



Wednesday, Sept. 11: A Day to Remember
Please attend ceremonies at Manchester and Essex Fire Departments.

MANCHESTER CRICKET

A Local Tradition Since 1888

VOL. 137, NO. 16

FRIDAY, SEPTEMBER 6, 2024

PRICE: \$1.25

BRIEFLY

Legion Sept. Dinner

Monthly dinners are back at the American Legion, with Julie Geary's Roast Pork Dinner on Thursday, Sept. 12. Doors open at 6 p.m., with the feed starting at 7. Come early and purchase your \$20 tickets at the door.

Happy as a Clam!

Hard to believe, but it's time for that extraordinarily fun community event, the Happy as a Clam 5K Walk, Race & Dash benefiting the Friends of Essex Elementary School. The 16th annual race begins at 5 p.m. Friday, Sept. 13 at the Essex Elementary School playground. This fun event brings out everyone for its "block party" feel with food and drink trucks. Walk race kicks off at 5 p.m., the kiddo fun dash starts at 5:30, and 5K race starts at 6 p.m. \$40 pre-race pricing thru Sept. 11 for walkers and runners at essex5K.org. Kiddo dash is free. All proceeds benefit the Friends of EES. See Scott Energy Bulletin for details.

Andrea Ramos is on Vacation

It's that time of year, when Andrea Ramos, owner of Manchester Barber, is going on vacation. That means the shop will be closed from Sept. 8 to the 16th. Anyone needing a cut better get there or be ready to be one week shaggier in their 'do. You've been warned ...

Essex Townwide Yard Sale

On Sept. 14 and 15 a group of families in Essex has scheduled the town's first ever (as far as we know) Townwide Yard Sale. Get your comfy sneakers, do a few stretches and head out on an exciting day of fun. Details on the event (for both sellers and buyers) will be on Essex's Facebook Notices page.



Essex County DA Paul Tucker to Speak at Elder Brethren Sept. 7

He's been called one of the state's most innovative District Attorneys, and Essex County DA Paul Tucker will be the featured speaker at the 147th annual Elder Brethren Picnic at Tuck's Point on Saturday Sept. 7, starting at 11 a.m. Tucker, formerly the Chief of Police for the city of Salem, will share his progressive but firm approach to public safety and the law. As per the tradition for "the Old Man's Picnic," clam and fish chowder will be served to attendees, followed by lobster rolls, fresh deli sandwiches, and pie. (Oh, my!) Drinks will also be provided. The festivities will end by 2 p.m. Tickets \$20, paid at the Chowder House. Info available by calling Todd Crane, (978) 998-1533.

Second Call! MBTS Cribbage

Another signal that fall is here. Starting Tuesday, Sept. 10 the next eight-week season of "Crib Addicts" will start its regular play at the American Legion Hall in Manchester. This group of delightful but ruthless competitors meets weekly, 6 p.m. on Tuesdays. In all truth, all are welcome, of all skill levels and they're a lovely bunch. Come on down.



Grand Perfection

This year was the 40th Annual Gloucester Schooner Festival. The event kicked off Wednesday with a stellar night of groovy music at The Cut on Main Street. From there, there was Maritime Gloucester's Heritage Days, Greet the Fleet Sails, Parade of Schooners, fireworks, and the Mayor's Races for the Esperanto Cup and the Columbia Trophy. Manchester's Tony Leggett, who is the Chairman of the Race Committee at the Gloucester Yacht Club was asked to serve on the Race Committee for Sunday's 21-schooner race off Eastern Point, and it was a pitch perfect day for sailing. Here, bounding along the water is the Schooner Ernestina Morrissey of New Bedford. Read Tony's article on the race and his reunion with Manchester's former resident schooner, the "When and If," Page 5.

Photo: Erika Brown

STATE HOUSE NEWS

Tarr Includes Local Items in Housing Bond Bill

As part of the passage of an historic \$5.16 billion housing bond bill earlier this month, \$8 million in authorizations have been secured to support housing initiatives in local communities in Essex County, including \$4.25 million for housing-related initiatives in Ipswich, Rockport and Gloucester.

Senate Minority Leader Bruce Tarr secured the funds through six amendments he put forth to support local initiatives in the Affordable Homes Act (H.4977), which was signed into law by Governor Maura Healey on August 6. This legislation and re-



Photo: David McBee

lated initiatives will support the production, preservation and rehabilitation of

more than 65,000 homes statewide over the next five years. The landmark hous-

ing bill is described as "the most ambitious legislation in Massachusetts history"

to tackle the state's greatest challenge: housing costs.

The Affordable Homes Act and related initiatives will support the production, preservation, and rehabilitation of more than 65,000 homes statewide over the next five years. The legislation authorizes \$5.16 billion in spending over the next five years along with 49 policy initiatives to counter rising housing costs caused by high demand and limited supply.

"The ongoing shortage of housing in Massachusetts is a serious problem, and one that communities and organizations in our region are working diligently to address," said Tarr. "These earmarks create the potential for meaningful and increased partnership between state government and those working locally to create housing and the infrastructure to support it."

...(Continued on page 2)

ME Football Return to Form in 2024 Hinges on Returning Players

By Jason Brisbois

Just ahead of the start of a new season for many high school sports teams, one of the first questions asked is, "So, who's back?"

For the Manchester Essex Regional High School football team, the answer to that question has an added layer than it might have in previous seasons. Yes, some talented starters from a team that won five games, earned a playoff berth and advanced to the MIAA Div. 7 Sweet 16 are now gone after graduating in the

spring, which is usually the case for most squads. And, yes, a handful of experienced veterans are coming back to pick up the baton, along with some new faces on varsity hoping to fill new roles.

What is unique about some of these returnees is that they have starting experience under their belts due to a factor that was considered an unfortunate turn of events in 2023: injuries.

"We lost some really key contributors to graduation for sure, but also dealt with a lot of injuries last season

which led to a lot of young guys getting put into varsity spots," explains Manchester Essex football coach Josiah Grimes. "That experience was great for my O-Line especially -- almost all my guys out there this year saw quality minutes last season, which is great when getting ready."

In all, 10 starters are gone from last fall's team, but the roster boasts over 40 participants, 16 of whom are freshmen, providing a boost for this season and hope for similar depth in future seasons.

...(Continued on page 6)



Offensive drills at Tuesday evening's Varsity ME Hornets Football team practice. The team is working hard to capture last year's success.

Weekly Weather Chart

Saturday 7 Sept		69°	61°
Sunday 8 Sept		68°	61°
Monday 9 Sept		73°	50°
Tuesday 10 Sept		69°	50°
Wednesday 11 Sept		66°	59°
Thursday 12 Sept		66°	60°
Friday 13 Sept		67°	60°

Weather data pulled Wednesday and is subject to change.



Gavel to Gavel
This Week's Town Meetings

Manchester Town Hall is open to the public. Public hours are 9 a.m. - 4:45 p.m. Monday through Wednesday and 9 a.m. - 6:15 p.m. on Thursday. Essex Town Hall hours are Monday through Thursday 7:30 a.m. - 3:30 p.m.

Essex BOS

Monday, Sept 9, 6 p.m.

Essex Board of Health

Monday, Sept 9, 7 p.m.

MERSD

MMES Open House
Thursday, September 12
6 - 7 p.m.

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Obituaries

Following a long-standing tradition, The Cricket publishes obituaries as a service for our readers. If an obituary cannot be published in time for a service, we will post the notice to our website and Facebook page (facebook.com/TheManchesterCricket).

Mary Gould (M.G.) Warren Foster



Mary Gould (M.G.) Warren Foster died peacefully in her sleep August 12 with her four loving children at her side. M.G. was born in 1932, the youngest of three daughters of Bentley Warren and Dorothy Nichols. Raised in Brookline and Manchester-by-the-Sea, she graduated from The Winsor School in 1950 and Bryn Mawr College in 1954. She married Reginald Foster III in 1954 and they raised their four children in Manchester.

M.G. leaves a legacy of affection, admiration and respect among friends and organizations in Manchester, Prides Crossing and Bedford. Among her children and grand-children, the memo-

ries include her cuteness and giggle, long conversations marked by intelligence and her refined word choice, family dinners featuring her unrivaled butterscotch sauce and hollandaise, her legendary hand knit Christmas stockings, her colorful sweaters, and numerous collections that made her home an oasis of comfort and warmth. Her children were also lucky to serve as recipe testers during the years that M.G. co-edited two volumes of Essex County Cooks cookbooks. Always selfless and understated, M.G. enjoyed life's smaller pleasures and could be as content as anyone curled up in a chair with a cup of tea, a good book, and a Red Sox broadcast in the background. Other passions included brisk walks, gardens, birds, and animals, decorating for the holidays, the Manchester birthday group, the Carlton Willard "knightwits," exploring New England with Reg, and occasional longer trips with Reg, Ellen or friends to observe natural wonders and other cultures. As well, she was a beautiful tennis player and

a remarkably loyal presence watching her children perform on stages, fields, and rinks across New England, regardless of weather.

Lifelong learning and a love of books were a constant theme. In the late 1970s, M.G. returned to school, ultimately earning a Master's in Education from Lesley, while simultaneously beginning a 35-year career at Landmark School, Prides Crossing, focused on reading skills for those with dyslexia, where she served as a Teacher, Academic Advisor and Reading Department Head. She was instrumental in forming Landmark's Reading Department, and today Landmark has a room named in her honor and a plaque outside that reads "Honoring Her Passion For Books and Her Commitment to Learning." Landmark was clearly a second home. In the "off-season," June and July were for years dedicated to projects at Landmark's library, and at St. John's Church, where M.G. was a fixture in the used book section of the mid-summer fundraiser. Soon after retirement at 82, she moved to Carlton Willard Village in Bedford, made many new friends, joined a range of committees (library of course), and tutored at Bedford's elementary school. She fully retired from education at the age of 86.

She is unsurprisingly survived by an attic of books and wonderful collections. As well, she is survived by her four children, Reginald (Sandy) IV (Linda) of Rush, NY, Lawrence (Daphne) of Naples, FL and Brookline, Ellen of Sugar Hill, NH, and David (Anne) of Darien, CT, 10 grandchildren (with five spouses) and four great grandchildren, all of whom covet their individualized knitted M.G. Christmas stocking. She is further survived by numerous nieces and nephews, her sister-in-law, Nancy Foster Zucconi, and her half-brother, Bentley Warren, Jr. She was predeceased by her husband and two sisters, Ellen "Patsy" Kidder and Dorothy "Doffie" Arnold.

A Memorial Service will be held at Emmanuel Church, 24 Masconomo St., Manchester MA at 11 a.m. on Friday, September 20. In lieu of flowers, the family requests that one consider donations in M.G.'s memory to Landmark School (c/o Michelle Granese, P.O. Box 227, Prides Crossing, MA, 01965) or Emmanuel Church (c/o Treasurer, P.O. Box 705, Manchester MA, 01944). Arrangements by the Campbell Funeral Home, 525 Cabot St. Beverly, MA. Information, directions, condolences at www.CampbellFuneral.com.

