

Let's Go Red Hawks

By Ava Moeckel, Reporter



Image provided by Amesbury High School Facebook page

AMESBURY — The Red-tail Hawk is the most widespread Buteo hawk in North America. With talons measuring up to 1.33 inches, they are among the largest and most intimidating hunters.

The hawk has a wingspan that averages a little over four feet, making it a bird built to soar. Movie directors often use the hoarse screech of adult hawks when showing bald eagles in



Red-tailed Hawk - Photo: Ray Whitt/Audubon Photography Awards

flight.

Now, the Red-tail, which has eyesight eight times sharper than a human's, has something new to brag about. Starting this spring, it is the official mascot of Amesbury schools and may take

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Officials Accused of Working Against Town's Best Interests

By Stewart Lytle, Reporter

GEORGETOWN — In his resignation letter as the town's Conservation Agent, Steven Przyjemski accused town officials last week of conducting "an all-out attack" on the Conservation Commission (ConComm).

He also wrote, "Georgetown is being manipulated against the best interests of the town and its residents."

Town Administrator Orlando Pacheco denied conducting "a witch hunt" against Przyjemski and the ConComm, the volunteer board that oversees the agent's work and enforces environmental regulations.

"Mr. Przyjemski makes a number of allegations about bullying, targeting and harassment without actually describing what had actually occurred," Pacheco wrote. His email response was accompanied by seven documents, including a timeline of events between the agent and himself.

Select Board member Amy Smith wrote: "I believe that, yes, at times, the Select Board has been in conflict with the Conservation Commission and its staff."

"This comes from the tension that exists between environmental regulation and economic development. Environmental regulation is established by state and municipal bylaws, and the purpose of the ConComm is to uphold those. Rather than falling into the common trap of seeing regulations as obstacles, we as a Board should find a way to partner with the Commission to both create economic growth and preserve a healthy town ecology. It's not a zero-sum game," Smith wrote.

Smith was the only Select Board member to respond to the request by The Town Common

for a comment on Przyjemski's resignation letter.

Long-time ConComm chair Carl Shredder said earlier, "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 would have a heart attack if he continued to work at Town Hall.

Przyjemski, the conservation agent for 17 years, filed a police report last year, claiming that Pacheco shouted at him and attempted to force open his locked office door during a heated exchange in Town Hall. The Select Board considered the report in a closed session.

Pacheco asserted that Przyjemski began claiming he was being harassed only after he was told he had to work 40 hours a week between the hours of 8 a.m. and 6 p.m. Przyjemski said last week that he has worked those hours "to the second" for the last six months.

"For many years the agent was leaving between 12-1pm everyday to do 'inspections,' but no inspection reports, scheduling documents or evidence that inspections were done have ever been provided. Even after multiple requests by both Chairman Dawes and I," Pacheco wrote.

"Much of this started to come to my attention when Mr. Przyjemski would not meet with a resident unless it was before 1pm. Which I thought was awkward since we work much later than that," he wrote.

Pacheco called Przyjemski's refusal to work after 1 p.m. "disrespectful and unprofessional." He wrote: "I am not going to allow departments to force members of the public to take their own paid time off from their jobs to accommodate

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Tough Warrior Princesses Deliver 'Joy' Baskets

By Stewart Lytle, Reporter



Photo by Stewart Lytle

From left, Cheryl Woodsom and Peggy Mellon with a basket.

REGIONAL — Since the first of the year, the Tough Warrior Princesses has created and delivered one basket of "joy" per day for cancer victims.

That's about 30 baskets in the last month, each valued at \$500, filled with gift cards for gas and groceries, blankets, lotions that are good for you, candles, candy, head and neck scarves, fuzzy socks, lip balm, custom jewelry and a Tough Warrior Princess ball cap, plus other items good for cancer patients.

The all-volunteer, non-profit group of women hope that the pace of requests for baskets slackens for the rest of the year. But considering that last year in December the princesses hit the 200th basket mark, it could be looking at a 300-basket year.

Founded by Sherri Ziomek and Patty Mellon, two North Shore cancer survivors, with their friend Cheryl Woodsom, the Tough Warrior Princesses raises \$100,000 a year to purchase the items, host a Warrior Chats monthly support group and donate money to cancer research.

"The friendship of these women has developed into something more magical than they could have imagined," their brochure states. It is now "an Army of inspired women and men who realized that any woman affected by cancer needs encouragement, support and the ability to enjoy life."

