



PRIMARY VOTING TUESDAY, MARCH 5

Polls are open in MBTS and Essex starting at 7 a.m. There is also still time to submit papers to Town Clerk offices to run for open seats in local elections.

MANCHESTER CRICKET

A Local Tradition Since 1888

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BRIEFLY

To Entice Voters to the MBTS' Primary Polls? A Grilled Cheese Food Truck

Even in MBTS, there can be barriers to voting, so Manchester resident Therese Melden, co-founder of Leading Ladies, a nonpartisan group dedicated to social justice and getting out the vote, arranged for the Melt Food Truck to be parked outside the polls from 4 to 8 p.m. on Tuesday, March 5 at the Memorial School during the presidential primary vote.

SLV "40B" Appeal Comes to American Legion Hall Monday

Starting 10 a.m. on Monday, March 4 at the American Legion Hall, the MA Dept. of Housing Appeals Court (HAC) will begin a four-day hearing to determine if last year's denial by the MBTS Zoning Board of Appeals of a 137-unit "40B" affordable housing project in Manchester's Limited Commercial District by Strategic Land Ventures should stand. In the appeal, the HAC will determine if Manchester's decision failed to consistently apply state rules governing environmental impact, traffic, and engineering codes. The HAC will also be considering a citizens' group appeal on whether the project will unduly impact the local environment. The first day of the proceedings will be held at the Legion and then move to ZOOM. All hearings are open to the public. Details on the Manchester town website.

School Committee Meeting Tuesday, March 5

The next meeting of the Manchester Essex Regional School Committee is set to start at 6 p.m. on Tuesday, March 5 and the formal agenda will be taking up the business of FY25 District calendar, School Choice, and holding a "curriculum spotlight" on K-12 Humanities. What's not on the agenda is the \$30.13 million FY25 District budget, finalized two weeks ago, although it's expected it will be addressed after Essex town officials hinted they may reverse expectations on a Proposition 2 1/2 override to cover its share of the budget. The MERSD budget is up 2.99% from FY24, a big win for the district after it received better-than-expected savings on health insurance. That said, it does not meet the Town of Essex's requests to come in at no more than a 2.5% increase and both towns Board of Selectmen and FinComs are set to weigh in on the budget. Those voting in the primaries can head over to ME Regional High School after for the meeting. And, given the food truck situation in Manchester, grab a grilled cheese and stay for the whole agenda.

Manchester COA Heads to Farmer Brown's Farm Stand Next Week

On Friday, March 8, the Manchester Council on Aging is headed in one of its vans to Farmer Brown's Farm Stand in Middleton. The store offers reasonable prices without sacrificing quality. Farmer Brown's is committed to stocking and serving food from the best local vendors along with an assortment of fine imported products. The van will start picking up seniors at 11 a.m. and reservations are required for the free trip. Can't make that trip? The COA van is taking trips the next two Fridays too, on March 15 and March 22 to the Ninety-Nine Restaurant for St. Patty's Day corned beef and the Rose Art Museum at Brandeis University, respectively. Info at (978) 526-7500.



Last week's front page featured an award-winning photograph of Piping Plovers in Ipswich. This week, keeping with a theme of "birds," here we have a beautiful shot of the gulls in flight at Manchester's Black Earth Compost facility site on Upper School Street where they were awfully busy early on Sunday morning.

Public Forum on MBTA Zoning Saturday

By Jeff Pope

Manchester-By-The-Sea residents will have a chance to learn about and ask questions about the proposed MBTA Zoning districts at a forum on Saturday, March 2.

The forum, held jointly by the MBTA Zoning Task Force and the Planning Board, will be at Manchester High School's media center from 10 a.m. to 12 Noon.

The event will begin with a short presentation followed by a Q&A period. Participants will be invited to visit zoning district stations to learn more about their current zoning.

The event will be open to noon so residents can also drop in when they can during that time. The Planning Board also talked about having zoning maps and videos to help explain the MBTA Zoning.

Chris Olney, a member of the Planning Board and chairman of the MBTA Zoning Task Force, said the purpose of the forum is to help spread the word about the MBTA Zoning - what it is, what it means to the town and what it doesn't mean.

"We are trying to minimize the effect on the town," said Olney at last week's Planning Board meeting, "on the character of the town, and on a number of new residences in the town."

The MBTA Zoning is a state mandate that requires the town to create zoning districts allowing "by right" an average of 15 units per acre for 37 acres in town. Of those 37 acres, 40 per-



cent (or 14.8 acres) must be within a half mile of the MBTA train station on Summer Street. The rest may be outside the half-mile station area.

The MBTA Zoning does not require that the town build any new units in the new zones.

Olney said that at the forum Saturday, the Planning Board and Task Force members will explain the state's new zoning rules, what the current zoning in the different sections of town is now and what the new zoning rules may mean to residents. They will also try to answer residents' questions about the proposed zoning.

"There are going to be several options but there is also going to be a preferred

option," said Town Planner Marc Resnick.

The Task Force has been looking at about 17 acres in downtown, avoiding commercial areas and the Historic District. They avoided commercial areas so that businesses were not replaced by apartment buildings.

"We are excluding (the Historic District) because we don't want to run the risk of having historic houses torn down and replaced with three-family homes," said Olney.

Olney explained that the advantage of selecting downtown areas made up of numerous small lots was the less likelihood that a developer could build a large project.

"We are trying to minimize the effect on the town," said Olney at last week's Planning Board meeting, "on the character of the town, and on a number of new residences in the town."

If a developer acquired a half-acre lot in downtown, the most that could be built on it is seven or eight units. However, if four-acre lots were included in the new zoning, then a developer might be able to build 60 units on one lot.

In addition, the Task Force has been looking at two larger lots in the Limited Commercial District that now houses the medical center on School Street and the Manchester Athletic Club on Atwater Avenue. To-

gether the two lots are about 23 acres.

While the new zoning will be an overlay district on top of the current zoning, they will still have design controls, including height limitations, setback requirements, etc.

Olney said that while the Task Force has a preferred plan, there are other options of where to locate the new zoning. In addition to larger lots, some areas were rejected because they didn't have sewers, were prone to flooding, or other constraints.

The town needs to submit its proposed zoning plan to the state by June and is hoping to have a final version of it on the warrant of a special fall Town Meeting.

Task Force member and Planning Board member Susan Philbrick stressed the importance of that last point. The goal of the Task Force was to come up with a plan that can, "get passed at Town Meeting," said Philbrick.

Weekly Weather Chart

Saturday 2 March		45°	36°
Sunday 3 March		44°	40°
Monday 4 March		43°	39°
Tuesday 5 March		56°	39°
Wednesday 6 March		51°	43°
Thursday 7 March		48°	40°
Friday 8 March		44°	40°

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.

Presidential Primary
Tuesday, March 5
7 a.m. - 8 p.m.
MMES
Use GYMNASIUM DOOR

MERSD
SC Meeting
Tuesday, March 5
6 - 8 p.m.

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This week in Mushroom of the Week by Gary Gilbert, it's "Wood Ears" (seen here) that have a long history in medicine and healing properties. Read Gilbert's column, Page 8.

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).

Christopher Allmond Shane



Christopher Allmond Shane died in his sleep on Monday, 19 February 2024 after a valiant battle with cancer. Christopher was born in Salem, Massachusetts on October 26, 1967. He was raised by John Allmond and the late Nancy Lee (Megowen) Shane, first in Chestnut Hill and then in Hamilton, Massachusetts. He attended The Landmark School in Beverly Farm before graduating from The Kildonan School in New

York.

Christopher's greatest accomplishments were made outside of school, making the world around him his classroom. He spent many family holidays in Antigua, where he became a proficient fisherman. Summers Christopher attended Mowglis, a camp for boys on Newfound Lake where he learned to love the outdoor life, marksmanship, sailing and made life-long friendships. Visiting Camp Mowglis was an annual pleasure he continued as long as his health allowed.

