



VOL. 137, NO. 43 **FRIDAY, MARCH 14, 2025 PRICE: \$1.25**

our attention that Ken Warnock died suddenly last week. Warnock was a tireless advocate who served two terms on the ME Regional School Committee representing Manchester. He was also a familiar face for countless area youth and Scouts events, including the annual Pinewood Derby and many others. Read his obituary, Page 2.

St. Patty's is Here

Next week's edition of The *Cricket* will include our annual

On Thursday, March 20, 7 p.m. members. (mbtsmuseum.org)

By Chris Lisinski

in energy costs over the next

five years by pulling a host of

executive-branch levers, in-

cluding redirection of some

clean energy development

funding to shave \$50 off elec-

Gov. Maura Healey on

Monday sketched out a push

to reduce household energy

bills with actions that her

Most of the savings Healey

including

tricity bills in April.

administration,

The Healey administra-

tion hopes to save resi-

dents billions of dollars



ERHS senior Jenelle Ford **⊥**presents images and stories from her trip to visit family in the Philippines with MERMS foreign language students as part of the school's International Week. Other presenters included David Nicastro, a MERHS parent, who shared about the 22 countries he visited during his military career and two retired teachers from Beverly who walked the famous Camino de Santiago through northern Portugal and Spain. (Photo Kirs Mc-

A Brief Summary and History of Manchester **Waitlists and Moorings**

By Bion Pike, Manchester Harbormaster

'anchester Harbor has experienced a great deal of positive change over the past 13 years. This includes the introduction of shallow water moorings in 2015, conversion of many single point moorings to double point moorings with no swing, some with a float to accommodate additional vessels, and the reduction in the number of moorings in a dangerously overcrowded harbor.

Benefits include an end to vessels swinging into each other and an opportunity in the future to add back some of the moorings I have removed due to the overcrowded mooring fields. We are actively managing the moorings.

Equally important is the improvement in navigation, especially in front of the boat yards. Manchester Marine (MMC) has the same 12 mooring locations that have been in place since at least the 1970's. Ten of those are now bow and stern with a float in-between. I initially approached MMC seven or eight years ago about converting to a double-point mooring system along the channel, but the company chose not to do so at that time. The current conversion was required by the Department of Environmental Protection (DEP) as part of

another project at MMC. Concern that MMC would be able to rent these moorings seasonally was expressed to the Harbor Advisory Committee (HAC) and

Actions to Address Rising Energy Bills



process. Select Board (SB). In order to determine whether Manchester is in compliance by allowing this activity, the Harbormaster's office reached out to state officials for an opinion. The Dept. of Environmental Protection (DEP) saw no issue with the practice and the town's legal counsel has advised that Manchester is not in violation of the MA Attorney General's opinion regarding waitlists and mooring assignments. The MA Inspector General has also ruled

that there is no violation. The moorings may be rented to individuals from the harbor waitlist. It is important to note that this conversion results in a smaller harbor footprint used by MMC.

Our waitlist is long, it takes 15-20 years to get a mooring in Manchester. First moorings are typically in the outer harbor, Area 7, and you then put your name on the "move in" list for an inner harbor mooring. Moorings are reassigned for specific reasons such as death, improper use, or non-pay-

ment of fees. As one can imagine, there are not a lot of turn-

During the pandemic there was a surge in demand for moorings. Moorings can be passed to children but no other relatives.

This is a Massachusetts state rule, and not a town regula-

If you have more than one child, put them on the waitlist! Every name on the electronic waitlist is also in a

ency and openness of access to the harbor data by coming to the office with their questions and concerns. I encourage more people to come and get information, after all, the data is yours. Anyone can be informed about past data, and future plans to make informed opinions about any aspect

43°

44°

 42°

ledger at the Harbormaster's office and open for review any time. Many folks have taken advantage of the transpar-...(Continued on page 3 **Weekly Weather Chart** Saturday 15 March 37° Sunday 16 March 45° Monday 17 March 38° Tuesday 18 March 50° 42°

Weather data pulled Wednesday and is subject to change.

State House News: Healey Taking Executive

Gov. Maura Healey delivers her State of the Commonwealth speech from the House rostrum on Jan. 16, 2025. Photo: Sam Doran/SHNS

the Department of Public Utilities and Department of term as a result of expanding Energy Resources, can take discount programs, stabilizwithout legislative approval. ing the local energy supply, She also continues to work and redirecting clean energyon legislation targeting enrelated charges that drive up ergy affordability. utility bills.

But some relief will arrive outlined Monday would aralmost immediately. Residenrive in the medium or long tial customers who receive electricity from Eversource, National Grid and Unitil will each receive a \$50 credit in April, funded by about \$125 million the state collected in so-called alternative compliance payments.

The state still has about \$24 million in uncommitted ACP

funds on hand for any emergency actions, according to officials. Healey called redirecting most of that program "good fiscal management."

Officials also estimate natural gas bills will be about 10 % lower in March and April after the DPU halved a proposed budget increase for the Mass Save program, which is largely funded by charges passed along to consumers.

"I know [\$50 is] not a ton of money compared to what people have been paying, but it is something. Every dollar counts. This is yours to keep," Healey said. "Between gas and electric savings, it means \$220 million now. Because of our actions, \$220 million is going right back in the pockets of Massachusetts residents."

...(Continued on page 9)

Wednesday 19 March

Thursday 20 March

Friday 21 March

Gavel to Gavel This Week's Town Meetings

48°

49°

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

7:30 a.m. - 3:30 p.m.

MERSD SC Meeting Tuesday, March 18, 6 - 8

Essex Planning Board Wednesday, March 19 7 p.m.

p.m.

IN THIS ISSUE Weather.....1 Letters & Library......4 Sports & Schools6 In the Driver's Seat9 Pets and People11

BRIEFLY

Sadly, it has come to our attention ...

Sadly, it has come to

March 15 is St. Patrick's Day, and there's plenty of action with the return of familiar events to celebrate "your green." The Manchester Essex Rotary Club's annual St. Patrick's Day Dinner is Saturday, March 15 at the Amaral Baily American Legion Hall in Manchester. It kicks off at 5:30, and will feature a corned beef dinner with Irish music from the "Erstwhiles with John Rockwell." Tickets are \$30 for dinner and music (cash bar) and just \$10 just for the music. Proceeds for this event benefit the American Legion Hall in Manchester (which is currently raising money for building upgrades) and the ME Rotary Club Scholarship Fund. Both great causes. Also, on Thursday, March 13 the Greater Cape Ann Chamber of Commerce will be hosting its 26th Annual Irish Sweepstakes drawing, live at The James Irish Pub & Provisions in Essex. The raffle tickets have already been sold, but it's a great event and it's also for a good cause. (The James will continue a running slate of live Irish music programming from the Chamber event on Thursday right through Monday.)

Cricket's Home & Garden Book

2025 Home & Garden supplement. This year's edition features great stories-container gardens, hardscapes, gardening for birds, interior design talent, smaller fix-its, local shopping, and more. 100 percent local. Look for it.

MBTS Museum Lecture Series!

at the First Parish Community Hall, botanist Judith Sumner will present an illustrated lecture, "Garden Herbs: Their Cultivation, Cookery, Cures, and Caveats" tracing European herbal traditions to the New World. It's the kick off to the Manchester by the Sea Museum's popular lecture series. \$15 non-members, free for

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/TheManchesterCricket).

Kenneth Dale Warnock Jr



Ken to his friends, still Kenny to his brothers and sister, left us suddenly on March 2, 2025. Born in Summit NJ February 13, 1970, to Kenneth and Constance (Curtis) Warnock, the family returned to their Massachusetts roots when Ken was nine, making their home in Lynnfield. Ken was a 1988 graduate of Lynnfield High School, continuing his education at Cornell University where he studied Mechanical Engineering, and Northeastern University where he earned a Masters in Business Administration.

His engineering career began at Battenfeld Gloucester Engineering where he rose to the level of Vice President by the time he was 31. A career move to Medtronic provided new challenges as well as the opportunity to establish global Centers of Excellence in the life-saving field of medical catheters and other medical instruments. It also gave him a setting in which to mentor other engineers in a variety of medical equipment fields, a trait which also defined his parenting style as his children's interests evolved.

Ken held over 25 U.S. patents related to medical devices and manufacturing processes, but none matched the satisfaction he derived from being the father to his three children, Max, Ella, and Sam. Whether it was judging Max and his fellow students in Formula Electric and Hybrid Competitions at the New Hampshire Speedway, or supporting Ella in robotics competitions or nurturing Sam's love of baseball and golf, Ken was a hands-on participant in their interests and education -- he served two terms on the Manchester Essex Regional School District Committee. He shared with his children his own love for the North Shore of Massachusetts, where he spent many summers with his grandparents in Gloucester and Rockport, and it's no surprise they are as comfortable on the water as they are on land. It is hard to imagine a type of vessel that was not tried by the Warnock family. All the while keeping a continuous supply of lobsters for friends and family. In addition to his children, Ken is survived by his wife and partner in parenting Lynn (Smith), his siblings Russell Warnock (Ruth), Rosemary Weissman (Richard) and William Warnock (Laurie) and his nieces and nephews Scott, Bonnie, Kyle, Connor, Charlene, Catherine, Victoria, Katie, Jacob, Lukas and Finnian, and his little great nieces Grace and Emma. His warmth, creativity and infectious smile will be long remembered by those who knew him, and like the countless people for whom his work meant more time with their own loved ones, we are grateful to have

shared his life. A celebration of Ken's life will be held at a later date. If you would like to honor his memory, consider doing something kind for your community. Volunteer at an organization or help your neighbor with a backyard project. Ken's life was spent filling other people's lives with joy, so continue that mission in his honor.

Marcella A. Boyd



February 12, 1937 -January 30, 2025 Marcella A. Boyd (Shumway) passed away peacefully January 30, 2025, at AdviniaCare Country Center in Newburyport, MA. Born to Allen L Shumway Sr. and Marietta (King) Shumway of Deerfield, she earned a BA in sociology at U. Mass Amherst. She is preceded in death by husband Hazen C Boyd Jr., and survived by her children Amy Byron (David), Alice Dysert (Tim), Robert Boyd (Laura), nine grandchildren and seven great-grandchildren. was a generous and loving woman. A local teacher and avid reader, she volunteered in the Newburyport Public Library archive room helping many with genealogy research. Marcie was an active member of Linebrook Baptist Church of Ipswich and First Baptist Church of Rowley leading VBS, children and music ministries.

her faith in word and deed. There will be no calling hours. Following a private graveside service, a Celebration of Life service will take place Saturday, March 22 at 12:30 p.m. at the First Baptist Church of Rowley. In lieu of flowers, memorial contributions may be made to First Baptist Church of Rowley, the Rowley Historical Society, or The Alzheimer's Association for Alzheimer's research. Arrangements entrusted to F. S. Roberts & Son Funeral Home of Rowley.