The women started raising money for the Susan G. Komen Foundation, a national organization that funds cancer research. They did six-mile and 60-mile walks. When the team, walking under the name Tough Warrior Princesses, grew to 35 women and raised more than \$250,000 for Komen, they decided to create their own organization to help cancer victims closer to home, although they have sent baskets as far away as California.

The Tough Warrior Princesses started out helping women with breast cancer. But when a woman suffering from ovarian cancer asked for a basket, they rewrote the mission statement to include all woman with cancer.

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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

The Town Common

Marc Maravalli, Founding Publisher / Editor
editor@thetowncommon.com

Graphic Design Services
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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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31 Tue	7:12	8.1	7:51	6.7	12:54	1.0	1:45	0.5	6:57	4:56	☯
1 Wed	8:08	8.0	8:47	6.7	1:51	1.2	2:42	0.5	6:56	4:57	☯
2 Thu	8:59	8.0	9:37	6.7	2:44	1.3	3:32	0.5	6:55	4:58	☯
3 Fri	9:47	8.1	10:22	6.8	3:33	1.2	4:18	0.4	6:54	5:00	☯
4 Sat	10:30	8.1	11:03	6.9	4:18	1.2	4:59	0.3	6:52	5:01	☯
5 Sun	11:11	8.2	11:42	7.1	5:00	1.1	5:38	0.2	6:51	5:02	☯
6 Mon	11:50	8.2			5:40	0.9	6:14	0.2	6:50	5:04	☯
7 Tue	12:19	7.2	12:28	8.2	6:19	0.8	6:49	0.2	6:49	5:05	☯
8 Wed	12:56	7.4	1:06	8.2	6:58	0.7	7:25	0.2	6:48	5:06	☯

Ipswich-Rowley Rotary Club Secures Grant With Help from Ipswich England

IPSWICH, MA – Jan 26, 2023 The Ipswich-Rowley Rotary along with the Ipswich-East, Ipswich England Rotary have secured a \$38,624.00 grant from Rotary International to help educate our communities about the importance of water conservation. Working with the Ipswich River Watershed Association (IRWA), the Ipswich-Rowley Rotary will use these funds to produce a water conservation and advocacy toolkit to be shared with stakeholders across the North Shore.

This toolkit will then be exported for use in Ipswich, England.

About 350,000 people in 13 communities depend on the Ipswich River as their source of drinking water. In 2021 the Ipswich River was designated as one of the most endangered rivers in the country. Never before has our water supply been under this amount of stress. The Ipswich-Rowley Rotary identified water conservation education as a measurable action with lasting effects. Ipswich-East Rotary, located in Ipswich, England, signed on as an international sponsor and will use the toolkit developed here to address similar water conservation needs in their community.

In 2022 the town of Ipswich in Suffolk County, England experienced their worst drought in decades which led to fires that destroyed habitat and crops. "Suffolk's 3 main rivers are key areas for wildlife and tourism. I hope we can engage with other interested local organizations to see how this toolkit can help to monitor water usage and conservation of supplies," said Dr. David Chittick, of Ipswich-East Rotary.

This grant-funded project will provide training, networking, and resources to stakeholders, e.g Water Boards, Water Commissioners, and the like in the Ipswich River Watershed and to communities throughout the region. The goal of the project is to engage the North Shore's leading influencers and advocates to educate, mobilize, and activate the community leaders and the general public to effectuate societal level change necessary to significantly reduce water use throughout the region.

"When I saw the Ipswich River listed as one of the most endangered rivers in the country, I knew the power of Rotary can help change this." - Joan Arsenault, Past District 7930 Governor, District 7930 Rotary Foundation Chair, and member of Ipswich-Rowley Rotary.

"We're ecstatic that the Ipswich-Rowley Rotary has thrown its support behind the Ipswich, one of the most endangered rivers in the country," says Wayne Castonguay, Executive Director of IRWA. "This funding will help us expand our educational programming and accelerate the pace of work we are doing to promote water conservation efforts within North Shore towns."

Rowley COA Happenings:

- Bingo on Tuesday, February 7th and 21st at 9:00 am at the COA
- Walmart Bus Trip and lunch Tuesday, February 7th. Departing COA at 9:30 am.
- Greeting Card Craft with lunch Tuesday, February 7th at 12:00 pm.
- Rowley resident, Bob Brodsky presenting a slideshow from 1951 on the Four Corners of the United States at the Rowley Public Library on Thursday, February 9th at 5 pm.

