

MANCHESTER CRICKET

A Local Tradition Since 1888

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FRIDAY, JANUARY 17, 2025

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BRIEFLY

Last Call! Peek Into Hammond Castle Historic Restorations

On Thursday, Jan. 16 from 10 to 11:45 a.m. at the Hammond Castle Museum in Magnolia, come enjoy coffee and light refreshments before diving into an engaging presentation led by contractor and mason Roger Tremblay and Director of Education and Visitor Services Caleb McMurphy. Explore the challenges and triumphs of preserving the Museum's unique architectural legacy, including recent restoration work on the iconic French monastery arches and tower sections. A Q&A session will follow the presentation. Reserve at hammondcastle.org. This is the first winter that Hammond Castle Museum will be open. (Typically the museum closes for renovations). Read about it on **Page 8**.

Brunch at the Legion Post 113 on January 26

The Amaral Bailey Post 113 American Legion has been filling out its event calendar with fundraisers to complete several long-needed renovations to the hall. In that vein, Kettle Cove Catering and Amaral Bailey Legion Post 113 are planning a brunch Sunday, January 26, from 9 a.m. - 12 noon. \$15/person adults and \$5 for children age 10 and under will get you a brunch buffet that includes french toast, scrambled eggs, bacon, sausage, fruit cup, juice and coffee. And, since it's at the Legion, the bar will also be open (think Mimosas, Bloody Marys and Irish Coffee). If this is successful, "Brunch at the Legion" will become a regular happening. Come on down!

"Welcome Home Essex!"

A webinar on housing affordability and development trends on Thursday, Jan. 30 called "Welcome Home Essex!" The webinar is hosted by the Essex Affordable Housing Trust and housing experts from the Metropolitan Area Planning Council (MAPC) will be discussing the town's ongoing effort to create a Housing Production Plan for Essex, which is the formal report that the state uses to determine compliance with affordable housing stocks and governs eligibility for some areas of funding. Register for the webinar at the Town of Essex website (essexma.org).



Manchester's Jen Coles Featured in North Shore Magazine

Manchester interior designer Jen Coles was featured in this month's North Shore Magazine Home edition for one of her projects in Manchester by the Sea. Coles is the longtime contributor to *The Cricket's* "At Home Now" column, offering readers so much wit and so much expertise. (Next week she'll be writing about how to approach renovations no matter what your budget). Congratulations Jen.



THANK YOU! Teachers Rob Bilsbury and Lauren Dubois enjoy a lovely lunch at Wednesday's "Manchester Essex Middle High School Teacher Appreciation Lunch." The annual event is organized by parent volunteers. (Photo: Kris McGinn)

Town Hall Notebook

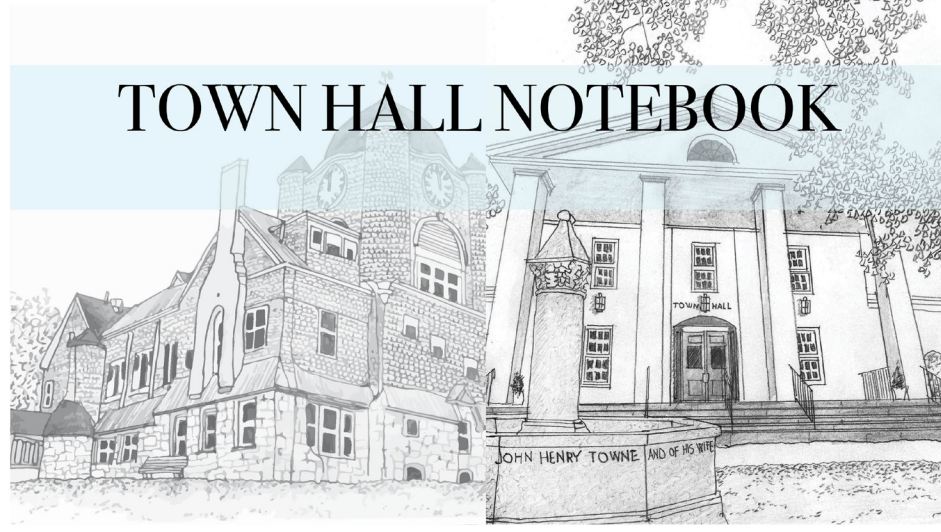
SJC's MBTA Zoning Decision, Economic Development in Downtowns

By Erika Brown

Last week, the Massachusetts Supreme Judicial Court (SJC) issued a 23-page ruling that affirmed the state's mandate that 177 municipalities served by public transportation must create by-right multifamily housing zones to stem the housing shortage and support economic development. The SJC decision's focus was whether the town of Milton could be **both** sued by the Mass. Attorney General **and** have state grants withheld for its noncompliance with the law. (The SJC's answer? Yes. And Yes.)

That said, the SJC also dinged Governor Maura Healey's administration for failing to roll out the guidelines properly and ruled the governor's Executive Office of Housing and Livable Communities (EOHLC) must re-introduce new guidelines because the original ones were "unenforceable." That led to some confusion. At Monday's **Manchester Planning Board** meeting, members asked if the SJC ruling changed anything, since the new zoning was solidly approved by voters at at November's Special Town Meeting ahead of the state's Dec. 31 deadline.

PB member **Mary Foley** urged the board to pause



implementation of the new zoning until the new guidelines come out, arguing the decision provides a "limbo" that could give Manchester an out on the law. Her comments were met with skepticism. **Town Planner Marc Resnick** said the new zoning isn't in limbo at all. In fact, he said, it was put in place the moment voters approved it.

"I'm asking questions we should all be asking. It's a legitimate question," said Foley.

"The law stands, and we have to comply with it," said PB member **Susan Philbrick**.

But any ideas of limbo were erased by the very next day when, on late

Tuesday, the Governor's office filed new emergency regulations that will be in effect for 90 days while the EOHLC adopts new permanent guidelines. Under the emergency regulations, communities that did not meet prior deadlines have something of a reprieve: they must submit a new action plan to the state with a plan to comply with the law by 11:59 p.m. on Feb. 13. These communities will then have until July 14, 2025, to submit a district compliance application to the state.

So far, 29 cities and towns are listed as "non-compliant" by the state, including Gloucester, Ipswich, Wenham, Ham-

ilton, Marblehead, and Rowley. Essex, which was originally under the gun as a "MBTA Adjacent Community" (which put it under the same density obligation as Manchester), successfully

used a state grant-funded consultant, the **Metropolitan Area Planning Council (MAPC)** to appeal for a lower standard on the grounds that its downtown was in a flood zone, and its infrastructure couldn't handle the mandated density. The appeal worked. In 2023 the state created a new category, "MBTA Rural Adjacent" and Essex is effectively compliant with the lowered density requirement. It has until Dec. 31, 2025 to submit its plan.

Downtowns, and Economic Development

The MBTA Zoning issue is part of a network of thorny issues facing all of Cape Ann. How to produce more types of housing (beyond large single-family homes)? Housing that is

... (Continued on page 2)

Weekly Weather Chart

Saturday 18 Jan		46°	31°
Sunday 19 Jan		43°	37°
Monday 20 Jan		43°	21°
Tuesday 21 Jan		37°	27°
Wednesday 22 Jan		28°	24°
Thursday 23 Jan		28°	22°
Friday 24 Jan		30°	22°

Weather data pulled Wednesday and is subject to change.

Gavel to Gavel
 This Week's Town Meetings

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.	MERSD SC Meeting Tuesday, January 21 6 - 8 p.m.
	Essex BOS Wednesday, Jan 22, 5 p.m.
	MBTS FinCom Thursday, January 23 7 p.m.

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A Life of History

Beverly Farms has a treasure in historian Nancy Coffey, who has devoted most of her adult life to unearthing and preserving the story of The Farm's working classes, from the amazing gardeners of grand Prides Crossing estates to the lives and living quarters of the Great Depression-era residents of "The Crush," Beverly's woodland shantytown. Christiane Alsop, a writer and resident of Beverly Farms, offers a touching profile of Coffey's passion for her community. **Page 8**.

Photo: Kris McGinn

Obituaries

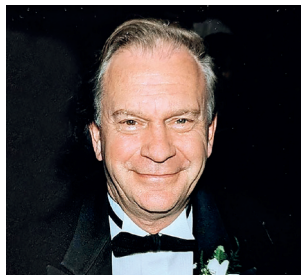
Following a long-standing tradition, The Cricket publishes obituaries for our readers. Deadline, Tuesdays, 9 a.m. If an obituary cannot be published in time for a service, we will post the notice to our website and Facebook page (facebook.com/TheManchester-Cricket).

Richard "Randy" Beaton

Richard "Randy" Beaton of Essex, MA, passed away after a brief illness on January 12, 2025. He was born on August 29, 1938. Randy was raised in Manchester-By-

The-Sea and was a graduate of Story High School class of 1956. He was the son of the late George and Edna Beaton.

He joined the U.S. Navy at 18 and served aboard the USS Hazelwood before being honorably discharged



and starting a career with the New England Telephone Co. Randy enjoyed traveling with his wife, family, and friends and was an avid reader and lover of history.

He became an instant father when he married his wife Mary Ann (Frontiero)

Beaton who was widowed with two young children, and provided a loving home for them. Along with his wife of 57 years, he will be missed by his son Tom Beaton, daughter Krista (Beaton) Queeney and spouse Thomas Queeney, as well as three grandchildren, Shane Queeney, Fallon Queeney, Talia Queeney and her fiancé Jordan Ferris, along with many nieces and nephews.

A celebration of his life will be held at a later date.

MANCHESTER POLICE NOTES

SUNDAY, JANUARY 5

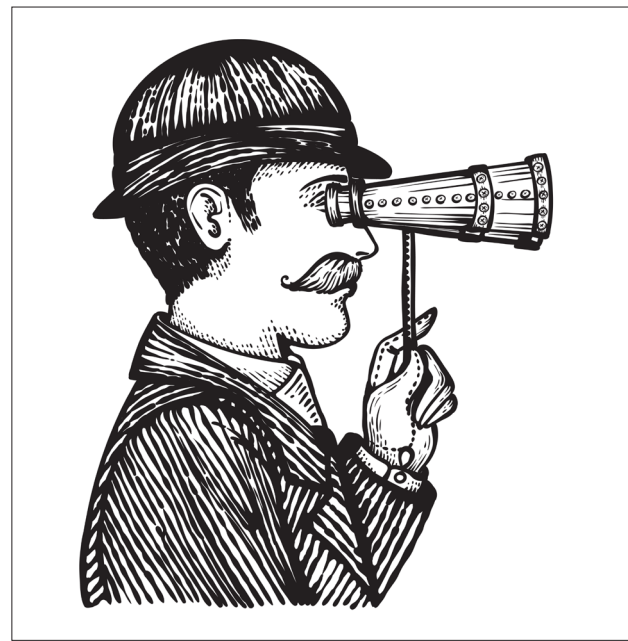
2:52 a.m. Beaver Dam Rd., directed patrol, secured/checked. 9:00 a.m. Pleasant St., motor vehicle stop, written warning. 2:53 p.m. Pleasant St., motor vehicle stop, written warning. 9:22 p.m. Lincoln St., suspicious activity, secured/checked.

MONDAY, JANUARY 6

1:21 a.m. Tuck's Point Rd., directed patrol, secured/checked. 10:59 a.m. Woodholm Rd., motor vehicle stop, criminal application. 2:43 p.m. Bridge St., motor vehicle stop, verbal warning. 10:29 p.m. Walker Rd., suspicious activity, gone on arrival.

TUESDAY, JANUARY 7

12:49 a.m. Central St., directed patrol, secured/checked. 6:33 a.m. School St., directed patrol, secured/checked. 5:21 p.m. Summer St., traffic hazard, assisted as needed.



10:50 p.m. Beach St., motor vehicle stop, verbal warning.

WEDNESDAY, JANUARY 8

2:43 a.m. White Beach, directed patrol, secured/checked. 10:23 a.m. Central St., motor vehicle crash,

report to follow. 4:14 p.m. Pine St., motor vehicle stop, written warning. 9:20 p.m. Ocean St., fire investigation, secured/checked.

