



# MANCHESTER CRICKET

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## BRIEFLY

### Last Call! Chebacco "Snowy Social" in Manchester Feb. 2

The Chebacco Lake & Watershed Association's "Snowy Social" is scheduled for Sunday, February 2 from 3 to 6:30 p.m. at the American Legion Hall, 14 Church St. in Manchester. Celebrate 40 years of watershed advocacy. Kids welcome, with pizza provided and a cash bar. Open to all!

### MERSD Kindergarten Registration is Open

It's time to register for next year's kindergarten class. Children who are age 5 or older before Sept. 1, 2025 are eligible to register for the 2025/2026 school year. Before starting a registration, parents are asked to log into the school district's website (mersd.org) and select the "About Us" tab to complete the residency and enrollment paperwork. For Essex Elementary School, contact Maggie Safrine at Safrinem@mersd.org or (978) 768-7324. For Manchester Memorial Elementary School, contact Maria Schmidt at Schmidtm@mersd.org or (978) 526-1908.

### MBTS COA Van is Off to the Cabot Feb. 10

On Monday, February 10, the Manchester Council on Aging (COA) is offering a trip to The Cabot in Beverly to see the movie musical "On the Town" starring Gene Kelly and Frank Sinatra. Gloucester-based community organization Senior-Care is offering this film free of charge. The van will bring participants to the 99 Restaurant for lunch before the movie. (Lunch is "on your own.") The COA van will start picking up seniors at 10:45 a.m. Return is expected around 3 p.m. For info and registration, call the COA at (978) 526-7500.



### Bye Bob. You're the Best

Every day, all year long, no matter the weather, Bob Coviello of Main Street Antiques has greeted customers looking to find something unique and wonderful. This summer he will retire, marking the end of a long run doing something he loves. Read it, **Page 6**.



### SUNDAY SUNSET

Looking west from Shore Road in Magnolia last week, between Kettle Island and Coolidge Point, the setting sun lights up the calm waters off of Crescent/Gray/Magnolia/Kettle Beach.

Photo Paul Clark

## Flooding and the Future of the Essex Causeway

By Jeff Pope

The future of the Essex Causeway was discussed last week at a Greater Cape Ann Chamber of Commerce listening session attended by the Board of Selectmen and many members of the business community, especially those with property along the Causeway.

The meeting was held at The James Pub & Provisions on Wednesday, January 22, in preparation for a selectmen's meeting this week with the Boston Regional Metropolitan Planning Organization (MPO) that is working to report on just what is expected with respect to future flooding of the Causeway. The MPO report will feed into a joint effort between the Massachusetts Department of Transportation (MA DOT) and the Town of Essex to secure federal funds to study alternatives for a solution to the problem as a first-in-the-state pilot program for how to handle future flooding of state roads.

Two members of the MPO attended the meeting at The James-Assistant Planner Lauren McGee and Public Engagement representative Stella Jordan.

"We wanted a chance to talk with the business community before this general public engagement," said Jordan. "We know that you are the people most impacted by the Causeway. Any future work to change what the causeway looks like, has to take into account the impact on the businesses."



The Chamber's Colleen Murdock with Michele French and Mark Lynch at last week's "listening session" between the town and businesses about the future of the Essex Causeway in light of flooding.

Essex Town Administrator Brendan Zubricki said the main focus of the meeting was what to do about the flooding along the Causeway.

"We know that through time, there's more and more flooding," said Zubricki. "And that flooding will become worse."

He said that both the work to redo the streetscape a number of years ago and more recently to replace the bridge over the Essex River did not do anything to lessen the impact of the flooding.

"The reason is that in both of those projects the DOT (Department of Transportation) ... was telling us if we do any of that work, we are going to end up impacting the businesses," said Zubricki. "It's just not going to work."

Zubricki said the information collected at the listening session and the BOS

meeting on Jan. 29 would be used in applying for a \$1.3 million federal "PROTECT Grant" to study alternative transportation routes. Mass. DOT is the lead applicant for the federal grant, and the Causeway project would be the state's first state highway project to study future road solutions in the face of increasing flooding events.

From the Causeway business perspective, flooding is a fact of life now. And while possible alternatives such as replacing the Causeway with a bridge from about Dunkin Donuts to the current bridge, or having all the buildings on the Causeway raised onto stilts, were mentioned, neither have been discussed seriously.

In both cases, someone said those alternatives would completely change the character of Essex.

KD Montgomery, executive director of the Essex Shipbuilding Museum,

stressed the importance of the Causeway to the town in an email she sent to Chamber members before the meeting. Michelle Pepin of the Chamber read Montgomery's email to the gathering.

"The Causeway isn't just a road; it's a key part of Essex's identity," wrote Montgomery, who added that it was also a key thoroughfare for people travelling around

the North Shore.

Steve Woodman of Woodman's Restaurant said that over time how the Causeway has flooded during storms has changed. He said during the Blizzard of 1978, it wasn't until the third day of the storm that the Causeway flooded. Now, he says, one-day storms with 60 mph winds and a high tide will flood the Causeway.

He said the gap between the eastern tip of Crane Beach and the western end of Coffin's Beach has widened over time. That gap is where the Essex River flows in from Ipswich Bay. The wider gap allows more water in a shorter time to enter the Essex marshes.

Woodman added that in the past the flooding at his restaurant came from the marshes in back of the restaurant, creeping through the parking lot to the buildings and eventually to the Causeway. Now, he says, it comes right up the river and over the Causeway, spreading to the buildings and parking lots from there.

... (Continued on page 3)

### Weekly Weather Chart

Saturday 1 Feb		42°	13°
Sunday 2 Feb		28°	10°
Monday 3 Feb		41°	22°
Tuesday 4 Feb		32°	16°
Wednesday 5 Feb		28°	23°
Thursday 6 Feb		35°	25°
Friday 7 Feb		41°	33°

Weather data pulled Wednesday and is subject to change.

## CAL Baker Crown in Sight for ME Boys Hoop



Hornet Johnnie Chareas leaps high for a layup against his Triton challengers. ME won this home game 78-54 against the Vikings. At press time the Hornets are 11-3 for the season, with 6 games remaining.

Photo: Paul Clark

a splash of cold water to the face for the team.

"We squeaked out a victory versus North Reading in game two, and it was an eye-opener that if we don't start to play together as a team and do things right, it was going to be a long season," explains Manchester Essex boys basketball coach Tim St. Laurent. "From that point on, we were locked in. We went into Rockport and got a nice, convincing victory, then came home and beat Milbury by 10 and really worked together."

That ability to come together and form a cohesive whole has helped the Hornets amass a 9-1 record in the Cape Ann League and an 11-3 record overall, good enough for a seventh-place ranking in the MIAA Div. 4 Power Rankings.

... (Continued on page 2)

By Jason Brisbois

The Manchester Essex boys' basketball team was able to form an

identity pretty early on this winter, helping the team jump to the top of the Cape Ann League in 2024-25.

In mid-December, the Hor-

nets were in the midst of an early, non-conference slate featuring some top-level competition, and a close victory over North Reading served as



### 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, February 4  
6 - 8 p.m.  
**Essex FinCom**  
Thursday, February 6  
7 p.m.

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On Sunday, Amaral Bailey Post 113 and Kettle Cove Catering offered a delicious brunch from 10-1. For \$15 participants were offered French toast, scrambled eggs, potatoes, breakfast enchiladas, sausage, bacon, fruit cups, juice, coffee and a variety of pastries. A veritable feast which included town-wide collegiality. Here Kettle Cove's Todd Crane serves hungry patrons including Bruce Heisey. When this reporter left the Legion 72 partakers had crossed the threshold. Success means this "might" become a regular event.

Photo: Paul Clark

# MANCHESTER POLICE NOTES

**SUNDAY, JANUARY 19**  
 12:03 a.m. Summer St., disabled mv, notification made.  
 4:44 a.m. fire - alarm/co, cleared false alarm. 9:44 a.m. Central St., property lost/found, assisted as needed. 3:36 p.m. Eaglehead Rd., suspicious activity, spoken to. 4:45 p.m. Pine St., mv stop, written warning.

**MONDAY, JANUARY 20**  
 11:55 a.m. Vine Street, suspicious activity, spoken to. 1:00 p.m. Central St., citizen assist, notification made. 4:30 p.m. Pine St., MV stop, written warning. 7:01 p.m. Brook St., police invest/follow up, notification made.

**TUESDAY, JANUARY 21**  
 1:14 a.m. Beach St., suspicious activity, secured/checked. 4:55 a.m. Norwood Ave., suspicious activity, secured/checked. 2:12 p.m. Lincoln St., aband/false/disconnect/open, se-



cured/checked. 3:32 p.m. Central St., fraud/scam, report to follow.

**WEDNESDAY, JANUARY 22**  
 5:51 a.m. Central St., solicitor reg/complaint, notifica-

tion made. 1:29 p.m. Ashland Ave., fire - alarm/co, fire false. 1:36 p.m. Summer St., welfare check, other. 2:46 p.m. School St., MV crash, report to follow. 9:10 p.m. Summer St., fire

structure, fire confirmed.  
**THURSDAY, JANUARY 23**  
 4:45 a.m. School St., welfare check, report to follow. 9:06 a.m. Ashland Ave., police - alarm, secured/checked. 5:51 p.m. School St., fire - alarm/co, fire false.

**FRIDAY, JANUARY 24**  
 12:45 a.m. Beach St., suspicious activity, spoken to. 4:21 p.m. Rt.128 S, disabled mv, secured/checked. 6:42 p.m. Rt. 128 sb, welfare check, spoken to. 10:25 p.m. Highwood Ave., noise complaint, secured/checked.

**SATURDAY, JANUARY 25**  
 2:15 a.m. Beach St., suspicious activity, secured/checked. 3:33 a.m. Central St., MV stop, arrest. 9:39 a.m. Central St., transport, transported. 4:01 p.m. Church St., parking complaint/enforcement, other.

...(Continued from page 1)

While last week's overtime loss to CAL Baker rival Hamilton-Wenham complicated things a bit, Manchester Essex is firmly in the mix with fellow conference heavyweights Georgetown and Hamilton-Wenham for the division crown.

"We lost our first league game on Friday night in overtime, and that snapped a 40-game winning streak in the league and an 8-game winning streak, but we're still 9-1 in the league and in first place going into [Pentucket]," says St. Laurent. "Georgetown and Hamilton-Wenham, Georgetown and us, we're all in a tight race, and we've played all of our non-league games." After Pentucket on January 28, the Hornets close out the

season with a home game against Rockport on January 31, followed by crucial away games against Newburyport (February 3) and Georgetown (February 6), and a pair of home finales versus Ipswich and Amesbury after that.

"Newburyport is undefeated in the league and has one loss on the year, and we beat them the last three times we played them, so they are going to want us bad," says St. Laurent. "Georgetown is one of our big rivalry games. But first, we've got to get Pentucket."