After graduating from school, Chris lived in Antigua, where he worked on both pineapple and chicken farms, and learned West Indian cooking from Angella Stevens and friends in Free-town. Christopher was hap-

piest living a simple life, crocheting clothing and growing his own vegetables and beautiful flowers. He carried his love of gardening back home to Merrimac, Massachusetts where he shared his beautiful roses with those around him, including the staff at Anna Jacques Cancer Center during his care.

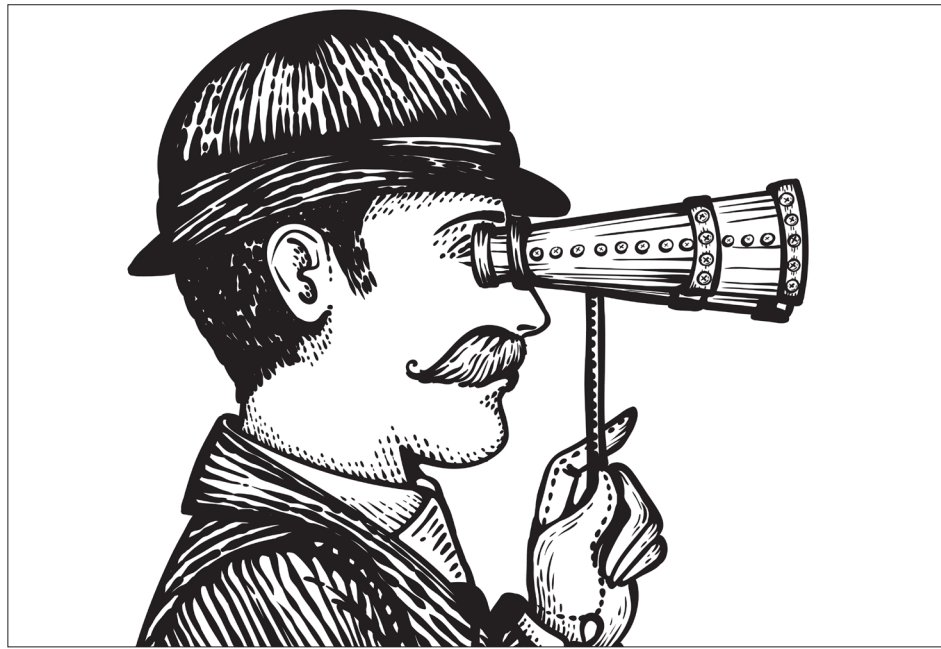
Christopher worked in swimming pool construction and maintenance, always willing to don a wetsuit for the dirty jobs. He loved being on or near the water, especially metal detecting for countless treasures on beaches throughout New England. He was a skilled craftsman, making boat, car, spacecraft models and hand-carved woodworking pieces. Christopher's proudest moments were sharing his crafts and treasures with those he

loved.

Christopher is survived by his father and stepmother, John and Denise Shane, his sisters Lee Shane and Nancy Cady and her husband, David. Aunts Gloria Saberlin and her husband Paul, Margaret Megowen, as well as many cousins, devoted friends, his beloved cat Mr. Taz and gecko, Gem.

Christopher had the heart of a lion. He was not ready to leave us, but he is now at peace. Chris wished no funeral service; a Celebration of Life will be held at a later date. In recognition of Christopher's love of the outdoors, his family would greatly appreciate donations in his name be made to: Holt-Elwell Memorial Foundation, Camp Mowglis, PO Box 9, Hebron, NH 03241.

MANCHESTER POLICE NOTES



SUNDAY, FEBRUARY 18
7:01 a.m. Beach St., directed patrol, secured/checked.
11:32 a.m. Pleasant St., motor vehicle stop, written warning. 2:41 p.m. Pleasant St., motor vehicle stop, written warning. 3:11 p.m. Tuck's Point Rd., directed patrol, spoken to.

MONDAY, FEBRUARY 19

12:51 a.m. Beach St., directed patrol, secured/checked.
8:22 a.m. Brook St., alarm, secured/checked. 2:23 p.m. Central St., citizen assist, other. 7:37 p.m. Smith Lane, structure fire, assisted as needed.

TUESDAY, FEBRUARY 20
1:21 a.m. Beach St., suspicious activity, secured/checked. 11:33 a.m. New-

port Park Rd., assault and battery, report to follow. 3:27 p.m. The Plains Rd., motor vehicle crash, criminal application. 10:34 p.m. Beach St., threat, report to follow.

WEDNESDAY, FEBRUARY 21
9:07 a.m. Beach St., motor vehicle stop, written warning. 10:20 a.m. Bridge St., animal complaint, assisted as

needed. 1:00 p.m. Pine St., selective enforcement, no action taken. 5:17 p.m. Lincoln St., community policing, secured/checked.

THURSDAY, FEBRUARY 22
9:49 a.m. Pine St., motor vehicle stop, citation issued. 10:58 a.m. Beach St., property damage, notification made. 4:17 p.m. Beach St., animal complaint assisted as needed. 11:24 p.m. Woodholm Rd., animal complaint, spoken to.

FRIDAY, FEBRUARY 23
7:07 a.m. Beach St., directed patrol, secured/checked. 10:26 a.m. Central St., citizen assist, assisted as needed. 3:10 p.m. Beach St., animal complaint, spoken to. 11:39 p.m. Filias Circle, disturbance, spoken to.

SATURDAY, FEBRUARY 24
12:52 a.m. School St., directed patrol, secured/checked. 8:20 a.m. Summer St., suspicious activity, report to follow. 10:56 a.m. Pine St., motor vehicle stop, written warning. 10:04 p.m. Stanley Ave., animal complaint, assisted as needed.



Changing of the guard. At a recent Manchester Club meeting, out-going President, Bruce MacDonald Jr., receives a commemorative plaque recognizing his service to the Club. In turn, MacDonald handed over the gavel to new President, Kevin Delaney. Photo Paul Clark



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

CLASSIFIEDS

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

FOR SALE
1-WK 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," two separate units on main floor that can be used as one. Private hallway connects units. One with full bath and Q-bed. Other full bath, washer/dryer, full kitchen, living rm, fireplace, pull down double bed. Main floor excess to pkg lot. Ski locker, use of pool & game rm. Pls call for details or to make an offer: (978) 526-7036. TF

SEEKING RENTAL
MBTS, FAMILY—I, my husband, children 7 & 5, are looking for a 2+ bed house in Manchester starting July/Aug/Sept during my 2 year position at Harvard. Year round or winter rental Sept-June. \$4000 max. Dr Clara Carus & Dr David Carus claracarus@gmail.com. Excellent references, very responsible. 2/18

SERVICES
REMODELING OR NEED A HANDYMAN?—Available for interior painting, carpetry, plaster projects and more. Local and insured. Call 508-932-1442. .. TF

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. WD 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.

PERSONAL ASSISTANT—Consider it Done/ Personal Assistant. (Services offered but not limited to) Errands, Shopping, Medical Appointments Gardening. Contact Tracy at 978-376-0950 or Email Te2photo2@gmail.com 2/1

HANDYMAN, MBTS—Handyman for light construction, home repairs, painting, cleanups, home repairs, painting cleanups, power washing, rototilling. Fully insured. Have truck and trailer. Clean, honest, references. Contact Bill mbtshandyman@gmail.com or (978) 618-0999. TF

WANTED—Someone to sell small treasures and knick knacks on eBay or other social platforms. Call or Text 617-909-5284. ... 3/14

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PUBLIC NOTICE

REQUEST FOR PROPOSAL MBTS FIRE & RESCUE DEPT.

