 from 10:30-11:30 a.m. We will discuss "Skinny Dip" by Carl Hiason.

**Made by Hand**

Tuesday, January 30 from 6-8 p.m. Join us in the Reference Room every month for a new adult craft activity. No registration or experience needed. Come enjoy some tea and crafting with your community.

**Free Friday Movies**

Friday, January 26 from 6-8 p.m. We will be showing a movie in the Reference Room on the 4th Friday of every month at 6 p.m. We will supply the popcorn. The movie this month has an MPAA Rating: R, for drug use, sexual material and pervasive language.

**"Food Waste, Food Insecurity, and the Globalization of Food Banks" (Virtual)**

Tuesday, January 30 from 7-8 p.m. Join us for a virtual Q&A with author Daniel N. Warshawsky. So many of us are passionate about finding ways to reduce food waste so we're thrilled to be hosting author Daniel N. Warshawsky for a virtual discussion of his new book.

**Looking to Read More in 2024**

Join Manchester-by-the-Sea Public Library as we com-

plete the Massachusetts Center for the Book Adult Reading Challenge for 2024. Select a book for January's challenge: A book you read years ago that you may feel differently about now.

**Beekeeping with Local Beekeeper Mike Chapman**

Saturday, January 20 from 1:25-2:15 p.m. Manchester residents Mike and Martha Chapman have been beekeepers for over 15 years. Mike is a graduate of Essex County Beekeepers "Bee School". This is a great intro for beginners looking to get connected and learn the basics.

**Forensic Science Roadshow**

Thursday, January 25 from 5:30-7 p.m. Venture into the world of CSI with this interactive program run by Paul Zambella, who spent 36 years with the Massachusetts State Police Crime Laboratory. Due to the nature of the subject matter the program is recommended for people of high school age and older.

**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 - Moving Back to the Library**

Every Tuesday from 11 a.m.-12 p.m. in the teen loft starting January 2 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. Join Susan Halpern in a new Tai Chi form, Longevity Tree. The Longevity Tree is a form that addresses the balance of mind, body, and spirit by combining movement, deep breathing, and alertness. It was designed

to move all of the body, both internally and externally. The form begins with the image of the tree-progressing to other visual images as we journey through a variety of movements. This form will be offered for 12 weeks but registration is only available until 1/17/2024. If you are interested in the form but have missed the registration period, contact Maddy Willwerth and we will reach out when a new session is available. For now, the class 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.

**MPL Children's Events:**

**Winter and Spring Storytimes**

Wednesdays from 10:30-11:15 a.m. starting January 24. Join Miss Audrey for Storytime for children ages 0-5 with their caregivers. We will share books, songs, and games. This program runs through April 24th.

**Eyes on Owls**

Saturday, January 27 from 2-3 p.m. Eyes on Owls is coming to Manchester. This live owl educational program gives participants an up close look at these majestic creatures. Join us at the First Parish Church Hall. This is for all ages.

**Teen Advisory Board (TAB)**

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



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# Distinguished Speaker Series Kicks Off Feb 1 with Retired Brigadier General and CEO of Military Non-Profit



On Feb. 1, Brigadier General (Ret.) Jack Hammond will be the first speaker of the "Manchester-by-the-Sea Distinguished Speakers Series," presented by the Manchester Public Library and the Manchester by the Sea Cultural Council. Courtesy Photos

Jack Hammond, a retired and decorated U.S. Army Brigadier General and a private sector CEO who has served on advisory groups for presidents, governors, and businesses will kick off a new speaker series at the Manchester Public Library.

Hammond has presented his innovative programs and leadership at the White House, the UK's Parliament, presidential libraries, and with national companies working in defense, construction, biotechnology, marketing, and more. Since 2012, he's been the executive director of HomeBase, a unique nonprofit partnership between the Boston Red Sox and Massachusetts General Hospital that provides clinical care, wellness, education and research to veterans of all eras, active service members, military families and families of fallen soldiers.

Hammond's appearance from 5:30 to 6:30 p.m. Thursday, Feb. 1 is the first in the "Manchester-

by-the-Sea Distinguished Speakers Series." The series features a line up of five distinguished local individuals whose expertise spans in performance management, corporate strategy, philanthropy and service, and housing and food insecurity. Presented by the Library and the Manchester-by-the-Sea Cultural Council, the inspiration for the series is to broaden education, awareness, and empathy via the fine tradition of learning from knowledgeable people. The series runs through May 16.

As the head of HomeBase, Hammond and his team have established the nation's first private sector *Center of Excellence for the Invisible Wounds*, developed innovative solutions for mental health and brain injuries. They have also leveraged the faculty and clinical resources of MGH and Harvard Medical School to reimagine veteran mental health and brain injury care. All these treatments are provided at no cost to those they

serve.

General Hammond has led U.S. and NATO forces in combat and counter-terrorism operations in both Iraq and Afghanistan. This includes simultaneously commanding two separate Battalion level task forces on more than one hundred successful intelligence-fused counter-terrorist operations in Iraq, responding to both WMD ("weapons of mass destruction") events and mass casualty suicide bombings, and an attack on a US Embassy.

From his long, distinguished career of military service, Hammond has earned the Distinguished Service Medal, the Legion of Merit Medal for combat service, the Bronze Star Medal, the Meritorious Service Medals, the Army Commendation Medal for Valor, two Valorous Unit Awards, the Combat Action Badge, the French Medal of National Defense, and the Bulgarian Medal of Mission Support.

## Manchester-by-the-Sea Distinguished Speakers Series

All events take place at the Manchester Public Library on Central Street. Due to space limitations, reservations are required. Go to [manchesterpl.org/events](http://manchesterpl.org/events).

### Jack Hammond, Brigadier General (Ret.) and CEO, HomeBase

**THURSDAY, FEBRUARY 1, 5:30-6:30 PM**  
Jack Hammond, a retired and decorated U.S. Army Brigadier General, is a private sector innovator who has served on advisory groups for presidents, governors, and businesses. **Home Base**, a Red Sox Foundation and Mass General Program, is dedicated to healing the invisible wounds for Veterans of all eras, Service Members, Military Families and Families of the Fallen through world-class clinical care, wellness, education, and research.

### Dr. David J. Roberts MD, Former President of Salem Hospital

**THURSDAY, FEBRUARY 15, 5:30-6:30 PM**  
Interventional Cardiologist and former President of Salem Hospital, Dr. Roberts now serves as the SVP, of Community Operations at Massachusetts General Brigham Hospital. He will speak on the impact of food and housing insecurity.

### David McCullough III, Co-Founder and CEO American Exchange Project

**THURSDAY, MARCH 21, 5:30-6:30 PM**  
David McCullough was inspired by his own experience to establish **The American Exchange Project**, to provide high school students with free domestic exchange experiences, with the goal of overcoming polarization between communities.



### Chuck Wisner, Author, Leadership Coach, and Consultant

**THURSDAY, APRIL 18, 5:30-6:30 PM**  
Chuck Wisner will be discussing his book *The Art of Conscious Conversations: Transforming How We Talk, Listen, and Interact*. His client list has included Google, Apple, Beth Israel Hospital, Harvard Business School, Toyota, General Motors, Shell, and Chrysler Motor Company.