She loved Jesus and lived out

A complete obituary is available at www.fsrobertsandson.com.

Francis Moors Bradley



Francis Moors Bradley, M.D., 67, of Manchester-bythe-Sea, died peacefully on November 26, 2024, surrounded by his immediate family. He succumbed to a lifelong battle with juvenile rheumatoid arthritis, which he had faced so bravely, quietly and intellectually that he lived longer than anyone imagined. He was born on May 31,1957, in Boston to his late parents, Jane Carpenter Bradley and John Moors Bradley. Frank was the beloved husband of Adrienne Withers Bradley, M.D., with whom he shared 37 years of marriage. They met on the first day of medical school, and from that moment on he was in her heart, mind. and soul. He is the father of their cherished daughters, Camilla Cabot Bradley and Cecily Moors Bradley. He is survived by his wife and daughters, as well as his three siblings, Ralph Bradley, Juliet Bradley, and Didi

Dr. Bradley attended and graduated from Shore Country Day School '71, Saint Paul's School '75, Harvard University '79, and Hahnemann University Medical School '86. He was the top of his class in medical school.

At graduation, his future brother-in-law stated that he was exhausted from having to stand up and clap so many times as Frank won almost every award. Additionally, he completed a five-year radiology residency at New England Deaconess Hospital and a fellowship at Massachusetts General Hospital in "cross-sectional" imaging. He then returned to NEDH/ Beth Israel Hospital, as head of mammography and was a leader in establishing stereotactic breast biopsies.

Since boyhood Frank was a gifted and graceful athlete who embraced sports joyfully in every season. Whether skiing down snowcovered slopes, picking up a random game of ice hockey on any patch of frozen water he could find, playing tennis, windsurfing with his dog atop his board or casting a line while fishing off the

rocks at Eaglehead, he no-

ticed and appreciated nature around him. These playful endeavors allowed him to fulfill his sense of adventure, competition, joy in friends, and mere quiet contempla-

In early mid-life, his joint destruction worsened, but he remained hopeful and patient. With new medications often having intolerable side effects, he made the decision to step away from the intensity of hospital work and concentrate his time with his family. He realized physical and mental health must be a priority.

With community giving being important and modeled in his family, Frank taught Harvard radiology residents. He also donated his time to boards at Shore Country Day School, he was the chairperson of the Cabot Family Charitable Trust. In addition, he enjoyed being with his family and friends at various clubs where he was a member: Porcellian Club at Harvard University, Macanudo Investment Club, Essex County Club, Myopia Hunt Club, Manchester Yacht Club and Singing Beach Club, where he served as treasurer for many years.

Losing the ability to participate in rigorous sports, he turned to other pursuits: golf, hiking, boating and swimming. He was a naturalist at heart with a curious, scientific mind that was a sponge for the names of wildflowers, trees and land and sea creatures of all sorts. His enthusiasm was infectious, whether it was finding a slug or a salamander under a log or one day coming out of the Caribbean Sea with an octopus that had climbed into his pocket. This less frenetic time allowed deeper connections and appreciation of his family and friends as never before. His delight and wonderment in life was constant. Frank was a magnet. People just wanted to be in his company. To know Frank was to love him. He will be greatly missed.

A Memorial Service and Celebration of Frank's Life will be held on Saturday June 7, 2025, at 11 a.m. at the Singing Beach Club, 117 Beach Street, Manchester-by-the-Sea, MA. Contributions may be made in Frank's name "Francis Moors Bradly, M.D." to support the Rheumatology Fund for Research and Innovation at the Brigham and Women's Hospital led by Michael Weinblatt, M.D. his longtime medical provider and researcher. Checks may be mailed to Brigham and Women's Hospital, Development Office, 263 Huntington Avenue, #318, Boston, MA 02115 or visit bwhgiving.org/ memorial to make a gift online. Arrangements by the Campbell Funeral Home, 525 Cabot Street, Beverly. Condolences at www.campbellfuneral.com.

John C. Low



John C. Low, 85, of Essex, died peacefully on Sunday, March 2, 2025, at Kaplan Family Hospice House after a brief but aggressive illness. Born in Salem to Rebecca (Carter) Low



and Roswell Low, John grew up in Essex, engaged in a fair amount

of mischief with his cousin Dana Carter, and attended Gloucester High School where he graduated in 1957. He joined the US Air Force and spent most of his time in radio communications at the Chicksands Base north of London. Upon returning to Cape Ann, John married Judith Gray in 1961 and took a job with Tadco Printing before becoming a firefighter with the Gloucester Fire Department in January 1967.

Some of John's favorite memories include the time spent with his young family camping at Pawtuckaway State Park and skiing in New Hampshire, with a particular fondness for a certain trail at Bretton Woods. John and Judy took the kids on many summer adventures, spring trips to Disney World, and a special 40th birthday vacation to Las Vegas for each of them. Vegas was an annual destination for John and Judy which allowed them to connect with good friends who lived "out west."

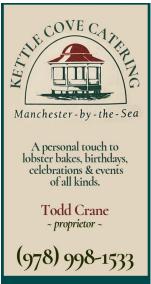
John's work ethic was unmatched, holding a variety of "side jobs" over the years when not on duty at the fire station. These gigs included painting houses and setting ski bindings at his cousin Bruce Fuller's shop in Wenham. When he wasn't working, you could find John tending goal for the GFD ice hockey team, coaching Cape Ann Youth Hockey goalies, training for a 10K, or dashing up to North Shore Community College for a night class on his way to a degree in fire science. John was promoted to fire captain and then deputy chief, leading by example and mentoring lots of young Gloucester firefighters

until his retirement in 1995. John played many rounds as a member of the Rockport Golf Club. As soon as Judy retired from Bank Gloucester, they embarked on several excursions including a 40th anniversary trip to London and Paris with their lifelong friends, the Aptt's. For several years, John and Judy spent winters in Bradenton, FL and enjoyed the beach, the golf course, and the many lively activities at Timber Creek. And of course, he happily installed smoke detectors for residents needing assistance. In recent years, John became an involved member of the West Gloucester Trinitarian Congregational Church and valued the fellowship.

John is survived by one daughter, Beverly Low of Gloucester; one son, Steven Low and his wife, Janet Stanton of Gloucester; one nephew, Anthony Low and his wife Nicole of Joshua Tree, CA; and best friend and confidant, Harry Aptt of Gloucester. In addition to his parents and beloved wife, John is predeceased by one brother, Warren Low and one sister-in-law, Nancy

His graveside funeral service will be at the Spring Street Cemetery, Essex on Saturday, March 29 at 11:30 a.m. Relatives and friends are invited to attend. Visiting hours prior to the graveside service are from 10-11 a.m. at the West Gloucester Trinitarian Congregational Church, 488 Essex Avenue, Glouces-

In lieu of flowers, please consider a contribution to Care Dimensions, 75 Sylvan Street, Suite B-102, Danvers, MA 01923. The family expresses deep gratitude for the excellent care from the team at Kaplan Family Hospice House. Arrangements by the Campbell Funeral Home, 61 Middle Street, Information, Gloucester. directions, condolences at www.campbellfuneral.com.



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CLASSIFIEDS

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

WANTED

wanted! First Parish Church Manchester is seeking a custodian for regular cleaning and event set-up in our Chapel building. The position is part time with mostly flexible work hours. Apply in person at 1 Chapel Lane (behind Santander Bank). 978-526-7661 x 1. TF

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MANCHESTER POLICE NOTES



SUNDAY, MARCH 2

7:30 a.m. Central St., property damage, notification made. 10:34 a.m. School St., fire alarm, fire false. 4:38 p.m. Pleasant St., animal complaint, assisted as needed. 9:44 p.m. Smith Lane, threat, assisted as needed.

MONDAY, MARCH 3

11:55 a.m. The Plains Rd., welfare check, spoken to. 4:43 p.m. Saw Mill Circle,

welfare check, other. 10:21 p.m. School St., selective enforcement, other. 10:36 p.m. Pine St., motor vehicle stop, written warning.

TUESDAY, MARCH 4

7:36 a.m. Vine St., parking complaint, assisted as needed. 8:22 a.m. School St., motor vehicle crash, report to follow. 4:31 p.m. Pine St., selective enforcement, secured/checked. 10:14 p.m. Summer St., selective enforcement, secured/checked.

WEDNESDAY, MARCH 5

3:03 a.m. Route 128NB, welfare check, report to follow. 3:21 p.m. Central St., citizen assist, assisted as needed. 4:32 p.m. Raymond St., motor vehicle stop, written warning. 8:14 p.m. Lincoln St., motor vehicle stop, written warning.

THURSDAY, MARCH 6

2:22 a.m. School St., lost property, other. 8:22 a.m. Central St., house lockout, assisted as needed. 8:21 p.m. Summer St., alarm, secured/ checked.

FRIDAY, MARCH 7

6:08 a.m. Old Essex Rd., secured/checked. alarm, 10:40 a.m. Pine St., motor vehicle stop, arrest. 12:24 p.m. Pine St., selective enforcement, no action taken. 2:21 p.m. School St., motor vehicle stop, arrest.

SATURDAY, MARCH 8

9:04 a.m. School St., motor vehicle stop, verbal warning. 1:17 p.m. Pine St., motor vehicle stop, verbal warning. 8:27 p.m. Proctor St., fire alarm, fire false. 9:07 p.m. School St., motor vehicle stop, written warning.

BOARD UPDATES

Select Board Meeting: The Select Board will meet on Monday, March 17 at 6:30 p.m. Meeting details can be found on the Town website.

Summer Jobs: The Town is hiring lifeguards, DPW help, and Parking Enforcement officers for the summer season. To learn more about these positions and how to apply please visit manchester. ma.us and scroll to the summer jobs icon.

Nomination Papers: Join Town government as a rewarding way to serve your community. Nomination papers are due to the Town Clerk by April 1. Learn more on the Town website.

MBTS SELECT BOARD

UPDATE

Dog Licenses: All current dog licenses will expire on March 31. Renew today in person at the Town Clerk's office or online at manchester. ma.us/465/Town-Bills.

Rain Barrel Sale: Prepare for spring gardening with a rain barrel. Order deadline is March 23 and pick up is at the DPW Yard on April 5. Order today at greatamericanrainbarrel.com/community/.

Singing Beach Passes: The 2025 beach tag sale will start on April 1 online or in the Parks and Recreation office. Tags will be sold at a discounted rate of \$25 each for the month of April. The price will increase to \$35 in May. All visitors and residents ages 12 to 65 need a tag to enter the beach.

Trash, recycling, and compost collection: Regular Schedule. Please place curbside by 7 a.m. on day of collection. Transfer Station is open on Wednesdays from 7:30 a.m.-3 p.m. and Saturdays from 10 a.m.-3 p.m.

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

WHAT WAS



HAPPENING

90 YEARS AGO - 1935

Tricia Perry and Stephen McCoy received special acting awards at the Massachusetts Drama Festival at St. John's Prep on Saturday, March 1. They played husband and wife in the Manchester High School entry "Going to Pot" by George Feydeau.