The Manchester Cricket

Founded in 1888.
Published every Friday.

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Subscriptions
\$52 / year (print / digital)
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\$1.25 at newsstand
PUBLICATION NUMBER
USPS 327-420

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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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MANCHESTER POLICE NOTES



SUNDAY, AUGUST 25
2:37 a.m. Church St., animal complaint, assisted as needed. 8:21 a.m. Route 128 NB, traffic hazard, assisted as needed. 1:51 p.m. Tappan St., motor vehicle stop, verbal warning. 10:26 p.m. Hickory Hill Rd., animal complaint, assisted as needed.

1:29 a.m. Bridge St., directed patrol, secured/checked. 11:52 a.m. Bridge St., traffic hazard, spoken to. 3:06 p.m. Ashland Ave., alarm, secured/checked. 8:58 p.m. Ashland Ave., motor vehicle crash, patient refusal.

alarm, spoken to. 2:23 p.m. Powder House Lane, welfare check, other. 3:18 p.m. Beach St., fraud/scam, report to follow. 9:22 p.m. Boardman Ave., noise complaint, notification made.

MONDAY, AUGUST 26

TUESDAY, AUGUST 27
4:15 a.m. Magnolia Ave.,

WEDNESDAY, AUGUST 28
1:07 a.m. Beaver Dam Rd., suspicious activity, spoken

to. 8:17 a.m. Beach St., disturbance, spoken to. 4:20 p.m. Central St., motor vehicle stop, written warning. 7:50 p.m. The Plains Rd., disturbance, assisted as needed.

THURSDAY, AUGUST 29
8:19 a.m. School Zone, community policing, assisted as needed. 10:50 a.m. Central St., welfare check, transported to hospital. 12:52 p.m. School St., animal complaint, assisted as needed. 5:40 p.m. Tucks Point Rd., traffic hazard, notification made.

FRIDAY, AUGUST 30
10:34 a.m. Pine St., motor vehicle stop, verbal warning. 11:29 a.m. Windemere Park Ext., citizen assist, assisted as needed. 3:33 p.m. Central St., community policing, assisted as needed. 8:45 p.m. The Plains Rd., citizen assist, spoken to.

SATURDAY, AUGUST 31
8:55 a.m. Beach St., animal complaint, secured/checked. 10:06 a.m. School St., motor vehicle stop, written warning. 3:28 p.m. Route 128NB, motor vehicle stop, criminal application. 9:34 p.m. Jersey Lane, suspicious activity, secured/checked.

...(Continued from page 1)

The legislation authorizes \$5.16 billion in spending over the next five years to counter rising housing costs, and the state's ongoing housing shortage. Six of Tarr's amendments were adopted in the Senate's version (S.2834) of H.4977 and then were included in the final conference committee report that became law.

They include:
• \$1 million for Gloucester for workforce development and affordable housing

purposes
• \$3 million for planning and design of water infrastructure interconnections between municipalities and other public water suppliers affected by the Ipswich River watershed to support current and future housing stocks.
• \$500,000 to Middleton for infrastructure improvements to support housing and public safety.
• \$2 million for infrastructure improvement to faci-

tate housing production along the United States highway Route 1 corridor between the Topsfield and Salisbury.
• \$500,000 for the City of Newburyport for the development of housing at a former school.
• \$250,000 to North Reading for infrastructure improvements to support housing production
• \$250,000 for the Rockport Affordable Housing Trust for the production of af-

ordable housing.
• \$500,000 for Housing Support Inc. in Newburyport for the creation of housing to support low-income individuals, homeless individuals, people with disabilities, veterans and individuals in recovery in the Merrimack Valley.



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Promoting electric vehicles - a charging station in Manchester. Courtesy Cape Ann Climate Coalition

Studying Climate Change Impacts on Cape Ann

By Gregory T. Federspiel

Through an on-going partnership with Harvard's Graduate School of Design, UMass Boston, and MIT, the four communities of Cape Ann are benefiting from the research power of these universities. State and federal grants have enabled funding of research specific to our region for the past three years that will continue at least through 2025. The four municipalities along with two area non-profits - Town Green and the Cape Ann Climate Coalition - have been able to advance important analysis and collect best practices that can be applied here as a result of this partnership.

During the first phase of the work, researchers created a simulation of a Category 3 hurricane directly hitting Cape Ann. Not surprisingly, the results are sobering with widespread destruction, major disruptions to all critical services and significant lag-time before basic services can be restored. A follow-up emergency "table-top" exercise using the simulation was conducted with area public safety staff which highlighted both strengths and weaknesses of our abilities to respond to such a natural disaster. The identified weaknesses are already being addressed (strengthening communication protocols, identifying in-land shelters, improving mutual aid arrangements, etc.) A major take-away from the exercise was the importance of getting residents to evacuate ahead of such a storm.

The first phase also examined measures that could be taken to reduce the impacts of a large storm. Fortifying critical infrastructure where possible, enhancing the absorption capacity of natural areas and continuing to practice emergency responses are all part of the recommendations.

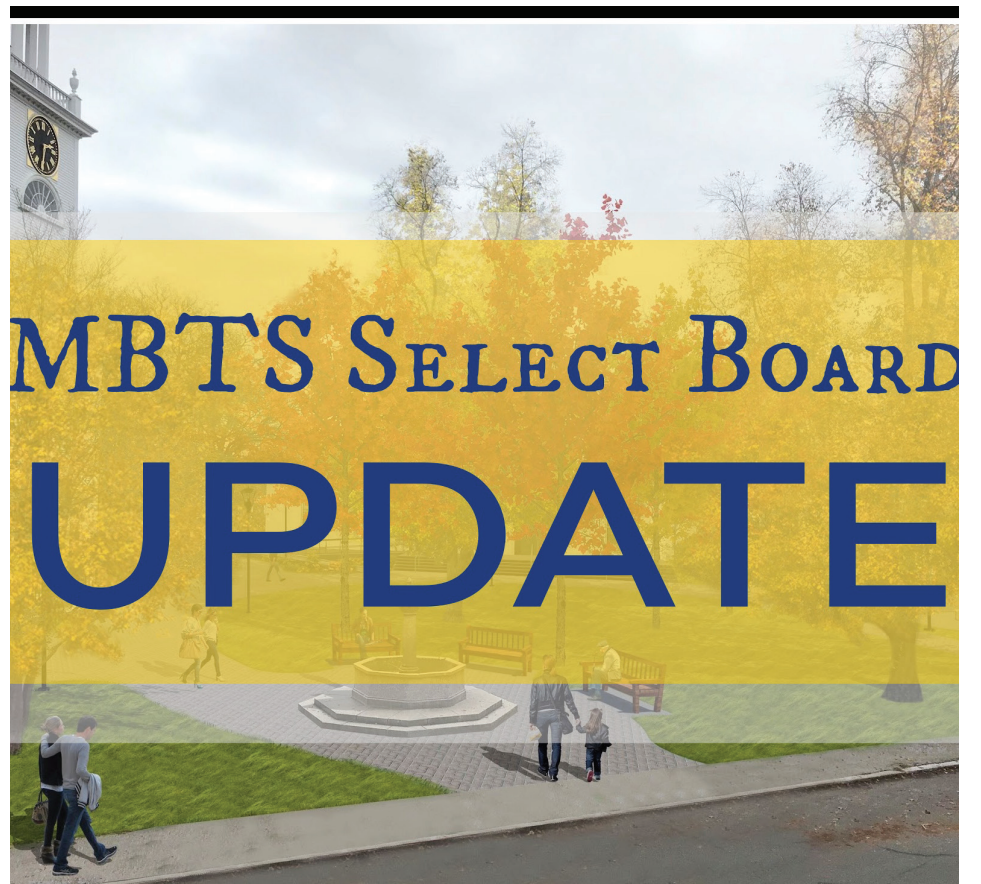
A second phase of work has focused on the area's natural resources and how the health of these areas can be enhanced to better buffer the impacts of climate change. The area is blessed with large, forested areas, extensive saltmarshes and beaches and urban greenspaces that can all play a role in helping to mitigate the impacts of a changing climate and more severe weather. But these very resources are under new stresses that communities will want to address to ensure that their buffering effects remain strong. This might include raising up saltmarshes as is being tested in the Great Marsh area in Essex or making room for them to retreat as sea levels rise, providing more active management of undergrowth in our forested areas, especially during any drought periods and making sure our urban areas have ample shade trees to keep things cooler.

A few projects are underway - more will be needed in the coming years. A new fund created by National Grid in response to pollution caused years ago in Gloucester Harbor will be paying for ecological restoration projects in the next few years. Phase three studies are

getting underway. Included is additional work identifying specific pilot projects aimed at enhancing the buffering effects of natural systems. Improving various man-made structures are also being investigated - enlarged culverts, raising existing seawalls, elevating roadways. Three areas of focused research will be undertaken on possible improvements to our local governance structures, the financial impacts of climate change and ways to garner public support and engagement with the host of issues climate change is causing. Are new governance models needed that could help us be more responsive to changes a new climate is causing? Are there opportunities for regional collaboration that could make our responses more effective and better coordinated? What are the impacts to property values and municipal revenues as the insurance market continues its retreat from coastal communities? What are effective ways to have community dialogue on these and other issues that will need to be addressed? How will voters best be prepared to decide on needed local projects?

These are just some of the questions to research during this third phase of work will aim to answer.

A large repository containing the work to date and future material is being assembled and is available to the public at <https://capeann.officeforurbanization.org/>. Stay tuned for future updates and opportunities for you to get involved in this work.



BOARD UPDATES

Planning Board Meeting: The Planning Board will meet on Monday, September 9 at 6:30 p.m. Meeting details can be found on the Town website.

September 11 Memorial Service: A memorial service will be held on Wednesday, September 11 at the Fire Station at 10:05 a.m. All are welcome to attend.

Pleasant Street Roadwork: Water main work continues this week. Work will be conducted Monday through Friday from 7 a.m. to 3:30 p.m. and is expected to be completed late fall 2024.

Walker Road Paving: Walker Road paving began

on September 3. Traffic will flow on alternate sides but allow extra travel time. Work will take approximately four weeks to complete.

MBTA Zoning Public Forum: Join a public forum to discuss MBTA Zoning on Saturday, September 21 at 10 a.m. on Town Common. Come hear a short presentation on the MBTA Zoning Law followed by a Q & A.

Blasting Notification Request: Residents can request blasting notifications from Cell Signaling Technologies by visiting manchester.ma.us/FormCenter and submitting the blasting form. All other inquiries can be directed to Fire Chief McNeilly at firechief@manchester.ma.us.