### Ron Skates, Former CEO of Data General

**THURSDAY, MAY 16, 5:30-6:30 PM**  
In addition to leading Data General Corporation, Mr. Skates has served as director of several corporations, including the Cabot Industrial Trust, Cabot Microelectronics Corp., Courier Corp., Eastern Bank, Gilbane Inc., Joy Technology Corp., Raytheon Co., and State Street Corp, as well as serving on many civic organizations.



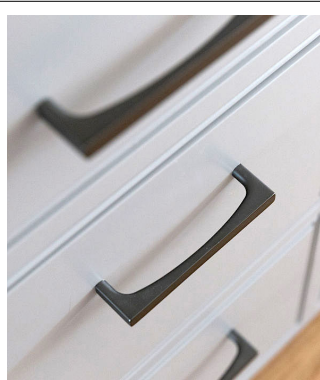
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**In the depth of winter, I finally learned that within me there lay an invincible summer.**  
~ Albert Camus~



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# Numbers Crunch for ME Swimming

By Jason Brisbois

The effort is there, and the performances are there, but the Manchester Essex swimming teams have not been able to overcome the problem posed by the numbers game this winter.

"Many of these teams have combined towns and have 15-plus boys and 15-plus girls," explains MERHS swimming coach Teresa Holland. "We have six girls and six boys. It is hard to win a meet without the depth. We have very fast swimmers and win more than half the races each meet. But we typically have one entry in each event and the other teams have three entries. So,

even if we win the event, they outscore us."

Roster depth has been a problem in 2023-24 despite both the boys' and girls' teams losing only one swimmer to graduation last year, and drawing from a pool of swimmers that spans from seventh to 12th grade this season.

For example, Megan Graeter has qualified for both the sectional and state meets on an individual basis in no less than seven events, including the 50 Free (26.8), 100 Free (57.73), 200 Free, 200 Free (2:05.62), 500 Free (5:32.19), 200 Individual Medley (2:20.88), 100 Backstroke (1:03.83) and 100 Butterfly (1:05.90), and the girls

200 Medley Relay and 200 Free Relay teams have all qualified for the sectionals. Sydney Hemme has recorded impressive times of 1:18.46 in the 100 Breaststroke and 1:07.95 in the 100 Butterfly. Unfortunately, those achievements haven't translated to team victories to this point -- the girls' team is 0-4, with losses to Triton (52-88), Ipswich (69-83), Lynnfield (66-83) and North Reading (59-84).

It's a similar story over on the boys' squad, with Diego Sanson performing at a high level in the 50 Free (24.59) and 100 Free (56.33), and Colin Conway recording top-notch times in the 200 IM (2:14.59) and 100 Breast-

stroke (1:11.60). Still, the team holding a 1-3 record to this point, highlighted by a 75-72 victory over Ipswich sandwiched inside of losses to Triton (49-75), Lynnfield (53-91) and North Reading (47-82).

The Hornet captains have done a good job of keeping their teammates hungry and motivated in spite of the challenges they have faced this winter. Libby McKinnon, Erik Bischoff, Graeter and Hemme are captains for the girls' squad while Erik Bischoff, Sanson and Conway captain the boys team. The captains set the tone for the rest of their peers, including Claire Masters and Maggie Bediz on the girls' side, Max Deery,

James Aloï, and Ben Ochs for the boys.

"All are good role models, helping the younger kids navigate practices and meets," says Holland. "Leading the practices, good work ethic. But, also bring levity and fun to the team."

The Hornets will look to keep those positive individual performances going while trying to translate it into wins as the winter progresses. Manchester Essex was slated to face Hamilton-Wenham on Jan. 21, and the Cape Ann League Championships aren't too far away, with the big season-ender for the conference scheduled for the weekend of Jan. 27-28 at the Beverly YMCA.

## IN OTHER HORNETS' NEWS ...

### Boys Basketball:

The 2023-24 Boys Varsity Basketball Team is 9-0 to start the season. The team had wins against Cathedral, Hamilton Wenham, North Reading, Peabody, Rockport, Georgetown, Essex Tech, Ipswich, and Lynnfield high schools. During the nine-game stretch, senior guard and captain, Cade Furse is averaging 24 points per game. In addition, fellow Captain Eddie Chareas is averaging a double-double every night, at least 10 points and 10 rebounds every game. The team plays Amesbury High School next on January 19, 2024 at 6:30 p.m. at home.



ME Hornet Harper Brooks walks away from her Lynnfield opponent to the foul line after being fouled, as the Lynnfield player says, "who me?" The Lady Hornets fell to the Lynnfield Pioneers 40-46 Monday.

Photo Paul Clark

# ME Indoor Track Teams Making Progress

By Jason Brisbois

The theme for the Manchester Essex indoor track teams in 2023-24 could very well be, "More than meets the eye."

While both the girls' and boys' squads are still looking for their first win of the season, the individual performances of the Hornet athletes have been encouraging so far, and coach Nicole Bembridge is seeing signs of progress from both groups.

"We have had two regular season meets so far and while the team scores haven't gone our way, we have more than made up for it with new personal records, school records, and auto qualifications for Division 5 Championships," says Bembridge. "Just last week (Jan. 9) against Amesbury, we had 16 individual PRs, five individual Div. 5

AQs, the girls' 4x200 relay D5 [automatically qualified] and ran the schools third fastest time."

Some of the individual highlights so far include automatically qualifying times from Sabine Cooper in the two-mile (12:50.60) and a personal best in the mile (5:56.45); Megan Hurd's qualifying time in the 55 meter dash (7.86); Nate Gardner's school record-setting and automatically qualifying time in the 55 hurdles (7.9), 55 meter and 300 meter; Finn O'Hara's AQ in the mile (4:39.20) and 1,000 (2:40.13); and Charlie Lations' qualifying time in the mile (4:56.26).

While both teams lost only three athletes between them to graduation from last year's squads, the roster size is smaller overall than last winter. The hope is that improvement will happen on an indi-

vidual level with this group first, and that will help build to progress with the track program overall in the future.

"Generally speaking, we are a newer/greener team, but we have also been steadily building an amazing junior high team that will bump up," says Bembridge. "These kids are already competing against other schools' jayvee teams -- actual high schoolers -- and placing every single meet. It takes time to build a program such as track as we are off-site for our meets, not as front & center as other sports, therefore we remain a little bit of a mystery; but with what these kids are working on, together we will build an amazing program, one that makes our community excited and proud."

Getting to that point will require leadership from the

Hornet captains, a group that includes Cooper, Hurd, Gardner, O'Hara, Latinos, Summer Demeo and Sam Heanue. All of the captains completed a questionnaire for the coach ahead of the winter season to provide an idea of what their intent was in seeking a place of prominence on the team.

"At the beginning of the season I asked anyone who was interested in leadership to fill out a questionnaire," explains Bembridge. "I was very clear that being a captain is an honor and responsibility -- not something only for college applications, nor a popularity contest."

The captains aren't the only top contributors.