THURSDAY, JANUARY 9

12:01 p.m. Masconomo St.,

alarm, secured/checked. 2:37 p.m. School St., disabled motor vehicle, assisted as needed. 4:14 p.m. Powder House Lane, citizen assist, assisted as needed. 7:14 p.m. Lincoln St., motor vehicle stop, written warning.

FRIDAY, JANUARY 10

5:38 a.m. Morse Court, suspicious activity, secured/checked. 5:11 p.m. Pine St., motor vehicle stop, written warning. 5:42 p.m. Summer St., motor vehicle stop, citation issued. 8:30 p.m. School St., motor vehicle stop, citation issued.

SATURDAY, JANUARY 11

6:27 a.m. Central St., utility request, notification made. 9:23 a.m. Summer St., motor vehicle crash, report to follow. 5:07 p.m. Pine St., motor vehicle stop, verbal warning. 5:34 p.m. Sky Top Drive, utility request, notification made.

Manchester Residents: Run for Office in 2025

Get involved in local government!

Nomination papers for the elected positions on the ballot at the Annual Town Election are available to pick up at the Town Clerk's office on the first floor in Manches-

ter-by-the-Sea Town Hall on Central Street. Candidates must return the papers with 29 signatures by April 1. The town election will take place on Tuesday, May 20 at Manchester Memorial Elementary School on Lincoln Street. The elected offices on this

- year's ballot will be:
- 1 Moderator for a one-year term
- 2 Select Board members for a three-year term
- 2 School Committee members for a three-year term
- 1 Board of Library Trustee member for a three-year term
- 3 Planning Board mem-

- bers for a three-year term
 - 1 Housing Authority member for a five-year term
 - 3 Constables for a three-year term
- Please contact Town Clerk, Christine Dixon with questions at (978) 526-2040 or townclerk@manchester.ma.us.

...(Continued from page 1)



Manchester Planning Board member Mary Foley on Monday. (Photo Erika Brown)

affordable. Escalating real estate prices that are squeezing out small retailers. And economic development. This is no more apparent than in Essex, where historic zoning that would have solidified nearly all the town's real estate as residential, which was seen as a business unfriendly overstep. But Essex's "wild, wild west" zoning history of allowing anything, anywhere—residential, retail, commercial, or industrial—is also seen as extreme. They're now in search of a happy middle. Several efforts are going on to create order and opportunity in Essex. First, the Planning Board is re-drafting the comprehensive zoning bylaw to present to voters. The Essex Affordable Housing Trust (created in 2022) is working with a consultant to create a Hous-

ing Production Plan to file with the state. Those interested can attend a public forum at 7 p.m. on Tuesday, Jan. 29 at Town Hall and a public webinar on the process at 7 p.m. Thursday, Jan. 30. Both of these are hosted by the Trust and the PB. At the same time, the downtown businesses will meet with the Essex Board of Selectmen about the future of the Causeway. The discussion was facilitated by the Greater Cape Ann Chamber of Commerce. A "listening session" will take place at 5 p.m. Wednesday, Jan. 22 at The James restaurant (the former Village Restaurant). Then, a public hearing on the same topic will be hosted by the BOS at the Essex Town Hall at 7 p.m. Monday, Jan. 27. To be addressed? How can zoning, flooding, and regu-

lations work to support a vibrant future of the downtown? And what can the town do to facilitate and preserve downtown life? In Manchester, this very discussion is also underway. On Wednesday, a meeting of the **Downtown Improvement Committee** addressed the future of downtown business with members of the **Manchester Planning Board**, the **Select Board** and the **Dept. of Public Works**. Residents have been reaching out to boards, concerned about the "gaps" in retailers along the stretches of Central, Beach and Summer Streets in the wake of retail business closures that include Helen's Bottle Shop, Craft, Jamie's Roast Beef, and, most recently, Cargo Unlimited. The Cargo building's new owners have shared plans to raze the historic structure and replace it with two residential townhouses.

Chris Olney, chair of the **MBTA Zoning Task Force** and a member of the Planning Board, said preserving the downtown business district repeatedly came up as his group was developing

Manchester's MBTA Zoning Districts. He said it was a big vulnerability in the state law that mixed-use downtown properties were excluded from the official housing count. And it should be addressed.

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PUBLIC NOTICE



TOWN OF MANCHESTER
Town Hall
10 Central Street
Manchester-by-the-Sea, MA, 01944

PLANNING BOARD

Public Hearing Notice

NOTICE OF PUBLIC HEARING
The Planning Board of the Town of Manchester-By-The-Sea will hold a Public Hearing on Monday, February 10, 2024, at 6:30 p.m. for an application submitted by AGEM 7 CENTRAL, LLC for a Special Permit pursuant to Section 4.2 Table Of Use, A.5 of the Zoning By-Law to allow the renovation of an existing building to accommodate 3 residential units in addition to the existing restaurant use at 7 Central Street. Location: This is a hybrid meeting. The Public is welcome to join the Board in Room 5, Town Hall or on Zoom. Zoom meeting information will be posted in the February 10, 2024 Planning Board public meeting agenda.

Sarah Hammond-Creighton, Chair, Planning Board
Posted to MNPA website: http://masspublicnotices.org.

PUBLIC NOTICE



TOWN OF MANCHESTER
Town Hall
10 Central Street
Manchester-by-the-Sea, MA, 01944

SELECT BOARD

Public Hearing Notice

The Select Board will hold a hybrid public hearing on Monday, February 3, 2025 at 6:30 p.m. in Town Hall meeting room #5 and by zoom. Zoom information will be available on the Town website, prior to the meeting.

- Request from National Grid to install approx. 32 ft of PVC conduit from handhole 99-2 to customer owned handhole 99-22 & all appurtenances at 9 Bennett St.

Posted to MNPA website: http://masspublicnotices.org.

January 17, 2025 MC
January 24, 2025 MC

The Manchester Cricket

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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.

FOR RENT

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Adrienne Pappadopoulos, Vikki Donnellan Valade, and Owen Donnellan Valade help set up for the annual Manchester Essex Teacher Appreciation Luncheon for middle and high school staff. This year's event had a winter wonderland theme. (Photo: Kris McGinn)

Emergency Preparedness and Facility Planning



By Gregory T. Federspiel

Watching the conflagration unfold in L.A. is sobering at best. It is hard to imagine how one begins again after such widespread destruction. Entire neighborhoods have been reduced to ash. The road to recovery will be long and arduous. And while the immediate reaction is to declare a commitment to rebuilding, any reconstruction should be done wisely to create more resilient structures and neighborhoods. As the environment changes adjustments to the locations of our homes and businesses may need to change too.

Dealing with a disaster of this magnitude has always been my greatest fear as a town manager. Even though we have emergency plans and protocols in place, actually going through a large-scale disaster extracts a heavy toll even with the best of plans. Indeed, one can never be too prepared and it is why our public safety personnel undergo annual training and partner with other local and state agencies in case a disaster strikes here. Post-disaster plans are needed as well. Trying to decide what and where to rebuild is best done before disaster strikes.

Both Police Chief Todd Fitzgerald and Fire Chief Jake McNeilly are heavily involved in emergency preparedness efforts. They have in place mutual aid agreements with their fellow agencies throughout the region. Our staff have gone to the aid of our neighbors and in turn they would come to our aid. The Chiefs are well connected with state and federal personnel. Both are active in their respective as-

sociations. Chief Fitzgerald is a member of the state's Emergency Management Director's Advisory Board and sits on the MA Chief's School Safety and Security Committee. He also was invited to attend the training academy at the National Hurricane Center in Miami where he was able to further hone his skills in disaster management.

The Finance Committee and Select Board are working on a long-range facility capital plan that aims to address these and other needs.

Chief McNeilly continues to advance his training as well and has quickly forged strong relationships with his counterparts in the area.

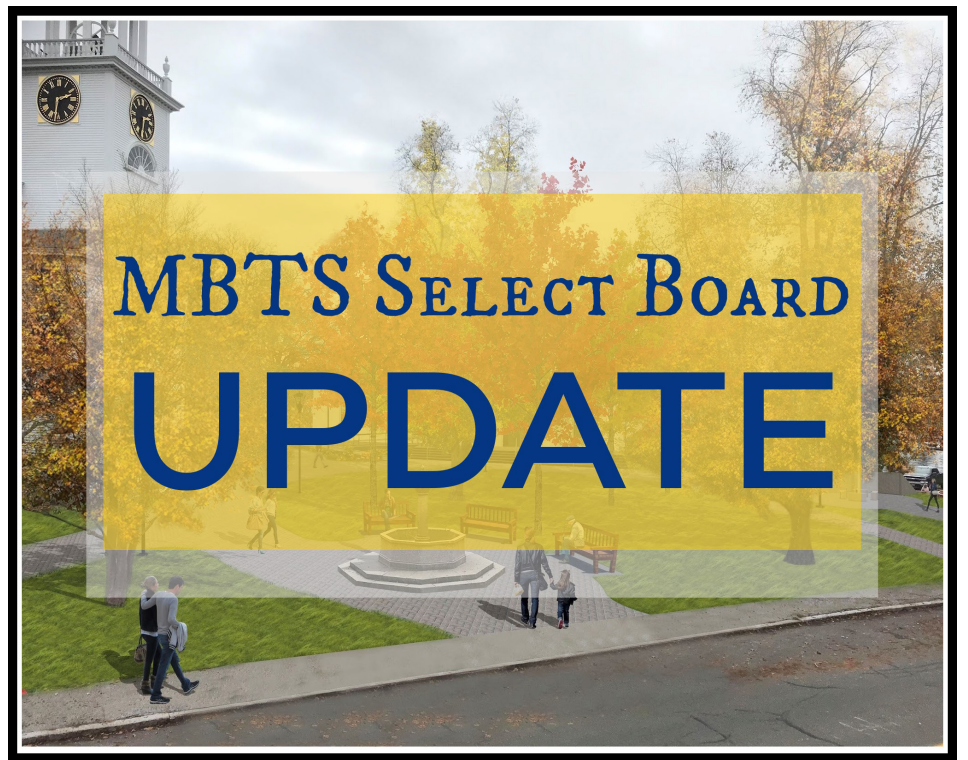
Manchester has recently updated its comprehensive emergency management plan (CEMP) and a new wildfire management strategy has been developed for the four communities of Cape Ann. A new regional shelter more inland is being established with the cooperation of a local college. An update to our hazard mitigation plan, a document that assesses possible types of disasters and steps to mitigate them, is about to get underway. Efforts continue to bolster even further regional cooperation and resource sharing.

As important as public safety agency actions are in a disaster, individuals play an important role as well. It is critical to pay attention to any emergency announcements and to follow instructions that may be issued.

Sign up for emergency notices. Have a family action plan ready to implement quickly with a "go-bag" handy that can sustain you and your family members for a few days. The Town sponsored a workshop on family emergency preparedness a few months ago and will do so again in the future. In the meantime, FEMA and MEMA (Federal and Massachusetts Emergency Management Agencies) have excellent resources on the web.

Making the community more resilient to potential disasters also means investing in new facilities or hardening existing ones to withstand disasters. Both our police and fire stations lie within flood zones and thus are vulnerable to large storms and rising sea levels. The sewer treatment plant has parts of its operations literally below sea level and sits at the harbor's edge. Changes are needed to ensure these critical facilities can remain functioning during storm events.

The Finance Committee and Select Board are working on a long-range facility capital plan that aims to address these and other needs. A major challenge, of course, is how to fund these large capital expenses without over-burdening taxpayers. Spreading projects out over time, tackling the most urgent projects first, will be an important part of crafting an affordable plan. Examining what resources can be reallocated toward the large facility needs is also part of the game plan. But make no mistake, new bonds will be needed to pay for needed capital projects and these bonds will require higher taxes. A period of heavy reinvestment in local infrastructure is upon us.