The Town of Manchester-By-The-Sea, the Awarding Authority, will receive sealed bids for FIRE AND RESCUE DEPARTMENT - FIRE ALARM PROJECT, located at 12 SCHOOL STREET, MANCHESTER-BY-THE-SEA, MA 01944 in accordance with the Contract Documents prepared by BLW Engineers, Inc., P.O. Box 1551 - 311 Great Road, Littleton, MA 01460. The estimated cost of the project is: \$273,000. General Bids will only be considered from bidders holding a Certificate of Eligibility from the Division of Capital Asset Management in the category of Electrical and in a single project amount higher than the amount of the Bid. General Bids must be accompanied by a copy of the Contractor's DCAMM Certificate of Eligibility, a DCAMM Update Statement, Certification of Payment of Taxes, Non-Collusion Affidavit, Certificate of Authority, Certificate of OSHA Compliance. Plans and Specifications will be available on FEBRUARY, 26, 2024. Plans may be obtained electronically by emailing blwengineers.com. Inc. at bidding@blwengineers.com.

Posted to MNPA website:
<http://masspublicnotices.org>
March 1, 2024 MC

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A Community Forum To Discuss Zoning



By Marc Resnick

As you may know the Planning Board and the MBTA Task force are holding a public forum on understanding zoning this Saturday morning. Part of my job as Manchester's Planner is to engage with residents and keep everyone informed about planning initiatives. The most important mechanism that the Town has available to control land use is our Zoning Bylaw. It is a legal document, sometimes difficult to read, but is something we all need to understand. The forum this Saturday morning will be an opportunity for the public to have an open conversation about zoning, with the Planning Board and the MBTA Zoning Taskforce. We are calling it "Zoning 101". It will take place in the Media Center at the High School from 10 a.m. to 12 Noon.

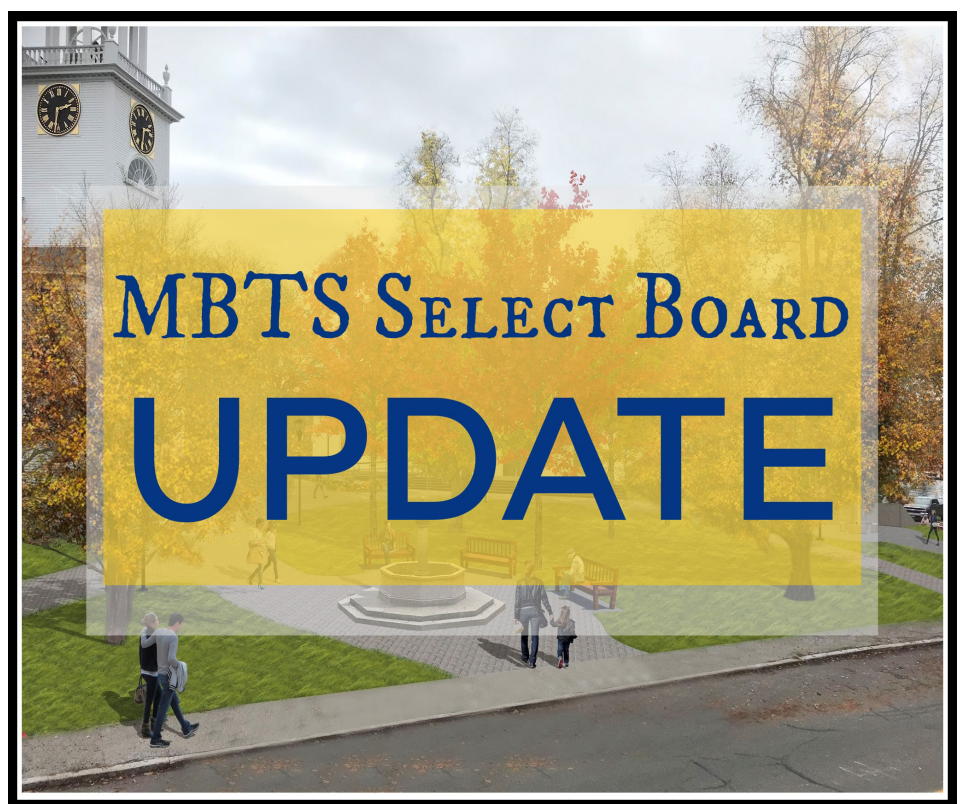
The purpose of this gathering is to explain what

zoning is and how it works. You will be able to find in which zoning district your property is located and discuss the requirements of your specific district. This forum is not about a MBTA zoning proposal as it is still under development by the Task Force. The event is intended to be a more general discussion about the concept of zoning and to help you understand the current bylaw. We want Town residents to understand what zoning is before we start presenting possible changes required by the MBTA zoning law.

Zoning laws regulate land use. It is a relatively recent innovation. Up until around 100 years ago, property owners were free to do what they wished with their land. The earliest zoning laws were established in America during the early 1900's when the development of industry and manufacturing raised fears that noise and pollution could have negative im-

pacts on residential communities. Separating harmful land uses such as factories and dumps from residential communities was seen as a public health measure. In 1920, Massachusetts enacted Chapter 40 of its general laws which authorized municipalities to adopt their own zoning regulations. Chapter 40 remains the principal law which governs how cities and towns can regulate land uses.

At the forum members of the Planning Board and the MBTA Taskforce will discuss how land uses are regulated. They will explain what is meant by "as of right" development and what requirements these developments can be subject to. The different types of zoning districts and regulations that control the use, size, and placement of buildings in Manchester will be explained. It will be an interactive discussion and a chance to ask questions and raise concerns. I hope to see you there.



BOARD UPDATES

Zoning 101 Forum: What zoning district is your property in? What makes your zoning district unique? Learn answers to these questions and more at a joint public forum hosted by the Planning Board and MBTA Zoning Task Force on Saturday, March 2 from 10 a.m. to 12 Noon in the High School Learning Commons.

Select Board Meeting: The Select Board will meet on Monday, March 4 at 6:30 p.m. Meeting details can be found on the Town website.

Primary Election: Cast your vote in the State Primary Election on Tuesday, March 5 at Memorial School from 7 a.m. - 8 p.m.

Police Chief Office Hours: Chief Fitzgerald will hold

his monthly office hours on Thursday, March 7 at the Police Station from 4-6 p.m. All are welcome to stop by.

Donate to Fireworks Fund: The Fourth of July Committee is seeking donations for the 2024 Singing Beach Fireworks. The Fireworks are primarily funded through donations. Help make this year's show sparkle and make your gift today at bit.ly/MBTSjuly4.

Town Website Survey: Please take a short survey about the Town website to provide important feedback on your user experience for future updates. www.surveymonkey.com/r/8L8WZ5P

Run for Office: Make a difference in our community and run for elected office. Nomination papers for Select Board, Planning Board,

School Committee and Library Trustees are available at the Town Clerks office. Papers and signatures are due April 2.

DPW Rain Barrel Sale: Think spring and purchase a rain barrel from DPW. Order by March 24. Fifty percent off the first barrel. Order at greatamericanrainbarrel.com/community/.

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

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

WHAT WAS HAPPENING



90 YEARS AGO - 1934

Monday brought us the second fierce blizzard of the season which coming so closely on the heels of the first before we had fairly straightened out from its effects made it a very stiff proposition for the Highway Department to handle, but Supt. Dechene coped with the situation and did the job well. The first serious accident since the two big snowstorms came Wednesday evening when Mrs. Ada Burnham of 59 School Street was struck and knocked down by an automobile as she was crossing the street in front of her home near Sacred Heart Church.

75 YEARS AGO - 1949

Philip H. Parsons, School Street and Donald Burgess, Summer Street, were appointed Saturday by Fire Chief Hammons as permanent drivers on the regular Fire department force, thus bringing the force up on the required number to have the men on a 70-hour work week, as voted at the Annual meeting.

