



Valentine's Day is Friday, Feb. 14
"Being deeply loved by someone gives you strength, while
loving someone deeply gives you courage." ~Lao Tzu

MANCHESTER CRICKET

A Local Tradition Since 1888

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BRIEFLY

Andrea Ramos is Going on Vacation

The Manchester Barber Shop's Andrea Ramos will be taking her annual vacation from Feb. 18 to Feb. 24. Please plan accordingly.

February at the Legion

Get out your calendars and mark these dates for the Manchester American Legion Hall. On Sunday, Feb. 9, it's the Super Bowl Party Potluck dinner. On Monday, Feb. 10, it's the Legion's Bingo Night Fund-raiser (remember, the Legion is raising money for much-needed building improvements). Then, on Thursday, Feb. 13, it's Chicken Kiev for the Legion Monthly Dinner. These are all open to the public, so come on down. (And remember, every Saturday is Veterans' Coffee Social for veterans.) Next week, we'll focus on a March Red Cross blood drive at the Legion.

Last Call! MBTS COA Van to the Cabot Feb. 10

On Monday, Feb. 10, the Manchester COA is headed to The Cabot in Beverly to see the movie musical "On the Town" starring Gene Kelley and Frank Sinatra. 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.

Pitching The Cricket

As a local newspaper of record, *The Cricket* receives a steady stream of story ideas ("itches") from PR folks looking for ink. Some know who they're pitching, so the ideas may make sense. Others just blast away and hope for the best. Two pitches this week brought a chuckle. The first came from the US Cricket Federation (as in the English game that's like baseball), which announced the league's "Super Bowl" will run Oct. 3 to Oct. 18. The event promises to "once again captivate audiences and elevate cricket's presence in the U.S." and feature six teams from New York, Chicago, Dallas, Atlanta, and Los Angeles. (What? No Boston?) Then, we received an odd Valentine's pitch from a dating company highlighting a recent survey of 3,000 Americans in which Boston's Logan International Airport ranked #37 among US airports for—yup, you guessed it—finding love. Apparently, there's something more exciting to do beyond scrolling your socials and sipping overpriced coffee while waiting for your flight. The press release was entitled, "Boarding Passions: Logan International Named Among America's Dating Hotspots."



Nine little ducks from Magic Years out for a field trip through town. Under the watchful eyes of staff and Director Wendy Sullivan the little troop navigated the Manchester sidewalks. The weather was lovely for a walk. And check out the sweetie in front with the pink puffer and the heart-shaped glasses for Valentine's Day!

Photo: Paul Clark

Residents Speak Out for MERSD Budget Hike

By Jeff Pope

Residents of both Essex and Manchester urged the Manchester Essex Regional School Committee to propose and approve a 9 percent increase to the budget for fiscal year 2026.

More than 50 people attended, with another 75 or more online, a public hearing on next year's school budget at Essex Elementary School Tuesday night.

Superintendent of Schools Pam Beaudoin and Michelle Cresta, the school district's director of Finance and Operations, presented a proposed budget of \$32,397,588 for FY26. That would include an increase of \$1.66 million or 5.42 percent more than the current budget.

Beaudoin said health care costs were the driving force behind the increase. The proposed budget was based on a 10 percent increase in health care costs. However, "as of today, we received a 26.9 percent increase from our provider," said Beaudoin.

Since that would cost about \$700,000 over the cost of the 10 percent increase, Beaudoin said the school district would explore other health care providers in hopes of securing one with only a 10 to 15 percent increase.

Beaudoin said much of the budget was level funded. However, there are a few cuts. Middle school Principal Joanne Maino is retiring and will not be replaced. Her position and the position of facilities manager would be



Brian Gressler speaks in favor of a 9 percent school budget increase during a meeting at Essex Elementary School Tuesday night.

The MERSD FY26 Budget process will continue. The next School Committee meeting will be March 4, 6 p.m.

eliminated. Two teachers would be moved to new positions.

To balance the budget, Beaudoin said that the schools would need to use \$500,000 from a reserve fund and accept more school choice students to bring in an additional \$100,000.

"The crisis hits next year," said Beaudoin. "There's no more reserves. They will be tapped out."

Beaudoin admitted that the cuts were not optimal,

but given the situation, were the ones "that made the most sense."

Despite the gloomy predictions, many in the audience urged the School Committee to support a 9 percent increase (\$2.76 million) budget increase. This would allow the school district to replace the middle school principal and facilities manager as well as level-fund a number of other areas that faced smaller cuts.

Brian Gressler of Essex said the primary responsibility of the School Committee was providing the best education for the children.

"The baseline of every budget should be what's best for children," said Gressler in support of the 9 percent increase. "Essex leadership has made a choice to minimize tax

increases over maintaining town functions. This includes the schools."

He added that Proposition 2½ was not an "unbreakable line" and the town's reluctance to approve an override was "costing us."

Robert Bilsbury of Essex, a foreign language teacher at

the high school for 26 years, said the foreign language department has been chipped away over the years.

"You can't continue to go 2½ percent, 2½ percent, 2½ percent, because schools are growing," said Bilsbury, "their needs are growing ... It's normal to have overrides in tons of communities."

Sally Berkowitz of Manchester said she has followed the school budget debates over the last five years.

"The modest 3.4 percent budget increases have not kept pace with inflation or the rising cost of health care," said Berkowitz. "These external factors should not be having such a dramatic impact on the programming we offer our students."

Sophia Johansson of Bennett Street, Manchester, said that she has three children with disabilities and praised the school administrators for their work. She depends on the schools but every cut makes her children's lives more difficult.

...(Continued on page 2)

Weekly Weather Chart

Saturday 8 Feb		33°	20°
Sunday 9 Feb		37°	21°
Monday 10 Feb		30°	14°
Tuesday 11 Feb		33°	20°
Wednesday 12 Feb		32°	14°
Thursday 13 Feb		33°	26°
Friday 14 Feb		39°	32°

Weather data pulled Wednesday and is subject to change.

The local look of Valentine's Day



Next Friday is Valentine's Day. Hardly a major holiday, but it's such a great excuse for levity and a focus on the positive during these days of winter. It's also a great excuse for coming downtown and looking for uplifting gifts that are a gesture of love, appreciation, and joy.

This week, we have two great local features hooked to the holiday. First up is a cooking feature by Rosalie Harrington of Beverly Farms, who contributes to *The Cricket* from time to time. Rosalie was the chef at Rosalie's in Marblehead where she gained national attention. It also got her a cooking show in the early days of the Food Network. She shares two recipes (Apricot Souffle and Chocolate Macarons) that are as easy and they are delicious. **Page 5.**

Then, we have our *Out Shopping, Right Now* feature highlighting local independent shops. There, you'll see options for classic gifts of love, like fresh flowers (at left, from Lavender & Moss downtown in Manchester), hand-blown glass vases, chocolates, handbags, and jewelry. Hopefully they will inspire you. **Page 8.**



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.

Essex BOS
Monday, February 10
6 p.m.

Essex Board of Health
Thursday, February 13
7 p.m.

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Obituaries

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

David Franklin Coe



David Franklin Coe passed peacefully with family at his side on January 25, 2025. David was born in Newton, MA on March 9, 1933 to Edith Billings and Roger Coe. He was raised with his sister, Cynthia Coe Smith, in Wellsley, MA.

From the beginning, he had endless curiosity, some mischievousness, and a love of sports. He graduated from Wellsley High School in 1951 where he played hockey and golf. He then attended Bowdoin College, becoming captain of the hockey team.

Graduating in 1955, David then attended the United States Navy's Officer Candidate School. He became a commissioned officer and then entered flight school. After earning his wings, he flew the Douglas A-1 Skyraider from the aircraft carrier, USS Roosevelt.

David met his wife of 64 years, Ulla-Britt Carlsson, in storybook fashion on the Isle of Capri while he was on leave and she on vacation from Sweden. They married on May 27, 1961. After five years of active service, he served in the reserves for nine years being honorably discharged at the rank of Commander.

David's military service was followed by a career in the packaging industry during which at least one of his designs was granted patent. While David was always busy with his many hobbies, tennis, golf, skiing, travel and woodworking, his life was dedicated to family. He built their first house with Ulla-Britt's father, Johan Carlsson, in Manchester, MA where they lived from 1963 to 1980. He designed and helped build their passive solar house in Harvard, MA where they lived from 1981 to 1999. He restored

an early 1800s Victorian house in Manchester, where they lived again from 1999 to 2015. He helped his children, relatives and friends with many home remodeling projects.

David and Ulla-Britt moved to Bainbridge Island, WA to be close to family in 2015. For the last 30 years they spent every summer on the lovely Swedish island, Tjörn. His generosity, encouragement and humor will be missed. David will be remembered by his wife, Ulla-Britt Coe; daughter, Anna-Britt Coe and son-in-law, Walter Bonneff; son, Stefan Coe and daughter-in-law, Sarah Sodt, and granddaughters, Laila and Annika; son Thomas Coe and daughter-in-law, Shelagh Englert, and grandsons, Russell and Johan; and niece, Leslie Smith and her family. Finally, he will be missed and remembered by his extended family and many friends in Sweden.

MANCHESTER POLICE NOTES

SUNDAY, JANUARY 26

7:21 a.m. Beach St., animal complaint, no action taken. 11:28 a.m. Beaver Dam Rd., directed patrol, secured/checked. 4:18 p.m. Pine St., motor vehicle stop, written warning. 6:28 p.m. Central St., parking complaint, citation issued.

MONDAY, JANUARY 27

9:59 a.m. Pine St., parking complaint, parking enforcement. 12:22 p.m. Route 128NB, motor vehicle stop, written warning. 2:28 p.m. School St., motor vehicle stop, criminal application. 6:25 p.m. School St., motor vehicle stop, written warning.

TUESDAY, JANUARY 28

12:51 a.m. Beach St., suspicious activity, secured/checked. 11:14 a.m. Beach St., parking complaint, parking enforcement. 2:20 p.m. Pleasant St., motor vehicle



crash, assisted as needed. 7:08 p.m. School St., motor vehicle stop, criminal application.

WEDNESDAY, JANUARY 29

6:42 a.m. Lincoln St., motor vehicle crash, report to follow. 12:26 p.m. Old Neck

Rd., motor vehicle stop, arrest. 4:27 p.m. Bridge St., animal complaint, assisted as needed. 9:43 p.m. Loading Place Rd., disturbance, secured/checked.

