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Wednesday January 25, 2023 Vol. 19, No. 13

FREE

Conservation Agent Quits 'Hostile' Environment

By Stewart Lytle, Reporter



Welcome to Georgetown, MA

Photo by Stewart Lytle

GEORGETOWN – Conservation Agent Steve Przyjemski is resigning after 17 years, leaving what the chair of the Conservation Commission called a “hostile” and “unprofessional” work environment at Town Hall.

Although Town Administrator Orlando Pacheco said Przyjemski was “not pressured to resign,” the veteran Town Hall official appears to be the latest casualty in the on-going battle over Georgetown’s control of enforcement of wetlands and environmental regulations.

Last year, the Board of Selectmen did not reappoint Laura Repplier and Rebecca Chane to the Conservation Commission, the volunteer

board that oversees the agent’s work to regulate environmental regulations.

Repplier had served nine years on the commission and Chane had served six years. The selectmen also declined to appoint Ida Wye, an experienced landscape architect and former U.S. Department of Agriculture employee, who applied for one of the vacancies. That vacancy has not been filled for months.

Long-time ConCom chair Carl Shredder said, “Steve was working in a hostile environment for too long.” He described it as a “sad situation” and said Przyjemski was “so stressed” that Shredder feared he

Continued on page 3

CATCH Opens Doors for Therapy

By Stewart Lytle, Reporter



Photo by Stewart Lytle

From left, Newburyport School Supt. Sean Gallagher, Amesbury Mayor Cassandra Gove and Carolyn Gayler-Romero

REGIONAL – The Center for Children and Teen Center (CATCH), which addresses the mental health challenges of youth, officially opened for business last week with 42 clients and 60 more on the waiting list.

Such is the need, said program director Carolyn Gayler-Romero. Two weeks ago, she predicted the number of teens and children, ages five to 18, who come for help, “will snowball.”

“We didn’t have to put up a poster,” she said.

A program of Link House, Inc., CATCH is located in Amesbury’s Boston North Technology Park. The opening event attracted school officials from Newburyport and Whittier Tech and Mayor Cassandra Gove, whose school district has partnered with CATCH.

The program, which treats anxiety, depression, gender dysphoria, trauma, substance use disorder and co-occurring mental health disorders, provides one-on-one and therapy sessions for students in school and at its offices.

“The family focused program will empower children and teens to handle the daily challenges of their lives, while equipping the families with tools and insights to help children and teens thrive,” the CATCH web site states.

CATCH’s multi-disciplinary team includes licensed social workers, nurse practitioners, psychologists and executives with experience in behavioral health.

Christine Turner, senior director of Link House services,

Continued on page 3

SIGNS-BY DOUG



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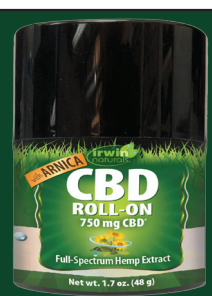
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How to Submit Letters to the Editor



Marc Maravalli, B.S., R.Ph.
Publisher/Editor, The Town Common

Letters to the Editor provide a useful way of communicating concerns, issues, or suggestions to all members of the community.

The Town Common encourages all citizens to submit letters concerning issues of interest and concern to the local community.

Letters selected for publication may be edited for length and clarity. Some letters may serve as a catalyst for other articles or coverage, and community leaders and agencies will be offered an opportunity to respond to letters concerning their areas of responsibility.

All letters must be signed and include a daytime telephone number.

Letters may be submitted to:

The Editor
c/o The Town Common
77 Wethersfield St.
Rowley, MA 01969
or preferably via e-mail to:
editor@thetowncommon.com.

The Town Common deadline is 5pm Wednesday (except when a federal holiday necessitates an earlier deadline).