The bill recently introduced in the House to create a commission to study beach conditions on the North Shore with the avowed purpose of opening up certain beaches, including Singing Beach, to the free use of all corners and removing restrictions as to parking etc., was killed in the House last week.

A new North Shore high school athletic league definitely sprang into being on Monday afternoon, March 4, at Story High School Manchester when principals, coaches and faculty managers representing Manchester, Essex, Hamilton and Rockport High schools voted to formally organize as the Cape Ann League.

75 YEARS AGO – 1950

Normal train service on the Boston and Maine Railroad will be resumed Monday at 12:01 a.m., as a result of an Interstate Commerce

Commission order allowing full resumption of passenger service on railroads having at least a 10 days' supply of

A regular meeting of the Seaside Firemen's Club and the Call Fireman of the Manchester Fire Department was held Monday evening at the station. The Call men were given training in the use of the air masks and had other

60 YEARS AGO - 1965

The Spring Hat Show held at the Sacred Heart Parish Hall for the benefit of the Parish Hall Building Fund, was one of the most delightful and charming affairs held in Manchester for some time, and was enjoyed by some 250 ladies from Manchester and the surrounding towns.

Manchester's Hornets blasted out 30 hits in two games for 31 runs and climbed into a three-way tie for first place in the Cape Ann League.

45 YEARS AGO - 1980

On a sunny Sunday of March 9, David and Nancy Campbell were picnicking on the dock of the Manchester Marine Co., when up from the depths of the icy harbor splashed a young seal. With a quick flip he landed on the

dock and proceeded to survey his surroundings, completely unafraid.

30 YEARS AGO - 1995

Henry and Nancy Taron of Magnolia Avenue, owners of Tradewinds Antiques in Essex, recently appeared on English television. They were guests on the program "For Love or Money".

A petition by more than 20 persons has been received by the Department of Public Utilities requesting that New England Telephone consider unlimited calling between the towns of Beverly, Beverly Farms, Manchester, Magnolia, Gloucester, Essex and Rockport at a reasonable monthly charge.

15 YEARS AGO - 2010

The Varsity Boys' Basketball Team lost a tough game to Winthrop in the Semi Finals of the Division 4 State tournament last Tuesday night at Malden High School 51-36.

The Manchester Essex Regional School District is continuing its search for the region's next superintendent. With input from faculty, administrators and parents the search committee has recommended three final candidates to the school committee.

As a public servant I take

of your harbor.

...(Continued from page 1)_

my role as harbormaster seriously. Access to the data input has been under my sole control for more than 13 years. This means that all scrutiny of the data is on me. This was the intention. A transparent system for which

one person has accountability. Manchester Harbor is beautiful, the residents and boaters have really done remarkable work to ensure the waterfront continues to be vibrant and well maintained. The harbor is a tremendous asset to the community without being a burden to the

taxpayers. It is my hope that nothing stops the thoughtful effort that you all have invested into the ongoing success in the management of your harbor.

Come and visit, ask questions.

Bion Pike is Manchester's Harbormaster

Tides & Sun Chart For The Week Ahead

DATE			HI	GH			L	*			
		AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
14	Fri	12:21	9.1	12:39	9.8	6:32	0.5	7:01	0.5	6:54	6:49
15	Sat	12:57	9.2	1:15	9.7	7:10	0.4	7:33	0.6	6:52	6:51
16	Sun	1:29	9.3	1:50	9.4	7:47	0.4	8:06	0.7	6:50	6:52
17	Mon	2:00	9.4	2:24	9.2	8:26	0.4	8:41	0.9	6:49	6:53
18	Tue	2:32	9.4	2:59	8.8	9:06	0.6	9:18	1.1	6:47	6:54
19	Wed	3:06	9.3	3:37	8.5	9:47	0.8	9:57	1.4	6:45	6:55
20	Thu	3:44	9.2	4:19	8.1	10:31	1.0	10:40	1.7	6:43	6:56



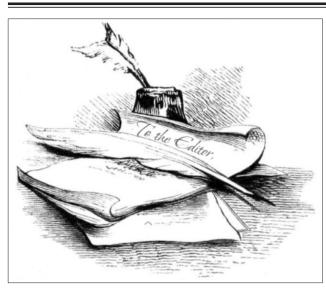
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by the Depositors Insurance Fund (DIF).



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borhoods where people are

more likely to be enrolled in a

MassHealth program. While

this may be true, it will hurt

patients who happen to re-

side in other areas including

MassHealth patients who re-

side in these areas and do not

have the resources to travel

greater distances for phar-

The reason for the closing

pharmacies,

of pharmacies, particularly

is unfair reimbursement by

Pharmacy Benefit Managers

(PBMs). The top 3 PBMs are

Fortune 10 companies and

control 80% of pharmacy

claims. A review of the finan-

cial statements of these com-

panies shows massive prof-

its. Instead, the Governor

and the Legislature should

require that PBMs pay the as-

sessment and pass legislation

that would stop additional

community pharmacies from

governor requires PBM reg-

istration but does nothing to

stop unfair treatment expe-

rienced by community phar-

macies. These issues have

been well documented in a

recent report by the Federal

Trade Commission. The re-

cently filed An Act to Ensure

Access to Prescriptions and

Community Pharmacies is

a good first step in resolving

The pharmacy assessment

is a bad prescription for Cape

Ann and Massachusetts. I

urge Senator Bruce Tarr and

Representative Anne-Marga-

ret Ferrante to make sure this

these problems.

A recent bill signed by the

macy services.

independent

Pharmacy Assessment Will Cause Additional Pharmacy Closures

To the Editor,

Governor Healey's proposed budget includes a pharmacy assessment that will cause many pharmacies to close. This will require that patients travel longer and pay more to get medications, vaccines, and other services. Under this plan pharmacies will have to pay an assessment of 6% up to \$2 per prescription to close the projected Medicaid budget gap in Massachusetts for FY26.

I own and operate Allen's Pharmacy. We have been serving the Cape Ann area since 1856 and are proud of our 169 years of service to the community. Unfortunately, we may not get to 170 years of service if this assessment is implemented.

The community pharmacy industry is very competitive and undergoing significant consolidation. A recent study has concluded that 1 in 3 community pharmacies in the US have closed since 2010. This will exacerbate the community pharmacy closures and create additional pharmacy deserts. Massachusetts already has fewer pharmacies than any other New England state and less than many other states in the US.

The Healey administration has also stated that the pharmacy assessment will help prevent pharmacy closures in low-income neighthe final budget and to pass the above legislation.

provision is not included in

Jay Sibulkin

Mr. Sibulkin is the owner of Allen's Pharmacy in Manchester

School Budget Supports Both Students and Towns

I am writing to encourage the citizens of Essex and Manchester-by-the Sea to support the local public schools. Now more than ever is the time to invest in our local public institutions, especially the schools, which provide necessary support and services to our youngest and most vulnerable residents and their families.

Our towns formed the regional district 20 years ago, and as a result we now share excellent public schools that are an asset to our communities. Property values are strong. Our students receive a solid academic experience and participate in a range of competitive sports and award-winning clubs. We share a highly respected high school which is often recognized for academic excellence as well as a range of sports and clubs. Our middle school is dedicated to meeting every student's particular developmental and educational needs. Each town benefits from a local elementary school that anchors the community, serving as an important hub for each town and allowing our youngest students to grow up with a sense of connection, belonging, and community

Over the last 24 years, MERSD has managed to keep increases relatively low and predictable. Even so, both towns have had difficulty at times over the years funding the MERSD budget. For the last 10 years or so, this has meant implementing costsaving adjustments such as creating in-house programming, combining teacher responsibilities, outsourcing services, or finding efficiencies with the least possible impact on the students' experiences. These adjustments have included the loss of 15 teachers over the past five years to accommodate a decline in enrollment. While it does seem natural that costs should go down with the moderate enrollment decline, in fact the schools now

have more students need-

ing special education, which requires more resources. In addition, school budget growth is also affected by unfunded state and federal mandates, general inflation, transportation, and technology costs. Since the district was

formed 24 years ago, each town has passed two overrides to support the MERSD budget. By contrast, our neighbors in Hamilton and Wenham have passed 8 and 11, respectively. Overrides are common in Massachusetts, and most high performing districts pass them every few years, because school costs rise faster than the arbitrary $2\frac{1}{2}$ percent set by the state. Unlike municipalities, whose budgets support less personnel and often receive state and federal grants for projects, schools cannot reasonably operate below inflation levels. This year a surprising jump in health insurance is driving an unexpected increase in costs. The relatively low growth and predictable nature of the MERSD budget over the years, as well as a historically collaborative approach to the budget process, has helped to keep us all at an even keel, but even with careful budget management, sometimes corrections are necessary.

Currently, the School Committee is developing a budget for the 2025-26 school year. They will be discussing a proposed budget which includes elimination of the middle school principal and the facilities manager. Another option would be for the Committee to bring forward a level services budget that maintains the middle school principal. The schools cannot maintain the high-quality education that we have come to expect and lower costs. To meet this challenge, both towns must engage in multiyear financial planning that may include temporarily using some town reserves as they prepare for an override vote. Overrides are not a result of poor planning but rather the way to deal with natural growth in the face of the gap between normal inflation and the boundaries of Proposition 2½ that allows for direct approval from the voters. Additionally, an override could be structured to increase not only the school's operational budget, but also that of the towns, alleviating pressure on town depart-

On Tuesday, March 18, the School Committee will vote on a budget to send to the towns. Please join me in letting the School Committee know that we support our schools and encourage your elected officials to work together for a meaningful longterm solution.

Sarah Wolf

Support Local Students by Supporting the **MERSD FY26 Budget**

I write as a resident and parent who is joining the chorus of voices from both Manchester and Essex who are deeply concerned about the proposed cut of the middle school principal from the school district's budget. Under the proposed cut budget, the high school principal will be responsible for both the middle and high school. This position cut has been discussed as a "one year experiment" but given how tight the budget situation is, I fear it is unlikely to be added back. This cut would come on top of 15 positions the school district has already cut, mainly through attrition, in the past 5 years or so. It is vital this year that the School Committee pass, and the towns support, a level services budget to prevent this and further

cuts. Middle school students undergo rapid mental, emotional, and social development and have specific educational needs at that stage. The towns of Essex and Manchester funded and built a school building with an intentional structure and program to meet those needs. When the middle/ high school building was built, middle school grades 6, 7, and 8 were intentionally organized in a separate space and leadership structure from high school grades 9-12. Middle schoolers take classes within a designated pod with a faculty team devoted to their educational cohort. Middle school teachers and administrators are trained to consider the vast range of developmental differences between individual students at this stage.