The automatic gates at the Beach Street crossing were put in operation officially on Monday at 10 a.m. It is too early to get a reaction of the town on the gates.

60 YEARS AGO - 1964

The \$503,834 operating budget request of the Manchester Schools is an increase of 11.1 percent over the 1963 budget and 11.1 percent over the actual school expenditures in 1963.

The 104-foot Gloucester fishing dragger Maris Stella, went aground in the fog Thursday noon at Kettle Cove, off Crow Island. The Gloucester Life Boat Station of the U.S. Coast Guard responded and set buoys and were waiting for high tide to float the dragger off the sandbar.

45 YEARS AGO - 1979

The 1978 Manchester Jr.-Sr. High School football team was honored at a special awards program Tuesday evening by their coaches, the Boosters Club and the town for the excellent undefeated season they completed.

Five students from the eighth and ninth grade classes spent on week at the North Shore Regional Vocational School in a career exploratory program. During this time, students were administered interest and aptitude tests and were able to sample hands-on tasks at a number of different shop stations.

30 YEARS AGO - 1994

The Manchester Boys' basketball has finished their title winning regular season and are now preparing for Winthrop, their first-round opponent in the State Tournament. The fifth-seeded Hornets will have their hands full with the outside shooting fourth-seeded Winthrop team. A significant donation of labor and materials by three local men has reduced the financial goal for a new flagpole by one-third! Greg Cook, Doug Cook, and Craig Geary have worked together to develop a plan that would provide and install a 70-foot white fiberglass flagpole on the Town Common to replace the old wooden one.

15 YEARS AGO - 2009

On Saturday, February 28th the Manchester Essex Regional High School Drama Club was selected one of 3 schools out of 7 to move on to the semi-final round for their presentation of Who Brought the Cool Kids? as their Massachusetts Drama Guild Festival Competition piece. Alexandra Cody of Manchester, MA is currently studying in the Dominic Republic as part of an off-campus program of Hobart and William Smith Colleges in Geneva, NY.



The 70th anniversary running of the Pinewood Derby took place last Sunday. Cub Scouts from Manchester, Essex, Hamilton and Beverly participated. Prizes were given to the first three winning racers and then for most creative, most Scout Spirit, and Most Patriotic. Cub Scout Pack 30 meets regularly for fun outdoor and citizen building activities. Boys and Girls in grades 1-5 are invited to join Cub Scouts. For more information, parents should email John Judge, Cubmaster at judgeboston@gmail.com. Courtesy Photo

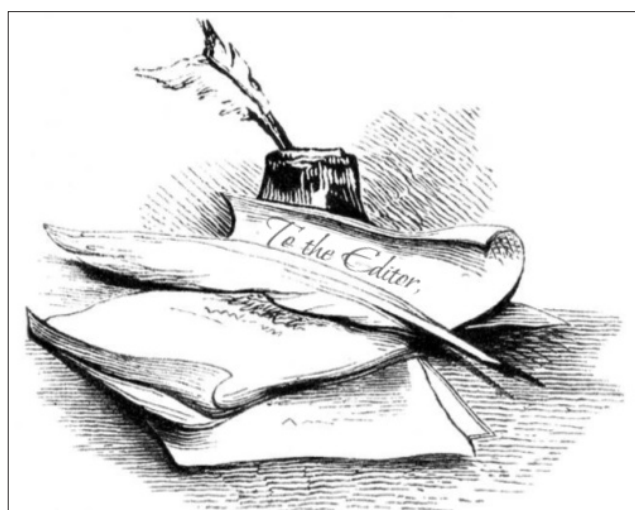
Tides & Sun Chart For The Week Ahead

DATE	HIGH				LOW				☀️	
	AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
1 Fri	2:37	9.2	3:04	8.5	9:21	0.9	9:33	1.2	6:15	5:34
2 Sat	3:18	9.2	3:50	8.1	10:08	1.1	10:18	1.5	6:14	5:35
3 Sun	4:05	9.2	4:42	7.8	11:02	1.3	11:11	1.8	6:12	5:37
4 Mon	4:59	9.1	5:43	7.6			12:02	1.4	6:11	5:38
5 Tue	6:01	9.1	6:52	7.6	12:11	1.8	1:05	1.3	6:09	5:39
6 Wed	7:09	9.3	8:01	8.0	1:15	1.7	2:08	0.9	6:07	5:40
7 Thu	8:17	9.7	9:04	8.6	2:17	1.2	3:08	0.4	6:06	5:41

Who is more foolish? The fool or the fool who follows him?
 ~ Obi-Wan Kenobi ~

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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.**

Manchester Democratic Caucus

To the Editor,

Manchester Democrats will meet at Town Hall, 2nd floor, on Saturday, March 9, starting at 9 a.m. to choose 4 Delegates and 3 alternates from

Manchester who will attend the Massachusetts Democratic State Convention.

The State Convention will be on Saturday, June 1, at the DCU Center in Worcester and will endorse Democratic candidates for statewide office and prepare for the fall election. U.S. Senator Elizabeth Warren will be up for re-election this year, and the State Convention will consider a motion to elect her as the Democratic Nominee for the United States Senate. Delegates at the convention will also be amending the Party Charter.

If you are a registered Democrat who lives in Manchester, please consider attending the Democratic Caucus on March 9th. You can run for delegate or alternate to represent our town at the state convention. We generally meet on Zoom, but this will be an in-person meeting. Please call Michele Kulick (at 978-807-1046) of the Manchester Democratic Town Committee should you have questions or wish to "attend" any of the Committee's Zoom

meetings.

Thank you very much,

Michele Kulick
Manchester

On March 4th, Support Our Town and the ZBA's Decision on Shingle Place Hill

Beginning Monday, March 4th at 10 a.m., the Massachusetts Housing Appeals Committee (HAC) will conduct public hearings on Manchester's Zoning Board of Appeals' (ZBA) decision to deny a comprehensive permit to the proposed development on Shingle Place Hill. The hearings will be held outside of the American Legion Hall in Manchester and we will gather there at 9:30 a.m.

It is imperative that we come together as a community in support of the ZBA's decision, one they based on the serious environmental, health and safety threats presented by the proposal.

While our community has been working to expand af-

fordable housing in Manchester, this project does not actually solve our affordable housing challenge, while it does jeopardize Manchester's environment, drinking water, and wildlife habitats.

Here are just a few examples of the environmental and health risks presented to our community by this proposal:

- The proposed site is surrounded by rivers and wetlands and would require blasting more than 40-foot of rock off the top of Shingle Place Hill -- removing much of the vegetation in the area and making storm water runoff a significant worry.
- One of the surrounding rivers is Sawmill Brook. Storm water runoff entering Sawmill Brook potentially impacts the Lincoln Street well, which provides our town with about 50% of our drinking water. Additionally, within 400 feet of the proposed site are two wells that Manchester views as an emergency public water supply.

- Sawmill Brook is also one of only two state-recognized Coldwater Fisheries Resources (CFR) north of Boston, housing unique sea-run brook trout. CFRs need cool water to survive; and pavement, cement blocks, retaining walls, and cutting trees would all threaten this fragile resource.

Beyond these examples are many more, ranging from sewage disposal to a single point of access to the site with steep grades, potentially endangering residents.

We need to highlight to the HAC that this proposal poses too many environmental, health and safety risks to move forward.

Please show your support for the ZBA's decision by coming out on March 4th and tuning into the hearings online.

Victoria Esser
Board Member,
Manchester Essex
Conservation Trust

LIBRARY NEWS



Victory never tasted as sweet as it did at the MBTS library's first and hopefully annual Chocolate Olympics event on February 20. Competitors built Oreo towers, mastered the M&M transport challenge, and even managed to unwrap Hershey's Kisses wearing oven mitts. Lots of medals all around -- made of chocolate, of course. *Courtesy Photo*



mental health and limit their development as young adults and young citizens. Welcoming the stranger, hometown pride, a deep love of our children, and a reverence for the character-building journey -- these are deeply American ideals. AEP harnesses them, along with the energy and curiosity of young people, to create a solution: a free domestic youth exchange program.