THURSDAY, JANUARY 30

6:30 a.m. School St., directed

patrol, secured/checked. 6:49 a.m. School Zone, selective enforcement, secured/checked. 9:23 a.m. Boardman Ave., alarm, no action taken. 6:22 p.m. Pine St., disabled motor vehicle, assisted as needed.

FRIDAY, JANUARY 31

10:07 a.m. Highwood Rd., animal complaint, notification made. 1:22 p.m. Lincoln St., selective enforcement, no action taken. 2:35 p.m. School St., traffic hazard, notification made. 11:01 p.m. School St., fire alarm, cleared false alarm.

SATURDAY, FEBRUARY 1

12:52 a.m. Friend St., utility request, notification made. 8:48 a.m. The Plains St., house lockout, assisted as needed. 4:38 p.m. Pulaski Drive, motor vehicle stop, written warning. 9:56 p.m. Ashland Ave., house lockout, assisted as needed.

...(Continued from page 1)



Michelle Cresta, director of Finance and Operations for the Manchester Essex School Department, and Superintendent of Schools Pam Beaudoin listen to members of the public speak in favor of 9 percent school budget hike.

“Manchester Essex cannot endure further cuts without affecting our kids’ education,” said Lindsay Banks of Forest Street, Manchester. “We’ve lost so many positions with retirements and efficiencies.” She urged the district to build a new elementary school in Essex.

Jennifer Michaud, a social studies teacher at MERHS, said she feared that one of the teachers to be reassigned would be a social

studies teacher. She said that many of their classes were the most popular at the school and moving a teacher would make it more difficult for students to take those classes.

While many other spoke in favor of the 9 percent increase, only one person spoke against the budget hike. She suggested that some Manchester students should be bused to Essex.

Manchester Town Ad-

ministrator Greg Federspiel said he was “a firm believer in steady budget increases” rather than one big increase. He urged the School Committee to put together a

multi-year plan that “gets us to where we need to be.”

Jane DeBenedictis

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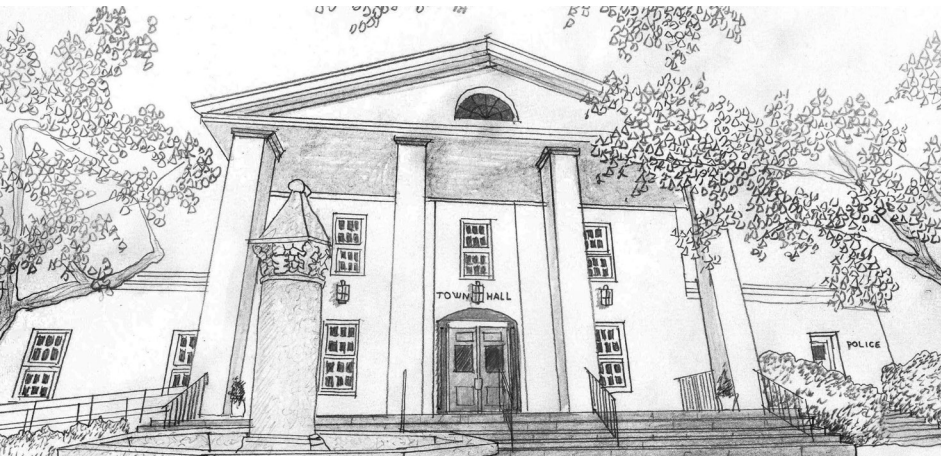
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Project Updates

By Gregory T. Federspiel

Numerous construction projects are at various stages of development/completion as reinvestment into the important infrastructure of the Town continues. A status report on these includes the following.

Water and Sewer Lines: The work on Forest, Mill and School Street is making good progress. Our contractor, Granese and Sons, should be done on School Street within a week or so. All but a short section has been completed on Forest and Mill Streets. This will be done when warmer weather returns. The project provides new service to the Limited Commercial zoning district across Route 128 as well as new sewer connection options and a new loop for better water service in this area of town. Funding for the project came from a \$3.5 million Mass-Works grant with additional support from Cell Signaling Technologies.

Harbor Floats at Reed and Morss Pier: An expansion of float space at both harbor facilities are planned for next fall/winter and will be operational for the 2026 season. The expansion of the Reed Park transient boater facility is fully funded through state and federal funds that Harbormaster Bion Pike was successful in securing. Funding for the new slips for commercial fishing boats is expected to be from another Seaport Economic Council grant with a local match of 25% coming from the Town (proposed capital budget item for FY26.)

Rotunda at Tuck's Point: Reconstruction of this beloved structure is also slated for next winter/spring. The public input process yielded the preferred plan of raising the structure in place. Two state grants are being sought to cover the bulk of the project's cost with a Town supplied match being requested through the Community Preservation funds to be voted on at April's Annual Town Meeting.

Central Street Culvert: For the past eight years the Town has been methodically studying the hydrology of Sawmill Brook as it enters the inner harbor and the need to replace the ever weakening and undersized culvert under Central Street. It has been nearly 100 years since the culvert and dam were updated and the state inspections of the structure give it a near failing grade. We are entering the final stage of permitting the reconstruction of the structures and plan to seek bids from contractors to do the work in the next month. \$6.5 million in federal and state funding has been secured for the project.

With any luck construction work will begin in September. The work includes the removal of the old tide gate and shoring up the upstream banks of the brook where old stone walls have crumbled into the water. With the improvements, flooding along Sawmill Brook will be reduced. This will be a major construction project in the heart of Town that could last up to 9 months. While one-way alternating traffic should be possible to maintain during much of the

project there will be many weeks when traffic will have to detour around School, Pleasant, and Pine Streets. A temporary pedestrian bridge behind Seaside 1 is planned. Once a contractor has been hired and a more detailed schedule developed, the plans will be shared with the public.

Senior Center: The Town and The Mason's are close to finalizing the Purchase and Sales agreement along with the needed condominium documents that are necessary to complete the partial purchase of the building by the Town. A fundraising consulting team has been hired (using state funds thanks to Representative Ferrante) to help layout a successful campaign to raise the needed funds to renovate and expand the building into a full functioning senior center and multi-use space when seniors are not utilizing the center. Architectural firms are being interviewed to develop final plans and bid documents for the needed construction. The Select Board is considering seeking borrowing authority from the Town for the construction project at this coming Annual Town Meeting. This would enable the construction project to begin next winter with the expectation of donated funds being able to repay the bonds (similar to how the City of Gloucester is doing their major library expansion project.)

As always, there is a lot of activity happening as we strive to maintain the important infrastructure of the community. Work also continues finalizing needed building projects (new DPW garage, "waterproofing" Town Hall and the Sewer Plant, etc.) meaning the list of projects will continue.



BOARD UPDATES

Planning Board Meeting: The Planning Board will meet on Monday, February 10 at 6:30 PM. Meeting details can be found on the Town website.

Water Meter Capital Fee: A new 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.

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. Learn more at manchester.ma.us/832/Energy-Aggregation-Project.

Comfort Dog Sponsorship: Calling all businesses to join a monthly corporate sponsorship program to benefit Daisy the Comfort Dog. Cost is \$300 for the month. Contact marlettat@manchester.ma.us to learn more.

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. to 3 p.m. and Saturdays from 10 a.m. to 3 p.m.

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

WHAT WAS HAPPENING

90 YEARS AGO – 1935
The storm of last week which brought about a foot-and-a-half of snow was one that was equaled but only a few times within a generation and was followed by a period of sub-zero temperatures that few winters have equaled.

On Friday E.R.A. Administrator Chester Standley received telegraphic orders from headquarters authorizing him to transfer the men employed on local projects on which work was stopped by the storm, to the work of emergency snow removal and 28 men were assigned to this work.

75 YEARS AGO – 1950
William G. Phillips of Church Street was seriously injured Saturday about 7:30 p.m. when his auto went out of control on Summer Street and struck a tree in front of the Martin Herrick home. He suffered a compound fracture of the right leg, broken jaw, and multiple cuts and bruises.

Allen "Tyke" Needham, Jr., son of Mr. and Mrs. Allen K. Needham of Vine Street,

who is a polio patient at the Children's Hospital, Boston, was very pleasantly surprised Thursday evening of last week when he looked up and saw the former world's heavy-weight boxing king, Jack Dempsey, enter his room.

60 YEARS AGO – 1965
The Board of Selectman, on Tuesday night, granted permission to John F. O'Connell of Walker Road to build a 10-unit apartment house on Norwood Ave.
Al's Café the defending Pitch League Champions, are now only one point from the top of the ladder as the result of a 5-2 win over the Tinknockers and a 4-3 defeat suffered by the league leading Post Office.

45 YEARS AGO – 1980
The Cape Ann Chamber of Commerce will pay tribute to outgoing President Edward Scott of Manchester at its Seventh Annual Dinner on Saturday, February 2, at the Surf.
The winter walks sponsored by the Manchester Conservation Trust on Sun-

day afternoons in February will leave from the junction of the old a new School Streets, north at Route 128, beginning Sunday, February 3. Young or old, anyone who has the winter doldrums are welcome.

30 YEARS AGO – 1995
It has taken the volunteer time of many, and the contributions of hundreds to produce the handsome new vehicle now in use for the senior citizens of Manchester-by-the-Sea.
Celebrating the 85th Anniversary of the Boy Scouts of America, more than 10,000 Cub Scouts, Boy Scouts and Explorers from the Yankee Clipper Council, including Cub Pack #30 and Troop #3 of Manchester, will take part in a variety of activities during Scout Anniversary Week.

15 YEARS AGO – 2010
LTJG Meredith Dozier USN, a 2002 graduate of Manchester-Essex High School, recently reported to the Naval Post Graduate School in Monterey, CA, after completing a seven-month deployment to the Persian Gulf.



Officer Sean Mullins, Reserve Officer Michael Harvey and Lt. Mark McCoy' (Courtesy Photo MBTS PD)

Boston Bruins Foundation "BFit" Challenge

On Sunday, February 2, Lieutenant Mark McCoy, Officer Sean Mullins, and Reserve Officer Michael Harvey participated in the ninth annual Boston Bruins Foundation BFit Challenge.

First responders, military, and community members participated in a stair climb through the TD Garden and all the way up to the 22nd floor of the Verizon Tower

right next door, all in an effort to raise money for various first responder and military charities.

The Manchester-by-the-Sea Police team ran for the host charity of the Martin Richard Foundation, benefiting the McLean Hospital LEADER (Law Enforcement, Active Duty, Emergency Responder) program. This program provides specialized mental health and addiction

services, designed specifically for men and women in uniform.