In the post-COVID era, the developing needs of this age group are even greater. Rising 6th graders were in kindergarten when COVID lockdowns began in March of 2020. We have yet to see the long-term effects of how

this disruption in education and daily life will affect these children as they enter adolescence. Additionally, technology and social media are changing kids' brains and exacerbating social emotional health issues. Keeping a separate school for grades 6-8 ensures kids can get the support they need now more than ever before.

In our regional district, the middle school plays a vital role. It is in middle school where students from our towns come together to form the true MERSD community. The tone and expectations set by the principal help create a positive culture within the school walls.

Our comparable DART school districts of Hamilton-Wenham, Dover-Sherborn, and Masconomet all retain the middle school model -in making this cut, MERSD would be an outlier.

A principal leads a school with a vision for students' educational experiences. They oversee all school operations, including supporting teachers, creating a safe and supportive space for students, managing curriculum and instruction, analyzing data, managing facilities, and every other big or small emergency that might pop up on any given day. With this cut, the remaining principal and administration will need to add these tasks to their already full plate and do more

As a parent of a fifth grader who will be entering the middle school next year, I do not want my child to enter a school with an experimental model staffed by administrators who are spread thin and teachers who lack the necessary support provided by a middle school principal.

MERSD has historically provided students with an excellent education at reasonable budget growth. Higher healthcare costs are forcing the district to decide between passing a higher "level services" budget than usual or making cuts like this. It is vital we support the level services budget recommended by the superintendent that retains the middle school principal position and allows MERSD to continue to provide a high-quality education for the kids in our com-

Lindsay Banks Manchester

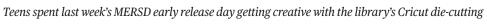
LIBRARY



ments.

This week's programming includes Shamrock snacks, author hours, digital tutorials, a "knit together," meet thriller author and much more.





Author Hour | Monday, March 17 from 7-8 p.m. Alison Gaylin will discuss her new thriller, "We are Watching".

Tuesday, March 18 from 7-8 p.m. Lauren Willig will discuss her new historical fiction mystery, "The Girl from Greenwich Street: A Novel of Hamilton, Burr and America's First Murder Trial".

Wednesday, March 19 from 7-8 p.m. Curtis Sittenfeld will discuss her beloved novel, "Prep", in celebration of its 20th anniversary.

Thursday, March 20 from 7-8 p.m. Brianna Labuskes will discuss her new historical fiction novel, "The Boxcar Librarian".

Meet Thriller Author Thursday, March 20 from 6-7 p.m. Parker Jamison, author of thrillers "The Devil's Eye" and "Rage of the Jinn" in conversation with librarian Maddy Willwerth.

Mystery and Thriller Book Recommendations (Virtual) | Thursday, March 20 from 6:30-7 p.m. Join bestselling author, Joseph Finder for this quarterly session of his recommendations for some of the best mystery/thrillers out

Inclusive and Diverse Book Recommendations tual) | Thursday, March 20 from 7:30-8 p.m. Join Leelynn Brady for 30 minutes of pure book recommendations.

Dungeons and Dragons for Adults (Virtual) | Thursday, March 20 from 7:30-8 p.m. Whatever your level of experience come join us for a oneshot adventure.

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 9-10 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.



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Manchester Woman's Club Meeting & Program



he Manchester Woman's Club (MWC) fifth meeting of 2024-2025 will begin at noon, Tuesday, March 18 at the First Parish Chapel Hall. Lunch begins at noon, followed by a hands-on program where members will decorate eggs using decoupage. Materials will be supplied. All you need to do is bring your creativity.

The Club extends an invitation to the women of Manchester and greater Cape Ann area to this and all our meetings to consider joining the Club. Those planning to attend the meeting should register by emailing manchesterwomansclub@gmail.com. club asks attendees to not arrive before 11:45 a.m. to respect others coming and

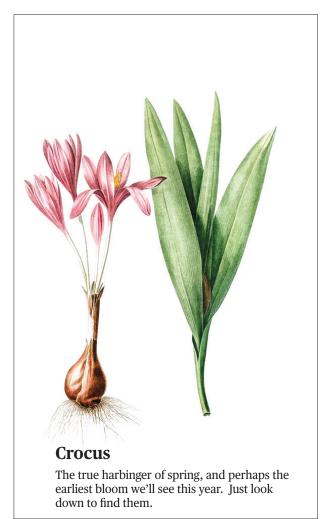
going for other programs in the building. Parking is at a premium, so you are urged to carpool. Another option is to call the Council on Aging (COA), 978-526-7500 to determine if the van is available.

The Manchester Woman's Club is a 117-year-old organization dedicated to givingback to the community. In 1910, the club founded the Visiting Nurses Association

(VNA); since 1965, the club keeps the lights burning on the annual Friendship Tree on Manchester's Town Green during the holiday season; and two scholarships are awarded annually to local high school seniors. Consider joining, as the pay back in community spirit and being part of a long-standing organization are well worth the

It's Cold Now ... but Spring is Coming to Cape Ann

It's hard to believe it, but spring will soon be here (officially on Thursday, March 20), which as the old adage goes, means "every day is your friend." Every day a little brighter. Every day a little warmer. These are just a few flowers, all local to Cape Ann, that may appear early in the spring, as well as where they might be found around our region.





Arbutus Early in spring, find these near Rafe's Chasm in Magnolia and near the cem-

etery at Rockport.



Bluets

Around Gloucester's Dogtown and elsewhere, especially near brooks in spring.



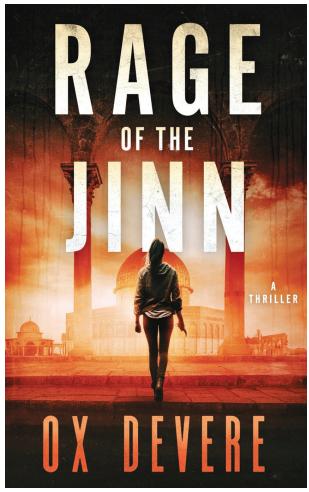
Dogtooth Violets

On Salt Island in Gloucester, which may be reached at low tide from Bass Rocks in spring.



Dutchman's Breeches

While you're walking on Salt Island, look for these gorgeous Dutchman's Breeches, especially later in spring.



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 exper-

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 ven-

Additional 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. NOTE: this session is for those who prefer afternoon meditation. The previous item is for morning sessions. Both are on Tuesdays.

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 cri-

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

Shamrock Snacks | Monday, March 17 from 1:30-3 p.m. Celebrate St. Patrick's Day and the MERHS holiday by stopping at the Teen Loft to make magically delicious some

Tom Russo, the YA librarian.



Community Game Night | Tuesday, March 25 from 4-6 p.m. Come by with your game face on.

MPL Children's Events: Rabbits and Guinea Pigs | Saturday, March 22 from 2-3 p.m. Ages 5-10, registration required. Manchester's own

4-H club is visiting the library for a Storytime and meet their adorable furry friends.

Little Learners Playgroup | Thursdays from 10-11 a.m. Join this weekly playgroup presented by Early Childhood Partners CFCE. Please regis-





construction needs throughout Cape Ann. 871-0430

JACK HORGAN, president jacknarbor99@gmail.com

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Winter Storytime | Wednesdays from 10:30-11:15 a.m.

Appropriate for ages 0-3, attended with caregivers.



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Hornet #2, Graham Lewis, stops and pops against Waconah in MIAA's Tournament Round of 32. (Photo: Paul Clark)

Tourney Run Over, ME Boys Hoop Hopes for Happy Returns Next Winter

By Jason Brisbois

The tournament run may be over, but the potential for an encore performance from the Manchester Essex boys' basketball team seems very likely.

A closer-than-it-looks-onpaper, 59-49 loss to Lynn Vocational in the MIAA Div. 4 Sweet 16 ended the Hornets' memorable season on March 5. The loss brings an end to a season in which Manchester Essex went 15-5 during the regular season and took home the Cape Ann League crown, and saw coach Tim St. Laurent earn his second straight Coach of the Year nod from the CAL, and three

of its players take home CAL all-league honors.

While it's a shame to see this run come to a close, there is hope for the future here as the team returns four of its five starters from this squad next winter, and the Hornets can elevate the younger players who went 17-3 on the MERHS

junior varsity team to the varsity level.

"The best thing is the promise for the future," explains St. Laurent. "We're bringing back four out of five starters who started in 22 games, and also bringing back Zach Hurd who started in a handful of games. That is a major promising thing

for the future. The second thing is to highlight that the junior varsity team went 17-3, and we have a well-built feeder system of players coming in."

Sophomore sensations Graham Lewis, Alex Ste. Marie and Jacob Zachareas will be back for their junior years, while Hurd, Jake Zschau and Johnny Chareas will all be seniors next winter. Chareas was a CAL first-team allleague selection, while Ste. Marie and Lewis were second team selections.

"Johnny was one of the

best players in the league, and he deserves it," says St. Laurent. "For Graham and Alex to get it as sophomores -- it's well-deserved."

Two players, who won't be back for a potential encore in 2025-26, are graduating seniors Ben Jacobsen and Milo Zeltzer. St. Laurent states that both will be missed.

"We're losing two incredible young men," explains the coach. "Ben Jacobsen has been on varsity for three years. He's a great shooter, but the biggest thing he did was leadership. He was one of our captains, and I give him a lot of credit for having a young team.

Of four-year varsity player and two-year starter Zeltzer, he adds: "Milo is the defensive player of the year on our team, and it's the second year in a row he's going to get it."

After a season like this -this is the fifth CAL Baker title in a row for the Hornets, and sixth in the last seven years -it's natural to not want to see it end. Hopefully, there will be more to come from this group in late 2025.

"I think it goes to the work ethic of the players on the team," explains St. Laurent. "They work hard yearround on basketball, and we wouldn't be successful if they didn't."

As for the 59-49 loss to Lynn Vocational, Manchester Essex was in this one for most of the contest, but could not get over the hump and close the scoring gap.

"We were up one at halftime, and down three at the end of the third," says St. Laurent. "Then we sat around four and six the entire game after that. We had to press to scramble and get points, but unfortunately it didn't work. It was an outstanding game; we just didn't hit the shots that we usually make."





Manchester Essex Rotary Club ST. PATRICK'S DAY DINNER Corned Beef Dinner & Irish Music Featuring The Erstuhiles with John Rockwell Saturday, March 15, 5:30 to 10:30 p.m. American Legion Hall, Manchester \$30 includes dinner & music weash bar; \$10 music only All proceeds benefit the Amaral Bailey American Legion and the MERC Scholarship Fund! Supporting Our Community Since 1946 Scott Energy Cleaner Better Fuel. Unmatched Service. 800-736-4929 Scott Energy Co.com

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public organizations. Call the Manchester Cricket at 978-526-7171

to reserve this space for your group.

Manchester Girls Play "5 Minutes of Fame" Game at Agganis Arena

ape Ann Youth Hockey (CAYH) players and Manchester residents
Benny Mangini and Dory
Berkowitz took the ice this past Saturday afternoon at the Agganis Arena in Boston. The Fleet, Boston's Professional Women's Hockey team, invited the girls and their teammates to play for the "Five Minutes of Fame" segment between periods.