Hearthside Book Group
Tuesday, March 5 from 4-5 p.m. We will discuss "The Daughters of Yalta: The Churchills, Roosevelts, and Harrimans: A story of Love and Wars" by Catherine Grace Katz.

Friday Movie at MBTS Library
Friday, March 22 from 6-8 p.m. The movie this month has a MPAA Rating: PG-13; for strong violent content and disturbing material.

Unraveling Myths About Trans People in Sport (Virtual)
Tuesday, March 5 from 7-8 p.m. Presenter Erin Reed (she/her) is a transgender journalist based in Washington, D.C. she tracks LGBTQ+ legislation around the United States for her subscription newsletter, Erin In The Morning. We will explore the complex and often misunderstood world of transgender athletes in sports. We will address the myths and misinformation surrounding "biological advantages." We will discuss the discriminatory nature of recent sports bans targeting transgender individuals, and interrogate how similar arguments have been historically used to marginalize other minority groups. We will look at the real-world impact of these sports bans, and how they might touch places you didn't think about.

"Witchcraft: A History in 13 Trials (Virtual)"
Thursday, March 7 from 10-11 a.m. Join historian and author Marion Gibson who wrote "Witchcraft: A History of 13 Trials". A fascinating, vivid global history of witch trials across Europe, Africa, and the Americas, told through 13 distinct trials that illuminate the pattern of demonization and conspiratorial thinking that has profoundly shaped human history.

Art Across Asia: The Goddess: Images of Power (Virtual)
Sunday, March 10 from 2:30-4 p.m. During Women's History Month explore various cultural and religious manifestations of female deities.

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:
New Free Resource
PebbleGo is a curricular content hub specifically designed for K-2 students. Packed with informational articles, ready-made activities, and literacy supports for students for all abilities, it boosts engagement and fosters independent learning in core subject areas.

Winter and Spring Story-times
Wednesdays from 10:30-11:15 a.m. 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.

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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Mindfulness Meditation- Moving Back to the Library
Every Tuesday from 11 a.m.-12 noon. in the teen loft 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.

MBTS Cultural Council

Presents: D. McCullough III, CEO of American Exchange Project
Thursday, March 21 from 5:30-6:30 p.m. For our 3rd session we will be hosting David McCullough, CEO of the American Exchange Project. Toxic polarization has moved into our daily lives, corroding our faith in one another and our democracy, shaping choices we make, and the places we call home. As a consequence, our kids are growing up isolated in bubbles that burden their

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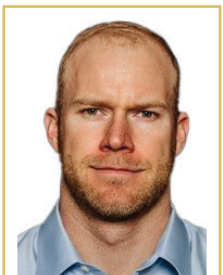
Gold Leader Award #6



Leshia Crestin
617-543-3104



Tara Farley
603-247-7800



Sam Gifford
781-307-0228



Robin Martyn
978-815-4497



Robin Moore
508-954-8689



Heidi Roy
978-270-7336



Ed Scialdoni
781-771-9729

Silver Club Award #7



Michael Beaton
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Lauren Mears
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Holly Welch
617-680-6999

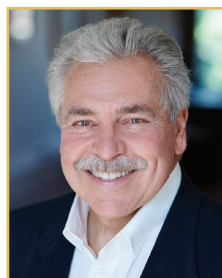
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978-325-2702



Theresa DiPiro
617-275-6624



Ray Gosselin
617-543-9841



Moira Riccio
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Tournament Begins This Week for Local Basketball Teams



Hornet sophomore, Kacey O'Connell, drives to the basket in front of a Danvers Falcon defender, ME's last home game of the season went to them in an exciting nail-biter that went down to the last buzzer, 49-46. The Hornets end their season with a well-deserved 15-5 overall and 10-4 in the CAL. They are on course to play Madison Park RVT in MIAA Preliminaries at home on Wednesday the 28th. Photo Paul Clark

By Jason Brisbois

The MIAA tournament kicks off in earnest this week for local basketball teams, and both the Manchester Essex girls' and boys' squads have a chance to make a run deep into the postseason.

Both teams finished with winning records and earned high seeds in the Div. 4 tournament. The girls finished the regular season with an overall record of 15-5, giving them the number 18 seed. The Hornets were slated to begin the playoffs with a home game against 47-seed

Madison Park RVT. The Roxbury-based vocational school finished with an overall record of 11-5. There is little familiarity between the two teams.

"We don't know much about Madison Park, just that they have and 11-5 record," explains Man-

chester Essex girls basketball coach Lauren DuBois. "We don't play any common teams."

Perhaps because both teams know so little about each other, it will be imperative for the Hornets to continue to do the things that helped the team to 15 wins in 2023-

24. "We want to focus on playing our style of basketball," says DuBois. "We want play great defense and generate offensive opportunities through our defense. We need to focus on the fundamentals - defense, rebounding, executing the offense."

Experience will be key throughout the tourney: Both basketball teams are not only talented and deep, but they are also veteran teams with players who have experienced tournament basketball at the varsity level.

"We have a lot of players with playoff experience who know that the level of play is going to go up," says DuBois. "We need to focus on doing the little things right and focus on what we can control."

There is also the potential for the boys' basketball team to play Madison Park Vocational in the first round as well: Manchester Essex is scheduled to play the winner of the Feb. 27 first-round matchup between Frontier Regional (the 28th seed in Div. 4) and 37-seed Madison Park.

The boys earned a bye thanks to a spectacular regular season, one in which the Hornets went 19-1 and earned the no. 5 seed in the tourney. The Manchester Essex team closed out its regular season with a three-game win streak, picking up wins against Randolph, Amesbury and Ipswich after suffering their only loss of the season to Burke on Feb. 12.

Not to be outdone, the girls team finished up the regular season with a five-game winning streak, highlighted by close wins against Newburyport on Feb. 5 and Danvers (the season finale) on Feb. 16. Since that time, both teams have been practicing and playing scrimmages against other schools to keep the momentum going.

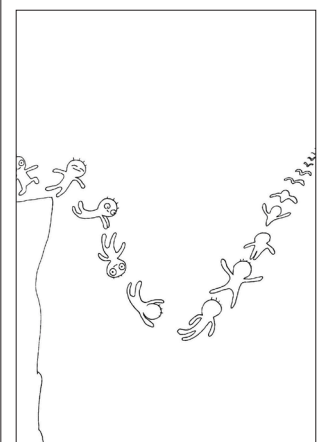
"We have been practicing over vacation and working a lot on skill development," says DuBois.



Congratulations to Nate Gardner on his 11th place finish in the Boys 55 Hurdles event at the MIAA Meet of Champions.

Courtesy Photo

Off at School and Doing Great



Now is the time that colleges and universities across the country announce last semester's successes from local students enrolled in schools. We're happy to see that so many are doing well and have achieved academic honors.

Jennifer Baker, a Forensic Science major in the class of 2027 from Essex was named to the Dean's List for the fall 2023 semester at Saint Anselm College. To be eligible for this honor, a student must have achieved a grade point average of 3.4 or better in the semester with at least 12 credits of study which award a letter grade. Saint Anselm College is a private Benedictine liberal arts college in Goffstown, New Hampshire. Founded in 1888, it is the third-oldest Catholic college in New England. This semester, there were a total of 562 students from 24 states and 4 countries.

Cali Parkins, a sophomore from Manchester at Merrimack College was named to the dean's List in the fall 2023 semester. Merrimack College is a private Augustinian university in North Andover, Massachusetts. It was founded in 1947 by the Order of St. Augustine with an initial goal to educate World War II veterans. It enrolls approximately 5,700 undergraduate and graduate students from 34 states and 36 countries.