"Henry Stevens -- one of our strict distance runners -- stepped into the sprint relay after one of our runners became ill and he crushed it," says Bembridge. "We laughed

at his sore "sprinter's muscles" the next day, [but without him] the 4x200 would have otherwise needed to scratch. Abby Kent has continued to show up for us and constantly pushes herself on new events, and she just Div. 5 AQ'd in the 600 meter (1:49.620, a race she's run just twice.

Bembridge adds: "Cia Donohoe and her brother Luke are solid in any event they are in. Nicky Clements is a consistent presence in the 55 meter and 4x200. Maggie Light is new to our team this year and is developing into solid force in sprints. Summer is challenging herself as an up-and-coming multi-athlete. I really can go on and on because they have all shown up, stood up, and performed when needed."

On Jan. 15, the Hornets finished up the third day of the

MSTCA Northeast Invitational at the Reggie Lewis Track & Athletic Center, and the teams went into a bye week with more signs of progress from the big meet. Manchester Essex gets back to work. After that, it's an opportunity to pick up the first win of the season against rival Hamilton-Wenham on Jan. 23.

"Everyone that was scheduled to show up did so and gave their best efforts," Bembridge says of the MSTCA Invitational. "Sabine Cooper and Matthew Ala both had [personal records] in their one-mile races. Nate Gardner had tremendous results in the 200 meter (23.67) and 400 meter (52.63, a personal record). We have our bye week this week, so we'll get back to practicing and polishing up technique before the D5 State Relays this upcoming weekend."

**ScottEnergy Community Bulletin Board**

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**Upcoming Varsity Games**

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01/19/24 - 01/25/24

FRI	4:00	B/G Track	Reggie Lewis Track
	6:30	G Basketball	Amesbury HS
	*6:30	B Basketball	MERHS
SUN	*4:00	B/G Swim	Greater Beverly YMCA
MON	*3:30	G Ski	Bradford Mountain
TUE	*3:30	B Ski	Bradford Mountain
	5:30	B Basketball	Triton RHS
	*5:45	B/G Track	New Balance Track
	*6:30	G Basketball	MERHS
WED	*3:30	G Ski	Bradford Mountain

Check <https://tinyurl.com/48jm7e8v> for schedule changes.

**Boston Globe Fall All Stars**

**Football:** Quinn Brady, Ella Chafe, Abigail Kent and Cian Brennock, Zach Hurd and Caelie Patrick. Stephen Martin.

**Field Hockey:** Athlete of the Year Abigail Kent

**Field Hockey Coach of the Year:** Courtney Brown

**Field Hockey Honorable Mention:** Caelie Patrick

**Field Hockey All Stars:**

**Boys Soccer:** All Star Sammy Bothwell.

**Girls Soccer:** All Star Madi Cook.

**Boys Cross Country:** All Star Finn O'Hara.

**Girls Cross Country:** All Star Sabine Cooper

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**Who is more foolish? The fool or the fool who follows him?**

~ Obi-Wan Kenobi ~

# ESSEX ECHO.

## Essex Elementary School First Vocabulary Parade

Superintendent Pam Beaudoin and Principal Sheila McAdams share that Essex Elementary School students participated in their first "Vocabulary Parade," one of several initiatives planned to strengthen vocabulary skills.

Students selected words connected with their ongoing studies. Kindergarten students chose words involving emotions, connecting with the grade-level emphasis on social-emotional learning. Grades 1 and 2 chose adjectives and more descriptive nouns. Grade 3 selected prefixes, suffixes, and root words, while Grade 4 students chose words with multiple meanings.

Fifth-graders created their own words using Greek and Latin roots.

Students created signs and posters and paraded through the hallways to the enjoyment of families and staff. Some staff members joined in the fun, displaying words such as "vibrant," "dexterity," "inconspicuous," and "staff." Emphasis on building



Courtesy Photo

word meaning - through prefixes, suffixes, and fluid use of a variety of words - builds knowledge that will reinforce student performance across grade levels.

"We know that building word awareness, building a base of nuanced vocabulary, and building curiosity about words they encounter deepen students' reading skills.

Oral vocabulary is a great predictor of reading comprehension. Projects like the Vocabulary Parade lay the groundwork for strong readers," said Caitlin Featherstone, an EES Reading Specialist.

The concept of a "Vocabulary Parade" originates in author Debra Fraiser's book, *Miss Alaineus, A Vocabulary Disaster*, which has prompted Parades in schools across the nation. Students bring the meaning of words to life through delightful costumes exhibiting the word and their definitions, reinforcing that words have power.

The Parade follows a community read of Peter Reynolds, *The Word Collector*, sponsored by the Hooper Fund.

"My hope is that this, along with the many other fun and engaging activities that happen all over our school, will encourage a curiosity about words in our students that will stay with them on their lifelong learning adventure!" Grade 1 teacher Emily Dwyer said.

## LIBRARY NEWS

T.O.H.P. Burnha  
Public Library



Karen Fine author of "The Other Family Doctor". Courtesy Photo

### Meet Author & Veterinarian Karen Fine, "The Other Family Doctor"

Saturday, January 20 at 10 a.m. Fans of All Creatures Great & Small will enjoy this informal gathering as Karen shares her personal story and answers your questions. Enjoy scones and tea and a cozy morning with other animal lovers. On the third floor of the library.

### Community Book Group

Monday, January 29 at 10 a.m. Join author Karin Gertsch as we discuss her new novel "Five Wishes".

### 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.

### Story Hours Begin

Beginning in the New Year on January 10, 2024. 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

Beginning in the New Year on January 11, 2024 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.

### Chinese New Year Storytime & Craft

Monday, February 12 at 3:30 p.m. Children ages 4 and older, join us to learn about this special celebration through stories and a craft.

### Armchair Travel Around the Globe

Wednesday, February 7 at 7 p.m. Join us as we hear from Essex Locals, the Fouser family, about their adventure after deciding to rent their home, sell their car, leave their jobs and travel the globe for a full year.



Children enjoyed a Snowflake Story Hour and created their own snowflakes using glue and salt. (Courtesy Image)



## ESSEX POLICE NOTES

### SUNDAY, JANUARY 7

No report.

### MONDAY, JANUARY 8

No report.

### TUESDAY, JANUARY 9

7:48 a.m. Rocky Hill Rd., male unconscious, transported to hospital. 11:37 a.m. Spring St., directed patrol, secured/checked. 1:06 p.m. Story St., welfare check, assisted as needed. 8:28 p.m. Western Ave., selective enforcement, secured/checked.

### WEDNESDAY, JANUARY 10

1:37 a.m. John Wise Ave., selective enforcement, no action taken. 2:22 a.m. Scotts Way, directed patrol, secured/checked. 5:32 a.m. Winthrop St., traffic hazard, notification made. 6:44 a.m. Belcher St., directed patrol, secured/checked.

### THURSDAY, JANUARY 11

No report.

### FRIDAY, JANUARY 12

No report.

### SATURDAY, JANUARY 13

8:18 a.m. Western Ave., fire other, spoken to. 9:54 a.m. Lakeshore Dr., wires down, assisted as needed. 7:03 p.m. Eastern Ave., animal complaint, gone on arrival. 10:15 p.m. Southern Ave., selective enforcement, no action taken.