As a team, our officers raised \$2,725 dollars. In his third time participating in the event, Ofc. Mullins was recognized as a top 100 fundraiser for his individual effort this year, raising \$1,500 dollars. He was given a special green bib and got the chance to meet up with Boston Bruins legend Patrice Bergeron before taking on the challenge. As a whole, this incredible event raised nearly \$1.2 million dollars for multiple military and first responder charities.

We look forward to coming back next year with more members from our department for this great event.

Tides & Sun Chart For The Week Ahead

DATE		HIGH				LOW				RISE SET	
		AM	FT	PM	FT	AM	FT	PM	FT		
14	Fri	12:28	9.0	12:40	10.0	6:35	0.4	7:08	0.1	6:39	5:15
15	Sat	1:04	9.1	1:17	9.8	7:14	0.4	7:41	0.2	6:37	5:16
16	Sun	1:38	9.1	1:52	9.4	7:53	0.5	8:16	0.5	6:36	5:17
17	Mon	2:11	9.1	2:29	9.0	8:34	0.7	8:52	0.8	6:34	5:19
18	Tue	2:46	9.0	3:08	8.6	9:16	0.9	9:31	1.1	6:33	5:20
19	Wed	3:24	8.9	3:51	8.1	10:01	1.2	10:13	1.5	6:31	5:21
20	Thu	4:06	8.8	4:39	7.6	10:51	1.5	11:01	1.8	6:30	5:23

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

Level Funding for MERSD is THE Answer for FY26

To the Editor,

I am writing today to advocate that our town and district leadership fight for a 9% increase in the Manchester Essex Regional School District’s FY26 budget. As a Manchester resident, a mother, an educator, and a citizen who believes that our soci-

ety rests on the foundation of a strong public school system, we have no choice but to pass an override and level fund our schools. I am willing to do the work it takes to appeal to my neighbors, and I trust my elected officials plan to do the same. The proposed cuts paint a bleak picture for MERSD. Our public schools are the cornerstone of our community and our future. With an uncertain

national political landscape and federal grants not being guaranteed to offset budget shortfalls, we MUST wrap our arms around our own community of Manchester and Essex and do everything in our power to support the educators who are preparing our children for an increasingly complex world. Our middle school needs a principal. Our middle and high school deserve a full-time librarian. Our high school students deserve a competitive and diverse course selection. Lastly, our class sizes need to be lowered (my second grader is in a class of 25), not increased. For the last several years, every February, I have found myself pleading for our elected leaders to support a level

funded budget put forth by our superintendent. This year, as a public educator myself, I am admittedly a bit more exhausted and frustrated that this sort of begging and persuading must be replayed year after year. If Manchester and Essex cannot prioritize the education of our children, make the necessary sacrifices, think creatively, and meet the basic needs of our schools, then I question our collective core values. I want to believe that we are committed to the greater good and that we value our children and their future above all else. I trust I am right.

Sarah Stone
Manchester

LIBRARY

NEWS



This year, you can help us let legislators know how much the library means to you by telling your library story. Go to lovemasslibraries.com to share how the library has helped you. We will be collecting your stories, too, to help us shape the library's future in our next strategic plan. (Courtesy Photo)

This week at the library you can read to Winston, make Book Art Hearts, play Adult Dungeons and Dragons and much more.

Library Closed

Monday, February 17 in observance of the Presidents’ Day holiday.

Author Hours (Virtual)

Friday, February 7 from 7-8 p.m. join bestselling author Carter Wilson as he discusses his new thriller, “Tell Me What You Did”, with bestselling author Wendy Walker.

Monday, February 10 from 7-8 p.m. join bestselling author Heather Fawcett in discussion of her new fantasy novel, “Emily Wilde’s Compendium of Lost Tales”.

Wednesday, February 12 from 7-8 p.m. Join bestselling author Steve Berry in discussion of his new thriller, “The Medici Return: A Cotton Malone Novel”, in conversation with his wife Emily Berry.

Thursday, February 13 from 7-8 p.m. Christopher Farnsworth will discuss his new thriller, “Robert B. Park-

er’s Buried Secrets: A Jesse Stone Novel”.

Tuesday, February 18 from 7-8 p.m. Author Christina Clancy will discuss her new novel, “The Snowbirds”, with bestselling author Lynda Cohen Loigman.

Book Art Hearts

Saturday, February 8 from 2-3:30 p.m. With love in the air, we’ll make book art to match.

Dungeons and Dragons for Adults (Virtual)

Monday, February 10 from

7-9 p.m. Whatever your level of experience, come join us for a one-shot adventure. Hamilton Wenham’s Reference and Technology Librarian, Lindley will be your Game Master for this session.

Cookbook Club

Tuesday, February 11 from 6-7 p.m. February’s pick is “Everyone’s Table: Global Recipes for Modern Health” by Gregory Gourdet. Please register.

Historical Book Recommendations

Tuesday, February 11 from 6:30-7 p.m. Join bestselling author, Jane Healey, monthly for 30 minutes of pure book recommendations.

Navigating Design and Creative Expression at the PEM

Thursday, February 13 from 5:30-6:30 p.m. Join Petra Slinkard and Nancy B. Putnam from the Peabody Essex Museum in conversation on how PEM’s groundbreaking traditions harmonize into the creative, public-facing, community-focused institution it is today.

Knit Together

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

Tai Chi: The Longevity Tree Tai Chi Location Changes

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

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

website, will get weekly location emails.

Longevity Tree is part of the internal arts known in China as Qi gong. Qi gong means to cultivate energy with discipline. The Longevity Tree is a form that addresses the balance of mind, body and spirit, by combining movement, deep breathing, and alertness.

Digital Advice Appointments on Monday and Drop-in on Friday

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

Mindfulness Meditation at the First Parish Church Meeting Room

Every Tuesday from 11 a.m.-12 noon. Beginners and experienced meditators are welcome. There will be guided meditation, some silence, and discussion. Please register if this is your first time coming to this program. We need either an email or a phone number in case we need to cancel or change venues.

Mindfulness Meditation at the First Parish Church

Tuesdays from 5-6 p.m. Evening meditation happens weekly at 5 p.m. except for the 3rd Tuesday of the month.

Shut Up and Write (Virtual)

Every Thursday from 10 a.m.-12 noon. Join a community of writers and artists on Zoom who just want to write. Come

any time. No need to share, no need to critique or be critiqued.

For Teens:

Join the Teen Advisory Board (TAB)

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

TAB

Tuesday, February 11 from 5:30-6:30 p.m. Earn community service hours while having fun planning events for your friends and community.

MPL Children’s Events:

Read to Winston

Wednesday, February 12 at 3:30, 3:45, 4 and 4:15 p.m. Sign up for a 15-minute appointment.

Meet Nile, the inflatable Humpback Whale

Thursday, February 20 at 10:30, 11, 11:30 a.m. and 12 noon. This 43-foot life-sized inflatable humpback whale is swimming to Manchester-by-the-Sea for a fun, educational experience during February break. Discover the remarkable similarities between whales and humans, and have the hands-on-experience of touching real whale artifacts. Registration is required.

Little Learners Playgroup

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

Fall and Winter Storytime

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

Shop Thoughts: Taking Stock and Looking Forward

By Hannah Harlow

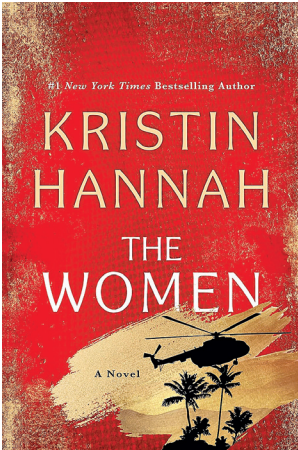
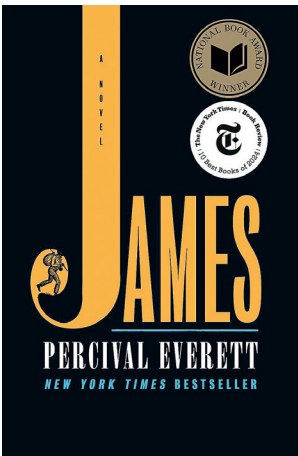
The change of pace that arrives for retailers in January can be jarring after the rush of the holidays, but it’s also a necessary time for reflecting on the previous year and planning for the months to come. At the Book Shop, in 2024, we did more of everything – we had more events, more partnerships, more book fairs with local schools, and more overall inventory on our shelves than ever before. It continues to be our great privilege to be a part of this amazing com-

munity. I think looking at our best-sellers can be telling – who are we, what do we like, and what’s important to us? Our bestselling book of 2024 was “James,” by Percival Everett, a novel I personally loved, but which also won the National Book Award for Fiction and has been at the top of the bestseller lists since it came out in March 2024. Because “James” starts to fill in the gaps in human understanding that “Huckleberry Finn” created, it’s an important read for our collective cultural identity.

We know better who we are when we know better where we’ve been. Similarly, our number two bestseller, “The Women,” by Kristin Hannah, fills a neglected gap by paying tribute to the women who served in Vietnam.

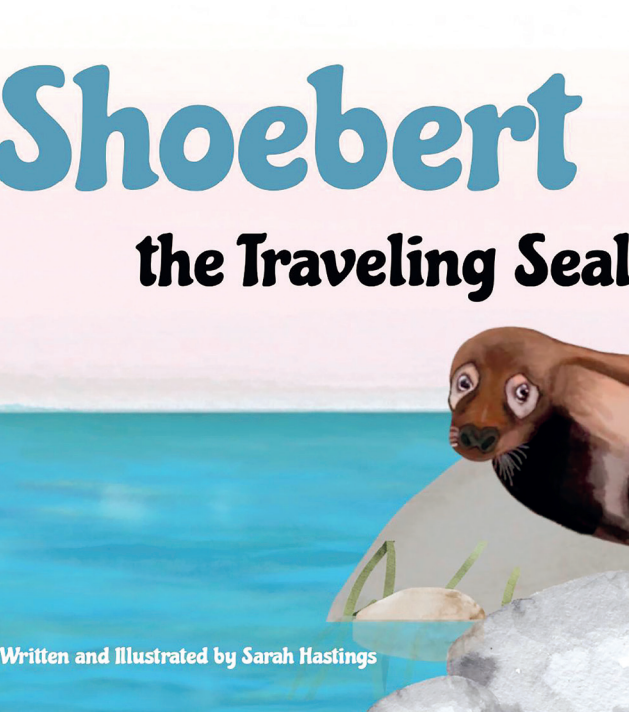
Are the nurses who patched our soldiers up under the steady rain of artillery any less deserving of gratitude and remembrance than the men we carelessly threw into combat? Our customers certainly didn’t think so.