Special Town Meeting: The Fall Special Town Meeting date will be held on Monday, November 18 at 6:30 p.m. at the Manchester Essex Regional High School. Residents will be asked to vote on MBTA Zoning along with other potential Town matters.

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
Chief Manuel S. Miguel took the Manchester pump and crew to Essex Labor Day to help out the Essex firemen at the Muster at Centennial Grove, pumping water for their hand tub.

Labor Day, the great festive day of the year for the toilers passed very quietly in Manchester with a general cessation of business and many took advantage of the weekend to go motoring in various directions and traffic was very heavy through town the greater part of the day and evening.

75 YEARS AGO - 1949
An attempt to enter the First National Store on Union Street was made over the weekend, but entrance was gained only to a rear room where tonic is stored and the tonic stock appeared complete to the manager on a check. The break was discovered by Officer Alex Bachry on a routine check of the doors on the downtown stores.

An alarm from Box 512 at 10:39 a.m. Thursday of last week, took the local fire-eaters to the residence of Merchant Orlando, Old Essex Road, where they had to combat a grass fire. They

used 500 feet of booster hose and two tanks of water.

60 YEARS AGO - 1964
The Manchester Conservation Trust asks the support of all townspeople who are interested in the purposes of the Trust. The Trust now owns about 55 acres of woodland in Manchester, on which hiking trails are being laid out.

The Circus Fun Club ended at the Manchester Public Library last Monday. Here 142 youngsters received certificates for completing the summer reading requirements.

45 YEARS AGO - 1979
Foster H. Ball, Superintendent of Schools, reported that the opening day enrollment in the Manchester Public Schools decreased from the official October 1, 1978 census figure of 1,109 pupils to 1,065 pupils. This is a decrease of 44 students.

The Manchester Electric Company has filed with the Massachusetts Department of Public Utilities for an average 7% increase in electric rates.

30 YEARS AGO - 1994
Town officials this month

received word from the Massachusetts Water Pollution Abatement Trust that Manchester has been approved for a loan of \$656,302 to help cover costs related to redesigning and upgrading the aging sewage treatment plant.

Endicott College will be greeting its first full-time male students on campus on Wednesday, September 7. Last October the Board of Trustees at Endicott unanimously voted to admit men to the college.

15 YEARS AGO - 2009
The Manchester Police Department will partner with the Massachusetts State Police and hundreds of other local police departments to conduct extra traffic enforcement focused on arresting impaired drivers as part of a Drunk Driving Over the Limit Under Arrest mobilization August 14 through September 7, 2009.

Excited junior high students and their parents congregated in the foyer of the new MERHS during the school's Open House held on Tuesday. The Open House allowed students to familiarize themselves with the building's layout before they started regular classes on Wednesday.



Kathy Willwerth Ryan and Chris Thomas served as election wardens at Tuesday's Primary Election.

Tides & Sun Chart For The Week Ahead

DATE	HIGH				LOW				☀️	
	AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
6 Fri	1:56	9.4	2:09	9.3	8:18	1.0	8:38	0.8	6:12	7:09
7 Sat	2:31	9.1	2:41	9.4	8:55	1.2	9:20	0.9	6:13	7:07
8 Sun	3:08	8.7	3:17	9.3	9:33	1.5	10:04	1.1	6:14	7:06
9 Mon	3:49	8.3	3:58	9.3	10:14	1.8	10:51	1.4	6:15	7:04
10 Tue	4:35	7.9	4:44	9.1	10:59	2.1	11:44	1.6	6:16	7:02
11 Wed	5:27	7.7	5:37	9.0	11:52	2.3			6:18	7:00
12 Thu	6:28	7.5	6:38	9.0	12:41	1.6	12:51	2.3	6:19	6:59

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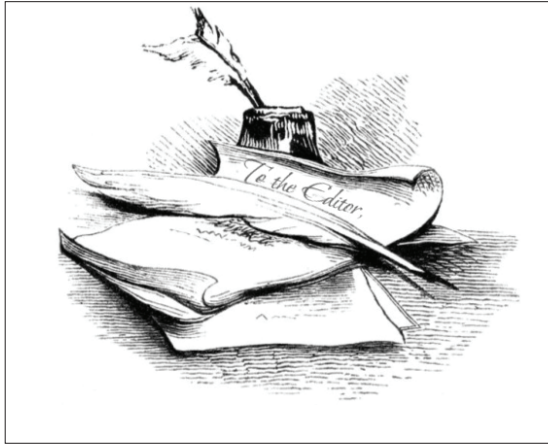
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Coastal Birds, Local Trees will Benefit from Kettle Island Wildlife Sanctuary Improvements

To the Editor,

Folks who swim, boat, dive, or fish off the coast of Manchester-by-the-Sea will see some changes to Kettle Island Wildlife Sanctuary soon—improvements that will yield more native tree species on

the island and improve habitat for coastal waterbirds.

The 17-acre Kettle Island, which lies a quarter mile off the coast of Manchester-by-the-Sea, is part of a series of Essex County islands designated as an Important Bird Area because it is home to one of the most crucial wading bird breeding colonies in the Commonwealth. The Great Egret, Snowy Egret, Black-crowned Night Heron, and Glossy Ibis are all expe-

riencing dwindling populations, and some have been identified as species of conservation concern.

In mid-to-late September, Mass Audubon will be removing 15 Norway Maple trees from Kettle Island Wildlife Sanctuary. These trees are invasive species, and they crowd out the native tree and shrubs that are used by wading birds as nesting habitat. Once the Norway Maples are taken down, 60 black cherry

trees and 20 Eastern red cedars will be planted, both of which are native species and preferred by wading birds for nesting. This fits with Mass Audubon's long-standing vegetation management practice.

These enhancements to the island will increase both the acreage and diversity of nesting habitats and will offer better protection for these nesting birds. The downed tree trunks and limbs will be used to create protective barriers around the newly opened spaces to reduce the impact of browsing deer.

Kettle Island is unique because it is one of only a handful of places that meets the nesting habitat criteria of these coastal waterbirds, that includes shrubs, early successional trees, and limited human disruptions (Kettle Island is closed to the public). Work should be completed by the end of September, and Mass Audubon will be moni-

toring the success of the native tree plantings as well as conducting regular bird surveys.

Mass Audubon would like to acknowledge and thank the Hollis Declan Leverett Memorial Fund, which provides grants for improving native bird habitats through planting and vegetation management. We'd also like to thank the Manchester-by-the-Sea Conservation Commission and Harbormaster's Office for their support and guidance.

In addition, our appreciation goes out to Kettle Island neighbors for cooperation and support over many years. It's our hope this work will serve as a model for future restoration projects that support nesting wading birds, and we look forward to sharing the results as we continue to manage this rare, ecologically significant community.

Thank you,

Carole McCauley
North Shore Regional Director,
Mass Audubon

Leave them alone!

I am writing on behalf of the millions of creatures that live in our yards in the decaying

leaves and soil under our trees and bushes. They have no voice, so I am calling out to the people of Manchester on their behalf.

Please instruct your landscapers to leave leaves under trees and bushes. It provides protection from the cold in the winter and provides nourishment for all sorts of organisms that we may not even know. Blowing off this protection and the rich topsoil in our yards has negative consequences for the larger ecosystem that we humans are also part of.

Let's take care of each other.

Sylvia Vriesendorp
Manchester

LIBRARY NEWS



You are invited to *The Wild Robot Party!*
games, crafts, and snacks!
September 13th, 3:30-4:30
for ages 6-11

(Courtesy Image)

This week the Manchester Library starts Library Card sign-up month, there is an author discussion, Cookbook Club and many more activities.

Library Closed
Saturday, September 7 due to ceiling construction.

Fall Hours

Saturday, September 14 the library will open Saturdays from 10 a.m.-4 p.m.

September is Library Card Sign-up Month

Manchester Public Library joins the American Library Association and libraries nationwide to remind everyone about the valuable resources available with a library card. From borrowing books, ebooks and audiobooks to getting tech help, learning new skills, or attending a book club or storytime, a library card helps everyone do more

of what they enjoy.

Calling All Local Artists

2nd Annual Falling for Art Exhibit and Sale, October 18-20, 2024. Artists are invited to submit 3-5 digital jpeg images by September 30, fallingforartmbts@gmail.com. Photos must be labeled: Last Name_First Name_Title of the Piece.Price. 50% of the proceeds benefit The Friends of the Manchester Library.

Cookbook Club: "Dorie's Cookies"

Tuesday, September 10 from

5:30-6:30 p.m. August's pick is Dorie's Cookies by Dorie Greenspan. Please register.

Intro to Saving Seeds

Thursday, September 26 from 6-7 p.m. Saving seeds from the plants around us connects us to our roots as ecosystem stewards and challenges us to plan for the next generation. We will discuss basic plant and seed physiology of several familiar garden plants, explore which plants might be the best to start with, best storage practices and germination testing. Please register.

Harry Crosby: The Brief Transit of the Lost Son of the Lost Generation

Thursday, September 19 from 5:30-6:30 p.m. Poet and Author Jim Dunn will introduce Harry Crosby in all his guises. Harry Crosby's passions and his excesses fueled his literary ambitions and his obsession with death and his vision of dying with his wife and partner, Caresse. We will talk about his intense disdain for Boston and its social pecking order while maintaining a sincere affection for his memories of a childhood spent in Manchester at his family summer home, Apple Trees Estate, and at Singing Beach. Please register. Location to be announced.

Author Discussion (Virtual)

Monday, September 9 at 7 p.m. Prerecorded, join author Evan Friss as he discusses his book "The Bookshop: A History of the American Bookstore", an affectionate and engaging history of the American bookstore.

Tai Chi: The Longevity Tree

Starting Wednesdays in June from 9:45-10:45 a.m. at Masonom 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

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.

For Teens: Pop Up Art School

Tuesday, September 24 from 4-5:30 p.m. Pop Up Art leads a craft that transforms recycled materials into a vibrant coral reef. With splashes of colorful paint and crafty bits, kids will bring an underwater scene to life. Recommended for ages 8 and up.

MPL Children's Events: Read to Winston

Thursday, September 12 at 3:30, 3:45, 4 and 4:15 p.m. Sign up for a 15-minute appointment with Susan Durkin and Winston a Certified Therapy Dog.

The Wild Robot Party

Friday, September 13 from 3:30-4:30 p.m. Ages 6-11. Excited for The Wild Robot movie? Love the books? Celebrate them both with games, crafts, and fun at the library. Please register.

Touch-a-Truck

Saturday, September 28 from 11 a.m. to 12:30 p.m. Get up close and personal with trucks and other vehicles, thanks to our friends in public works and the fire and police departments.