A view of the Essex Causeway and its bridge, from the Woodman's and Shea's end, on Sunday. (Photo: Town of Essex FB Page)

## Essex Locals | Jan 19

### 115 Years Ago - 1909

Following the frigid days', the later part of last week, the weather moderated considerably Tuesday, with showers more like April than January. Monday the same conditions prevailed. Tuesday a sleety rain fell, rendering the streets slippery.

### 90 Years Ago - 1934

The fire department answered a still alarm for an automobile fire on Southern Avenue Sunday evening. The blaze was extinguished with small damage.



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Winter is a season of recovery and preparation.

~ Paul Theroux ~

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# Sen. Bruce Tarr Tapped as Co-Chair of Bipartisan Food System Policy Caucus



By Erika Brown

After serving as a member of the Massachusetts Food System Caucus for several years, Massachusetts Senate Minority Leader Bruce Tarr this week was named co-chair of the 157-member group that focuses on advancing food and agricultural policy.

Tarr said his new role will be about continuing the FSC's efforts to support and grow the local food system in the Commonwealth. Founded in 2019, the caucus is a bicameral, bipartisan group.

Tarr's other co-chairs include fellow Senators Joanne "Jo" Comerford (D-Northampton) and Sal DiDomenico. House co-chairs are Massachusetts Representatives Mindy Domb (3rd Hampshire), Kate Donahue (19th Worcester), Hannah Kane (11th Worcester), Paul Schmid (8th Bristol), and Andres Vargas (3rd Essex).

During the COVID-19 pandemic, Tarr was appointed by the senate president to chair the senate's Committee on Supply Chain Issues, which is charged with increasing the availability of locally sourced food.

In that role, among others, they worked to create facilitation of the Massachusetts Seafood Collaborative, which challenged processors to deliver new seafood products to consumers in Massachusetts, and to expand access to meat and poultry processing facilities for local Massachusetts farmers.

"Over the last several years we have been successful in creating more opportunities for our farms and the commercial fishing industry to survive, innovate, and grow. I am confident that we can continue to build on those successes, and that the Food Systems Caucus will play a leadership role in those efforts," said Tarr. "Sustainable access to locally grown, harvested, and produced food is important for our health, our economy, and our quality of life." Tarr has long supported Cape Ann's local farmers and fisheries in Massachu-

setts. He's also won awards, including the Massachusetts Agriculture Day Award, the Division of Marine Fisheries Belding Award, the Cape Cod Cranberry Growers Association, and the Legislative Leadership Award.

The FSC focuses on three priority areas: food access and food insecurity, farmland, and economic development. It also has a goal of advancing policy, practices, and collaboration to address food waste and hunger, farming and agriculture, and economic development.

"I am thrilled to have Senator Tarr join the Food System Caucus as a Senate Co-Chair," said Sen. Comerford and FSC co-chair. "As the Caucus pushes to advance its priority legislation, Senator Tarr's expertise in food security, fisheries, and agriculture policy and his leadership in the Senate will be a valuable asset to our work."

One key initiative of the FSC co-chairs is identifying and working with key stakeholders and organizations to address our food system's challenges.

By increasing access to fresh and affordable produce, nurturing economic development through agricultural innovation, and growing Massachusetts' farmland, this group of legislators hopes to be an ally. This is important, considering food system policy touches every geographic region and demographic of Massachusetts.

"I want to congratulate my colleague and good friend, Senator Bruce Tarr, on his well-deserved appointment to the Food System Caucus," said Sen. Sal DiDomenico, who is Assistant Majority Leader of the Massachusetts Senate as well as Sen. Tarr's fellow FSC co-chair.

"I know that Senator Tarr is a big believer in the work that we are doing to improve food systems throughout the Commonwealth, and he has worked throughout his career to fight food insecurity and its causes. I look forward to working alongside him in this new role," DiDomenico concluded.



## Paul Muniz Named Chair, Bank Gloucester Board as Nahatis Retires

Today Bank Gloucester announced its Board of Directors unanimously voted Paul T. Muniz as its chairman. He succeeds Charles G. Nahatis, who retired at the beginning of January.

Patrick B. Thorpe, president and CEO of Bank Gloucester said, "Paul has been a valuable member of the board of directors for over 22 years. His extensive legal background and strategic acumen position him well to help lead Bank Gloucester into a future of continued success." Muniz steps into the seat vacated by Charles G. Nahatis, a dedicated leader and resident of Manchester who served on the Board of Directors for 30 years, including the last seven

as chairman.

Nahatis played a pivotal role in shaping Bank Gloucester's strategic direction, fostering growth and innovation and upholding standards of corporate governance. Thorpe said Nahatis' tenure as chair from 2017 until his retirement "has been marked by exemplary leadership."

Nahatis served as a successful insurance executive at John Hancock and founded, owned and operated Cape Ann Insurance Agency until it was purchased by the Salem 5 Bank.

Like Nahatis, Muniz has been a longtime independent director of Bank Gloucester, serving in that capacity since 2001 and chairing several of the board's committees over the years. Born and raised in Gloucester and a graduate of Gloucester High School, Muniz earned a bachelor's degree in economics from the College of the Holy Cross before attending Surface Warfare School and becoming a lieutenant in the U.S. Navy.

Following the Navy, Muniz attended law school and is currently a partner at the national law firm Lewis Brisbois. He is a former member of the City of Gloucester Capital Improvements Advisory Board, a former trustee of Lahey Health-Northeast Health Systems, and a former trustee of the Sawyer Free Library.

Architecture: Lynn Hopkins Architects | Photography: Eric Roth

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Rev. Katherine Schofield (Courtesy Image)

## Rev. Katherine Schofield Begins Tenure at First Parish Church

First Parish Church Manchester has started the New Year by welcoming its new pastor, Rev. Katherine Schofield, who began at the church January 1 and led her first worship on

January 7. Katherine brings a deep pedigree to her position. She grew up in a UCC church on Cape Cod and went on to earn a BA in Religious Studies from Hamilton College in 2005 followed by

a Master of Divinity from the Chicago Theological Seminary in 2010. She became an ordained minister in the UCC in 2011.

Rev. Katherine has served as Interim Minister at Memorial Church at Harvard University, Minister for Campus Engagement at the United University Church in Los Angeles, Pastor at First Congregational Church in Wareham and will be completing a five-year period of service as Interim Associate Minister at Old South Church in Boston.

Referring to her early commitment to the pastoral life Katherine said, "I recognized that it was actually possible to have a career that combined walking with others on their life journeys, helping people feel God's love, sharing the Good News of the gospel, and singing praises to my Creator. How amazing!"

She and her family - her wife, Dr. Adilia James, a professor of sociology at Endicott College, and their two young children, Rosie (2) and Eliot (9) - are eager to meet the community. Welcome Rev. Schofield and family!