This hockey game in particular had a lot of hype as it was the first game the Fleet

had played in the city of Boston and it took place on International Women's Day.

"Walking through the same tunnel and skating on the same ice as [the Fleet] was exciting," said Benny.

The game had been sold out for months, but in the stands were friends and family members of the players.

"CAYH has been great for my daughter, building her confidence and love for the game, thanks in large part to her amazing coaches," said Kerry Mangini, mother of Benny. "[It] was a great way to celebrate International Women's Day, and we're so thankful for the experience!"

Manchester resident Tod Johnson is a program director and coach at CAYH and helped to organize the event. "Skating in front of 6,000 hockey fans can be an intimidating ask of any young hockey player," said Coach Tod, "But they showed the crowd that the state of girls hockey on Cape Ann is strong."

"Watching the Fleet play and getting to play on their ice was really inspiring," said Dory.

Though their time on the ice only lasted five minutes, the memories formed will

last a lifetime.

"We are grateful to CAYH for organizing a fantastic event for our young female players," Sally Berkowitz, Dory's mother, said, "Seeing role models firsthand helps turn their dreams into reality."

Spaulding Education Fund Announces Spring Grant Recipients

anchester Essex Students Benefit from Innovative Programs Enhancing the Curriculum

Spaulding Education Fund has announced five new grants awarded to public school teachers during the Spring 2025 grant cycle.

Spring 2025 grant cycle.

Spaulding Education Fund is an independent, non-profit organization providing

support for initiatives that enhance the academic curriculum of the Manchester Essex Regional School District. Programs funded by the new grants include:

- Land and Sea: Team Building and Learning Adventure for all Manchester-Essex 5th Graders in partnership with the Essex Shipbuilding Museum.
- Shipbuilding Museum.Enhancing Life Science
- Education Through Advanced Microscopy -- rechargeable lab binocular compound microscopes with digital screens, transforming the way high school students engage with science.
- school students engage with science.

 A computer-numerical-controlled (CNC) router for the MERHS Robotics Team -- an automated

tool used for cutting metal,

wood, and plastic for making parts that the students will design, allowing them to build more complex robots while learning skills used in professional engineering workplaces.

• 2025-2026 Academic
Day Planners for Freshmen -- a pilot program
by the team of 9th grade
teachers to promote executive functioning skills
for MERSD's newest high
school students.

...(Continued on page 7)

ESSEX ECHO.

Explore the Winter Wildlife of the Crane Estate with a Family-Friendly Guided Walk

March 15 Event in Ipswich Offers a Unique Look at Castle Neck's Dune Ecosystem

amilies looking to experience Cape Ann's natural beauty in the winter can take part in a CraneOutdoors Family Winter Wildlife Walk on Sunday, March 15, at the Crane Estate in Ipswich.

This guided excursion will introduce participants to the diverse plants and animals that thrive in the dunes of Castle Neck, a lesser known but ecologically significant landscape adjacent to Crane

Organized by The Trustees of Reservations, this hike is part of a long-standing effort to connect the public with the unique environments protected within the Crane Estate, which has hosted guided nature walks for decades. The Trustees, which manages over 100 properties across Massachusetts, has expanded CraneOutdoors programming to offer yearround opportunities for visitors to engage with the coastal environment, including hiking, kayaking, and wildlife observation.

While Crane Beach is well known for its scenic shoreline, fewer visitors explore the dunes of Castle Neck, an ever-changing ecosystem of Pitch Pine forests, cranberry bogs, and panoramic views of Choate Island. Choate Island, part of the Crane Wildlife Refuge, is technically located in Essex, Massachusetts, though it is closely tied to the Crane Estate. This historic and ecologically significant island is surrounded by salt marshes and serves as a protected habitat for migra-



tory birds and other wildlife. The hike's vantage points will offer stunning views of this remote landscape, providing a greater understanding of how it fits into the broader coastal ecosystem.

The approximately fourmile trek provides an ideal introduction to this landscape, highlighting the flora and fauna that survive in the harsh winter conditions. Participants will learn to identify animal tracks, spot migratory birds-in-

cluding the elusive Snowy Owl-and discover resilient plant species such as Woolly Hudsonia (False Heather), Bayberry, and the Earth Star mushroom.

This hike is designed for families with children as well as nature lovers and casual hikers interested in learning more about the coastal environment. The guided walk moves at a moderate pace and is shorter than some of the more strenuous Crane-Outdoors hikes, making it accessible for children and those looking for an informative, leisurely outdoor experience. However, due to soft sand and hilly dunes, organizers say it's an event best suited for participants comfortable with uneven terrain.

Winter Wildlife of the Crane Estate, Sunday, March 15, 1 to 3 p.m. at the Crane Estate, Ipswich. Registration required 24 hrs in advance with no walk-ins. Info at thetrustees.org.

ESSEX SENIOR LIVING | MARCH 14

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 COA Office at 978-768-7932 or visit the Senior Center at 17 Pickering Street.

Recurring Events

Groove (Video), Mondays, 9:30 a.m.: Get your dancing shoes on and join this fun, energetic dance class! Video, no instructor. \$5 donation suggested.

Arts & Crafts: Tuesdays, **1-3 p.m.:** Are you artsy? Do you love to paint, knit, crochet, or sew? Do you like creating different projects? Join us with your own project or

...(Continued from page 1)_



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 suggest-

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 Se**nior Center:** Wednesdays 1-3 p.m.: ALL AGES WEL-COME, 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-

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.

LIBRARY NEWS TO.H.P. Burnha Public Library





Children celebrated the birthday of Dr. Seuss with a visit from The Cat in the Hat. (Courtesy Photo)

Empty Bowl Paint Party

Wednesday, March 19 from 3-5 p.m. Reserve your space and paint a bowl to be auctioned off for The Open Door annual fundraiser.

College Essay Workshop

Wednesday, March 26 from 6:30-8 p.m. Juniors, register and join instructor Tracy Stephens to learn strategies for writing a compelling college application essay.

Printmaking at the Library

Monday, March 31, visit our website to learn times. Grades 1-5 and Teens, grades 6-8, register to learn the art of block printing with local artist Alyssa Miller.

Community Book Group

Monday, March 31 at 10 a.m. Join us for a discussion of "Bear" by Julia Phillips.

Local History Lecture and Author Event

Thursday, April 3 at 7 p.m. Join Rob Fitzgibbon and Wayne Soini as they discuss their newly released book, "Rockport's Main Street Murder" and shed light on the 1932 murders that shook the seaside village.

Community Rummikub

Saturday, April 5 from 10 a.m.-12 noon. All are welcome, no experience necessary. Enjoy this popular game.

Intro to Ancient Greek, Level 1

Starting Thursday, April 10 from 4-5:30 p.m. and running for six sessions. Linguist Cindy Calder will introduce students to the basics of the Greek language. Textbooks are generously paid for by The Friends of the Library. 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, MARCH 2

1:43 a.m. Lufkin St., disturbance, spoken to. 9:39 a.m. Wood Drive, male fall, patient refusal.

1:22 p.m. Scotts Way, directed patrol, secured/checked. 8:22 p.m. Martin St., selective enforcement, other.

MONDAY, MARCH 3

1:25 a.m. Martin St., parking complaint, parking enforcement. 8:10 a.m. Rocky Hill Rd., animal complaint, notification made. 11:00 a.m. Pickering St., citizen assist, report to follow. 8:49 p.m. Chebacco Terrace, directed patrol, secured/checked.

TUESDAY, MARCH 4

6:32 a.m. Southern Ave., selective enforcement, no action taken. 8:05 a.m. Western Ave., community policing, secured/checked. 11:25 a.m. Spring St., directed patrol, secured/checked. 3:14 p.m. Western Ave., community polic-

WEDNESDAY, MARCH 5

3:12 a.m. Route 128SB, agency assist, assisted as needed. 6:45 a.m. Conomo Point Rd., motor vehicle crash, assisted as needed. 5:17 p.m. Prospect St., welfare check, spoken to. 5:58 p.m. Southern Ave., motor vehicle crash, report to fol-

THURSDAY, MARCH 6

7:46 a.m. John Wise Ave., directed patrol, secured/checked. 12:18 p.m. Story Acres Rd., male with mental issues, transported to hospital. 8:10 p.m. Conomo Point Rd., directed patrol, secured/checked. 10:23 p.m. Martin St., directed patrol, secured/checked.

• Sustainable Food Pro**duction** -- three new Tower Garden units, which are state-of-the-art hydroponic growing systems that will teach students about sustainable farming, nutrition, and food production.

This school year, Spaulding Education Fund has funded around \$25,000 of educational initiatives at all grade levels across the district.

"This is an important time to be supporting educators in the essential work they do to create enriching and engaging learning opportunities for our students. This spring, Spaulding Education Fund is supporting several STEM initiatives across grade levels to bolster hands-on, experiential learning and real-life skills," said Maile Madigan, Grants Coordinator for Spaulding Education Fund. "I'm also excited about the 5th grade Land and Sea program that will bring together students from both towns to strengthen our broader MERSD community."

Unlike the Education Funds in other Cape Ann school districts, Spaulding Education Fund has no endowment and relies on contributions from local businesses and members of the community. Its recent Night of Stars talent show was a huge success, featuring 32 acts and raising

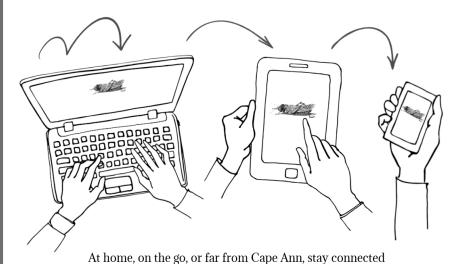
almost \$25,000. Spaulding Education Fund also runs the popular "Golden Hornet" fundraiser each May, which allows families to recognize MERSD faculty and staff for their contributions throughout the school year.

Spaulding Education Fund's Fall 2025 grant cycle opens in September. To apply, MERSD faculty or students can send an email to grants@spauldingeducationfund.org. Grants are assessed on the following criteria: Innovation and Educational Value, Impact and Collaboration, and Replicability and Sustainability. Fall 2025 grant recipients will be announced

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In the Driver's Seat 2025 Porsche Cayenne: A Bold Line Up



By Steve Schutz

The every-new-vehiclesold-by-2035-mustbe-electric fever has broken, and Porsche, among most other automotive manufacturers, has gotten the memo. Porsche recently announced that they will be investing \$1billion into internal combustion engines (ICE), and they're no longer pledging that 80% of the vehicles they sell in 2030 will be allelectric (BEV). Thank you, Porsche. I want lower carbon emissions as much as anybody else, but I don't think BEVs will be the answer until battery technology improves significantly.

With that in mind, I was curious to drive the new 2025 Porsche Cayenne plug-in hybrid luxury SUV with a 26kWh battery that allows around 30 miles of all-electric driving. It's great for commuting or running errands in town yet provides an internal combustion engine (ICE) that augments performance and can also charge the batteries when they run low.