While this team picked up the formula for success pretty early on this season, it helps a great deal that there's talent and depth up

and down the lineup. Junior Johnny Chareas is averaging an impressive 15 points and 7 rebounds per game, while sophomore sensations Graham Lewis (10.7 ppg, 3.5 assists per game) and Alex Ste. Marie (11.3 ppg, 4 rpg) have been fantastic at guard and center, respectively. Jake Zschau is one of the returning starters from last year and leads the team in scoring with 16 ppg from the guard spot.

Zach Hurd and Milo Zeltzer continue to be the team's lockdown defenders and "glue guys," according to the coach, while Chareas can be counted on to hit crucial buckets in crunch time. Jacob Zachareas and Ben Jacobsen are

two key pieces off the bench who have looked good this winter as well.

"I think you can look at it as two sophomores who stepped into humongous roles and had to learn how to play with the team, and with the returning varsity players who already knew the system," explains St. Laurent. "We had a lot of returning players, but everyone's role had changed. We had to learn early on how we were going to play together as a team, and at this point of the season I couldn't be happier with where they are and how hard they worked to get to where we need to be."

...(Continued from page 1)



Rhonda and Steve Woodman of Woodman's restaurant and Stella Jordan and Lauren McGee of the Boston Regional Metropolitan Planning Organization, listen to the discussion. Photos: Jeff Pope

"I've lived for 21 years on Martin Street," said Selectman Alva Ingaharro. "Now, it's like an ocean view at times. The backside of the marsh is flooded and it looks like an ocean out there."

Woodman said that while the flood waters have come in faster during more recent storms, the water level is not getting any higher.

"We probably fare best because we are used to it," said Woodman. "All of our electrical stuff is been moved up. We move all of our equipment to higher ground on the second tide. When the water moves out, we go in and clean and eventually open up."

One man asked at what point do the businesses give

up and close down or sell.

While the fact that there are several businesses currently closed along the Causeway and looking for new ownership may answer that, Woodman was somewhat more optimistic.

"We are mainly a summer business," said Woodman. "Most of the flooding is coming in the winter and the spring. We are not losing the big revenue."

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Erika M. Brown  
 Publisher & Editorial Director

Paul Clark  
 Assistant Editor

Susan Zampell  
 Business Development Director

Christy King  
 Digital Director

Susan Anthony  
 Subscriptions & Office Mgr.

**Business & Editorial Offices**  
 P.O. Box 359  
 Manchester, MA 01944  
 11R Beach Street  
 Manchester, MA 01944  
**www.thecricket.com**  
 Phone 1978.526.7171  
 Email 1 news@thecricket.com

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Postmaster, please address changes to:  
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# School and MBTS Town Budget Debates Ramp Up

By Gregory T. Federspiel

With February knocking on the door and a mid-March deadline to complete the process of crafting proposed budgets for the Fiscal Year 2026 (starts July 1, 2025), the debates over the numbers are ramping up. On the school side of the ledger, the School Committee holds a 7 p.m. budget public hearing on Tuesday, February 4th at Essex Elementary School. The Manchester Finance Committee continues its weekly meetings (usually Wednesdays) as they review both Town and School budget requests (see agenda postings on the Town's website.) Similarly, Essex's Finance Committee meets regularly as well. As always, these meetings are open to the public.

FY26 is shaping up to be a challenging year for budgets. Due to the budget cycle where estimates are crafted up to 18 months before being needed, municipal budgets often play catch up to inflationary pressures. While Inflation has calmed considerably from its recent highs, municipal budgets are still catching up to higher costs. Wage pressures also are making balancing budgets more challenging. What have traditionally been 2-2.5% wage increases for town employees have turned into 3%+/- increases. School wage increases are currently in the 5% range with recent union settlements.

Medical expenses are one cost center that has not calmed down. In fact, the opposite is happening. Medical expenses are increasing at about 10% annually. Combined with higher utilization rates, the introduction of very expensive, new popular prescription drugs, and needing to close current deficit gaps, health insurance premiums are set to increase between 15 and 25%.

(A trend that is expected to last for a few years.)

Absorbing these higher wage increases and benefit costs within the confines of property tax increases that do not exceed 2.5% is not possible. Something must give - either reductions in services, squeezing out more efficiencies, or raising taxes beyond 2.5% (which requires a ballot override vote unless a community has untapped

taxing capacity.)

Because schools are more labor intensive than town operations, they feel the wage and benefit pressures more acutely. The School District will need to increase their revenues 9% next year to maintain their current operations and stop using reserves. This would require a similarly large tax increase in both Essex and Manchester that could only be done if overrides were approved. The School District has crafted an alternative budget that relies on spending down reserves and making some operational changes that comes in at a 5.42% overall increase. With the continued changes in relative enrollments between the two towns this translates to a 4.5% increase for Manchester and a 5.7% increase for Essex. Manchester has untapped taxing capacity and thus could approve the higher taxes needed for this without an override vote. Essex would require an override vote (one failed last year.) Both the original and alternative budget proposals are significantly higher than the 3.28% average increase the District has needed over the past 12 years. While it would be preferred by all to continue at this historical

rate, the realities of today's circumstances seem to dictate otherwise.

Relying on reserves to balance an operating budget is a temporary solution that merely delays the need for a corrective override vote. It actually digs the hole even deeper, eventually requiring a larger override. The District has used a host of strategies to avoid overrides for many years but has exhausted such strategies. Most high performing districts require an override every 5 years of so. The last school operational override in Manchester was back in 2016 and for Essex back in 2005.

Stalling as long as possible before approving an override has its drawbacks. It creates a bigger jump all at once compared to smaller, more frequent increases and it creates uncertainty in the budgeting process with the stakes much higher. At this point it is likely too late to use the "slow and steady" approach of small overrides but it is something the communities might want to consider once the need for the current correction is resolved. (The original imposition of Proposition 2 1/2 was done back in the 1980's, in a very different budget climate. Particularly during inflationary times, the 2 1/2 limitation is a rather arbitrary threshold for requiring the two-step process for budget approvals - Town Meeting and Ballot.)

The next two months will be critical in determining what the proper funding request to take to voters should be. You can give your input at the upcoming School Committee and Finance Committee meetings. Ultimately voters will make the final call at each town's Annual Town Meeting. Should either town fail (twice) to approve the requested District amount, a "super" town meeting with both towns in attendance will need to be held.



## BOARD UPDATES

**Water Meter Capital Fee:** A Capital Fee will be added to the February water bills to pay for the Water Meter Replacement Project that is set to begin this spring. To learn more about this project please visit manchester.ma.us/826/Water-Meter-Replacement.

**Select Board Meeting:** The Select Board will meet on Monday, February 3 at 6:30 p.m. Meeting details can be found on the Town website.

**MERSD Budget Hearing:** The MERSD School Committee will host a Public Hearing on the FY26 school budget on Tuesday, February 4 at 6 p.m. at Essex Elementary School. Participation is encouraged.

**Annual Town Census:** Please promptly return your Town Census to the Town Clerk's Office in person or via the mail. Contact the Town Clerk's office with questions.

**Energy Aggregation Plan:** A draft of the Town's Energy Aggregation Plan is now open for public review and comment and will be open through February 28, 2025. Voters approved the Town's ability to research and potentially enter a contract. Learn more at manchester.ma.us/832/Energy-Aggregation-Project.

**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. Please submit a letter of interest to Town Planner Marc Resnick at resnickm@manchester.ma.us by February 3.

**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:** Regular 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.**

## Tides & Sun Chart For The Week Ahead

DATE	HIGH				LOW				☀️	
	AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
31 Fri	12:23	9.4	12:31	10.8	6:41	-0.1	7:16	-1.0	6:56	4:57
1 Sat	1:04	9.8	1:17	10.8	7:28	-0.4	8:00	-1.0	6:55	4:58
2 Sun	1:48	10.0	2:04	10.6	8:17	-0.4	8:45	-0.9	6:54	4:59
3 Mon	2:34	10.2	2:55	10.1	9:08	-0.3	9:31	-0.5	6:52	5:00
4 Tue	3:24	10.2	3:49	9.5	10:02	-0.1	10:21	-0.1	6:51	5:02
5 Wed	4:17	10.1	4:48	8.8	11:00	0.3	11:15	0.4	6:50	5:03
6 Thu	5:16	9.9	5:56	8.2			12:04	0.6	6:49	5:04

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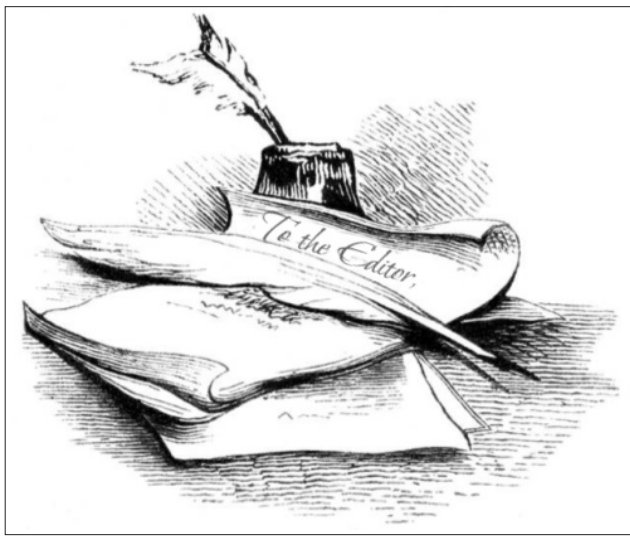


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**MERSD Budget Season is Here: Let's Engage Properly**

To the Editor,

It's school budget season again, and I don't know about you but I'm feeling some fatigue. A very thoughtful friend introduced me to a resource about "political

hobbyism" and how to move from politics as a hobby and into politics as power as a way to help our communities and ourselves.

In the modern political era, combined with the Internet and social media, we have been experiencing an onslaught of news 24/7. Most of this news, from the national level, we can actually

do very little about. Yet we constantly read, post, share, and comment about it.

Political scientist Eitan Hersh argues, "All of those things... involve giving politics your headspace and emotion but not doing the real work of it." He shares that about one-third of Americans say they're spending two hours a day on news consumption. Hersh says, "Almost none of it, let's say two percent, is real community or volunteer engagement."

In reality, it is in our home, local communities that we can actually see and exercise political power in real, tangible and impactful ways that will affect us, our children, our families, and our friends. If we choose to reallocate our attention, time and energy away from our phones and from social media and into our everyday lives, we can actually take power over the issues that affect us the most. This serves not only the issues we care about, but our own mental health. Taking action can help with anxiety.

These don't have to be large sweeping actions. You could run for a town board, but you don't have to. And you don't have to attend every meeting. If we all resolve to attend ONE meeting, send ONE email, and/or share our

concerns with ONE person - that is action, and that has power. In fact, it is these actions that have served to keep our democracy and our society as we know it intact. Many in past generations know and have lived this. Now it is our turn. We, the public, have to find the time and space to engage with it if we want to keep it. Now it is more important than ever.

I would be remiss if I did not shout out the importance of local newspapers. Many communities don't have one, and this one, The Cricket, plays an enormous role in keeping our community educated and informed on local issues. Thank you.

