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ME Regional High School Sports Schedule is coming Sept. 9!

Reserve your space now and show your support for our community!

MANCHESTER CRICKET

A Local Tradition Since 1888

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FRIDAY, AUGUST 2, 2024

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BRIEFLY

Festival By the Sea This Weekend!

It's finally here. The Greater Cape Ann Chamber of Commerce and the Town of Manchester's Festival-by-the-Sea will be held from 10 a.m. - 4 p.m. this Saturday, Aug. 3 throughout town. Lots of organizations and retailers are getting into the fun, offering their own programming on Saturday to make this event even better. Keep reading below for some highlights.

MBTS Garden Party

The Manchester-by-the-Sea Museum is presenting a Garden Party during Manchester's Festival by the Sea on August 3 from 11 a.m. - 4 p.m. There will be refreshments, a raffle, gifts for sale, the museum open for tours and music provided by the Woodland Spark Trio from noon to 2 p.m.

FOL Book Sale

Friends of the Manchester Public Library Summer Book Sale will take place 9 a.m. to 4 p.m. Saturday, August 3 on the library lawn at 15 Union St. This eagerly awaited event will feature thousands of books spanning various genres, all generously donated from local residents over the past year. Whether you're a fiction fanatic, history buff, or searching for children's classics, there will be something for everyone. The Summer Book Sale coincides with the vibrant Festival by the Sea celebration, promising a day filled with literary treasures and community spirit. All proceeds directly benefit the Manchester Public Library, supporting vital programs and resources for our local residents.

1st Parish Yard Sale

First Parish Church will hold its Annual Community Fair and Yard Sale during Festival by the Sea. 1 Chapel Lane (behind Santander Bank) downtown. Lots of variety for sale, including handbags, art, accessories, linens, bric-a-brac, holiday items, home decor, food/baked goods. Doors open at 10 a.m. and close at 2 p.m. Parking is available behind Town Hall or at the Manchester Essex High School where a festival shuttle bus will be offered.

More Details

The Chamber expects big crowds for Festival-by-the-Sea, which will feature more than 100 artisans and craftspeople, live outdoor entertainment, shopping and sidewalk sales by local retailers, restaurants, food trucks, a beer garden, and fun activities for kids, including Face Painting by Miss Wendy, and "reptile fun" from the Cape Ann Vernal Pond Team. Live music in three locations: the Masco Bandstand, Town Hall Park, and at 7 Summer Street. A free shuttle service will run between the High School's upper parking lot and downtown Manchester from 10 a.m. - 4 p.m. Shuttle stops include Masconomo Park, Town Hall Park, Reed Park, the MBTS Public Library, and 7 Summer Street (located across the street from the Laughing Gull). The last pick-up of the day will be at 4 p.m. at Masconomo Park. Additional info at facebook.com/FestivalbytheSea.

Shifting Gears ...

Beginning this week, *The Cricket* has a new column, "In the Driver's Seat," by Stephen Schutz, a syndicated car columnist who has ties to Cape Ann and Manchester. In his kick off piece (Page 9), "We're Getting Weird," Schutz goes back to 1974 and wonders if, today, we're in for a repeat decade of car design chaos (think Tesla's Cybertruck) triggered by big changes in our culture and how we live and work.



Tree climbing at MBTS Masconomo Park has been a draw for local kiddos for decades. With an eye on local trees, on Page 5 we explore three big threats to our tree inventory. One of them, the "Oak Shothole Leafminer" caused significant damage to a memorial tree planted at Rosedale Extension Cemetery just last year for Fred Rice.

Manchester, Marblehead, and Middleton Secure a Joint \$133,800 Cybersecurity Grant

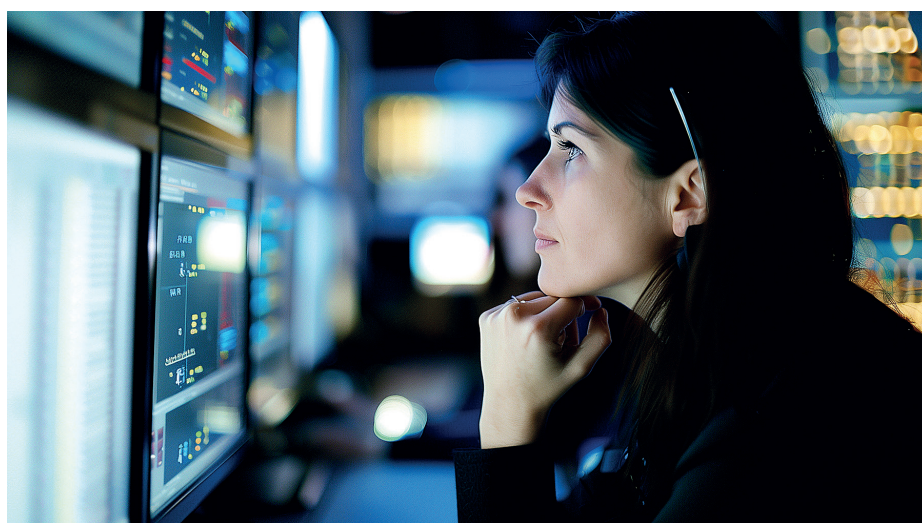
Nearly \$7 million in federal funds distributed across Massachusetts

By Erika Brown

Nearly \$7 million in public safety grants have been recently awarded to assist communities, school districts and other state and local government agencies in Massachusetts with cybersecurity needs, including \$133,800 to Manchester, Middleton, and Marblehead that, together, had filed a joint application to address local cybersecurity challenges.

The grant will be used for migration to a .gov domain and multi-factor authentication (MFA) for administrative account management in all three communities.

The funding was recently announced by the Office of Grants and Research (OGR) within the state's Executive Office of Public Safety and Security (EOPSS) as part of the Municipal Local Cybersecurity Grant Program and State Share Cybersecurity Grant Program. Both programs are funded through



the U.S. Department of Homeland Security's Federal Emergency Management Agency (FEMA) and the Cybersecurity and Infrastructure Security Administration (CISA). This year marks the first time these grants have been awarded in Massachusetts.

The joint application for Middleton, Marblehead, and Manchester-by-the-Sea was drafted and submitted on the towns' behalf by the North Shore Regional IT Collaborative. Formed in 2021, the Collaborative takes a regional approach to help ad-

"With ever more sophisticated scams, forms of social engineering, and means of cyberattack, it is critical that we properly secure our state and municipal information technology infrastructure," said Rep. Ann-Margaret Ferrante (D-Gloucester).

dress the information technology challenges faced by its member communities, which also include Danvers, Essex, Hamilton, Wenham, and Topsfield.

"We are grateful here on the North Shore for the Mu-

nicipal Cybersecurity Grant of \$133,800 from the Executive Office of Public Safety & Security (EOPSS), said Colby Cousens, Chief Information Officer for the North Shore IT Collaborative. "This funding will help us enhance our

cybersecurity measures and support our community IT needs. It is a vital step in securing our digital infrastructure and advancing our mission of providing secure and efficient IT solutions. The support of the Commonwealth is a welcome boost in our efforts to build a standardized and secure collaborative."

"Given the proven potential for cyberattacks to not only cause disruption, but also serious harm, in our lives, we need to continue to work to ensure that the digital information that we depend on is made secure and safe from threats of all types," said Senate Minority Leader Bruce Tarr (R-Gloucester). "These grants will assist the receiving communities and the school to be proactive in developing, identifying, adopting and deploying the most effective tools and methods to protect that information and data."

"With ever more sophisticated scams, forms of social engineering, and means of cyberattack, it is critical that we properly secure our

...Continued on page 2

Blasting Regulations Explained

By MBTS Fire Chief James "Jake" McNeilly

The Cell Signaling Technology project up at the old quarry near the MAC is making its way through the permitting process. Preliminary earth work has begun, including some test blasting which started last week. Blasting is a highly regulated activity both at the state and local level. This article will shed some light on blasting oversight, including regulations, best practices, and safeguards employed here in Manchester. The Massachusetts Department of Fire Services, Division of Fire Safety administers 527 CMR

1.00 which is the regulation that applies to explosive licensing, permitting, storage, sales, use, transportation, and manufacturing. They are only one of many agencies, others include Alcohol, Tobacco and Firearms (ATF), Department of Transportation (DOT), and the Occupational Safety and Health Administration (OSHA).

The Manchester Fire Department is the local entity that issues the Permit to Blast. These permits are not issued lightly. As Fire Chief, I ensure that conditions of 527 CMR 1.00 have been met, including but not limited to checking the Blaster's Licenses, looking

for any previous actions taken upon the blaster or blasting company as well as reviewing the blasting plan. One condition the Fire Department sets on all permits is that a Fire Department Detail (a member trained in Blasting Details) is present from when explosives arrive on the construction site until they are secured and removed.

Good things to know about blasting include:

- The Blaster must sound warnings when ready to fire the blast
- Limits are set on vibration and noise and are monitored by using a meter called a seismograph

...Continued on page 4



Meet the Manchester Essex Rotary co-presidents for 2024-2025. Mike Storella (left) and Ken Riehl (right) will be taking on the mantle of Rotary leadership together. Here, the co-presidents hand ceremonial gavel to ME Rotary past president Tim Collins, with great thanks and appreciation for his service. Congratulations to Mike and Ken, and here's to a great year of Rotary in their mission to support to our community at home, and worldwide. Photo: Joanne Connelly

Weekly Weather Chart

Date	Weather	High	Low
Saturday 3 Aug	☁️	78°	67°
Sunday 4 Aug	☁️	81°	70°
Monday 5 Aug	☁️	86°	67°
Tuesday 6 Aug	☁️	72°	62°
Wednesday 7 Aug	☁️	68°	62°
Thursday 8 Aug	☁️	71°	65°
Friday 9 Aug	☁️	71°	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.
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MERSD
SC Meeting Time TBD
Tuesday, August 6
6 - 7 p.m.