# Off at School and Doing Great

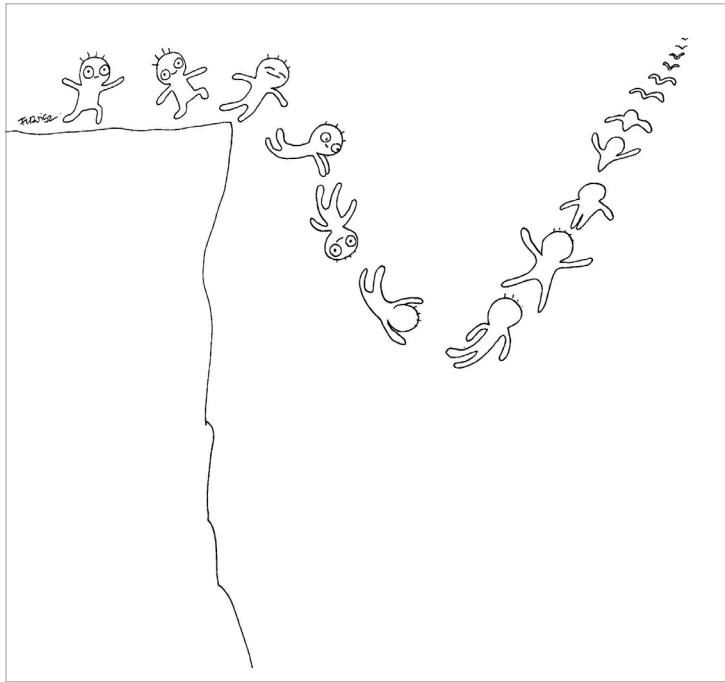
Local students enrolled in college are readying for a return to school after the holiday, but now is the time that colleges and universities announce last semester's successes from local students. We're happy to see that so many are doing well and have achieved academic honors:

R.I. **George Angus Brown** of Manchester has been named to the Fall 2023 Dean's List at the **College of William & Mary** in Williamsburg, Virginia. Founded in 1693, the College of William & Mary is the second oldest institution of higher learning in America. As a "Public Ivy" – one of only eight in the nation – William & Mary provides a world-class education at an exceptional value.

**William Smith** of Manchester was named to the Dean's List at **Lehigh University** in the Fall 2023 semester. Dean's List status, which is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses, has been granted to William Smith in the Fall 2023 semester. Lehigh's five colleges -- College of Arts and Sciences, College of Business, College of Education, College of Health, and the P.C. Rossin College of Engineering and Applied Science - serve more than 7,000 students.

**Annika Smith** of Manchester has been named to the **Bentley University** President's List for the Fall of 2023 semester. The President's List is the highest distinction Bentley confers for the academic excellence in a single term. Students must achieve a 3.7 grade point average with no grade below a 3.0 to earn a place on the President's List.

At **Quinnipiac University** in Connecticut, Manchester's **Finnian Carlson** has been named to the dean's list for the Fall 2023 semester. To qualify for the dean's



list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semester, with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester.

The Dean's List at the **University of Connecticut** for the fall 2023 semester was announced last week and **Katherine Kuhl** of Essex is among the students who have achieved that honor.

**JiaLi Mulvey** of Manchester qual-

ified for **Belmont University's** Fall 2023 Dean's List. Dean's List eligibility is based on a minimum course load of 12 hours and a quality grade point average of 3.5 with no grade below a C. Approximately 52 percent of Nashville, TN's Belmont University's 7,338 undergraduate students qualified.

**Springfield College** has named **Elizabeth Athanas** from Manchester to the dean's list for academic excellence for the 2023 fall semester at the college, which is located in Springfield, MA. Athanas has a primary major of Sport Management.

Also, private secondary schools in the area are also announcing their academic honors.

**St. John's Prep** in Danvers announced the names of students who earned academic honors for the first quarter of the 2023-2024 school year. Students who qualified for the Headmaster's List earned grades of A- or above in all courses; students who qualified for the Principal's List earned grades of B+ or above in all courses; and students who qualified for the Honor Roll earned grades of B or above in all courses.

In Essex, **Michael O'Flynn '29** made Head of School List and **William Kuhl '24** was named to the Principal's list. **Colton Friedlander '26**, **Gavin McKenna '28**, **Mathias Tolo '26** were all named to the Honor Roll. In Manchester, **Breccan Curran '26**, **Griffin Curran '29**, **William Kent '25**, **Grant Magnuson '25**, **Owen McLain '26**, and **Ethan Stefanovich '26** all made Head of School List and **Tucker Lawrence '25**, **John Morton '24**, and **Wesley Ross '26** were named to the Principal's List. **Daive Bussone '25**, **Jameson Curran '24**, **James Kirkpatrick '27**, and **Aiden O'Neill '29** were all named to the Honor Roll.

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

## MANCHESTER POLICE NOTES



### SUNDAY, JANUARY 7

1:00 a.m. Central St., parking complaint, parking enforcement. 3:10 p.m. Sky Top Drive, disabled motor vehicle, report to follow. 4:49 p.m. Jersey Lane, fire alarm, fire false. 9:04 p.m. Route 128SB, motor vehicle crash, assisted as needed.

### MONDAY, JANUARY 8

6:48 a.m. Pine St., noise complaint, other. 9:46 a.m. Lincoln St., motor vehicle stop, verbal warning. 1:24 p.m. Summer St., motor vehicle

stop, verbal warning. 5:20 p.m. Sea St., fire structure, fire confirmed.

### TUESDAY, JANUARY 9

10:13 a.m. Beach St., animal complaint, other. 10:33 a.m. Pine St., motor vehicle stop, written warning. 2:33 p.m. Arbella St., parking complaint, parking enforcement. 8:54 p.m. School St., motor vehicle stop, written warning.

### WEDNESDAY, JAN 10

5:47 a.m. Bridge St., fire

structure, fire false. 7:49 a.m. School St., alarm, cleared, false alarm. 1:43 p.m. Beach St., animal complaint, spoken to. 7:10 p.m. School St., motor vehicle stop, verbal warning.

### THURSDAY, JANUARY 11

8:27 a.m. Woodholm Rd., traffic hazard, secured/checked. 10:19 a.m. Pine St., motor vehicle stop, verbal warning. 2:40 p.m. Rockwood Heights, welfare check, assisted as needed. 6:55 p.m. Vine St., animal complaint, assisted as needed.

### FRIDAY, JANUARY 12

8:35 a.m. Beach St., animal complaint, notification made. 1:57 p.m. Summer St., citizen assist, assisted as needed. 2:02 p.m. Jersey Lane, harassment, spoken to. 4:01 p.m. Summer St., fraud/scam, other.

### SATURDAY, JANUARY 13

5:18 a.m. Lincoln St., alarm, cleared, false alarm. 8:15 a.m. Spy Rock Hill, alarm, secured/checked. 10:19 a.m. Beach St., traffic hazard, secured/checked. 3:20 p.m. Ashland Ave., suspicious activity, no action taken.