Right now, the issue on my mind is funding our public schools. While I can't do anything about the national issues I care about, I can come to the public hearing on February 4 at Essex Elementary School and plan to listen, learn, and make a comment about the school budget crisis. Maybe you have an issue you care about—you can do the same for the relevant board. And shift from politics as a hobby to politics as power, locally. It will serve you and it will serve us all.

**Lindsay Torres Banks**  
Manchester

**Fellow Residents and Cricket Readers: Embrace Our American Continent**

I've been mulling over one of the latest Executive Orders by our US President that we all might champion if it were written with just two simple grammatical changes—the article "The" and the letter "s" for pluralizing the "Americas."

The current administration makes the change to "The Gulf of Mexico" to the "Gulf of America," but misses the opportunity to embrace the rest of the countries of the continent that we and to which belong.

I personally feel I know very well my European roots and maybe you do, too. Scottish on the McAlister side and British on the maiden Dyer side. My nine other siblings shared that European side with a mother, who was born in Haverhill!

My academic education and my professional teaching informed me of my American connections to Russia and The Former Soviet Union over the course of 15 trips to the country from 1961-2012!

So, I am asking myself and any of you who read this if it may be time to embrace and adopt to our thinking that the

other Americas (i.e., South America, Central America, Latin America) and the Gulf of America and North America are all one continent.

I know an embarrassingly little of the history, culture, and people of these fellow continent lists. Yes, one friend served in the Peace Corps in Bolivia but the limit of my knowledge of the country; Siblings and friends have climbed Machu Pichu; and siblings have departed from Peru for Antarctica; and coffee drinkers know where their beans come from.

Perhaps you even remember the time when another member of the Kennedy family imported affordable oil through his office at Russia Wharf in Boston from the continent we share.

There is much to learn by integrating our North America with the rest of the other "Americas."

Are you ready to figure out how to start this journey of refocusing our energy towards belonging to all of the American continent?

I have questions but if you are reading this and have answers, let's think about it together!!!

**Peggy Coleman**  
Manchester

**LIBRARY NEWS**

This week look for *Pajama Storytime, an hour with author Charles Fancher, a concert at Crowell Chapel and much, much more.*

**For Kids and Families: Pajama Storytime**  
Thursday, February 6 at 6-7 p.m.

Join Miss Audrey for a cozy pajama storytime and craft the first Thursday of every month from 6-7 p.m. This program is for kids ages 4 and up and their families.

**Winter Storytimes**  
Wednesdays at 10:30-11:15 a.m.

Join Miss Audrey on Wednesdays at 10:30 a.m. for stories, songs, and playtime. This program is for children ages 0-3 and their caregiver.

**For Adults:**

**Author Hour: Helena Echlin (Virtual)**  
Tuesday, February 4 at 7-8 p.m.

Author Helena Echlin will discuss her new thriller, "Clever Little Thing", in conversation with author Tracy Sierra  
**Author Hour: Charles B. Fancher (Virtual)**  
Wednesday, February 5 at 7-8 p.m.  
Author Charles B. Fancher will discuss his new historical novel, "Red Clay", in conversation with Pulitzer Prize-winning syndicated columnist, author and professor Cynthia Tucker.

**Author Hour: Robert Dugoni (Virtual)**  
Thursday, February 6 at

7-8 p.m. Bestselling author Robert Dugoni, along with co-authors Jeff Langholz and Chris Crabtree, will discuss their new World War II novel, "Hold Strong".

**Author Hour: Carter Wilson (Virtual)**  
Friday, February 7 at 7-8 p.m.

Bestselling author Carter Wilson will discuss his new thriller, "Tell Me What You Did", in conversation with bestselling author Wendy Walker,

For more author talks and to register visit manchesterpl.org/events or call 978-526-7711. "Author Hour" is a series of virtual author talks this winter featuring some of the publishing industry's top trending writers. These webinars -- held from 7 p.m. (ET) to 8 p.m. (ET), Monday through Friday -- are free and open to all. This series, which runs through March 20, 2025, is being promoted by more than 50 public libraries in Massachusetts.

**Beekeeping 101 with Local Beekeeper Mike Chapman**  
Saturday, February 1 at 11 a.m. - 2:15 p.m.

Manchester residents Mike and Martha Chapman have been beekeepers for over 15 years. Last year, they had five hives at various locations around their neighborhood. Mike is a graduate of Essex County Beekeepers "Bee School". This is a great intro for beginners looking to get connected and learn the basics. "Beekeeping 101" will be a brief discussion of bees and beekeeping based on

Mike and Martha's personal experiences over the years. We are so grateful for them sharing their expertise with the community.

**Hearthside Book Group: "The Berry Pickers"**  
Tuesday, February 4 at 4-5 p.m.

Join us in person at the library or on ZOOM to discuss "The Berry Pickers: A Novel" by Amanda Peters.

About the Book: "A four-year-old Mi'kmaq girl goes missing from the blueberry fields of Maine, sparking a mystery that will haunt the survivors, unravel a family, and remain unsolved for nearly 50 years. A stunning debut about love, race, brutality, and the balm of forgiveness."

Contact Lori Dumont at ldumont@manchesterpl.org or at 978-526-7711 for further information. Copies of this book are available at the circulation desk, curbside pickup, by home delivery and as an e-book and digital audiobook on Libby. Sign up for Libby for free using your library card.

**Crowell Concert Series Featuring: Ize Trio**  
Tuesday, February 4 at 6-7 p.m.

The Library and Parks and Recreation are excited to offer a free, monthly concert series at the Crowell Chapel. On the first Tuesday of every month, join us at 6 p.m. for music by the sea.

Ize Trio is a multi-cultural ensemble featuring Chase Morrin (Piano), George Lenis (Percussion like Darbuka, Riq, and Bendir), and Nassem Alatrash (Cello).

The story of Ize Trio begins in Boston at the Berklee Global Jazz Institute. This special program and community founded by Danilo Pérez



Five raffle winners were announced during the MBTS Library Tiny Art Show Reception and Celebration, where over 40 attendees enjoyed these small but mighty works of art. Art work will be on display until February. Courtesy Photo

brings students and mentors together from all over the globe to collaborate, innovate, and create global diplomacy through music. The three of us met through this community as students (and now professors) and became good friends. Inspired, we officially began the Ize Trio in 2019, seeking to bring our musical backgrounds from the US, Cyprus, and Palestine to the table and connecting through concepts of improvisation and Global Jazz.

This program is made possible through a partnership with Manchester Parks and Recreation and funding from the Friends of the Manchester-by-the-Sea Library and a grant from the Manchester-by-the-Sea Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Registrations are encouraged online or call 978-526-7711. Don't miss the rest of the series:

March 4 - Wangari Fahari is a Kenyan born American art-

ist and social justice leader in North America and in Africa for over 17 years

April 1 - Southern New Hampshire Ukulele Group

May 6 - Briana Cash is an award-winning singer-songwriter. Her music has been licensed for TV and film. Her song, "Bad Dream" is considered in the 67th Grammy Awards.

**Tai Chi: Sun Style Form**  
Wednesdays at 9:45-10:45 a.m.

**Offsite Location**

Manchester local Susan Halpern will continue her weekly Tai Chi class for ages 18 and older from 9:45 -10:45 a.m. on Wednesdays. The class will focus on the Sun style which employs a more upright stance with small arm movements and short steps. The forms demand attention and stimulate good balance, attention, and stress reduction. Please complete the Safety Release Registration Form online before joining. Your information will be

shared with the library and the Tai Chi instructor and will only be used for the purpose of coordinating the Tai Chi program.

**Create/Make for Adults: Book Art Hearts**  
Saturday, February 8 at 2-3:30 p.m.

With love in the air, we'll make book art to match! February: Book Art Hearts

Create/Make for Adults: We explore different mediums and projects each month. Please register so we can plan for adequate materials. This program is designed for adults, but no artistic experience is necessary. Come enjoy crafting and community!

**Knit Together**  
Tuesdays at 2-3 p.m.

Begin a new project or finish one you've already started. Enjoy tea, cookies and company. New to knitting? Start a simple project with needles and yarn provided by the library. Join us by the fireplace and let's knit together!

**ScottEnergy Community Bulletin Board**

**MERSD Kindergarten Registration**  
2025-2026 SCHOOL YEAR

Children who are age 5 or older before Sept. 1, 2025 are eligible to register for the 2025 2026 school year.

Prior to registration log into [www.mersd.org](http://www.mersd.org) and select the "About Us" tab to complete the residency and enrollment paperwork.

**Essex Elementary School**  
Maggie Safrine  
Safrinem@mersd.org  
(978) 768-7324

**Manchester Memorial School**  
Maria Schmidt  
SchmidtM@mersd.org  
(978) 526-1908

[mersd.org](http://mersd.org)

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# MERMS Winter Concert



The MERMS Winter Concert was an SRO event with every seat taken in the auditorium and the sidelines filled. Participants were treated to a program that featured the 6th, 7th, and 8th grade bands, the 6th, 7th and 8th grade choruses, a performance that included ukulele players and a cameo appearance by former music and band teacher, Mr. Janack. The concert was planned and executed by Mr. Icenogle, middle school chorus & general music teacher, and Mr. Wagg, band and music teacher.



# Troop 3 Backpacks in the White Mountains

The late fall hiking was a challenge, requiring Scouts to lean on their experience and caution

By Ian Campbell

Five Senior Scouts from Troop 3 decided to tackle an adventurous backpacking trip through the White Mountains of New Hampshire.

The trip took place in November and spanned four 4,000-foot summits. These experienced scouts spent their weekend together in the outdoors utilizing skills they have learned throughout their time in scouting. All of the scouts on this trip had previously gone to Philmont Scout Ranch hiking 90+ miles in 10 days, so they are a well-oiled machine when it comes to backpacking. The trip was planned, orchestrated and run by the scouts themselves, so they were able to plan all parts of the trip.

In advance, they chose their route, food, shared gear and more. Arriving at the 19-mile Brook trailhead at night after a 3-hour drive, the



Troop 3 scouts enjoy blue skies and chilly temps on Mt. Moriah summit at 4,049 ft in Gorham, NH. From left to right Donald Hall, Augustus Hall, Fred Rossi, Luke Donohoe, Nadia Wetzler, Saskia Kuehnemund, Cia Donohoe, and Ian Campbell. Courtesy image

scouts needed to use their headlamps to navigate the dark trail four miles to the Carter Notch Hut where they spent the night.

After a good night's rest, the scouts made breakfast and headed out for a long 8-mile day. With high spirits and a positive attitude, the scouts kept themselves entertained through various games and songs along the way. After a difficult and steep start to the hike, the group summited Carter Dome and then Mount Hight. On the summit

of Mount Hight, they experienced wind speeds in excess of 60 mph, almost blowing some of them down. Luckily, they had fun in the process and everything went alright.

Following that, the scouts continued, reaching South and Middle Carter Mountains. At some point, the rocks along the path became icy. Navigating footing and the route became a fun challenge for all, especially when needing to go parallel to the path through the woods.