An aside: Porsche, a sports car maker that only about 25 years ago began producing non-sports cars, is highly successful. What most observers probably don't appreciate is that, despite the presence of some very expensive sports cars in their lineup, it's the SUVs that comprise the lion's share of the company's prof-

its.
The original Porsche non-sports car, the Cayenne SUV, was introduced in 2002 and was derided by most Porsche aficionados, including me, as a sacrilege. Once it became clear that the Cayenne, and later the Panamera and Macan, would earn the profits that enabled the company to continue to manufacture special sports cars like the 2016 911R, 2018 911 GT2 RS, and 2024 911 S/T, all was forgiven.

2024 911 S/T, all was forgiven. The Cayenne was compre-



Once it became clear that the Cayenne, and later the Panamera and Macan, would earn the profits that enabled the company to continue to manufacture special sports cars like the 2016 911R, 2018 911 GT2 RS, and 2024 911 S/T, all was forgiven.

hensively updated in 2024, and while the facelifted Cayenne looks a lot like prior models, the interior is better.

Exterior-wise, the Cayenne looks like a Porsche, or at least it looks like what people familiar with the famous 911 would imagine a Porsche SUV would look like. Roughly the size and shape of a Ford Explorer, the Cayenne uses premium-looking lighting and chiseled exterior design elements to stand out from the crowd, but, honestly, it

doesn't stand out that much. On the other hand, the new Cayenne's interior has been upgraded noticeably. For starters, a new 12.6inch curved digital instrument display sits behind the steering wheel alongside the 12.3-inch central touchscreen that controls the updated PCM 6.0 infotainment

system.

Porsche has decided to go all-in with Apple CarPlay and Android Auto, which I think is a better choice than forcing their own system on customers who are quite happy with their phones and don't want to learn another user inter-

face

The Cayenne also offers an optional 10.9-inch touch-screen for the front passenger, which allows the front passenger to enjoy their own streaming entertainment, control several vehicle features, and even "help" with navigation. The display's polarized filter makes it invisible to the driver for safety

reasons.

The previous gear-selector lever located on the central console has been replaced by a smaller toggle switch that now sits just to the left of the central touchscreen on the dash. And the center console now houses a new haptically controlled climate-control panel (no more knobs or switches ... sigh).

As you'd expect, the 5348-lb Cayenne is most comfortable driving into town to run errands or cruising on the

interstate, maybe especially the latter. It's fine on curvy back roads too, of course, but it's no 911.

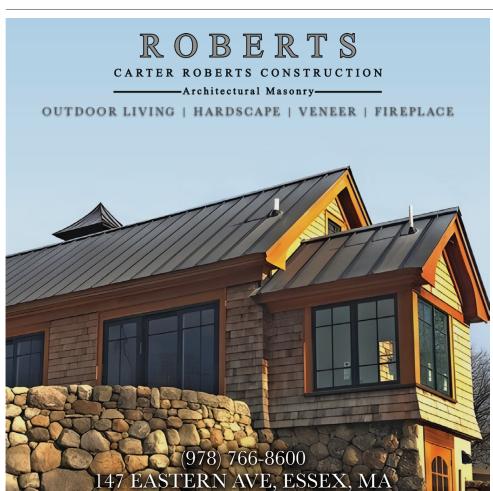
My plug-in 463HP V-6 Cavenne E-Hybrid test car starts at \$97,200. The base Cayenne, which comes with a 348HP V6 engine that pulls enthusiastically but sounds just ok, goes for \$84,700. Just above the plug-in V6 Cayenne E-Hybrid is the 475 HP V8 Cayenne S that will set you back \$103,600, and then there's the Cayenne GTS which goes for \$124,900. Turbo models are more, the performanceoriented Cayenne Coupe GT costs more than \$200k, and costly options are plentiful. Cayennes are expensive.

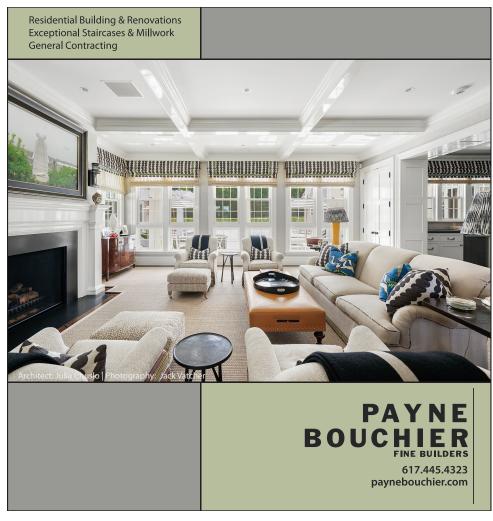
I find it interesting that in 1998 after the first large luxury SUV, the Lincoln Navigator, was introduced, most automotive journalists including the venerable David E. Davis of Car and Driver and Automobile magazine predicted that upscale buyers wouldn't be interested. Those experts were proven wrong as every luxury brand eventually introduced an SUV, and now we're seeing SUVs from sports car brands, most notably Aston Martin, Lamborghini, and Ferrari.

Lamborghini, and Ferrari.

The Cayenne is a vehicle that I believe many upscale customers will find appealing. It's expensive, but it combines luxury with performance in a vehicle that provides a lot more space than a sedan. And if you choose one of the plug-in hybrid varieties, it's even good for the environment.

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





Rockport Chamber Music Festival Returns with a Blend of Classical Masters and Emerging Talent

Shalin Liu Performance Center to Host 44th Annual Festival June 13 - July 13



The Dover Quartet performs at the 2024 Rockport Chamber Music Festival. They will be one of several returning favorites this year.

Courtesy image

his summer, classical music will once again take center stage in Rockport as the 44th Annual Rockport Chamber Music Festival brings world-class musicians to Cape Ann. From June 13 through July 13, the festival, held at the Shalin Liu Performance Center, will showcase a mix of renowned chamber musicians and rising stars in the field. Additional performances will follow on July 25 and August 3.

this week, and tickets go on sale April 1. Curated by Artistic Direc-

The lineup was announced

...(Continued from page 1)

savings Healey and her depu-

ties believe they can achieve

over the next half-decade

would come from expanding

discount programs to include

more Bay State households,

eliminating customer charg-

es used to fund some clean

energy programs, and tap-

ping into other sources like

hydroelectricity generated in

plan would increase auto-

matic enrollment in discount

plans offered by utilities,

which the administration es-

timated could save \$967 mil-

lion over five years. Energy

and Environmental Affairs

Secretary Rebecca Tepper

said many people are already

eligible for reduced costs but

do not take advantage of the

DPU is also working to

implement a new discount

One component of the

Ouebec.

options.

said.

tor Barry Shiffman, the festival has long been a highlight for classical music enthusiasts, offering performances that range from celebrated masterworks to contemporary compositions. This year's lineup includes both returning favorites and debut performances by internationally acclaimed artists. The festival opens on June 13 with a performance of J.S. Bach's Goldberg Variations by pianist Angela Hewitt, widely recognized for her interpretations of Bach's keyboard works. Later in the fes-

event on July 5 and 6 will commemorate the 100th anniversary of French composer Gabriel Fauré's death, featuring celebrated musicians Joshua Bell (violin), Steven Isserlis (cello), Jeremy Denk (piano), Irène Duval (violin), and Blythe Teh Engstroem

Newcomers to the Rockport stage include Cheng² Duo (June 20), Marmen Quartet (June 21), Galvin Cello Quartet (June 22), Janoska Ensemble (June 14), and GRAMMY Awardwinning soprano Karen Slack. Festival regulars such

as the Dover Quartet, A Far Cry, Parker Quartet, Imani Winds, Alessio Bax, and Santiago Cañón-Valencia will also return. Other highlights include performances by pianists Jonathan Biss and Yulianna Avdeeva, and a concert featuring Richard Strauss's Metamorphosen performed by A Far Cry with commentary from author Jeremy Eichler.

The festival will also introduce a world premiere composition by Peter Golub, written for trumpet, violin, and piano, and performed by Jens Lindemann (trumpet/flugelhorn), Stephen Prutsmann (piano), and Chee-Yun (violin). The piece is dedicated to the resilience of communities affected by California's devastating wildfires.

The festival concludes on Iuly 13 with a Midsummer Celebration, featuring Mozart's Piano Concerto No. 21 and Violin Concerto No. 5. Violinist Pinchas Zukerman and pianist Jan Lisiecki will perform alongside the Rockport Festival Chamber Orchestra, conducted by Earl Lee, winner of the 2022 Sir Georg Solti Conducting

The Rockport Chamber

Music Festival, hosted by

Rockport Music, has been a

key cultural event on Cape

Ann for more than four

decades. Locals love the

festival's venue, the Shalin

Liu Performance Center, be-

cause it's located downtown

and right off Bearskin Neck

and its stage features a stun-

ning (and highly distinctive)

oceanfront backdrop. The

venue is also known for its

superior acoustics. Festival

tickets available by subscrip-

tion starting April 1; single

tickets on sale April 10.

Award.

tival, a special two-concert The vast majority of the did not exist, electricity bills power to residents stalled in would be 14% higher than

> they are today, she said. But during a stretch of "high prices and volatility," Healey said, she felt it worthwhile to explore any means to reduce costs for Bay Staters.

That's also what the administration envisions doing with the Solar Renewable Energy Certificate I and II program, which have helped build out a network of solar panels. The program was set to be phased out at an unspecified point in the future, but Healey said her team "accelerated

Officials estimate the end of SREC I and II will save a combined \$1.5 billion over the next five years.

"We are literally going down the [energy] bill and looking at every single charge, trying to decide whether something might be modified or whether something has served its purpose or should stay the same," Tepper added. "We're in the process of doing that analysis

Caitlin Peale Sloan, vice president for Massachusetts at the Conservation Law Foundation, described Healey's push to redirect some energy efficiency funding toward ratepayer relief as "an important gesture."

"It is certainly a short-term effort. It's not something that could be done on a consistent basis without major legislative changes," she said in an interview. "Energy bills are more regressive than taxes, so thinking about different ways to finance certain programs so that we can continue to make progress toward our absolutely essential climate requirements while making energy bills more affordable for people-that's

very important." Healey's plan also calls for the Department of Public Utilities to examine new "potential regulations" on competitive electric suppliers. Watchdogs-including Healey herself when she was attorney general-have accused those third-party companies of predatory tactics, but legislative efforts to

prohibit them from selling

petitive electric supply to residential customers could save \$335 million over a fouryear period, Healey's office

Industry groups representing competitive electric suppliers argue they can save customers money and often offer power at lower prices. Last month, the average rate for competitive suppliers was 12.49 cents per kilowatt hour, compared to an average 13.82 cents per kilowatt hour from seven utility companies, according to the Retail Energy Advancement League.