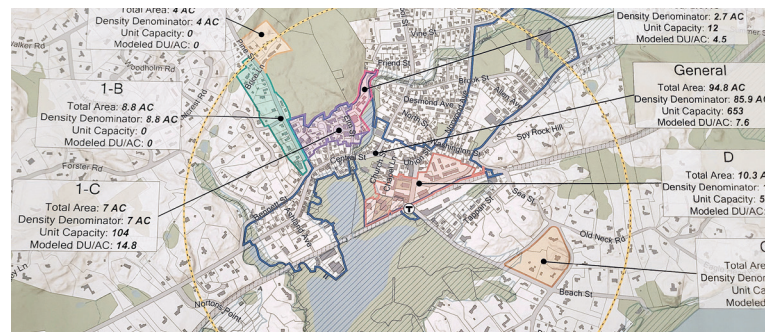
...(Continued from page 1)

- The Task Force suggested dropping the Cell Signaling land and the storage facility from this lot, leaving about 25 acres to be considered.
- Task Force member Sarah Mellish asked that another downtown section be looked into. It is generally west of Summer Street, between Manchester Memorial School and the old cemetery on Summer Street. It would include all the houses on the north side of Brook Street and a few on the south side, not including the houses on Allen Avenue, then extend from Summer Street to Norwood Avenue and include the houses on the south side of Desmond Avenue.
- Innes said she would look at this district and have numbers for it at her next meeting with the Task Force.
- The areas that the Task Force decided not to investigate any further include the following:
- The General District is 94.8 acres and ranges from Memorial School

- on Lincoln Street, between Summer and Norwood Avenue, down to both sides of Washington Street, Union Street, and Central Street, to the south side of Bennett Street, and everything right down to the waterfront.
- B-1 (39.6 acres), B-2 (5.9 acres), and B-3 (13.2 acres), which are all near the border with Magnolia, along Summer and Raymond streets.
- C is the final area the Task Force decided to eliminate from consideration. It is a triangle of 6.6 acres between Beach Street, Old Neck Road, and Masconomo Street.

Task Force member Ann Harrison said that the B1, 2, and 3 areas did not have sewers; some were in the flood plain and were not a good choice for denser zoning.

Mellish said that the C district included only four lots, meaning that if a developer bought one or two of the lots, they could build many condos or apartments on the land if the land was included in the new



zoning.

Task Force member Michael Pratt, who attended the meeting via Zoom, asked what the difference is between excluded land and sensitive land that appears on maps provided by Innes.

Innes said excluded land was land that included public buildings and schools, churches, public parks, wetlands, and water supply. Sensitive land are areas within the flood plain and can be considered in the areas for the new zoning.

Task Force member Denny Hall said he had met with three officials of Gordon College, who he said

were open to the possibility of allowing some of the land, now controlled by the Gordon Foundation, in the northwest corner of town to be sold for housing. Hall said much of the land would be protected as wetlands or vernal ponds. But Hall added that the college had considered building housing for college employees on the land.

Innes said that the land would be excluded as college-owned land, but if the college sold it, the state could include it as possible land for the new zoning.

The Task Force agreed to consider that possibility.

The next Task Force meeting is scheduled for Jan. 25 at 6:30 p.m.

On Monday, Jan. 8, Task Force members Chris Olney and Susan Philbrick updated the Planning Board on the task force's plan to hold a public forum to inform residents about their zoning.

Olney and Philbrick asked that the Planning Board participate in the forum to help residents understand the MBTA zoning rules and regulations.

They suggested the Task Force and Planning Board meet in February to plan out the forum. Still, Board Chairman Ron Mastrogiacono said that better attendance at a March meeting was likely because of upcoming vacations.

**NOTE: To see the proposed MBTA overlay zone district map presented by Innes Consulting in last week's MBTA Overlay District Task Force meeting, go to [thecricket.com](http://thecricket.com).**



Photo illustrates water damage to Manchester Public Library rafters that was exacerbated after two separate severe rain storms.

Courtesy Photo

### To all persons whose personal information was impacted by a cybersecurity incident that Neuro Rehab Associates initially disclosed on or around August 2022, a proposed class action settlement may affect your rights.

**Why am I receiving this notice?** You are receiving this Notice because the records of Neuro Rehab Associates, Inc. ("Neuro Rehab") show that your personal information may have been impacted as a result of a cybersecurity incident that Neuro Rehab initially disclosed on or around August 2022 ("Security Incident"). You are therefore likely a Settlement Class Member eligible to receive benefits under this Settlement.

**What are the Settlement Benefits?** Under the Settlement, Neuro Rehab will pay up to \$850,000 for valid and timely claims for Extraordinary Losses, Out-of-Pocket Losses, Lost Time, and Alternative Cash Payments, summarized below:

- Extraordinary Loss Claims – Up to a total of \$4,000 per claimant.
- Out-of-Pocket Loss Claims – Up to a total of \$250 per claimant.
- Lost Time Claim - \$25 per hour for up to 4 hours (for a total of \$100, subject to the \$250 cap for Out-of-Pocket Losses).
- Alternative Cash Payment – In the alternative to the above, \$25 per claimant.

Settlement Class Members also can obtain credit monitoring services under the Settlement.

**How do I Submit a Claim Form for Benefits?** You must submit a Claim Form, available at [www.NeuroRehabSecuritySettlement.com](http://www.NeuroRehabSecuritySettlement.com) to be eligible to receive a Settlement benefit. Your completed Claim Form must be submitted online, or mailed to the Settlement Administrator and postmarked, by **APRIL 2, 2024**.

**What are my other options?** If you **Do Nothing**, you will be legally bound by the terms of the Settlement, and you will release your claims against Neuro Rehab and other Released Parties as defined in the Settlement Agreement. You may **Opt-Out** or **Object** to the Settlement by **MARCH 4, 2024**. Please visit [www.NeuroRehabSecuritySettlement.com](http://www.NeuroRehabSecuritySettlement.com) for more information on how to **Opt-Out** and exclude yourself from or Object to the Settlement.

**Do I have a Lawyer in this Case?** Yes, the Court appointed the law firms of Turke & Strauss LLP, Morgan & Morgan, and Bailey & Glasser LLP to represent members of the Settlement Class. For litigating the case and negotiating the Settlement, Class Counsel will file a motion seeking Court approval for the payment of their attorneys' fees and costs in an amount no greater than \$475,000 for attorneys' fees and costs. You will not be charged directly for these lawyers; instead, they will receive compensation from Neuro Rehab (subject to Court approval). If you want to be represented by your own lawyer, you may hire one at your own expense.

**The Court's Final Approval Hearing.** The Court is scheduled to hold a Final Approval Hearing on April 5, 2024, to consider whether to approve the Settlement, service awards for the Class Representatives of \$2,500 each (\$5,000 total), and a request for attorneys' fees and expenses for Settlement Class Counsel. You may appear at the hearing, either yourself or through an attorney hired by you, but you don't have to.