The History of America's Kitchens Monday, February 6, 7PM

From the colonial period to the present, the kitchen has been a source of nourishment and comfort. The way Americans have lived with their kitchens has changed dramatically over the course of three centuries. Historic New England curator Nancy Carlisle will discuss how the American kitchen has evolved from the seventeenth-century to the present. Drawing on her book *America's Kitchens*, co-authored with Melinda Naradinov, Ms. Carlisle will discuss the technological and social changes that have taken place in this room and suggest how these innovations have transformed kitchen work and changed women's lives.

Sign up to watch from home at www.rowleylibrary.org/calendar. You will receive an email with the link.

For more information about this on-line offering, check our web site at www.rowleylibrary.org, or call (978) 948-2850.

Free film screening of the award-winning documentary, *A Reckoning in Boston*

In recognition of Black History Month, join the Ipswich community for a free film screening of the award-winning documentary, *A Reckoning in Boston* on Wednesday, February 15, 2023, at 7:00pm in the Ipswich High School Dolan Performing Arts Auditorium, 134 High Street, Ipswich.

This documentary focuses on systemic racial and economic inequalities. A post-film panel discussion will take place, and one of the panel members is featured in the film. Discussion will include how to get involved in building community relationships.

Sponsored by Ascension Memorial Church; Ipswich Human Rights Commission; Ipswich Recreation & Culture Dept.; Ipswich Together.

Officials Accused

Continued from page 1

staff, when staff can work to accommodate them during their working hours.”

Last year, the Board of Selectmen did not reappoint Laura Repplier and Rebecca Chane to the ConComm. Przyjemski wrote that Repplier and Chase “were treated with blatant disrespect at a Selectboard meeting, then removed for no legitimate cause, based upon unsubstantiated statements designed to serve a private agenda.” Przyjemski did not identify what the private agenda was.

Repplier had served nine years on the commission and Chane six years. One of those two vacancies has not been filled.

Pacheco wrote: “In 2022, we issued 359 Building Permits. Of those only 2 (35 Charles Street and 91 Tenney St) required action by the

Commission. The insinuation that we somehow were trying to alter the business of the Commission is not supported by anything other than undocumented rants by the Conservation Agent.” Emphasis added by Pacheco.

The ConComm also denied a permit for G. Mello Trash Disposal Corp. to build a 500-ton per day facility on Carleton Drive. Mello has appealed that decision to the state Land Court.

Przyjemski said he is sure his concerns will be dismissed and ignored as complaints from an irate, disgruntled employee. “The truth is, I am concerned that the political system in Georgetown is being manipulated against the best interests of the town and its residents. I hope every resident who reads this is also ‘disgruntled.’

“The bullying, targeting and

harassment at the hands of the current leadership towards the Commission is not how Town officials should be conducting themselves. The waste of hundreds of hours of staff time, and what I can only guess at being thousands of dollars of taxpayers’ money for this ‘witch hunt’ is beyond count. These misstatements and unfounded accusations amount to nothing short of lying and manipulation in support of private agendas.”

In response, Pacheco wrote: “While he may want to think residents are disgruntled, the truth is Georgetown is moving in a very positive direction. Projects are moving forward, finances are in good order, and there is overall very good harmony amongst the staff and public in getting things done.”

Warrior Princesses Deliver

Continued from page 1

As an independent non-profit organization, the women applied for grants, hosted fundraisers, participated in golf tournaments and restaurant nights, including Flatbread Pizza in Amesbury, where they raised the most money in the pizzeria’s history. The most successful fundraiser was produced by the Drive Custom Fit gym in Salem, NH, which raised \$30,000.

They have received donations from local banks and businesses. But they depend most on contributions from individuals, many of whom have been touched by cancer.

“We’ve never had a day we thought we weren’t going to make it,” Mellon said last week.

Working under the motto of

‘We are here if you need us,’ the women assemble baskets as they are requested. The baskets are filled to the brim with items stored on tables that take up much of the fourth floor of the Amesbury Industrial Supply Co.

The baskets are then picked up usually by the friend or family member who requested the basket. A frequent pickup point is the 18 Friend Street gift shop in Amesbury.

“We live in a tough world. We see a lot of grief,” Mellon said.

“But we also see a lot of joy,” Woodsom said.

The Tough Warrior Princesses “understand that a cancer diagnosis is life altering,” the women wrote. “It can be a long uphill battle filled with numerous challenges, all while

fighting for survival.” The princesses assemble the baskets “to assist these women in their time of need.”

The board of 10 women includes Benda Haskell, a three-time cancer survivor, who designed and created a Quilt of Hope that hangs in various locations. It shows “the strength, love and hope that cancer cannot take away from us.”