Fall and Winter Story-time

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

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Magnificent Race: 21 Schooners, 12-Miles, Perfect Winds

By Tony Leggett

Since 1984 the Gloucester Schooner Festival has taken place on Labor Day weekend to celebrate the fascinating history of the town's role as the nation's primary fishing port from the 1880s until 1920s. This year the festival began on Wednesday, August 28 and culminated on Sunday with the Parade of Schooners and the annual race off Eastern Point.

The organizers were looking for a team to run the schooner race, and the Manchester Yacht Club's Race Committee stepped up to the challenge. This year the race was held in perfect conditions, with winds of 12 to 14 knots from the south, and saw the 21 boats, divided into three classes, compete in a four leg, 12-mile race.

These magnificent schooners, some dating to the 1930s, range in size from 40 to well over 100 feet. The largest, Columbia, boasts an overall length of 141 feet from bowsprit to the end of its main boom extending well beyond the stern. They come from as far away as Wiscasset, Maine and Vineyard Haven on Martha's Vineyard to join this historic race.

Manchester has a strong connection to one competitor, the "When and If" which was built for General George S. Patton, for him to sail "when and if" he returned home after WWII. And it was particularly poignant for me, given that my first overnight cruise took place aboard When and If at age 14. She was a permanent fixture in Manchester's outer harbor for many decades until she took up residence in Salem.

As a team, we assembled our three-boat flotilla and prepared our equipment at Brown's Boat Yard in the South Channel of Gloucester Harbor. With our Race Committee flags hoisted high, we proceeded in column out into the harbor. The schooners had been parading off Fort Point and the Fisherman's Monument, in view of the festival celebrants and were now proceeding towards the breakwater and the open ocean. What greeted us was a shock. In addition to the schooners and countless spectator boats, there were small sailing dinghies, kayakers and paddle-boarders! Our flotilla slowed to a crawl and my dreams of a triumphant passage through the fleet were lost in the crush, as we had to twist and turn for 20 minutes before we found ourselves in open water.

To run the race, I was on board Sea Chase, a 36-foot, "Down East" fishing boat with an ample stern cockpit, driven by its owners, Bill and Linda Cardani. We passed the breakwater and headed to a position a half-mile south of the Red Nun #2, the "groaner" off Eastern Point. Shortly after we anchored, Trident, the MYC's Committee Boat, skippered by Emmett Holt, turned onto a course of 80 degrees to set and monitor the turning mark three miles out. From this point on I completely lost sight of Trident but was able to communicate via VHF radio. Meanwhile, "Metal Shark", our 26' utility boat, manned by Tim Clarke and John Newhall, dropped the starting mark a quarter mile away to leeward. That's a very long starting line, but it was necessary because of the size, speed and lack of maneuverability of the larger boats in the race. Metal Shark's most important role, however, was to maintain order out on the racecourse, primarily by keeping curious (but often oblivious) spectator boats out of the path of the racers. By the end of the day, the regatta committee dubbed Metal Shark, "the new sheriff in town" for her suitability in maintaining order, with flashing lights and a loud siren.

Schooners don't sail as close to the wind as typical sailboats, and when heading dead downwind, with all the sails lined up with the wind, the rig is less efficient than that of a modern racer. However, on a reach, with the wind at 80 to 100 degrees off the bow, two and three



The "When and If" (formerly of Manchester, now docked in Salem), the "Columbia" (of Panama City, FL) and the "Malabar X" (of Key West, FL and Salem) duke it out in Sunday's Mayor's Races for the Esperanto Cup and the Columbia Trophy.

Photo: Erika Brown



The grand 106-ft "Ernestina-Morrissey" of New Bedford, shot by Tony Leggett (below) in the race boat.

Photo: Tony Leggett



Photo: Jill Auld

masted schooners can attain speeds up to 17 knots, equivalent to a fast motorboat. The course, therefore, consisted of two legs: a reach on starboard tack nearly due East to the turning mark three miles out, and a return reach on port tack to the finish line.

We began to broadcast to the racers 30 minutes before the initial 10-Minute "Warning Gun", so that the competitors knew our location and where to line up for the start, as well as the course and distance to the first mark.

Despite having timed starts for innumerable races, I was not prepared for what was to follow. At the warning gun, the schooners were far from the line. Remember that at 16 knots, a large schooner can cover more than two and a half miles in 10 minutes. With five minutes to go, some of them were still over a mile away from the line. With a minute to start, however, they were upon us, a wall of 11 massive boats, squeezing into a narrow opening just a few feet away from the stern of our Committee Boat. I felt like a "deer in the headlights." And seconds after

we sounded the starting gun, Columbia, the largest and fastest boat, stormed through the fleet, seemingly at twice the speed of the others.

Heeled over, bow wave white and frothy, all the six primary sails trimmed perfectly, and the topsail, called a "fisherman", being hauled up to its position between the two tall masts. It was a beautiful and emotional moment. I was stunned and rendered speechless by the evocative history and the grandeur of these large, powerful sailing craft.

Thankfully, we had a five-minute break before starting the next sequence for the 10 smaller schooners, ranging in size from 40 to 52 feet. While their start lacked the physically stunning impact of the first group, there was still the same close positioning at the starting line, the dangerous speed and proximity of the vessels, and their urge to be released from the constraint of the starting line to surge toward the turning mark that was up ahead, nearly due East, over the horizon.

In addition to starting the race, we needed to get them back safely and on time. So



Photo: Erika Brown

that everyone could have a great day out on the water but also get ashore for the post-race party on time, we needed to watch how quickly the smaller boats reached the turning mark. Noting the time, we realized that we needed to shorten their race from two laps to a single round. It worked out nicely, and so the smaller boats having gone once around the course were finishing the race alongside the larger boats which had gone twice around.

The grandeur and the power of these vessels is stunning, even to those unfamiliar with

the sport. And additionally, two more things stood out. One was the celebratory nature of the event. When the schooner Thomas Lannon, a long-standing member of the Gloucester schooner community, crossed the line, they fired off their cannons and had the crew on the rails cheering. Despite the strong breeze and our distance from them, we could hear their enthusiasm clearly.

The second aspect was the fierce competition and the desire for bragging rights. At the finish line, two of the smaller schooners crossed the finish line, virtually overlapped. From the committee boat, we could barely determine which was ahead. But when we asked both skippers to confirm our decision on the order of finish, they both concurred, despite the opportunity to take advantage of our uncertainty. Fierce competitors, and a photo finish after six miles of racing, but still a sportsmanlike outcome.

Usually, after an event like this, the bar is a very welcome stopping point for the sailors. And often the post-race din-

On a reach, with the wind at 80 to 100 degrees off the bow, two and three masted schooners can attain speeds up to 17 knots, equivalent to a fast motorboat.

ner is often ignored by those eager to see the score, grab a trophy and depart. In this case however, given that individuals dedicated to such a rare and arcane pastime are always eager to compare notes and discuss their experiences with their long-term friends, the superb dinner was just the opportunity for so many devoted sailors to catch up. And the assembled crowd was warmly enthusiastic during the awards ceremony when all the 21 skippers came up on stage and the trophies were passed out. And the applause for the just-retiring chair of the event, the Essex-based singer, author and sailor, Daisy Nell, was long and heart-felt.

The forecast that we were facing on the night before the race showed a significant chance of rain, and there was some discussion among the committee to postpone by a day. But luckily, inspired by the Gloucester Fisherman, facing the rain with his hands on the wheel and sou'wester hat on his head, we proceeded. And despite all the concern, the day turned out to be perfect, with a 12 to 14 knot wind from the south, lots of sun, and a memorable and competitive race.

A lifelong sailor, Tony Leggett learned to sail in Manchester harbor, and now serves as the Chairman of the Race Committee at the Manchester Yacht Club. He is also the coach of the ME Regional High School Sailing Team, and is on the Board of the Manchester Sailing Association. The Gloucester Festival Committee has asked that he return next year to act as Principal Race Officer of the Schooner Race.

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Despite Roster Turnover, ME Field Hockey Aims to Continue Winning Ways



ME Hornet Brigid Carovillano will be the starting keeper for this season's Lady Hornets field hockey team.

By Jason Brisbois

Two years ago, the Manchester Essex field hockey team made it all the way to the Div. 4 State Final. Last year, it was a run to the Final Four.

Reaching those heights again in 2024 will not be easy. The Hornets lost a whole lot of talent to graduation last year, and that means those returning for this season will be assuming new roles for the first time, and in some instances assuming the mantle of leadership. This level of turnover represents the great unknown for one of the most successful high school sports programs in the Cape Ann League and in Division 4 over

the last few years.

"This team is one of the younger teams that I've coached in my four seasons at Manchester Essex," explains ME field hockey coach Courtney Brown. "While I'm not willing to label it a rebuilding year, we have a lot of work to do as far as adopting a new formation and developing connections on the field by players who are stepping into new roles. This group is ready to work hard toward our goals of leading the CAL and earning each and every win."

While it sounds like there are some barriers to getting back into the tournament and making another meaningful playoff run, this is not

exactly new territory for the program. Last year at this time, the Hornets were looking to replace eight seniors who seemed irreplaceable - and promptly won 14 games in the regular season. Those returning from last year's squad will also have the benefit of the experience of playing in high-stakes tournament games under their belts.

"There always is momentum carrying us from a strong season, but we're ready for a new year," says Brown. "We have big goals and high expectations, and this group is really willing to dig deep and work for it."

Brown states that the roster is slightly smaller than

it was in 2023, but 12 of the 18 total varsity players have experience playing on last year's team.

"We've graduated some major contributors, so we have big roles to fill," says Brown. "Five of our returners are starters. We're relying heavily on their leadership and experience to guide our younger players."

That group includes senior captains Summer Demeo (midfield), Aisling Twombly (defense) and Brigid Carovillano (goal). Demeo provides a vocal, intense presence for the Hornets to play off in the middle of the field, while Twombly is a bit quieter but no less reliable and trusted by teammates. Carovillano

has been a stalwart in goal for the Hornets for the past few years, and she brings top-level talent, skill and leadership at one of the most important positions on the field.

"Brig is an experienced goalie, a DI lacrosse commit, and incredible athlete," explains Brown. "She motivates her teammates to excel and cares deeply about us achieving our goals."

Other key returnees include junior midfielder Abby Kent and senior defender Isabelle Donellan Valade.

"Abby is a talented player with quick elimination skills and incredible game sense," says Brown. "She is the person players want to feed the ball to on our team; she's a

playmaker. Abby is also in the recruiting process right now."

Donellan Valade has made a name for herself on this squad in a relatively short period of time.

"Isabelle joined our team last season and has quickly earned a starting spot at left back," says Brown. "She has a sharp stick, is quick, and serves as our fly on defensive corners."

Players stepping into new roles include Sadie Potter and Kiernan Day, both of whom spent time with the varsity squad in 2023.

