

MANCHESTER CRICKET

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What an Amazing 4th of July!



By Cheryl Marshall
 Manchester's 4th of July is always a celebration, and this year felt especially so. Almost 7,000 people en-

joyed the evening fireworks on Singing Beach that took place the night before the 4th of July holiday. Then, the following day, the parade this year was attended by more than we have ever

seen. The weather was perfect, the parade route was packed with residents and friends cheering on all the amazing floats.
 This year for the first time, Manchester honored

a "Community Star" as the Grand Marshal of the Parade. Sue Thorne, former Select Board member, was this year's worthy recipient. This is a new tradition, and before long, the town will begin to take nominations for next year's Community Star. Nominations will be taken throughout the year and will formally consider all nominations in Spring 2025 for next year's parade.
 The 4th of July Parade this year was awesome, mainly because there was so much community involvement. In all, there were about 20 homemade floats this year, which is more than have been registered in the past. A lot of work goes into designing and creating these floats, and four were voted by the committee to receive awards recognition.
 Winners will receive a \$100 in funds to help defray the cost of creating their



Photos: Paul Clark

floats, or for a celebratory ice cream or pizza party.
Winners include:
Most Effort: Schooner Adventures
Most Patriotic: Tuck's

Candy
Most Creative: MBTS Fishing Tournament
Most "Townie": Ballet De Mar
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BRIEFLY

"Photogrammy" at MBTS Museum on July 17

The Manchester-by-the-Sea Museum will delve into the fascinating world of photogrammetry, a 3D scanning workshop, at 6 p.m., Wednesday, July 17, at the Trask House. The workshop will be helmed by Quinn Comprosky, a PhD student from Indiana University, who will teach cutting-edge techniques that transform standard digital photographs into rich, 3D representations. Discover techniques that enhance our understanding of cultural heritage artifacts. From jewelry to mid-19th-century furniture, this workshop promises insights into Manchester's maritime history and its prominence during the Gilded Age. Info at mbtismuseum.org.

It's ITL's Mariners Raffle Time

The Manchester-Essex Mariners Intertown Twilight League Baseball team's annual equipment raffle has kicked off and tickets are available. Tickets get you a chance to win \$2,500 in cash prizes, with an August 15 drawing. The ITL League is now at the halfway mark, and the Mariners are currently in third place. The ITL is the longest running amateur baseball league in the country, and consists of teams from Hamilton, Beverly, Ipswich, Rowley, Rockport, and Manchester-Essex. The league features players who have played in college high school and a few that have played in the majors, so it's great baseball to watch. Games are 6 p.m. every Tuesday, and the Mariners home field is in Essex, at the Annie Gosbee Memorial Field on Martin Street. The Mariners have won the ITL six out of the last ten years. Come down and enjoy some great baseball.

Tuck's Point Cookout for Manchester Seniors July 23

Manchester seniors are invited to attend a cookout sponsored in part by the Friends of the Manchester Council on Aging on Tuesday, July 23rd at Tuck's Point. The menu will include steak tips, chicken kebobs, summer salads, beverages and dessert. Lunch will be served at 12 p.m. and the cost per Manchester senior citizen is \$12. Reservations and prepayment are necessary by July 18th. As always, the C.O.A. van is available for transportation. Please call the Council on Aging office for info or to sign up, (978) 526-7500.

STATE HOUSE NEWS

Senate Bringing Forward \$2.8 Billion Eco Dev Bill

By Sam Drysdale

The Senate will dig into a massive economic development package Thursday after top Democrats on Monday morning released their own vision for how Massachusetts should pursue job and economic growth opportunities going forward.
 The Senate's bill (S 2856) authorizes \$2.444 billion in borrowing, giving the executive branch flexibility to put as much of that amount into use as it determines is necessary and wise, and \$350 million in tax credits mostly to be deployed in the climate technology sector.

It also includes a number of policy provisions, including clearing the way for a professional soccer stadium to be built on a blighted land parcel in Everett. The House and Senate have both supported the idea over the past few years, but have not been able to get on the same page at the same time.
 In late June, the House voted 155-2 to pass its own economic development bill (H 4789) that largely mirrors the version Gov. Maura Healey proposed. That bill features \$3.4 billion in long-term bond authorizations and an additional \$700 million in tax credits, including investments to reauthorize the life sciences initiative for another decade and make a parallel investment in "climatetech."

Asked why the Senate chose to authorize less borrowing, specifically for the



Sen. Barry Finegold and Rep. Jerald Parisella of Beverly, co-chairs of the Joint Economic Development Committee, listen to testimony from Gov. Maura Healey on Tuesday, May 7, 2024. Photo: Sam Doran/SHNS

life sciences industry, the bill's lead architect said senators were comfortable with the smaller authorization.
 "We are very bullish on life science and we continue to be very supportive," said Economic Development Committee Co-chair Sen. Barry Finegold. "We think that by putting the numbers that we put forward, it will make a huge impact. Obviously, we have a version, the House has a version and the governor has a version. I think we'll find a number that everyone can agree on. We're very comfortable with the number we put forward."
 The House proposed \$500 million for the Mass Life Sciences Center to provide grants and loans

to grow businesses in Massachusetts, while Senate Democrats suggested only \$225 million to support the reauthorization of the Life Sciences Initiative.
 Though the Senate's proposal authorizes less borrowing, it also provides the life sciences center more flexibility by adding health equity, biosecurity, digital health and artificial intelligence to its mission. The bill further expands program eligibility to the so-called alternative protein industry, and redefines "life sciences" to include preventative medicine, biosecurity, life sciences AI, and medical technology, according to Finegold's office.
 Bond authorizations

in the Senate bill include \$400 million for MassWorks

The bill authorizes \$2.44 billion in borrowing, including \$350 million in tax credits mostly to be deployed in the climate tech sector

public infrastructure grants, \$150 million for municipal library projects, \$100 million for an Applied AI hub, \$100 million for the Rural Development Program, \$100 million for the Seaport Economic Council grant program, \$99 million for advanced manufacturing initiatives—all mirroring the House bill.
 Senators would steer more towards the Massachusetts Tech Hub than representatives, \$115 million compared to \$75 million in the House bill, but also reduced the House's proposed \$10 million authorization for grants to support alternative protein companies to \$5 million, according to a summary from Senate President Karen Spilka's office.
 ...Continued on page 4

Weekly Weather Chart

Saturday 13 July		82°	67°
Sunday 14 July		82°	66°
Monday 15 July		87°	67°
Tuesday 16 July		83°	73°
Wednesday 17 July		77°	69°
Thursday 18 July		76°	69°
Friday 19 July		73°	65°

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 ConCom Tuesday, July 16 7:15 p.m.
	Essex Planning Board Wednesday, July 17 7 p.m.

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In 1995 Tammy Marciano left the world of start-ups and took the leap of opening Wild Oats, the organics and natural foods shop in Beverly Farms. In many ways, she was a head of consumer trends related to personal health. And she has weathered unfriendly trends like e-commerce and the "convenience" of Amazon. But her star shined during COVID, as people realized the value of local stores, personal service, and experience. Christiane Alsop has written a lovely profile of Tammy Marciano, and shows us why downtown shops are what give small towns that elusive "charm" that everyone loves. **Page 5.**



The MHS Class of 1964 had a wonderful time at the American Legion Hall on Saturday and 18 classmates (out of the original 46 graduates) attended along with six other folks. It was great to reconnect and chat -- non-stop! Todd Crane catered the luncheon and it was delicious.

(Photo Mary Cody-Kenny)



Manchester Club Wraps Up the Year's Business

By Craig McCoy

With Manchester Club taking its summer break, the May and June meetings had great attendance. The May meeting was the month that the club held its Hatcher Scholarship Raffle, and the large gathering was treated to a delicious beef tenderloin by Chuck Filias and his crew. More than 50 prizes were raffled off, with all the prizes donated by club members and local busi-

nesses and the club thanks all for all the donations. The Manchester Club was able to give out nine scholarships, including the William Bill Scott Scholarship, that were awarded to students who are going to continue their education at college next year. The club's evening business was deferred until the June meeting. The Manchester Club June dinner meeting was a delicious baked haddock meal, served by Bob Wilwerth

and the rest of the Wilwerth Gang. After dinner was served, Club President Kevin Delaney called the June meeting to order, leading all present to the salute to the flag, then Secretary McCoy gave a briefing on business at the April and May meetings. Then Treasurer Dave Slade gave his report. Both were accepted as read. The speaker for the evening was a demonstration by the Essex County Sheriff Swat Unit dogs (canine S.W.A.T. support), which

took place before dinner was served. The demo was enjoyed by all. Before the meeting was closed, President Delaney mentioned that, regarding the fall September Club meeting, new club members will be introduced. There will also be the recognition with awards to the 50- and 25-year Club members. Delaney also mentioned that the Manchester Club's annual Richard Lysiak Golf Tournament will be held at the Beverly Golf and Tennis Club on Sept 23. Check the Manchester Club website or your email for club updates.

Enjoy the summer!

MANCHESTER POLICE NOTES

SUNDAY, JUNE 30
2:15 a.m. Route 128SB, motor vehicle stop, arrest.
11:38 a.m. Pleasant St., motor vehicle stop, written warning.
3:32 p.m. Beach St., animal complaint, assisted as needed.
7:13 p.m. Lincoln St., alarm, secured/checked.

MONDAY, JULY 1
8:39 a.m. Raymond St., citizen assist, assisted as needed.
12:11 p.m. Central St., parking complaint, assisted as needed.

3:29 p.m. Beach St., motor vehicle crash, assisted as needed.
4:55 p.m. Pine St., motor vehicle stop, citation issued.

TUESDAY, JULY 2
8:02 a.m. Newport Park Rd., fire alarm, fire false.
10:16 a.m. White Beach, animal complaint, gone on arrival.
1:06 p.m. Lincoln St., fire alarm, fire false.
6:19 p.m. Beach St., community policing, assisted as needed.

WEDNESDAY, JULY 3
12:43 a.m. Route 128SB, motor vehicle stop, arrest.
11:39 a.m. Beach St., disturbance, assisted as needed.
3:12 p.m. Manchester Channel Buoy 5, selective enforcement, secured/checked.
7:50 p.m. Route 128NB, motor vehicle crash, transported to hospital.

THURSDAY, JULY 4
9:07 a.m. Pine St., parking complaint, vehicle towed.
9:56 a.m. Union St., parking complaint, vehicle towed.
2:00 p.m. Union St., disturbance, secured/checked.
8:57 p.m. Central St., disturbance, assisted as needed.

FRIDAY, JULY 5
2:35 a.m. Summer St., suspicious activity, spoken to.
6:57 a.m. Lincoln St., motor vehicle stop, verbal warning.
4:40 p.m. School St., motor vehicle crash, assisted as needed.
8:05 p.m. Summer St., motor vehicle stop, written warning.

SATURDAY, JULY 6
12:15 p.m. School St., selective enforcement, no action taken.
2:40 p.m. Pleasant St., fire alarm, fire false.
3:36 p.m. Pine St., motor vehicle stop, spoken to.
9:20 p.m. White Beach, disturbance, spoken to.

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Come One Come All to the Parade!