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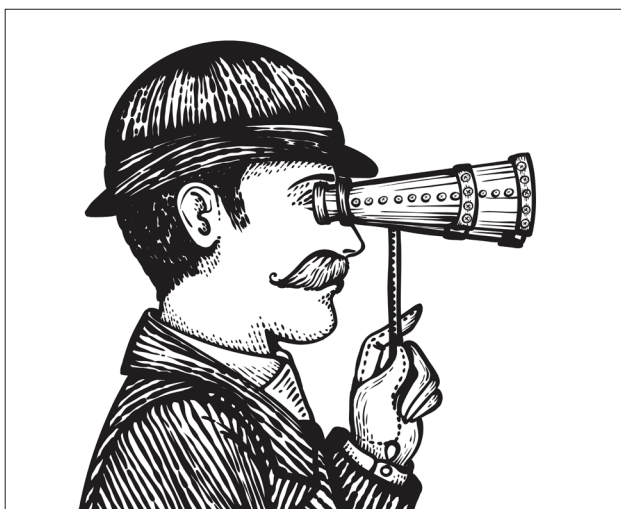
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It's the "Summer Hummer"

Salad, steamers, lobster, steak, corn on the cob, cookies and brownies oh my! The Manchester Golden Agers enjoyed a wonderful lobster bake funded through the generosity of the Robert Sanford Fund and catered by Todd Crane. This event held at the Chowder House at Tuck's Point has been held for over 60 years. The Golden Ager's next event is a lighthouse tour around Cape Ann. *Photo: Paul Clark*

MANCHESTER POLICE NOTES



MONDAY, JULY 22
9:09 a.m. Bennett St., traffic hazard, spoken to. 1:03 p.m. Beach St., alarm, assisted as needed. 3:21 p.m. Central St., fraud/scam, report to follow. 5:43 p.m. Magnolia Ave., fire alarm, fire false.

12:16 p.m. Bennett St., parking complaint, parking enforcement. 5:38 p.m. Beach St., parking complaint, parking enforcement. 6:46 p.m. Woodholm Rd., motor vehicle crash, report to follow. 10:56 p.m. Masconomo St., animal complaint, notification made.

TUESDAY, JULY 23

...(Continued from page 1)

state and municipal information technology infrastructure," said Representative Ann-Margaret Ferrante (D-Gloucester). "Implementing multi-factor authentication is a common-sense measure that will increase the security of government accounts, protecting residents and taxpayers from those who would seek to steal their data

and defraud our cities and towns." In addition to the joint grant award, Middleton, Marblehead, and Manchester-by-the-Sea will also benefit from a \$100,000 grant awarded to the Essex North Shore Agricultural & Technical School, which counts all three towns among its 17 member communities.

The Essex North Shore

Agricultural & Technical School's grant will help to fund the implementation of MFA. The school reports that it "currently faces significant unmet cybersecurity needs, primarily in the realm of securing access to information systems owned and operated by the District," the most pressing of which is the implementation of MFA

fire alarm, fire false.
3:27 p.m. Church St., motor vehicle crash, assisted as needed.
6:54 p.m. Lincoln St., motor vehicle stop, written warning.

SATURDAY, JULY 27

2:36 a.m. Forest St., animal complaint, spoken to.
9:02 a.m. Summer St., disturbance, no action taken.
3:24 p.m. Black Beach, animal complaint, assisted as needed.
9:26 p.m. Route 128NB, disabled motor vehicle, assisted as needed.

SUNDAY, JULY 28

1:52 a.m. White Beach, suspicious activity, spoken to.
11:47 a.m. Beach St., directed patrol, no action taken.
12:36 p.m. Summer St., harassment, report to follow.
9:27 p.m. Beach St., motor vehicle crash, spoken to.

WEDNESDAY, JULY 24

7:00 a.m. Pleasant St., property damage/vandalism, assisted as needed.
9:31 a.m. Pleasant St., motor vehicle stop, written warning.
4:11 p.m. Ledgewood Rd., property damage/vandalism, report to follow.
10:00 p.m. Allen Ave., noise complaint, spoken to.

THURSDAY, JULY 25

3:59 a.m. Summer St., motor vehicle stop, verbal warning.
11:29 a.m. Route 128 NB, disabled motor vehicle, assisted as needed.
2:25 p.m. Masconomo St., motor vehicle stop, verbal warning.
10:18 p.m. Summer St., selective enforcement, other.

FRIDAY, JULY 26

6:46 a.m. Smiths Point Rd., alarm, secured/checked.
12:20 p.m. Norwood Ave.,

"across all our digital platforms and systems."

The Massachusetts Cybersecurity Planning Committee, which was formed as a requirement of receiving the federal funding, oversees the two grant programs. Applicants submitted requests for grant funding through a competitive process initiated by OGR earlier this year.

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CLASSIFIEDS

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

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MBTS Fishing Tournament 2024 Winners



Dana Woulfe was the big winner in last weekend's MBTS Fishing Tournament. (Photo: Sally Berkowitz)

Last weekend's 5th Annual MBTS Fishing Tournament went for three days, with anglers fishing local waters from Friday to Sunday and many records were made.

In all, 136 anglers logged 365 fish totalling 9,402 inches in the catch and release tournament. Competitors registered fish by snapping a photo on boat before releasing their fish back to the waters of Cape Ann. In the end, more than 16 species of fish were caught by all competitors, including more than 30 fish caught that measured more than 40 inches. Wow!

The big tournament winners were Dana Woulfe, who won biggest overall catch and the highest total inches of striped bass (630.5"). Woulfe also caught the biggest fish, a whopper of a striped bass that measured out at 47 inches. The other big winner was Claire Yukins, who topped the "Junior Boat Total Inches" of striped bass with 550 inches.

Here is a list of all the winners announced Sunday at the tournament's award ceremony at Tuck's Point by organizers Sally and Nate Berkowitz. Congratulations to all.

Biggest Catch Overall: Dana Woulfe 47" Striped Bass

Most Species: Chris Taron (with 10 species including Pollack, Sea Raven, Sculpin, Cod, Flounder, Skate, Pogie, Cunner, Mackerel, Striper)

Total Inches Striped Bass Shore Kid: Drew Seymour with a Crab

Total Inches Striped Bass Shore Junior: Will Connell (106")

Total Inches Striped Bass Shore Adult: Matt Rubino (107")

Total Inches Striped Bass Boat Kid: Calvin Yukins (375")

Total Inches Striped Bass Boat Junior: Claire Yukins (550")

Total Inches Striped Bass Boat Adult: Dana Woulfe (630.5")



Claire Yukins, winner for most total striped bass inches caught. (Photo: Mandy Beausoleil)



BOARD UPDATES

Select Board Meeting: The Select Board will meet on Monday, August 5 at 6:30 p.m. Meeting details will be posted on the Town website.

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

Job Openings: The Town is seeking applicants for an Assistant Town Clerk, Land Use Clerk, and Call Fire Fighters. Job descriptions and application process can be found on the Town Website.

Harbor Tours: The Town's boat launch service is offer-

ing half hour tours in scenic Manchester Harbor. Tours are available seven days a week from 8 a.m. to sunset and depart from the Reed Park dock. No registration required. Adults \$25, Kids 7-12 \$12, and Kids 6 and under free. No cash. Payment taken onsite.

Board of Health Vacancy: The Board of Health is seeking volunteers to fill a vacancy. If interested, please contact the Select Board office at powersd@manchester.ma.us to learn more.

MBTA Zoning Information: To keep up to date with MBTA Zoning information and upcoming meetings visit the Town website at manchester.

ma.us/774/MBTA-Zoning.

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.

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

WHAT WAS HAPPENING

90 YEARS AGO - 1934

A bolt of lightning struck the antenna of the radio set of Mrs. A. Stasink of Pleasant Street last Tuesday. It followed the wires into the set and completely incapacitated it. Peter Demarkis has added three tables to the furnishings of his lunch room on Beach Street. The tops of these tables have a beautiful finish known as Formica.

the practice of General Dentistry.

Police Chief L. Allan Andrews reported that Sunday morning a break was reported at Marguerite's Beauty Shop on Elm Street. The desk drawers and cabinets had been ransacked and a small amount of money had been taken. Entrance had been gained through a rear window.

Community Center did a great job organizing and presenting another successful concert at Masconomo Park on July 22nd. Tom Rush was at his best and the audience loved him. Eight adventurous Manchester girls have brought Dan Senecal out of "retirement".

Two young ladies and two gentlemen left from Tuck's Point by van early Monday morning for a 3 1/2 week cross country adventure trip.

15 YEARS AGO - 2009

The Manchester Library will be closed on the last Friday of August to complete several labor-intensive tasks and projects. This is necessary work to keep the collection in proper condition and of the most use for our patrons. On Monday, August 3rd, Manchester's American Legion Amaral Bailey Post 113, hosted approximately 70 members of the Chelsea Soldiers Home-residents, patients and staff for a day of relaxation, games, sightseeing and harbor boat rides.