"Sadie and Kiernan both are returning varsity players, but they have shown some impressive growth over the last year," explains Brown. "As sophomores, I expect them to earn a lot of playing time and contribute to our offense. Sadie is a poised player eager to step up as left mid. Kiernan has no hesitation to step hard to intercept a ball and finish with a strong shot on goal. I'm excited to see what this season brings for these two."

The Hornets opened the regular season at home against Amesbury on September 4 (4 p.m.), will travel to Rockport on September 6 and then return home to host Danvers on September 9 (4 p.m.). To get ready for those initial games, Manchester Essex has scrimmaged a couple of times in between setting the tone for the season with practice.

"Our practices right now are a combination of skill development and game play - working to tidy up defensive skills, increase the pace of our game, and become more confident in our new positions," says Brown.

Jason Brisbois is The Cricket's sports reporter. Email him at jason@thecricket.com.



JV Hornets Boys Soccer made it to the field in the team's first game of the season on Tuesday.

Photo: Erika Brown

A lot of those guys in that locker room played some of their best football last year right at the end when we were fighting for a playoff spot and then in the first round to the number two seed Cohasset.

resonates with their teammates, and it's a joy to watch the younger players absorb their good habits that will help them down the road."

Senior Gabe Magee (running back/linebacker) and junior Walker Valeo (offensive line/defensive line) are also back, and should play crucial roles on the team in 2024.

"Gabe has been a key part of our backfield for three years now while Walker had a terrific sophomore season last year where he stepped into a full-time role and excelled," explains Grimes. "Both those guys worked their tails off this summer to get better, but also stood out with how much they helped the younger guys understand what working out really looks like. That's an important thing for the young pups to learn, and these upperclassmen are great role models."

It won't be just the upperclassmen who make a difference for the Hornets this season, however. Underclassmen like sophomores Noah Cohen (running back/defensive back) and Conrad Garfield (running back/linebacker) have stood out in scrimmages and practices early on, showing great promise ahead of the fall season.

"Both those guys saw some spot work on the varsity field as freshman and really came into camp with great attitudes and are playing great so far," Grimes says of the sophomores.

While the Hornets certainly boast talent and experience, there are still transitions to work through early on this season. Senior Jarrett Croft has spent time moving from tight end to wide receiver on offense, and he's not the only player looking to make a change to a new position in 2024.

"Like every year, our weaknesses so far just seem to be getting new guys comfortable in their new roles," explains Grimes. "One of our seniors, Jarrett Croft, has made the transition from tight end to

wide receiver. Jarrett has done a great job embracing his new role and he's getting more and more comfortable every snap. We've got a couple guys in similar spots and we're working hard to identify any issues that we're seeing on film and get them ready for week one."

Week one begins on the road against West Bridgewater on September 6 (6:30 p.m., West Bridgewater Middle-Senior High School), giving Manchester Essex a staunch challenge right out of the gate.

"I consider them a similar team to us, just from a different part of the state," Grimes says of West Bridgewater. "They are well coached, competitive and should be a good matchup. They were number three in Div. 7 last year -- we were number 15 in Div. 7 -- and should be a positive contributor to our power ranking that we use for the playoffs. We'll see their latest film soon, but we hope it'll be a fun out-of-league matchup we can keep going for a couple years yet."

While Grimes and his team have been preparing for both this game and the season overall for the past few weeks, preparation and film study can only get the Hornets so far. It will be important for this group to utilize that experience gained last season and have that translate into how they perform and react to a tough opponent in the first game of the season.

"Controlling our emotions and focusing on getting the job done will be the key to getting off to a good start," Grimes says when asked what his team needs to do in order to defeat West Bridgewater in the opener. "We never know what we're going to see [in] game one, so the team being adaptable without sacrificing toughness is probably the team that will come out ahead."

Jason Brisbois is The Cricket's sports reporter. Email him at jason@thecricket.com.

...(Continued from page 1)

"I think we have a strong group of upperclassmen leaders that have some good experiences under their belt," says Grimes. "A lot of those guys in that locker room played some of their best football last year right at the end when we were fighting for a playoff spot and then in the first round to the number two seed Cohasset. We lost, but I loved the fight those guys showed and we were in that thing right until the end. I think going through that experience for those guys strengthened their bond and commitment to putting the work in this fall, together."

At the top of the depth chart are two names that Hornet fans should be quite familiar with at this point in

captains Zach Hurd and Cian Brennock. Hurd, a junior, is central to the fortunes of the team from the position on the roster that garners the most attention, returning as the Hornets' starting quarterback and a key member of the defensive backfield. Brennock, a senior, is back to anchor that very promising offensive line (as well as helping to anchor the defensive line).

"Both these guys are two of the toughest young men I've ever worked with," says Grimes. "They both set a high standard in the weight room, film room and practice field and were a big part of us having great turnouts at summer strength and 7-versus-7 activities. That commitment

ScottEnergy Community Bulletin Board

Happy As A Clam 5.K Race & Walk!

It's the Friends of Essex Elementary for the 16th Happy as a Clam 5k Race, Walk & Fun Dashes!

Essex Elementary School
FRIDAY, Sept. 15

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Town Administrator's Report

Board of Selectmen's Meeting
of August 26, 2024
Report covers from August 10,
2024 to August 23, 2024

Manchester Essex Regional School District Budget Discussion

Chairman Pereen and the TA met with the Manchester Town Administrator and Selectboard Chair and the Manchester Essex Regional School Committee Chair, Superintendent, and Director of Finance and Operations on August 21, 2024. The purpose of the meeting was to generally discuss factors that will shape the MERSD FY26 operating budget proposal over the coming months and the capacities of the two towns to afford the eventual apportionments. The group also discussed the progress of the planning process for the renovation or replacement of the Essex Elementary School and the estimated timing of how that proposed project will unfold.

Discussion Concerning North Shore Water Resiliency Task Force

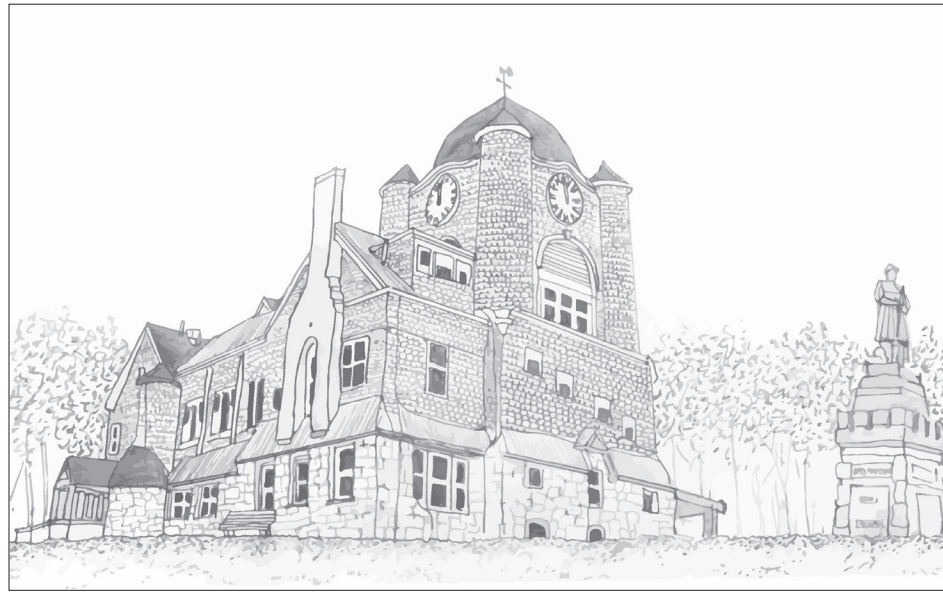
Selectman Phippen has been following recent efforts of the subject task force to propose that area communities connect to other public water supplies. If water from areas outside of the Ipswich River Basin can be supplied to some communities that draw down groundwater in that watershed and other communities can rely on reservoirs that can be managed to reduce impacts on the river, the environmental health of the river would likely improve. Essex is not part of the Ipswich River Basin, although joining any future external supply initiative could mean not having to run public water supply wells or a water treatment plant, which would allow the Water Department to only focus on the distribution system. Complicating factors include how the introduction of water with a different chemistry than what Essex usually produces could detrimentally affect the Essex distribution system. Conclusions drawn by the task force are still preliminary and any implementation would be far in the future.

Town Meeting, By-Laws, and Regulations Further Review of Possible Fall Town Meeting Article Topics

At the last meeting, the Board reviewed a preliminary list of possible Fall Town Meeting article topics. The TA has revised the list in accordance with the Board's guidance.

Northeastern Massachusetts Law Enforcement Council Membership

At the last meeting, the Board agreed that the Town should join the Northeastern



Massachusetts Law Enforcement Council (NEMLEC). The Board had asked me to request more information about NEMLEC, including the procedure for withdrawing, should that ever become necessary. NEMLEC's executive director had provided that information and the Board authorized the Chairman to sign NEMLEC's Interagency Mutual Aid Assistance Agreement, contingent upon a revision of the Chief of Police's statement concerning backfill when he is involved in NEMLEC meetings and a statement from the Essex Police Association indicating that the Town joining NEMLEC will not represent to the union a change in working conditions. Mr. Zubricki has not received either of the requested documents to date.

Tax-Title Auction of Allen Properties Update

At the last meeting, the Board agreed that the Allen properties on Southern Avenue, which have recently come into the Town's ownership via the tax-title process, should be sold at a public auction. The TA has been in contact with the Zekos Group, which conducts such auctions, and Zekos is preparing to promote an October, 2024 auction. The TA has been working to provide Zekos with additional background documents and resources and to answer questions that Zekos needs information on to develop a complete description of the properties and related requirements. The Town is working to complete the auction process prior to November 1, 2024, when a new law takes effect requiring additional marketing activities using a real estate agent, among other new requirements. It is important that the Town move along with the sale of these properties as quickly as possible since a rapid sale under the tax-title statute absolves the Town from any future environmental liability concerning the properties.

Consideration of Essex Causeway Flooding by

Boston MPO Staff

At the last meeting, the TA informed the Board that the Central Transportation Planning Staff (CTPS) of the Boston Metropolitan Planning Commission (MPO) was seriously considering developing a scope of work to assess future flooding solutions for the Essex Causeway. The MPO has indicated that traffic counting operations will commence in the near future and we are still waiting for confirmation concerning the development of the scope of work. Our long-range hope is that the MPO will find funding to actually implement a study of the causeway.

Essex Hazard Mitigation Plan Update

At the last meeting, Mr. Zubricki reviewed a draft final version of the Essex Hazard Mitigation Plan with the Board after personnel from the Metropolitan Area Planning Council (MAPC) had assisted with the addition of content responsive to public comments. Chiefly, commenters had urged the Town to continue to work with the Commonwealth on the issue of finding a solution to flooding of the Essex Causeway on Route 133, which is expected to become much more frequent in the future. MAPC is now incorporating additional feedback that we provided and the document will be sent to the Massachusetts Emergency Management Agency (MEMA) for review (a process that takes 30-45 days). After the MEMA review and the incorporation of MEMA's comments, the document will be sent to the Federal Emergency Management Agency (FEMA) for Federal review (a process that takes 60-90 days). The Board will be asked to formally adopt the revised plan after incorporation of FEMA's comments.