Overall, that section was

enjoyable. The crew eventually made it to the Imp Shelter. Now at their shelter for the night, the group reminisced about fun moments during the hike while preparing dinner. To start, some scouts gathered water from a nearby stream while others began boiling water for miso soup. Soon after, they were all gathered around fueling up with hot soup and wearing additional layers to protect themselves from the cold sub-20-degree air.

Afterward, many people

set up their sleeping arrangements in the wooden shelter while some started cooking dinner: Cheese tortellini with salmon. They then continued to enjoy themselves well until bedtime with talking, playing games, and sharing camaraderie. Finishing the night with poetry and thorns-and-roses, the scouts went to sleep in preparation for the next day.

The next morning, the scouts packed, ate breakfast and hit the trail. Being their final day, they were both

happy and sad to leave. Even so, they continued as usual having fun together. After soon coming across an intersection they saw on the map the previous night, the scouts debated dropping their packs and summiting nearby Mount Moriah.

After deciding to hike it, they set off adding another few miles to the day. With less weight on their backs, they were able to move much quicker and agilely. With some steep sections, the scouts had to maneuver over rocks and traverse difficult terrain to make it to the summit; sometimes they would help each other cross challenging areas. After reaching the summit to view stunning views of the Presidential range of this section of New Hampshire's Appalachian Mountains, they descended to their packs and carried on.

The rest of the way was downhill, so it was smooth sailing. After some miles of a more casual hike, the group eventually heard and saw the highway, indicating they were right at the end. Although off the trail, some of their games never stopped.

Once they were back in the car, they drove down to Conway for a well-deserved lunch. Full of fun experiences, memories and burgers, the scouts left New Hampshire for their homes, waiting for their next trip.

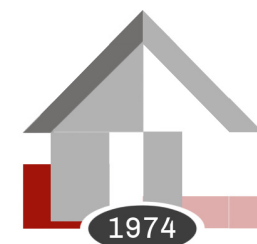
Ian Campbell is a Life Scout and a member of the Troop 3 Scout House in Manchester



Boys line up to showcase their skills at foul shooting on Sunday at the MMES gym. The Knights of Columbus host this annual contest for youth, boys and girls, from 9-14 years of age. Plaques are awarded to the winners in each age category and regional are entered in Regional Championships held later in the year. In the center of the above picture in the white shirt is Dustin Rubin, Regional winner in last years' 10-year-old Division.

Photo Paul Clark

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# Heart and Soul



The 18th Century home which houses Main Street Antiques boasts a marvelous spiral staircase perfect for the wonders inside.

## Bob Coviello Closes Main Street Antiques After 43 Years

By Kris McGinn

Essex, considered one of, if not the, antiques capital of America – is changing. At one time as many as 35 antique stores

were open on the Causeway, anchored at one end by the beautifully curated fine antiques of Andrew Spindler and at the other by the wonderful world of Main Street Antiques, which for the past 43 years has been enchanting visitors with four floors of stacked, packed, and endlessly interesting antiques. But not for much longer. Main Street Antiques is closing its doors this summer. Owner Bob Coviello is simply no longer able to manage the eclectic collection. As he says “I just cannot control this stuff (wave of the hand around the building filled with antiques) anymore.”

If you have not visited, you should. Just experiencing the space (never mind the inevitability of your finding something delightful) is wild, like JK Rowling’s Room of Requirement, it has an air of mystery and magic. This special blend of pieces that cross eras and genres comes from the fact that Bob has



Bob Coviello owner of Main Street Antiques in Essex amongst his marvelous collection of antiques. (Photos: Kris McGinn)

collected exclusively from no more than 30 to 40 minutes away from the shop. The entire house (four stories) and a barn are filled entirely with items from local houses. Bob does not buy from auctions, but rather from local folks who have personal collections, or, better yet, a “clean out.” These, he tells me, were his favorite because he would simply buy the entire contents of a house or barn. Then, once purchased, he would go inside in hopes of finding something unexpectedly wonderful, like the secret prize in a box of Cracker Jacks. But when I ask about the greatest thing he found in all of those clean outs, he

says, with a chuckle, “The stack of one hundred dollar bills from selling it all!”

Bob, along with Ed Howard from Howard’s Flying

nesses to help grow Essex’s downtown thoughtfully and successfully while promoting the town. Though now defunct, at one time they had 80 businesses on board. Cathy Galli of Howard’s Flying Dragon describes Bob as, “... an important part of the antiques community in Essex, he’s been a leader, he did the Merchant’s Group, and has always been a friend and we will miss him as part of our community.”

Bob has always collected antiques, beginning as a young man while working as a special education teacher for 17 years in Peabody.

**The shop has been his entire life. ... The shop has been his heart and soul for 43 years.**

Dragon Antiques and Tom Guertner from what was Periwinkle’s Restaurant, together formed the Essex Merchant’s Group which brought together local busi-

...(Continued on page 7)



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# ESSEX ECHO.

...(Continued from page 6)



Every corner and passageway of the four-story antique building that is Main Street Antiques is filled with pieces from all genres and all eras.



In time, his side hustle became a full-time job and he and his wife Susan grew the business, over time acquiring three more properties on Main Street. Bob tells of regular days of 200-500 people coming through the door every weekend. He says money was no problem, if you bought pieces for the shop on a Wednesday, by Thursday you made your money back; things were good.

However, over the past decade interest in antiques has dropped off significantly. Those weekends that used to see hundreds of customers, now see 20 to 30. Bob buys pieces from parents who are selling because their adult children have no interest in antiques. This, combined with the ease and affordability of online shopping has made the retail antique business tough at best. And just as business has slowed down, so too has Bob. He has come to a place where his mobility has made running the store nearly impossible. And so, the decision to sell it was a natural one.

Everyday Bob's son Robbie opens the shop, then Bob arrives and sits behind the counter to help customers from his chair.

His great friend Dan has come to the shop every Thursday for the past five years to help. Bob says he could not have done it without him, "Now Dan has become my legs and has supplanted all of the things I cannot do. Dan is courageous and consistent, and I could not have done it without him." Bob's wife Susan shared, "The shop has been his entire life. He loved everything about it. He loved to buy; he loved to refinish pieces and make them right for folks. The shop has been his heart and soul for 43 years." And so it is with a heavy heart that friends and shoppers visit to help clear out the space at 44 Main Street, still filled with Bob's marvelous and eclectic collection of antiques and—43 years' worth of memories doing what he loved.

*Main Street Antiques is located at 44 Main Street in Essex -- open every day.*

## LIBRARY NEWS

T.O.H.P. Burnha  
Public Library



Sisters Susan Bachman and Elizabeth Decker enjoy making felted winter birds with the Pop-Up Art School. This special program was funded by a Local Cultural Council Grant. (Courtesy Photo)

**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.

**Teen Crafternoon** | Grades 6-12, join us on Tuesday, February 11 at 3:30 p.m. to make Q-Tip Snowflake art. Enjoy an afternoon of cocoa and crafting. Please register.

**Meet the Author** | Kids, ages 5 and older meet "Woofmore" author Lisa Haskins Houran, Tuesday, February 18 at 3 p.m. Hear her read from her new book and enjoy making a themed craft.

**An Evening of Hygge** | Thursday, February 20th, 7 p.m. Be treated to a cozy atmosphere while learning about the origin and philosophy of Hygge. Spaces are very limited and registration is required.

**Community Book Group** | Monday, February 24 at 10 a.m. for a discussion of "As Long as the Lemon Trees Grow" by Zoufka Katouh. Copies are available at the Circulation Desk.

**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 Story Hour** | Wednesdays for Ages 0-2 at 9 a.m. Ages 3-5 at 10 a.m.

## ESSEX POLICE NOTES

### SUNDAY, JANUARY 19

11:06 a.m. Main Street, community policing, assisted as needed. 12:10 p.m. John Wise Ave., citizen assist, assisted as needed. 5:54 p.m. Piper Lane, disturbance, report to follow. 10:54 p.m. Southern Ave., selective enforcement, secured/checked.

### MONDAY, JANUARY 20

1:29 a.m. Conomo Point Rd., parking complaint, parking enforcement. 12:59 p.m. Forest Ave., disabled MV, vehicle towed. 3:05 p.m. Desoto Rd., male-sick/other, transported. 5:40 p.m. Eastern Ave., suspicious activity, secured/checked. 9:16 p.m. Pond St., fire - MV crash, report to follow.

### TUESDAY, JANUARY 21

12:50 p.m. Martin St., welfare check, secured/checked. 3:22 p.m. Grove St., male-breathing difficulty, transported. 8:24 p.m. Western Ave., male-seizure, transported. 9:13 p.m. Martin St., directed patrol, secured/checked.

### WEDNESDAY, JANUARY 22

8:24 a.m. Dodge St., suspicious activity, no action taken. 3:42 p.m. Southern Ave., transport, secured/checked. 4:45 p.m. Centennial Grove Rd., fire - MV crash, report to follow. 5:52 p.m. John Wise Ave., police - citizen assist, assisted as needed.

### THURSDAY, JANUARY 23

10:53 a.m. Milk St., disturbance, report to follow. 11:11 a.m. Chebacco Ter., fire-alarm/co, cleared false alarm. 11:58 a.m. Western Ave., fire other, notification made. 8:55 p.m. N Maine St., BOLO, notification made.

### FRIDAY, JANUARY 24

10:49 a.m. Lufkin St., male-fall, patient refusal. 12:59 p.m. John Wise Ave., property lost/found/held/returned, assisted as needed. 7:07 p.m. John Wise Ave., fire - alarm/co, fire false. 10:07 p.m. Main St., fire - alarm/co, fire false.

### SATURDAY, JANUARY 25

1:23 a.m. Shepard Memorial Dr., parking complaint/enforcement, no action taken. 10:50 a.m. John Wise Ave., police - citizen assist, public assist. 12:10 p.m. John Wise Ave., disabled MV, spoken to. 5:13 p.m. Pickering St., police investigation/follow up, spoken to.



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## Town Administrator's Report

Board of Selectmen's Meeting of January 27, 2025  
Report covers from January 4, 2025 to January 24, 2025

### Installation and Configuration of New Network Video Recorder (NVR)

As the Board may recall, due to staffing issues beyond the control of our camera system vendor, the replacement of the NVR in the police station was delayed. New cameras were installed and made operational at the Centennial Grove and the new server is intended to record the feeds from those new cameras and the feeds from all of the existing cameras in and around the public safety facility. The Town Administrator (TA) assisted our vendor's network specialist with the installation during the week of January 6, 2025 and the system is up and running. The TA will be getting a quote on adding a new camera across from the Water Filtration Plant now that we have the capability to expand. Also, the Police Department noted that one particular camera that was originally installed when the building was new has not been working for some time. As such, our vendor found the wiring fault with that camera and billed that work under a separate fee agreement. The system is fully functional.