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

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Mushroom of the Week: Wood Ears

By Gary Gilbert

Even in the winter one can find this squiggly gelatinous edible mushroom busily decaying hardwood sticks and twigs in the forest. The aptly named Wood Ear mushroom actually goes by a slew of other common names such as Tree Ear, Jelly Ear, Little Ear, Judas' Ear, Cloud Ear and Brown Ear Fungus. But its real scientific name is *Auricularia auricula-judae*.

It is a common ingredient in Chinese cuisine, such as Won Ton or Hot and Sour Soup as well as many other dishes. The Wood Ear is very versatile for cooking and capable of absorbing the flavors of broths and spices quite easily. It has a nice chewy texture, is neutral in flavor, dries easily, and is quick to reconstitute and cook with. Plus, the best thing might be that it is nearly impossible to confuse with anything that is not edible that you could find in the woods. You don't have to go to China to find them because they grow quite ubiquitously in our woodlands and are available in many supermarkets.

Wood Ear is a kind of jelly fungus included in a group of similar genera *Auriculariales*, *Tremellales* and *Dacrymycetales* which includes other unique looking squishy things like the bright yellow Witch's Butter. The Wood Ear can be disc-shaped or ear-shaped or simply an irregular blob of squishy brown to reddish-brown rubbery, gelatinous stuff.

Wood Ears have been used medicinally for centuries for all sorts of ailments such as a cure for hemorrhoids, strengthening the immune system, angina, diarrhea and even as preventing GI upset.



Auricularia auricula-judae, also known as "Wood Ears" can be found even in winter.



Wood Ear mushrooms have a variety of both medicinal and culinary uses.



Wood Ear, aptly named, is a velvety gelatinous edible mushroom found decaying on hardwood sticks and twigs. Photos: Gary Gilbert

A curious piece of medicinal history is that it was used as part of the "Doctrine of Signatures" from the 1800s, where they very simplistically believed that if a plant or fungus resembled a part of the body, it could be used to treat ailments on that part of the body also.

A curious piece of medicinal history is that it was used as part of the "Doctrine of Signatures" from the 1800s, where they very simplistically believed that if a plant or fungus resembled a part

of the body, it could be used to treat ailments on that part of the body also. Since Wood Ear resembled the insides of one's throat, they would boil it in beer, milk or vinegar and use it to treat throat ailments.

More recently the Wood Ear mushroom has been shown to hinder blood clotting and if used regularly in small amounts may help prevent strokes or heart attacks. Those are big claims however, and like all considerations of fungi for use as "mycomedicines," I suggest the individual do their own experimenting to determine what it might actually work for you specifically and then try to learn what dosage is appropriate for your body.

Unfortunately, there are not enough mycomedicine or herbal medicine research dollars floating about, so each individual needs to learn for themselves what works, and what might not work. In the meantime, do consider using Wood Ears in dishes you may prepare. It's kind of fun to use and since it concentrates flavors in any dish, it can produce good culinary results.

Gary Gilbert is a member of the Executive Committee of the Boston Mycological Club, lectures and leads identification walks and is the author of "Mycocards", flashcards for learning mushroom identification (mycocards.com). He lives in Manchester-by-the-Sea.

Wood, Wire, & Song – Crossover Chamber Music in Annisquam



The nascent Lobster Cove String Quartet widens its wake with guest artists in a concert Sunday, March 3rd, at 3 p.m. at the Annisquam Village Church. With windows looking out on the Cove itself, the concert is designed by Artist-in-Residence, violinist and composer Scott Moore—joined here by a glittering lineup of special guests in an eclectic program of new music as inviting as it is fresh. Pianist and songwriter Elizabeth Ziman anchors the lineup with what NPR Music calls "beautiful, thoughtful, smart music largely built around her very approachable and warm voice."

The March 3rd Wood, Wire, & Song program comprises music written in the last 30 years: the plaintive strains of John Tavener's mysterious Akhmatova Songs; the elemental crispness of recent Pulitzer-winner

Caroline Shaw's Valencia (composed in Manchester-by-the-Sea); frequent Kronos Quartet collaborator Osvaldo Golijov's visceral setting of Emily Dickinson, How Slow the Wind; and Moore's own setting of Shakespeare's sunny Sonnet 18, a world premiere. Classical soprano Theodora Nestorova joins Ziman, songwriter and multi-instrumentalist Diether Strause, and quartet members Moore, Erica Pisaturo (violin), Brandon White (viola), and Alex Fowler (cello). Notoriously multi-talented Club Passim stalwart Zachariah Hickman (Josh Ritter, Ray LaMontagne) contributes string arrangements.

The event is free, but a \$35 donation is suggested, and a reception follows the concert.

Annisquam Village Church
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Architect: Julia Chuslo | Photography: Jack Vatcher

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Lynn Anne Maguire Exhibit in Gloucester Opens February 27



Gloucester Dory Gifted, watercolor, Lynn Anne Maguire.

Courtesy



Flower Shop Honfleur, watercolor, Lynn Anne Maguire

Courtesy

The works of Gloucester artist Lynn Anne Maguire will be in subject of a two-month lobby exhibit opens this week on Thursday, February 27 and will run through April 26. A reception will be held from 10 a.m. to 12 Noon on Saturday, March 9. The artist will be on hand to share insights into her work and light refreshments.

Lynn Anne Maguire is a watercolor artist specializing in nature and plein air painting. She is a member of several art associations, including the North Shore Art Association, the Rockport Art Association & Museum, the Nevada Watercolor Society, and the Virgin Valley Artists with the Mesquite Fine Arts Gallery.

She has participated in various art festivals, such as the Escalante Canyon Fine Art Festival at Grand Staircase National Monument.

Lynn started her artistic career after 40 years of working as a physical therapist. She now runs an art studio on Rust Island in West Gloucester called Snug Harbor Studio, where she offers classes and workshops for aspiring artists. She is also an avid supporter of the North Shore

Waterfront Greenway, a project that aims to create a continuous bike and pedestrian path along the east coast.

She enjoys traveling around the world, capturing the beauty of nature in various locations like Aix-en-Provence, St Remy and Arles in France and several national parks. Maguire was recently interviewed on The Art Box podcast about her studio, and her vision of creating a new cultural center on Rust Island, where artists and nature lovers can gather and enjoy the scenic views of the Annisquam River.

Action Inc. to Renovate and Expand its Main Street Location to Centralize Services for Cape Ann Residents

Action Inc., the local nonprofit that serves Cape Ann residents in need, including rental and mortgage assistance to Manchester residents during COVID through the Manchester Affordable Housing Trust, announced this week that plans a massive renovation of its first-floor, ground level space on Main Street in Gloucester.

The move will better position the organization to centralize its programming and increase accessibility to better serve its clients.

Over the past several years, Action Inc. has experienced substantial programmatic expansion to better address the needs of the residents in the communities it serves.

To accommodate the significant growth of the agency's programs and staffing, programs were spread out over four offices in two different communities, splitting up some departments over separate office spaces. Additionally, Action Inc. identified structural challenges and accessibility issues at our main office on Main Street and Energy office on Washington Street.

Recognizing these internal and

external barriers, the organization initiated a comprehensive feasibility study, conducted in collaboration with project management firm DBI Projects, considered community feedback from Action Inc.'s recent needs assessment, focused on department-specific needs, assessed the physical space, and explored considerations for diversity, equity, and inclusion.

That study was the bedrock informing the strategy for how Action would tackle its long- and short-term goals. One cornerstone of the plan is the revitalization of the first-floor space on Main Street to accommodate staff growth, enhance accessibility and visibility, and consolidate key programs, including community services, housing services, and fuel assistance programs.