Review of Possible Changes to Essex CATA Bus Route

At the last meeting, the Board reviewed letters from Winthrop Street residents asking that a new Cape Ann Transportation Authority

(CATA) bus route in Essex be modified in some way. The residents feel that a full-sized bus traveling along that street presents a safety concern to pedestrians and children walking to school. The Board asked me to get more information from our CATA Representative and the CATA Administrator including: a) whether a smaller bus can be used; b) a summary of ridership to date; c) a summary of the fixed stops and whether those on board the bus can request to exit the bus on demand at any place along the route; and d) how many trips the bus makes each day, at what times, and on what days.

After posing that request for information, the CATA Administrator responded that a smaller bus is only available during the summer, when school is not in session, that ridership to date has been very low, that riders can both flag down the bus to get on and request a stop to get off, and provided a summary of stops and route frequency. The Administrator also provided a summary of CATA's safety record for the past few years.

Requests for Speed Limit Reductions/Traffic Calming on Route 133

Residents who live off two separate stretches of Route 133 in Essex have requested the reduction of the speed limit and/or other measures to slow down traffic in these areas given their observations that excessive speed and lack of warning in those areas create dangerous conditions for both vehicles and pedestrians.

The first area is at the junction of Grove Street and Eastern Avenue and the second area is along Eastern Avenue from the Essex/Gloucester line to the existing 30 mph speed zone. In either case, no speed limit changes can be made without conducting traffic studies (required initially for Grove Street and required after DOT initial review for Eastern Avenue). It is not presently known whether DOT would cover the costs of any necessary traffic studies.

LIBRARY NEWS

T.O.H.P. Burnha
Public Library



Story Hour will start up again on September 25. (Courtesy Photo)

Library open Saturdays

Beginning September 7, the library will be open Saturdays from 10 a.m.-12 noon.

Community Book Group

Monday, September 30 at 10 a.m. Come by for a discussion of "Imperium" by Robert Harris.

The Bookshop: A History of the American Bookstore (Virtual)

Monday, September 9 at 7 p.m. Join author Evan Friss as he discusses his book and the "engaging history of the American bookstore and its central place in American cultural life".

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.

Tweens & Teens

Friday, September 13 at 3:30 p.m. for grades 5-8. Join us for National Fortune Cookie Day. Make colorful paper fortune cookies and eat real ones too.

Kids Crafternoon

Monday, September 23 at 4 p.m. for grades K-5. Stop by to make a Monster Bookmark.

Story Hour

Weekly Story Hour begins September 25, at 9 a.m. for children ages 0-2. Weekly Story Hour begins September 25, at 10 a.m. for ages 3-5.

ESSEX POLICE NOTES

MONDAY, AUGUST 26

9:44 a.m. Story St., directed patrol, secured/checked.
1:07 p.m. Main St., selective enforcement, no action taken.
3:16 p.m. Belcher St., fire alarm, fire false.
7:16 p.m. Story St., directed patrol, secured/checked.

TUESDAY, AUGUST 27

3:24 a.m. Lufkin St., male fall, no EMS.
7:25 a.m. Centennial Grove Rd., directed patrol, secured/checked. 12:17 p.m. Story St., directed patrol, secured/checked. 9:18 p.m. Martin St., directed patrol, secured/checked.

WEDNESDAY, AUGUST 28

12:28 a.m. Main St., property damage/vandalism, report to follow. 1:06 a.m. John Wise Ave., selective enforcement, no action taken. 2:05 a.m. Chebacco Terrace, directed patrol, secured/checked. 7:00 a.m. Main St., selective enforcement, secured/checked.

THURSDAY, AUGUST 29

No report.

FRIDAY, AUGUST 30

9:54 a.m. Southern Ave., selective enforcement, no action taken. 1:19 p.m. Orchard Rd., fraud/scam, assisted as needed. 6:17 p.m. Main St., parking complaint, parking enforcement. 9:26 p.m. Spring St., directed patrol, secured/checked.

SATURDAY, AUGUST 31

12:38 a.m. Centennial Grove Rd., suspicious activity, report to follow. 11:00 a.m. Spring St., directed patrol, no action taken. 4:28 p.m. Lakeshore Drive, male fall, transported to hospital. 11:15 p.m. Western Ave., fire other, vehicle towed.

SUNDAY, SEPTEMBER 1

5:08 a.m. Centennial Grove Rd., property check, secured/checked. 5:52 a.m. Southern Ave., male fall, transported to hospital. 5:33 p.m. Atlantic St., agency assist, assisted as needed. 10:33 p.m. Winthrop St., male unconscious, transported to hospital.

Essex Locals | September 6

115 Years Ago - 1909

The first frost of the season was on Monday night, doing but little damage to vegetables.

90 Years Ago - 1934

Essex has been rather hard hit by the increased rate for automobile insurance which is increased to \$9 for light and medium cars and \$5 for heavy cars. This is due, it is claimed, to the increased number of motor accidents in the town limits.

Essex Senior Living | Sept 6

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.

Balance in Motion, Tues-

days, 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 Senior 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 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.

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Mushroom of the Week Mycotourism. Yes, it's a Thing ...



Mazahua tribe members bless mycologists and mycotourists before entering the forest in Valle de Bravo, Mexico.

Photos Gary Gilbert



A Mexican mycologist with "indigo eyes." The *Lactarius indigo* are a delicacy that grow plentifully throughout Mexico.



Beautiful lilac colored *Tylopilus* mushroom. An unknown species.

By Gary Gilbert

"Mycotourism" is the act of traveling the world to identify, and possibly to eat, mushrooms in exotic lands. It is a mixture between citizen science and gastronomic pleasure that is not all that different than bird hunters traveling to, say, Guatemala in search of the exotic Quetzal.

However, the bird hunters don't eat their prey.

Mycotourism has gained considerable popularity in the last two decades. Its beginnings were as simple as people hiring guides in Italy to hunt truffles. Excursions like these would inevitably end with some fine wine and truffle-covered appetizers in someone's delightful home or in an Agriturismo Inn, rural Italian inns serving food grown on their own land as well as providing lodging to guests.

Today, you can also hire local guides to escort a group into the woods just about anywhere in the United States, or you can join ex-

peditions to international locations such as Colombia, Tibet, Ecuador, Bolivia, Italy, Turkey, and even Mexico. The latter location, in the mountains west of Mexico City, at a place called Valle de Bravo, is where I recently returned from a wonderful, rainy, mid-summer excursion filled with exotic mushroom discoveries, accompanied by Mexican mycologists as well as chefs from Mexico City. Mexico City has gained popularity recently in the worldwide press with its restaurant scene fusing French, Italian, and other cuisines with traditional Mexican fare, often with mushrooms added. There is even one restaurant that brews 15 kinds of mushroom-infused beers.

We were led to Valle de Bravo by Zak and Kim, proprietors of a three-year-old company "Fungivore" that leads trips to Oaxaca and central Mexico with a heavy emphasis on mushroom dishes, Mexican cuisine, and the use of natural mushroom dyes for weaving. They led us into forests controlled by the local

Mazahua people. Mexico, it is said, is actually a country composed of 65 other countries. Over time the government is increasingly recognizing the indigenous rights, heritage and control that local peoples have over their lands; regions they have lived in for centuries. The Mexican government recognizes 68 distinct languages, a surprising fact if you are still trying to get your own Spanish under control. Their words and sounds are completely different than that of the Latin-based language of Spanish and it adds to the sheer excitement of traveling there. One of the reasons we visited the Mazahua is because they regularly include about 60 different kinds of mushrooms in their diet, an astounding number.

The Mazahua women spend great amounts of time crafting and making colorful dresses that they wear in their day-to-day activities, and which are distinctive in the country. Before we were allowed to enter their woodlands to photograph and

Mexico City has gained popularity recently in the worldwide press with its restaurant scene ... often with mushrooms added. There is even one restaurant that brews 15 kinds of mushroom-infused beers.

pick mushrooms, we were each individually blessed with frankincense while they asked permission of the forest to let us enter. This was a sincere display of respect and not one just put on for tourists. It even brought tears to some of our eyes. The areas we went into are only just beginning to see any tourism at all. It is a new and healthy activity that may bring badly needed commerce to the Mazahua, as well as exposing them, and us, to their traditions and cultures.

Some of the species we found do not exist in our northern part of North America. Mexico, as you may recall, is also part of North America. It is simply the southern portion of it. Some of the species we found have not yet been named by science. One exotic, and recently very popular mushroom we found was a Cordyceps mushroom. You may recall the recent movie 'The Last of Us' where these fungi were taking over the world? In actuality, these parasites spend literally millions of years developing the ability to infect just one specific species of insect which they attack and kill. In this case, a local beetle species. Another absolutely beautiful mushroom we found was a *Tylopilus*, from the Porcini family, with very brilliant lilac-colored pores under its cap. It is, as of yet, an unnamed species. We also found a very robust and distinctive species of *Leccinum*, another mushroom from the large Porcini family, with its scurfy brown stem; also an



Cordyceps, a parasitic fungi, growing on a beetles larvae.



dishes to your table, some including mushrooms, and you simply tell them when to stop serving once you are full; it is delightful.

Mycotourism adventures can be joined through "Mushrooming," (www.mushrooming.com) where Daniel Winkler offers trips to Colombia, Bolivia, Bhutan and Tibet. He has taught people in Bhutan to collect King boletes that were traditionally believed to be poisonous. "Whatscookin'," is another company, based in Italy, (www.whatscookin.it). They offer mushroom hunting and food tours in Sicily, Tuscany and Piedmont, often including some memorable wine 'research', so to speak. Britt Bunyard works with them and is offering a tour of his own to Turkey this coming October. Yes, Turkey has forests, mountains, and fungi! And finally, there is our local Cristiano Bonino, a native Italian living in Somerville, MA, who's company, "Food.Stories.Travel.", (<https://www.foodstoriestravel.com>) offers truffle hunts, food & bicycle tours in the Piedmont, Tuscany and all over Italy.

...(Continued on page 9)



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The Cape Ann Symphony 2024/2025 A Season of Spectacular Performances

Cape Ann Symphony kicks off a Season of Spectacular Performances with some of the most dazzling and exciting music ever written by three brilliant composers Leonard Bernstein, George Gershwin and Ottorino Respighi. Sunday, September 29, 2024: 2 p.m.: at the Manchester-Essex High School, Manchester-by-the-Sea, MA. The program includes four showstopping compositions: Gershwin's An American in Paris; Bernstein's Symphonic Dances from West Side Story and Candide Overture; and Respighi's Pines of Rome. Over 80 musicians including a Brass Section of 17 players strong, will bring these vibrant and colorful pieces of music to life on stage, in Manchester-by-the-Sea.