"Governor Healey's Energy Affordability Agenda can benefit from further expanding customer knowledge on how to shop for competitive electric suppliers," said Chris Ercoli, the industry group's president. "Competition has not only spurred innovation to the benefit of Massachusetts energy users, it has created a market where energy suppliers are competing for the business of customers, resulting in lower energy prices."

While the ideas Healey offered Monday reflect actions the executive branch can take on its own, the governor is also eyeing plans that would involve the House and Senate. Healey still plans to file an "energy affordability and independence bill," echoing a pledge she first made to business leaders two

Key to stabilizing energy costs in the long term, she said, is making Massachusetts less dependent on international price changes for fossil fuels.

Tepper said a new transmission line bringing hydropower generated in Quebec to the New England grid "will be online this year" after a years-long legal and political delay. Officials estimate the power from that project, known as New England Clean Energy Connect, will save Massachusetts about \$192 million between 2026 and 2029 compared to other, more pricey sources of elec-

"I pray that we don't see power instead of "arbitrary" tariffs on those electrons, because that would be counter to the purpose of lowering costs," Healey said, referencing the major tariffs President Donald Trump wants to impose on Canada.

She voiced frustration with Trump over the president's opposition to offshore wind, an industry rife with recent struggles but long viewed as carrying major potential for creating power in Massachu-

"Part of the reason I'm so frustrated that a federal administration would take wind off the table -- that's a source of our own, homegrown, right here," she said. "We're not a state that drills oil. We don't have that here. There are some states that do that. What does Massachusetts have? We have the Saudi Arabia of wind right off our shores. We've got some of it churning already. We've got other projects in deployment. That's going to be a game-changer, that's going to

drive down people's bills." The Massachusetts Fiscal Alliance noted that Healey's plan steers funds meant for renewable energy projects back to ratepayers and ends the solar renewable energy credit program, alleging that "energy policies she's been championing" are contributing to high energy costs.

"Massachusetts residents shouldn't have to suffer because of overreaching energy policies that make power more expensive. Instead of offering a one-time \$50 credit, the governor should be rethinking the entire Net Zero by 2050 Roadmap mandate that is driving up costs for families and businesses. The state's energy policy should be a goal, not a rigid and costly mandate that punishes ratepayers while others around the country enjoy significantly lower bills resulting in a competitive advantage," said Paul Diego Craney, executive director of the alliance.

The alliance has been a frequent critic of the state's offshore wind energy push and recently appealed for more natural gas and nuclear

clean energy mandates. 'We have to see what happens with the direction in Washington, but if the new administration supports expanding natural gas pipelines into New England, the New England states should be open to it," Craney told the News Service recently. "As it stands now, New England imports natural gas and we burn coal during the winter months. Common sense tells you that domestic natural gas is much better than importing natural gas."

He added, "Regarding nuclear, New England once had

five nuclear power plants. If the goal is high density base load power that is not weather dependent and net zero,

then New England should be heavily pursing nuclear. Look at old nuclear power plant sites as areas to build new ones. Look at existing power plants and expand those. New England will need more power, even without the net zero mandates, nuclear and natural gas seem to be the only realistic options."

Michael P. Norton contributed reporting.

(State House News)



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rate available to moderateincome households, an idea outlined in the clean energy bill Healey signed in November. "This would be the first time that any state in the country has provided a program to provide discounts specifically to middle-income

folks in their state," Healey

Healey said the administration would take steps to "smooth out" energy bills over the course of the year so the spikes in the colder winter months-when the region uses more electricity and heat-would not be as dramatic. "The bills are high, but it's

also that they're coming out of left field. You didn't see it coming," she said. "We want to eliminate that volatility so that families and people can plan their budget." Healey's plan in part returns to the playbook the

the burden on ratepayers. The governor on Monday praised Mass Save as having "served an important purpose." If the program that offers rebates and incentives for lower-emissions and more efficient infrastructure

DPU rolled out with Mass Save: diverting funds from clean energy and energy efficiency programs to lessen

the House.

Limiting expansion of comestimated.

weeks ago.

Puzzle

THEME: THE 1980s

ACROSS

- 1. *"Sunday Bloody Sunday" author,
- with The 5. *Saget of "Full House" fame
- 8. Last month
- 11. "Howdy, ___!" 12. Hurtful remark
- 13. *Actor Hudson of Winston Zeddemore fame
- 15. Give the cold shoulder
- 16. *Musical based on 1980s rock
- "Rock of _
- 17. *Comedy horror "___ Hell"
- 18. *Transparency, to Gorbachev
- 20. Slangy "Follow me!"
- 21. Coffee shop order
- 22. Pro vote 23. Heart abnormality
- 26. Act out Civil War battle, e.g.
- 30. Eisenhower, familiarly
- 31. Mediterranean island 34. Small island
- 35. *Oscar-winning "Tootsie" actress
- Jessica _ 37. Not hers
- 38. Dionysus' pipe-playing compan-
- 39. Not on land 40. Water pipe
- 42. Dog tags, e.g.
- 43. First lunar phase (2 words)
- 45. Higher education reward
- 47. Biblical mother 48. *What "I love Lucy" did in the
- 50. Name of the Blue Ox
- 52. *Gull-winged sports car
- 55. Party handout 56. Smoothie berry
- 57. Clickable image 59. Follows orders
- 60. Mixed breed canine
- 61. *Air Jordan, e.g.
- © StatePoint Media
- 62. *"Cheers" setting 63. Byron: "Maid of Athens, __ we
- 64. Dispatched **DOWN**
- 1. Ambulance squad, acr.
- 2. "Shoot!"
- 3. Person of French descent 4. Preserve, as in body
- 5. Prejudiced one
- 6. Falstaffian in body
- 12. Bridge-like structure 13. Wedding singer, e.g.

10. Aviv

9. Property right

7. Cr me de la cr me

8. "Do others as..."

- 14. *Ceausescu's country 19. Pasta accompaniment
- 22. *"Owner of a Lonely Heart" band
- 23. *Arrigo Sacchi's Associazione Cal-
- cio ___

Sudoku



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

- 24. Tsar's edict
- 25. Re-establish
- 26. Zwieback 27. Up and about
- 28. *Blinky, Pinky, Inky and ___
- 29. To the point 32. Sound unit
- 33. *Duran Duran's hit
- 36. *Hand-held "Tetris" device (2 words)
- 38. Give sheep a haircut
- 40. Gardening tool
- 41. Quick and skillful
- 44. Sets, in cricket
- 46. Metamorphic rock 48. Happen again
- 49. Fill with spirits
- 50. Rum cake
- 51. Affirm
- 52. ___ Maggie Smith
- 53. Pain 54. "High" time
- 55. Watch chain
- 58. Nothing but this in basketball?

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.

Cornerstone Church

We gather for worship each Sunday at 10 a.m. and welcome you to join us for a time of studying the scriptures and praising the Lord. Other ministry updates and details can be found on our website, www.CornerstoneNorth-Shore.org. 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.

CROSSWORD

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

The Assumption of the Virgin Mary Greek Orthodox Church

8 Lafayette Road.

Ipswich Mass. Church services, with Father Christopher Kolentsas, are held each Sunday.

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

First Parish Church

First Parish Church Manchester-by-the-Sea - a lovely place to start your week, join us for a moving message, beautiful music and community in the center of town --

March 16 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 Paul Madore Chorale as they celebrate the Lenten season! Enjoy two settings of Stabat Mater, a 14th Century poem, as well as "Ubi Caritas III" by Ola Gjeillo and more! 3 p.m. in the church.

and playing. Sunday, Join the

Activity for the week in our Chapel Lane building -

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

Lenten Book Group 6 p.m. 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 Lenten Vespers

Thursday, COA Zumba 10:15 a.m. Friday, Figure Drawing 12

Choir rehearsal 7:30 p.m.

noon. Ballroom Dancing 6 p.m.

Baptisms, weddings and rentals available. 978-526-7661 or

office,fpchurch@gmail.com St. John's Church Worship

Every Sunday we hold ser-

vices at 8 a.m. and 10 a.m. ...(Continued on page 11)

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Kristin Francoeur | 978.270.7929



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Offered at \$3,825,000 Beth Dickerson | 617.510.8565



NEWBURY 14 Fordham Way 3 Beds | 3F Baths | 2,559 Sq. Ft. Offered at \$2,750,000 The Carucci Group | 617.901.7600



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Advil (Ibuprofen) Toxicity in Dogs



By Lawrence Lamb, DVM

aybe it's a simple oversight. Maybe it's because pets, especially dogs, have become so important in our lives that we assume they're "just like us." Or maybe it's a large blind spot. But assuming human medicines will be effective to address our pets' ailments can be a mistake that can have grave consequences, and it's worth looking into one in particular: ibuprofen.

Ibuprofen has been available as a human pain reliever in the United States since 1974. In 1984, tablets up to 200 mg became over the counter and such brands as Motrin, Advil, and Nuprin became household names. Ibuprofen has been prescribed for all manner of human aches and pains as well as for other less common problems. It is a common remedy found in many if not most homes and offices all over America.

Unfortunately, it's also common for people to assume that it's a safe medication for people and will also be safe for pets. That's not at all true.

A number of animals are poisoned by ibuprofen when their owner attempts a simple treatment for pain. Alternatively, playful animals may knock over a bottle of pills and swallow an unknown quantity.

Medications are not approved for human overthe-counter use unless they show a good safety margin, and their use is difficult to botch. The problem is that every species is different and what is safe for humans can be lethal to a dog or cat. Never use any medication on your pet without checking with your veterinarian. Do not attempt to extrapolate dosing from one species to another.

Ibuprofen inhibits pros-

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 Manchester Zoning Board of Appeals will hold a Public Hearing regarding an application for Special Permit under Section 7.2 of the Zoning By-Law and Variance under Section 5.4 of the Zoning By-Law filed by Mark Glovsky on behalf of Charles William III and Caitlin Connolly Eppes for a project at 26 Proctor St (map 16, lots 19 & 24). The project proposes to raze the existing single-family dwelling and reconstruct a new single-family dwelling which will increase the nonconforming nature of the dwelling and create new nonconformities. The Public Hearing will be discussed at a hybrid meeting on Wednesday, March 26, 2025 at 7:00pm in Room 5 at Town Hall located at 10 Central St, and on Zoom. Zoom information will be posted on the MBTS website.

Sarah Mellish, Chair, Zoning Board of Appeals

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

March 7, 2025 MC March 14, 2025 MC taglandins involved in the blood supply to the stomach as well as blood supply to the kidneys. In humans, these effects are minor enough that they did not preclude approval for over-the-counter use but in dogs or cats, these issues are life-threat-

ening. It turns out that dogs and cats are much more sensitive to these issues than people. Ibuprofen has a very narrow safety margin in dogs and, since numerous safer medications are readily available, it is very rarely ever prescribed. Ibuprofen is too toxic for cats at any dose. A typical pill has 200 mg of ibuprofen, which is quite a lot, so it doesn't take many pills to cause a poisoning.