These events could not happen without the help of many people. First, the small but mighty Fourth of July Committee that works year-round to make sure the fireworks and parade are robust and entertaining. These include Donna Brewster, Karen Cunningham, Hope Watt-Bucci, Lisa Watt-Bucci and Lisa Vince. They're all rock stars that made all the decisions and assisted in the fundraising. Events of this size can't happen without the constant assistance of Manchester Police, Fire and DPW. These departments were crucial to making sure everyone was safe as well as to make sure the traffic flowed in and around the events without issue so we want to thank all of them. And of course, the Fourth of July Celebrations couldn't happen without the enthusiasm from the residents as well as the donations from the residents and businesses

in town. This is truly a community affair!

Raffles of gift certificates were drawn from the names of everyone who had donated prior to July 4th. Congratulations to the winners listed below and they can come into the Parks and Recreation Office in Town Hall to retrieve their prizes.

Ace Manchester Hardware: \$50: Chris Moroney

Allen's \$50: Sean Masterson

Bravo - Pizza \$50 each: Joseph Sabella, Jeffrey Melamed

Calas- \$50 each Anita Brewer-Siljeholm, Tim & Ann Maloney

Captain Dusty's Ice Cream \$10 each: Catherine Allard, Christopher Abbott, Muriel Parker, Peg Pates, Lynne Hannah

Crosby's Market \$50 each: Peter Canny, Joan Wogan

Jack's Barbershop: Philip Carter Peter Robbins

Jamie's Roast Beef \$50 each: Elizabeth Loomis, Sue Thorne

Jamie's Roast Beef \$20 each: Holly Gavin, Karen Snider

Laughing Gull \$50 each: Constance McNulty, Frances McClosky

Lavender & Moss \$50 each: Ellen Shaughnessy, Barrett Petty

Mahri \$250: Joan McDonald

Mahri \$50: Sheila Carrassi

Nor'east Cleaners \$50: Joanne Doneghy

Riverside Cycle \$50 each: Richard Singleton, Ann Juel

Standley's Garage: Amber Woolfden



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BOARD UPDATES

Select Board Meeting and Open Forum: The Select Board will meet on Monday, July 15 with an Open Public Forum at 6:30 p.m. and meeting at 7 p.m. Meeting details can be found on the Town website.

Music in the Park: The next concert in Masconomo Park will be Conscious Reggae on Tuesday, July 16 from 6-8 p.m. Come down and enjoy summer fun by the sea!

Call Firefighter Openings: The Fire Department is currently accepting applications for Call Firefighters. Interest-

ed applicants should contact the Fire Department at 978-526-4040 or firechief@manchester.ma.us to learn more.

Community Crawl Postponed: The Welcoming Committee is postponing the "Get to Know your Community Crawl" scheduled for Saturday, July 13 to the fall. New date to be announced.

Emergency Communications: Hurricane season is upon us and a good reminder to ensure that you are receiving important Town communications. Register for Smart911 and MBTS Alerts at manchester.ma.us/761/Stay-Informed.

Singing Beach Hours: The beach is open seven days a week from 9 a.m. to 7 p.m. All visitors to Singing Beach aged 12 to 65 need a beach tag or daily pass to enter and both are sold at the beach.

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.

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WHAT WAS HAPPENING

90 YEARS AGO – 1934
Early in August the Manchester Historical Society will hold an exhibit of dolls, doll's furniture, and children's toys of an earlier day. Traditional games will be played on the lawn. Refreshments will be served.

Lobsterman John Henry, Jr., lost the propeller of his motor boat while he was out lobstering one day last week and had to be towed in. The next day he went back to the spot where he thought he had lost it and by dragging he found it!

75 YEARS AGO – 1949
The Manchester Police department had a busy holiday weekend with two arrests for drunkenness, one for driving under the influence and one for refusing to show a license to an officer.

Superintendent P. Edward Sweeney of the Highway department and his men are resurfacing Ocean Street with an asphalt top, it being part of their resurfacing program.

60 YEARS AGO – 1964
Hundreds of Manchester residents and guests enjoyed a well-planned and executed Fourth of July celebration. Throughout the fourth weekend there was a threat of heavy rain, but only brief showers fell and this in no way dampened the spirit of the occasion.

45 YEARS AGO – 1979
"Spring and early summer bring more than better weather, improved dispositions and impending vacations," says Chief Radack of the Manchester Police Department. Flim-Flam artists-con people-magically appear from all directions. Their schemes are endless, but have one thing in common: separation of money from the careless victim.

Twenty members of the Story High School class of 1939 and their guests gathered in the Legion quarters on Friday evening for the 40th anniversary of their graduation.

30 YEARS AGO – 1994
Playground Director Ed Field is elated to report that 192 Manchester Youngsters are now registered in the program.

One thousand customers, 50 helpers, one great Giddy's Gang Band and three ponies attended the Lion's Club Red, White and Blue breakfast. The weather could not have been more cooperative. What a day!

15 YEARS AGO – 2009
After successfully dodging the raindrops of June to paint the historic town of Manchester the paintings of over 40 New England Plain Air artists are now on exhibit at the Trask House.

A total of 16 bands and 19 floats made their way through the streets of Manchester on a gloriously sunny Saturday morning to help the Town celebrate Independence Day. The beautiful weather drew crowds from near and far who lined the parade route.

Tides & Sun Chart For The Week Ahead

DATE	HIGH				LOW				☀️	
	AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
12 Fri	4:21	8.9	4:51	8.7	10:50	1.2	11:10	1.7	5:15	8:22
13 Sat	5:06	8.6	5:33	8.7	11:32	1.5			5:16	8:21
14 Sun	5:55	8.2	6:18	8.7	12:00	1.8	12:18	1.8	5:17	8:21
15 Mon	6:49	7.8	7:08	8.8	12:54	1.8	1:07	2.0	5:17	8:20
16 Tue	7:48	7.6	8:01	9.0	1:50	1.7	1:59	2.1	5:18	8:19
17 Wed	8:48	7.6	8:54	9.2	2:47	1.6	2:53	2.1	5:19	8:19
18 Thu	9:46	7.8	9:48	9.5	3:44	1.3	3:47	1.9	5:20	8:18

...(Continued from page 1)

Finegold emphasized the climate tech investments in the Senate's version of the bill, which are similar to what the House passed last month with \$400 million in bond authorizations and \$300 million in tax credits.

Both drafts break that \$400 million into two \$200 million investments—one for a Clean Energy Investment fund to support the development of climate tech businesses, and another support the nascent wind industry in Massachusetts with workforce development, deployment and research and development.

The tax credits are meant to incentivize the growing climate technology field. Beacon Hill leaders want to be on the forefront of that industry, viewing it as a way to both reduce greenhouse gas emissions and capture a profitable new sector for Massachusetts.

"We are number one in the country for per capita climate startups, and I think what we're really trying to make sure of is that we keep these companies here," Finegold said. "We have to also realize that we're competing with California and New York, and we can't be complacent, so we really made climate tech a

big priority."

The climate tech tax credit mirrors one that already exists for life science companies, for businesses exploring clean energy, decarbonization, emissions mitigation or other climate-related innovation. It allows up to \$30 million per year over five years.

The Senate Ways and Means bill also includes a \$50 million internship tax credit over five years, for employers hiring net-new paid interns who are enrolled in or are recent graduates of Massachusetts' higher education institutions.

It repeals the so-called "angel investor" tax credit, which was offered to investors interested in funding early-stage companies engaged in life sciences research and development, commercialization and manufacturing in Massachusetts.

"It just, once again, was something that I think we are making some tough decisions and something that, there are some things where we unfortunately have an unlimited amount of demand and finite resources," Finegold said about repealing the credit.

Senators also left a live theater tax credit on the cutting room floor, which both the

House and Healey included in their bills.

Healey recommended a five-year, \$5 million a year pilot program that would support "pre-Broadway, pre-off Broadway, and national tour launches" in the Bay State. That total was increased in the House via a Rep. David Biele amendment to a \$7 million annual cap on the credit, with Biele arguing that Massachusetts used to be a destination for shows, before other states lured them away with incentive programs.

"There's certain priorities the House has, and at the end of the day we'll come together and see where it goes," Finegold said, when asked about the exclusion of this credit in the Senate Ways and Means bill. Senators did, however, revive the idea of building a stadium for a professional soccer team in the greater Boston area.

The Kraft family, which owns the New England Revolution, and others in the area have been eyeing a parcel of land in Everett that's home to a defunct power plant as the potential new home for the team. They'd need legislative action to remove the land from a designated port area, and lawmakers so far

have been unable to get on the same page.

The Kraft Group says they could transform the blighted land parcel along the Mystic River, situated at 173 Alford St., into a 25,000-seat soccer stadium for the Revolution, who currently play at Gillette Stadium in Foxborough.

The House supported making a similar change via an amendment to its 2022 economic development bill, but the proposal did not survive negotiations with the Senate. Last year, the Senate backed the stadium push in a spending bill, but the House did not get on board.

A standalone bill advancing the soccer stadium-friendly reforms (S 2692) has been idling for two months before the Senate Ways and Means Committee, after winning the endorsement of the Joint Committee on Economic Development and Emerging Technologies.

"Soccer is one of the fastest-growing sports, and we feel that this could be a real benefit not only to Everett, but to the greater Boston area. We think it makes a lot of sense," Finegold said.

Some community and environmental groups have

opposed the potential development, arguing that removing the designated port area could complicate clean energy goals.

Sen. Sal DiDomenico of Everett, who filed the bill to allow the parcel to be developed for a stadium, said Monday that it would help his community clean up a power plant site that has been a health and environmental hazard for decades.

"Signing this bill will allow the public process to move forward on a project that will be an economic catalyst and environmental win for my constituents," he said. "This will open up the possibility for hundreds of millions of dollars in private investment, cleanup of a hazardous waste site, create good paying jobs, and open our waterfront for the public to enjoy."

Another policy section of the bill would authorize foreign-licensed physicians to apply for a limited license to practice medicine in the state, with a pathway to a full unrestricted license. Oftentimes immigrants who were doctors or nurses in their home countries cannot get similar jobs in the U.S., without first completing more education and certifications,

even if they had already been practicing for years.

The bill would also create a special working group on youth sports to investigate the health impacts and financial challenges around children's sports, and make regulatory recommendations.

Lawmakers held a hearing last fall on how the youth sports landscape has changed dramatically with the rise of private club teams—and with it more early specialization, overtraining, injuries and burnout—and batted around potential ways for the state to implement some kind of oversight structure for kids' athletic programs.

"It's something I hear a lot about from parents," Finegold said. "We see minor injuries in kids up dramatically, especially ACL injuries. So, we're really looking at this. It's something that I think is very serious, not only financially for parents, but I think about the long-term damage we're doing to our kids, because so many of these kids are now specializing in sports. And not only is it not good for them, but it is getting incredibly harmful for them."

- State House News Service

Off at School and Doing Great

Local students enrolled in colleges are now happily home for their summer break, and it's time for colleges and universities across the country to announce last semester's successes from local students.

Laude. Acclaimed actress Viola Davis, one of only 19 people to have won all four of the major American performing arts awards, delivered a stirring keynote address, sharing a message of transformation, healing, and love with graduates.

Congratulations also to **Hollis Mann**, of Manchester, has been named to the Dean's List at Hamilton College for the spring 2024 semester. To be named to the Dean's List, a student must have carried a course load of four or more graded credits throughout the semester and earned an average GPA of 3.5 or above

on a 4.0 scale. Mann, a May graduate, majored in cinema and media studies. Hamilton College, a leading liberal arts institution located in Clinton, New York, is where exceptional students explore passions through an open curriculum and robust research, internship, and off-campus study opportunities.