BOARD UPDATES

Town Hall Closed: Town Hall will be closed on Monday, January 20 in observance of Martin Luther King, Jr. Day. All trash, recycling, and compost collection will be delayed by one day.

Select Board Meeting: The Select Board will meet on Tuesday, January 21 at 6:30 p.m. due to the Monday holiday. Meeting details can be found on the Town website.

Design Review Committee: The Town is seeking two building design professionals to sit on the Design Review Committee, an advisory committee to the Planning Board. The committee will review projects submitted under the new Community Housing Overlay Districts that

were approved at the Special Town Meeting and provide an opinion to the Planning Board. Please submit a letter of interest to Town Planner Marc Resnick at resnickm@manchester.ma.us by February 3.

Finance Committee Vacancy: Due to a resignation, the Finance Committee is seeking a new member to join the board. If interested in serving, please contact Town Moderator, Alan Wilson at awilson@spyrockhill.net

Run for Local Office: Nomination papers are now available at the Town Clerk's office for the Annual Town Election to be held on May 20. Select Board, Planning Board, Town Moderator, School Committee, Library Trustee, and Housing Authority positions

will be voted on. Candidates must return papers with 29 valid signatures by April 1.

Rain Barrel Sale: DPW is offering rain barrels at a discount to residents once again. The deadline to order is March 23 and pick up is on April 5 at the DPW yard on Pleasant St. Visit manchester.ma.us/223/Public-Works.

Trash, recycling, and compost collection: Delayed Schedule. Please place curbside by 7 a.m. on day of collection. Transfer Station is open on Wednesdays from 7:30 a.m.- 3 p.m. and Saturdays from 10 a.m.-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 - 1935
The Manchester Electric Company announced a rate reduction to be effective at once on bills to be rendered February 1, 1935. This reduction will result in a savings to consumers of about \$4,000 annually. This is the fifth voluntary reduction that the company has made in the past six years.

The local basketball team under the management of "Brick" Mitchell came through for their second win Wednesday night at Horticultural Hall, when they defeated the 102nd Field Artillery team of Salem by the close score of 29 - 27.

75 YEARS AGO - 1950
A Community Winter Carnival is being arranged for the pleasure of the people of Manchester, to be held February 22, weather permitting, at the 18th hole at the Essex County Club. Ski, sled and toboggan races are planned for juniors, seniors and adults, with prizes for all.

Manchester's Library cases are always filled with interesting displays, and the button display, which is currently featured at the Library is no exception, rather it is one of the more interesting.

60 YEARS AGO - 1965
Russell Burgess, one of

the youngest bowlers in the Men's Bowling League showed the way Monday evening for his Giants teammates as he paced them, and also the league for the week, with a big 347 triple.

"Bring a Penny and Feed the Birds" has been the kindergarten slogan. When we had gathered enough pennies, we delegated our three young members of the Brown family to inquire if "their" store has wild birdseed. With Susan and Anastasia Brown carrying the money, Thursday afternoon and Rusty Brown acting in that capacity Friday morning, we visited Brown's Supermarket.

45 YEARS AGO - 1980
Box 64 was sounded at 10:56 a.m. on Saturday of last week for a chimney fire at the James Potter residence, Cobb Ave. Engine 1 and Ladder 1 responded.

Memorial School kindergarten classes will "switch" schedules on Monday, January 28, 1980. That is, the youngsters who are now attending in the a.m. will attend in the p.m., and those presently attending in the afternoon will be attending in the morning.

30 YEARS AGO - 1995
It was late on arrival but it

had to happen sometime. The first big winter storm hit the town on Wednesday and Wednesday night of last week taking many by surprise. It has been a while since the last winter storm and people were not used to driving in it. Up to 10 inches fell, seven of which were ocean enhanced. Manchester High School Debate continued its winning season by placing teams in quarter finals at the Lexington High School Debate Tournament, held in Lexington on January 13-14. At the end of the two days of competition, Manchester had nine trophies in what was a truly superior showing of depth as a team.

15 YEARS AGO - 2010
Representative Bradford Hill announced today that the town of Manchester-by-the-Sea has been awarded funds through the Student Awareness of Fire Education Program for fiscal year 2011. The town will receive \$4,815 in funds. At the Annual Meeting of the Board on Wednesday, December 8, 2010, the New England Aquarium elected 14 new members to its Board of Trustees and Overseers. Among those chosen for this prestigious honor was Thomas W. Lance of Manchester-by-the-Sea.



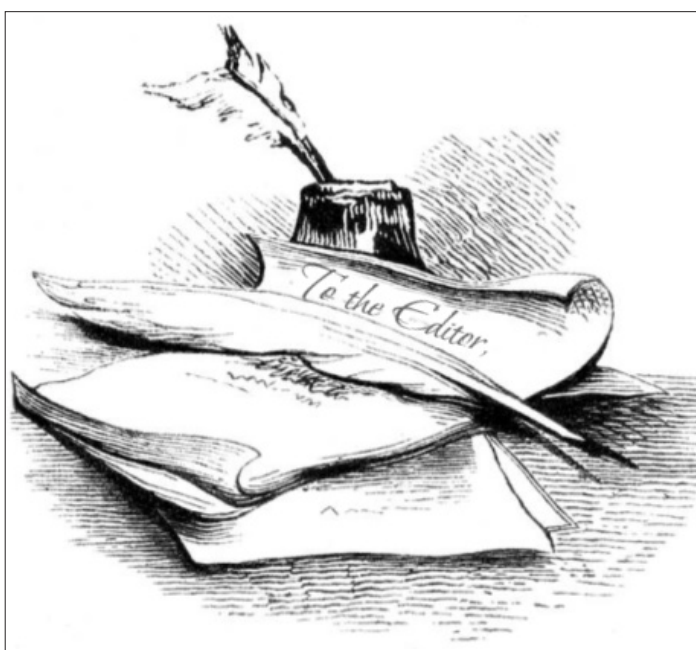
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Tides & Sun Chart For The Week Ahead

DATE	HIGH				LOW				☀	
	AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
17 Fri	1:36	9.0	1:43	10.0	7:41	0.6	8:16	0.0	7:07	4:39
18 Sat	2:15	8.9	2:23	9.6	8:23	0.8	8:53	0.3	7:06	4:40
19 Sun	2:54	8.8	3:03	9.1	9:05	1.0	9:31	0.7	7:06	4:41
20 Mon	3:32	8.7	3:45	8.6	9:50	1.3	10:11	1.0	7:05	4:42
21 Tue	4:12	8.6	4:32	8.1	10:37	1.5	10:54	1.4	7:04	4:44
22 Wed	4:57	8.5	5:24	7.6	11:30	1.7	11:42	1.7	7:04	4:45
23 Thu	5:47	8.5	6:24	7.2			12:27	1.8	7:03	4:46



The Cricket publishes every letter it receives. However, letters should be original (no reprints), no more than 400 words and written in a general spirit of discourse, signed and include an email/phone and a valid address in case we have questions. Letters may be edited for clarity and accuracy. We have a “one letter, one person, one topic” policy, so please do not send multiple letters on a single issue. We do not publish press releases, anonymous letters, those judged to be libelous or an invasion of privacy. Longer pieces (up to 1,000 words) may be submitted for consideration as an Op-Ed Commentary. **Please send submissions to letters@cricketpress.com.**

Manchester Deserves an Innovative, Sustainable Public Library

To the Editor,

This week we learned that Manchester-by-the-Sea Public Library was not selected to receive a Massachusetts Public Library Construction Program grant. The field was quite competitive with 22 libraries applying for assistance. Included in the announcement made by the MBLC at their meeting on Thursday, the libraries that were waitlisted will, at a minimum, wait until 2029-2030 to receive funding. Libraries applying for a new round of grant funding will wait even longer.

Based on information received last year from our community through surveys and focus groups and from our building condition assessment, we strongly believe that the library must continue

to plan for a renovation/expansion project now.

In the next few weeks, the library will begin the process of creating our next five-year strategic plan. With additional feedback from community members, stakeholders, staff and the Town administration, we will be asking you to help us plan our direction for the future.

We believe that Manchester-by-the-Sea deserves an innovative, sustainable library. To achieve that, a long-awaited transformation is necessary. By preserving the unique character of our historic building while expanding its capabilities, our library can become a vibrant hub of innovation and community.

Please stay tuned for opportunities to help shape our library of the future!

**Cynthia Gemmill
Manchester**

LIBRARY NEWS



65 individual artists submitted 72 stunning tiny works of art currently on display for the MBTS All Ages Tiny Art Show, through January. Stop by the library to view their tiny but mighty work. Courtesy Photo

This week at the library: look for author talks, a Tarot workshop, a brain health talk and much more.

Library Closed

Monday, January 20 in observance of Martin Luther King, Jr. Day.

Author Hours (Virtual)

Friday, January 17 from 7-8 p.m. Author Jessie Garcia will discuss her new thriller, “The Business Trip”.

Tuesday, January 21 from 7-8 p.m. Author James Gripando will discuss his new legal thriller, “Grave Danger”.

Wednesday, January 22 from 7-8 p.m. Author Leah Konen will discuss her new thriller, “The Last Room on the Left”. Thursday, January 23 from 7-8 p.m. Authors Scott Turow and Alafair Burke will discuss their newest thrillers, in a conversation

with Dwyer Murphy, editor-in-chief of CrimeReads.

Friday, January 24 from 7-8 p.m. Author Vicki Delany will discuss her new cozy mystery novel, “The Incident of the Book in the Nighttime: A Sherlock Holmes Bookshop Mystery”.

Women’s Fiction Book Recommendations

Thursday, January 16 from 6:30-7 p.m. Join bestselling author, Kristan Higgins, for 30 minutes of pure book recommendations, the best of women’s fiction out there.

Tarot Talk Workshop

Thursday, January 23 from 5-7 p.m. Join Leeza Masia from The Tarot Collective for a Tarot Talk workshop. We will talk about how tarot cards can be a wonderful tool for self-reflection and self-discovery, as well as intuitive development. Tarot reading encourages us to reflect on ideas that can help develop a sense of who we are and where we are on our life’s journey.

Six Pillars of Brain Health with AARP (Virtual)

Monday, January 27 from 2-3 p.m. It’s never too late to take charge of your brain health. You will learn about the six pillars of a brain-healthy lifestyle, discover brain boosting activities, and be inspired by others.

AI Unveiled: Exploring the Promise, Perils, and Potential of AI

Tuesday, January 28 from 6-7 p.m. Imagine a world where computers can think, learn, and even create. Welcome to the world of Artificial Intelligence (AI). In this presentation, we’ll take a journey through the exciting world of AI, exploring its history, its amazing applications, and even the potential risks.

Dungeons and Dragons for Adults (Virtual)

Monday, January 27 from 7-9 p.m. Whatever your level of experience come join us

for a one-shot adventure. Hamilton Wenham’s Reference and Technology Librarian, Lindley and Adult Services Librarian, Maddy will be your Game Masters for these two-hour sessions

Knit Together

Tuesdays from 2-3 p.m. New to knitting? Start a simple project with needles and yarn provided by the library. Hoping to make some gifts for the holidays? Begin a new project or finish one you’ve already started. Enjoy tea, cookies and company.

Tai Chi: The Longevity Tree Tai Chi Location Changes

Every Wednesday from 9:45-10:45 a.m.

Manchester local Susan Halpern will continue her weekly Tai Chi class for ages 18 and older. The class will be moving locations as the weather changes and only those who have completed the Safety Release Registration Form on the library’s website, will get weekly location emails.

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.

Digital Advice Appointments on Monday and Drop-in on Friday

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

Mindfulness Meditation at the First Parish Church Meeting Room

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.

Mindfulness Meditation at the First Parish Church

Tuesdays from 5-6 p.m. Evening meditation happens weekly at 5 p.m. except for the third Tuesday of the month.

Shut Up and Write (Virtual)

Every Thursday from 10 a.m.-12 noon. 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: Join the Teen Advisory Board (TAB)

High school students who join the group will be involved in adding items to the library’s collection, promoting special events, planning the annual Haunted Library and more. You will get community service hours for school and pizza. Contact Tom Russo, the YA librarian.