### Cable TV Streaming System Audio Synch Issue

1623 Studios has reported that, from time to time, recordings of Selectmen's meetings in the auditorium are experiencing audio/video synching issues (audio not matching the image on the screen). A 1623 technician visited the Town Hall during the week of January 13, 2025 and began to test the system by isolating the various devices in the recording chain, one device at a time. He returned the following week and was not able to duplicate the problem in testing. He will provide the studio technician with a recording device with faster throughput, which may be the root of the problem.

### Essex Police Association Collective Bargaining

Chairman Pereen, Finance Committee Chair Harris, and the TA met with the Chief of Police and members of the Essex Police Association on January 14, 2025 to continue collective bargaining with respect to a successor collective bargaining agreement (CBA). The next bargaining session has been set for February 4, 2025. The present CBA expires on June 30, 2025.

### Interviewing of Candidates for Chief of Police

The Chief of Police Search Preliminary Screening Committee (PSC) has interviewed

a number of both internal and external candidates for the Chief of Police position that will be vacant this coming April. Some candidates did not meet the prerequisites provided in the vacancy announcement and did not receive preliminary interviews. Of the nine candidates who received preliminary interviews, the PSC will be setting up continuations of those preliminary interviews with several candidates. The PSC will then bring to the full Board a recommendation for public interviews of two finalists. A retired chief of police who often participates in formal assessment centers assisted with the development of questions for the preliminary interviews and he will be present to assist the PSC with the evaluation of the candidates who are being asked back for a continuation of the preliminary interview process.

### Contract for Municipal Fuel Depot Design

At the last meeting, the TA indicated to the Board that an additional prospective engineering firm (Barton & Wilcox) had provided a design and cost estimation proposal for a possible future municipal fuel depot within the Town's \$25,000 budget - proposal was for \$25,000 exactly. The TA also explained that he was waiting for a second engineering firm (Webb

Engineering) to visit the site and also provide a proposal. Mr. Zubricki now has the Webb Engineering proposal, which has come in at \$15,000. In addition, Webb was the only firm of five total firms willing to come out to the site to better understand our needs prior to submitting a proposal.

The TA recommended that the Board enter into a contract with Webb to get started on the basic design. Additional funding will be necessary when that has been completed in order to properly evaluate and lay out the depot at the location chosen by the Town. Chairman Pereen, the Chief of Police, the Fire Chief, and DPW personnel will meet out on the site on February 11, 2025 to review the options and to express a preferred location.

### Monthly Pothole Log

Mr. Zubricki received the pothole log for the month of December from the Department of Public Works during the week of January 6, 2025. The log is intended to document the rapid repair of any reported potholes. No potholes were reported in December.

### Quarterly Facility Self-Inspection Form

The TA completed the subject form for Town Hall during the week of January 6, 2025.

## ESSEX SENIOR LIVING | JAN 31

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 cre-

ating 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 Bennett Center indoor walking track! \*Contact Hamilton-Wenham Recreation at 978-468-2178 to

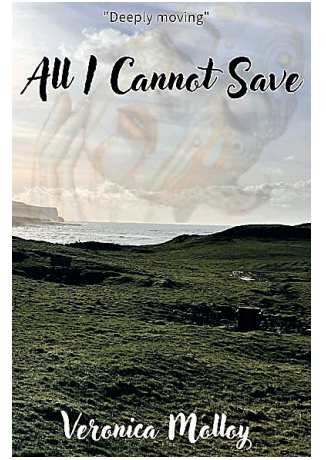
register. Transportation is available from CATA (978-283-7916).

**Grab and Go Meals, Mondays & Thursdays, 12 noon (must be picked up by 12:30 p.m.):** Monday meals provided by Open Door, Thursday meals provided by Senior Care. Please register two business days in advance - 978-768-7932.

### Monthly Events

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

# Resilience Wins in All I Cannot Save



a vivid picture of Ireland during a time of significant social and cultural change. These are things anyone can relate to. At times, *All I Cannot Save* is unflinching, pulling us into Mary's life as she quietly makes sacrifices demanded by society.

"I wanted to create a character whose choices, though constrained by the time she lived in, would still resonate deeply with readers today," she said.

Published by the Limerick Writers' Centre in Ireland, *All I Cannot Save* has been described as "a work of great emotional depth." Since its publication in December in her home country, the novel has been praised for its sensitivity, nuanced portrayal of mid-century Ireland.

It's hard to believe this is Molloy's first novel, because she rises to the considerable challenge of her native country's lyrical history. But Molloy's background as a religious scholar, a secondary school teacher, and an accomplished poet with three poetry books to her name makes it not that surprising that a debut novel can feel this rich. After all, everyone is drawn to themes of duty, personal growth, courage, and the embracing of one's true self.

*All I Cannot Save* is available for purchase at *The Book Shop of Beverly Farms* and, if you must, at *Barnes & Noble* and *Amazon*.

Author Veronica Molloy at last week's author reading in Manchester. Molloy's sister, Constance Leahy, is to her left. Manchester flautist Christine Routhier is in the back. Photo: Erika Brown

By Erika Brown

## Molloy's reading in Manchester last week connected to those who attended the book luncheon. They called her novel personal, and compelling.

Last week in Manchester, Veronica Molloy, a poet and educator from Ireland, made her foray into fiction with her debut novel, *All I Cannot Save*. Molloy gave a reading from her book to a large "Meet the Author" luncheon hosted by Constance Leahy and Dyane Cotreau.

Set in mid-20th Century Ireland, *All I Cannot Save* tells the story of Mary O'Brien, a young woman from a rural farming family who chooses to leave the familiar life of the farm behind to join a convent, where she takes the name Sister Cecilia. The novel tracks her journey, exploring themes of courage, identity, and transformation, and the often-conflicted terrain between duty and personal destiny.

"Mary's story is about the universal struggle to reconcile who we think we should be with who we truly are," said Molloy.

Many at last week's event knew the author personally because of Molloy's connection to Manchester. As one of Constance Leahy's seven siblings, the author has spent a lot of time on Cape Ann over the last 20+ years. The luncheon, hosted at the home of Ms. Cotreau, was more than just about meeting Molloy. It featured dishes and tea from the book, adding a surprising element to the reading. Attendees also enjoyed a beautiful musical piece by Manchester flautist Christine Routhier.

Back to the book. Molloy's evocative storytelling paints

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**SALEM**  
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Offered at \$1,335,000  
Michael Selbst | 617.504.9159

**NEWBURYPORT**  
24 Collins Street  
3 Beds | 2.5 Baths | 2,583 Sq. Ft.  
Under Contract  
Kevin Fruh | 978.500.7409

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# From Sailing to STEM

## The Expanding World of Cape Ann Summer Camps



Yes, it's time to think about summer camps. Believe it. Or not. It's time. The good news is, camps on Cape Ann have long been a cherished tradition and the variety of program options continues to grow each year. There are classic day camps focused on fun, a town-run program steeped in history, and a bevy of specialized camps catering to budding sailors, performers, STEM enthusiasts, and more.

One of the longest running area camps is Manchester's Summer Playground, a staple since the 1960s, where local teens serve as counselors under the guidance of seasoned program leaders. It's as "old-fashioned" as it gets in Manchester. Started as part of Manchester Elementary School by Manchester legend, Don Towle, there are literally—generations of kids who have made their summers "Summer Playground Summers." Management now lies with Manchester's Parks & Recreation Dept., but the program is still run from Memorial Elementary School and still retains those popular weekly field trips. The seven-week camp starts June 23 and includes kids entering Kindergarten to rising 8th graders. Registration opens in March.

The YMCA of the North Shore is another veteran of Cape Ann summer camp fun. Camp Dory has become a staple for Essex youth, run out of the town's public park, Centennial Grove on Chebacco Lake. There's also the Y's Camp Spindrift (near Wingarsheek Beach) that gets kids outdoors and out on the water. Keeping with the old-fashioned feel, Camp Spindrift has been running for decades.

Then there are specialty camps. The undisputed icon of local summer programs is "MSA," the Manchester Sailing Association, which has been teaching kids to

### Whatever your child is into - general fun or developing skills - there's a summer camp experience for them on Cape Ann.

navigate the waters off Tuck's Point since 1971. Like Summer Playground, it started over 50 years ago as a town-backed initiative in partnership with the Manchester Yacht Club—a collaboration that has since become a model nationwide for making youth sailing more accessible. The model works, because MSA's summer sessions have gained such a loyal following that they've even expanded to offer special "learn to sail" programs just for adults.

Another long-running summer program is Manchester Summerstage, which has been running for more than 50 years. Each summer the troupe produces a high-quality musical theatre production with students grades 5 through high school. Last summer's "Matilda the Musical" was a big draw with local audiences. Auditions are typically scheduled for late May, and all youth who audition will receive a role. If these are the old guard, then there's a whole lot going on with the "new guard" of specialty camps that offer an unbelievably wide spectrum of specialty choices for kids of all ages.

Many of these camps that focus on kids' passions (STEM, dance, art) are hosted by local schools. Think Landmark School, Brookwood, St. John's Prep, or even higher education institutions like Montserrat College of Art, which offers summer STEAM programs that embrace art and science. Others, like Edge on Science that offers 10 hands-on programs designed for young scientists and engineers in areas like Computer Aided Design (CAD), 3D



## The Good Stuff of Summer Camp

Summer camp isn't just about fun. For local youth, it can be a powerful way to foster personal growth, a sense of connection, and it can create experiences that build a strong foundation. Mary Minott spent more than 20 years as a high school psychotherapist for the Brookline Brookline Public Health and Human Services before setting up her general therapy practice in Hamilton. She says camps of all types—from general day camps to specialty camps—can be a low-pressure space for new opportunities.

#### Stronger Social Skills

At camp, kids are given a

whole new social slate. That can be a challenge, but it's also an opportunity, says Minott, to interact in a structured yet relaxed environment. That helps improve communication skills, teamwork, and ability to make friends. Studies show that 74% of campers say they tried something new that made them feel proud, reinforcing resilience and adaptability.

#### Increased Confidence and Independence

Whether it's learning to swim, performing in a play, STEM advancement, or mastering a new sport, camp provides opportunities for kids to challenge themselves

in a supportive setting. It's also an opportunity for a child to see themselves in a new way, says Minott. "A child who is shy at school may find their voice and learn they have leadership skills," she said. Or, she added, a child who hasn't yet experienced a "best friend" at school may find "their person" at camp.

#### Break from Screens and Social Media

One of the most significant benefits of summer camp is the break from digital distractions. And don't confuse cell phones and social media with STEM programs that enhance programming, teamwork, and analytical

skills with solitary social media scrolling. Minott said the break from screens is, in her experience, welcomed by students once they feel the benefits of personal connection. And, camps provide a much-needed reset, encouraging face-to-face interactions, outdoor play, and creative thinking.

#### Reduced Stress and Anxiety

In the end, camp is about unstructured free time and outdoor activities at summer camp, which promotes mental well-being. Studies show that time in nature can lower stress and improve mood, helping kids feel more relaxed and engaged.

modeling & printing, robotics, space science, leverage partner sites like Gloucester's Ocean Alliance that have the infrastructure.