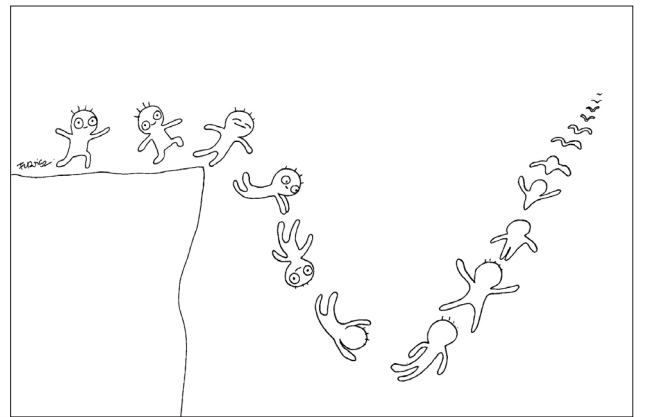
Essex resident **Katherine Kuhl** was successfully named to the Dean's List at University of Connecticut for the spring 2024 semester. Students at UCONN must complete 12 or more calculable credits taken in the semester in order to be considered for Dean's List. (Courses taken on pass/fail or S/U graded courses are not calculable credit courses). They must also rank in upper 25th percentile in School or College and a minimum semester Grade Point Average of 3.0 and have no grade in any class register below a C, including the actual letter grade awarded in any pass/fail course taken, in the semester.

Daniel E. Garrett-Metz of Manchester was named to the Dean's List at Saint Michael's College for the Spring 2024 semester. Students who complete at least 12 credits of classes and achieve a grade point average of at least 3.5 in

a particular semester are cited on the Dean's List for that semester. Saint Michael's College, founded on principles of social justice and leading lives of purpose and consequence, is a selective, Catholic college just outside Burlington, Vermont, one of the country's best college towns.

Avari Litka of Manchester was named to the Dean's List during the Spring 2024 academic semester at Salve Regina University. To qualify for the Dean's List, students must earn a semester grade point average of 3.6 for full-time students completing at least 12 graded credits, or a semester grade point average of 3.8 for part-time students completing at least six credits. Salve Regina University is a Catholic, coeducational institution of higher education in Newport, Rhode Island that was founded by the Sisters of Mercy in 1947. For more than 75 years, Salve has offered rigorous, innovative academic programming in the liberal arts tradition that prepares students to be global citizens and lifelong learners.

Thomas Birkeland of Manchester was named to the Dean's List at Bates College for the winter semester end-



ing in April 2024. This is a distinction earned by students whose grade point average is 3.92 or higher. Birkeland is majoring in Economics and minoring in History at Bates. Located in Lewiston, Maine, Bates is internationally recognized as a leading liberal arts college, attracting about 2,000 students from across the U.S. and around the world. Since 1855, Bates has been dedicated to educating the whole person through creative and rigorous scholarship in a collaborative residential community.

Collin Jackson of Essex has been named to Dean's List at University of New England in Maine. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester. The University of New England is Maine's largest private university, with two beautiful coastal campuses in Maine, a one-of-a-kind study-abroad campus

in Tangier, Morocco, and an array of flexible online offerings

Samuel Hough of Prides Crossing has been named to the MassBay Community College Dean's List. Hough, who studies General Business, achieved this outstanding academic honor for the spring 2024 semester. To be eligible for the MassBay Dean's List, students must complete at least six credits of college-level courses, be in good standing with the College, and earn a grade point average of 3.5 or higher. MassBay Community College is the most affordable higher education option in MetroWest Boston, offering a robust portfolio of courses and more than 70 associate degree and certificate programs with flexible day, evening, and weekend classes in Ashland, Framingham, Wellesley Hills, and online.

...Continued on page 9

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Tammy's Wild Oats



(Illustration, Christiane Alsop)

By Christiane Alsop

Upon entering Wild Oats Health Food Store, a bell rings.

Its dancing chime recalls a familiar sound—that of my childhood apothecary. Yet, I've just passed through the door of a different sort of apothecary: food and supplements to prevent or remedy illnesses and be good to yourself. From behind the counter a smile greets me, framed by a shock of black curls.

"Hi, Tammy," I call over to Tammy Marciano, the independent shop's owner as I grab a basket and turn to the left aisle. I scan the shelves: various teas, non-perishable food items along the wall, fresh goods behind the glass doors of the fridge.

At the sight of dog food at the end of the aisle, I wonder if I should ask. Over the years, 29 to be precise, Tammy has given me invaluable advice on my and my family's various health concerns, but—no, I decide, she's not a vet. With only a jar of local honey in my basket, I end up at the counter.

Tammy looks up. Her warm eyes indicate I have her undivided attention.

"My dogs, both of them, they have fleas," I say. "A neighbor claims it's a sure sign they are emotionally out of sorts." I roll my eyes. She laughs, steps out from behind the counter and grabs a bottle of supplements.

"Garlic powder?" I ask in disbelief.

"It's a boost for their immune system, a kind of natural antibiotic for people as well as for dogs. And fleas hate the smell. Add some fish oil and nutritional yeast and they'll bolt."

"Gee, Tammy, how come you know it all, people and dogs?"

She lifts her hand in a gesture of moderation and smiles.

As long as she can remember her body demanded the next physical challenge. Because of this, Tammy's mind has always sought the latest insight into the science of health and longevity. After

college, she went to work in corporate America, acquiring experience at a database company, the travel industry, and in publishing.

Never one to shy away from long hours and hard work, at the start-up she had joined the endless meetings and the tedious negotiations with software companies stretched her patience. So when her mother, the owner of a hair salon on West Street in downtown Beverly Farms, called to casually mention that the store next door was closing, Tammy knew how to turn passion to profession.

"Mind you", she says when I asked what it took to buy the store, "this was before phones fit into a pocket. During lunch break I'd go to the basement of the Cambridge office building and negotiate over the pay phone."

Before long, the lucky neighborhood of Beverly Farms finally got what other stores did not offer: whole grains, dried legumes, local honey, and all kinds of other alternatives to Wonder Bread, sugary cereals, and low-fat everything.

It was 1995, and Tammy's Wild Oats was ahead of customer trends. The world began to re-discover natural remedies, health maintenance and the relationship between diet and the prevention of illness. Organics started to be big business. Television shows featuring the likes of Dr. Oz and Dr. Hyman became top among viewers. Technology spurred e-commerce shopping, tempting customers to abandon downtown independent shops for the dream of "convenience." And Amazon went from being an online bookstore to selling EVERYTHING, all at the click of a mouse.

Yet, throughout all these years of changes, Wild Oats continues to survive. How?

"It's a whole new world," Tammy nods. "At a chain store a box of Newman's cookies is offered for \$5.99. They have big accounts and can negotiate margins. To make a decent profit I should charge \$7.99, but I want to keep my reputation for offer-

ing decent prices, so I don't charge \$7.99."

Other changes have posed challenges. Small producers of high-quality dietary and herbal supplements get bought up by bigger companies. Many bigger companies skip third-party testing, a process by which external, independent laboratories test the quality, purity, and safety of products without vested interest in the outcome.

Nature's Plus, for instance, a producer and supplier of health products, has a policy that benefits small businesses: no one should sell their products for lower than 15 percent of the retail price. Yet, here and there, a third-party seller on Amazon offers, let's say, the company's Fish Oil for 50 percent of the retail price. At the sight of such a great deal, an Amazon customer might gleefully click the "Buy Now" button. But how long has this product been sitting on a shelf? How long has it been stored

in a warehouse? And what did those conditions do to the carefully third-party tested product.

"Maybe you should sell on Amazon," I naively suggest.

Eyebrows raised; Tammy bursts my bubble. She tells me she once ran an experiment selling gift bags with organic coffees, teas, honey sticks and a cute drinking cup on Amazon. But after subtracting all of the company's fees for storage, shipping and advertisement, not even adding the hours it takes to meet Amazon's elaborate labeling and shipping requirements, she was left with a depressingly tiny profit that was not worth the trouble.

With a voice barely disguising my growing dread, I ask: "Then, how do you manage to stay open?"

"Luckyly", Tammy says, "I love what I'm doing, and I love this community. Luckily, I built a loyal customer base way before Amazon came into the picture. They



Tammy Marciano, owner of Wild Oats in Beverly Farms, the shop she opened 29 years ago. Photo: Erika Brown

come from all over: Hamilton, Wenham, Manchester. I always start by asking lots of questions, and my customers come back teaching me what worked and what didn't." She pauses. "And what's true for life is true for running a business: change remains the only constant. Remember COVID-19 with its shortage of toilet paper and hand sanitizers?"

How could I forget?

For once, it turned out, her small business had the upper hand: Suppliers could deliver her orders but not the chain stores' huge demands. I smile as my memory projects the image of long rows of paper bags lining the curb in front of Wild Oats. When a customer like me called, Tammy would step out, open the trunk and load up what supermarkets couldn't provide.

Tammy's arm describes a circle along the walls of her store filled to the brim with goods. "As long as the food industry grows hybridized wheat, sprays it with glyphosate—an herbicide used to control weeds and grasses—making some of us gluten-sensitive, I'm needed; and as long as pharma, med schools and overloaded doctors offer quick fixes, I'm in business."

I think of those juggling a demanding job, a long commute, and a family to care for.

"No, doubt," Tammy nods.

"I am often tired by the time I get home. We're surrounded by marketing that makes highly processed food seem the norm. That's why kids should learn in schools how real food looks like and how to cook it. We need to re-learn basic, easy to make but yummy meals."

The bell above the store door jingles again in its antique apothecary way. I step aside because this customer's eyes are searching for Tammy, and receive the same attentive look I was granted earlier. Retreating to the back of the store I catch only fragments of their conversation. Tammy asks lots of questions about his rheumatoid arthritis, and points to studies that show, cutting out dairy and gluten plus a daily routine of mild exercises, reduce symptoms.

I leave with the means to declare war on my dogs' fleas, local honey, and a few bags of unsweetened organic mango slices, a small pleasure which she offers for much less than Whole Foods.

And now, two days later, I am happy to report success. The unwelcome tenants in my dogs' fur have vanished. Next time I visit the store, I'll suggest renaming it: Wild Oats Health Food for Dogs & People.

Christiane Alsop is a writer and a resident of Beverly Farms.

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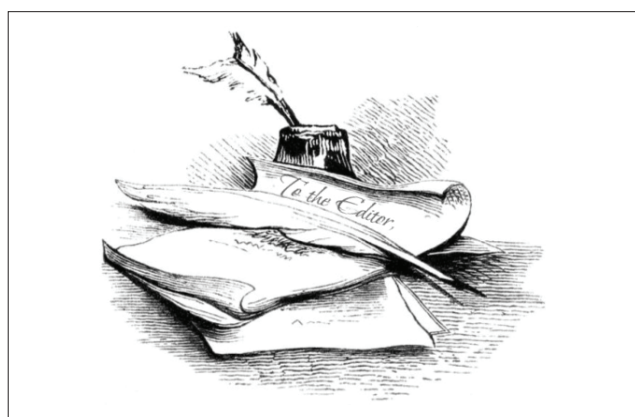





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Ageism Dogs the Media's View on US President Joe Biden

To the Editor,

I am ashamed and shocked at how doggedly the press is hounding President Joe

Biden. If they had done the same amount and intensity toward the dishonest, manipulative Donald Trump, we wouldn't be at this place.