MPL Children’s Events:

2025 All Ages MBTS Tiny Art Show Reception

Saturday, January 25 from 1:30-3 p.m. Come and enjoy the community art show which will be on display until January 31.

Community Game Night

Tuesday, January 23 from 4-6 p.m. Come on by with your game face on, all ages welcome, snacks provided. Please register.

Graphic Novel Club

Wednesday, January 22 from 4-4:45 p.m. Snack and activity will be provided. This month’s pick is “Summer Vamp” by Violet Chan Karim. For grades 4-7.

Little Learners Playgroup

Thursdays from 10-11 a.m. Join this weekly playgroup presented by Early Childhood Partners CFCE. Please register.

Fall and Winter Storytime

Wednesday’s from 10:30-11:15 a.m. Ages 0-3

ScottEnergy Community Bulletin Board

AMERICAN LEGION POST 113

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Food cup of soup, ramen, mac & cheese cups, individual containers (apple sauce, etc.), tuna, power bars, beef jerky, cookies, nuts, popcorn, etc.

Toiletries toothbrushes, shampoo, skin cream, deodorant, disposable razors, baby powder, sunscreen, chapstick, vaseline, etc.

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Knights of Columbus Free Throw Championship

Massachusetts Council 1232 Knights of Columbus is pleased to sponsor the Knights of Columbus Free Throw Championship to be held Sunday, January 26. This is the third year for the competition.

The competition will be held in the gym at Manchester Memorial Elementary School and is open to all boys and girls who are residents of Manchester and Essex and / or students of MERSD, ages 9-14 years old. (as of 01/01/2025).

Where: Manchester Memorial Elementary School

When: Sunday January 26
Time: Registration 11 a.m. Start 11:30 a.m. / Free Throw Contest 11:30 a.m.-1:30 p.m.

It’s FUN and it’s FREE. There will be FREE snacks for all and AWARDS for the winners for each age group. And we’ll finish up with a drawing for two (1 boy and 1 girl) \$50.00 gift cards to Dick’s Sporting Goods that

all of the kids are eligible for.

Plaques for boys and girls will be awarded to winners in each age group. The winners will then be eligible to compete in the Regional Championship to be held in the coming months. In the last two years Manchester / Essex winners went on to victory in District and Regional Championship competition.

Pre-registration is encouraged by completing the Entry Form in advance and can be obtained from and be emailed to Fred Newton or David Slade.

Walk-in registration will also be available starting at 11 a.m. in the gym. Parents are required to sign their child’s application for consent and age verification. There is NO FEE to participate.

We hope everyone can make it and don’t be shy about inviting friends that may not have participated in the past. If they are between 9 and 14 years old as of January 1, 2025, they’re eligible.

If you need any additional information, don’t hesitate



to contact Fred Newton or David Slade. We’d be happy to answer any questions you might have.

Fred Newton
C: 508-725-7017
E: Fred@sovereignra.com

David Slade
C: 978-767-0297
E: davidwslade99@gmail.com

We look forward to seeing kids shooting on the court!



Washington State Porcini, *Boletus edulis*. Photos: Gary Gilbert

Mushroom of the Week: Turkish Porcini Rollups

By Gary Gilbert

Porcini mushrooms are one of the world's most cherished edible mushrooms. They are hunted all over Europe and the United States. I have literally seen truckloads of them in the fall in Italy and have filled my own truck with them in Colorado, where they grow in great abundance as they do on the west coast.

This recipe, for "Turkish Porcini Rollups," is one example of cooking with mushrooms that are better dried and reconstituted, rather than fresh. I find their flavor is nuttier and more concentrated when they have been dried and then brought back to life with a little broth or cream, depending on the recipe.

Porcini, or *Boletus edulis*, are a perfect match for risottos and shine in this simple appetizer that I learned while hunting them during a "mycotourism" expedition in Turkey this past fall. We found many interesting and edible fungi in parklands near Istanbul as well as in the oak forests to the north, approaching the Black Sea. Most of Turkey's mushroom harvest is exported to nearby countries such as Italy and, surprisingly, you don't see many of their edible species in marketplaces or served in restaurants. They tend to use the same kinds of mushrooms we do: white button mushrooms, oysters, and shiitakes in their local dishes.

Other mushrooms such as fresh Portobello, Shiitake,

Morels, white button mushrooms, or Hen of the Woods could easily be used for this appetizer as well, but my favorite are Porcinis.

Whether you use fresh, or reconstituted, you should have a volume of about 1½ to 2 cups of minced mushrooms, no larger than ¼ inch cubes. What gives it a distinctive Turkish flavor are the nuts, feta cheese, sesame seeds, and nigella seeds which combine into something magical and distinctly Turkish.

Turkish Porcini Rollups

(45 mins, makes 35-38 rolls)

- 1 onion, med. size, finely minced
- 3 cloves garlic, crushed & chopped
- 2 tsp basil, dried
- 1/8 C madeira
- 1 C porcini, dried, minced no larger than ¼" (or double the volume if using fresh)
- ½ C button mushrooms, finely minced
- 1 C heavy cream
- ½ C walnuts, finely chopped
- ½ tsp salt, ¼ tsp black pepper
- Phyllo dough, about half a 12 oz. package
- 8 Tbsp butter, melted
- Feta, crumbled, 12 oz. or so
- Sesame seeds, nigella seeds (an important ingredient)

Preheat oven to 400 degrees.

To make the filling, start by reconstituting the mushrooms in cream if you are using dried ones. Heat the cream to almost boiling, then



Turkish Mushroom Rollups

mix the mushrooms in and put them aside for at least 5 minutes. In a separate pan,

sauté the onions on medium-low heat until translucent. If using fresh mushrooms,

increase the heat to medium and add them to the onions and cook 5-10 minutes until

they lose their water and reduce. Add the garlic and basil for 1 minute. Add the madeira and cook until the pan is almost dry again. If using reconstituted mushrooms, add them now with the walnuts, and heat on medium-low for about 5 minutes. It's fine if the cream boils and reduces slightly. (Heavy cream can handle the heat but other types of cream will break and separate.)

To assemble, open the phyllo roll and lay it flat. Keep it covered with a damp cloth because it dries out quickly. Cut 1 sheet into 8ths. Moisten a few of these sections at a time with melted butter using a pastry brush, then add a small amount, about ¾ a tablespoonful of filling and about half this volume again of finely crumbled feta cheese. Roll them up just enough to fold the sides in and continue to roll once or twice only. Use just enough phyllo to make a roll so the result is more about the filling, than the crunchy phyllo dough. About a two-inch thickness usually works, trimming off any excess phyllo. Place on parchment paper in a flat pan. Wet the tops of the rolls with butter, cover with sesame and nigella seeds and bake at 400 degrees for 15-20 minutes until slightly browned. You can easily reheat before serving. *Teşekkürler!* (Thank you!)

Gary Gilbert serves on the Executive Committee of the Boston Mycological Club, lectures, and leads mushroom identification walks throughout the country. He is the author of "Mycocards", flashcards for learning mushroom identification (mycocards.com.) You can find his recipes here in *The Cricket* and in *The Fantastic Fungi Community Cookbook*. Gary resides in Manchester-by-the-Sea.

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ME Girls Hoop Buoyed by Early Season Challenges

By Jason Brisbois

It hasn't been an easy launch for the Manchester Essex girls' basketball team, but the gauntlet they have faced over their first five games of the 2024-25 season could help this team down the line.

The Hornets started the winter off on a positive note with a win over Cape Ann League rival Lynnfield at home, then sandwiched five losses in between the season opener and a win over Essex North Shore Agricultural and Technical on January 10.

We opened the season with a win over Lynnfield and just had a good win over Essex Tech that came down to the wire," explains Manchester Essex girls basketball coach Lauren Dubois. "The team showed a lot of character to come from behind and get the win."

During that stretch, the team also faced off against basketball heavyweights like Danvers and Masconomet - larger schools with deeper rosters - which hopefully will provide character-building opportunities and lead to improvement in the near future.

"Playing against good competition makes us better," explains Manchester Essex girls basketball coach Lauren Dubois. "We have to focus on the process. We can identify the areas we need to work on more in practice and improve."

Aside from the recent win, the Hornets have shown signs that things could click into place for them. Manchester Essex has gotten balanced scoring from a number of players including Ella Arntsen (6.4 points per game), Penelope Riggs (5.7 ppg) and Lily Oliver (5.7 ppg), and have put in a good effort on defense.

"We have been playing good defense and doing a good job pressuring the ball," says Dubois. "We are moving better on the offensive end and creating opportunities to score."

While the scoring has been pretty evenly distributed among the team, many of the players on the squad have shown they are adept at the fundamental aspects of the game as well.

"We have had a lot of people stepping up on different nights," explains Du-



ME Hornet Ella Arntsen drives to the bucket in a match against Ipswich on Monday night. The game ended with the Hornets taking the W, 57-22.

bois. "Tess Carpenter has been creating havoc on defense and shooting well behind the arc. Tori Moulton has stepped up on defense to help take on some key defensive assignments. Emerald Jakes has helped break the press. Isabelle Donnellan Valade has been battling on the boards and been a great leader."

The Hornets are now in the thick of their Cape Ann League schedule, with a home game against Ipswich slated for January 13, which at press time resulted in a 57-22 win for the home team, a road game against Lynnfield scheduled for two days after that and a home matchup with Amesbury to finish out the week on January 17 (6:30 p.m.).

"[These are] all league games so we want to be playing our best basketball," says Dubois. "Each team plays a different style, so we need to be prepared for a lot of different defenses."



Monday night's game with the Ipswich Tigers turned into a rout. Here Kacey O'Connell is in the paint against a strong defender.

In the Hornets Nest

Girls Basketball

Last week the Hornets went 1-1 in two hard fought Cape

Ann League contests. On Tuesday the Hornets traveled to Georgetown.

Hornets the lead at half, but the Royals turned up the intensity and took the lead by the end of the 3rd

as the Hornets struggled to score. Georgetown went on to win the game 31-33. Penelope Riggs scored 12 points and Emerald Jakes Tess Carpenter both had 7. Anna Gardner added 3 and Lily Oliver and Tori Moulton each added 2.

On Friday the Hornets hosted Essex Tech. The Hornets struggled to score in the first half and were trailing by 7 points going into the 4th quarter but a strong defensive effort and solid shooting down the stretch gave the Hornets a late game lead. The Hornets won 33-31. Tess Carpenter had 7 points and

Kacey O'Connell 6. Penelope Riggs and Ella Arntsen each added 5 while Emerald Jakes and Isabelle Donnellan Valade both had 4. Tori Moulton and Anna Gardner each added 1. The Hornets are at 2-5 on the season and 1-3 in the Cape Ann League.

DESE Will Conduct Tiered Focused Monitoring Review at MERSD

During the week of March 3, 2025, the Department of Elementary and Secondary Education's (DESE's) Office of Language Acquisition (OLA) will conduct a Tiered Focused Monitoring Review of the Manchester-Essex Regional School District. The Office of Language Acquisition reviews each district's and charter school's ELE program every six years to monitor compliance with federal and state English learner education laws and regulations. Areas of review will include English learners' student assessments, iden-

tification of English learners; what programs English learners are placed in, parent and community involvement, curriculum and instruction, student support services, licensure requirements for faculty, staff and administration, program plans, and evaluation and recordkeeping.

In addition to the onsite visit, parent outreach is an important part of the review process. The district will send a survey to the parents of students whose records the review team examines. The survey focuses on key areas of their child's English

learner education program. Survey results will be reviewed by OLA and they will contribute to the monitoring report.

Parents and other individuals may call Samantha Kodak, Office of Language Acquisition Review Chairperson, at (781) 338-3561 to request a telephone interview. If an individual requires an accommodation, such as translation, to participate in an interview, DESE will make the necessary arrangements.