Some of these services are currently offered on the second floor of the building on Main Street, while others are offered at 47 Washington Street. So, when construction is complete, they will all be offered in the newly renovated first-floor space at its new home on 180 Main.

"Our vision is to create a 'no

wrong door' service hub, offering a centralized resource center for residents. People will experience a physically accessible, easy to find, welcoming entry point for all Action services, as well as for referrals to community partners," said Peggy Hegarty-Steck, CEO at Action Inc.

This endeavor underscores Action Inc.'s dedication to improving service delivery, streamlining access to resources, fostering inclusivity, and creating a centralized resource hub for residents. The agency looks forward to continued collaboration with the community, stakeholders, and partners to help people access the resources they need to achieve their goals.

"Action Inc. is committed to evolving with the needs of our communities. These strategic initiatives align with our vision to provide inclusive and accessible services," said Allison Lex, COO at Action Inc.

Action Inc. anticipates construction will be completed at the end of summer 2024 and it emphasizes that all services will remain available to the community open throughout construction



Community services nonprofit Action Inc. is undergoing a major renovation of its Main Street Gloucester location to better serve Cape Ann. Below is how the building looked a century ago.

Courtesy



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Puzzle

THEME: ICONIC FASHION MOMENTS

ACROSS

1. Aggressive remark
5. Pampering spot
8. Wharton degree
11. Light bulb, in comic book
12. Burn to a crisp
13. Size option
15. Cameron of "There's Something About Mary"
16. Fabled racer
17. Take care of debt (2 words)
18. *He wore a white leisure suit on the dance floor
20. It can be pleasant or unpleasant
21. Buenos ___
22. Dove's sound
23. *She wore a white dress above a subway grate
26. Get house ready for living
30. Rap sheet acr.
31. Famous fictional canine
34. Brussels org.
35. Not Astroturf
37. Take the gold
38. Certain cigarette
39. Speed of object divided by speed of sound
40. Lord's subordinate
42. Ann Patchett's novel "___ Canto"
43. Made by Bayer
45. Friskily
47. Long period of time
48. Repeat, in music
50. Cough syrup balsam
52. *She wore a meat dress
55. What cobbler does
56. Good's foe?
57. Muddy road grooves
59. Waltz, in France
60. White House "sub"
61. Red light action
62. Layer
63. Marching insect
64. Sports award

DOWN

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1. Ebay click
2. Miners' passage
3. *Kim Kardashian exposed it on the cover of Paper in 2014
4. *Harper's ___, famous fashion magazine, launched in 1867
5. Fossil fuel rock deposit
6. Fractions
7. Atlas stat
8. Egg salad ingredient
9. View from high-speed train?
10. High mountain
11. Light bulb, in comic book
12. Burn to a crisp
13. Animal trail
14. *Singer who sported a cone bra
15. Cameron of "There's Something About Mary"
16. Fabled racer
17. Take care of debt (2 words)
18. *He wore a white leisure suit on the dance floor
19. Viola da Gamba, pl.
20. It can be pleasant or unpleasant
21. Buenos ___
22. Dove's sound
23. Molten rock
24. Southern cuisine pods
25. Civil rights org.
26. Jimmy Buffet: "You got ___ to the left..."
27. Many iambs
28. Iron/carbon alloy
29. *Golightly of little black dress and sunglasses fame
30. Rap sheet acr.
31. Famous fictional canine
32. Tchaikovsky's fowl
33. Bro's sib
34. Brussels org.
35. Not Astroturf
36. *Nothing came between her and her Calvins
37. Take the gold
38. Loud noise
39. Speed of object divided by speed of sound
40. Car's unique identifier, acr.
41. Diamond on a sweater
42. Ann Patchett's novel "___ Canto"
43. Made by Bayer
44. Awaken
45. Friskily
46. Rough
47. Long period of time
48. Type of juniper
49. Proclamation
50. Bluish green
51. Billy Joel's "___ the Good Die Young"
52. Bulgarian money
53. Glory prerequisite
54. Above
55. NFL's Lamar Jackson in 1923, e.g.
56. Good's foe?
57. Muddy road grooves
58. Done with "my little eye"?

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				6	4				8

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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

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 Fa-

ther 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 message, beautiful music and community at the center of town, 10 a.m. Sundays 10 Central St and streamed on Facebook, FirstParishChurch-ManchesterMa.
 Worship Leader, Rev. Katherine Schofield with music led by Dr. Herman Weiss, and the First Parish Choir. Sunday school 10 a.m. led by

Jeanne Westcott.
 Communion Sunday.
 We invite everyone to join us for hospitality following the service.
 March 3 our youth fellowship will host an intergenerational Kindness Rock Workshop, free and open to all, 6:30 - 7:30 p.m., in the Chapel Community Hall.
 Monday Friends of the COA Senior Drop in 10 a.m. - 12 Noon.
 Lenten Study Group 5 p.m. via Zoom Five Spiritual Disciplines That Draw Us Closer to God
 ...*(Continued on page 11)*



Open the door to what's next.

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NEWBURY
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 Offered at \$799,000
Eileen Gagnon | 978.270.6843



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 Under Contract
Kristin Francoeur | 978.270.7929



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Untold Story of Women's Olympic Glory Featured at Sawyer Free Library

It's an inspiring that transcends athletic performance.

The Tigerbelles: Olympic Legends from Tennessee State, written by Wenham author Aime Alley Card is a story of the 1960 Tennessee State University all-Black women's track team, which found Olympic glory at the 1960 games in Rome. It is an epic story of desire, success, and failure—of beating the odds—against the backdrop of a changing America.

The book is being published to coincide with Women's History Month in March. And the author, who lives in Wenham, will speak as part of the Sawyer Free Library's author event series from from 5:30 to 6:30 p.m. Thursday, March 7 at the library, 21 Main Street (upstairs) in Gloucester.

Ms. Alley Card, who grew up in Tennessee, was familiar with the Tigerbelles because the team global performance was stuff of local legend. Also, her father was an athletic coach at neighboring Vanderbilt University and impressed on Alley that the Tigerbelles had overcome incredible challenges of a pre-Title 9, Jim Crow South world where resources and support were utterly vacant at southern schools



like Tennessee State.

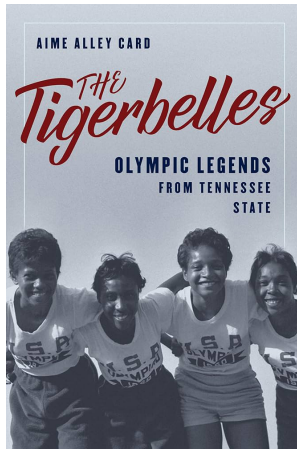
"As I got older, I realized others didn't know this story," she said. "It's like 'A League of their Own' meets 'Hidden Figures'."

"My intention is to tell an epic story of desire, success and failure-of beating the odds-against the backdrop of a changing America, but to tell it in an intimate way."

"Readers will come to know the individuals' unique struggles and triumphs,

while also understanding how these dreams emerged and solidified just as the country was struggling to leave the Jim Crow era behind."

Ideed, *Tigerbelles* is a multi-layered inspirational tale of triumph over adversity. The elite group of talent includes Wilma Rudolph, Barbara Jones, Lucinda Williams, Martha Hudson, Willye B. White and Shirley Crowder. These are women



who once were and should still be known world-wide. Ultimately the team's drive is for more than medals. Their coach, Edward Temple and the Tigerbelles offer a challenge the world's perception of what a group of young Black women in the Jim Crow south are capable of.

Aime Alley Card has been researching, interviewing, and writing, conducting and reviewed hundreds of hours of interviews for the project.

She is a nonfiction editor for Pangyrus literary magazine and a board member for the Women's National Book Association, Boston Chapter.