The Town Common serves the communities of the Upper North Shore of Mass. & Coastal New Hampshire and welcomes your participation. Send your Organization or Group Notices, Birth or Engagement Announcements, Photos, Articles and Letters to the Editor, by mail, phone, fax, or e-mail to: 77 Wethersfield St., Rowley, MA 01969 Phone: 978-432-9669 E-mail: news@thetowncommon.com

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Marc Maravalli, Founding Publisher / Editor
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In loving memory of

Liz Ichizawa, '04-05 Reporter (1956 - 2005)
Jim Wilson, '20-22 Publisher/Editor (1954-2022)

PUBLIC HEARING NOTICE GEORGETOWN PLANNING BOARD

In accordance with the provisions of M.G.L. Chapter 40A, Section 5, the Georgetown Planning Board will hold a virtual public hearing on 8 February 2023 at 7:00 P.M. for the purpose of providing information, answering questions, and hearing concerns regarding the proposed Zoning amendment to Ch. 165- §61, i.e., add a new Sub-section "M", which will provide for electric vehicle (EV) charging stations for all land use developments that create more than 15 new vehicle parking spaces.

Interested persons are invited to participate in the above-cited public hearing, via computer, tablet, smartphone by connecting to the following Zoom Meeting link: <https://us02web.zoom.us/j/88060259809>, Meeting ID: 880 6025 9809 (no passcode). Interested parties can also participate via telephone by calling +19292056099 and use Meeting ID: 880 6025 9809.

The above-cited remote meeting connection information will be included on the 8 February 2023 meeting agenda, which will be posted on the Town of Georgetown website no less than 48 hours prior to the meeting. Further, the meeting will be broadcast live on the Georgetown Local Access Cable TV Channel 9. Video recordings of this meeting, and all Georgetown Planning Board meetings may be found at www.georgetownma.gov, by choosing Cable TV option.

A full and complete copy of the above-cited zoning amendment is available upon request by emailing the Town Planner at jcashell@georgetownma.gov or by calling the Planning Office at 978-352-5713. Said amendment can also be viewed on the Town's website, within the Planning Board's webpage. Any person interested in being heard at this hearing should appear at the time and place designated, herein. Please note, written correspondence will be accepted and read into the record of the hearing. Persons needing special accommodations should contact the Georgetown Planning Department at (978) 352- 5713.

John Cashell
Town Planner for Town of Georgetown

1/25/23, 2/1/23

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25 Wed	1:45	8.8	2:03	9.4	7:52	-0.6	8:24	-1.1	7:02	4:48	☾
26 Thu	2:36	8.8	2:57	8.9	8:47	-0.5	9:14	-0.7	7:02	4:49	☾
27 Fri	3:29	8.8	3:53	8.3	9:44	-0.3	10:06	-0.2	7:01	4:50	☾
28 Sat	4:23	8.7	4:50	7.7	10:43	0.0	11:00	0.2	7:00	4:52	☾
29 Sun	5:18	8.5	5:49	7.3	11:43	0.2	11:56	0.7	6:59	4:53	☾
30 Mon	6:14	8.2	6:50	6.9			12:44	0.4	6:58	4:54	☾
31 Tue	7:12	8.1	7:51	6.7	12:54	1.0	1:45	0.5	6:57	4:56	☾

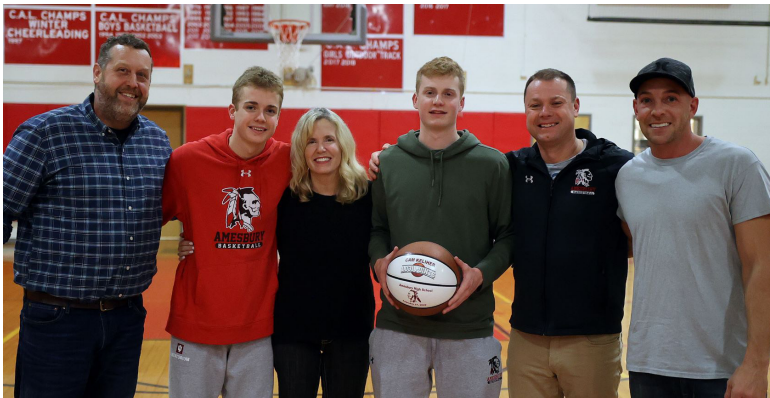


Sports • Sports • Sports

Amesbury Basketball

Cam Kelihier scored over 1000 points while playing at Amesbury. Cam is now at Endicott College but was honored at Amesbury High School at halftime on Friday, January 13th. These are pictures from that celebration:

Photos provided by Peter McClelland



Chaco Canyon & Aztec National Monument: The Center of the World 1,000 Years Ago

Chaco Cultural National Historical Park and Aztec Ruins National Monument preserve major centers of Ancestral Pueblo culture, dating between 850 and 1250CE. Today Chaco Canyon seems to be in the middle of nowhere; however, 1,000 years ago, this was the Center Place for the American Pueblo people, the middle of everything!

Buried for hundreds of years under wind-blown sands, the monumental complexes they constructed were occupied for several centuries and ultimately left behind whisper echoes from the past of a complex and sophisticated society continued by their decedents today. A National Park Ranger will guide us back in time to discover their secrets.

Offered in cooperation with the Rockport Public Library and other area libraries.

Two ways to attend: watch with us at the Rowley Library on Tues. Jan. 31 at 7PM, or sign up to watch from home at www.rowleylibrary.org/calendar (the Zoom link will be emailed to you).

For more information, check our web site at www.rowleylibrary.org/ calendar, or call (978) 948-2850. The Rowley Library is located at 141 Main St. in Rowley.

Georgetown

Continued from page 1

would have a heart attack if he continued to work at Town Hall.

Rachel Bancroft, vice chair of the ConCom said. "He was driven out." She said Przyjemski was targeted by Pacheco. The way he was treated was "a real shock to Steve."

Relations between Przyjemski and Pacheco became so heated the conservation agent filed a police report because the town administrator was yelling at and threatening him. According to the report, Pacheco tried to force open his locked office door. The issue was discussed with the Selectmen in an executive session.

Pacheco said Przyjemski "was not pressured (to resign), although personally I do think he was used to Mr. Farrell's management style and preferred it." Pacheco succeeded Mike Farrell as town administrator in October 2021.

"His departure will have no impact on making the town more friendly to commercial or residential development. Very little commercial development has been proposed in Georgetown simply based on the fact the zoning does not allow for it," Pacheco wrote in an email.

"I think it would be more appropriate to say that making the Town commercial friendly is not my goal, but making the process fair and consistent for all property owners and that there is appropriate documentation of what occurs in the field to protect both the Town and its residents is a top

priority," Pacheco wrote in an email.

The resignation comes in the midst of the town's on-going regulation of a proposed 500-ton trash transfer station on Carleton Drive. The proposal by G. Mello Trash Disposal Corp. was denied by the ConCom, and Mello has appealed that decision.

Shredder said the commission's record shows that it has approved "99.9 percent" of applications it received.

Pacheco complained that Przyjemski was allowed to work out of the office frequently, which ConCom members insisted was necessary to visit sites. He asked and received permission from Shredder to work from 7 a.m. to 5 p.m., but Pacheco wanted him to work from 8 a.m. to 6 p.m.

Przyjemski said he often came to work at 6 a.m. and worked evenings and weekends to meet with homeowners who were seeking a permit from the ConCom for changes to their property.

"In the last six months, I have worked those hours to the second," Przyjemski said. He said he believed he was singled out by Pacheco, while other employees, including Pacheco himself, did not work from 8 a.m. to 6 p.m.

Shredder and Bancroft met with Pacheco recently in a meeting that included Select Chair Doug Dawes and Select Board member Amy Smith to discuss the tension between Pacheco and Przyjemski. The discussion became so heated

Dawes intervened, asking for civility.

Przyjemski leaves the job on Thursday, but has offered to continue helping the town process applications for permits by residents and builders on weekends and evenings. "If Pacheco will let him," said Shredder.

He said last week he is considering several jobs, but has not decided where he will work next.