Nine of our top 15 bestsellers were fiction, two were children’s books – one of them “Shoebert the Traveling Seal,” which we published with local author Sarah Hastings, the other “The Polar Express,” by local legend Chris van Allsburg – and the other four were nonfiction. I’ll give a special shoutout to “The Serviceberry,” by Robin Wall Kimmerer, which came in at #11 on the list with a publication date of November 19 and which was out of stock between December 18 and 30. That’s a pretty impressive result for such compressed availability.



Publishing is a title-driven business, so what do we expect the bestsellers to be in 2025?

So far in January, “The Let Them Theory” by Mel Robbins and “Onyx Storm” by Rebecca Yarros are the clear winners. In February I’m looking forward to “Isolda” by Allegra Goodman, historical fiction based on the life of a 16th Century noblewoman with a remarkable life – quite a departure from “Sam,” which was based right here in Beverly.



I’ve also already read and can highly recommend: “Memorial Days,” a memoir by Geraldine Brooks (author of the bestseller “Horse”) about losing her husband, the writer Tony Horwitz, in 2019 and her delayed mourning; “Three Days in June,” by Anne Tyler, a compact and satisfying story of a woman navigating her daughter’s wedding weekend amidst complicating circumstances; “Deep Cuts,” by Holly Brickley, a novel set in the late ’90s/early 2000s that’s ideal for any indie music fan; and “One Day, Everyone Will Have Been Against This,” by Omar El Akkad, which is on the surface a condemnation of the atrocities in Gaza, but is also a memoir of moving

to the West, becoming a journalist, and becoming disillusioned by both his profession and modern capitalism. Whew! Are you ready for March? I’m not. There are so many good books coming, it almost scares me. The big news is “Dream Count” by Chimamanda Ngozi Adichie, her first novel in 10 years, which publishes on March 4. The bestselling author of “Americanah” and “We Should All Be Feminists” has written a thought-provoking novel about the lives of four women and their loves and longings and the desire to truly know and be known by another person.

...(Continued on page 5)

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Apricots, Chocolate and Love

By Rosalie Harrington

I am getting ready for Valentines Day. When I think of food for Valentines Day, I think about creating a mood, a feeling, and unforgettable flavors, especially sweets. And inspiration for these can come from anywhere.

Decades ago, when I was becoming an in-demand chef after my restaurant had received some notoriety, I was contacted by Frank Perdue of Perdue Farms, which today is one of America's largest chicken producers. Frank was an innovator, and a good businessman. He wanted to meet me because he believed my recipes could sell his chickens.

Our negotiations often took place over dinner, and one of them, at a little French restaurant in New York's Greenwich Village, was simply unforgettable. The restaurant was La Tulipe, owned by Sally Darr. And though it was small, it had won three stars from the New York Times and was a favorite of famous chefs like Julia Child, James Beard and Jacques Pépin. I was a little star struck. And La Tulipe also had the most unforgettable dessert I've had, the Apricot Soufflé.

Using all the charm I could muster; I got the recipe. And while I may have learned about this dish over a business dinner, it's become one of my favorites at home with my husband, Todd, for romance.

Soufflés can be intimidating. This one isn't. I promise!

- La Tulipe Apricot Soufflé**
Ingredients:
- 8 oz. dried California apricots
 - 2 1/2 cups water
 - 1 cup sugar
 - 3 tbsp. fresh lemon juice
 - 6 large egg whites, room temperature
 - 1 pinch of salt
 - Confectioner's sugar
 - 1 cup of heavy cream, whipped

Directions:

Soak the apricots in 1 1/2 cups of water in a medium saucepan. After two hours, add the remaining cup of water to the apricots and bring to a boil over medium heat. Cover, reduce the heat and simmer for 20 minutes. Cool slightly and puree in a food processor, pulsing a few times until the mix is smooth. Place the mixture in a large bowl. Stir 3/4 cup of the sugar, salt, and 2 tbsp. lemon juice into the puree. Cool the mixture covered for up to an hour.

Preheat the oven to 375 F. Butter eight 1-cup soufflé molds and dust them with sugar. You can also use a large soufflé dish. Using folded aluminum foil, create a "collar" around the top of your soufflé molds to extend the rims (see photo).

Beat the whites of the eggs with an electric mixer until they form soft peaks. Gradually beat in the remaining 1/4 cup sugar and the remaining lemon juice. Fold one cup of the egg whites into the apricot puree. Then fold the mixture back into the egg whites with a rubber spatula. Pour the mixture into the prepared dishes, mounding the mixture about one inch above the rim. Using a metal spatula shape the top of the mixture into a cone. Put the soufflés in a shallow



Rosalie Harrington, at home in Beverly Farms.



low baking pan and bake for 30 minutes. (Do NOT open the oven to "check" the soufflés. They will be fine!) Whip your heavy cream, set aside. Remove the soufflés from the oven. Sift confectioners' sugar over the tops. With a tbsp. make a small cavity, reserving the tops and fill it with whipped cream. Serve immediately! Here's another recipe, this time it's chocolate macarons. And nothing says "Love!" like sweet chocolate. In fact,

chocolate and Valentine's Day probably go so well together because love of chocolate is so common! These macarons are elegant and go beautifully with the fruity apricot clouds you just made from La Tulipe. (They're also so easy, and like the souffle, and—a plus—they are gluten free!)

- Chocolate Almond Macarons**
Ingredients:
- 1 ½ cups confectioner's sugar

- 1 cup ground almonds. Almond flour is fine.
- ½ cup almond meal. You may make this by pulsing



Have romantic music as a backdrop and enjoy every minute of this luscious, light and airy dessert and the scrumptious chocolate macarons. Arrange some fresh flowers and don't pressure yourself to go with over-the-top decor.

- sliced almonds in a blender or food processor.

 - 3 tbs powdered cocoa
 - 2 egg whites, room temperature
- Directions:**

Preheat the oven to 400 F and line two baking sheets with parchment paper or Silpat. In a medium bowl, mix sugar, ground almonds, almond meal, and cocoa. In a separate bowl, beat egg whites until they're frothy. Mix eggs into your dry ingredients. You may think the mix will be too dry. Don't worry. It's fine. From the batter, shape into balls the size of walnuts and place them on the baking sheets, 2 inches apart. With a spatula, lightly flatten each to make a round cookie. Bake for 10 minutes. When the macarons come out of the oven, they will be a bit sticky. Not to worry!
- Remove with a spatula onto a wire rack to cool. Depending on the size of your cookies, you'll make about two dozen smallish macarons. Have romantic music as a backdrop and enjoy every minute of this luscious, light and airy dessert and the scrumptious chocolate macarons. Arrange some fresh flowers and don't pressure yourself to go with over-the-top decor. In fact, I guarantee your home is already filled with some sweet objects that can help create a nice vignette to accompany your lovely sweets.

Rosalie Harrington is a chef and cooking instructor who started Rosalie's Restaurant in Marblehead in 1973, which she operated for nearly 25 years. She helmed one of the first cooking shows on the Food Network and has appeared on television to share cooking for more than three decades.

...(Continued from page 4)

You'll also see new books from Chris Bohjalian, Karen Russell, Colum McCann, Nobel-winner Abdulrazak Gurnah, and the next book from Suzanne Collins in the Hunger Game series – plus a couple more favorites I can't wait to tell you about in a future column. Later in the year, the hits keep coming with new books from Stephen King, Emily Henry, Ron Chernow, Isabelle Allende, Curtis Sittenfeld, Glennon Doyle, V.E. Schwab, Taylor Jenkins Reid, Rick Atkinson, Fredrik Backman, Douglas Tallamy, Richard Russo, Carl Hiaasen, Robert Macfarlane ... and I haven't

even seen the fall lists yet! **The Book Shop's Top 15 2024 Bestselling Books**
James by Percival Everett

- *The Women* by Kristin Hannah
- *Small Things Like These* by Claire Keegan
- *Shoebert the Traveling Seal* by Sarah Hastings
- *Sandwich* by Catherine Newman
- *The Polar Express* by Chris van Allsburg
- *The God of the Woods* by Liz Moore
- *The Ministry of Time* by Kaliane Bradley
- *The Art Thief* by Michael Finkel
- *North Woods* by Daniel Ma-

son

- *The Boy the Mole the Fox and the Horse* by Charlie Mackesy
- *The Serviceberry* by Robin Wall Kimmerer
- *The Wide Wide Sea* by Hampton Sides
- *The Heaven and Earth Grocery Store* by James McBride
- *Be Ready When the Luck Happens* by Ina Garten

Hannah Harlow is owner of *The Book Shop*, an independent bookstore in Beverly Farms. Harlow writes biweekly recommendations for us. See more of what she recommends reading at thecricket.com.

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Grand Finale for ME Indoor Track



By Jason Brisbois

The Manchester Essex indoor track teams ended the regular season with some positive momentum, with the girls earning a win and the boys team excelling at an individual level against Hamilton-Wenham on Jan. 30.

“If wins were measured in PRs both the boys and girls’ team would be league champions,” ME indoor track coach Brian Davis said after the meet. “In anything you do you can’t ask for

more than your best performance, and last night the boys team put it all out there with 12 personal records (PR), one state best, and one state qualifier. The girls team did the same, hitting eight PRs, and getting the win in a nailbiter that required the entire team.”

The girls team pulled out a close, 48-43 win over the Generals, with athletes stepping into events for the first time and earning crucial points that counted toward the victory.

“Sabine Cooper (first),

The team lost to Hamilton - Wenham, but several on the team several personal bests.

Whitney Turner (second), and Kalin Bennett (third) stepped up to throw the shot put for the first time to make a surprise points grab from H-W, and did just that scoring four points in a meet won by only three,” explained Davis.

Cooper and Turner weren’t done there, either, taking

second and third in the mile and teaming up with Milina Binieris and Cia Donohoe to win the 4x400 relay. Up and down the lineup, the Hornets continued to showcase their versatility, starting with Lydia Garth also contributed in multiple events, earning PRs in the 55M hurdles and 300M and teaming with Binieris, Tess Taylor and Abby Kent to win the 4x200. Kent and Binieris also helped provide points in the 600M and 300M while Caroline Eliassen was second in the long jump and 300 meter, Donohoe was

second in the 1000M (a PR), and Anna Sergi was third in the 2-mile.