75 YEARS AGO - 1949

Enforcement officers of the Registry of Motor Vehicles were today instructed to stop motor vehicle operators who insist on driving over the highways of the Commonwealth with but one hand on the steering wheel.

The Manchester Highway Department has started work on raising the areas around the manhole covers on School Street and patching other areas, preparatory to seal coating the street.

45 YEARS AGO - 1979

Very hot and humid weather during the fifth and sixth weeks of the Summer Playground Program necessitated cutting down the length of time the youngsters were involved in strenuous physical activity.

The Special Town Meeting, held Monday night in the Memorial School auditorium was delayed 15 minutes until Moderator Richard W. Southgate was assured that a quorum was present, to be exact, just 219 voters, only 19 over the required 200.

60 YEARS AGO - 1964

Dr. Samuel Ina opened his new office at 52 Summer Street Thursday, for

30 YEARS AGO - 1994

The Manchester Commu-

Tides & Sun Chart For The Week Ahead

DATE	HIGH				LOW				☀️	
	AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
2 Fri	10:48	8.5	10:59	10.1	4:57	0.4	4:47	1.4	5:35	8:03
3 Sat	11:38	8.6	11:48	10.1	5:49	0.3	5:39	1.3	5:36	8:02
4 Sun			12:23	8.8	6:32	0.3	6:25	1.2	5:37	8:00
5 Mon	12:32	10.1	1:04	8.9	7:10	0.3	7:07	1.1	5:38	7:59
6 Tue	1:12	10.0	1:41	8.9	7:45	0.5	7:47	1.0	5:39	7:58
7 Wed	1:49	9.8	2:16	8.9	8:19	0.6	8:27	1.1	5:40	7:57
8 Thu	2:26	9.5	2:50	9.0	8:55	0.8	9:08	1.1	5:41	7:55

SATURDAY, AUGUST 3

10 AM - 4 PM

Celebrate the Magic of Summer

Festival BY the Sea

Downtown Manchester-by-the-Sea, MA

Presented by

GREATER CAPE ANN

CHAMBER OF COMMERCE

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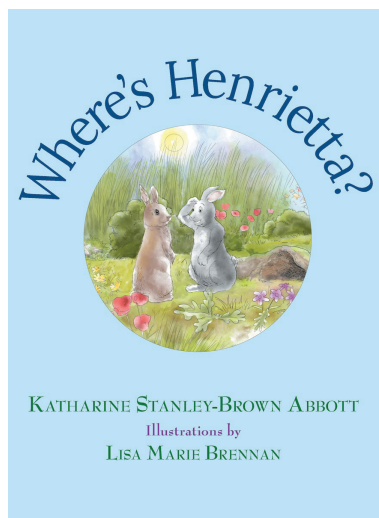
At 96, Manchester Author Katharine Stanley-Brown Abbott Releases Third Book in “Henrietta” Series

Author Katharine Stanley-Brown Abbott has released, *Where's Henrietta*, which continues the well-regarded series of children's books on the importance of being resilient and courageous in the face of challenges.

When it opens, our hero, the lovable woodchuck Henrietta has disappeared, prompting a search by her worried friends:

Two bunnies stood in front of a patch of dirt that used to be a thriving vegetable garden. It was a sunny morning in late May.

“Where's Henrietta?” exclaimed a gray bunny.



seven books, including Nantucket Summers, Cobblestones and Ice Cream Cones, A Zoo Full of Rhymes, Henrietta, Henrietta and the Fox, Where's Henrietta, and Henrietta, Problem Solver.

Brennan illustrates *Where's Henrietta* with remarkable and sensitive depictions that will capture the imagination of children. Brennan has been creating art since she was a child, is a professional illustrator, songwriter and poet, and in her spare time enjoys rescuing animals in need, particularly cats. During her career, she has worked in an elementary school library and still enjoys working with children.

“A child's imagination is a true gift,” Brennan said when explaining her approach to the book's artwork. “I wanted to create illustrations for Katharine's book that really speak to her story and bring even deeper meaning to the work.”

Mrs. Abbott is a graduate of Vassar College and studied editing at Radcliffe Institute for Advanced Study in Cambridge, Mass. Her array of interests and talents breathe life into the imaginary world of her characters in this new work, as does her family (which includes four children, five grandchildren, and one great-grandchild).

Her personal range of interests are eclectic, including needlepoint, knitting, cooking, travel, tennis and volunteering. A resident of Manchester, Abbott is also an accomplished artist, with her artwork appearing in juried shows, art festivals and open studios.

Where's Henrietta is available now online from its publisher, SDP Publishing, or at major book retailers like Amazon and Barnes & Noble. It may also be ordered at any independent book seller, including The Book Shop of Beverly Farms.

With heart-felt language and charming illustrations, readers will empathize with the challenges facing Henrietta's friends. Will they find Henrietta? A surprise ending holds the answer.

Where's Henrietta is charmingly illustrated by Vermont illustrator Lisa Brennan, who has collaborated with Mrs. Abbott on all the *Henrietta* books.

“My hope in writing this third book is to create an adventure story

that shows children the power of teamwork and friendship,” Abbott said.

Counting a fourth *Henrietta* book which is in progress, Mrs. Abbott has written

LIBRARY NEWS



The shipwreck escape room is set up and ready for you to unlock the puzzles. Will your team sink or swim?

MBTS Library Summer Hours
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.

Library Closing Early
Friday, August 2 at 1 p.m. the Manchester Library will

close early to prepare for the Manchester Friends of the Library's Annual Summer Book Sale being held this year on the front lawn.

Friends of the Library Book Sale
Saturday, August 3 from 9 a.m.- 4 p.m. The Manchester Friends of the Library Book Sale returns during Festival by the Sea. Take advantage

of deals and steals in hardcover fiction, nonfiction, children's books, DVDs, puzzles and more. Both cash and checks are accepted.

The Music Man
Saturday, August 3 from 10-11 a.m. the Music Man, Brian Doser, will be performing on the library lawn.

Hearthside Book Group

Tuesday, August 6 from 4-5 p.m. We will discuss “Mercury Pictures Presents” by Anthony Marra.

Whole Body Anatomical Donation (Virtual)
Thursday, August 8 from 7-8 p.m. Join Robert Bouchie, Boston University's School of Medicine's Anatomical Lab director for an informative talk regarding the history, practice, ethics, and legalities of whole body anatomical donation.

Author Madeline Bliss (Virtual)
Tuesday, August 6 from 7-8 p.m. Join author Madeline Bliss as she chats about her book, “50 Hikes in Eastern Massachusetts.” We'll focus on coastal view walks.

Dungeons and Dragons for Adults (Virtual)
Monday 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 noon 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 August 27
Every Tuesday from 11 a.m.-12 noon. 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:
Library Olympics
Thursday, August 8 from 3-4:15 p.m. Ages 8-12. Do you have what it takes to be a li-

brarian? Come test yourself with feats of strength, agility, and bravery during the first annual Library Olympics. Athletes will race book carts, balance books and more.

Family Concert at Masconomo Park
Monday, August 5 from 11-11:45 a.m. 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
Wednesdays, 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.

...(Continued from page 1)

- If a property owner thinks that damage occurred as a result of blasting, they should file a regulatory review form with the fire department within 30 days of the blasting. This form can be found on our website.
- Property owners should take a close look at their home or business. You may be surprised at how many

cracks in walls, floors, and ceilings already exist just from seasonal changes in humidity, age, and normal wear and tear. Most property owners don't notice these cracks until after blasting has started and mistake them for blasting damage.

- The vibration and noise limits outlined in 527 CMR

1.00 are extremely conservative and are below the threshold of where damage is known to occur.

- The foundation is the strongest part of a house. Vibration standards are designed to protect the weakest parts of the house, such as plaster and drywall. Ground vibrations strong enough to crack foundations consisting of concrete and masonry would far exceed the limits set by typical standards.
- The U.S. Bureau of Mines published RI 8507 in 1987 detailing what happens to a home as a result of ground vibration from surface mine blasting. The study concluded that typi-

cal human activity such as slamming a door or pounding a nail into a wall creates strains in a residence well in excess of those corresponding to typical low-level blast vibrations.

- Records are kept for each blast and they contain the size, time and location of the blast including the amount of explosives used. These records are checked by the fire department and kept on file.

A little information specific to the CST blasting that has occurred so far: Seismographs have been placed on a few properties on Mill St as well as the MAC on Atwater Ave and the Brady Prop-

erty on Beaver Damn Road. All structures within a 250-foot radius of the blast site have been afforded the opportunity of a Pre-Blast Survey. The readings have been as follows:

- Mill Street seismographs are set at 0.007 to trigger readings.
- No readings have been triggered concluding no vibrations have exceeded the low level and are far below the .5 in/sec low safe levels.
- Readings at both the MAC and Brady properties are 0.097 and 0.065 which are also well below the lowest threshold of 0.5.


These readings compare quite favorably to daily activities:

- Front door slam = 0.15-1.9 in/sec
- Auto traffic 0.04-0.20 in/sec

The Manchester Fire Department is steadfast in its pursuit to provide a safe and healthy community, and this doesn't waiver when it comes to blasting. I as your Fire Chief have personally been following and interacting with the public, their concerns, monitoring blasts/readings, and will continue to do so throughout this project. The blasting portion of this project will continue through August with an estimated one blast per day, Monday through Friday this is subject to change. I will continue to work with residents, Cell Signaling Technologies, and Maine Drilling & Blasting to ensure this project can move forward safely and meet the expectation of all involved.