President Biden had a somewhat shocking and very disappointing debate experience with Donald Trump.

Period. Because some of the nonverbal and verbal messages from him seemed to be that of an aging individual, there was discussion of whether it was something to be considered in supporting him going forward. The ageism that has followed is sickening. He is 81. There are evolutions of the body and mind as we go through life. We don't dismiss people and pigeonhole them when it develops. Or do we?!

Joe Biden is very bright, conscientious, deliberate and thoughtful in all that he says and does. He is a brilliant statesman and is a proven leader who has impacted the quality of life for millions, the stability of the economy, and our significance in the World.

I am considering switching to Independent as I am beyond disappointed and appalled how some of the Democrats are handling this. The press as well has jumped on blowing this out of proportion and not allowing it to settle down or find its own rhythm. Donations have been robust for Biden since the debate. The People

are supporting him. The Press and some fickle or ageist politicians are not. Trump lost some Independents by his lying appearance at the debate. Let the People decide. It is too late to bring in another candidate and not enough time to introduce, get to know, and promote a new person on the scene.

If the Press and the Republican party had been as appalled and concerned about all the insanity and untruths coming from Donald Trump, I would consider this a process that many have to go through to air their trepidations. But it has been extremely one sided in terms of holding a candidate's feet to the fire. Let the people decide. Report the news which is the actual information of what is happening or has happened without making and influencing the news.

Linda Jane Coleman
Manchester resident and Professor, Marketing and Decision Sciences, Salem State University

Surf Park: A Gift Worth Supporting

Tucked into a picturesque corner nestled between Manchester and Gloucester and overlooking a spectacular view of Magnolia Harbor and Kettle Island, sits Surf Park, a delightful destination that more people in both towns really should know more about and put on their 'go to' lists for a visit.

Founded in 2001 via a generous donation from an anonymous neighbor, Surf Park is owned jointly by the Town of Manchester and the City of Gloucester, and straddles the borders of both in Magnolia. It is currently managed and maintained as a nonprofit organization by a trust headed up by Margaret Hughes and a small team of volunteers, with landscaping services provided by Jack Sweeney from Landcare. The trust depends on donations from the public to finance the upkeep of the park.

The park consists of two acres of walkways, benches, and meadow, with ample parking available in a small

parking lot on Magnolia Avenue, and is the ideal spot for a picnic, birthday party, or family gathering, as well as a fun place for kids to climb on rock structures.

This year, Surf Park has been making an effort to increase its species of wild plants to attract bees, butterflies, and other pollinators whose populations have been declining alarmingly over the last several years throughout the world, making Surf Park not only a pretty place to visit, but an integral part of the local ecosystem, as well.

Surf Park has always been self-sustaining and depends upon generous donations from the public for its continued operation. Please continue your support by sending your tax-free donation to:

Surf Park Trust c/o Margaret Hughes
PO Box 345
Manchester-By-The-Sea, MA 01944

Margaret Hughes
Magnolia

LIBRARY NEWS



The Library's Mystery Book Group meets on the last Friday of every month at 10:30 a.m.

MBTS Library Summer Hours
Beginning July 1, the library will be open Monday, Wednesday and Friday from 10 a.m.- 5 p.m. Tuesday and Thursday from 10 a.m.-7 p.m. The library will be closed

weekends in July and August.

Made By Hand: Dried Flower Bookmarks
Thursday, July 18 from 6:30-7:30 p.m. This month, join us in the Reference Room to make laminated

dried flower bookmarks. Come and enjoy some tea and crafting with your community.

Knott's Scary Farm with Show Writer, Jeff Tucker (Virtual) Thursday, July 18 from 6:30-7:30 p.m. Knott's Scary Farm is the longest-running and most haunting Halloween theme park event in Southern California. With over 50 years of nightmares, unimaginable scares and innovative thrills, Knott's Scary Farm has left no tomb un-earthed, no crypt unrattled and no fear untouched.

Cookbook Club
Tuesday, July 23 from 5:30-6:30 p.m. July's pick is "Zaytinya: delicious Mediterranean dishes from Greece, Turkey and Lebanon" by Jose Andres with Michael Costa.

Mystery Book Group
Friday, July 26 from 10:30-11:30 a.m. This July we are reading "The River We Remember" by William Kent Krueger.

Dungeons and Dragons for Adults (Virtual)

Monday July 22 and August 12 and 26 from 7-9 p.m. Have you ever wanted to try playing Dungeons and Dragons and don't know where to start? Or maybe you've played before but don't have a regular group? Whatever your level of experience come join us for a one-shot adventure!

Tai Chi: The Longevity Tree

Starting Wednesdays in June from 9:45-10:45 a.m. at Masconomo Park. Susan Halpern will be teaching Tai Chi in the park on Wednesdays, throughout the summer. Longevity Tree is part of the internal arts known in China as Qi gong. Qi gong means to cultivate energy with discipline. The Longevity Tree is a form that addresses the balance of mind, body and spirit, by combining movement, deep breathing, and alertness. Please complete the Safety Release Registration Form and familiarize

yourself with the form if you will be joining.

Digital Advice Appointments on Monday and Drop in on Friday

Register for a dedicated session Mondays at 12 or 12:30 p.m. or drop in on most Fridays between 3-4 p.m. We have guidance for easy to moderate tech issues. Please bring your device, charger and any passwords associated with your device or project. This is a program to offer one on one instruction on how to better utilize your technology, we cannot do a tech project for you and certain issues will be outside of our digital expertise.

Mindfulness Meditation at the First Parish Church Meeting Room

No meeting July 16 or August 27

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.

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:

Arthropod Petting Zoo
Thursday, July 25 from 2-3 p.m. Ages 3-11. Kids learn all about Arthropods, the most diverse group of animal life on the planet, during this exciting show-and-tell-and-touch program from Professor Bugman. This program is perfect for adventurous kids. Registration is required.

Shipwrecked Escape Room
Monday, July 29-Friday, August 2. During library hours we are challenging you to escape from a ship wreck at the

library. You and your team of up to 6 can solve puzzles and find clues to see if you can escape in time. Register online or in person.

Community Game Night
Thursday, July 18 from 4-6 p.m. All ages welcome. Snacks provided.

Great Graphic Novels
Wednesday, July 24 from 4-4:45 p.m. Ages 4-7 years. Join us as we read and discuss great graphic novels, snack and activity included. This month we are reading "Saving Sunshine" by Saadia Faruqi.

Family Concert at Masconomo Park

Ants on a Log plays music for children and other childlike people. Their music centers around positivity, social justice, and silliness. Full of humor and harmony, Ants concerts are energetic, interactive and a delight for children and adults. This concert will be at Masconomo Park, with a rain location of Rockport Public Library.

Summer Art and Sensory

Begins Wednesday, July 17 from 3-4 p.m. for age preschool through grade five. Art & Sensory encourages students to explore their creativity through the fun of using many different art materials. The projects are always step by step, hands on to encourage sensory guidance/fine motor skills and to help create individual masterpieces. Come get messy with us this summer. Registration is required.

MBTS Summer Reading

It's summer reading time at the library, so game on with our Bookopoly activity boards. All ages can stop in to pick up a Bookopoly board and complete activities for a chance to win amazing prizes. All kids, age 0-12 who return a completed board will win a Topsfield Fair prize pack. Teens will be entered into a raffle to win Canobie Lake Park passes and adults have a chance to win The Castle: Gaming Café and Restaurant gift certificates.

Summer Storytime

Wednesday's from 10:30-11:15 a.m. Ages 0-3, this program runs through September.

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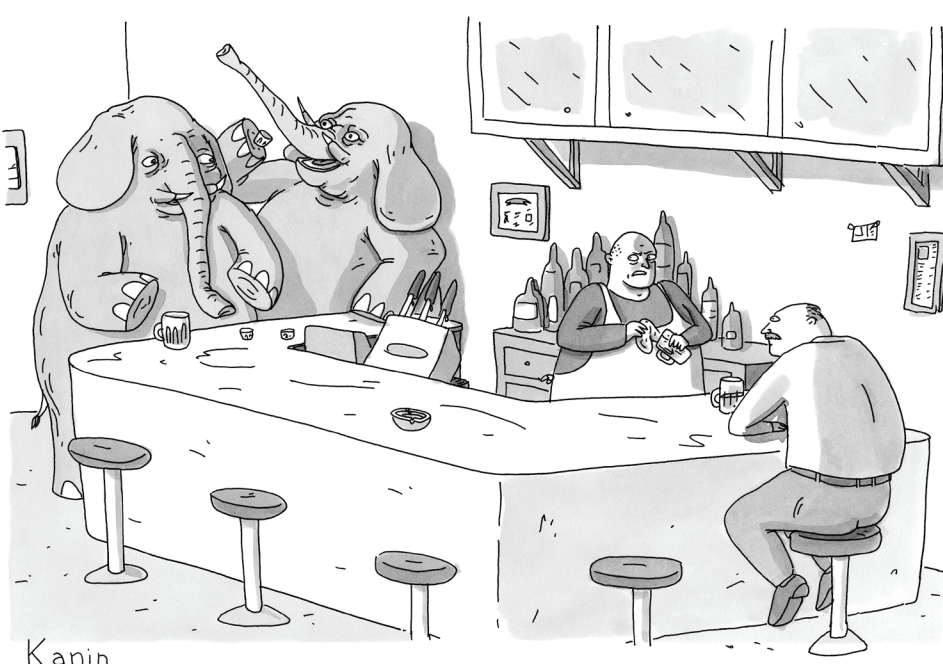
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Life moves pretty fast. If you don't stop and look around once in a while, you could miss it.
~ Ferris Bueller ~

"Trust me, they get a lot more forgetful when it comes time to pay their tab."

ESSEX ECHO.

Town Administrator's Report

Board of Selectmen's Meeting of July 8, 2024
Report covers from June 22, 2024 to July 5, 2024
Items requiring Board vote or discussion are noted with an asterisk (*)

Building Department Merger with Assessors Physical Space

The Building Department has been co-located in the Town Accountant's office for many years. Given that the Assessors' office is a much larger space and given that the Assessors no longer have need of a portion of their file room, the Building Department files are now in that file room and the Building Department will be co-located with the Assessors going forward. The Town Administrator (TA) assisted with the relocation of computers (including the provision of an additional workstation), printers, and telephones during the week of July 1, 2024. The Town Accountant's office now has more room for file storage (with the Building Inspector's file cabinets gone) and offers two workstations for accounting staff

Safety Committee Meeting Summary

The TA attended the subject meeting on June 27, 2024 as a member of the Committee along with other personnel. Chairman Pereen was also in attendance. The meeting featured a discussion regarding the Committee's goals for fiscal year 2025 along with discussion about an upcoming training grant opportunity and loss control grant opportunity.