Within approximately 60 business days of the onsite visit, the review chairperson

will provide the (district or charter school) with a report with information about areas in which the (district or charter school) meets or exceeds regulatory requirements and areas in which the (district or charter school) requires assistance to correct or improve practices. The report will be available to the public at <https://www.doe.mass.edu/ele/cpr/>.

For more information contact: Allison Collins, Ed.D., Director of Student Services, Manchester-Essex Regional School District.

Thank you,

Shelley Mullarkey
Special Education
Administrative Assistant
Manchester Essex Regional
School District

Boston Globe All-Scholastics

Golf:
All-Scholastic All-Stars Gray West CA All-Star & Junior Captain Matt DeOreo and Jack Lawler

Boys Cross-Country:
All-Star Henry Stevens

Football:
All-Stars Cian Brennock, Zach Hurd and Walker Valero

Boys Soccer:
All-Stars Finn Birkeland and Sammy Bothwell (MVP)

Girls Soccer:
All-Star Madi Cook

Field Hockey:
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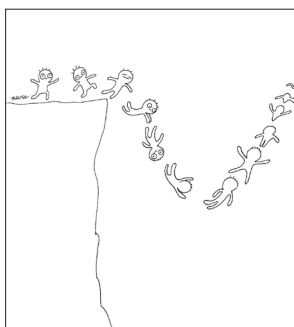
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Off at School and Doing Great

Local students enrolled in college are now returning from their academic year, but now is the time that colleges and universities across the country announce last semester's successes from local students. We're happy to see that so many are doing well and have achieved academic honors:



Manchester's **Gianna Huett** made the **York College of Pennsylvania** Dean's List for the fall semester. Huett is

a Senior Advertising & Digital Marketing major. More than 1,400 York College students made the Dean's List in the Fall 2024 semester. To be

eligible for this honor, a student must be registered for at least 12 academic credit hours and earn a semester GPA of 3.50 or higher. Established in 1787, York College of Pennsylvania is a private, four-year college located in the city of York, a hub of arts and industry between Baltimore and Philadelphia.

Sneha Rising and **Lila Carpenter**, both of Manchester, have been named to the Dean's List at **Lasell University** in Newton, Massachusetts. Lasell students must complete at least 12

credits as a full-time student and achieve a semester GPA of 3.5 or higher.

Essex resident **Katherine Kuhl** was named to Dean's List at the **University of Connecticut's** fall semester. Founded in 1881, the University of Connecticut offers 14 schools and colleges and more than 115+ undergraduate majors on four campuses.

Brennan Twombly from Manchester has earned Liberty League All-Academic honors in recognition of academic excellence at **St. Lawrence University**.

...(Continued on page 8)

ESSEX ECHO.

Town Administrator's Report

Board of Selectmen's Meeting of January 6, 2025
Report covers from December 14, 2024, 2024 to January 3, 2025

Continued Review of Draft Annual Town Meeting Topics

At the last meeting, the Board reviewed a preliminary version of a topics list for the Annual Town Meeting in May of 2025. The TA has revised the list in accordance with the Board's guidance.

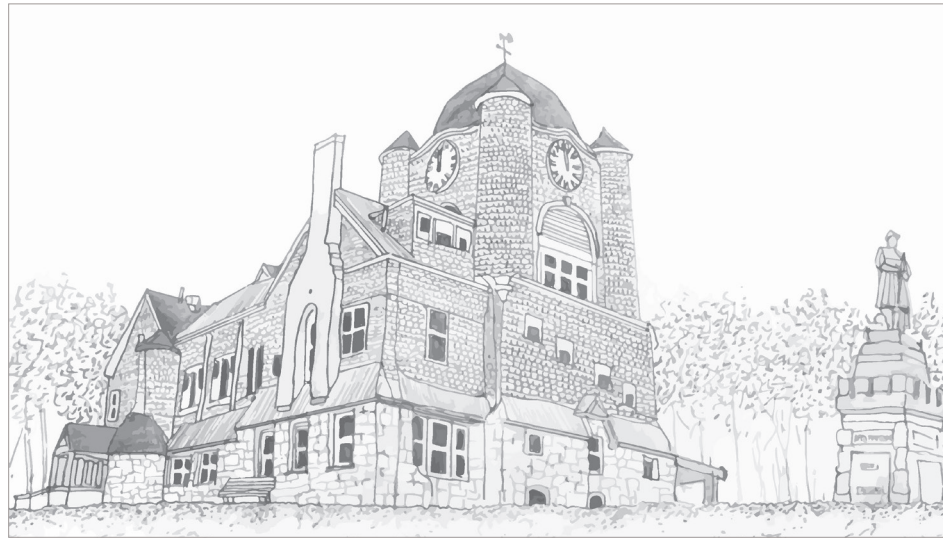
IT Community Compact Grant Application

The subject grant opens for applications on January 6, 2025 and the Town is in need of replacement of fiber optic network switches (current switches are about eight years old). The grant program will cover this type of purchase and we have received quotes on new equipment through our IT consultant (cost will be approximately \$40,000 including technical assistance for installation and configuration).

Essex Causeway Technical Assistance Grant Update

The Boston Region Metropolitan Planning Organization (MPO) has continued to pull together material for a public forum concerning possible solutions for expected more frequent flooding of the Essex causeway. Selectman Phippen and the TA participated in a planning session with MPO personnel on December 16, 2024 and the MPO has set the public forum for January 29, 2025.

The goal of this technical assistance grant is to provide a preliminary analysis of some potential future options and we are hopeful that these recommendations will help shape the Federal PROTECT grant applica-



tion we are working on with MassDOT (see item K3). The PROTECT grant project, if awarded, will review the issue in a much more detailed manner and will consider all of the options and alternatives. Personnel from the MPO also participated in a discussion with officers of the Greater Cape Ann Chamber of Commerce, Chairman Pereen, Economic Development Committee Chairman Harris, and Mr. Zubricki on December 18, 2024 to begin getting input from the business community concerning the study. The Chamber is planning a listening session on January 22, 2025 for MPO personnel to answer questions from the business community and to get additional input in advance of the public forum.

Federal PROTECT Grant Application Planning for Possible Causeway Study

As the Board is aware, Selectman Phippen and the TA are helping to coordinate an application to the US Department of Transportation's Promoting Resilient Operations for Transformative, Efficient, and Cost-saving Transportation (PROTECT) grant program. The grant application to study future

flooding and solutions for the Essex Causeway will follow the conclusion of a preliminary study that is now being conducted by the Boston Area Metropolitan Planning Organization (MPO) - see item K2.

Selectman Phippen and Mr. Zubricki participated in a meeting involving personnel from the Massachusetts Department of Transportation (MA DOT) and from DOT's consultant, VHB, on December 18, 2024. VHB is taking the lead on the application after DOT personnel and the TA developed a preliminary draft of the application using the US DOT's template. VHB will be drawing upon many sources, including the extensive work that was done by the Town as part of the exploration of the Apple Street roadbed elevation project. The team plans to meet every two weeks up to the grant submission deadline and the requested funding amount will likely be in excess of \$850,000. The next update session with VHB is set for January 8, 2025.

Hazard Mitigation Plan Quarterly Report

The TA filed the subject report for the quarter ending

December 31, 2024 with the Massachusetts Emergency Management Agency during the week of December 16, 2024. The Hazard Mitigation Plan is presently in a holding mode with our consultant (the Metropolitan Area Planning Council - MAPC) while MAPC adjusts some of the wording to comply with new guidelines just released by the Federal Emergency Management Agency (FEMA). Once that work has concluded, MAPC will bring the draft final report back to the Board for review and approval.

Christmas Holiday

The office was closed on December 25, 2024 in observance of the subject holiday.

New Year's Holiday

The office was closed on January 1, 2025 in observance of the subject holiday.

Town Administrator Leave

The TA was out of the office, on leave, for portions of the day on December 24, 26, 30, and 31, 2024.

This report is available at www.essexma.org on the morning after any regularly scheduled Essex Board of Selectmen's Meeting.

LIBRARY NEWS

T.O.H.P. Burnha
Public Library



Despite the snow, 43 guests came out for an afternoon of Mini Golf at the Library with "Mobile Mini Golf." (Courtesy Photo)

Library Closed

The Library will be closed on Monday, January 20 in observance of Martin Luther King, Jr. Day.

Drop-in Craft

Saturday, February 1, families stop by with your littles for a drop in craft and a snack.

Extended Library Hours

Starting Saturday, February 1, Saturday hours will be extended one hour and patrons can stop by from 10 a.m.-1 p.m.

Community Rummikub

Saturday, February 1 from 10 a.m.-12 noon. Join other players the first Saturday of the month to enjoy this popular game.

Dungeons & Dragons Club

Wednesdays from 5:30-7 p.m. for grades 6, 7 & 8, this will run for six weeks. Space is limited so please register.

Community Book Group

Monday, January 27 at 10 a.m. for a discussion of "The Life and Times of the Thunderbolt Kid" by Bill Bryson.

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.

STEAM & Stories

Mondays at 9 a.m. for ages 2-6 years with their adult, join Ms. Christine to listen to stories, then explore science, technology, engineering, art and math.

Weekly Storyhour

Wednesdays for Ages 0-2 at 9 a.m. Ages 3-5 at 10 a.m.

ESSEX SENIOR LIVING | JAN 17

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

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

Fitness Fun with Gil: Wednesdays, 10 a.m.: Start your day then 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 Ben-

nett 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.

Town of Essex to Host Webinar on Housing Affordability and Development Trends

The Town of Essex is inviting residents and stakeholders to participate in an upcoming webinar at 7 p.m. on Tuesday, January 30. The educational session will focus on housing affordability in the community.

This important event will provide an overview of the current state of housing in Essex, featuring key data on affordability, recent development trends, and shifting demographic patterns. With housing costs on the rise, this webinar is part of the town's first ever housing production plan, "Welcome Home Essex," an effort to address the challenges and opportunities related to affordable housing.

The presentation, in partnership with the Metropolitan Area Planning Council (MAPC), will highlight detailed findings on housing availability, income disparities, and local development constraints, including how these factors intersect with Essex's unique character and infrastructure challenges. MAPC staff will provide insights into how these



trends impact residents and explore potential pathways forward to ensure that Essex can be affordable for people at all stages of their life. Public input is a vital part of this process, and attendees will have the opportunity to share their perspectives and ask questions.

"Essex is at a critical juncture in addressing housing affordability - we know people are struggling with

housing costs" said Ruth Pereen, Chair of the Board of Selectmen. "As a community we need to understand the data, identify the challenges, and move forward to create a more affordable town for everyone."

The webinar is free and open to the public, and all residents are encouraged to attend. Registration is required and can be completed at mapc.ma/essex

housingwebinar. Join the conversation and help shape the future of housing in Essex!

Welcome Home Essex will meet all the requirements of a housing production plan, which helps communities understand their housing needs, set housing goals, and identify strategies to achieve them. The process is meant to engage people from all over Essex, especially groups that have been historically underrepresented. This includes people of color, low-income residents, renters, and others.



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Nancy Coffey's History

By Christiane Alsop

Years ago, on one of my walks through the woods of Beverly Farms, I stopped at the sight of the remnants of a small house. Mysterious, I thought, here in the dark forest off Greenwood Avenue.

A few years later, I joined a walk through these same woods guided by the historian Nancy Coffey. Mystery solved. The house, she explained, marked the location of the Connolly Brothers' shanty town called The Crush, where Italian immigrants had fed a gigantic machine with the granite they had extracted from the cliff side quarry.

I felt grateful to my guide. Learning who has lived here before me, I realized, makes me feel more at home.

I've participated in many a walk Nancy Coffey offered, and attended many a talk she presented on the immigrant working class in Beverly Farms who made possible the daily life in the big estates on this former Gold Coast.

What's Nancy Coffey's story, I wondered? What drove her to explore the lives of the people who have been here before us?

She allowed me to find out.