“It came down to the 4x400 and some creative roster work by the team and selfless efforts to get our lineups right, and they delivered,” said Davis.

While the boys fell to Hamilton-Wenham by a 75-20 score, it wasn’t for lack of trying thanks to an impressive collection of personal records set by members of the team.

Sam Heanue was first in the shot put and earned a

PR in his debut in the 55M, Noah Cohen and Luke Donohoe were first and third in the 55M, respectively, and Adare Foster finished third in the 300M (PR). Other Hornets earning personal bests were Alec Rizzico (first, long jump), Charlie Thurlow (second, high jump) and Gus Hall, who qualified for the state meet in the mile by clocking in with a personal record in under five minutes.

The Hornets were scheduled to compete in the Cape Ann League Championship on Feb. 4.

ME Alpine Ski Teams Race to Season Finale

By Jason Brisbois

Competitive ski racing is certainly not easy and requires a great deal of commitment. The challenge level goes up even more when the team you’re racing on lacks the depth needed to be competitive, or if you’re going up against more experienced teams.

The Manchester Essex girls and boys ski teams have worked hard to overcome these challenges this winter, with a boys’ team that skews fairly young and a girls team that is both young and lacks depth. None of this, however, has slowed down the Hornet skiers when it comes to their effort and commitment to the sport.

“All racers have attended practices, both dryland and on snow, prepared their skis for racing, stayed after races to practice fundamental gate training until 6 p.m. and supported their teammates,” explains Manchester Essex ski coach Jerry Murphy.

The boys’ team has gone 3-9 this season, while the girls have yet to pick up a team victory. And yet, what the girls have accomplished might be even more impressive than the boys considering the circumstances.

“The Girls Team has not had any wins so far,” says

Murphy, who coaches both teams with Tom Landry. “They have skied well, but there are only five members. With such a small team it is hard to rack up the race points.”

Both teams are also pretty young. The girls boast a pair of seniors, a sophomore, a freshman and a seventh grader on their roster, while the boys’ oldest skiers are a pair of sophomores. The bulk of the roster is made up of a pair of freshmen, four eighth graders and seven seventh graders.

“As you can see, we have a lot of young racers,” explains Murphy, adding: “Five out of 15 on the boys team have experience in ski racing programs up north. Three out of five on the girls team have experience ski racing.”

The highlight of the season for the boys’ squad was a win over Haverhill.

“Haverhill is a powerhouse team and we were able to upset them,” says Murphy. “Haverhill won the NSSL championship last year and was seeded number one for this year.”

Team captains Caroline Willwerth, Celia Mannal and Hennix Ogren have kept spirits high and kept their teammates focused and ready to compete this winter.

“Caroline and Celia are

both seniors and bring experience, maturity and leadership to the team,” explains Murphy. “Hennix is in tenth grade and conveys good technical racing information to his teammates as well as being a strong racer who earns points for the team.”

While wins haven’t come easily for the Hornets in 2025, Manchester Essex skiers have put in a number of impressive individual performances over the course of the season.

“Quinn McLain, an eighth grader, has gotten a number of podium finishes and takes his skiing seriously,” says Murphy. “Vaughn Creeden, a seventh grader, has great potential, goes all out, races hard in the gates. Hennix Ogren, a tenth grader, has been very strong in the finish.”

It’s a similar story on the girls side as well.

“Gracelyn Oneill, a tenth grader, has a first-place podium and a number of top five finishes,” continues Murphy. “She is a very strong skier. Several underclassmen, Eli Dennesen, Rhys Kiester, Aiden Cifric, Grey Brooks, Tucker Gibbs have been earning race points for the team.”

The Hornets’ final slalom races were set for the start of this week (Feb. 3 and 4), a girls’ giant slalom is slated for Feb. 5. After that, the team will celebrate Willwerth and Mannal during Senior Night before postseason races start up with the Inter Scholastic Race (Feb. 12) and State Ski Meet at Berkshire East (Feb. 25), where local skiers will get a chance to qualify and move on.

“The ski season is winding down,” says Murphy. “It has been a wonderful experience coaching these student athletes. Their enthusiasm for the sport and their hard work is inspiring. They all have bright futures if they continue to race. Coach Tom Landry, AD Cami Molinare and I are extremely proud of them.”



Hornet Penelope Riggs taking a shot over a high-jumping Clipper defender during Monday night's home game. Newburyport won the game 54-25. The girls' next home game is on Thursday, February 6 at 6:30 against Georgetown.

Photo: Paul Clark

Hornets Nest

Girls Basketball

The Manchester Essex Girls’ basketball team played a tough schedule last week, beating Hamilton Wenham, losing by 1 to a non-league opponent, and then losing to league powerhouse Pentucket.

The Hornets hosted the Generals and, led by Lily Oliver with 18 points and Anna Gardner with 13, won the rematch of an early season contest, 52-33. Tess Carpen-

ter and Penelope Riggs both had 8 and Isabelle Donnellan Valade added 5 in the victory.

In a non-league match up on the road against a tough Division 2 Burlington, the Hornets battled hard in a game with several lead changes before losing 46-47. The Hornets led by 2 with 10 seconds to go but a big 3-pointer by Burlington’s top scorer gave the Red Devils a 1-point lead that the Hornets could not over-

come. Emerald Jakes had 14 points and Lily Oliver 13 in the effort. Ella Arntsen added 5 and Tori Moulton, Tess Carpenter, and Isabelle Donnellan Valade each added 4. Penelope Riggs contributed 2.

The Hornets hosted Cape Ann League powerhouse Pentucket on Tuesday and lost 35-61 despite giving it a great effort. Lily Oliver had 17 points to lead the Hornets. Tess Carpenter added 6 and Anna Gardner 4. Kacey O’Connell, Emerald Jakes, Penelope Riggs, and Charlotte Donnellan Valade each added 2 in the effort.

ScottEnergy Community Bulletin Board

Come Register for Spring Softball!



Manchester-Essex Softball Association (MESA) registration will be open Feb. 1 thru March 24 for all participants Kindergarten thru 8th Grade. All players who are enrolled in MERSD or who live in Manchester or Essex are eligible and welcome!

Details & Registration
https://manchesteressexsoftball.sportngin.com/home or on our Facebook page: Manchester Essex Softball Association - MESA.

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The indoor track team celebrated Senior Night on Monday January 20th. Left to right: Whitney Turner, Sabine Cooper, Luke Donohoe, Henry Stevens, Sam Heanue and Nicky Clements.

Courtesy Photo

You can't get too much winter in the winter.
~ Robert Frost~

ESSEX ECHO.

Town Administrator's Report

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

Battery Lowering Device
for Senior Center Elevator

As discussed at the Board's last meeting, the current generator at the Senior Center (installed in 2017) is not powerful enough to properly power the elevator there (installed during initial construction in 2007) when it is loaded to its full weight capacity. At the end of this calendar year, the elevator will be tested under full load using weights brought in by the State Elevator Inspector and has only been passing State inspections since it has not been tested under full load. The elevator must either run properly while on generator power or it must be separated from generator power and have a device installed (battery lowering device) that brings the elevator car down to the first floor and opens to door in the event of a power outage. This device is necessary since the elevator could get stuck with passengers in it if the power goes out while the car is in between floors and will cost around \$8,700. While the problem could also be solved by purchasing and installing a larger generator, that cost is considerably higher.

Replacement of GFI Outlet on Town Hall Generator

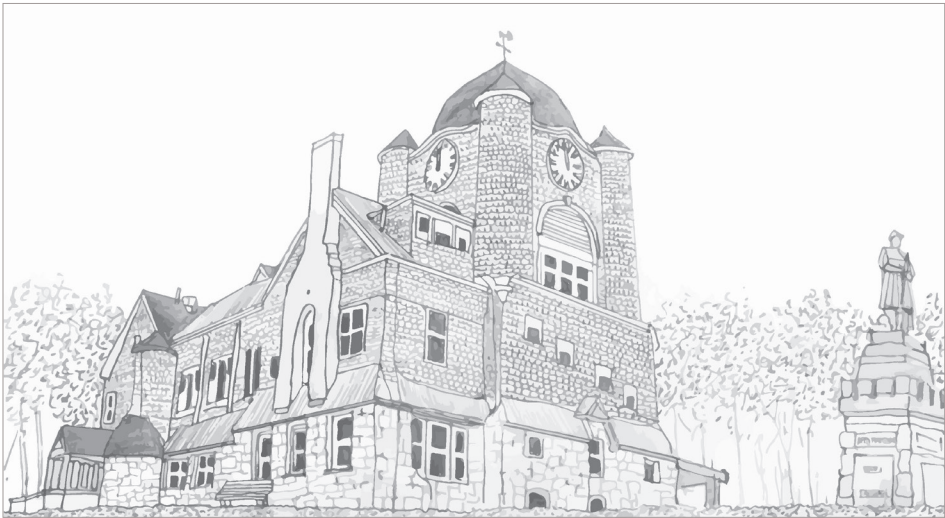
An audible alarm sounded on the Town Hall generator during the week of January 6, 2025. This alarm was likely calling attention to the fact that the system that keeps the engine oil warm within the generator's engine block had failed. After review of the matter, it was apparent that the ground fault receptacle that powers the block heating system was working but showed signs of damage (singled). After the outlet was replaced, the system returned to normal. This situation occurred several years ago as well and the solution was the same then. Even before the outlet replacement, the TA was able to run the generator through a full test cycle and it started up fine. If the problem persists, the TA will need to get our generator contractor involved and the system will be evaluated at its next quarterly maintenance inspection anyway.

Replacement of Library Outdoor Lighting Circuit

Two outdoor floodlights that provide lighting along the Library's access ramp recently were noted by the Librarian to be inoperative. The TA contacted an electrical contractor and power was not being supplied to the lights, with no obvious switch or circuit breaker point. As such, the contractor ran a new wire from the lights back to a known breaker panel and service has been restored.

Town Hall HVAC System Continued Problems

As the Board may recall, refrigerant leaks in the Town Hall HVAC system were recently repaired, including the need to outright replace one of the wall units. The system has been working but only with periodic resets



requiring removal of a panel on the outdoor unit. So, while low gas pressure may no longer be of concern, the system needs to be able to run continuously without being locked out for other issues.