The Holiday Pops Concert

Performances:

- Saturday, November 30 2024: 2 p.m. Dolan Performing Arts Center, Ipswich High School. Ipswich, MA
- Saturday, November 30, 2024: 7:30 p.m. Manchester-Essex High School, Manchester-by-the-Sea, MA
- Sunday, December 1 2024: 2 p.m. Manchester-Essex High School Manchester-by-the-Sea, MA

The Holiday Pops Concert, Cape Ann Symphony's joyful holiday tradition, features a program of holiday favorites, the return of the Cape Ann Symphony Chorus and introduces our new Cape Ann Symphony Chorus Director Brittany Betts. The CAS Chorus has performed with the Cape Ann Symphony at Holiday Pops Concerts in 2005, 2006, 2008, 2009, 2010, 2011 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2021



Cape Ann Symphony Music Director and Conductor Yoichi Udagawa.

Courtesy Photo

and 2022. Holiday Pops 2024 includes a medley of Broadway Christmas songs, a Hanukkah medley, John Rutter's What Sweeter Music, the rousing gospel piece, Rejoice! How Great Our Joy and many more holiday favorites. The concert will conclude with

the CAS beloved tradition of an audience sing along.

Single Ticket Prices for Concerts

- Adults/\$50
- Senior Citizens/\$45
- Students (of any age with

- valid Student ID)/\$20
- Youth (Age 12 and under)/\$5
- Season Subscriptions are Available.

For Information call 978-281-0543 or Visit www.capeannsymphony.org

Cheryl Dyment Featured in Gloucester Art Show at BankGloucester



Local artist Cheryl Dyment will be featured in a month-long exhibit at BankGloucester on Main Street starting on Tuesday, September 3. The show runs through Friday, November 1.

This public showing is a great opportunity to personally view and enjoy some of Cheryl's unique pieces. A public reception will be held on Saturday, September 14 from 10 a.m. to 12 noon.

Cheryl is a dynamic painter known for her energetic mark making and gestural strokes. She works with various mediums like acrylic, oils, graphite, and pastels on quality surfaces. Her paintings are celebrated for their lyrical color play and spontaneous elements.

An award-winning artist, Cheryl is a member of North Shore Arts, Rockport Art Association & Museum, Marblehead Arts, and Rocky Neck Art Colony. She is also part of the New England Experimental Artists Group and was named a Master Artist by the Newburyport Art Association.

Cheryl has had solo shows at Rockport and Marblehead Arts Associations and other venues. In 2009, she became a juried member of the National Association of Women Artists and exhibits with her MA Chapter throughout New England.

You can connect with her on Instagram (@CherylDyment) or visit her website, www.CherylDyment.com.

Shipbuilding Museum Launches 5th Grade Hands-On Program



Regional technical school students launch boats they made at EHSSM last year. Courtesy image

The Essex Historical Society and Shipbuilding Museum (EHSSM) has launched a new hands-on education program designed to bring together 5th graders from Manchester and Essex as they prepare to unite in middle school.

It's described as an "exciting two-day adventure," set to begin in the spring of 2025, that will be held at the museum's historic shipyard in downtown Essex. The idea is to leverage the energy of a hands-on learning experience with learning about critical underpinnings of the activity, which in this case blends environmental stewardship issues from the perspective of a historically important site for America's shipbuilding.

The program aims to fos-

ter camaraderie and teamwork among students while immersing them in activities that reflect the rich cultural and environmental heritage of Essex and Cape Ann.

The museum has a long history of working with students from area vocational and technical high schools in formal educational programs where, with mentors, student groups work together to build boats using traditional methods.

This program tracks a similar path. From crafting oars and constructing crab traps to rowing and exploring local ecosystems, students will engage in meaningful, hands-on experiences that connect them to their community and the environment. The program not only supports the transition to

middle school but also highlights the deep ties between Manchester and Essex, two communities unified by their schools, culture, and waterways.

As part of this initiative, students will pair up and participate in activities that introduce them to traditional craftsmanship, environmental science, and teamwork. They will learn about the Essex River's ecosystem, including the challenges posed by invasive species like the green crab, and gain a deeper understanding of the maritime traditions that have shaped their towns.

For more information about the program or to explore sponsorship opportunities, please contact KD Montgomery at kd@essex-shipbuilding.org.

you might just love it.

Gary Gilbert is a member of the Executive Committee of the Boston Mycological Club and is chairing the upcoming Northeast Mycological Federation (NEMF) conference to be held in Hyannis on October 11-14, (www.nemf.org). He is also the author of "Mycocards", flashcards for learning mushroom identification (www.mycocards.com).

...(Continued from page 8)

We attended the famous Alba Truffle Festival with him where the whole city celebrates a two-week long party with medieval festivities, and a joyous atmosphere.

So, if you are interested in a theme-based vacation filled with exotic and interesting foods and people, consider joining in on a my-

cotourism adventure of your choice.

There are many options to choose from. Or think about subscribing to Fungi Magazine where many of these mycotourism adventures are advertised. Add mushrooms to your next home-cooked meal and consider using a species you have never tried. Who knows,

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Contact your member of Congress to support the JCPA and ensure Big Tech doesn't cancel local news:
(202) 224-3121



Puzzle

THEME: AT THE SUPERMARKET

ACROSS

1. Marriott hotel chain
6. Lockheed Martin Corporation @ NYSE
9. Desert in central Asia
13. Tinder user?
14. Distinctive period in history
15. Munchausen's title
16. Likewise
17. Campfire leftover
18. Jason Bateman/Laura Linney TV drama
19. *Traditionally clipped
21. *OS in POS at the supermarket
23. Bro's sibling
24. "___ there, done that"
25. T in Greek
28. FBI's cold one
30. Windshield ___, pl.
35. "The ___ for Red October"
37. Coach of Dallas Mavericks
39. Bow's partner
40. Black and white killer
41. Be in accord
43. First word in fairy tale
44. Formerly known as Pleasant Island
46. Long-lasting Steelers coach
47. TV's "man named Brady"
48. *GO in BOGO
50. French "place"
52. 6th sense
53. Adored one
55. What cruelty and crush have in common
57. *Dairy aisle package
60. *S&H Green ___
63. Non motorized vessel
64. I have
66. Nev.'s neighbor
68. Offspring, collectively
69. Rank above maj.
70. Visual
71. QBR in football, e.g.
72. Will Ferrell's Christmas classic
73. Like a gymnast

CROSSWORD														
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- DOWN**
1. *What registers do
 2. Nonclerical
 3. Football legend Graham
 4. Unborn vertebrate
 5. ___ of Cancer
 6. *Like freezer aisle "Cuisine"
 7. "___ Robinson" by Simon & Garfunkel
 8. California/Nevada lake
 9. Mediterranean Strip
 10. Not written
 11. Dull one
 12. Pen juice
 15. Home to Sarajevo
 20. Port city in Japan
 22. Like marines in slogan
 24. Cowboy's bedding
 25. Flip-flop
 26. Plural of aura

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2		6				7		
			2					1

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

Solutions on Page 11

27. Adam Sandler's "___ Gems"
29. Manual communication gesture
31. High school ball
32. Bert's TV buddy
33. Ice in a cocktail
34. *TV's "Supermarket ___"
36. Tropical tuber
38. *Sliced items section
42. Choose a president
45. "___ we stand, divided we fall"
49. Tokyo, once
51. Adenine's partner in RNA
54. Chilled (2 words)
56. Savory taste sensation
57. *Rolling supermarket carrier
58. Dwarf buffalo
59. Type of canal, in dentistry
60. Ego's main concern
61. Surveyor's map
62. Accompanies relief
63. "Big Three" TV network
65. Radio knob, abbr.
67. ATM extra

Religious Notes

First Universalist Church of Essex
59 Main St, Essex, MA
Sunday services 10 a.m. & Coffee hour after service
Visit our website for more events & info: <https://www.uuessex.org/>

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 [lic.org
Sunday Mass-8:30 a.m.
St. John the Baptist Church - Saturday Vigil Mass-5 p.m.
Sunday Mass-10 a.m.](http://www.mecatho-</p>
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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.

...(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



NEW LISTING
ROCKPORT
Nestled along the picturesque coast, this seaside Queen Ann victorian antique offers a rare opportunity to restore a piece of history.
\$3,499,000 | Jane Meterparel | 781-237-3341



NEWBURY
This thoughtfully restored antique blends old world charm with modern convenience. 1.64 acre parcel on the Newbury Upper Green.
\$2,695,000 | Karen Bernier | 978-807-5580



MANCHESTER
This is a rare opportunity for a manageable size home on coveted Smith's Point, truly captures the elegance and grace of a bygone era.
\$5,900,000 | Philio Cushing | 978-884-9904



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"Twelve Lanterns"- A Mediterranean villa on Marblehead Neck, known as "Isabella Stewart Gardner's Marblehead secret"
\$2,395,000 | Karen Bernier | 978-807-5580



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



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Oceanfront! Overlooking Twin Lights, this 9 bedroom, 9 bath property offers all the room you will need for extended family, friends or guests.
\$3,950,000 | Michael Beaton | 978-884-9910



WEST NEWBURY
Wind up the private drive to a handsome Colonial, set on a knoll, surrounded by 1.5 acres of wooded privacy. Many improvements.
\$1,195,000 | Karen Bernier | 978-807-5580



GLOUCESTER
Enjoy the abundance of natural light pouring in from all around in this open concept Colonial near Gloucester's back shore.
\$1,890,000 | Bruce Figurido | 978-869-3151



NEW LISTING
PEABODY
Wonderfully renovated 8 room, 5 bedroom, 1.5 bath home in the heart of Peabody's historic district. Potential for expansion.
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HAMILTON
Looking for a terrific floor plan? Enter through the 2 story foyer and your eyes are drawn to the gorgeous dining room with glass french doors.
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Self-Care Means What Exactly?



Have your seltzer over ice with lemon. Take a longer shower than usual. Go to bed early. Hydrate. See your friends. Call your mother. Open the early fall window at night. Feel the love. It's not a dress rehearsal.

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

Commonly, "self-care" gives the vibe of a luxury spa where one is spoiled and pampered. This sounds great, but it is not what I propose we consider here.

Those of us of a certain age remember phrases like "on the fritz," "hold your horses," and "come hell or high water."

Popular language, or the "vernacular" of the day, changes over time. Even though these are old terms, we know precisely how and why they are used. We "get" them. However, because the term self-care conjures up the self-absorbed, it becomes satirical and unappealing. We "don't get it."

One could argue that most of our energy goes to meeting personal needs. We need housing to escape the elements, money to pay for our needs and wants, sleep when we are tired, food when we are hungry, and to grab an umbrella in the pouring rain. However, the demand for our attention is at an all-time high, and meeting our many physical needs is a major challenge.