If you have concerns, you can contact the Manchester Fire Department at fireprevention@manchester.ma.us or by calling 978-526-4040. Cell Signaling Technology has offered to answer any questions or address any concerns people may have about the project.

Those interested in the CST project may attend open meetings of the Manchester Planning Board or contact representatives of the company.



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ACCEPTING NEW CHIROPRACTIC PATIENTS!

Battling New and Common Tree Pests and Diseases



The Northern Red Oak

By Erika Brown

Two weeks ago, the North Shore Horticultural Society sent out a call to its membership. The area's oldest garden club reported that a White Oak memorial tree planted last year in Rosedale Extension Cemetery for the club's longtime president and auctioneer, Fred Rice, was infected with something called, "Oak Shothole Leafminer."

It was a sobering reminder of diseases and pests that can take down local trees.

Many remember that in the 1970s, Manchester famously lost nearly all its Elm trees, most of which majestically lined Central and School Streets, from Dutch

Elm Disease. In fact, the epidemic was the trigger for the creation of the Manchester Friends of Trees.

Local arborists and tree surgeons say there has been a surge of new and common pests and diseases that deserve public attention. Three significant threats—Oak Shothole Leafminer, Beech Leaf Disease, and Emerald Ash Borer—have popped onto local radars and experts report these challenges may be amplified by climate change.

Oak Shothole Leafminer: A Growing Concern

The Oak Shothole Leafminer (*Japanagromyza viridula*) is an emerging pest that primarily affects oak trees. This tiny fly lays its eggs on the leaves

of oak trees, and as the larvae feed, they create a characteristic pattern of "shot holes." Over time, these infestations can lead to significant defoliation, which was seen in Fred Rice's memorial tree on Rosedale. What can't be easily seen is the significant weakening of a tree when it's infected, and making it significantly more susceptible to other stresses.

With Fred Rice's tree, the impact of the Oak Shothole Leafminer was evident.

Norm Weeks of the NSHS discovered the clusters of tiny holes in the leaves. He immediately shared his findings directly with the Manchester Friends of Trees but the biggest comfort came when its president, Jody

Morse, brought in Tom Henderson who provided clarity about exactly what was going on. Henderson identified the Oak Shothole Leafminer as the culprit, will see if more damage occurs in the fall, and will treat the tree in the spring. Because it was identified quickly, its prognosis is good.

Beech Leaf Disease: A Looming Threat

Another formidable adversary is Beech Leaf Disease (BLD), particularly targeting American beech trees. While the Oak Shothole is an insect pest, Beech Leaf Disease is caused by a nematode, described as a microscopic worm that landed in Massachusetts three years ago, where it has since surged, said Jack Ingram, Central New England vice president at Bartlett Tree Experts. It causes dark, interveinal banding on the leaves, leading to leaf curling, withering, and premature leaf drop.

"There are a lot of young beech that have been planted in the last 40-50 years. They can be some of the most majestic trees in landscapes, so it's a real shame that this concern has become so prevalent, especially in Manchester," said Ingram, adding that local specimens include Native American Beech and the European Beech.

What gets overlooked, especially on Cape Ann, is that beech trees also play a crucial role in our local ecosystems, providing habitat and food for numerous species. As a result, BLD poses a significant threat not just to these trees, but also to the biodiversity they support.

Ingram said BLD has been a big focus for research scientists at the Bartlett Tree Research Laboratories (the research arm of Bartlett Tree Experts). The 117-year-old company has invested significant time and money and expertise in studying BLD and, early this spring, its lab reported that a nematode (*Litylenchus crenatae mccannii*) was the cause of BLD.

"This disease-causing nematode has spread at an astounding pace, quickly climbing into the ranks of other ecosystem-shifting catastrophes we have seen over the past century, like Chestnut Blight and Emerald Ash Borer," said Dr. Matthew Borden, a plant pathologist on the research team.

Containment and eradication are no longer feasible, but as part of its study, Bartlett's research team developed a series of Integrated Pest Management (IPM) strategies to treat BLD that it has shared with others in the industry.

"Currently we're really optimistic about preserving standalone specimen European and American Beech," said Ingram.

Emerald Ash Borer: A Devastating Invader

Perhaps the most notorious of tree pests, the Emerald Ash Borer (*Agrilus planipennis*), has been wreaking hav-



Beech Leaf Disease tree injection procedure in Beverly Farms. Bartlett Tree invested millions developing a treatment, which it has shared with others in the industry. Photo: Bartlett Tree



This photo shows damage to the tree by the "Oak Shothole Leafminer" insect to a memorial tree planted at Rosedale Extension Cemetery in Manchester. Photo: Norm Weeks

oc on ash trees across North America since it was first discovered in Michigan in 2002.

This metallic green beetle, native to Asia, has no natural predators, so its population grows unchecked. The larvae burrow into the bark of ash trees, disrupting the flow of water and nutrients and ultimately leading to the tree's death, said Mark Cicoria whose namesake tree company has operated on Cape Ann for more than 40 years.

Cicoria said ash trees are relatively common in Manchester, and the recent Emerald Ash Borer has been nothing short of devastating. The pest was confirmed in Essex County several years ago, and since then, efforts to manage its spread have been a top priority for local arborists and conservationists. Strategies include the use of insecticides, biological controls, and the removal of infested trees to protect remaining healthy populations.

The Role of Climate Change

Climate change is amplifying the threats posed by these and other pests and diseases. Warmer temperatures and changing precipitation patterns can create more favorable conditions for the spread and survival of these organisms. Milder winters may not kill off pests as effectively, which can drive larger populations in the spring. Also, trees stressed by drought or big swings in temperature are simply more vulnerable—to infestation, to disease, or simply to delays in normal seasonal behavior.

Changes in seasonal patterns disrupt the life cycles of both trees and pests, and simply stress local trees. A recent example residents may remember, said Cicoria,

came in February, 2023, when an unseasonably mild winter averaging around 40 degrees dipped for 24 hours to 10 degrees below zero. The cold snap passed, but in the spring, many area Japanese Maples and Flowering Cherry trees simply didn't bloom.

"Many people thought their trees were dead," said Cicoria. "We recommended holding off, and give them a chance to rebound on their own. Thankfully, that year, they did. But it shows the impact of temperature on normal cycles, especially to specimen trees."

Another species of tree sensitive to the effects of climate change are Birch trees, which Cicoria said are "cold weather trees" and therefore struggle through warm winters.

Cape Ann is not alone. In New England, the effects of climate change are already being felt.

What Can Be Done?

Addressing these challenges requires a multifaceted approach, for sure. Homeowners can help by regularly inspecting their trees for signs of pests and diseases and promptly seeking professional advice if issues are detected. Planting a diverse array of tree species can also reduce the risk of widespread damage from any single pest or disease.

On a broader scale, community efforts to monitor and manage tree health are crucial. Local organizations like the Friends of Trees provide valuable resources and support, like tree planting initiatives, and can research what might be the issue with a particular tree and what management strategies might work.



Adult Emerald Ash Borer, the metallic green beetle, a native to Asia with no natural predators that causes havoc to ash trees. Photo: MDNR 2023

Architecture: Lynn Hopkins Architects | Photography: Eric Roth

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Manchester Summer Stage's Matilda – A Little Bit Naughty



June Gambale, as Matilda Wormwood, in last week's Summerstage production of Matilda! The Musical!

Photo: Paul Clark

"... But nobody else is gonna put it right for me.

Nobody but me is gonna change my story.

Sometimes you have to be a little bit naughty!"

Lyrics from the song 'Naughty' from the musical Matilda.

wood with comedic detail and timing that was absolutely spot on, and her husband Mr. Harry Wormwood, played by Isaac Starr Collins. Balancing out these more vicious characters was Cate Vendt who played the kind and soulful Miss Jennifer Honey with a delicate believability and Mona Pasquarello as the spirited librarian.

True to Dahl's work the show was a wild and wacky ride, cheeky and charming. From the shrieks when Miss Trunchbull appears to be swinging a small child around by her braids, to the touching moment where the Escapologist and the Acrobat finally get the child they have always wanted just moments after performing the most dangerous feat ever known to man: 'The Burning Woman Hurling Through The Air With Dynamite In Her Hair Over Sharks And Spiky Objects, Caught By The Man Locked In The cage'. It's pure Dahl.

All to a live professional orchestra that elevated the entire experience. Another triumph for Director Eric Vendt as well as Music Director Janet Glasser and Choreographer Eve Poliskey.

We are already looking forward to next summer!

This past weekend Manchester Summer Stage delighted local audiences with four performances of Roald Dahl's ever enchanting Matilda. This musical rendition, a lively, frolicsome interpretation of Dahl's beloved story, proved to be a little bit naughty—and a whole lot of fun.