As such, an expert from Breen & Sullivan visited Town Hall on January 17, 2025 to diagnose why the system functions normally for several days and then requires a manual reset. We learned that the system may have been out on low pressure due to the extreme cold (refrigerant contracts in the cold and its pressure drops). A second technician came out on January 22, 2025 to add refrigerant and to review the system again. While the system ran well in "test mode" for that technician, it would not run in regular heating mode. Test mode bypasses all of the system sensors and that is why it produced heat. That technician also discovered a communication wire that was grounding out after its insulation was chaffed off due to vibration and indicated another visit would be necessary. The following morning, the TA switched the system into AC mode since Mr. Zubricki recalled from a past experience that the valve controlling the direction of refrigerant flow can get stuck between modes, not allowing refrigerant to flow at all. Joggling the system in that fashion allowed heat to flow in normal mode.

School Budget Coordination Meeting Summary

Chairman Pereen and the TA participated in a meeting with officials and personnel from the Manchester Essex Regional School District and from the Town of Manchester on January 10, 2025. The Regional School Committee continues to review options to reduce the FY26 operating budget proposal and health insurance costs are a major driver this year. Presently, the figures being discussed with respect to an operating budget increase would require a Proposition 2 1/2 Override in order for the Town to fund it.

Massachusetts Municipal Association Annual Meeting and Trade Show

The TA attended the subject conference on January 24 and 25, 2025 in Boston. The conference featured a wide variety of educational sessions and was an excellent networking opportunity as usual.

Meeting with Comcast Concerning Cape Ann Cable Franchise Renewal

As the Board may recall, the cable franchise agreement between the Town and Comcast expires June 30, 2027 and we are now in the period where informal discussions with Comcast will assist with the renewal process. The other three Cape Ann communities are in the same situation and the four communities will once again negotiate with Comcast as a group, on a regional basis. On January 15, 2025, Comcast personnel met with the Manchester and Rockport Town Administrators, the Chief Administrative Officer for the City of Gloucester, and myself to discuss how the process might best unfold.

After the meeting, the communities agreed that a Joint Cable Advisory Committee with representation from all four communities should eventually be convened in order to commence the "ascertainment process" during which the Committee will assess cable-related needs based on community input (with respect to any cable-related item with the exception of programming or pricing - in accordance with Federal law). Before ascertainment can begin, however, it will be necessary for the communities to meet with personnel from 1623 Studios since all four cable franchise agreements direct funding to this local access organization. Also, as in the past, we are exploring joint representation by KP-Law, since three of the four communities use KP-Law as counsel.

Continued Review of Draft Annual Town Meeting Topics

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

Certification of Chapter 40A, Section 3A Compliance

As the Board is aware, the Town submitted its assertion of Section 3A compliance some time ago. However, the Executive Office of Housing and Livable Communities (EOHLC) has been working through a backlog of communities as it considers certification. To that end, personnel from EOHLC contacted me on January 23, 2025 to discuss our particular situation and raised two points for consideration:

- If the Wetlands Overlay District does not allow the construction of any buildings in it, doesn't anything identified as part of that

district come out of the area calculation necessary to show 3A compliance? The answer is yes. However, the TA explained that the district is a series of circles on a map. EOHLC will compare our map panels to a State GIS layer called "excluded land". While our maps may show some areas that are larger than the State layer, it is likely that most of the total area coincides. EOHLC either needs to verify that each wetlands area is not larger than their excluded areas map, or, where our area IS larger, just take that area away from their confirmatory calculation. Either way, it is likely that this is not an issue. Mr. Zubricki is working with the Town Planner to send EOHLC the Town's maps.

2. With respect to the downtown district zoning bylaw itself, at Zoning Bylaw Section 6-3.3.3.5.1(2), it appears that anything that is deemed multi-family MUST be a part of a mixed-use building. This is because the point just before it (1) only talks about single and two-family buildings and there is no additional point that talks about a multi-family being able to exist on its own. That said, the actual chart that says what is allowed in the district appears to better capture the intent of the bylaw, which is to allow stand-alone multi-family buildings. The Town may either need a Town Counsel opinion saying that multi-family is allowed stand-alone in the district or a minor modification of the bylaw in May. The reason that mixed-use is discussed in the subject section is that mixed-use is ONLY allowed in Essex in this particular district, and that a multi-family structure COULD have mixed-use within it - not because multi-family structures MUST have mixed-use within them.

Review of Upcoming Planning Board Bylaw Proposals

Chairman Pereen and Mr. Zubricki met with Planning Board Chair Lisa O'Donnell, the Town Planner, and personnel and officials from other departments on Jan. 16 to discuss Planning Board proposals with respect to the Zoning Bylaw at the Annual Town Meeting in May. Specifically, the group discussed revising the Wetlands Protection Overlay District bylaw, creating a new Accessory Dwelling Unit (ADU) bylaw, among others.

LIBRARY NEWS

T.O.H.P. Burnha
Public Library



Take Your Child to the Library Day! (Courtesy Photo)

Community Book Group
Monday, February 24 at 10 a.m. Join us for a discussion of "As Long as the Lemon Trees Grow" by Zoufka Katouh.

An Evening of Hygge
Thursday, February 20 at 7 p.m. Be treated to a cozy atmosphere while learning about the origin and philosophy of Hygge. Registration required.

Meet the Author
Tuesday, February 18 at 3 p.m. for ages 5 and older. Meet "Woofmore" author Lisa Haskins Houran.

Teen Crafternoon
Tuesday, February 11 at 3:30 p.m. for grades 6-12. Join us to make Q-tip Snowflake art.

Dungeons & Dragons Club
Wednesday's from 5:30-7 p.m. for grades 6, 7 & 8, this will run for six weeks. Space is limited so please register.

Regional Social Worker
Wednesdays, 9 a.m.-12 noon in the first-floor meeting room. Free, private, and confidential, learn about resources, gain strategies and skill to assist in stress reduction and management. No appointment necessary.

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

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

ESSEX POLICE NOTES

SUNDAY, JANUARY 26
9:26 a.m. John Wise Ave., citizen assist, assisted as needed.
3:35 p.m. Wood Drive, male unconscious, transported to hospital.
5:37 p.m. Story St., male unconscious, patient refusal.
11:57 p.m. Riverview Hill Rd., male with chest pain, transported to hospital.

MONDAY, JANUARY 27
8:42 a.m. Story Acres Rd., threat, report to follow.
1:52 p.m. Western Ave., welfare check, assisted as needed.
4:45 p.m. Southern Ave., selective enforcement, secured/checked.
10:07 p.m. Martin St., directed patrol, secured/checked.



TUESDAY, JANUARY 28
6:37 a.m. Belcher St., suspicious activity, secured/checked.

9:56 a.m. Story St., directed patrol, secured/checked.
6:18 p.m. Martin St., citizen assist, assisted as needed.
10:48 p.m. Lufkin St., disturbance, report to follow.

WEDNESDAY, JANUARY 29
7:34 a.m. Route 128SB, vehicle fire, assisted as needed.
1:04 p.m. John Wise Ave., motor vehicle crash, report to follow.
5:39 p.m. Eastern Ave., male with abdominal pain, transported to hospital.
10:09 p.m. Route 128 NB, directed patrol, secured/checked.

THURSDAY, JANUARY 30
9:04 a.m. Western Ave., parking complaint, gone on arrival.
10:32 a.m. Grove St., male unconscious, transported to hospital.
8:32 p.m. Story St., directed patrol, secured/checked.
9:08 p.m. Main St., directed patrol, secured/checked.

FRIDAY, JANUARY 31
1:06 a.m. Shepard Memorial Drive, parking complaint, no action taken.
8:07 a.m. Western Ave., community policing, secured/checked.
1:43 p.m. County Rd., male fall, transported to hospital.
6:44 p.m. John Wise Ave., male unconscious, transported to hospital.

SATURDAY, FEBRUARY 1
6:52 a.m. Main St., selective enforcement, no action taken.
3:34 p.m. Main St., fire alarm, cleared false alarm.
4:18 p.m. Main St., male stroke, transported to hospital.
10:30 p.m. Spring St., directed patrol, secured/checked.

ESSEX SENIOR LIVING | FEB 7

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.

Essex Locals | February 7

115 Years Ago - 1910
The no school signal was sounded for the first time on Friday morning. A tough storm of rain, turning into snow set in on Thursday about 9 p.m. Friday morning it was blowing a gale from the Northeast with cutting snow, leaving about three inches on the ground.

90 Years Ago - 1935
Mrs. Ellen Mears Adams died Monday morning at her home on Main Street at the ripe old age of 98 years and 8 months. She had been ill for a long time.



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L.O.V.E.

Valentine’s Day is next week, so now is the time to think carefully about just how to say “I love you (so very much)”! There’s so much around to inspire you. Sweets, little nothings, and big somethings. As usual, these goodies are all from to local Cape Ann stores to get your gift game on. A very, very good thing!



Spreading the Love

Mariposa has made Manchester its home for nearly 35 years and last year, the global home accessories brand launched its “Mariposa & Friends,” showroom-meets-retail shop that mixes its own products with curated local partners. Here’s the perfect Valentine’s Day tablescape. Handblown Bud Vase (by Essex glass artist James McLeod) \$59; White Applique Glassware, \$89 for a set of 4; Pink Enam-

eled Candlesticks, \$94; Pink Enameled Bottle Opener, \$38; Pink Enameled Spreader \$19.75; Heart Beaded Napkin Box \$56; Heart Beaded Coaster Set \$59; “XOXO TRAYchic” Platter, \$49; Fine Line Quartz Flutes, \$72 for a set of 4; and Red Heart Small Bowl, \$54. Oh yes, and don’t forget the box of Salem-based Harbor Sweets chocolate and toffee “Sloops.” All at **Mariposa**, 5 Elm St, Manchester-by-the-Sea | (800) 788-1304



Stunning Mussels

Inspired by the coast, Ipswich jewelry designer Betsy Frost created this detailed mussel shell bracelet in sterling silver and trapped white, grey or lavender freshwater pearls. Choose your pearl color and the 6” standard length (3/4” wide) may be adjusted in length to suit. \$590, at **Betsy Frost Jewelry & Design** | 4 Market St., Ipswich | (978) 356-4040

Oh, Bring me Flowers!