Choosing a new conservation agent is likely to be acrimonious in the current environment. "The battle begins," Bancroft said.

Shredder believes Pacheco will try to keep the commission from hiring a new agent, although that is required by state law, and will try to hire his own conservation agent, he said.

"Pacheco has been hinting that he does not believe a full-time agent is needed," Shredder said.

In his email, Pacheco wrote, "In the entire year of 2022, only 2 projects (of 15 active projects) that filed with the Conservation Commission were commercial 91 & 93 Tenney Street, which were small commercial buildings and of the 15 active hearings for the entire year 7 were septic systems replacements which come already reviewed by the Board of Health."

CATCH

Continued from page 1

said, "The need was so urgent, we could not sit idly by. People kept asking 'why not the kids?' We took it on."

Kael Brooks, the CATCH clinical supervisor, spent the last several years identifying the scope of the challenge by surveying parents and teens about their mental health. The results for the North Shore showed that 21 percent of those surveyed suffered from depression, while 11 percent reported having considered or attempted suicide.

CATCH is funded by private and MassHealth insurance

payments. The schools do not pay for the program.

The goal of CATCH is to help young people with their mental issues before they become addicted to drugs and alcohol and need services for adults at Link House, Inc., Turner said.

To do that, CATCH requires substantial private support. "We need the people with checkbooks to come," Turner said.

"America is richest country in the world," Turner said. "We can do it."

For more information, visit catchkidsnow.org.

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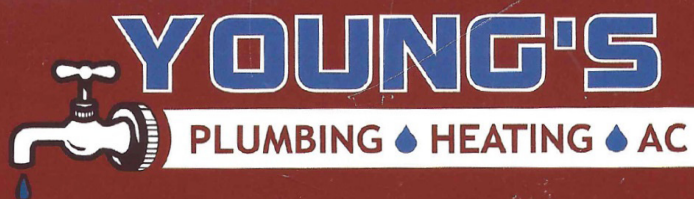
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'RCA Hope for Addiction Scholarship' Essay Contest

REGIONAL - Recovery Centers of America Announces the 'RCA Hope for Addiction Scholarship' Essay Contest.

This third-annual competition offers \$1,000 to top essay focused on using degree to help those in recovery.

Recovery Centers of America (RCA), one of the premier substance use disorder treatment facilities on the East Coast and in the Midwest, including a state-of-the-art location in Danvers, today announced the launch of its third-annual RCA Hope for Addiction Scholarship essay contest, which encourages college and university students to do their part in the fight against addiction.

RCA launched the scholarship program in 2020 due to the impact of the continued U.S. opioid epidemic, and the ever-expanding need for well-trained professionals to help battle addiction.

The scholarship offers financial assistance of \$1,000 to a student who demonstrates – through a 750-1000 word essay – that they have the desire and potential to help individuals and families struggling with addiction. The submission deadline is February 28, 2023.

"Sadly, the crisis of addiction in America isn't going away anytime soon, and RCA is focused on helping our next generation of leaders who will take up the

fight," said Peter M. Vernig, Ph.D, vice president of clinical services for RCA. "The RCA Hope for Addiction Scholarship program is an element of that commitment. We encourage all eligible college-level students to apply, including those who are themselves in recovery."

Participating students must be enrolled or in the enrollment process at an accredited university, college or trade school, and scholarship funds must be used to pay for qualified expenses for the 2023-2024 academic year. All majors are encouraged to apply.

Essays, to be reviewed by a panel of RCA judges, should respond to the following topic: It's imperative for individuals and their families to have access to high-quality, affordable, and effective treatment programs in an environment that is comfortable and close to home. How are you planning to use your degree to aid those in recovery? How do you plan to help individuals and families impacted by the disease of addiction?

Entries will be judged on focus, support, creativity, organization, style and language, and grammar.

To see complete eligibility requirements, step-by-step instructions for applying and previous winning entries, visit Recoverycentersofamerica.com/scholarship.