Our conversation started with her time in East Africa. The years in college and at Yale University had evoked in her a sense of wanderlust and the will to promote education and peace. In 1966 she quit her job as a history teacher in New Haven and joined the Peace Corps. The organization assigned her to teach English history at a girl's boarding school in Uganda run by British nuns. "You wonder what good it did for Ugandan girls to learn English history," she mused and laughed. "I was only a chapter ahead of my students, but



Local historian Nancy Coffey sharing the archives she utilizes for her work on the history of the working class of Beverly Farms. Photo: Kris McGinn

I learned a whole lot more than they did."

At the end of her two years, she didn't take the straight way home. Too tempting were the little prop planes all around Ethiopia that could take off from a patch of grass to land on a cliff's edge, allowing her to see some of the Seven Wonders of the World. Looking down at a church in Lalibela, cut deep into the rock, she wondered about the people who extracted

it with axes, hammers and chisels. And what about the life of those who had built the palaces in Lebanon's Karnak?

Those were the questions she carried home and into her new job as a history teacher in Norwell, south of Boston. Her students learned to ask these same questions:

Who did the work?

With the love of her life, Dan, a newspaper reporter, she wanted to live near the

ocean and near a train station. The newlyweds found a home on Beverly Farms' Haskell Street. You'd never expect to find nine rooms in such a small house built in the 1890s by an Irish immigrant for Irish immigrants.

"When I looked at the census data," Nancy explained, as though this is just what people do when they move into a new home, "it showed a total of 12 people. How did all these families manage

to cook their meals?" Just the kind of question Nancy Coffey would ask of her surroundings.

With her husband at work, days with her two toddler-aged daughters could stretch out into eternity. Nancy pined after her times in the peace movement, explored, and found community in a small group of Quakers in Beverly.

"I admired the work of Helen Caldicott and was able to start a Nuclear Weapons Freeze Committee in Beverly," she says casually, as though this is just what stay-at-home mothers do.

This stay-at-home mom also volunteered at the Beverly Historical Society, an organization that seemed frozen in time. But the upcoming bicentennial of the Cabot House in 1976 served as a chance to defrost a prior half-century old exhibit. And sure enough, up went an exhibition about Beverly's role in the American Revolution, followed by one about local churches, and one on Beverly's Italian community.

When Nancy needed to get a full-time position, she left her part-time engagement at Glen Urquhart School to work

What's Nancy Coffey's story, I wondered? What drove her to explore the lives of the people who have been here before us?

in Lynn. She taught adults basic literacy, and prepared them for the Graduate Educational Development Test (GED). Not the kind of endeavor you'd expect a history teacher to pursue; yet Nancy Coffey saw it as a chance to encourage her students to explore the same questions:

What about the work of those who made your life, your community, your history happen? She found this

job so fulfilling, she stayed until the tender age of 70.

Retiring meant re-firing her scholarly pursuits.

She asked her 90-year-old neighbor Frank Albano how he had found his way to the Farms as a teenager. His stories led her to The Crush near Greenwood Avenue. She realized that while the stories about the Gold Coast's summer residents had been preserved, the stories of those who had worked here had been neglected. Time to start The Beverly Farms History Project.

But would the people of Beverly Farms open up to her, the outsider, who had grown up in the foreign lands of North Beverly?

To find out she announced a quiz and a scavenger hunt. Farms residents came in droves. They offered to share how their grandparents and great-grandparents had journeyed from afar to live and work on the estates, tend their gardens, wash their dishes, or run a business on West Street.

Nancy taped and transcribed these stories.

Nancy sat in libraries and archives to study maps and deeds, city directories and scrap books.

And Nancy wrote a book about one of the mansions on Boston's former Gold Coast, Edgewater House, telling the story of its several owners, while also detailing the living and working conditions of butler, footmen and chambermaids.

Now, she is at work on a book about the history of the working class in Beverly Farms - just what a woman does at the tender age of 84.

Thank you, Nancy Coffey, strong pillar of our community.

By exploring the work of those who made our life, our community, and our history happen, you enable all of us to feel more at home here in Beverly Farms.

Christiane Alsop is a writer and resident of Beverly Farms.

Hammond Castle Museum to Host Winter Programming for the First Time in a Generation



Events starting this month run through March, and are designed for a wide variety of ages and interests.

For the first time in a generation, Magnolia's Hammond Castle Museum will be open during the winter months and has orga-

nized a robust slate of new programs and events. The expanded schedule may be a signal of the museum's goal to test year-round experiences focused on unique history, artistry, and educational initiatives.

Hammond Castle Museum is an incredibly unique museum, not just for Cape Ann but compared to museums nationally. Constructed between 1926 and 1929 and established as a museum in 1930, the castle was the home

and laboratory of John Hays Hammond Jr. and, today, is listed on the National Register of Historic Places.

Historically, the winter months were set aside for restoration work," said executive director, Linda Harvey. "We look forward to the new events these events will bring to Hammond Castle Museum during what was traditionally quieter months at the Museum."

The museum will not offer a regular tour schedule.

Instead, the winter programming that begins this month and runs through March includes an array of events designed to appeal to diverse interests:

Sunday, January 26: An Afternoon with Kevin V. Coan: An Evidential Medium

Time: 1 - 3:30 PM

Details: Join renowned evidential medium Kevin V. Coan in the candlelit Great Hall for an extraordinary group reading. Kevin will share messages of comfort and connection from loved ones who have crossed over. Please bring a printed photograph of a departed loved one to facilitate readings. Coffee and pastries will be served. Copies of Kevin's biography, *Witness to the World Beyond*, will also be available.

Reserve Your Spot Here

Friday, February 7: William Howard Taft & John Hays Hammond Sr.: An Examination of the 27th President of the United States and the "Man with the Midas Touch"

Afternoon Session: 2 - 3:45 PM

Evening Session: 6 - 7:45 PM

Details: Curatorial Director John Leysath explores the relationship between mining magnate John Hays Hammond Sr. and President Taft. Gain insight into their political influence and lasting lega-

cies. Coffee and refreshments will precede each session.

Reserve Your Spot Here

Sunday, February 9: Frozen Princess Party

Sessions: 11 AM - 12:30 PM & 1:30 - 3:00 PM

Details: Families are invited to an enchanting day with Queen Elsa in the Great Hall. Enjoy storytelling, singing, a hot cocoa bar, and a royal red-carpet parade. Perfect for children and parents alike!

Reserve Your Spot Here

Sunday, February 23: Dungeons & Dragons Presented by Danger Wizard (SOLD OUT)

Time: 1 - 5 PM

Details: Experience the magic of role-playing games in the medieval ambiance of Hammond Castle Museum. Guided by professional Dungeon Masters, this event welcomes all experience levels. Pre-made characters and rule overviews will be provided. Teens aged 15-18 will have their own dedicated table.

** NOTE, this event is full for game participants but still open for spectators. Come on down!

Reservations are required.

Additional Winter Events include:

- **February 17-21:** Kids Free During the School Vacation Week: Self-guided tours for families and children up to 12 years old.
- **Saturday, March 1:** Venetian Carnival: A magical evening featuring masks, music, and revelry.

BRUNCH BUFFET

Kettle Cove Catering & Amaral-Bailey Post 113 Present Brunch at the American Legion

**Sunday, January 26, 2025
10:00am - 1:00pm**

BRUNCH BUFFET

Adult.....\$15/person
Children 10 and under.....\$5/person
Tickets will be available for purchase at the door or online—just scan the QR code below!

Brunch buffet includes:

- French Toast
- Scrambled Eggs
- Bacon
- Sausage
- Fruit Cup
- Juice and Coffee

DRINKS Make your brunch even better — delicious drink options available for purchase at the bar!

Mimosas
Bloody Mary
Aperol Spritz
Irish Coffee

<https://square.link/u/3jeb28oz>

Amaral-Bailey Post 113 American Legion
14 Church Street, Manchester-by-the-Sea

...(Continued from page 6)

Twombly is a member of the Class of 2027 and a member of the Saints Football team. To be recognized as a member of the All-Academic team a student-athlete must be a sophomore or higher in class standing and enrolled full-time with a cumulative grade point average of at least 3.30. Founded in 1856, St. Lawrence University is a private, independent liberal arts institution of about 2,250 students located in Canton, New York.

North Shore Community College announced the following students have

achieved Dean's List. Students for the Fall 2024 semester are, from Essex, **Julia Bundy, Deven Lichtenwald, Daniel Morgan, Sara Perim, Tess Richard, Kimberly Russell, and Heather Walsh.** From Manchester, **Caleigh Cunningham, Mary Gough, Michaela Markland, Niya Monteith, Mackenzie Shepard, and Robert Steach.** Dean's List Honors are awarded to students who have earned six or more semester hours of academic credit with a Grade Point Average (GPA) of 3.30 or higher.

Daniel E. Garrett-Metz of Manchester has been named to the Dean's List at **Saint Michael's College** for the Fall 2024 semester. Students who complete at least 12 credits of classes and achieve a grade point average of at least 3.5 in a particular semester are cited on the Dean's List for that semester. Located in Colchester, Vt., Saint Michael's College, founded on principles of social justice and leading lives of purpose and consequence, is a selective, Catholic college just outside Burlington, Vermont, one of the country's best col-

lege towns. **MassBay Community College** in Wellesley Hills has announced that **Leila Vala** of Manchester, who studies Early Childhood Education, has earned Dean's List Honors for the fall semester. To be eligible for the MassBay Dean's List, students must complete at least six credits of college-level courses, be in good standing with the college, and earn a grade point average of 3.5 or higher.

Do you have some news from a student we should know about? Email us at news@thecricket.com and we'll include them here.

Portrait of a Sculptor: Walker Hancock & Michael Lafferty Exhibit at CAM Green Explores the Magic Inside an Artist's Studio

For many, the chance to see inside the studio of an artist of international acclaim is unimaginable. *Portrait of a Sculptor: Walker Hancock & Michael Lafferty* features photographs inside the Gloucester studio of renowned sculptor Walker Hancock (1901-1998) and select sculptures by Hancock.

The exhibit, which is free and open to the public, will be on view at the Cape Ann Museum's CAM Green campus on Poplar Street in Gloucester now through March 30.

Through intimate photographs taken between 1978 and 1996, Lafferty captures the themes of national importance, process and legacy. The images provide a glimpse of Hancock's refuge, the place where he drew inspiration for his work.

"The inaugural exhibition at CAM Green for 2025 will invite visitors to experience Hancock's studio as insiders and eyewitnesses to his creative process," says Oliver Barker, director of Cape Ann Museum. "Thanks to the generosity of Hancock's family and other individuals, the Museum is presenting a dynamic new group of Hancock's works, including a recently gifted model of Abraham Lincoln, which Hancock was commissioned to create in 1978 for the National Cathedral in Washington, D.C."

Hancock's physical studio, built of Cape Ann granite and set deep in the woods in the Lanesville area of Gloucester, are inseparable. Today, Hancock's studio remains much as it was decades ago. The trees and shrubs have grown, but the roughness of the land is the same. Through his photographs, Lafferty allows the viewer to step back in time, to look over the artist's shoulder, to see where the magic took place.

"My interest in photography piqued when I bought my first 'real' camera in 1967, while stationed in Saigon in the Air Force during the war," says Lafferty. "Over the next five years, I saw the countries I visited in a completely different vision through the lens of that camera."

Lafferty moved to Gloucester when he was stationed in Boston as a pilot for Eastern Airlines. He soon discovered that the community was perfect for creative spirits. Once retired, he started spending more time behind the camera. He met Walker and Saima Hancock at St. Mary's Church in Rockport and soon learned that Hancock had designed the Air Medal for the government in 1942, a medal he had been awarded several times during the war.