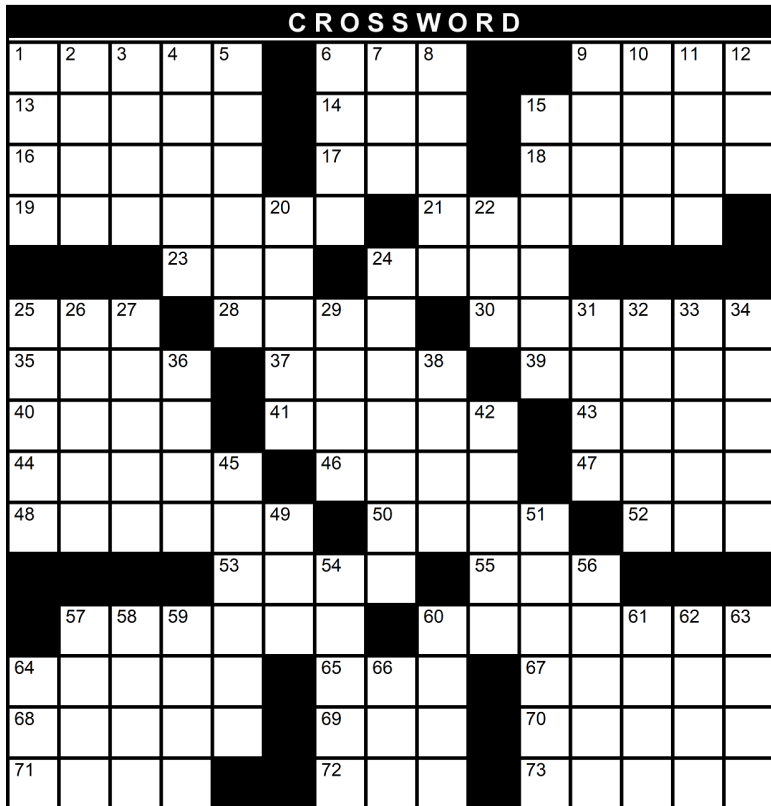
**This notice is only a summary. For more information, visit [www.NeuroRehabSecuritySettlement.com](http://www.NeuroRehabSecuritySettlement.com) or call toll-free 1-888-836-5886.**

# Puzzle

THEME: THE GRAMMYS

**ACROSS**

1. Moonshine maker
6. \*Artist with most 2024 Grammy nominations
9. Not his
13. "Roots" author
14. That guy
15. Full of emotion (2 words)
16. Relating to #3 Down
17. Tarzan's mom, e.g.
18. Caribbean island destination
19. \*The Recording \_\_, voting organization
21. \*\*"What Was I Made For?" movie
23. \*\*"A Boy Named \_\_," 1970 Grammy winner
24. Prickle on a wire
25. Drench
28. Waiter's handout
30. \*Grammy-nominated Lauper song, "True \_\_"
35. Amusement destination
37. Rachel Renee Russell's "\_\_\_ Diaries"
39. Extend subscription
40. South Korean boy band
41. Type of wrap
43. Italian wine region
44. Forearm length unit
46. Honey-producing facility
47. Saw incision
48. Nauseant
50. Fancy marbles used as shooters
52. U.S. Marine Corps gift recipient
53. EU currency
55. Aglet on a shoelace, e.g.
57. \* \_\_.com Arena
60. \*Miley Cyrus' Song of the Year nominee and popular romantic gift
64. Texas cook-off dish
65. \*\*"In the \_\_ Tonight," by Grammy-winner Phil Collins
67. Send, as payment
68. Safe place
69. Bird word
70. Leave out



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71. Bookkeeping entry
72. Refrigerator sound
73. Scatter

**DOWN**

1. Not Sunni
2. Baby powder ingredient
3. Pelvic parts
4. Shows the way
5. Aristotle's school
6. One-horse carriage
7. Mailing "code"

8. Single-cell protozoan
9. \*Grammy-winner, \_\_ Alpert
10. \*Purse for the red carpet
11. Bumpkin
12. Pampering place
15. Bar \_\_, ME
20. Rewards, in the olden days
22. Pendulum's path
24. Cantina staple
25. \*Ice \_\_, Best New Artist nominee
26. Wooden ship caulking

# Sudoku

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

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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

27. Space exploration mission
29. \*Grammy host for the fourth time
31. Plumbing problem
32. Early stages of illness
33. Reminiscent of the past
34. \*\*"Anti-Hero" performer
36. Not purl
38. Pacific Islanders' herbal drink
42. Handrail post
45. Neckwear decoration
49. Use scissors
51. Soft palate vibrations
54. House pest
56. Resided
57. Social media conversation
58. Bank of Paris
59. Big Bang's original matter
60. Word on a gift tag
61. Arabian bigwig
62. Fair attraction
63. Hot pot
64. Denoted by symbol X
66. Debtor's letters

# 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**

First Parish Church Manchester-by-the-Sea - join us for a moving mes-

sage, beautiful music and community at the center of town, 10 a.m. Sundays 10 Central St and streamed on Facebook, FirstParishChurch-ManchesterMa.

Jan. 21, 2024, 10 a.m., Worship Leader, Rev. Katherine Schofield, "The time is now"

Music led by Dr. Herman Weiss, with the First Parish Choir.

We invite everyone to join us for hospitality following the service.

Monday Friends of the COA Senior Drop in 10 a.m. - 12 Noon.

Wednesday Choir rehearsal 7:30

p.m. Thursday Bible Study, Via Zoom 4 p.m. join in with computer, smart device or dial in on a phone - email office.fpchurch@gmail.com or call 978-526-7661 for the link

**St. John's Church**

**Worship:** Every Sunday we hold services at 8 and 10 a.m. Child care is available during the 10 a.m. service. This Sunday we will have a guest speaker discussing Electric Transportation following the 10 a.m. service.

...(Continued on page 11)

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Offered at \$500,000  
Eileen Gagnon | 978.270.6843



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# Sickness is everywhere... How do we stay healthy?



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

## Flu, RSV, and COVID.

Viral and bacterial infections are rampant and are responsible for spiking emergency room visits and hospital admissions. Our vaccines and disease-acquired immunity are not protecting us as we would have hoped, and COVID-19 seems to be a resistant, rapidly transmissible, and tenacious virus with significant symptoms and a lengthy recovery. Not to be outdone, Influenza (flu) and RSV (respiratory syncytial virus) are prevalent, ferocious, and problematic.

By and large, we have returned to "pre-COVID" social habits, accepting that COVID is here to stay and learning to co-exist with it. Most of us in healthcare are not clinging to the current COVID statistics: infections, hospitalizations, and deaths. The data is unreliable as most of the positive cases I am personally aware of are never reported to their physician after test-

ing positive.

The symptoms of the new variant are chiefly respiratory, and many otherwise healthy adults are reporting it as, "the worst sickness I've ever had." Many who are eventually testing positive only see a positive test result 10 days or so after the onset of symptoms.

**"I've been diagnosed with a virus, flu, COVID, and just picked up a prescription for an antibiotic because I have a bacterial infection." Yikes.**

While antiviral medications are sometimes prescribed, most generally, treating these non-curable viruses is a tincture of time and good old-fashioned attentive care. Most of us have immune systems that will respond, but some do not. The very young and their elder counterparts are more susceptible and, depending on baseline health, may struggle with complete recovery. When your immune system is taxed, you become more vulnerable to other ill-

nesses and less able to fight them off.

## What do we know?

Truth: The air we breathe is the primary transmission source for these problematic respiratory viruses. Because our airway (nose, mouth, throat, lungs) contains moisture, when we exhale, cough, sneeze, sing, or talk, we emit the moisture which acts as the "host" of the virus, and as we inhale, we literally breathe in these virus-laden moisture molecules.

Truth: we want to limit our exposure to contaminated surfaces. We've become contortionists. Able to open and close doors with our feet, we've mastered the use of public restrooms and look with suspicion on any surface we contact.