About Recovery Centers of America

Recovery Centers of America is dedicated to helping patients achieve a life of recovery through evidence-based alcohol and drug addiction treatment, as well as treatment for mental health disorders. RCA has 10 inpatient facilities in Danvers and Westminster, Massachusetts; Earleville and Waldorf (near Washington D.C.), Maryland; Devon (near Philadelphia), and Monroeville (near Pittsburgh), Pennsylvania; South Amboy and Mays Landing, NJ; St. Charles, Illinois (outside of Chicago), and Indianapolis, Indiana. A full spectrum of outpatient treatment is also provided at many of these facilities. Patients can obtain immediate substance use disorder care and mental health treatment by calling 1-800-Recovery with complimentary transportation provided in most cases. For the third year, RCA is recognized as having multiple sites atop Newsweek's 2022 America's Best Addiction Centers rankings for excellence.



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Parents, please join us for this event as well. Our adult leaders will be on hand to answer your questions and tell you about opportunities for adults

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Health & Wellness



By J. PETER ST. CLAIR, DMD

Brighter Smiles...

HEALTH REQUIRES ACCOUNTABILITY

their doctors to make radical daily changes. One of the more successful doctors with this is Dr. Dean Ornish, founder of the Preventive Medicine Research Institute. He says NO to meat, fatty dairy products, alcohol and oil. His vegetarian diet is low-fat, high-maintenance and strict. And, it has been shown to reverse heart disease and other factors in patients who were destined for quadruple bypasses - or worse, eternal sleep.

When 90% of patients are back to their old tricks within weeks of open-heart surgery, his program is the one making a difference. How does he do it? Well, it's easy, really. Dr. Ornish coaches his patients to make changes strictly for the benefit of making them. Instead of telling them they must change or face death, he encourages them to change so that they can enjoy the endless beauty of living. With dedicated support, three-quarters of his patients are still going strong three years into their drastic lifestyle shift. I'm sure it is deeply gratifying to know that it only takes words said a certain way to make a true change in someone's life.

Why is it so difficult to get people to change? Well, it depends. You have to be sick

and tired of being sick and tired, usually, before you'll make the leap and let go of whatever the resistance is to change. For many, doing more preventively never happens. We wait for chest pain to strike or a toothache to occur before seeking help to solve our crisis problem. Then we hope, and many times expect, that our problem can be solved easily and not too much will have to change to prevent it from happening again.

Dr. Ornish would tell you the change must be profound. He would tell you to never have another cheeseburger. Your hygienist would say you need to follow a new strict homecare routine, radically different than what you currently do. Making changes like these has to mean more to you than the change itself. You must be invested in improving the quality of your life.

Dr. St. Clair maintains a private dental practice in Rowley and Newburyport dedicated to health-centered family dentistry. If there are certain topics you would like to see written about or questions you have please email them to him at jpstclair@stclairdmd.com. You can view all previously written columns at www.jpeterstclairdentistry.com/blog.

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by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK:

◆ Moderate ◆ Challenging
◆ ◆ HOO BOY!

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VIRGO (August 23 to September 22) Mixed signals could be causing that vexing workplace problem. Before you choose to leave the project, ask for a meeting so that you can get things out in the open.

BORN THIS WEEK: You have a wonderful way of being there for those who need your help in difficult times.

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26 Hayloft sites
28 Home to Boise: Abbr
29 Extra game periods, for short
30 Distrustful
31 Designer for Jackie Kennedy
35 1958 Leslie Caron film
38 Head dog
39 — tai (drink)
42 Really must
47 Tag again
51 One mapping terrain
53 In excess of
54 "Woe —!"
57 Prefix with sense