June Gambale, who stars as Matilda Wormwood is outstanding and may very well have stolen the show were she not in such talented company. A hilarious and meticulously acted Miss Agatha Trunchbull was played brilliantly by Manchester's Josh Cohen. Followed closely by Brynn Gaffney as Mrs. Worm-



Greenbelt's Annual 5K/10K Trail Run

Essex County Greenbelt is hosting its 16th annual trail run on Saturday, August 24. The event will take place at Vineyard Hill Reservation in Hamilton. The event supports land conservation and stewardship in Essex County. This scenic course offers runners the opportunity

to experience a variety of different elevations and landscapes as they ascend Vineyard Hill and wind through sections of Bradley Palmer State Park, the Bay Circuit Trail, and Greenbelt's Shaw Field. Both 5K and 10K options are available. Prizes will be awarded for top finishers



overall and in each age category.

Proceeds from this trail race directly support Greenbelt's conservation and stewardship work, ensuring the preservation of natural landscapes and ecosystems for future generations.

This event is part of the North Shore Trail Series,

which has existed since 2010 and features seven of the region's top off-road races spread over seven months. The goal of this series is to showcase the area's best trails and support the organizations responsible for their upkeep. The Trail Series is sponsored by New England Running Company and Salomon.

Event Details:
 • Date: August 24, 2024
 • Start Time: 9 a.m.
 • Location: Vineyard Hill Reservation, Asbury Street, South Hamilton, MA
 • Registration Fee:
 • \$40 members
 • \$45 general public

• Online Pre-Registration Ends: August 19
 • Race Day Registration: August 24, 7:30-8:45 a.m.

Register before August 1 to secure your preferred tech T-shirt size! The pre-registration deadline is August 19. To register, please visit: <https://ecga.org/GreenbeltRuns>



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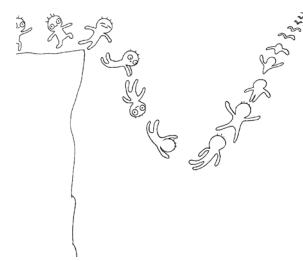
Off at School and Doing Great

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.

Chris K. Siems, of Manchester, was named to first honors on the Clark University Dean's List. This selection marks outstanding academic achievement during the Spring 2024 semester. Students must have a GPA of 3.8 or above for first honors or a GPA between 3.50 and 3.79 for second honors. Founded in 1887, Clark University is a liberal arts-based research university with 33 undergraduate majors, more than 30 advanced degree programs, and nationally recognized community partnerships.

At the University of Massachusetts Amherst, the list of local students who were named to the dean's list

for the university's spring 2024 semester has been announced. From Essex, it's Abigail Rose Corrao, William Henry Kenney, Madison Katherine Lawler, Sydney Grace Levasseur, Jaclyn Emily Lichtenwald, Connor Patrick McGrath, James Owen McKenna, Mauryn Tyack, and Emma Daniela Wosson. From Manchester, it's Connor Patrick Cunningham, Christopher Robert Daly, Amelia, Katherine Donnellan Valade, Madeline Frances Donnellan Valade, Owen Donnellan Valade, Colin Darbyshire Genta, Margaret Qiang Graves, Caroline Jean Harrington, Amelia Frances Leonard, Talia Markarian, Bridget, Dunlap Miller, John Anthony Morgan, Olivia Rose Osterman, Jackson David Ring, Penelope Marsden Rodier, Matthew Richard Russo, Beren Jeffrey Schmidt, Giuseppe Galzang Tra, Bridget Caylee Twombly, and Genevieve Rose Young. In order to qualify, an undergraduate student must receive a 3.5 grade-point average or better on a four-point scale to be named to UMASS Amherst's Dean's List.



Tufts University recently announced the dean's list for the Spring 2024 semester, and it includes Olga Gadmer Langman (Class of 2027), Carson Komishane (Class of 2026), and Emma Staudt (Class of 2024), all of Manchester. Dean's list honors a semester grade point average of 3.4 or greater. Tufts is located on campuses in Boston, Medford/Somerville and Grafton, Massachusetts, and in Talloires, France, and is recognized among the premier research universities in the United States.

At Bates College in May, 437 students from 36 U.S. states and 19 countries received degrees at its commencement ceremony in Lewiston, Maine, including Thomas Birkeland of Manchester, who graduated from Bates with a major

in Economics and a minor in History. Also from Manchester, Sidney Toga graduated with a major in Economics and a minor in Mathematics. Congratulations to both.

Also, Bridget Foley Higgins of Manchester graduated from Western New England University (WNE) with a MS in Applied Behavior Analysis. The university's commencement ceremony was held last spring at the MassMutual Center in downtown Springfield. More than 350 graduate students received their master's, law, and doctorate degrees from its Colleges of Arts and Sciences, Business, Engineering, Pharmacy, and School of Law. Based in Springfield, Massachusetts, WNE is a private, nationally ranked, comprehensive institution founded in 1919 as a division of Northeastern College. WNE's 215-acre suburban campus serves more than 3,700 students, including over 2,500 full-time undergraduates.

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

ESSEX ECHO.

Town Administrator's Report

Board of Selectmen's Meeting
of July 22, 2024
Report covers from July 6,
2024 to July 19, 2024

Accounting Department Coordination Meeting

Chairman Pereen and the TA met with Town Accountant Makayla Nolan, Assistant Town Accountant Charles Benevento, and Finance Committee Chair Jodi Harris on July 8, 2024 to review the accounting department's overall approach for fiscal year 2025. As the Board is aware, the department will support the Selectmen's and the Finance Committee's desire to tighten office procedures, including interaction with the various Town departments with respect to regular budget discussion and with respect to transfer requests. The group discussed various office protocols and communication and encouraged our new Town Accountant to ask questions and make suggestions as she goes about her first full fiscal cycle with guidance from Mr. Benevento. A memo to all departments underscoring important bills payable and payroll protocols will be sent out by the Accountant soon.

Central Transportation Planning Staff Transportation Resilience Meeting



The TA attended the subject, remote meeting on July 11, 2024 to hear from the Central Transportation Planning Staff (CTPS) at the Boston Metropolitan Planning Organization (MPO) concerning a survey that Essex had participated in concerning transportation resilience. CTPS had invited all of the communities within its jurisdiction to highlight transportation concerns with respect to sea level rise and climate change and the TA had underscored Essex's need for a solution to the Essex causeway flooding on Route 133 as flooding becomes more common.

The discussion dovetails nicely with discussions we have had recently with the Mass DOT as part of our Federal Hazard Mitigation Plan update process, including DOT's Beyond Mobility Plan. One suggestion from MPO staff was to inquire to MPO's technical assistance department about assisting the Town to bring more attention to our Essex causeway issue at the State level. MPO frequently works with personnel from the Metropolitan Area Planning Council (MAPC) on issues such as this and MAPC is well aware of this particular issue since

MAPC is helping to produce the Hazard Mitigation Plan update. I have reached out to the technical assistance team at MPO and have arranged for a discussion specific to the causeway on July 24, 2024.

Town Administrator Leave

The TA was out of the office, on leave, for a portion of July 9, 2024 and all day on July 10, 2024. This report is available at www.essexma.org on the morning after any regularly scheduled Essex Board of Selectmen's Meeting.

LIBRARY NEWS

T. O. H. P. Burnha
Public Library



Children recently enjoyed an International Games Gala at the Library participating in games from around the world as well as "Flag Bingo."

Silver Alert Information Session

Wednesday, August 14 at 5 p.m. Do you worry about the risk of your loved one wandering off? Join the Essex Board of Health to learn more about the Silver Alert Program and about how to register those you care about.

Enjoy a Local Museum

As summer winds down, visit the library or our website for a list of museum passes available to reserve and receive a discount on entry.

Author Madeline Bliss (Virtual)

Tuesday, August 6 at 7 p.m. Join us for a virtual event focusing on coastal view walks. Bliss is the author of "50 Hikes in Eastern Massachusetts." Please register.

Puzzle Palooza

Thursday, August 15 at 10 a.m. Grades 6-12, spend the morning eating donuts and competing to be the first team to finish our donut jigsaw puzzles.

Reminder

The deadline to complete the grade school Summer Reading Challenge is Friday, August 9. Completed log sheets must be returned and confirmed by 5 p.m. in order to qualify for a ticket to the Topsfield Fair.

Summer Explorers

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

NEW DATE: World Fair & Summer Reading Finale

Tuesday, August 20 at 6 p.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.

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.

ESSEX POLICE NOTES

MONDAY, JULY 22

6:10 a.m. Wood Drive, selective enforcement, no action taken. 1:15 p.m. Story St., fire alarm, fire false. 5:39 p.m. Eastern Ave., motor vehicle crash, report to follow. 10:28 p.m. Chebacco Terrace, male with stroke, transported to hospital.

TUESDAY, JULY 23

1:14 a.m. John Wise Ave., selective enforcement, no action taken. 1:32 a.m. Conomo Point Rd., directed patrol, secured/checked. 2:06 a.m. Story St., directed patrol, secured/checked. 7:00 a.m. Centennial Grove Rd., directed patrol, secured/checked.

WEDNESDAY, JULY 24

10:31 a.m. Story St., directed patrol, secured/checked. 3:40 p.m. Shepard Memorial Drive, welfare check, report to follow. 9:03 p.m. Route 128NB, selective enforcement, secured/checked. 9:33 p.m. Conomo Point Rd., directed patrol, secured/checked.

THURSDAY, JULY 25

12:34 p.m. Southern Ave., selective enforcement, secured/checked. 12:57 p.m. Eastern Ave., welfare check, spoken to. 5:42 p.m. Hardys Lane, male sick, transported to hospital. 9:41 p.m. Martin St., directed patrol, secured/checked.