Continued Discussion Concerning Process for Hiring Next Police Chief

At the last meeting, the Board began to discuss various aspects of the process that may be used to find the next Chief of Police. Aspects of the process included: a) taking a look at the existing position description and perhaps revising it to reflect current challenges; b) forming a preliminary screening committee to work through the initial group of applicants based on the Board's guidance and make recommendations that would narrow the field for the Board; c) possibly seeking from the Fall Town Meeting a change to the current enabling police chief statute to a different statute that might promote better communication and increased collaboration and interaction between the Board and the chief. With respect to the current position description, the TA has begun to make some suggestions for changes, especially with respect to the Police Reform Law, which had not yet been enacted the last time the description was updated. With respect to the preliminary screening committee, the Board has set a goal to finalize membership and convene the committee toward the fall. With respect to the form of enabling statute, while most communities



do operate under Chapter 41, Section 97A, some communities do still operate under Section 97. My discussions with other communities suggest that moving to Section 97 may in fact assist with the promotion of better communication and more collaboration and interaction concerning the Chief of Police.

Commencement of Route 133 Sidewalk Improvement Project

As the Board is aware, the Massachusetts Department of Transportation (MassDOT) has been planning a project to improve the sidewalk from Water Street to the Town line with Gloucester, along one side of Route 133. We received word during the week of June 17, 2024 that the project contractor would begin preparatory work on June 26, 2024 (and tasks such as tree trimming and saw cutting of existing pavement have, in fact, begun). The project will progress to actual sidewalk reconstruction work as the summer goes on.

Security Camera System Update

Our security camera vendor completed its review of the existing system and network video recorder (NVR) during the week of June 24, 2024. As the Board may recall, the security camera system for the public safety facility is integrated with the door access control system there. Our vendor has confirmed that there is a way to separate the two systems and to leave the door access system managed by its original vendor.

Once the vendor provides an updated quote, the TA will request the commencement of the work, which will begin with the installation of the new NVR to take all of the existing public safety facility camera feeds and will conclude with the installation of new cameras at the Centennial Grove.

Public Water Supply Well Improvement Project Update

At the last meeting, the Board discussed how at least a portion of the scope of work for the subject project might be accomplished by vetting the removal of some scope items with the sole bidder and with Town Counsel. The TA has since learned that this approach will not work from

a legal perspective. As such, the Board should determine whether the project should be put out to bid for a third time, with an even narrower scope than the second attempt. Moving forward means that the Town will owe its engineering consultant additional money for the extra design and bidding work. Another possible avenue would be to spend the American Rescue Plan Act (ARPA) funding that has been identified for the project on Town operating costs and then manage the resulting free cash increase to fund future projects. Some ARPA funding could be used to augment ongoing work at the Water Filtration Plant, up to a certain amount. Presently, our engineering consultant is likely going to recommend a third bid attempt with respect to the public water supply well work and some additional work in the Water Filtration Plant by change order. Our consultant will also be making a proposal for additional compensation since the original engineering services scope of work only contemplated a single project bid attempt.

Quarterly Facility Self-Inspection Report

The TA completed the subject report for Town Hall during the week of July 1, 2024. Other departments completed similar reports for other buildings and the reports are reviewed by the Safety Committee on a quarterly basis with the intention of addressing any safety concerns that have been documented. The TA did not find any such concerns for Town Hall this quarter and commented on the recent repair of the Town Hall air conditioning system.

Commencement of Work on Tight Tank System for Centennial Grove

As the Board is aware, Wright Industries has volunteered labor and machine time to assist the Town with the installation of a tight tank system that will serve a new restroom facility at the Centennial Grove. The TA obtained an installation permit from the Board of Health and the TA had preordered a variety of materials due to lead times. The TA will be working with the contractor during the week of July 8, 2024 to map out a schedule for the project. Most likely, the two tanks will be set in place and

backfilled (tanks remaining partially out of the ground) until the new restroom facility is completed. Thereafter, additional fill will be brought in to cover the tanks (which will be at the base of hill) and the pipe from the restrooms to the tanks will be installed.

City of Gloucester Wastewater Treatment Plant Upgrade Costs

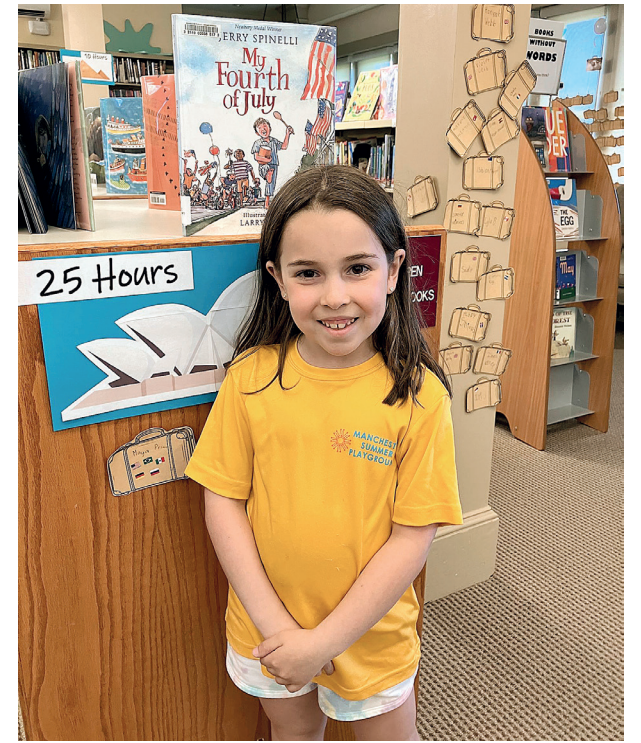
The City of Gloucester is moving ahead with plans for the upgrade of its wastewater treatment plant in accordance with a State and Federal consent decree requiring the City to install secondary wastewater treatment capabilities. The Intermunicipal Agreement between Essex and Gloucester carries a mechanism for Essex to pay for plant upgrades and payment of the City would depend on whether the City carries the plant work on its sewer rate versus via general taxation (resulting in a separate bill to Essex). While the commencement of actual payments from Essex to Gloucester is perhaps as much as two years away, it will be useful to begin discussion of the matter with the Essex Board of Public Works in the near future. The TA will be meeting with Gloucester personnel and officials on July 17, 2024 to learn more about the City's plans.

Federal Funds Audit

Since Essex has spent over \$750,000 in Federal funding in fiscal year 2024, it is necessary for our auditor to conduct a single audit, with the primary project being the Water Filtration Plant improvement work that was funded via the State Revolving Loan Fund (SRF). As the Board may recall, we were originally informed by the Department of Environmental Protection (DEP) that the majority of the funds for this project were considered "other SRF funds" and, therefore, did not contribute to the annual total of Federal funding spent by the Town. However, subsequently, DEP moved all of the fiscal year 2024 payments into the category of "Federal funds" and that has triggered the audit. Our auditor has already accounted for the cost of this work in its engagement and we will work directly with our auditor to provide all necessary documentation for the audit.

LIBRARY NEWS

T.O.H.P. Burnha
Public Library



Congratulations to Maya, the first reader to complete the Summer Reading Challenge of 25 hours!

Summer Hours

Summer hours begin July 1. The library will be closed week-ends until after Labor Day.

Summer Explorers

Wednesdays at 10 a.m. starting July 10th for children ages 0-6 years. This is a playgroup in the park, participants should register.

Atlantic Puffins with Mass Audubon (Virtual)

Wednesday, July 24 at 10:30 a.m. Please register.

World Fair

Tuesday, July 23 at 10 a.m. for children ages 5 and older. Enjoy sights, tastes, sounds and crafts from various countries and a stamp in your passport for each. Please register.

International Games

Tuesday, July 16 at 3 p.m. for ages 5-105. Drop in for Bingo, Memory game and more.

Library of Things

Stop by to borrow lawn games, a power washer, hot spots, DVD/CD player and more.

Regional Social Worker

Wednesdays, 9 a.m.-12 noon 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.

Teen Henna Night

Wednesday, July 17 from 5-7 p.m. Grades 6-12. Register to attend and receive a custom henna design.

ESSEX POLICE NOTES

MONDAY, JULY 1

10:55 a.m. Spring St., fire other, assisted as needed.
12:57 p.m. John Wise Ave., welfare check, spoken to.
8:29 p.m. Martin St., suspicious activity, report to follow.
9:02 p.m. John Wise Ave., theft, report to follow.

TUESDAY, JULY 2

8:11 a.m. Wood Drive, agency assist, assisted as needed.
1:10 p.m. Pond St., selective enforcement, verbal warning.
4:46 p.m. Wood Drive, disturbance, report to follow.
8:41 p.m. Belcher St., suspicious activity, secured/checked.

WEDNESDAY, JULY 3

1:58 p.m. Centennial Grove Rd., directed patrol, secured/checked. 7:50 p.m. Route 128NB, motor vehicle crash, transported to hospital. 9:06 p.m. 128NB, suspicious activity, assisted as needed. 11:49 p.m. Southern Ave., agency assist, assisted as needed.

THURSDAY, JULY 4

6:55 a.m. Chebacco Terrace, male sick, transported to hospital. 2:07 p.m. Main St., directed patrol, secured/checked. 4:16 p.m. Middle Rd., parking complaint, secured/checked. 11:56 p.m. Town Farm Rd., noise complaint, secured/checked.

FRIDAY, JULY 5

12:28 a.m. Scotts Way, directed patrol, secured/checked. 1:17 a.m. Main St., selective enforcement, no action taken. 3:32 a.m. Route 128NB, motor vehicle crash, other. 6:34 a.m. John Wise Ave., utility request, notification made.

SATURDAY, JULY 6

9:37 a.m. Martin St., directed patrol, secured/checked. 2:42 p.m. John Wise Ave., selective enforcement, no action taken. 3:47 p.m. Main St., directed patrol, secured/checked. 10:26 p.m. Spring St., directed patrol, secured/checked.

SUNDAY, JULY 7

2:26 a.m. Conomo Point Rd., directed patrol, secured/checked. 6:15 a.m. Spring St., fire alarm, fire false. 6:49 a.m. Southern Ave., animal complaint, notification made. 7:08 a.m. Pickering St., directed patrol, secured/checked.

Essex Senior Living | July 12

The Essex Council on Aging (COA) offers a variety of events and trips for seniors. For further information or to sign up for an event, please call the Essex COA Office at 978-768-7932 or visit the Senior Center at 17 Pickering Street.

RECURRING EVENTS

Monday Groove (Video), Mondays, 9:30 a.m.: Get your dancing shoes on and join this fun, energetic dance class! Video, no instructor. \$5 donation suggested.

Arts & Crafts: Tuesdays, 1-3 p.m.: Are you artsy? Do you love to paint, knit, cro-

chet, or sew? Do you like creating different projects? Join us with your own project or help with making items for the Friends Boutique.

Balance in Motion, Tuesdays, and Fridays, 10 a.m.: \$5 Donation requested.

Fitness Fun with Gil: Wednesdays, 10 a.m.: Start your day than with Gil and focus on strength, stamina, and stretching... energize yourself and leave feeling good! \$5 Donation suggested.

Technology Assistance, Wednesdays 1-3 p.m.: Do you have questions about your computer, tablet, phone, or other technological challenges? Our Tech genius can help!

Ga.m.es with Gil at the Se-

nior Center: Wednesdays 1-3 p.m.: ALL AGES WELCOME, come play BOARD ga.m.es or Scrabble, Boggle, Cribbage, Backgammon, join us or bring a friend and come play ANYTIME!

Walking Club: FREE, Pass Required* Mondays, Wednesdays & Fridays, 9:30-11:30 a.m.: Passes available for the Gordon College Bennett Center indoor walking track! *Contact Hamilton-Wenham Recreation at 978-468-2178 to register. Transportation is available from CATA (978-283-7916).