The use of anti-anxiety and anti-depressant medication is at a record high, and the availability of these medical tools is life-saving and essential. Since the onset of the pandemic in 2020, the age group 14-30 has seen a 64% increase in prescribed antidepressants alone. The

data is concerning and begs the question... Why?

As the world ratchets up the sophistication of every detail of life as we embrace the new world of AI, computer automation, cars that drive themselves, and Hal, who won't open the "pod bay door," a crucial part of ourselves is routinely ignored. We are suffering because of it. Aware of it or not, we are a suffering people.

How often in 24 hours are we breathless in gratitude for the plethora of incredible creature comforts we enjoy?

Are we running so fast that we don't taste our food beyond that first sip of morning coffee? Are we spinning, driving, thinking, and feeling so fast that we aren't even aware of where we are? Most of us are moving as fast as possible, managing more complex lives than our parents thought possible. Many colleagues and friends lament their fatigue in body, mind, and spirit, citing that they are personally "last on the list" and exhausted. Sadly, fatigue and exhaustion have become linked to upward mobility. The price you pay...

Before we can consider self-care, what do we do? Sometimes, we stretch and say yes to something hard that is asked of us. Sometimes, it's saying a hard "no" and dealing with the guilt you feel and the disappointment you may be causing someone else. Sometimes, it's going to bed when you are tired, even if it's 7:30

p.m. and you might miss Jeopardy.

We are the captains of our own destiny.

Everyone's chasing "quality of life" - with Botox and better cosmetics, the hottest car we can afford, and joy rides to outer space on privately owned rocket ships. However, we can also seek peace, health, and harmony. Getting back on your own radar, you give permission to those around you to do the same.

Consider starting each day with a daily "inventory" or check-in. How am I feeling today? How is my body? Am I worried, anxious, or distracted? In the self-care world, this scan is often called a Four Line:

- My body is...
- My mind is...
- My heart is...
- My spirit is...

Answering the Four Line honestly might give you valuable information you may be choosing to ignore. We are more than bricks and mortar. We are more than bodies needing fuel and more than beings needing shelter. In pursuit of a better self, we can achieve a more peaceful, healthier, and harmonious life.

We can do more self-care—way more. It starts with being honest and peeling back the onion a little on our journey of self-discovery. Promote yourself instead of being at the bottom of the list and stay there by paying close attention. If we aren't prioritizing ourselves... something else is in the way.

In the little everydayness of life, try to relish the first sip of coffee and the cool softness of your pillow as your head hits it. Like anything, making an "inner change" takes time. Your commitment to being more aware of yourself will elicit numerous opportunities to show that you care.

If we are immersed in struggle, angst, and racing through the day to get to the next thing...we have a choice. What do I need? What's best for me right now? How would my best friend advise me?

Be your own best friend. Listen to yourself. Pay attention. Your choice either adds or detracts. You either make a deposit or a withdrawal in your self-care account. Most of us are overdrawn. Keep an eye on your account balance. Habits take an average of 66 days to create. Imagine where you could be by Thanksgiving.

Start slowly if you must. Have your seltzer over ice with lemon. Take a longer shower than usual. Go to bed early. Hydrate. See your friends. Call your mother. Open the early fall window at night. Listen to the quiet. Be aware. Feel the love. It's not a dress rehearsal.

Remember that Self-Care is not Selfish. If you drink from a full cup, you have some to share. If you are full, you are more. Emptiness has only itself to share. In our pursuit of quality of life, you can start today. Let's open the window, have our iced lemony seltzer, and go from there.

Solution to puzzles on page 10



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

...(Continued from page 10)

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 continues this week at 9 a.m. with worship leader, Rev. Katherine Schofield, music led by Dr. Herman Weiss and Rebecca Shrimpton.

The Church office is closed Monday for the holiday but open 9 a.m. - 12 noon the rest of the week.

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.

Sunday, September 8 Rally Sunday, kick off the school year, during the 10 a.m. Worship

Sunday, September 22 Youth Fellowship begins!

Sunday, September 29 Jazz Sunday during the 10 a.m. worship

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 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.

PUBLIC NOTICE



Town of Manchester-by-Sea
Office of the
CONSERVATION COMMISSION
Town Hall, 10 Central Street,
Manchester-by-Sea, MA 01944-1399

Public Hearing Notice to be Published on or before 9/6/24

Fletcher Boyle requests the Commission make a decision regarding a Request for Determination of Applicability to maintain a temporary footbridge over Sawmill Brook at 6 Putnam Court & 45R School Street.

This request will be discussed at a VIRTUAL meeting on Tuesday, September 17 at 6:30 p.m. and will be reviewed under the Massachusetts Wetlands Protection Act (MGL Chapter 131, Section 40) and/or the Manchester General Wetlands Bylaw.

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

Sept. 6, 2024 MC

PUBLIC NOTICE



Town of Manchester-by-Sea
Office of the
CONSERVATION COMMISSION
Town Hall, 10 Central Street,
Manchester-by-Sea, MA 01944-1399

Public Hearing Notice to be Published on or before 9/6/24

David and Martha Swift requests the Commission make a decision regarding a Request for Determination of Applicability for the construction of an inground swimming pool within the 100-ft Buffer Zone to Coastal Bank at 39 Coolidge Point Road.

This request will be discussed at a VIRTUAL meeting on Tuesday, September 17 at 6:30 p.m. and will be reviewed under the Massachusetts Wetlands Protection Act (MGL Chapter 131, Section 40) and/or the Manchester General Wetlands Bylaw.

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

Sept. 6, 2024 MC

PUBLIC NOTICE



Town of Manchester-by-Sea
Office of the
CONSERVATION COMMISSION
Town Hall, 10 Central Street,
Manchester-by-Sea, MA 01944-1399

Public Hearing Notice to be Published on or before 9/6/24

Timothy Huff requests the Commission make a decision regarding a Notice of Intent for the construction of a single-family house within the 100-ft Buffer Zone to a Bordering Vegetated Wetland and within the 200-ft Buffer Zone to a Vernal Pool at 208 Summer Street.

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

Sept. 6, 2024 MC



Massachusetts Born

Hi, My name is Melrose and I am a 1-year-old cat who came from a local rescue here in Massachusetts. I'm known for my beautiful green eyes and shiny black coat. I am a bit shy and will need lots of time and space to warm up to my people.

A quiet home with low traffic would be the best match for me. I really enjoy snacks, whether it's crunchy ones or Churu sticks! I am a special needs adoption because I am FIV+, given this I will need

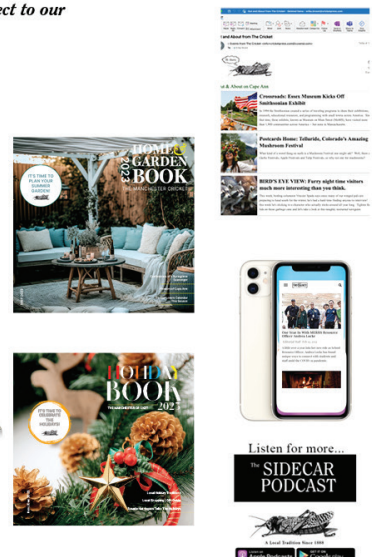
to be an indoor only cat. If you're cat experienced and are willing to give me the time I need to adjust and trust you, consider applying for me today! Once your application has been approved, my friends here at the shelter will reach out to you to make an appointment to meet me! To fill out an application, and learn more about me and all the other animals waiting for homes here at the Christopher Cutler Rich Animal Shelter, 4 Paws Lane in Gloucester.

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Featured LISTING

HAMILTON

\$3,985,000 | Gretchen Berg

Savin Hill – English country manor house with 6+ bedrooms, modern updates and comfortable living on 15 acres of rolling lawns, plus pool, 3-car garage, barn and au-pair suite.



MARBLEHEAD

\$2,595,000 | Susan Bridge

A Contemporary home that has been beautifully remodeled with 4-bedrooms, sweeping ocean views and is move-in ready! Vaulted ceilings, walls of glass, multiple decks, new floors, fenced yard.



HAMILTON

\$2,595,000 | John Adams

New England Colonial with 2 garages with additional space. Main house features 4 bedrooms, 4+ baths, chef's kitchen, fireplaced living & dining rooms. Complete with fenced yard, covered porches and great views.



WENHAM

\$2,500,000 | Deb Evans

Private country estate with 5 bedrooms, 5 full/3 half baths, heated in-ground pool, tennis court on stunning 2.5+ acres. Expansive Chefs kitchen, great room with stone fireplace, 2 car garage.



NEWBURY

\$1,499,900 | Josephine Mehm Baker

Modern white farmhouse with primary suite, fireplaced living room with slider to farmers' porch, gourmet kitchen, finished lower level and 2-car garage with storage. Near downtown Newburyport.



WENHAM

\$945,000 | 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.

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ON SAT. 11:30-1, SUN 12-1:30

24 Magnolia Ave Manchester | \$995,000
NEW-Classic Gambrel, 3 bedrooms, 3.5 baths, 2 car garage. Beautifully refreshed with fresh paint inside and out, newer roof, flooring, furnace and hot water tank. Surrounded by green space and close to beaches and conservation land.

Marianne Round | Realtor
978 902-5452



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

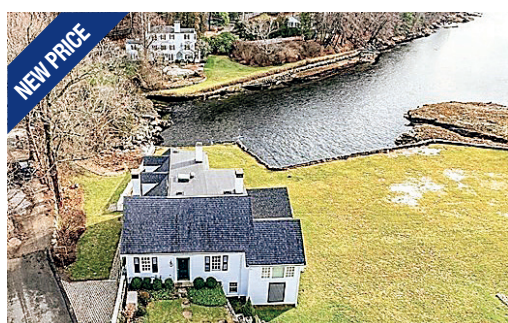
Scott Smith | Realtor | 617-750-2793



NEW PRICE

263 Madison St Fitchburg | \$384,900
Move in Condition 1957 Colonial with private yard on quiet street. 3 bedrooms. 1.5 baths. Oversized garage ideal for contractor.

Elizabeth Narbonne | Realtor
978-771-8630



NEW PRICE

4 Lane Road Annisquam | \$2,500,000
Iconic Annisquam waterfront property located at the head of Lobster Cove. Proudly sited on over an acre of land with rolling lawns, bountiful seaside gardens and private tidal float and dock. The property enjoys stunning views of the mesmerizing changing tides in Lobster Cove.


Scott Smith | Realtor | 617-750-2793
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

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19 Turtleback Essex | \$1,600,000
Craftsman style home on over 2 acres. Just a few years old. Open floor plan, 3+ bedrooms, 3 car garage, separate office, studio, or overflow living space.

Joan McDonald | Realtor
| 978-979-3190

NEW PRICE