And, returning to the YMCA, there are camps with a focus. For "theater kids," the Y's Theater Camp, run by youth theater veteran Heidi

Dahlin, is a big draw. And there's sports camp at the Y, offering skills development, scrimmaging, etc. for basketball, soccer, cheer, and more.

Both are at the Glen T. MacLeod YMCA in Gloucester. And don't forget about the Manchester Athletic Club in

...(Continued on page 10)

**the Y YMCA**

# CHOOSE YOUR ADVENTURE!

**REGISTER TODAY!**  
[northshoreymca.org/camp](http://northshoreymca.org/camp)

**CAMP DORY**  
 98 Centennial Grove Rd, Essex

**CAMP SPINDRIFT**  
 57 Atlantic Ave, Gloucester



Manchester, which has a nationally-recognized youth tennis program and brand new indoor turf facilities.

Then there's Scouting. Every year, Troop 3 Scouts (open to Manchester and Essex youth) attend Summer Camp at a BSA Scout Camp. For the past few years, typically in late June or the week after the 4th of July, Troop 3 Boys and Troop 3 Girls have attended JN Webster Scout Camp for one week. It's a "Scouts Bonanza," since participants are able to pick from over 60 different outdoor merit badges, such as the waterfront, shooting range, handicraft pavilion, nature and STEM center, and many more throughout the 1200-acre camp. (Each Scout usually works on 4-5). They also get the old-fashioned sleepaway camp experience (think: sleeping in platform tents). Only kicker is you have to be a Scout to participate. (Not too late to join! Go to [beascout.scouting.org](http://beascout.scouting.org) to join. Or stop by the Scout House on School Street in Manchester.)

Yes, thankfully, today there are all manner of local choices, giving kids and their parents a chance to dive deeper into something they already love, or try something new, be it for just one week or the whole summer long.

Maybe that is why camp is a tradition that continues today.



# Summer Camp and Programs Directory

## Edge on Science

Gloucester and Newton, Mass. Day Camp/Rising 5th Grade to 9th Grade

Week-Long Summer STEM Programs for Kids. Take part in this "Boston Parents Paper 2024 Family Favorites in STEM," offering 10 different interactive and hands-on programs designed for young scientists and engineers at our Lasell University and Ocean Alliance locations in Massachusetts. Workshops cover diverse topics like Computer Aided Design (CAD), 3D modeling & printing, robotics, space science, and more. Programs run daily, 9 a.m. to 4 p.m., with extended drop-off as early as 8 a.m. or pick-up as late as 6 p.m. [edgeonscience.com](http://edgeonscience.com)

## Summer at BROOKWOOD

Beverly Farms, Mass. Day Camp/Ages 3 to rising 9th Graders

Summer at Brookwood invites the greater community to register for camp! With day camp and specialty camp offerings available in half-day, full-day, and extended

day schedules. Crafted for campers from age 3 to rising 9th graders. Join us, and "summer better" at Brookwood. [summer@brookwood.edu](mailto:summer@brookwood.edu). [brookwood.edu](http://brookwood.edu)

## Summer Literacy Camps

Beverly, Mass. Day Camp/Rising Pre-K to Rising 4th Grade

The Reading Studio team in Beverly brings literacy to life with fun, engaging activities that build essential skills and spark excitement for learning in each camper this summer! Weekly programs start June 16 and run through August 14, all geared specifically to ages and abilities to ensure writing is fun and exciting for all. Join us this summer for camp! [thereadingstudio.com](http://thereadingstudio.com)

## Landmark Summer Programs

Beverly, Mass. Day Camp/Grades 2 - 7 and 8 - 12

Does your child struggle with dyslexia or another language-based learning disability? Does your child

struggle with executive function skills? Landmark School's Summer Program will help navigate a fresh start, boosting skills, gaining confidence and getting back on track. Elementary / Middle School and High School programs each offer one-to-one daily tutorial and challenging academics, all in a small, low-pressure environment that always makes time for fun! [Landmarkschool.org/summer](http://Landmarkschool.org/summer)

## MAC Summer Program

Manchester-by-the-Sea, Mass. Day Camp/ Ages: 2-12

Full and half day programs include organized crafts, weekly themes, outdoor pool/splash pad, sports on turf fields and so much more! Starting June 23, each week during Summer At MAC we'll dive into an exciting theme to fuel creativity. The daily schedule remains consistent, each week is infused with a new theme, along with activities, adding an extra layer of excitement to our summer adventures! Full day 9 a.m.-3 p.m. or half day options (9 a.m. to 12 noon or 12 noon to 3 p.m.). Register early for a discount! [macbythesea.com](http://macbythesea.com)

## Manchester Sailing Association (MSA)

Manchester by the Sea, Mass. Day Camp/Age 7+

Teaching the joys of sailing since 1971! Manchester Sailing Association operates from Tuck's Point in Manchester, June 23-August 15 offering classes for beginners to more experienced sailors. Sign up for one session or jump into the full season. Organized for Kids 7+ or Adventure, Racing, and even Adult Sailing. Learn to sail, and love to sail! [Manchestersailing.org](http://Manchestersailing.org)

## Manchester Summer Playground

Community Program - Rising 8th Graders Manchester-by-the-Sea, Mass. A community summer program tradition for children for more than 100 years, open to residents of Manchester and Essex! Seven Weeks starting June 27th, 9 a.m. - 12 Noon, Monday to Friday. Registration opens in April. [Manchesterma.myrec.com](http://Manchesterma.myrec.com)

## Summer S.T.E.A.M. at Montserrat

Beverly, Mass. Day Camp/Ages 8 - 15

Montserrat College of Art returns with its popular Youth S.T.E.A.M. Arts Academy. A fun and challenging program that gives campers experience in exciting creative endeavors while being introduced to a variety of techniques and skills. Programs for younger campers (ages 8-11) and older campers age 12-15. Full day or partial day participation available throughout the four, one-week sessions. [steam@montserrat.edu](mailto:steam@montserrat.edu)

## Y.M.C.A of the North Shore

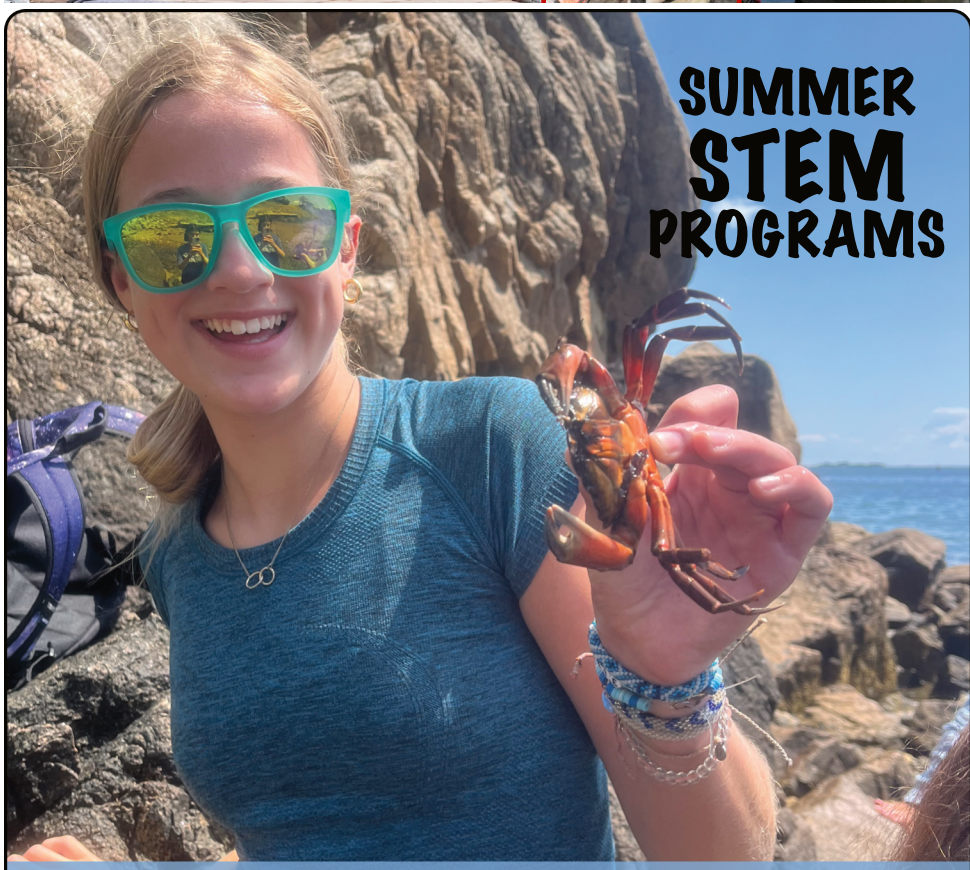
Beverly, Essex, and Gloucester, Mass. Day Camp/Ages 4 - 11 Three camps give families all the options they need for a summer of fun! Camp Dory at Centennial Grove in Essex; Camp Spindrift on Atlantic Ave. in Gloucester; and Camp Sterling Woods from the Sterling Center in Beverly. Registration is open! [Northshoreymca.org/camps/](http://Northshoreymca.org/camps/)

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[www.macbythesea.com](http://www.macbythesea.com)



**SUMMER Literacy Camps**  
 THE Reading STUDIO

Registration is **OPEN!**

Join us this summer for camp! The Reading Studio team brings literacy to life with fun, engaging activities that build essential skills and spark excitement for learning in each camper!

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[admin@thereadingstudio.com](mailto:admin@thereadingstudio.com)  
[@the\\_readingstudio](https://www.instagram.com/the_readingstudio)

174 Cabot St. Beverly, MA 01915

**Rising Pre-K**  
 June 16-19

**Rising Kindergarten**  
 June 16-19  
 June 23-26  
 August 18-21

**Rising 1st Grade**  
 June 23-26  
 July 7-10  
 August 18-21

**Rising 2nd Grade**  
 July 7-10  
 August 11-14

**Rising 3rd & 4th**  
 [Writer's Workshop]  
 August 11-14



Summer at Brookwood invites the greater community to register for camp! With Day Camp and Specialty Camp offerings, formatted in half-day, full-day, and extended day schedules, we've got something for everyone, from 3-year-olds to rising 9th graders.

Join us, and summer better at Brookwood!

Inquiries / Questions:  
[summer@brookwood.edu](mailto:summer@brookwood.edu)

[brookwood.edu](http://brookwood.edu)



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**Skills+ Study Skills Workshop**  
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 Get your academic edge with skills and strategies to **get organized, manage time, gain focus**, and so much more.

[landmarkschool.org/summer](http://landmarkschool.org/summer)



**STEAM YOUTH ARTS ACADEMY**



**AGES 8-15** **Montserrat COLLEGE OF ART** **JULY 7 TO AUG 1**

Montserrat College of Art in Beverly hosts four, one-week sessions of its Youth S.T.E.A.M. Arts Academy for students age 8-15, broken into age groups of 8-11 (minors) and 12-15 (majors).