Valentine’s Day flowers do say it all, and thankfully we have two amazing florists. Chapman’s Greenhouse in Beverly Farms celebrated its 100th birthday last year, and Lavender & Moss Florals in Manchester opened on Summer Street just last year. Each offers stunning arrangements (see, below right) that can feel like

a thoughtful gesture or a formal declaration, starting at \$75 and going up to about \$250, depending on the arrangement. And for a forever version of flowers, these porcelain buds at Chapman’s are spectacular. **Chapman’s Greenhouse**, 58 Hart St., Beverly | (978) 927-0153. **Lavender & Moss Floral**, 4b Summer St, Manchester-by-the-Sea | (978) 949-7009



Looking Like Love

This ensemble, styled by our own Amy Lage, will have you looking the part of love this season. Sweater, \$79, from Z Supply. Denim, \$88, from Just Black. Bag, \$22, from America and Beyond. Sneakers, \$138, from Dolce Vita. All at **Style Snoop**, 19 Central St., Manchester | (978) 704-9881



Buckets of Moonbeams

The season’s “It” bag at J.McLaughlin in Manchester is the “Crawford” bucket bag, crafted in structured leather with two interchangeable straps for multiple ways to wear. And you can’t go wrong, since the “bucket” profile (in red no less!) is a handbag classic. \$398, at **J.McLaughlin**, 11 Central St, Manchester-by-the-Sea | (978) 704-0031







interior design services
Jennifer Coles, principal
colescoloranddesign.com
jen@colescoloranddesign.com
978.808.7481



The team of familiar faces are the operational future at the Greater Cape Ann Chamber of Commerce after the departure of its CEO on February 14. From left, Cindy Rodzen, Colleen Murdock, Michelle Pepin, 2025 president Jim Brown, interim director Sam Bevins, and Becca Campbell. Far right is Chamber “super volunteer” Karen Roller, who ran North Coast in Manchester for more than 20 years. Photo: Jurek Schreiner

Sam Bevins Named Interim Chamber Director

Greater Cape Ann Chamber of Commerce moves into its leadership future by looking from within

The Greater Cape Ann Chamber of Commerce has outlined a leadership plan that builds on the current staff following the transition that will follow the departure of Chamber CEO Steve Buckley on February 14.

Board President Jim Brown and Chairperson Karen Ristuben, who preceded Brown’s role for 2024, led

the transition initiative, working with the staff and the other board members to ensure a continued focus on the Chamber’s service to its members and contributions to the Greater Cape Ann community.

The strategy session was cemented at the Chamber’s quarterly meeting, which was held at the Amaral Bailey American Legion Post 113 in Manchester.

Under the new operational strategy, the roles of the current staff at the Chamber will expand and, in the case of Sam Bevins, solidifies him as interim director during the transition as the organization moves forward in 2025.

Team members will fill critical roles based on their skills and the needs of the organization. The new organizational focus will build on the team’s deep commitment to the Chamber and its uniquely collaborative structure, and will include a greater emphasis on self-governance and integrative decision-making.

The Chamber team and their roles are:

- Sam Bevins, Interim Director
- Becca Campbell, Director of Membership Services
- Colleen Murdock, Community Relations Director
- Michelle Pepin, Director of Events

- Cindy Rozen, Director of Marketing and Communications
- Debbie Walter, Finance Lead
- Cheryl Cros, Office Manager

“The Chamber enters 2025 with a very strong internal team, and the Board is confident in their ability to achieve our goals for this year, including a strategic focus on initiatives aimed at strengthening local business,” said Brown. “The Board is committed to providing the Chamber team with the support they need to continue our work as an unwavering advocate for the Cape Ann region and an enabler for our busi-

nesses.”

Bevins has served as operations director since early 2023. He will build on his current responsibilities, working with the team and the board to plan and lead the strategic direction of the Chamber and manage organizational initiatives.

The Board approved the plan at the January 30 meeting at the Legion, and the new organizational leadership structure is now in place.

“The Chamber team has been the driving force for initiatives aimed at strengthening our local economy and highlighting the incredible businesses that make Cape Ann such a special place to

live, work, and visit,” said Ristuben. “As we move forward in 2025, this same team will play an even greater role in supporting our businesses and the entire Cape Ann community, helping us all realize the exciting opportunities we see ahead.”

The Chamber recently announced that its focus for 2025 is “Powered by LOCAL,” a campaign focused on encouraging support for our local businesses as an alternative to online shopping and big box stores. The board’s leadership plan and the organization’s Powered by LOCAL focus were key topics at the Chamber’s January 17 annual celebration.



We Don’t Have to Believe Everything We Think

How Meditation Can Help Deal with Uncertainty

By Alida Bryant

Did the title of this article give you pause? Excellent! You are on your way to a meditation practice that will help in dealing with all the uncertainties of our time.

Whether we are trying to avoid the fear and anger of these politically turbulent times, or completely engaged in working for a better world, we could use a few strategies to help our mind to navigate the torrent of thoughts and feelings surrounding living through the modern era.

Meditation practice is more than just giving our minds a break for a little while. It helps us to focus in a relaxed and open way. It is the fine art of doing... nothing ... yet at the same time it allows us to see the thought and habit patterns that most often cause us distress and suffering.

With that insight comes choices. As the Buddha (sort

of) said: Suffering is optional! From this interior space of calm comes clarity - we see the situation from a new perspective which helps us make more skillful choices. This encourages kindness and gentleness with ourselves and, in turn, with our friends and family. And, expanding further still, the world. It is said to be one of the most radical actions we can take to heal our world.

Perhaps, as we begin this new year of 2025, now is the time to create a new healthy habit! Just as our bodies

need exercise, our minds need training, and taming! With a little help, our poor, tired, over-thinking mind can settle down a bit. This helps us to recognize thoughts for what they are - just thoughts. Nothing solid, and often not even true! In fact, “You don’t have to believe everything you think!”

If you would like help in beginning a new meditation practice (or some coaching on an existing practice), there are local resources. The Manchester Public Library hosts a weekly meditation group on


Tuesdays (see Library website at manchesterpl.org), and Harbor Dharma Meditation and Study Group meets on the first and third Wednesdays (see <https://www.meetup.com/harbor-dharma>).

For those interested in exploring Buddhism beyond meditation, reach out. The group is starting to study a new text on February 5, The Magic of Awareness by Anam Thubten.

A Manchester resident, **Alida Bryant** is a Dharma Leader and meditation instructor under the guidance of Anam Thubten. She has been meditating for over 35 years and studying and practicing in the Buddhist tradition for 25 years. Contact info@harbordharma.net or 978.257.1092.

In the depth of winter, I finally learned that within me there lay an invincible summer.


~ Albert Camus~



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Puzzle

THEME: IDIOMS

ACROSS

1. Actor Driver
5. By way of
8. Bambino
11. Oscar De La ____
12. *Do this backwards to try hard to please
13. Range
15. Petri dish gel
16. Celestial bear
17. K-pop home
18. *Cold one is offensive
20. Sportscaster Andrews
21. Outer space path
22. Hold title to
23. *Take this to commit to marriage
26. Bullet factory
30. Even, poetically
31. Trim
34. Sitar music
35. Kon-Tiki and such
37. Be in a cast
38. Very, in music
39. Actress Barrymore
40. “Long Day’s Journey into Night” playwright
42. Between Mar. and May
43. Annulling
45. Loads
47. Compass point between NE and E
48. Dugout river ride
50. Check-in via text
52. *Sign of nervousness (2 words)
55. One up
56. Lowest female voice
57. One quark plus one antiquark
59. Toothpaste brand
60. Riddle without solution
61. Cogito ____ sum
62. *Leg’s partner, price-wise
63. Make a mistake
64. Robin’s house

DOWN

1. “Eureka!”
2. *They cause no problems when

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- they sleep
3. Nursemaid, in India
4. ____ 5, band
5. “Il Trovatore” composer
6. Garment insert
7. Month before Nisan
8. Torus, pl.
9. Word before sesame
10. *Cupful that’s not for everyone
12. Adjective derived from bulb
13. Distorts
14. *Cutting these leads to poor results
19. Prods
22. Dot follower
23. Lost, in Provence
24. Live’s partner
25. Hungry
26. Voting no
27. Like Fran Drescher’s voice

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

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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. Wide open
29. Bear digs
32. Group of buffaloes
33. *Breaking it relieves tension
36. *When these meet, one can afford what they want (2 words)
38. Remote in manner
40. Football’s extra point
41. “The Call of the Wild” author
44. Gold bar
46. Dig further
48. One on artist’s wheel
49. Communion table
50. Feline vibration
51. Unit on a list
52. *Easy piece
53. Ireland’s other name
54. Duds
55. Edible tuber
58. 1990s negation

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 wel-

come you to join us for a time of studying the scriptures and praising the Lord. Other ministry updates and details can be found on our website, www.CornerstoneNorth-Shore.org. If you have any special needs or concerns, please let us know! We're here to serve!

Visitation Parish - Mass

Schedule

Sacred Heart Church - Saturday Vigil Mass - Virtual Mass - on our YouTube as well as www.mecatholic.org
Sunday Mass--8:30 a.m.
St. John the Baptist Church - Saturday Vigil Mass--5 p.m.
Sunday Mass--10 a.m.
Please go to our website: www.mecatholic.org for Sacramental Information as well as Parish Registration if you are new to town or looking to join a Catholic Church.

The Assumption of the Virgin Mary Greek Orthodox Church

8 Lafayette Road, Ipswich Mass.
Church services, with Father Christopher Kolentsas, are held each Sunday.
Sunday's Divine Liturgy, with Father Christopher, starts at 9:30 a.m. followed by a weekly sermon. All are welcome to attend.