FRIDAY, JULY 26

8:49 a.m. John Wise Ave., erratic operator, spoken to. 9:33 a.m. Southern Ave., motor vehicle crash, report to follow. 1:05 p.m. John Wise Ave., citizen assist, assisted as needed. 9:46 p.m. John Wise Ave., fire alarm, fire false.

SATURDAY, JULY 27

10:22 a.m. Spring St., directed patrol, secured/checked. 11:06 a.m. John Wise Ave., male trauma with injury, transported to hospital. 1:27 p.m. Conomo Point Rd., male trauma with injury, transported to hospital. 9:14 p.m. Route 128NB, disabled motor vehicle, assisted as needed.



On Monday Essex's Megan Wonson graduated the Massachusetts Police Academy training, making her the first ever fulltime female police officer in Essex. Hosted by the Municipal Police Training Committee at the J. Everett

Collins Center in Andover, the ceremony honored Wonson and other officers who completed training as part of this year's class. Wonson had a show of support on hand for this historic moment. Here, from left, is Essex Police Sergeant

Daniel Bruce, Police Chief Paul Francis, Board of Selectmen Chair Ruth Pereen, Officer Wonson, Board of Selectmen member Alva Ingaharro, and Police Sergeant Thomas Shamshak.

(Courtesy image)

Essex Senior Living | AUG 2

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

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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 register 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.

Have a heart that never hardens, and a temper that never tires, and a touch that never hurts.
~ Charles Dickens ~

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POSTCARDS HOME

The Golden Triangle: Part 2

This is the second of a two-part feature on Kris McGinn's June voyage to tour regions of India. Part I, published two weeks ago, brought readers to Delhi ("A Bowl of Spoons") and Agra ("A Floating Love Story"). This week, McGinn shares her journey to Jaipur and Varanasi where she experienced the spiritual and the magic of human connections.

Enjoy Part II



A guard at the City Palace in Jaipur.

(All photos: Kris McGinn)



The city of Jaipur, known as India's "Pink City."



Women ride in a rickshaw through the streets of Varanasi.



The Samode Haveli in Jaipur built over 150 years ago for the royal family.

JAIPUR - The Pink City

I found myself falling in love with India. Her scent (jasmine, cardamon, heat). Her vibrancy (sarees, spices, mandalas). Her food (vindaloo, masala, lassi). And her ancient, ancient history. But most of all, her people—soulful, happy, and just kind of mesmerizingly serene. And so, with this new love of all things India, my partner and I boarded an inter India flight from Delhi to Jaipur.

Jaipur sits to the west of Delhi and is the capital of the northern state of Rajasthan which in 1727 became India's first planned city. Our guide explained that Jaipur gained the title of "The Pink City" when Maharaja Ram Singh (a 19th Century ruler who transformed and modernized Jaipur) had nearly every building painted pink, as a sign of welcome, for a visit by Britain's Queen Victoria. We took an Uber (yes! Uber is alive and well in India and you will be stunned at how affordable it is) to our hotel. In Jaipur we decided to stay at a heritage monument called the Samode Haveli built 150 years ago. A gorgeous blend of Mughal and Rajasthani art and architecture, the Samode is breathtaking.

Having been shown to our room we were performing the requisite flop on the bed, taking in the impossibly beautiful space, when we heard it for the first time – the call to prayer. There is a large Muslim population in Jaipur and so five times per day the call to prayer happens. It is haunting and soulful; it spreads over the entire city and just kind of holds



Manikarnika Ghat, a cremation ghat in Varanasi on the River Ganges.

you—still.

We ventured to the City Palace, a royal residence with regal guards and splendidly painted walls. We learned about the ancient art of block printing and the fine gemstones Jaipur is known for. We came back to the Samode, passing by her ancient Banyan tree with small paper kites still stuck in her branches from the three-day kite flying competition and festival that takes place every winter drawing people from all over the world. But in June, glorious June, we found ourselves alone in this ethereal palace. We drifted through our days with the calls to prayer. It was sublime. When we finally had to leave the Samode's enchanting spell, my partner noticed odd grooves in the ground at the entrance. We

learned that they were there from the days when beautifully painted elephants carried guests to and from the palace—of course.

VARANASI - The Light That Never Goes Out

We arrived into Varanasi in a full-blown monsoon. The car we took from the airport just kind of spat us out into the night and its craze of water, people, and all manner of cars, tuk tuks, and mopeds trying to get out of the storm. Miraculously two fine young men with shockingly large golf umbrellas appeared, dispatched from our hotel. A boat was waiting for us. We were taken away from the street, down an alleyway,

and there it was, quietly awesome—the legendary Ganges, said to wash away your sins.

There are many stories surrounding the river but all point to the idea that it is a liminal space, between heaven and earth, and her waters can cleanse the soul. And in this particular moment the potential for my partner and I to partake in her waters, quite unexpectedly, was real.

The problem was that between us and the boat was a mud slide. Emphasis on slide. The young men from the hotel looked on nervously as we, fragile Americans, used our closed umbrellas as canes to essentially inch our way to the awaiting boat. I am still not sure how one of us did not totally stuff it into the slick muddy bank, but we made it.

We would have to keep our sins for now.

We sailed past the Varanasi ghats, or steps, leading down to the Ganges for bathing, ceremony, and cremation. Varanasi has 84 ghats, but only two are cremation ghats. Hindus believe that death is a gateway to something else. I dare not attempt to define it, but it seems that a person's soul can attain what is called "moksha" (liberation, nirvana, freedom) if one is cremated in Varanasi. And so, it was here, in the darkness and rain, that we saw Manikarnika Ghat, her fires burning bodies day and night – with a light that never goes out.

The following day we set out to visit Kashi Vishwanath



Flower market, selling petals.

we exited, I felt a hand on my back. I turned. It was the woman from Delhi. We hugged. I told her that I hoped she had found what she came for.

NAMASTE

So yes, we went. And yes, it was hot, but not stifling. Dirty, but not unclean. Hectic, but not overwhelming. Foreign, but not at all out of reach. An adventure. It was so much more than we expected.

"Namaste" simply, or not so simply, means something along the lines of "the light in me honors the light in you."

We say it to end our yoga classes, Indians say it as a hello and goodbye but for me, in my brief experience, it truly is the essence of the people of India. From Mr. Singh feeding the hungry, to the lovely woman from Delhi who found forgiveness, and others I did not have the word count for, the sweet 11-year-old girl with thick pink eyeglasses who bravely visited our table at Karim's to practice her English, or the young Uber driver who belted out Justin Bieber while brilliantly Grand Touring us through Delhi traffic to shave 10 minutes off of our arrival time (epic), to the beautiful old woman who after I took her photo gently touched my face – they are India. And she is beautiful.

And as she makes her way onto the global stage I, for one, cannot wait to see her light shine. As for my partner and I, India met us with her warm embrace and glorious light. As did all of the enchanting people we were fortunate enough to meet along the way. I can only hope that in some small way, they in turn could feel our sincere gratitude. For them. For India. Namaste.

As we wove our way through the colorful sea of worshippers all moving toward the central well with water from the Ganges, the woman from Delhi explained to me that at this well, your sins were truly forgiven. I felt badly for not having understood sooner; her reasons for visiting were different than ours. She made her way to the well of forgiveness while the rest of us hung back. As

Kris McGinn is the features editor at *The Cricket*. She lives in Manchester.

Have you gone on a journey or vacation or road trip that you'd like to share with readers? Consider contributing your own Postcards Home, our travel feature inspired by the dispatches of *The Cricket's* first editor and publisher, I.M. Marshall. We'll help you with editing, layout and photo design (news@thecricket.com)

Left, Varanasi, considered India's oldest and holiest city. (Look for the monkey!)



Banks of the Ganges where people come for a daily ritual of washing in its holy waters.

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In the Driver's Seat

We're Getting Weird, and It Feels Like 1974 All Over Again

Back in 1974, the world was changing dramatically, and car design embarked on a decade of creative chaos. With changes today in how we live and work, are we in for a repeat?

By Steve Schutz

It's 1974 all over again in the car world, and maybe in the overall world.

That's been my thinking as I've reviewed the parade of new mass market automotive designs in 2024. There's been a marked departure in the profile of this year's cars that some are calling downright weird. If you've come across Tesla's Cybertruck on the road, you'll probably agree it's ... let's say, unusual. It may not prompt you to think specifically about 1974. But, please, hear me out.

Back in the post-World War II era, particularly 1963 to 1973, Americans thought cars were awesome. We had the great muscle cars—think Pontiac GTO, Hemi 'Cuda, and Boss Mustang. We had great luxury cars like the Buick Riviera, Chrysler Imperial, and Cadillac Eldorado, and lots of other cars and trucks that we loved. People were happy.

Then, seemingly just like that, the times changed. Rachel Carson's influential book "Silent Spring" started to hit home, and the obvious pollution all around us led to a push to decrease automobile exhaust emissions (remember the ubiquitous bumper sticker "Give a hoot, don't pollute?")

At the same time, the Vietnam War had claimed the lives of 50,000 young people, and Americans didn't want more of that. With many teens and 20-somethings injured or dying in these powerful muscle cars, consumers began pushing for safer cars.

Finally, let's not forget the early 1970s OPEC oil embargo led to increasing gas prices. That sparked a new desire for fuel-efficient cars.