Grab and Go Meals, Mondays & Thursdays, 12 noon (must be picked up by 12:30 p.m.): Monday meals provided by Open Door, Thursday meals provided by Senior Care. Please regis-

ter two business days in advance - 978-768-7932.

MONTHLY EVENTS

In addition to our recurring weekly and monthly events, we host numerous exciting events every month, all of which are highlighted in our monthly newsletter and calendar, as well as on the Essex COA Webpage.

Essex Locals | July 12

115 Years Ago - 1909

Someone fired a revolver or gun, the cartridge of which contained a slug which entered a window, passed through and lodged in the footboard of the bed in which Mrs. Elbridge Perkins was lying on Monday morning.

90 Years Ago - 1934

The Congregational Rectory is being repaired by Francis Cogswell.

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Gloucester's Culture Splash Thursdays starts Thursday, July 11th

Gloucester's Culture Splash is back and bigger than ever for its fourth annual celebration of the city's rich offerings in the arts, with an expanded lineup that honors the cultural vibrancy of this culturally dense city, and America's oldest seaport.

The event series, running Thursdays July 11 through August 29, from 4-7 p.m., will feature a variety of free and discounted activities that highlight the rich artistic tapestry and maritime heritage of Gloucester, including outdoor and indoor live music, dance performances, light shows, film screenings, free museum admission, artist demos, exhibit openings, performing arts, and more.

Home to two of Essex County's eight state-designated cultural districts, Rocky Neck and Harbortown, Gloucester offers free water shuttle service from 4-8 p.m. on Culture Splash Thursdays, provided by Cape Ann Harbor Tours, connecting the two districts and making it easier for attendees to explore the full array of cultural offerings.

Throughout the summer series, more than 50 cultural organizations and artists will welcome visitors and locals to "Splash" into Gloucester's abundant cultural offerings. For the first time in 2024, we are excited to announce that new year-round entertain-



Madfish Wharf on Rocky Neck during a Culture Splash Thursday, 2023.

Courtesy images

ment venue and restaurant, The Cut, on Main Street in Gloucester's Harbortown district, will host Culture Splash "After-Hours" with music playing in "The Corner" of their dining room every Culture Splash Thursday starting at 8 p.m. at no cover charge.

"Gloucester's annual Culture Splash series offers an exciting chance for residents

and visitors alike to explore the incredible cultural offerings within our community," said Gloucester Mayor Greg Verga. "From talented local musical performances to vibrant art exhibitions, there is a lot to explore and experience. ... It attracts both locals and tourists to our lively cultural districts, bolstering our local artists, performers,

small businesses, and restaurants."

Miranda Aisling, Head of Education at Cape Ann Museum, located in the Harbortown cultural district, emphasized the continued growth and expansion of the Culture Splash series, stating, "The Cape Ann Museum has been a proud participant of Gloucester's Culture

Splash for the past four years through free CAM Courtyard Concerts. As a member of the Harbortown Cultural District, I've been especially excited to see the cultural organizations in town coming together to collaborate and organize a great series of events this summer both in our district and with our partners in the Rocky Neck Cultural District.

It's a great example of how, by coordinating the amazing offerings in Gloucester, we can showcase the depth and breadth of the art and culture of the city."

Carolyn Cole from the Massachusetts Cultural Council added, "Culture Splash is one of my favorite annual events across the state. It is a quintessential creative community experience."

Representing the Rocky Neck cultural district, Elizabeth Carey, CEO of Rocky Neck Art Colony, highlighted the collaborative spirit of the series: "Now in its fourth year, we are pleased to continue this collaborative campaign, connecting Gloucester's two cultural districts. We invite both visitors and residents to join us in celebrating the vibrant arts and culture of Gloucester's harbor. Culture Splash attendees can enjoy complimentary events in both communities, conveniently connected by the free water shuttle across the harbor."

This year's Culture Splash also introduces a new addition: Maritime Gloucester's weekly series of marine pop-ups from 4-6 p.m. in its classroom, featuring engaging activities such as plankton safaris, creature of the week, and fish printing, all free of charge. Immerse yourself in the unparalleled cultural richness of Gloucester.

From the flourishing arts scene to the storied maritime heritage, Culture Splash 2024 promises an unforgettable experience for all.

More info at discovergloucester.com



Captain Steve Douglass of Cape Ann Harbor Tours shuttling "Splashers" to cultural events on Rocky Neck and in Harbortown, 2023.



Arts & culture enthusiasts lining up for show tickets at Gloucester Stage following Culture Splash happenings, 2023.

Out & About on Cape Ann It's "WIPEOUT" at Gloucester Stage Company

World premiere of playwright Aurora Real de Asua's breakout new comedy runs now thru July 28

This week the Gloucester Stage Company opened the second production of its 2024 season, WIPEOUT by Aurora Real de Asua. As part of its rolling world premiere through the National New Play Network, the play will run at Gloucester Stage now through Sunday, July 28.

Directed by Shana Gozansky and starring Karen MacDonald (as Gary), Cheryl D.

Singleton (as Claudia), Noelle Player (as Wynn), and Thomas Bilotta (as Blaze), the play centers on Gary, who desires just one thing for her 77th birthday: to go surfing. The only hiccup? She has never touched the water.

But with the assistance of a spirited teenage surf instructor and her two best friends, Gary is poised to conquer the unknown. Set on surfboards against the backdrop of the Pacific Ocean, WIPEOUT is a poignant comedy about friendship and the unpredictable tides of life.

"As a young surfer, I'd be paddling hard, getting ready to catch my wave, only to find a blissed-out grandmother already hanging ten. That's what I love most about surfing. Anybody -- anybody -- can do it. The ocean is our great equalizer," said de Asua about the play she wrote. "It has a way of revealing the truth, of disintegrating the boundaries we place around ourselves and each other. This play is my love letter to the joys of surfing, the power of the ocean, and the tenacity of fe-

male friendship."

This play is part of the national New Play Network's Rolling World Premiere, in which Gloucester Stage is partnering with Rivendell Theatre in Chicago, IL, and B Street Theatre in Sacramento, CA to premier the production.

"What is special about this collaboration is that each company has had a different director, design team, and cast -- but have all worked from the same text," said Gloucester Stage Artistic Director Rebecca Bradshaw. "Aurora worked with each ensemble to hone the script and find nuances between each audience and performance. She will join us in Gloucester for the final leg with tools and lessons she's learned along the way -- what

a gift! We are grateful for a process like this as it underscores our commitment to supporting playwrights and fostering new works."

WIPEOUT has already garnered great attention. It was workshopped at prestigious venues, including Manhattan Theatre Club and Williamstown Theatre Festival, before arriving on Gloucester Stage's shore.

"I feel quite lucky to be the last production in this rolling premiere. Aurora has learned so much from her other collaborators, including the generous audiences who have attended performances and readings. I'm so grateful for Aurora's endless curiosity and openness about how to design a play that takes place in the ocean. I am excited to share what we're creat-

ing," shared the production's director, Shana Gozansky. "At its core, this play celebrates living and all the wisdom from our experiences -- no matter a person's age. It's one of those plays that feels like a privilege to be a part of, and I hope audiences feel the same after seeing our production."

WIPEOUT's creative team includes Jenna McFarland Lord (scenic design), Jen Greeke (Costume Design), Kat Zhou (lighting design), Aubrey Dube (sound design), and Carolyn Ferris (prop design).

WIPEOUT runs now through Sunday, July 28. All performances, unless noted, are Wednesday and Thursday at 7:30 p.m., Friday and Saturday at 8 p.m., and Saturday and Sunday at 3 p.m. at Gloucester Stage Company in East Gloucester.

Gloucester Stage Company
267 East Main St., Gloucester
gloucesterstage.com



interior design services
Jennifer Coles, principal
colescoloranddesign.com
jen@colescoloranddesign.com

COLES COLOR
and DESIGN 978.808.7481



Cheryl D. Singleton, Karen MacDonald, Noelle Player, and Thomas Bilotta in the Gloucester Stage Co's production of WIPEOUT, playing now thru July 28. Jason Grow Photography

Vincent Castagnacci Exhibit at Jane Deering Gallery

Gloucester's weekly summer "Culture Splash" begins this week, on Thursday, celebrating Gloucester's two formally designated cultural districts of the Rocky Neck and "Harbortown," Gloucester's Main Street area.

The Jane Deering Gallery has announced an opening to coincide with the first Culture Splash, a solo art exhibit of Vincent Castagnacci. The opening reception will be Thursday, July 11 at the Jane Deering Gallery on Pleasant Street, starting at 5 p.m. with pianist / composer / arranger Matt Jenson performing.

"Vincent Castagnacci | Variations on the Rock that is Cape Ann" stretches back to the artist's work starting in 1978 when Castagnacci began painting Cape Ann. Opening the show is a small Study for Cape Ann in which striking forms establish the artist's insistence on ren-

dering memory in personal terms.

The exhibition runs through July 28th.

Castagnacci's profound familiarity with the geometry of the Cape is everywhere – in the wedge of Folly Cove, the columnar slabs of Hali-but Point, the trapezoidal rhythms of the Quarries, the horizontal striations of color and texture in water and stone. These features are the motivating factors underlying his work.

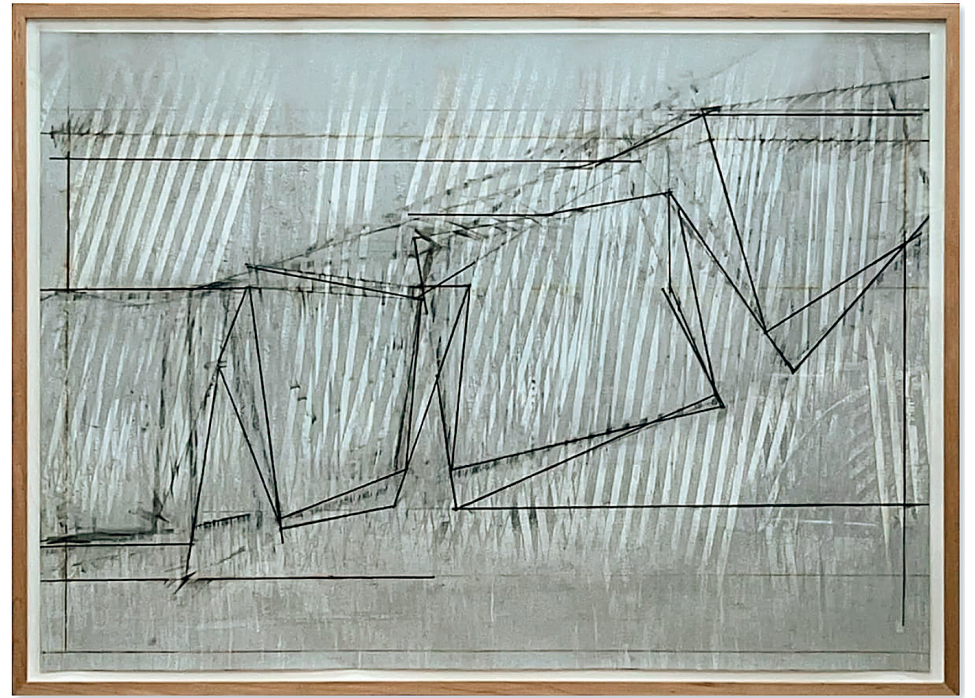
"Everything is based on what I have seen, and then I work that out in abstraction," said the artist.