First Parish Church

First Parish Church Manches-

ter-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 9 Worship, 10 a.m. led by Rev. Katherine Schofield and Dr. Herman Weiss with the First Parish Choir.
Church school children depart from worship around 10:15 a.m. for their own time of learning, crafting, sharing and playing.
Activity for the week in our Chapel Lane building --

Monday, Friends of the COA Senior Drop in, 10 a.m.-12 noon, coffee, conversation and games
Tuesday, Meditation Group, by the library, 11 a.m. and 5 p.m.
Bible Study, Via Zoom 4 p.m. join in with computer, smart device or dial in on a phone
Wednesday COA Decoupage Eggs 10 a.m.
Choir Rehearsal 7:30 p.m.
Thursday, Seaside Parish

...(Continued on page 11)

Churchill PROPERTIES

CHURCHILL PROPERTIES

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

IPSWICH (Coming Soon)
Rare opportunity! Custom luxury home with generous living space with 5 bedrooms and multiple suites. Large detached guest house.
\$2,875,000 | Karen Bernier | 978-807-5580

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

SALEM
Nestled in a highly sought-after cul-de-sac, this 4-bedroom home, built in 2020, blends modern design with everyday practicality.
\$969,999 | Heidi Roy | 978-270-7336

WENHAM
Welcome to this exquisite 3-bed, 3.5bath townhouse-style condo nestled in the prestigious Hamilton-Wenham School District.
\$875,000 | Siga Snipas | 978-407-6970

NEWBURYPORT
2 bedroom 2 bath impeccably crafted home in the city’s coveted South End. Fabulous property built by an award-winning developer in 2021/22.
\$1,049,000 | Holly Welch | 617-680-6999

GLOUCESTER
Desirable Gloucester Mill Condo. Ride up the elevator in ease to this 3rd floor Corner unit. Perfect for a first-time buyer or down-sizer.
\$364,900 | Andrea Lacroix | 508-561-1161

GLOUCESTER
Waterviews in Downtown Gloucester! Commercial, residential and/or mixed use property in prime location. Endless possibilities!
\$475,000 | Kathleen McHugh | 978-314-9131

TOPSFIELD
Fantastic Contemporary Cape, set on a private 2 acre lot, located on a country cul-de-sac near Hood Pond and Willowdale State Forest.
\$848,000 | Karen Bernier | 978-807-5580

ESSEX
Free Standing condo/single family, No HOA Fee, low RE taxes. 3-bedroom, 1.5-bathroom Colonial, situated in the heart of South Essex
\$549,000 | Debra Lovelace | 978-5879-7356

MANCHESTER
Discover timeless elegance in this stunning Colonial home. The separate guest house is ideal for extended family or rental income.
\$2,250,000 | Philio Cushing | 978-884-9904

NEWBURYPORT
Enjoy the old charm, character & location of this beautiful Newburyport home! In a quiet neighborhood, just a short stroll to downtown!
\$850,000 | Lisa Sullivan | 978-979-1779

SALEM
Welcome to historic Salem! This pleasingly maintained Colonial home offers the perfect blend of classic charm & modern updates.
\$499,000 | Kathy Thompson | 508-633-4170

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The parents need help at home. It’s painful for them—and for me, too.

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

The rule of thumb is that elder care is much like an iceberg. The “pain point” is what gets your attention. It’s the tip of the iceberg, the obvious part—big and sticking out of the water like Mt. Washington. Often, a crisis occurs, and we are forced to acknowledge what we would rather ignore.

What are the “big ticket” issues? Take INVENTORY. Physical limitations, the onset of a new illness, worsening of an existing diagnosis, medical crises, hospitalization, or a new social situation (has a spouse recently passed away or been hospitalized) ... what’s tipping the scales and what has your attention?

I guarantee you this: Ignoring the problem will not make it disappear.

Downplaying the risks does no favors for your loved one. In most cases, the elder in question is more vulnerable and at greater risk, making more medication errors and more frequent unsafe decisions than you might realize. Many senior friends are experts at hiding their deficits. They know their weaknesses and become masters at diverting attention away from these realities.

Did you ever take your grandmother to a medical appointment? Was she dressed to the nines? Was her social affect something like that of Downton Abbey? Was she “ON” and in great shape? Mine was, and thousands of my clients have been in top form when needed. The problem with these savvy folks is that they can convince concerned others that they are fully or mostly intact when that is not the whole story.

These are harsh realities. They are painful, create family friction, and rank among life’s most challenging moments. Who among us wants to be reminded of our limitations or decline? If you’ve been driving for 60 years, you don’t want that freedom taken away. Who desires to lose any independence? Who wants someone “helping them” in their home? We all understand why these decisions are so painful.



They represent losses.

As we age, life generally presents us with more options. We raise our children, become empty nesters, retire, or find ourselves with a bit more free time, blooming like a rose. We have more opportunities. And then the tide turns, sometimes without warning. We can’t keep the home in Florida anymore; it just doesn’t work. Some things we used to be able to do, we can’t anymore. Instead of life getting larger, it begins (slowly and sometimes insidiously) to get smaller. The circle of life.

Most of our elder loved ones participated in the care of a family member. Our culture is unique in some ways in that nursing homes or care facilities are commonplace, though not everywhere. “Back in the day,” there were fewer care options, and families were involved in the nitty gritty. Use this memory as a guide.

“Dad, remember when Gramp broke his hip after falling in the shower? You tried to get him to use a bench, but he wouldn’t. You installed the handheld shower head and added the grab bars to assist him. He resisted, and you felt terrible that it was so difficult for him.” We never forget going up “against” a parent or elder loved one. It feels like breaking family rules. You don’t tell the patriarch or matriarch what they need...

But ... someone has to. If I had a dime for everyone who told me, “I won’t fall,” I’d be on my own Greek Is-

land right now. Who plans to have a car accident? Who plans on falling? We are not bulletproof. Just like our ancestors, we fall and break things, and we experience life-limiting circumstances that sometimes... are avoidable.

We are not talking about eliminating all risk; life involves risk. We are carefully assessing ability levels (even as they fluctuate) and implementing interventions to minimize danger. Mitigating risk is the name of the game. The following questions, if answered honestly, will shed light on where you need to focus. Again, remember the iceberg: what you see is only a fraction of what’s happening.

- Is your elderly loved one capable of evacuating their home if necessary?
- Are they vulnerable to scams over the phone or in person?
- Do they often forget to take their medication?
- Are they able to use a cell phone reliably?
- Do they know whom to contact for help?

The choice to engage with homecare is a big one. Is your goal temporary, or is there a plan in place to relocate? Alternatively, is your goal more long-term, intending to support your loved one in their home permanently?

Finding a partner in what can feel like a black hole is crucial. Do your research. Talk to your friends. Interview home care companies

on matters like 24-hour operations, availability of a licensed clinician, scheduling practices, references, and model of care. Between “A Place for Mom,” “Care.com,” and many others, caregivers can be obtained in a variety of ways. Your loved one is vulnerable, and your placement choice of a caregiver is consequential.

The elder home care pie has many pieces. Much can go very right, and much can go very wrong. The education, experience, and skills of your caregivers, along with the system that supports them, will largely determine the success of your home care plan.

It’s something no one wants—kind of like the emergency room. But when you need it, you want the right people in the right place at the right time. Maybe you’ll think about this ahead of the crisis and be prepared.

If you are in the midst of a crisis, it’s not too late, but don’t wait too long. At this point in the game, it generally does not “get better” on its own.

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

Solution to puzzles on page 10

A	D	A	M			V	I	A				T	O	T
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3	2	6	1	7	4	5	8	9
4	8	9	2	5	6	3	7	1

...(Continued from page 10)

Knitters drop in 1-3 p.m.
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St. John’s Church Worship

Every Sunday we hold services at 8 a.m. and 10 a.m. Childcare is available during the 10 a.m. service. Holy Eucharist at 8 a.m. and 10 a.m.

Quaker Meeting

Quakers of the North Shore worship every Sunday from 10-11 a.m. at the Glen Urquhart School: 74 Hart Street, Beverly Farms, Mass. It is an unprogrammed Quaker Meeting. There is no Pastor (or leader) save the spirit of God in and among us. Our worship is primarily silent. When a worshiper is moved, it may include a brief, spoken ministry offered in a ‘spirit of worship.’ Friends gather quietly, awaiting the experience of God’s presence.

People in our community hail from the traditional tribal lands of the Pawtucket and Massachusetts now called Manchester, Gloucester, Beverly, Ipswich, Rockport, Salem, Lynn and Marblehead. Whether you have worshiped in other Quaker (Friends) Meetings or not, we welcome you to join us. If you are new to Quakers, someone will be happy to talk with you and answer any questions you may have. Send an email

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

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



PET OF THE WEEK: HELLO CLARICE

Clarice is a 10-month-old found trapped locally with her kittens, which are finding homes. Now it’s Clarice’s turn. She was most likely born outside and has had little contact with humans. She is a spirit cat – very shy with people. She may bond deeply with you or only just grant you the opportunity to touch her ... or not. Clarice would do well in a quiet home with no children where

she can hide out during the day and come out to eat at night when nobody is around. As part of Cape Ann Animal Aid’s extended stay program, her adoption fees have been reduced. Visit www.capeannanimalaid.org for more information about Clarice and all the other animals waiting for homes at the Christopher Cutler Rich Animal Shelter, 4 Paws Lane in Gloucester.



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



HAMILTON

\$2,550,000 | The Lopes Group
New Construction! Stunning 5-bedroom, 3.5-bath home on 2.73 acres has gorgeous views, 9-foot ceilings, 1st floor primary suite, GE chef's kitchen. 3rd floor finished bonus space. 3-car garage.



MANCHESTER

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



DANVERS

\$899,000 | Crowell & Frost
Waterfront living! Stunning pet-friendly 3-bedroom, 2.5-bath townhouse with private deck, river views, full renovated stainless-granite kitchen, and in-unit laundry. Central air. Detached garage.



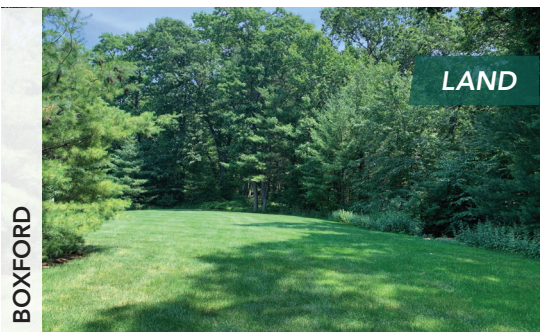
IPSWICH

\$858,000 | Nancy Peterson
Sprawling 4-bedroom home on 1+ acres. Large family room, fireplaced dining room, 1st floor primary and bath. Lower-level kitchen, bath, bedroom. Kitchen and baths need updates. 2-car garage.



GEORGETOWN

\$850,000 | Norman Banville
Awaits your finishing touches. Expansive 3-bed, 2-bath 2023 Cape. Front-to-back living room, 1st floor primary, quartz-stainless kitchen. 2nd floor bonus room and family room. 2-car garage.



BOXFORD

LAND

\$569,000 | John Adams
Last available lot in a small enclave of excellent homes. Large building lot over a shared drive. There are no builder tie-ins, so create your dream home in this peaceful and quiet wooded area.



SALEM

\$549,900 | Dan Meegan
Beautifully restored classic mid-19th century home in Salem's desirable Wharf neighborhood! Classic antique with 2 bedrooms, modern upgrades and high-efficiency systems. Parking for 1 car.



PEABODY

NEWLY PRICED

\$539,900 | Kate Fabrizio
Essex Green. Delightful 2-bedroom, 1.5-bath townhouse condo with open layout, updated eat-in kitchen with dining area, built-ins in living room. Unfinished basement great for storage, Deck.

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