The program is fun and challenging. Students may take one, two, or three classes per day allowing them to experience exciting creative endeavors while being introduced to a variety of techniques and skills.

**SUMMER 2025 COURSES**

<p><b>COURSES FOR MINORS (8-11)</b></p> <ul style="list-style-type: none"> <li>ADVENTURES IN DRAWING &amp; PAINTING</li> <li>ANIMATION</li> <li>ART EXPLORER</li> <li>ART, NATURE &amp; THE ENVIRONMENT</li> <li>BEADING CLUB</li> <li>CARTOONING &amp; COMICS</li> <li>CIRCUIT EXPLORERS</li> <li>COMIC BOOK ART</li> <li>CRAZY CHEMISTS</li> <li>FIBER ARTS</li> <li>FILMMAKING</li> <li>JURASSIC TALES</li> <li>MINI-ENGINEERS</li> <li>MONSTER MASH DRAWING</li> <li>OUT OF THIS WORLD</li> <li>PAINTING STUDIO</li> <li>PAPER ARTS &amp; BOOKMAKING</li> <li>PRINTMAKING</li> <li>PUPPET MAKING</li> <li>SCULPTURE STUDIO</li> <li>SUPER SCIENTISTS</li> <li>WEARABLE ART</li> <li>WONDEROUS WATERCOLORS</li> <li>WOVEN WONDERS</li> </ul>	<p><b>COURSES FOR MAJORS (12-15)</b></p> <ul style="list-style-type: none"> <li>3D PRINTING WITH A PURPOSE</li> <li>ACTING FOR THE STAGE</li> <li>ART &amp; DANCE</li> <li>ART AROUND THE WORLD</li> <li>ANIMATION</li> <li>CIRCUIT LAB</li> <li>COMIC BOOK ART</li> <li>DRAWING STUDIO</li> <li>DREAM DESIGNER</li> <li>FASHION DESIGN</li> <li>FIBER ARTS &amp; SEWING</li> <li>FILMMAKING</li> <li>JUNIOR ARCHITECTURE</li> <li>MARINE BIOLOGY</li> <li>MIXED MEDIA STUDIO</li> <li>PAINTING STUDIO</li> <li>PAPER ARTS &amp; BOOKMAKING</li> <li>PHOTOGRAPHY: DIGITAL OR SMARTPHONE</li> <li>PUPPET MAKING</li> <li>PRINTMAKING</li> <li>SCULPTURE STUDIO</li> <li>SKETCHBOOK &amp; ILLUSTRATION</li> <li>TEEN CSI</li> <li>TRADITIONAL GAME &amp; TOY DESIGN</li> </ul>
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[MONTERRAT.EDU/YOUTH](http://MONTERRAT.EDU/YOUTH)



# Puzzle

THEME: VALENTINE'S DAY

**ACROSS**

1. Past participle of spit
5. King Kong, e.g.
8. Greek portico
12. Not to be mentioned
13. Congeal
14. \_\_\_ cell carcinoma
15. Top of Kilimanjaro, e.g.
16. Periods of time
17. D-Day beach
18. \*Holiday the day before Valentine's Day
20. Shade of beige
21. Quantities on doctors' prescriptions
22. Not amateur
23. \*Letters to Juliet destination
26. Come to final conclusion
30. \*Ultimate Valentine's vow?
31. Purchaser
34. Zelensky's capital
35. Move a plant
37. High-\_\_\_, as in an image
38. Tubular pasta
39. Not Visa or MC
40. \*Moving Valentine's Day date option
42. "Annie get your \_\_\_"
43. a.k.a. ladybird
45. Maximum
47. "Rub A Dub Dub" vessel
48. Suburb of Dallas
50. Skunk's defense
52. \*Sweet Valentine's gesture
56. Long stories
57. Rhythmic way of talking
58. Yours and mine
59. Send, as payment
60. The E of B.P.O.E.
61. A bit of water
62. Biblical paradise
63. Elfin
64. Sign of boredom

**DOWN**

1. Doe's mate

CROSSWORD												
1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19					20			
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62						63				64		

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2. One of Three Bears
3. Cain's brother
4. Prom night garb
5. Bird of prey's nest
6. \*Make them in advance of Valentine's Day
7. "Or \_\_\_?"
8. \*\*Cupid" singer (2 words)
9. Russia's Terrible one, e.g.
10. Pearl Harbor island
11. Between Fla. and Miss.
13. Ship's floating wreckage
14. Afrikaners' ancestors
19. Group of nine singers
22. For each
23. All over the internet
24. Possible allergic reaction
25. Lassoed
26. \*Baby's breath's partner
27. Texting vocabulary, e.g.

# Sudoku

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

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

Solutions on Page 11

28. \*Cupid's mom
29. Black tie \_\_\_
32. Snob
33. Gymnast's goal
36. \*a.k.a. "love hormone"
38. Deck alternative
40. Chicago baseballer
41. Defrauds
44. Explosion
46. Pleasing notes succession
48. At the same time
49. Too much egg middle
50. Newspaper piece
51. Five and \_\_\_
52. Staff leader
53. Heavenly glow
54. Think, archaically speaking
55. Sport spectator's TV acronym
56. Before, old English

# 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.cornerstonenorthshore.org](http://www.cornerstonenorthshore.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](http://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](http://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 -

February 2 Family Worship with Communion, 10 a.m. led by Rev. Katherine Schofield and Dr. Herman Weiss with the First Parish Choir

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

Tuesday, Bible Study, Via Zoom 4 p.m. join in with computer, smart device or dial in on a phone - emailoffice.fpchurch@gmail.com or call 978-526-7661 for the link Wednesday Choir Rehearsal 7:30 p.m.

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

**St. John's Church Worship** Every Sunday we hold ser-

vices 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](mailto: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.

# SENIOR HIGHLIGHTS | JAN 31

There is a lot set to happen with the Manchester Council on Aging in the coming weeks. Check them out here, and for on any of these great trips or to reserve your seat on the van, please call 978-526-7500.

**Walking At the Bennett Center**

The Manchester Council on Aging (COA) is pleased to offer indoor walking at the Bennett Center at Gordon College. This program is offered through the Hamilton - Wenhams Recreation Department and is available to Manchester seniors. The walking Pass is free of charge. Registration is required. Please call the COA to register or for more

information (978) 526-7500.

**To the Malls!**

On Friday, February 7, the COA van will be going to the Peabody and Danvers Malls. Seniors can pick between the North Shore Mall or Liberty Tree Mall. The van will start picking up seniors around 10 a.m. Return is expected by 2 p.m. Info and register for van pick up, call the COA.

**Lunch & A Movie at the Cabot**

On Monday, February 10, the COA is pleased to offer a trip to The Cabot to see the movie musical "On the Town" starring Gene Kelley and Frank Sinatra. Senior-

Care is offering this film free of charge. The van will bring you to the 99 Restaurant for lunch prior to the movie. Lunch is on your own. The van will start picking up seniors at 10:45 a.m. Return is expected around 3 p.m. Info and sign up, call the COA.

**Putnam Pantry**

On Friday, February 14, the COA is offering a trip to Putnam Pantry in Danvers. Come and enjoy their famous ice cream smorgasbord or have a sandwich at the café and don't forget to pick up some Valentine's Day chocolates before you leave. The van will start picking up seniors around 11 a.m. Return

is expected by 2 p.m. Info and register for van pick up, call the COA.

**Red's Kitchen & Tavern**

On Friday, February 21, the COA is offering a trip to Red's Kitchen & Tavern in Peabody. Breakfast is served until 3 p.m. or enjoy some comfort food from the lunch menu which includes sandwiches, pasta, burgers, and classic entrees. The van will start picking up seniors around 11 a.m. Return is expected by 2 p.m. Info and register for van pick up, call the COA.

**Zumba!**

The COA invites you to Zumba, a dance-based cardio

workout, starting Thursday, February 27 at the Congregational Chapel for an eight-week session. The class runs from 9:30 -10:30 a.m. Lauren D'Ambrosio, owner of Ballet de Mar, is a certified Zumba instructor, and she invites seniors to come experience the benefits of Zumba! All seniors are welcome! The cost is \$5 per class payable to the COA. We ask that participants bring their own bottle of water. Please call the COA for more information. Return is expected by 2 p.m. Info and register for van pick up, call the COA.

**Mystery Ride!**

On Wednesday, February 26, it's the Manchester Council on Aging mystery van ride. The van driver heads for an undisclosed establishment

somewhere on the North Shore; it could be ice cream, pastries, sandwiches or all of the above and only the van driver knows! A little hint will be given, so all can be prepared! Pick-up will begin at 12 noon and return will be by 2 p.m. To register your seat on the van, call the COA.

**Monte's Restaurant**

On Friday, February 28, the COA is offering a trip to Monty's Restaurant in Lynn for a delicious meal. Enjoy pizza, pasta, salads, sandwiches and Italian entrees at a reasonable price. Cash only. This trip is limited to 12 seniors. The van will start picking up seniors around 11 a.m. Return is expected around 1 p.m. Reserve your spot by calling the MBTS COA.

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978 526 7171

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# February is Veterinary Dental Health Month

## PETS AND PEOPLE



By Lawrence Lamb, DVM

Your pet's teeth and gums should be checked at least once a year to review for early signs of a problem and to keep your pet's mouth healthy. Why? Because most people may not know it, but the oral health of your pet—just as with humans—is connected to overall health and arming yourself with good training and information can make a big difference in your pet's life.

Modern veterinary facilities contain the same equipment you see in your own dentist's office. These include instruments for cleaning your pet's teeth as well as instruments for oral surgery. Dental x-ray equipment, and equipment that provide for surgical procedures such as drills and ultrasonic devices that permit us to remove tarter buildup under the gums and allow for the treatment of various kinds of oral disease.

Periodontal disease is the most common dental condition in dogs and cats. By the time your pet is three years old, he or she will very likely have some early evidence of periodontal disease, which will worsen as your pet grows older if effective preventive measures aren't taken. Early detection and treatment are critical, because advanced periodontal disease can cause severe problems and pain for your pet.

As I mentioned, periodontal disease doesn't just affect your pet's mouth. Other health problems found in association with periodontal disease include kidney, liver, and heart muscle changes. It starts with plaque that hardens into tartar. Tartar above the gumline can often easily be seen and removed, but plaque and tartar below the gumline is damaging and sets the stage for infection and damage to the jawbone and the tissues that connect the tooth to the jaw bone. Periodontal disease is graded on a scale of 0 (normal) to 4 (severe).

The cause of gum disease is the same in cats and dogs as it is in people. Gum disease is an infection resulting from buildup of soft dental plaque on the surfaces of the teeth around the gums. The bacteria in dental plaque irritate the gum tissue if plaque is allowed to accumulate, which often leads to infection in the bone surrounding the teeth. Hard dental tartar (calculus) consists of calcium salts from saliva deposited on plaque. Tartar starts to form within a few days on a tooth surface that is not kept clean, and provides a rough surface that enhances further plaque accumulation. And once it has begun to grow in thickness, tartar is difficult to remove without dental instruments.