- 58 — Melodies (old cartoon series)
59 Stand-up comedy TV series
64 Ending for form
65 Wince
66 Pakistani's language
67 Like circles
71 Daniel Boone or Johnny Appleseed
76 Lustrous gem
79 Pushpin's kin
80 Jewel box for music
84 Color
85 Kia Sedona competitor
90 Mystery's Christie
94 Org. offering tows
95 Actor Morales
96 Sundae toppings
97 Florence institute near the Uffizi Gallery
100 New York Giants' div.
103 Gussied up
104 MGM's lion
105 Tree yielding chocolate
107 "QED" center
109 Eric the Red, for one
- 115 Alvin of choreography
119 Klutz
122 Pumped stuff
123 Flood stopper
124 All through the dark hours
130 Show sleepiness
131 Most promising
132 "Been there myself, man"
133 Really liking
134 Combination punches
135 Sends along
136 Org. associated with the nine missions featured in this puzzle
- DOWN**
1 Very big
2 Common typeface
3 "The Treasure of the Sierra —"
4 Flashy jewelry, informally
5 Mag staffers
6 "Skedaddle!"
7 Tastelessly showy
8 Sports venues

- 9 Suffix with
sect
 10 Illuminated
 11 "Peek- —!"
 12 Skillful and
clever
 13 JFK datum
 14 Fall behind
 15 Religious
convert's cry
 16 Anecdote
 17 Atoll part
 18 Wound result
 19 Actor Danza
 20 Soup
additive, for
short
 27 Strikebreaker
 32 Bar drink
 33 Skedaddle
 34 "— little
teapot ..."
 36 Shiba —
(Japanese
dog breed)
 37 Virus, e.g.
 40 A.D. part
 41 False god
 43 German "the"
 44 Sundae
topping
 45 Sheer linen
fabric
 46 Greek
mountain
nymph
 47 Use deep
massage on
 48 Blackhearted
 49 Strauss of
jeans

- 50** Sports venues
51 — double life
52 TV show since fall '75
55 Feng —
56 Old Ford make, in brief
60 Pinnacle
61 Those people
62 Kicks on football fields
63 Suffix with ball or bass
68 Spanish for "dry"
69 Lamarr of "Boom Town"
70 Esoteric
72 Camcorder button abbr.
73 Primitive kind of diet
74 Freezes
75 Creole veggie
76 Winner, informally
77 Foretell
78 Razz
81 Water, to Juanita
82 Mounts, as a gemstone
83 Formerly, formerly
86 "2001" computer
87 Train support
88 Harvard rival
89 Singer Gill
91 Golf peg
92 Melon variety
93 Golden — (senior)
98 Cavity fillers' org.
99 Mega years
101 Most preferred: Abbr.
102 Corkscrew
105 Baby bed
106 Analyzes in a lab
108 "TIK —" (#1 Kesha hit)
110 Stares at creepily
111 Enter, as to a database
112 An ex-Trump
113 Lizardlike amphibians
114 Port of Italy
115 "Hair" hairdo
116 Pumped stuff
117 Suffer defeat
118 Discharge
120 Leave — (reward the server)
121 World Cup gp.
125 GI tour gp.
126 Intersectors of aves.
127 French "the"
128 Vie for the affection of
129 "Sister Act" figure

[illegible]

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PUZZLE ANSWERS

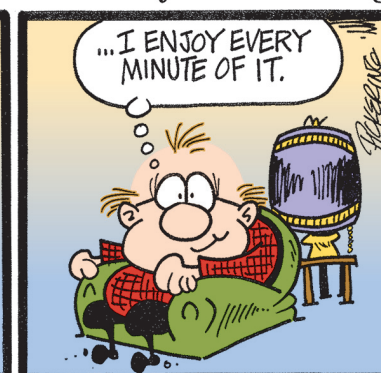
[illegible]

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

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73042048	SLD	5 Herrick Drive	Ipswich, MA	AN4887	Detached	3	599999	580000
73062137	SLD	57 Ferry Road	Salisbury, MA	AN6226	Detached	2	625000	555000
73053786	SLD	12 Russell St.	Amesbury, MA	AN4850	Detached	3	729000	710000
73030652	SLD	15 Jeffreys Neck Rd	Ipswich, MA	C95171	Detached	3	825000	810000
72787508	SLD	8 Macy Lane	Ipswich, MA	AN2636	Detached	4	1660000	1660000



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