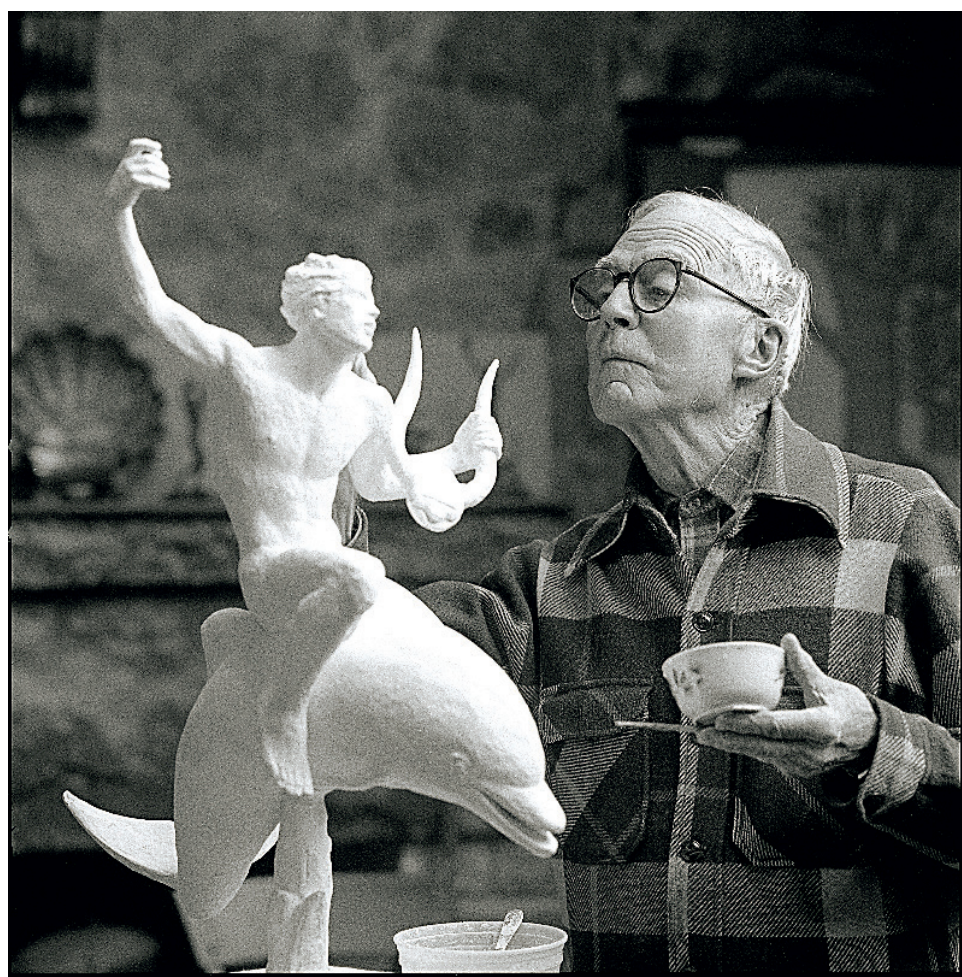
When Lafferty asked Hancock about it, he invited him to his studio. From that time on, he was welcomed to visit and photograph Hancock's artistic process as his projects progressed from concept to completion.

Portrait of a Sculptor: Walk-



Walker Hancock working on his clay sculpture of Abraham Lincoln, c.1982-1984, digital print from 35 mm film, gift of the artist, 2022 [accession # 2022.074]

Photo: Michael Lafferty, courtesy of Cape Ann Museum



Walker Hancock working on Arion in his Lanesville studio, c.1995, digital print from 35mm film, gift of the artist, 2022 [accession # 2022.074]

Photo: Michael Lafferty, courtesy of Cape Ann Museum

er Hancock & Michael Lafferty will feature 28 of Lafferty's photographs along with 19 of Hancock's works, including plasters, bronzes and a piece in fiberglass. The exhibition is made possible thanks to Lafferty's generous donation of over 580 negatives to the museum that document his visits to Hancock's studio over almost two decades.

The full suite of images, which have been scanned as

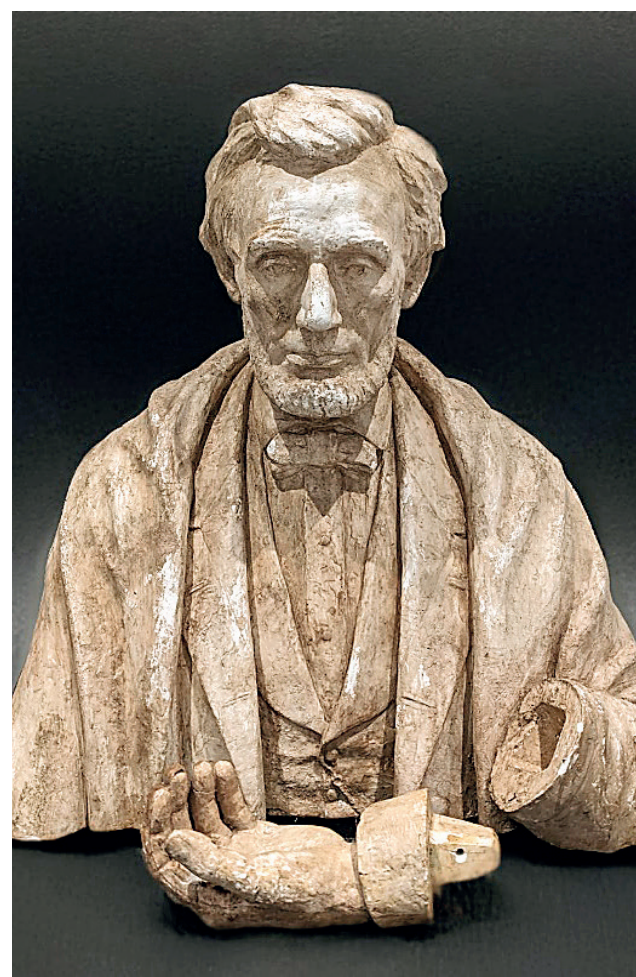
part of the museum's ongoing commitment to ensure that its collections are accessible globally, and can be viewed here.

Experiential programs to support this exhibit

Relevant programming is being offered in conjunction with the exhibit. On Jan. 25 and Feb. 1, visitors can witness sculpture conservation demonstrations in ac-

tion from 10 a.m. to 4 p.m. when conservators, Robert Shure and Lisa Benson, from Skylight Studios will be conserving Hancock's plaster maquette of Abraham Lincoln within the exhibition. On Feb. 6 at 2 p.m., Cape Ann Museum will host a gallery talk with photographer Michael Lafferty. Space is limited and reservations are required.

Free family programming



Walker Hancock (1901-1998). Abraham Lincoln, 1978-1983, plaster, gift of Deane Hancock French, 2024 (2024.047.001).

Courtesy, Cape Ann Museum

will be offered at the CAM Studio, located at the Carlson Education Center on the CAM Green campus. These sessions will be held on Saturday mornings for young visitors and their families to learn about sculpture in the CAM Collection and the work of Walker Hancock and Michael Lafferty. During the programs led by a CAM Educator, families are invited to

enjoy art-making activities, take a Scavenger Hunt into the gallery, and walk the CAM Green property to see the Historic Houses and the Contemporary Art Wetu.

CAM Green offers free general admission, with timed reservations recommended. Learn more about *Portrait of a Sculptor: Walker Hancock & Michael Lafferty* at capeannmuseum.org.

On Broadway, Broadway Through the Years Concert

A Musicians Unleashed Concert

A program of much-loved Broadway hits performed by four talented singers, all members of the Cape Ann Symphony Chorus, accompanied by trumpet, flugelhorn, and piano at the next edition of the Cape Ann Symphony's popular "Musicians Unleashed" program.

Launched years ago, Musicians Unleashed is an intimate, scaled down version of the regional symphony's full musical might. This year's afternoon program will take place at Sunday, February 9 at 3 p.m. at the St. Paul Lutheran Church on Washington Street in Lanesville, Gloucester. Each year the orchestra selects a theme, and this year's is Broadway music, with the added portion of an audience

sing-a-long for those inclined to join in.

The musical program includes A Musical from "Something Rotten," "Edelweiss" played by special guest Lydia Betts, We Make a Beautiful Pair from "Shenandoah," Agony from "Into the Woods," You'll Be Back from "Hamil-

ton," Flight from "Dear Evan Hansen," and If Ever I Would Leave You from "Camelot."

The Performers

- LYDIA BETTS special guest soloist - piano
- CAROLYN HOWARD vocals
- GORDON BAIRD vocals
- BYRON WINN vocals

- BRITTANY BETTS vocals, trumpet and flugelhorn
- PRISCILLA WALTER piano

Musicians Unleashed "Broadway"

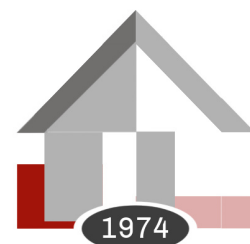
Cape Ann Symphony
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capeannsymphony.org



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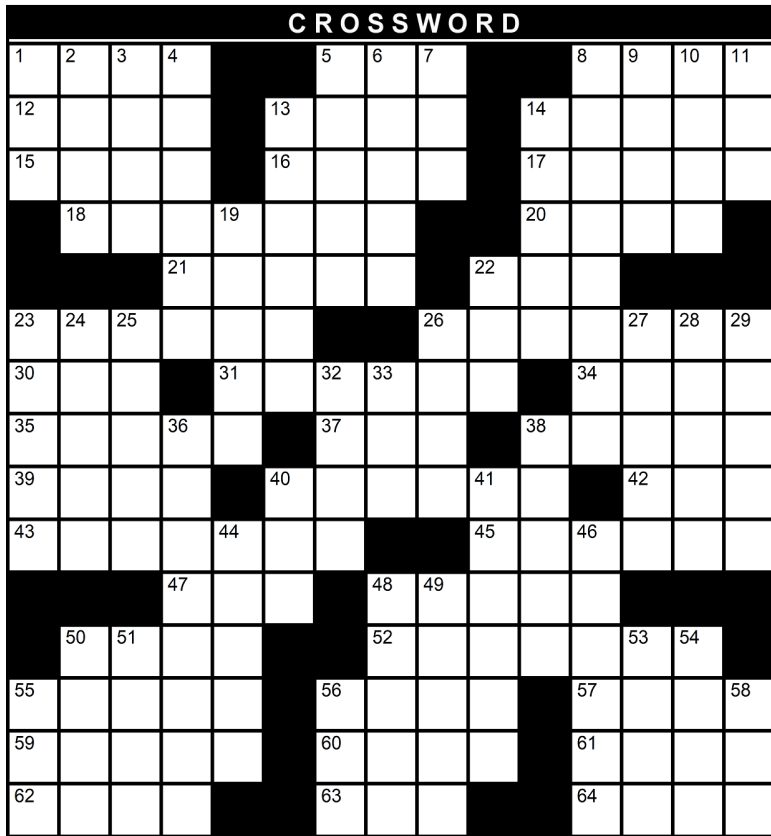
WINDOWS
ROOFING
DECKS
CARPENTRY

Puzzle

THEME: THE GRAMMYS

ACROSS

1. 43,560 square feet
5. Undergarment
8. "She ___ a Yellow Ribbon"
12. Ocean Spray ___-Apple juice
13. #5 Across, pl.
14. Concentration of solution, in chemistry
15. CISC alternative
16. Swearing-in words
17. Goodwill branch
18. *Artist with most Grammy nominations
20. ALCS counterpart
21. Winter Olympics participant
22. IX minus II
23. Drum roll sound
26. Front of building, pl.
30. Get it wrong
31. Upholstery choice
34. Reflect deeply
35. Raccoon's cousin
37. "___ the fields we go"
38. Binary digits code
39. Capital on a fjord
40. Isaac of science fiction fame
42. Consumed
43. Within shortest distance
45. *100-year-old Grammy Award nominee
47. Beer faucet
48. Corpulent
50. Self-satisfied
52. *2025 Grammy nominated former band, with The
55. Twist and distort
56. Bank's provision
57. Flock's response
59. Raneé's wrap
60. Elvers
61. *2003 Lifetime Achievement Award recipient ___ Puente
62. Like some wines
63. ___ it or lose it
64. Formerly, formerly



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DOWN

1. Acronym, abbr.
2. Discarded cards in cribbage
3. Tear down
4. Enclose in a cyst
5. Orthodontic appliance
6. Motion Picture Association of America, e.g.
7. Certain tray content
8. *Former multiple time Grammy host Andy ___
9. Related to ear
10. RPMs
11. Before, in verse
13. Predatory fish
14. Gin's partner
19. Giraffe's striped-leg cousin
22. *1995 "Have I Told Your Lately That I Love You" winner ___ Morrison
23. Scout's mission
24. What phoenix did

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

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

Solutions on Page 11

25. ___ - ___-la
26. Non-negotiable
27. Old European coin
28. Last 8 in college basketball
29. More than sly
32. *Nominated artist Post Malone's actual last name
33. Hula dancer's necklace
36. *Taylor Swift's "The ___ Poets Department"
38. Nautical "Stop!"
40. Nile viper
41. *Grammy winners Frank and Billy
44. Top scout
46. Make a connection
48. Double-reed instruments
49. Famous Memphis street
50. Unforeseen obstacle
51. Foal's mother
53. Chieftain in Arabia
54. Tennis amount
55. General Services Administration
56. Romanian money
58. *Kendrick Lamar's "___ Like Us"

Religious Notes

First Universalist Church of Essex

59 Main St, Essex, MA
 Sunday services 10 a.m. and 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.CornerstoneNorth-Shore.org.