Veterinary dentistry includes the cleaning, adjustment, filing, extraction, or repair of your pets' teeth and all other aspects of oral healthcare. These procedures should be performed by a veterinarian or a board-certified veterinary dentist. The process begins with an oral exam of your pet's mouth by a veterinarian. Radiographs (x-rays) may be needed to evaluate the health of the jaw and the tooth roots below the gumline. Because most dental disease occurs below the gumline, where you can't see it, a thorough dental cleaning and evaluation are performed under anesthesia. Dental cleaning includes scaling (to remove dental plaque and tartar) and polishing, similar to the process used on your own teeth during your regular dental cleanings.

Have your pet's teeth checked if you observe any of the following problems:

- bad breath
- broken or loose teeth
- extra teeth or retained baby teeth
- teeth that are discolored or covered in tartar
- abnormal chewing, drooling, or dropping food from the mouth
- reduced appetite or refusal to eat
- pain in or around the mouth
- bleeding from the mouth
- swelling in the areas surrounding the mouth

Some pets become irritable when they have dental problems, and any changes in your pet's behavior should prompt a visit to your veterinarian. Always be careful when evaluating your pet's mouth, because a painful animal may bite.

Although cavities are less common in pets than in people, your pet can have many of the same dental problems that people can develop:

- broken teeth and roots
- periodontal disease
- abscesses or infected teeth
- cysts or tumors in the mouth
- malocclusion, or misalignment of the teeth and bite
- broken (fractured) jaw
- palate defects (such as cleft palate)

When you go to the dentist, you know that what's being done is meant to help you and keep your mouth healthy. Your dentist uses techniques to minimize pain and discomfort and can ask you how you are feeling, so you accept the procedures and do your best to keep still.

But your pet does not understand the benefit of dental procedures, and he or she reacts by moving, trying to escape, or even biting. For this reason, veterinarians will turn to anesthesia to perform the dental procedures with less stress and pain for your pet. In addition, anesthesia allows for a better cleaning because your pet is not moving around and risking injury from the dental equipment. And, if radiographs (x-rays) are needed, your pet needs to be very still in order to get good images, and this is unlikely without heavy sedation or anesthesia.

The American Veterinary Dental College does not recommend dental cleanings without anesthesia because they do not allow cleaning or inspection below the gumline, where most dental disease occurs, and can result in injury to the pet or the person performing the procedure. Although anesthesia will always have risks, it's safer now than ever and continues to improve so that the risks are very low and are far

outweighed by the benefits. Most pets can go home the same day of the procedure, although they might seem a little groggy for the rest of the day.

Prevention of the most common oral disease in pets consists of frequent removal of the dental plaque and tartar that forms on teeth that are not kept clean. Regularly brushing your pet's teeth is the single most effective thing you can do to keep their teeth healthy between dental cleanings, and may reduce the frequency or even eliminate the need for periodic dental cleaning by your veterinarian. Daily brushing is best, but it's not always possible and brushing several times a week can be effective. Most dogs accept brushing, but cats can be a bit more resistant - patience and training are important.

Your veterinarian will be happy to show you models of your pet's mouth and explain all of the above to you. Armed with the right information, rest assured you'll be doing right by your pet's overall health, and ensuring you and your family are giving your loved one the best quality of life that you will enjoy together.



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

### LEGAL NOTICE



COMMONWEALTH OF MASSACHUSETTS  
LAND COURT

3 Pemberton Square, 5th floor,  
Boston, MA 02108

DEPARTMENT OF THE TRIAL  
COURT

Docket Number: . 25 SM 000121

#### ORDER OF NOTICE

To: Patricia M. Tillman  
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq):

Sierra Pacific Mortgage Company, Inc., claiming to have an interest in a Mortgage covering real property in Manchester, numbered 4R Forest Street, Unit #2, a/k/a 4 Forest Street, Unit #2, 4 Forest Street Condominium Association, given by Paul J. Tillman and Patricia M. Tillman to Mortgage Electronic Registration Systems, Inc., as nominee for Sierra Pacific Mortgage Company, Inc., its successors and assigns, dated December 13, 2013, and recorded in Essex County (Southern District) Registry of Deeds in Book 33016, Page 20, as affected by a

Loan Modification dated March 11, 2019, and recorded in Said Registry of Deeds in Book 37434, Page 406, and now held by plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before March 3, 2025, or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, GORDON H. PIPER,  
Chief Justice of this Court on  
January 16, 2025.

Attest: Deborah J. Patterson  
Recorder 24-007972

Posted to MNPA website:  
<http://masspublicnotices.org>  
January 31, 2025 MC

### Solution to puzzles on page 10

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

## PET OF THE WEEK: POINSETTIA



Meet, a 4-month-old, spayed smooth-coated collie from North Carolina. She's a fan of wrestling with other dogs, playing with her toys, getting love and snuggles and snacks. Poinsettia is considered special needs due to her adorable overbite. Although not certain, she may need dentistry done when her adult teeth come in. Poinsettia is now part of Cape Ann

Animal Aid's extended stay club, and her adoption fee has been reduced to \$300 to help her find her forever home sooner! Visit [www.capeann-animalaid.org](http://www.capeann-animalaid.org) for more information about Poinsettia and all the other animals waiting for homes at the Christopher Cutler Rich Animal Shelter, 4 Paws Lane in Gloucester.

### LEGAL



Town of Manchester-by-Sea  
ZONING BOARD OF APPEALS  
Town Hall, 10 Central Street,  
Manchester-by-Sea, MA 01944-1399

#### NOTICE OF PUBLIC HEARING

The Zoning Board of Appeals of the Town of Manchester-By-The-Sea will hold a Public Hearing on Wednesday, February 26, 2025, at 7:00 p.m. for an application submitted by AGEM 7 CENTRAL, LLC for Special Permits pursuant to Section 7.0 Nonconforming Uses of the Zoning By-Law. The applicant proposes to construct a small addition and three apartments which require a Special Permit for the alteration and a Special Permit for the change of use in a nonconforming structure on a nonconforming lot. The addition to the second floor will not change the overall footprint of the building 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 26, 2025 Zoning Board of Appeals public meeting agenda.

Sarah Mellish, Chair, Zoning Board of Appeals.

Sarah Mellish, Chair, Zoning Board of Appeals

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

January 31, 2025 MC  
February 7, 2025 MC

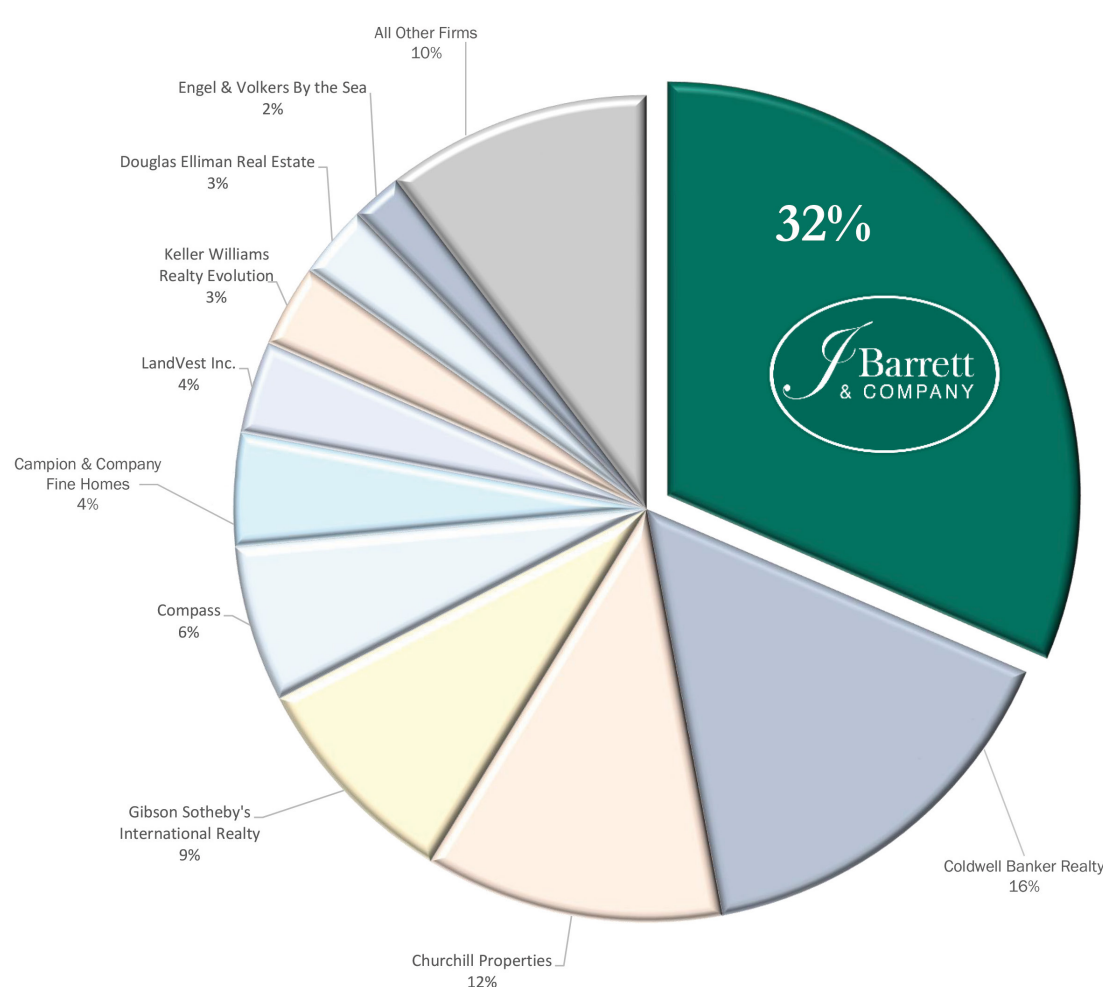
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**Michelle Mineo  
Realtor | 978-471-9178**



**150 Prospect St #1  
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**Scott Smith | Realtor | 617-750-2793**



**45 Peachey Circle #45  
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This stunning tonwhouse in the 55+ community of Cobblestone Park excludes the charm of a single family residence with its soaring high ceilings, gleaming hardwood floors and abundance of natural light

**Deborah Purcell | Realtor | 508 -932-3070**



**10 Brindle Spur Lane  
Danvers | \$1,550,000**  
Rare offering at Bridle Spur Estates overlooking the Putnamville Reservoir! Custom built with an open floor plan!

**Pam Spiros | Realtor | 978-808-6022**



**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**

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**5 Elm Ave  
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Outstanding land opportunity on coveted Eastern Point. This prime parcel is beautifully positioned on Elm Avenue and has views of Gloucester Harbor, Dog Bar Breakwater and the distant

Boston skyline. There is an approved 5-bedroom septic system in hand, with water and electricity at the street. A short stroll will take you to multiple beaches, private clubs and conservation land with endless trails to explore. Downtown Gloucester is moments away with fine dining, galleries, boutiques and cultural attractions that make the city the hub of the North Shore.

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617-750-2793**