Vincent Castagnacci was born in Providence, Rhode Island and is a painter with studios in Pinckney, Michigan and earlier in Gloucester. From 1959 to 1962 he studied drawing, painting, printmaking at the Boston Museum School and drawing and sculpture with George Demetrius in Boston

and Gloucester. The Museum School degree program with Tufts University awarded him a BS Ed in 1963. He received a BFA from Yale University in 1964 and continued on at Yale to receive his MFA in 1966. He joined the University of Michigan faculty in 1973.

Castagnacci has received numerous grants and fellowships from Michigan and other funding sources. In 1980 he was awarded a citation and grant from the American Academy in Rome where he was visiting artist for nine months. In 1999 he was named Arthur F. Thurnau Distinguished Professor of Fine Arts, one of the highest honors awarded to University of Michigan teaching faculty. He also was a Mellon Scholar at Kalamazoo College.

Jane Deering Gallery
Fri & Sat, 1-5 p.m.; Sun 1-4 p.m.; and by appointment



Study for Cape Ann Series #2, 1977, Acrylic 8" by 10", Vincent Castagnacci. (Courtesy images)



Quarry Rhythms, 2007, Charcoal/gesso, 36" by 51", Vincent Castagnacci

Chamber Announces Schedule for Gloucester's First Summer Block Party on Saturday, July 13th

Gloucester's Summer Block Parties have become a Cape Ann Classic, and the Greater Cape Ann Chamber is excited to be presenting three Block Parties this summer in partnership with the City of Gloucester. The first one will be Saturday, July 13th from 6-10 p.m. on Main Street. Party-goers will enjoy fun dining options, live outdoor entertainment, and street performers for a family-friendly night on the town. The Block Parties offer local shopping, restaurants, food trucks and non-stop fun!

The following is the schedule of Music & Performers for the July 13th Block Party:

MUSIC: **Intersection of Hancock &**

East End Stage (Stage Sponsor: Bank Gloucester)
6-7:30 p.m. The Gloucester Student Band
7:30-9 p.m. The Dogtown Cats

Center Stage (Stage Sponsor: Cape Ann Savings Bank)
6-8 p.m. Jim & Tonic (Jazz Band)
8-10 p.m. Bill Gleason

West End Stage (Stage Sponsor: Institution for Savings)
6-8 p.m. Carlos Barberi with Mediterranean Sounds
8-10 p.m. Tony Frontiero

STREET PERFORMERS:

Main
6:15-7 p.m. Tobin Renwick from The Red Trouser Show
7:10-7:45 p.m. Cape Ann School of Dance
8-8:45 p.m. Tobin Renwick from The Red Trouser Show

***Also on the street will be: Face Painting by Miss Wendy and 'The Balloon-tik' with her fun balloon art for the kids.**

The Chamber wishes to acknowledge and thank the City of Gloucester, Supporting Partner, many business sponsors and main street merchants for their support in helping to make this year's Block Parties possible. A listing of the sponsors is provided below:

Stage Sponsors: Bank Gloucester; Cape Ann Savings Bank; Institution for Savings

Gold Sponsors: Addison Gilbert Hospital; Applied Materials; Beaupt Hospital; The Building Center; and Endicott College

Silver Sponsors: A&A Services, CHASE Bank, and Ebenezer Tax and Services

The Second Block Party will be on Saturday, August 10th. The Third Block Party will be on Friday, August 30th.

Additional information may be found on Facebook at www.facebook.com/gloucesterblockparty.

...(Continued from page 4)

Tucker Bothwell of Manchester is doing well at the University of Massachusetts at Lowell, studying Computer Science. He had a great semester earning a 3.98 grade point average Spring semester 2024.

Finnian Carlson of Manchester has been named to the Dean's List for the Spring 2024 semester at Quinnipiac University in Hamden, Connecticut. 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. Names followed by an asterisk denotes with honors. Quinnipiac is a private, coeducational, institution located 90 minutes north of New York City, with 9,000

students enrolled in 110-degree programs through its Schools of Business, Communications, Education, Computing and Engineering, Health Sciences, Law, Medicine, Nursing and the College of Arts and Sciences.

Charlotte Ward of Manchester was named to the President's List at College of Charleston. Ward is majoring in Communication, and **Gracie Susko**, also of Manchester was named to the Dean's List. Susko is major-

ing in Exercise Science. The College of Charleston is a public liberal arts and sciences university located in the heart of historic Charleston, South Carolina. Founded in 1770, the College is among the nation's top universities for quality education, student life and affordability. With more than 10,000 students, the College of Charleston offers the distinctive combination of a beautiful and historic campus, modern facilities and cutting-edge programs.



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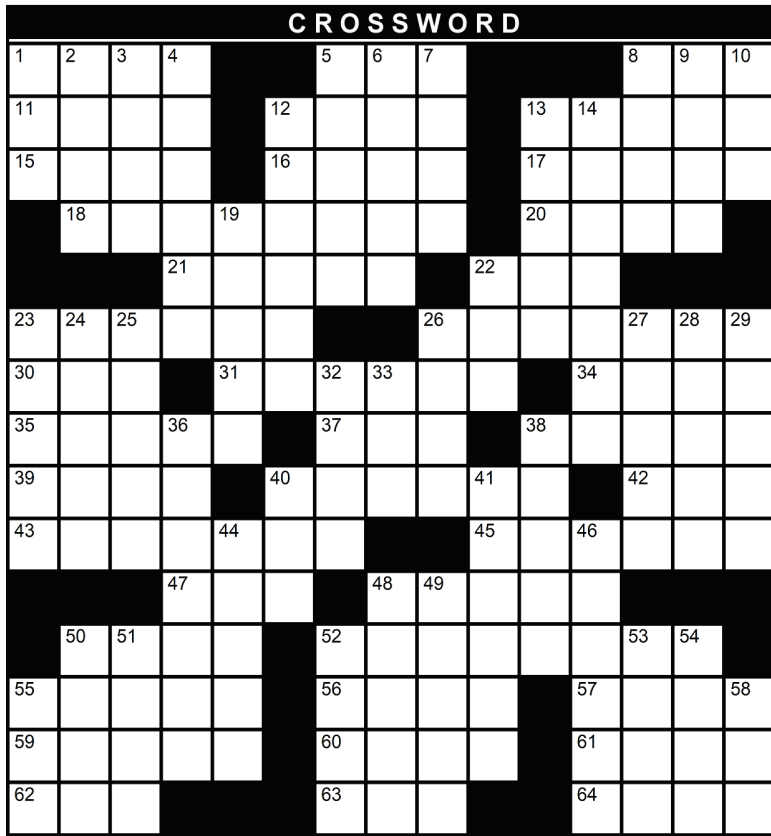
Puzzle

THEME: FAMOUS FIRSTS

ACROSS

1. Croat or Moravian, e.g.
5. Paid player
8. Not Miss or Ms.
11. First-rate
12. Mattress with memory?
13. Be of use
15. "It's time!" signal
16. ___-de-camp
17. Like an unhealthy dog
18. *First one to circumnavigate globe, almost
20. March Madness org.
21. Bring upon
22. Orange Lavaburst drink
23. *Rita ___, first Latina to win Academy Award
26. Winter rides, in Russia
30. Brewery order
31. Unties or unbuttons
34. Nearly
35. One born to Japanese immigrants
37. Good times
38. Rheumy
39. Tel ___, Israel
40. Bequeath
42. Once known as
43. West African country
45. *Chuck ___, first to break speed of sound
47. Genetic info carrier, acr.
48. City near D, sseldorf
50. Short for Dorothea
52. *First artificial satellite (2 words)
55. Clay and silt deposit
56. Marine eagle
57. Mercantile establishment
59. Singer Piaf
60. Concert series
61. Indian nursemaid
62. Craggy peak
63. Little troublemaker
64. Solitary

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1. Give in to gravity
2. Weaver's apparatus
3. The "I" in "The King and I"
4. Carrots or peas, slangily
5. French soldier in WWI
6. Speed gun
7. *First horror film about Damien Thorn, with The
8. Supernatural life force
9. Capital of Latvia
10. Canny
12. Han Solo's "Millennium ___"
13. Prenatal test, for short
14. *The first one helped combat smallpox
19. Tedium
22. 120 mins.
23. #8 Down, pl.
24. Martini garnish
25. Pine product
26. Midterm, e.g.
27. a.k.a. Tibetan wild ass

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

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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

28. Feel the same
29. Timider
32. Deadly challenge
33. Military moves
36. *Mount first conquered by Hillary and Norgay
38. 10 to 12-year-old
40. Ewe's cry
41. Half-shell delicacy
44. Grind with teeth
46. Fauna member
48. Erasable programmable read only memory
49. Break of day
50. List of chores
51. Prince of Wales to King
52. Searching for E.T. org.
53. Boxer's last blow
54. Azerbaijan's southern neighbor
55. "___ the wild rumpus begin!"
58. "___ one and only"

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 Kolentsas, are held each Sunday.
Sunday's Divine Liturgy, with Father Christopher, starts at 9 a.m. followed by a weekly sermon. All are welcome to attend.
First Parish Church
First Parish Church Manchester-by-the-Sea - a lovely place to start your week, join us for a moving message, beautiful music and community in the center of town -
Summer Sunday worship has be-

gun, 9 a.m. through Labor Day. Worship leader, Rev. Katherine Schofield, music led by Dr. Herman Weiss, and guest soloists.
Monday Friends of the COA Senior Drop in 10 a.m.-12 noon.
Tuesday Online Bible Study, Via Zoom 4 p.m., join in with computer, smart device or dial in on a phone from wherever you are -- email office.fpchurch@gmail.com or call 978-526-7661 for the link
...*(Continued on page 11)*



CHURCHILL PROPERTIES

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



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\$2,695,000 | Karen Bernier | 978-807-5580



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\$5,900,000 | Philio Cushing | 978-884-9904



GLOUCESTER
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\$2,595,000 | Karen Bernier | 978-807-5580



NEWBURYPORT
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\$929,900 | Valerie McGillivray | 978-360-4209



HAMILTON
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\$1,695,000 | Tracey Hutchinson | 978-473-9720



MARBLEHEAD
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\$2,395,000 | Karen Bernier | 978-807-5580



GLOUCESTER
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\$3,800,000 | Karen Bernier | 978-807-5580



GEORGETOWN
Quintessential New England colonial home with 3 fireplaces, wainscoting, and wide pine floors nestled in an idyllic garden setting.
\$675,000 | Virginia Stevens | 978-500-1474



IPSWICH
Gorgeous end unit on the 16th tee at Turner Hill features one level living with a first floor master suite that provides luxury quality.
\$1,275,000 | Robin Martyn | 978-815-4497



GLOUCESTER
Enjoy all that Gloucester has to offer from this centrally located, well maintained 3 bedroom colonial! Fenced-in backyard & a large shed.
\$635,000 | Stephen Rowell | 617-605-2664



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\$739,900 | Lauren Mears | 978-337-5250

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How's your Dragon?



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

If you don't relate to the title of this article, you are either blissfully absenting yourself from current events, or you slipped into a black hole while you weren't paying attention.