Shore.org. If you have any special needs or concerns, please let us know! We're here to serve!

Visitation Parish - Mass Schedule

Sacred Heart Church - Saturday Vigil Mass - Virtual Mass - on our YouTube as well as www.mecatholic.org
 Sunday Mass-8:30 a.m.
 St. John the Baptist Church - Saturday Vigil Mass-5 p.m.

Sunday Mass-10 a.m. Please go to our website: www.mecatholic.org for Sacramental Information as well as Parish Registration if you are new to town or looking to join a Catholic Church.

The Assumption of the Virgin Mary Greek Orthodox Church

8 Lafayette Road, Ipswich Mass. Church services, with Father

Christopher Kolentsas, are held each Sunday.

Sunday's Divine Liturgy, with Father Christopher, starts at 9:30 a.m. followed by a weekly sermon. All are welcome to attend.

First Parish Church

First Parish Church Manchester-by-the-Sea - a lovely place to start your week, join us for a moving message, beautiful

music and community in the center of town - Sunday Worship, 10 a.m. led by Rev. Katherine Schofield, 1 Corinthians 12:4-7 and John 2:1-11, "Water Into Wine"

Music led by Dr. Herman Weiss and the First Parish Choir.

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

...(Continued on page 11)

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Derek Jesiolowski | 207.249.5358



SALEM

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Michael Selbst | 617.504.9159



SALEM

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 Offered at \$699,000
Kevin Fruh | 978.500.7409



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Pets and People

The Risk of Over Exercise



By Lawrence Lamb, DVM

Exercise provides your dog with a myriad of physical and mental benefits. It keeps joints limber and promotes good range of motion, maintains muscle mass, which can help prevent injury, and helps to maintain cardiovascular health, decrease obesity, or maintain appropriate weight.

If that's not enough to coax your canine companion off the sofa, consider this. Daily exercise can strengthen your relationship and reinforce your dog's need for routine. One of the reasons dogs and humans get along so well is that we both appreciate structure in our respective worlds. Regular exercise provides a day-to-day predictability that dogs truly appreciate, simply because it is "in their nature."

However, this isn't an invitation to overwork your dog. Should that happen, there is real risk for joint injury, back injury, respiratory distress, or cardiovascular problems. Heat stroke is a huge problem (and an often fatal one) for obese dogs who are exercised too rigorously.

Moderation is the key. Much of the time it is not the length of time performing the task, it is the intensity and impact of the activity that matters.

If you'd like to start your dog on an exercise regimen or just want to make sure your current one is sensible, read on to learn about some signs of overexertion. Experts stress the importance of working with your dog's vet to create an individualized exercise plan—especially if your dog has health conditions, is old or young, or is a breed that doesn't tolerate intense exercise very well.

Pad injuries can be extremely painful like walking on a ruptured blister on the bottom of your foot. Dogs

The benefits of exercise shouldn't be an invitation to overwork your dog. There is real risk for joint injury, back injury, respiratory distress, or cardiovascular problems. Moderation is key.

can't get off their feet as easily as we can, which makes any and all walking torturous.

Look at the bottom of your dog's paws. Overworked pads may have tears with visible flaps of skin present, may appear red, worn away, or thinner than normal. If infected, you may see swelling or pus. Sudden stops can also create paw pad injuries if the sliding stop is performed often enough to wear off the tough outer layer of the pad.

Muscular pain and stiffness are additional signs that your dog may be getting too much exercise. When the dog is ready to get up, the owner may notice a struggle. The dog may refuse to walk up or down stairs, may refuse the next meal because it hurts to reach down to the floor to the food dish. She may even cry out when first moving about.

So, what can owners do in the event of too much exercise?

You can help reduce soreness and stiffness (and other injuries) by unsubscribing to weekend warrior syndrome. Many owners work all week and try to fit in a week's worth of exercise into two days off. That's fine for you, but that rhythm doesn't jibe with most dogs. This approach of packing it all into the weekend is not good for the dog because, simply put, they are usually not properly conditioned but will push through warning muscle and joint pain and fatigue for play time and owner time.

The impact associated with extreme exercise can cause strain and sprain in

various dog joints. Toe joints are particularly susceptible, but the wrist and elbow are also at-risk. In dogs with very straight rear legs, excessive exercise can lead to problems in the stifle (knee) joints, including strain, sprain, meniscal tears, and tears in the cranial cruciate ligament.

Now, remember, some dogs are genetically at greater risk of developing joint injuries. Breeds who are long and low to the ground—like Basset Hounds, Dachshunds, and Pekingese—have unusually shaped joints, which puts their limbs at risk for easy injury in the face of excessive exercise. Back problems are also common in these breeds, so one can imagine they are not good candidates for hard core exercise regimens.

If an older dog has osteoarthritis, over-exertion can cause immediate pain and actually accelerate the ongoing degeneration of joint tissues. Young puppies (especially large and giant breeds) need some exercise, but not too much as it can result in joint problems later in life.

A dog who has sustained a leg injury may limp or favor one leg over the other, dogs will sometimes put their head down when walking on the good leg and raise their head up when they're walking on the bad leg.

Also, as I mentioned, be aware of behavioral changes. For example, if your dog normally likes to run with you, but plops herself down on the pavement and refuses to go further, this is something you might want to investigate with your family veterinarian.

Now, the basic guideline for a good conditioning plan for active pet parents and their dogs is to alternate days of cardio exercise (consistent exercise for 20 minutes or more) and strengthening with one full day of rest, which is a free day with no planned activities.

Dogs need exercise to maintain peak physical and mental well-being, but the type they should get depends on their condition, health history, breed, and age. The hunting and working dogs can exercise for a much longer period of time before showing signs of being tired.

It's good to know the signs of over-working your dog, but it's even better to prevent issues—and the best way to do this is by working with your vet to create a sensible exercise plan for your best pal. Enjoy an active lifestyle that comes with a dog in the family, but as with most things, extreme habits can have extreme outcomes. Slow down a bit. And enjoy that dog you love so much.



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

Solution to puzzles on page 10

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

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

PET OF THE WEEK: DALTON



Dalton is an approximately 4-year-old Chihuahua mix with a heart as big as his adorable little paws. While he might be a bit shy at first, Dalton is blossoming into a sweet and loving friend who's learning that people aren't so scary after all! This special guy thrives in a calm, quiet home where he can stick to a routine and build trust with patient, understanding humans. Once he feels comfortable, Dalton's charming and quirky personality shines through - he'll steal your heart with his snuggles and those soulful, expressive eyes. Dalton

is a special needs adoption due to his fearfulness, but don't let that stop you from discovering the joy he'll bring to your life. If you're ready to provide Dalton with the love and support he needs, he'll reward you with endless affection and loyalty. He is already enjoying the comfy life of the couch and laps of people he trusts.

Ready to meet this great little guy? Dalton is available to meet virtually as he is in foster care! Submit an application at CapeAnnAnimalAid.org/DogApp and an Adoption Counselor will reach out to you.

...(Continued from page 10)

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 of fice.fpchurch@gmail.com or call 978-526-7661 for the link. Wednesday Choir Rehearsal 7:30 p.m.

St. John's Church Worship Every Sunday we hold services at 8 a.m. and 10 a.m. Childcare 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.

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MANCHESTER

\$7,500,000 | Gretchen Berg
Amazing ocean and marsh views from stunning 3-bedroom contemporary. Updated kitchen, vaulted ceilings in living-dining room, 4th floor office with private deck. 2-car garage. Moments to beach.



HAMILTON

\$2,699,999 | The Lopes Group
Beautifully crafted new construction 5-bedroom, 4.5-bath home on 1.24 acres with 9.5" wide flooring, 9-foot ceilings, tray ceilings, chef's kitchen, office. Luxury primary suite. 4-car garage.



ROCKPORT

\$1,495,000 | Fabyan & Filias Team
Excellent condo conversion or investment! Unique commercial-residential 6-unit property (4 com, 2 res) on Bearskin Neck. \$100,000+ annual income. Direct harbor-front with stellar ocean views.



GLOUCESTER

\$1,398,000 | Tina McManus
Picturesque privacy and distant ocean views from main living areas. Galley kitchen, fireplaced living room, dining room. 3-season porch off main bedroom. 3 bedrooms, 3 baths. Deck. 2-car garage.



MANCHESTER

\$1,395,000 | Emily McPherson
Newly renovated 3-bedroom, 4-bath home in beautiful 1-acre setting has flexible main floor plan with fireplaced living room, pantry in beautiful kitchen, 1st floor main suite, office, finished basement.



ROCKPORT

\$495,000 | Ann Olivo & Rick Marshall
Historic District. Beautiful 2-bedroom unit – each has ocean views - on top floor of newly converted building. Wonderful quartz kitchen open to living room with vaulted ceiling. 1-car parking.



HAVERTHILL

\$379,900 | Nancy Peterson
Liberty Hill townhome. 2-bedroom, 1.5-bath end-unit has new replacement windows, hardwood floors, private balcony, laundry facilities. Open kitchen-dining area, spacious living room. 1-car garage.



LYNN

\$365,000 | Dan McInerney
Welcome to 300 Lynn Shore Drive! Bright 1-bedroom unit with beautiful tile bath, newer kitchen appliances, hardwood floors, newer balcony window unit. Large, covered balcony with ocean views.



GEORGETOWN

\$346,000 | Terri Sheppard
Great location. See Zoning options – land may/may not be developable. Proposed septic plan completed 11/24 needs to be reviewed. Needs re-delineation. Some wetlands. Buyers do due diligence.

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COLDWELL BANKER MANCHESTER-BY-THE-SEA



43 Cliff Rd. Unit B Gloucester | \$1,299,000
Good Harbor Beach luxury condo end unit, 2 primary suites with option for guest quarters/office with full bath on lower level.

Lynda Hemeon & Brianna Hemeon | Realtor
978-884-5710



3 Lexington Ave Magnolia | \$950,000
Attention Contractors, Developers and savvy Investors! This is a great opportunity to obtain this 3 multifamily mixed used project in the heart of beautiful Magnolia in Gloucester.

Gaby DeBenedictis | Realtor
978-879-9773



9 Sawmill Circle (rental) Manchester | \$7650 a Month
"Rare opportunity to find a beautiful sunny home with high end finishes and hardwood floors throughout! Two primary suites, one on the Ffirst floor. , Five bedrooms, flexible office, guest space and attached garage. Please schedule a tour now to plan your next move"

Krista Julian | Realtor | 617-312-5413



4 Lane Road Annisquam | \$2,250,000
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. The property consists of a 9 room, 3 bedroom, 3.5 main house and handsome barn conversion guest house with great room, kitchen, bathroom and bedroom. Both structures offer stone terraces and stellar water views from every window. The property has been lovingly maintained, updated and is in excellent move-in condition.

Lynda Surdam | Realtor | 978-764-7474

HONORING MARTIN LUTHER KING JR.