For those who can't make the talk in Gloucester, Ms. Alley Card will also be signing books from 6:30 to 8 p.m. on Thursday, March 21 at The Book Shop of Beverly Farms.

Solution to puzzles on page 10



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

...(Continued from page 1)

Tuesday, COA Luncheon

Wednesday Vespers 6:30 p.m. in the Sanctuary

Choir rehearsal 7:30 p.m.

Thursday Seaside Parish Knitters 1-3 p.m., all knitters welcome to drop in

Bible Study, Via Zoom 4 p.m.

For Zoom programs 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

Also available a weekly at-home devotional: "Wendell Berry and the Sabbath Poetry of Lent"

St. John's Church

Worship:

Every Sunday we hold services at 8 a.m. 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.

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 To You

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

~ Albert Camus ~

Tips to Protect Yourself from Text Message Cyberattacks

(StatePoint) Every day, cybercriminals create new methods of obtaining private financial information from unsuspecting individuals, most commonly employing tactics like emailing strangers and convincing them to either share personal information or take an action that compromises their systems and devices. Known as "phishing," these cybercrime attempts can also come by way of short message service (SMS) or text messaging, and when they do, it's called "smishing."



(c) VioNettaStock / iStock via Getty Images Plus

Scammers use smishing to prompt victims to click on internet links or send classified or personal information through texts and other messaging apps, making individuals vulnerable to identity theft and even extortion. However, understanding their methods can help you protect yourself. Here's what to know:

Attacks Are Getting More Sophisticated

Cybercriminals often use a tactic called spoofing, where they impersonate a known sender or transmit messages from a legitimate number. Even if you know the sender, it's still important to verify the message's legitimacy before responding, opening an attachment, or clicking on a link that could potentially compromise your device.

Cybercriminals also share stolen credentials and personal information more readily now and work in gangs, ultimately amplifying

the threat. Through social engineering of your publicly available information – often gleaned from social media – and private data procured illicitly, scammers are able to craft text messages specifically designed to lower your defenses. This means, communication may look like it's being sent from a known person or number, possibly making reference to shared knowledge. Fraudsters may apply a sense of urgency or other scare tactic that prompts you to react quickly instead of taking the time to scrutinize a request.

Additionally, the ever-growing capabilities of generative artificial intelligence (AI) tools have made it easier for scammers to develop smishing attempts that closely mirror conversation, making it simpler and more affordable to distribute cyberattacks successfully to a large audience.

"Whereas previous smishing and phishing messages

often didn't make sense, as generative AI advances, these messages contain fewer grammatical or spelling mistakes. As a result, users are less able to distinguish them from legitimate communications," says Raina Kanakis, a security specialist with PNC's Global Security Fusion Center.

Simple Precautions Can Mitigate Risk

Vigilance is key, especially as attacks become more sophisticated. One way to verify senders' identities is by cross-checking short codes – the five- or six-digit number used by companies to deliver text messages to your phone. Each of these unique codes is used for certain purposes – to transmit card activity alerts, for instance.

Many companies, such as PNC Bank, have established resources to enable customers to verify the legitimacy of text messages appearing to come from them. By ref-

erencing PNC's Short Codes page for example, you can verify whether a text message originated from a legitimate short code, helping you detect and avoid possible impersonation fraud.

Use these additional strategies to help thwart smishing attempts:

1. If you are not expecting the message, proceed with caution.
2. Do not immediately respond.
3. Do not click on any links within a text message. Navigate to the URL using a different means to validate it.
4. If the message appears to come from a familiar company, contact them on a different channel to confirm legitimacy.
5. Getting a text and subsequent call does not increase legitimacy. Hang up and call the company or financial institution directly using a known telephone number.
6. Screenshot and send any suspicious messages appearing to come from a company to them to verify and alert.
7. To report smishing to all mobile telecom carriers, screenshot and send the message to 7726. For added protection, use the "Report Junk" feature on your mobile carrier's system.
8. Visit the FCC website for more information on how to avoid smishing scams.

PET OF THE WEEK

Chalupa Is My Name



Hello there, I am a sweet little girl but a bit nervous with all the changes in my life. I was found in a home with many other cats and now I have been living alone and having lots of people and hands are coming towards me which is scary. I just don't know what to expect. I am not mean and don't scratch or bite but I do get scared when people try and touch me. I just need some time to understand that people are good and all they want to do is help. In time with lots of positive things coming from humans I will understand. If you have the time and patience to let me learn then I am sure we will be good friends. If you think I am the kitten for you please fill out an online application today and come visit me at the shelter (but remember go slow). Do I sound like a good fit for you? You can find the application at <https://capeannanimalaid.org/adopt.html>

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\$5,835,000 | Fabyan & Filias Team
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GLOUCESTER

LAND

\$2,600,000 | Kate Richard
Development opportunity. 20-acre lot abuts Ravenswood Park, near beach. Has potential as private estate or single-family-condo-40B development. Has existing dwelling, drive, pristine wooded lot.



SALEM

NEWLY PRICED

\$2,150,000 | Ted Richard
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.



WENHAM

\$1,797,000 | Fabyan & Filias Team
Enchanting custom Colonial with contemporary flair, grand foyer & home office. 4 bedrooms (2 en suite), 4.5 baths. Open floor plan gourmet kitchen and family room. Pool-patio, 3-car garage.



WENHAM

\$925,000 | Peggy McNamara
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.



IPSWICH

\$874,900 | Alle Cutler & Ed Dick
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. This unit is available now!



GLOUCESTER

\$665,000 | Felicia Trupiano
East Gloucester Charmer. One-level 2-bedroom, 1.5-bath condo has office, 2 decks, massive living room, granite-stainless kitchen, full basement, and 2-car parking. Near beaches and downtown.



MANCHESTER

LAND

\$525,000 | Fabyan & Filias Team
Unique opportunity to build your dream home on 6.18-acre private, hillside lot near downtown and Singing Beach. Engineering for 5-bedroom septic system and shared driveway approved. 1 of 2 lots.



SALEM

\$449,000 | Cressy Team
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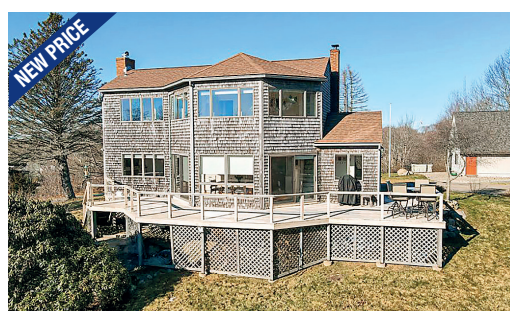
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6 Lattof Farm Circle Rockport | \$1,495,000
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Scott Smith | Realtor
617-750-2793



1 Beacon Hill Gloucester | \$1,495,000
Impressive ocean views from this Nantucket shingle saltbox in East Gloucester, set on 4.49 acres. 3DB, 2BD main house, carriage house.

Scott Smith | Realtor
617-750-2793



33 Way Road Gloucester | \$3,895,000
Stunning East Gloucester estate with impressive ocean views. Carriage, barn, and paddocks on 28+ acres.

Scott Smith | Realtor
617-750-2793



146 Hesperus Magnoli | \$1,350,000
Impeccable 3 BR, 3 BA home with ocean views over Strawberry Cove from almost every room. Refreshing light through the oversized double sliders that welcome you to the large deck off the living room, watch the schooners and the storms safely in front of your cozy fireplace.

Lisa Ramos | Realtor
978290-3005



12 Pleasant st Rockport | \$699,000
Charming 2-bedroom home, 1.5 baths on a quaint st near the heartbeat of downtown Rockport. Artist Loft. Fireplace, walk out basement, gardens.

Mary Matthews | Realtor
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Mary Francis | Realtor
978-985-3035

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Michelle Mineo | Realtor
978-471-9178

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