Our obsession with "BREAKING NEWS" and other assaults causes our bodies and minds (without our permission) to go into crisis mode. Everything is "Breaking News." The cat that the fire department rescued from a tree? Breaking News!

Think about this: the other night, a major network's evening news featured a 10-second snippet (regular length of stories) about a house explosion, possibly in Idaho—I can't recall. It was a devastating outcome for these homeowners. It was one house, a singular event. I can do nothing about this except feed the "Crisis Dragon" that resides within me, craving this kind of input for its survival.

I have bad news: my nemesis, the "Crisis Dragon," lives in you too.

The Dragon itself is dormant. It doesn't thrive or even survive without regular nourishment and attention. Yet, with the smallest amount of encouragement or food, the Dragon wakes and makes itself known. It causes a stir within that demands more—more food, more attention, more nega-

tivity, more tragedy, more drama, more chaos, more and more and more.

The funny thing about the Dragon is that it is not self-contained—it has thin skin, so all the crisis and chaos spill out, infecting those around it with panic and rage. You've sensed it before. This surge of energy is like a beach wave—strong and not to be underestimated.

If you relate and can identify that you, too (welcome to the club), are deeply affected by the high stakes of the world situation, local dramas, or our own family and personal lives, read on. If you are not experiencing this... you have reached total enlightenment, and we need to have lunch. Help me get there.

Anxiety diagnoses are reaching epidemic proportions across all age groups and demographics. Many experts studying this from all across the big-ticket research hospitals, including our own McLean Hospital in Belmont (a psychiatric facility associated with MGH), NY Presbyterian, Children's Hospital Boston, Mayo Clinic, and others, are evaluating the impact of "the world at our fingertips," otherwise known as the World Wide Web.

I continue to think about that house that I saw flattened by an explosion. I feel so badly and wonder if anyone was injured, or worse, because I can't remember the details. I remember the horror of the sight, the tone of the news reporter, and how it left me feeling

powerless. As a nurse of 40 years, my life's work has been about helping others. I see the need but can do nothing except experience more subtle, cumulative discomfort.

Why am I watching? I could get all I want (more than I want to know) from one of the four major news outlets I have an app for on my phone. I wouldn't need to see the red flashing lights, hear the ambulance sirens, or feel my blood pressure rise 30 points.

I am a fan of the news. I grew up insisting on reading the Christian Science Monitor because a high school teacher told me it was the most reliable news outlet available. I was hooked. And now, I need to get unhooked. The hook is causing trouble. I know it's not "right out there/obvious," but it's true. Drama and Trauma. Not a good combo for trying to stay on this side of a nervous relapse.

See, it's not just the news. It's that we become conditioned to reporting just like they do; when something awful happens—a car mishap, a problem with a child at school, an interaction with an unfriendly stranger at the beach—the temptation to maximize the drama of it all. Telling and retelling negative stories of little personal consequence only feeds the Dragon.

Our frame of mind is everything.

It is the most difficult lion-taming exercise of our

lifetime. We have a choice every time. I visualize standing before a forked road in a forest, a la Robert Frost's The Road Not Taken. The impulse to go down the dark path is powerful. It satisfies the Dragon, and we deserve to be angry and resentful. The Dragon's power is contagious, particularly to children. Don't forget that children learn 90 percent by observation. We make a critical mistake in raising them if we allow the Dragon to grow and prosper.

Dare to take the pass less traveled. Dare to starve the Dragon of the anger and toxicity that keeps it alive. Dare to be better and kinder than you are, and resist the road rage, comments, insults, and judgment. Resist "Breaking News."

You are what you eat; that is true. Be careful of your consumption. Watch the "emergency conditioning" of your children and grandchildren. They are watching and learning from us all. Let's give them more options for managing a world gone mad.

Joanne MacInnis, RN, is the founder and president of Aberdeen Home Care, Inc., of Danvers, a concierge private duty home care agency in business since 2001. With 35 years of nursing practice, management and administration experience focused on home care and hospice, Joanne and her team specialize in advising and supporting families addressing the elders in their lives retain dignity and quality of life.

Solution to puzzles on page 10

S	L	A	V		P	R	O			M	R	S					
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7	3	8	9	2	5	4	1	6
3	4	6	8	5	1	9	2	7
2	9	1	4	7	3	8	6	5
8	5	7	6	9	2	1	3	4

PET OF THE WEEK



Say Cheese!

Meet Mozzarella, a shy two-month-old adorable kitten! Mozzarella tends to be nervous in new environments and will need some time and patience to adjust to his new home.

He loves his hammock and spots where he can feel safe and comfortable while observing the world from a distance. With a little bit of love and understanding, Mozza-

rella will make a wonderful and loyal companion. Having another cat in the home may help this sweet boy warm up and build his confidence! Does he sound like the right fit for you? Apply online today and once you're approved you can make an appointment to come on down to meet him.

To fill out an application go to <https://capeannanimalaid.org/adopt.html>

...(Continued from page 10)

Coming up during Festival by the Sea, August 3rd, Fair by the Sea, community yard sale & more!

Yard sale with handbags, art, accessories, home décor including holiday, housewares, bric-a-brac, linens. Our famous Jewelry Table! A themed silent auction. Activities for kids. Food including baked and home-grown goodies. Come by 10 a.m. - 2 p.m.

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.
Holy Eucharist at 8 a.m. and 10 a.m.

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: northshore-quaker@gmail.com. First Day School, our Children's Program, consists of forest walks near the Glen Urquhart School led by Jessica Kagle from the Kestrel Foundation. Blessings To You

Senior Highlights | July 12

There is 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.

Farmer's Market Produce for Eligible Manchester Seniors

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

Participation is limited and based on a first-come, first-served basis, per person. To register or for more information contact the COA office at Town Hall. To qualify for this program: be at least 60 years of age, have a monthly

income at or below \$2,322 for a one-person household or \$3,152 for a two-person household or participate in at least one of the following means-tested programs: food stamps/SNAP, fuel assistance/low-income home energy assistance, MassHealth, Medicaid, transitional assistance, or emergency aid.

Olive Garden

On Friday, July 12, the van is headed to the Olive Garden in Danvers. Olive Garden is an American casual dining restaurant chain that specializes in Italian American cuisine. Join us for your pasta fix. The van will start picking up seniors around 11 a.m.

Butterflies!

On Wednesday, July 17, the Manchester COA will offer a trip to The Butterfly Place in Westford. It's worth the drive! See hundreds of native and tropical butterflies from all over the world. Observe them in a natural habitat basking in the sun, sipping from flowers and flying freely. There are educational areas as well as koi fish and quail. Admission is \$12. The van will start picking up seniors at 10 a.m. with a return

around 1:30 p.m.

Gloucester Farmer's Market

On Thursday, July 18, the Manchester COA is offering a trip to the Gloucester Farmer's Market. Peruse goods from local farms and pick up some fresh produce, fresh herbs, or a delicious treat. The van will start picking up seniors around 3 p.m. Return is expected around 4:30 p.m.

Greenbelt Walk: Arthur Ewell

On Friday, July 19, at 10 a.m., the COA van is headed to the Greenbelt property Arthur Ewell in Rowley. Take a short walk along a flat trail which leads to a bench overlooking the riding club field, then into the woods with lovely views of Upper Mill Pond. Keep an eye out for signs of beaver activity on the pond. The area has grass, woodland, and a boardwalk.

Salem Willows

On Wednesday, July 24, the Manchester COA will offer a trip to Salem Willows. Come and enjoy all that Salem Willows has to offer. Sit by the water and enjoy the

Willow's famous Chop Suey Sandwiches at the re-opened Salem Lowe or ice cream at Hobbs where the first ice cream cone in America was given in 1906. There is also popcorn, taffy, or check out the Clam Shack and don't forget the arcade. The van will start picking up seniors at 11 a.m. Return is expected around 2 p.m.

Walmart! Then Century House

On Friday, July 26, the Manchester COA van will be going to Walmart in Danvers. And after you are able to get all the essentials, the van is making a stop at the Century House for a delicious lunch. The van will start picking up seniors around 10 a.m.

It's a Mystery!

On Wednesday, July 31, the Manchester COA van will take our monthly mystery ride. The van driver heads for an undisclosed establishment somewhere on the North Shore; it could be ice cream, pastries, sandwiches, or all of the above and only the van driver knows! A little hint will be given, so all can be prepared! Pick-up will begin at 12 noon, with a return at 2 p.m.



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Featured LISTING

MANCHESTER

\$15,675,000 | Fabyan & Filias Team

Sweeping outer harbor views from OakLedge. Timeless Shingle-style 2009 masterpiece at the ocean's edge with unique historic details, waterfront living, private beach, seaside pool, and sports court.



HAMILTON

\$2,100,000 | Ann Olivo & Rick Marshall

Impressive 4-bedroom, 4.5-bath custom Colonial on 1.9 acres across from Patton Park. Grand fireplaced family room, eat-in chef's kitchen, private stairs to main suite. Central air, 3-car garage.



ESSEX

\$1,800,000 | Fabyan & Filias Team

Renovated antique farmhouse with modern comforts in a serene setting. High-quality, professionally designed finishes, custom kitchen/family room, 1st & 2nd floor primary suites.



MANCHESTER

\$1,590,000 | Fabyan & Filias Team

Simplified living at its finest. Captivating 10-room, 5-bedroom, 3.5-bath Colonial offers gourmet kitchen, open floor plan, naturally landscaped outdoor living. Meticulously maintained. Enjoy all MBTS offers.



IPSWICH

\$1,575,000 | Dottie Levesque & Terri Sheppard

Prestigious 3-bedroom, 3.5-bath "Fairways Townhome" at Turner Hill with panoramic views of the 1st & 16th holes, amazing sunrise-sunset views. 1st floor bedroom, 3-season porch, patio.



WENHAM

\$1,345,000 | Deb Evans

Parson's Hill! Beautiful 4-bedroom, 3.5-bath Colonial has office, large eat-in kitchen, fireplaced family room. Finished walkout lower level, deck. Central air, 2-car garage. Great schools!

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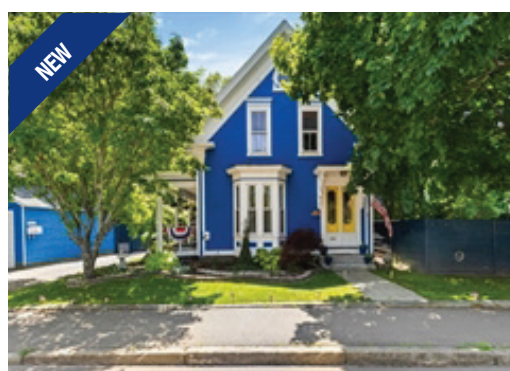
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Mary Matthews | Realtor | 978-317-1079
Mary Francis | Realtor | 978-985-3035



30 Old Essex Road Manchester | \$1,399,000
We invite you to tour this home in which contemporary elegance best describes this expansive 3 bed, 2.5 bath home with attached 3 car garage. Nothing to do but move right in.

The Hope and Lisa Team | Realtor
978-808-5451



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



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15 Wallis Drive # 15 Wenham | \$1,450,000
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457 Washington St Unit 6 Gloucester | \$610,000
The Seller invites you to tour this immaculate 2 bed, 2 bath condo in close proximity to Wheeler's point & all things Gloucester. Beautiful sunlight, amazing gardens, amenities abound.

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19 Turtleback Essex | \$1,865,000
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