All of that led to what I would call a decade of chaos. And 1974 to 1984 was just that. It was a decade in car design that's best described by America saying, "We may not know what we want, but we certainly know what we don't want."

During that time of chaos and uncertainty, we saw the death of the muscle car, the decline of the large American luxury car, and the onset and introduction of lots of weird cars, like the AMC Pacer and Gremlin, Ford Pinto, Chevy Vega, a Corvette with just 180HP, the Subaru Brat, and the DeLorean.

By 1984, America finally figured out what it wanted: Japanese quality and German driving feel (fuel economy was less crucial thanks to increased availability of oil from non-OPEC sources, and catalytic converters and other advances had dramatically reduced tailpipe emissions).

As a result, the Mercedes E-class, S-class, SL, as well as BMWs like the 3-series and 5-series were basically sold out, and it was the same for the Honda Accord, the Toyota Corolla and Camry, and, in the late '80s and early '90s we saw the birth of Lexus, Infiniti, and Acura. The era of "Japanese quality, German driving characteristics, and ever-improving fuel economy and emissions" extended from roughly 1984 to where we are now. It was around 40 years of people being relatively happy with their cars, just like they were from 1963 to 1973.

Interestingly, during this period we had reborn muscle cars, although this time it was Mercedes AMG models, BMW M-models, Audi RS-cars, in



Tesla's Cybertruck, futuristic in dent-proof stainless steel, released this year.



The AMC Pacer, introduced in 1974 but made infamous in the 1990s as the "weird" car in the hit 1990s movie, "Wayne's World."



John DeLorean's futuristic sports car fabricated with a stainless-steel exterior and gull-wing doors, was introduced in 1981. (Courtesy Images)

addition to American muscle cars like the Ford Mustang GT, Dodge Challenger Hellcat, and Chevrolet Camaro SS. We were also pleased by the rise of luxury SUVs, like the Cadillac Escalade, Mercedes GLS, Porsche, Cayenne, and others. And we also enjoyed the rise of uber-luxury cars like Bentley, Rolls-Royce, Range Rover, Lamborghini, and Aston Martin.

During this time, those brands all grew and set many

records. In addition, pickup trucks became not only everyday drivers, but luxury vehicles (the Ford F150 Platinum and Ram Tungsten are just two examples). Again people, until maybe just two or three years ago, were happy.

However, as in 1974, times have changed in big, tectonic ways. I would argue that we're no longer happy with their automotive choices, just as people weren't happy in

1974 with their choices.

So, what's happening? For

starters, we have increasingly virtual lives. Since Apple's

iPhone was introduced in 2007 we have increased the time we spend with virtual friends as well as people that we don't know but follow online.

If you're older than 45, think of your high school friends. It used to be that we would write an occasional letter or phone call or email, but really, we would lose touch. Now we're all in regular contact, or at least we follow those friends on social media apps like Facebook, Instagram, or TikTok. We are now increasingly broadcasting our lives and thoughts, even our most personal and intimate moments, on TikTok or other platforms. We're working virtually more and more. As a result of this new reality of living and working online, people are less and less interested in driving.

There is also a general desire to put less CO2 into the air. The environmental movement has great traction now, and increasingly people are not comfortable with cars that produce and emit lots of CO2, like the Cadillac Escalade. So, going forward, get ready: 2024 to 2034 will be a period of chaos and creativity in automotive design, just like the years 1974 to 1984. We'll see more and more eco-cars producing less and less CO2. We'll see the rise of

In 1974, consumers were awash in tectonic changes and car companies began experimenting with wild new designs.

self-driving cars, which will allow us to spend more time either consuming or producing content on social media (or working).

In addition, we'll observe the death of performance internal combustion cars—that's already happening with the death of the Challenger, Camaro, and some V8 German muscle cars. And I think that big internal combustion luxury SUVs and personal use pickup trucks will fade away over the next 10 years. They just don't make much sense, honestly.

Just like 1974-1984, we're already seeing some weird cars. The weirdest, of course, is the Tesla Cybertruck, but the Cadillac Celestiq, Waymo Jaguar I-Pace, and others are also weird, and presumably more will be coming.

I think that right now is like 1974. We may not be happy about what we have, but we don't really know what we want.

Yes, indeed, it's an interesting time.

Stephen Schutz has covered the automotive world for more than 30 years as a syndicated writer and podcast host. Read his column monthly in *The Cricket*.

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Puzzle

THEME: THINGS WITH BUTTONS

ACROSS

1. Genoa or storm jib
5. Pouch
8. Support for #1 Across
12. Gaelic language
13. Big-ticket ___
14. Flowerbed cover
15. Western Samoan money
16. Agrippina's slayer
17. Literature class homework
18. *The Curious Case of ___ Button*
20. God of thunder
21. Tight or rigid
22. Blunder
23. * ___ control
26. *Alarm clock delay
29. Edible tuber
30. Racecourses
33. Crew propellers
35. Often follows dark or back
37. ___-Town, or Chicago
38. Friend, south of the border
39. Singular of #25 Down
40. Containing uranium
42. Rip off
43. Sleeping sickness vector
45. Che Guevara's hat, pl.
47. Roman road
48. "And Then ___ Were None"
50. Hillside, in Scotland
52. *Home ringer
55. Raccoon's South American cousin
56. Debate side
57. Spring in a mattress
59. Ar, atomic number 18
60. Black-tie occasion
61. Golfer's aim
62. Group with pressure
63. Stallone
64. Semiprecious variety of agate

DOWN

1. Collector's goal
2. Kuwaiti, e.g.
3. ___ of Man

CROSSWORD												
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| 4. Shanty | 14. City area | 31. Land measure |
| 5. Flower trunks | 19. Bulwark | 32. ___-cha-cha |
| 6. American Eagle's intimates brand | 22. Ems follower | 34. Walls |
| 7. "Oh ' _'!" | 23. Aimless walk | 36. *Tall building people-mover |
| 8. *Edible button | 24. "Bravo! Bravo!", e.g. | 38. Of sour taste |
| 9. "The Sun ___ Rises" | 25. Pall ___ and ___ of America | 40. All 50 states |
| 10. "The Lion King" villain | 26. Largest organ of human body | 41. Spanish airline |
| 11. Olden day "your" | 27. Mobutu Sese Seko's nation | 44. Make a logical connection (2 words) |
| 12. More asinine | 28. Cereal killer | 46. Repeat an echo |
| | | 48. Opposite of atonal |

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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

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| 31. Land measure | 49. In a heated manner | 50. Dull one |
| 32. ___-cha-cha | 51. Angry display | 52. Entertainingly eccentric people, Down Under |
| 34. Walls | 53. "On Golden Pond" bird | 54. ___ of the valley |
| 36. *Tall building people-mover | 55. *A baseball one has a button on top | 58. Lexington airport code |
| 38. Of sour taste | | |
| 40. All 50 states | | |
| 41. Spanish airline | | |
| 44. Make a logical connection (2 words) | | |
| 46. Repeat an echo | | |
| 48. Opposite of atonal | | |

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

Summer Sunday worship has begun, 9 a.m. through Labor Day. 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 - Worship leader, Rev. Katherine Schofield, music led by Dr. Dr. Bonnie Anderson, piano and Rebecca Shrimpton, soloist.

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)

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Canine Food Allergy



By Lawrence Lamb, DVM

Food allergy is one of the itchiest conditions for cats and dogs and one which we see frequently at the Manchester Animal Hospital. Animals eat a variety of processed food proteins, flavorings, and colorings that are further processed inside their bodies. Proteins may be combined or changed into substances recognized by the immune system as foreign invaders to be attacked. The resulting inflammation may target the GI tract or other organ systems, but in dogs and cats, the skin is frequently included in this immunologic activity.

Cats itch around the face or neck, which produces scabs and hair loss. In dogs, signs include facial itching, foot or limb chewing, itchy anal area, and recurrent ear infections.

Many people erroneously assume itching due to food allergy requires a recent diet change of some sort. In fact, the opposite is true. Food allergies require time to develop; most animals have been eating the offending food for years with no trouble. The resultant symptoms require trying to determine what Kind of Allergy it may be.

Diagnosing and treating allergic skin disease and its secondary infections make up a large proportion of cases seen in small animal practice. Pets can be allergic to insect bites, however fleas are not inherently itchy unless the pet is allergic to flea bites. Airborne proteins such as molds, pollens, and dust mite parts or foods. Pets can and often do have multiple allergies, adding together to make them itchy. The skin infections that come from scratching perpetuate the itching. To solve the problem, the infection must be cleared up and the offending allergen(s) removed from the pet's world.

There is controversy about how common food allergy is in dogs and cats. Some experts feel it is relatively rare, while others feel it is much more common than we realize. It is hard to tell because there is no simple test for food allergy, and the skin lesion distribution is difficult to distinguish from that of airborne allergy, which is frequently concurrent in the same patient.

The following are some clues:

- The itching is not seasonal (this is hard to tell in areas that do not freeze during winter).
- Itching started when the pet was less than six months of age or greater than five to six years of age.
- No response to treatment for sarcoptic mange a condition with a similar itchy skin pattern.
- Corticosteroids have not helped manage the itching. Corticosteroids may or may not work on food allergy itching but they

PETS AND PEOPLE

almost always work for other allergies.

- There are accompanying intestinal signs like vomiting or diarrhea. These are seen in 30 percent of food allergic pets.
- The lesion distribution is compatible with food allergy, especially if an itchy anal area and/or recurrent ear infections are involved.