The first level of toxicity involves ulceration of the stomach. This leads to vomiting with or without blood, appetite loss, and/or stools that are black from digested blood. The worstcase scenario is rupture of the stomach leading to death. Repeated use of ibuprofen will increase the risk of toxicity even at doses that would not be toxic in single exposures. Ibuprofen inhibits production of prostaglandins needed for normal blood circulation to the stomach. Without normal blood flow, the stomach cannot produce a proper protective layer of mucous to protect its tissues from the harsh digestive acid it contains. Ulceration results. Treatment involves intravenous fluids to restore circulation and medications

to heal the ulceration. The next level of toxicity occurs at higher doses. After interfering with blood flow to the stomach, the blood flow to the kidneys comes next. Reduced blood flow through the kidneys leads to death of kidney tissue. As kidney function decreases, toxins that the kidneys normally remove

from the body begin to build up. Damage may be permanent or temporary depending on how much ibuprofen was ingested and how healthy

patient's system. As with other poisoning situations, if the patient is seen promptly (like within an hour or possibly two) it may be possible to induce vomiting. This can be done at your veterinarian's office or possibly as directed by a toxicologist at the Animal Poison Control Center (APCC, see below). Activated charcoal can be given by your veterinarian to prevent anv un-vomited ibuprofen from being absorbed into the body. Ibuprofen toxicity is common enough that a basic protocol has been put forth by APCC.

Typically, 48 hours of intravenous fluids are needed to support the stomach and kidneys. Kidney function tests must be monitored and, if possible, this is done at intervals over 3 days following the poisoning event. Prognosis depends on how much ibuprofen the pet was exposed, for how long, and how complete the treatment

Animal Poison Control Center is available 24 hours a day at 888-426-4435 and consultations cost approximately \$75. Once a case number has been assigned, follow up is free which means you can get initial first aid information before seeing your veterinarian and your veterinarian can consult with a toxicologist before beginning treatment.



Dr. Lamb is a local veterinarian who lives in Manchester.

Solution to puzzles on page 10

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...(Continued from page 10)

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

LEGAL NOTICE



COMMONWEALTH OF MASSACHUSETTS LAND COURT

the kidneys were prior to

Kidney failure brings nu-

merous aspects to be ad-

dressed. In the short term,

symptoms include nausea,

further ulceration of the gas-

trointestinal tract, low body

It may be possible to avoid

toxicity of the kidneys by

beginning intravenous fluids

promptly and supporting cir-

culation despite the NSAIDs

in the patient's system. If

toxicity is severe enough

to cause the patient to stop

making urine, prognosis

is substantially worse, and

treatment must be more ag-

The final level of toxicity

is neurologic. At very high

doses of ibuprofen, the pa-

tient will have tremors that

can progress to outright sei-

zures and ultimately coma.

The patient will need to be

supported with medications

to control the involuntary

muscle contractions until

the ibuprofen is out of the

gressive.

temperature, and diarrhea.

poisoning.

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

DEPARTMENT OF THE TRIAL COURT

ORDER OF NOTICE

Docket 25 SM 000458

To: Ian O. Harrison; Lauren

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (et seq): Freedom Mortgage Corporation

claiming to have an interest in a Mortgage covering real property in Manchester, numbered 6 Friend Street, given by Ian O. Harrison and Lauren Harrison to Mortgage Electronic Registration Systems, Inc., as nominee for Freedom Mortgage Corporation dba Jefferson Home Mortgage and Loan, its successors and assigns, dated May 16, 2012, and recorded in Essex County (Southern

District) Registry of Deeds in Book 31348, Page 366, and now held by plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/ Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before April 7, 2025, or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act. Witness, GORDON H. PIPER, Chief Justice of this Court on February 18, 2025.

Attest: Deborah J. Patterson Recorder 25-000878

Posted to MNPA website: http://masspublicnotices.org. March 14, 2025 MC

LEGAL NOTICE



COMMONWEALTH OF MASSACHUSETTS

DEPARTMENT OF ENVIRONMENTAL PROTECTION WATERWAYS REGULATION PROGRAM

Notice of License Application pursuant to M.G.L. Chapter 91

Chapter 91 License Application Number 25-WW01-0024-APP

Applicant: Peter and Catherine Creighton

Project Location: 6 Ashland Avenue, Filled and Flowed Tidelands of Manchester Inner Harbor, Manchester-by-the-Sea. Essex County

Notification date: March 21, 2025 Public Comments Deadline: April

21, 2025

Public notice is hereby given of the Chapter 91 License application by Peter and Catherine Creighton for the reconstruction and maintenance of a residential seawall authorization of associated backfill for shoreline stabilization

of Manchester Inner Harbor at 6 Ashland Avenue in the Town of Manchester-by-the-Sea, Essex County. The proposed project has been determined to be a Water-Dependent Use.

The Department will consider all written comments on this Chapter 91 Application received by April 21, 2025 (Public Comments Deadline). Failure of any aggrieved person or group of ten (10) citizens or more to submit written comments to the Waterways Regulation Program by the Public Comments Deadline will result in the waiver of any right to an adjudicatory hearing in accordance with 310 CMR 9.13(4)(c). The group of citizens must include at least five (5) citizens who are residents of the municipality in which the proposed project is located. A public hearing may be held at the request of the Municipal Official.

Posted to MNPA website: http://masspublicnotices.org. March 14, 2025 MC



JOB OPENING Manchester Fire Dept. Firefighter/EMT-Paramedic

The Town of Manchester-by-the-Sea Fire Department is seeking highly responsible candidates for the position of Firefighter/Paramedic to fill one position.

Candidates must be: A current Manchester Call Firefighter, Paramedic (EMTs may apply), HS graduate, and possess a valid driver's license. To participate in the hiring process, mail a signed cover letter, résumé to: Fire Chief James McNeilly, 12 School St, Manchester, MA 01944. Applications must arrive by 4:00 PM on Friday, March 19th, 2025. Contact Chief McNeilly at 978-526-4040 with questions.

For additional information see the employment posting at www.manchester.ma.us.

The Town of Manchester-by-the-Sea is an AA/EOE employer.

www.manchester.ma.us



Are you seeking purpose and fulfillment in your work? We're hiring caregivers, CNAs, CHHAs, nursing students, and retired health care workers.







The North Shore's Premier Real Estate Agency



\$5,900,000 | Susan Bridge

Beachhurst - Richard Morris Hunt masterpiece on Eisman's Beach. Preserved-renovated flawlessly with modern touches: chef's kitchen, 8 bedrooms (4 ensuite), multiple decks. 251 puritan.com



\$1,650,000 | Ida Doane

Former B & B near restaurants and shops with 7 bedrooms, front & back porches, large kitchen, living room and dining room. Additional carriage house with 2 studio units. Views of marsh and river.



\$599,000 | Kristina Vamvouklis

Investment Opportunity in the heart of Middleton. Set on a 1-acre lot in a sought-after location, this home is in need of repairs but offers strong upside potential for the right investor. Bring your vision!



\$3,985,000 | Gretchen Berg

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



\$1,399,000 | Joel Margolis

Stately 5-bedroom, 2 full & 2 half bath Colonial on corner cul-de-sac lot offers Anderson windows, hardwood floors, screened porch, finished lower level with au pair-quest suite. 2-car garage.



\$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.



\$2,565,000 | The Lopes Group

Beautifully crafted new construction 5-bedroom, 4.5-bath home on 1.24 acres with 9.5" wide flooring, 9-foot ceilings, tray ceilings, chef's kitchen, office. Luxury primary suite. 4-car garage.



\$1,100,000 | Ana Silveria

Investor's Delight! Downtown 3-family with 3-3-2-bedroom layout and many amenities. Separate entrances, heat/hot water systems. Laundry in each unit, hardwood floors. Fenced yard. 8+ parking.



\$374,900 | Dan McInerney

Equestrian property. 16-stall barn, 2-stall quarantine barn along with two good size turnouts. The lot is approved for a home build with an approved septic design attached to the listing.

1 BEACH STREET • MANCHESTER-BY-THE-SEA, MA 01944 | 978.526.8555 | JBARRETTREALTY.COM









Find us on **f**:JBarrettRealtyNorthShore

MANCHESTER-BY-THE-SEA





2 & 2A Harbor Manchester | \$2,150,000

Stunning classic Colonial Home and three bedroom Guest House with incredible period details near Tuck's Point once a summer retreat for the Dutch Embassy. Please call Krista Julian to tour.

Krista Julian | Realtor | 617-312-5413



10 Eaglehead Manchester | \$2,500,000

Eagle head! Expanded cape with 4 ensuite bedrooms, first floor primary, open floor plan. Beautifully landscaped with a free-standing garage with private work -from -home space. Idyllic setting, close to town and Singing Beach!

Joan McDonald | Realtor | 978-979-3190 Marianne Round | Realtor | 978-902-5452

23 Bridge St Manchester | \$745,000

This is a second/third floor 2-3 bedroom 2 bathroom unit in a 3 unit building. 1 block from the inner harbor. Close to downtown and Tucks Point.

Joan McDonald | Realtor | 978-979-3190



5 Elm St Gloucester | \$1,800,000

Outstanding land opportunity on coveted Eastern Point. This prime parcel is beautifully positioned on Elm Avenue and has views of Gloucester Harbor, Dog Bar Breakwater and the distant Boston skyline. There is an approved 5-bedroom septic system in hand, with water and electricity at the street. A short stroll will take you to multiple beaches, private clubs and conservation land with endless trails to explore. Downtown Gloucester is moments away with fine dining, galleries, boutiques and cultural attractions that make the city the hub of the North Shore.

Scott Smith | Realtor | 617-750-2793



3 Lexington Ave Magnolia | \$950,000

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

Gaby DeBenedictis | Realtor | 978-879-9773



Reach out to me today and love your next mortgage!

Mary Harper

Area Sales Manager

O: (781) 476-0775 C: (781) 367-0128 GRARate.com/MaryHarper Mary.Harper@grarate.com



EQUAL HOUSING LENDER 2 Atlantic Ave, Marblehead, MA 01945 M. Harper, NMLS ID: 376183;NMLS ID# 1598647 (For licensing information, go to www.nmlsconsumeraccess.org).



10 Old Nugent Farm Road -Unit 10 Gloucester | \$1,149,000

Nestled across from the iconic Good Harbor Beach, this stunning two-plus bedroom townhome offers the best of coastal charm. With breathtaking seaside views stretching over the horizon, relax and enjoy the beauty of the beach at your

Michelle Mineo | Realtor | 978-471-9178

doorstep.

The property information herein is derived from various sources that may include, but not be limited to, countyrecords and the Multiple Listing Service, and it may include approximations. Although the information is believed to be accurate, it is not warranted and you should not rely upon it without personal verification. Affiliated real estate agents are independent contractor sales associates, not employees. ©2024 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logo are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Anywhere Advisors LLC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.