## Even as the viruses mutate and change, some things remain steadfast:

- Limit your exposure to groups if you have any underlying medical condition that could make you more vulnerable to infec-

tion.

- If you are at a mandatory social event that is crowded, wear an N95 Mask, and make sure it always covers your NOSE and MOUTH.
- If you have been exposed or have symptoms associated with COVID or Flu, isolate yourself as much as possible and inform those who may have been exposed to you.

COVID may or may not be here to stay but learning to protect ourselves from the viruses we can name (and those we have yet to meet) seems certain. We yearn for a world without these concerns and challenges, yet our current reality tells us where we are.

Remember, we have a toolbox to draw from: the lessons we have learned these past three years. Be mindful of the risk associated with activities that may have a likelihood of exposure. Use the tools we have at our disposal to reduce your risk of all transmissible illnesses. Here's to a Healthier 2024.

## Solution to puzzles on page 10

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

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

## PET OF THE WEEK



## NO MORE ROAMIN'

Meet Roamin! This big cheeky boy was found roaming as a stray and is ready to have a home of his own to roam. He is ready to retire his street cat ways and is looking for a family to love and care for him

-- he is quite affectionate and will rub against your legs for attention. Roamin also enjoys his quiet time alone while he sun bathes and lounges by the window. If you are interested in adopting, submit an application online!

...(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 together quietly, awaiting the experience of God's presence.

People in our community hail from the traditional

tribal lands of the Pawtucket and Massachusetts now called Manchester, Gloucester, Beverly, Ipswich, Rockport, Salem, Lynn and Marblehead. Whether you have worshiped in other Quaker (Friends) Meetings or not, we welcome you to join us. 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!

# SENIOR HIGHLIGHTS from the Manchester Council on Aging

**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.**

## Income Tax Advice for Seniors

Free income tax advice is available for qualified senior citizens and low-income residents beginning on Thursday, February 8, 2024. This service is available through a cooperative effort of the AARP Foundation tax-aid program and the SeniorCare RSVP program.

All volunteer counselors are trained by the Internal Revenue Service; counselors will have hours at the Town Hall in Manchester on Thursday mornings

with appointments scheduled every 15 minutes. This is a drop off service. APPOINTMENTS ARE NECESSARY AND CAN BE SCHEDULED BY CALLING THE COUNCIL ON AGING OFFICE. (978) 526-7500. Seniors coming in for tax advice should bring with them copies of their previous year's federal and state tax returns, any forms including W-2s and other relevant material showing income for the year. Intake paperwork will be mailed to you and must be completed prior to your appointment. If it is not completed by your appointment time you will need to reschedule.

## It's January, and It's the Lunch of the Month!

The Manchester Council on Aging is offering a delicious comfort food lunch on Tuesday, January 23rd at the Congregational Chapel at 12 Noon. Catered by Henry's the menu includes Chicken Pot

Pie, mashed potatoes, bread & butter, beverage, and dessert.

The cost of this luncheon is \$10 per person and open to the first 40 who sign up. Reservations and prepayment are necessary by January 18th. Transportation will be available. Please call the Council on Aging Office at (978)526-7500 for more information or to register.

## Off to the Century House

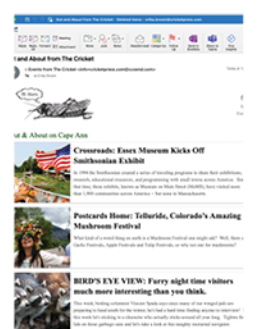
On Wednesday, January 31st, the Manchester Council on Aging is offering a trip to The Century House in Peabody for lunch. This North Shore favorite was established in 1957. It has all the food you love from salads to sandwiches to steak and seafood. Afterwards visit the Epicurean Shoppe to take some prepared foods home. The van will start picking up seniors around 11 a.m. Return is expected by 1:30 p.m.



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**Gloucester** \$4,900,000  
Miles of ocean views, direct Plum Cove Beach access, mooring, huge paver patio top long list of highlights in custom 4-bedroom, 4.5-bath, 2016 stunner. Heated garage, generator, geothermal heat.  
**Ann Olivo & Rick Marshall**



**Hamilton** \$2,300,000  
Post & Beam style home with handcrafted woodwork throughout, dramatic living room with soaring ceiling and stone fireplace. Plus 2-car garage, freestanding "barn" and patio with water views.  
**Kate Richard**



**Salem** \$2,250,000  
Majestic Queen Ann Victorian overlooks Salem Common. 13 masterfully appointed rooms, 6 beds, 4.5 baths, 7 fireplaces. Exquisite 2-story foyer, grand staircase, chef's kitchen, handsome library.  
**Ted Richard**



**Wenham** \$1,050,000  
Newman-Fiske-Dodge House, a Wenham Icon since 1658. Historic home in excellent condition with 4,000 sq. ft., 5 bedrooms and 3.5 baths. Large barn, 3 driveways and scenic grounds.  
**Peggy McNamara**

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**Ipswich** \$874,900  
Scoop up the last unit at Farm Village! MAYAPPLE. 3-bedroom, 2.5-bath 2,500 sf attached townhome with 1st floor main suite, loft, additional flex space, 2-car garage. Delivery end of October.  
**Alle Cutler & Ed Dick**



**Rockport** \$795,000  
Beachfront condo unit with two bedrooms, one bath and separate studio space. Modern finishes and amenities, plus rental opportunity. Spend time on Long Beach – the North Shore's best beach getaway.  
**Jackelyn Enslow**



**Gloucester** \$549,000  
Ranch/cottage style home with two bedrooms and close to the Annisquam River. Well maintained and includes newer gas hot water, replacement windows and more! Don't miss out on this wonderful home!  
**Guittarr Group**



**Peabody** \$545,000  
Bright 2-bedroom, 1.5-bath end unit condo at Essex Green at Peabody with hardwood floors, fireplaced living room, eat-in kitchen, dining room, in-unit laundry, deck, basement. 2-car parking.  
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**33 Way Road  
Gloucester | \$3,895,000**  
Stunning East Gloucester estate with impressive ocean views. Carriage, barn, and paddocks on 28+ acres.  
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617-750-2793**



**2 Raymond Street  
Manchester | \$850,000**  
Sweet coastal home with seasonal peaks of ocean. 3 bedroom, 2 bath large living and family rooms with fireplaces overlooking pond. Large deck with terrace, two car garage.  
**Lynda Surdam | Realtor  
978-764-7474**



**6 Lattof Farm Circle  
Rockport | \$1,495,000**  
Impeccable Colonial on private cul-de-sac in Rockport. 4-5 beds/3.5 baths. Impressive great room, great fenced yard and 2 car garage.  
**Scott Smith | Realtor  
617-750-2793**



**1 Beacon Hill  
Gloucester | \$1,550,000**  
Impressive ocean views from this Nantucket shingle saltbox in East Gloucester, set on 4.49 acres. 3DB, 2BD main house, carriage house.  
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**74 Cherry Street  
Wenham | \$4,250,000**  
Sited on over 40 acres of private rolling lush fields overlooking a majestic pond. This property is move-in condition six bedrooms, five and half baths and 7 fireplaces.  
**Lynda Surdam | Realtor  
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