Any of the above findings or observations warrant the pursuit of food allergy.

To determine whether or not a food allergy or intolerance is causing the skin problem, a hypoallergenic diet is fed for a set period. If the pet recovers, the original diet is fed for up to two weeks to see if itching resumes. The test diet is determined by a blood serum test to determine which proteins the pet may be allergic to.

If we see recovery with the test diet and itch with the original diet, then food allergy is diagnosed, and the pet is returned to either the test diet or another appropriate commercial food indefinitely.

Before reviewing diet strategies for this process, here are some additional concerns:

The diet must be strict (meaning the pet should not have any other protein sources besides the test protein). This includes rawhides and chew toys, flavored chewable medications (these will need to be changed for unflavored tablets) and vitamins, and treats.

All family members must be on board with the trial. No one should be giving the pet other foods or treats when no one else is looking.

It is probably best for all animals in the house to be fed the test protein so as not to have food-sharing issues.

Itching must be managed during the trial in a way that the results of the trial are not foiled.

Diet trials often span a season change period. If a dog has a pollen allergy and winter comes during the period of the diet trial, it may appear that the diet worked when, in fact, the seasons simply changed. This is why a diet challenge is important at the end, even if the pet is doing well.

The diet trial will take eight weeks. Most animals will respond in three to four weeks, but to be sure, you will need to feed the test diet for two months.

There are two approaches to test diets: novel protein and hydrolyzed protein. Traditionally, a novel protein is used. This is a diet with a single protein source that the patient has never eaten before. It typically takes years to become allergic to a food protein so the patient should not be allergic to something new.

Fortunately, many pet

food companies have discerned the need for diets using unusual protein and carbohydrate sources with a minimum of additives. Foods can be obtained based on venison and potato, fish and potato, egg and rice, duck and pea, and even kangaroo. Diets used for allergy trials must contain one protein and one carbohydrate source, and neither can be something the pet has had before. Recently, several diets that include duck, venison, and so on have been released to the general market. Be aware of foods that contain these ingredients because these ingredients will not be useable for future diet trials if they are ever used in the pet's regular food.

Recently several pet food companies have released single protein diets for over-the-counter sales. These tend to cost less than the therapeutic diets available from your veterinarian's office directly. While these diets are attractive, they are probably not a good choice for an actual diet trial. Immunological tests on these foods found that many of them contain additional proteins (probable contaminants from prior batches in the pet food factory). These impurities could defeat a diet trial which is hard enough to perform without such issues. The therapeutic diets did not have these contaminants.

Home cooking is a fine alternative to commercially prepared foods for the diet trial. The problem is that the test diets will most likely not be balanced but for the two months or so of testing, this should not be a problem. Home cooking is a bit of an inconvenience, but for the right person, it is a good choice. Ideally, a nutritionist should be involved in designing the diet. Recipes for appropriate diets can be recommended by any nutritionist listed at the American College of Veterinary Nutrition website.

Several therapeutic diets are made from hydrolyzed proteins. This means that a conventional protein source is used but the protein is broken down into molecules too small to excite the immune system. There are various hydrolyzed diets on the market; discuss with your veterinarian which is best for your pet.

Studies have shown that 80 percent of dogs will have shown a response by four to six weeks on the diet, but by extending the diet to eight weeks, 90 percent will respond. The Labrador retriever and cocker spaniel appear to require longer trials. Most veterinary dermatologists recommend eight to twelve weeks, which is a long time to be strict on the diet, but that is the only way to detect food allergic dogs.

To confirm food allergy, return to the original food; itching generally resumes

within 14 days if food allergy was truly the reason for the itchy skin. Many people do not want to take a chance of returning to itching if the patient is doing well; it is not unreasonable to simply stay with the test diet if the pet remains free of symptoms. Often it is difficult to remember 10 to 12 weeks later how itchy the dog used to be before the diet trial. The diet challenge helps make it more obvious whether the diet trial worked or not.

Assuming secondary skin infections have been controlled, an unsuccessful food trial is strongly suggestive that an inhalant allergy is a primary problem, but some other considerations should at least be mentioned:

- Are you certain that the dog received no other food or substances orally during the trial?
- Was sarcoptic mange ruled out?
- Your pet may require a longer diet trial. Are you certain regarding the factor that pointed toward the food allergy?

If your pet has not been biopsied, now may be a good time. If an inhalant allergy has risen to the top of the list, hypoallergenic injections, symptomatic relief either via medication, baths with specific shampoos, or allergy shots will likely be necessary. Chronic itchiness can be extremely uncomfortable and prompt relief is an essential goal.

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



Solution to puzzles on page 10

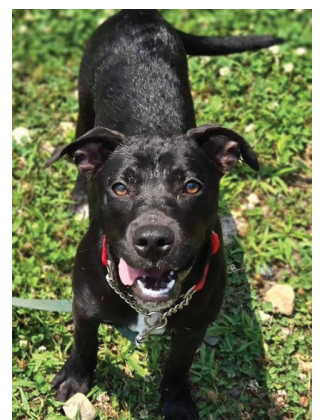
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8	1	7	4	5	3	6	2	9
3	9	5	1	6	2	7	4	8
4	2	6	9	1	8	3	7	5
1	5	9	3	4	7	8	6	2
7	3	8	6	2	5	4	9	1

PET OF THE WEEK

MEET RICKY

Hi everyone, my name is Ricky and I am a 5-month-old pup from Georgia. After being abandoned on the side of the road in Georgia, me and my siblings got help from some really nice people who made sure we got to a safe place. We were brought to a rescue and then we made our way up to CAAA to find our forever homes. I have really come out of my shell since I first arrived here at the shelter. Running around the yard with my sister and spending time with the humans here are just a couple of my favorite things. Food is one of my favorite things and I am willing to learn new things if treats are involved. I really love blankets and anything cozy that



I can just cuddle up on. If you're looking for a love bug in your life, apply online for me today!

If you're interested in adopting, apply online today and once you're approved you can come on down to meet me! To fill out an application go to <https://capeannanimalaid.org/adopt.html>

...(Continued from page 10)

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

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~ Leonard Cohen ~



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GLoucester

\$4,650,000 | Ann Olivo & Rick Marshall
Miles of ocean views, direct Plum Cove Beach access, mooring, huge paver patio top long list of highlights in custom 4-bedroom, 4.5-bath, 2016 stunner. Heated garage, generator, geothermal heat.



ESSEX

\$1,700,000 | Ida Doane
Charm, character, marsh views and frontage! 1830 Federal-style B&B in Village has 7 en suite bedrooms, 6 fireplaces, 3rd level penthouse, 2 breakfast porches. 2 studio units in carriage house.



DANVERS

\$1,550,000 | Steven Graczyk
New construction home with high-end details and a chef's kitchen, gas fireplaced family room, primary suite with closets and bath, plus 3 additional bedrooms. Close to area schools and more!



IPSWICH

\$1,099,000 | Alle Cutler
Thoughtfully re-designed 4+ bedroom home with 3.5 baths, hardwood floors, flexible living/family room areas and eat-in kitchen. Expansive deck overlooking open yard, extra space in basement and 2-car garage.



BEVERLY

\$1,099,000 | Shelly Shuka
Goat Hill gem! Waterfront 4-bedroom, 2.5-bath, beautifully remodeled Colonial with stunning panoramic water views of Bass & Danvers Rivers. Near beaches, Kernwood CC, parks, eateries, train.



ROCKPORT

\$1,085,000 | Fabyan & Filias Team
Elegant home with single-level potential! 4 beds, 3.5 baths, gracious living, gourmet kitchen, ensuite primary, screened porch. Enjoy the 2-car garage and fenced yard. Don't miss out!



WENHAM

\$995,000 | Robert Garlitz & Jeanne Carpenter
Gracious English cottage-style 4-bedroom home with 9-foot ceilings, pine floors, full basement, 2-car garage. New heating system/water heater, 5-bed septic. In business district. Many uses.



GLoucester

\$899,000 | Ann Olivo & Rick Marshall
Custom 3-bedroom, 2-bath Contemporary surrounded by trees and a mile to Squam Rock Beach has fireplaced living room with 4 skylights, 1st floor bedroom, full basement.



BEVERLY

\$649,900 | Kathleen Essler
Outstanding harbor views. 2-bedroom, 2-bath updated chic Tuck Point townhouse. Dramatic open living space, beautifully remodeled kitchen, 2nd floor master, in-unit laundry. Semi-private garage.

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**Lynda Surdam | Realtor
978-764-7474**



**31 Vine St
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**33 Way Road
Gloucester | \$3,895,000**
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**4 Lane Road
Annisquam | \$2,795,000**
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Lynda Surdam | Realtor | 978-764-7474**



**15 Wallis Drive # 15
Wenham | \$1,450,000**
Sophisticated 3 BR plus Office 2.5 bath Townhouse located in sought after Boulders 55+ community located in the heart of all that Wenham has to offer. Enjoy a private terrace overlooking tree farm, or sunny farmers porch. 2 car garage

**Lynda Surdam | Realtor
978-764-7474**



**44 Norwood
Manchester | \$650,000**
"An affordable option to reside in beautiful Manchester-by-the-Sea. The seller invites you to tour this 4 bedroom, 2 bath Bungalow style house located in the heart of the Village.

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

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