If you would like to host the Quilt of Hope, send an email to info@toughwarriorprincesses.com.

The Warrior Chats support group meets at 7:30 p.m. on each second Thursday at Ovedia Artisan Chocolates, 36 Main St. in Amesbury.

To donate, send your contribution to Tough Warrior Princesses at 80 Monroe St. Amesbury 01913.

Let’s Go Red Hawks

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Photo provided by Amesbury High School Facebook page

Former Amesbury High School Mascot Logo September 22nd.

the field for the first time with the high school baseball team.

Amesbury Mayor and School Committee Chairperson Kassandra Gove, an Amesbury high school graduate herself, said the red-tailed hawk is “a prevalent and powerful fixture in our

community. The new mascot has local connections and represents strength, pride, fierceness and bravery.”

The mascot selection committee for the School Committee unanimously voted to replace the 75-year-old Indian mascot with the hawk after two student surveys.

It was meant to be, according to school superintendent Elizabeth McAndrews. Last fall, when she saw three different red-tailed hawks on her way to work, “I figured that was kind of an omen. They’re an amazing bird, fierce, majestic, all the things that we want to be” she said.

Among the members of the Mascot Review Committee were Principal Danielle Ricci, Assistant Principal Alina Lingley, staff members, students and their parents, community members and a liaison from the School Committee.

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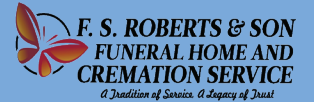
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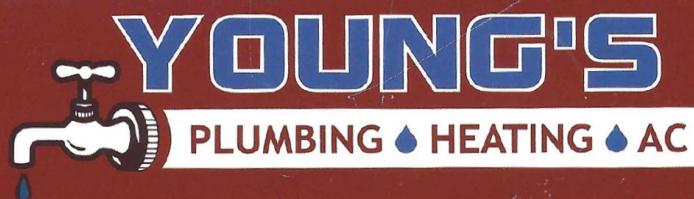
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Newburyport Art presents Member Spotlight Beth H. Macy – Nature's Views: From Maine to the Cape

Friday, January 20, 2023 – Tuesday, January 31, 2023

Newburyport, MA - Newburyport Art (NAA) presents Nature's Views: From Maine to the Cape, a collection of work by Massachusetts artist Beth H. Macy. Beth's exhibition is the latest installment of the Member Spotlight Series in the NAA's Mural Gallery—a new space encompassing the hallway and staircase from the first-floor Sargent gallery to the Hartson gallery on the second floor.

Beth uses paint to bring life to the world around her. Her

subject matter is inspired by the coastal New England landscape specifically in the Newbury and Newburyport area. Through color choices and intentional brush strokes, Beth strives to share the mood of her chosen scenes, highlighting the nuances, the colors, and the textures that might typically be overlooked. The versatility of oil paint allows Beth to vary her painting technique from gentle washes to explosive, thick splashes of paint. Nature Views: From Maine to the

Cape puts Beth's artistic style on full display.

Nature Views: From Maine to the Cape is on view through January 31st in the Mural Gallery. The exhibition is on view concurrently with the NAA's Winter Juried Show, the gallery's first juried exhibition of the New Year. Join Beth for a public reception to celebrate her exhibition on January 28th from 2:00pm–4:00pm. The Winter Juried Show reception will overlap from 3:30pm–6:00pm. Light refreshments will be provided and all artwork is for sale.

The galleries are free and open to the public Tuesday through Saturday from 11:00am–5:00pm and Sunday from 1:00pm–5:00pm. Newburyport Art is closed on Mondays. The ground-floor Hills Gallery has an accessible entrance. More information, as well as an online gallery is available at newburyportart.org



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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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Events at the Georgetown COA

Detective Sergeant Matt Carapelluci to speak at Men's Breakfast scheduled Feb. 2

Georgetown – Discussing scams and fraud, Georgetown Police Department Detective Sergeant Matt Carapelluci will be the guest speaker at the Men's Breakfast scheduled for Thursday Feb. 2, 9:30 a.m. at the Georgetown Senior Community Center. With great appreciation, the Council on Aging thanks Crosby's Markets for their sponsorship. To make reservations, please call (978) 352-5726.

Veterans Services Officer to hold office hours Feb. 2

Georgetown – Director of Veterans Services Karen Tyler will hold office hours Thursday Feb. 2, 10:30 a.m. at the Georgetown Senior Community Center. To schedule an appointment, please call the Georgetown COA at 978-352-5726.

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Health & Wellness



By J. PETER ST. CLAIR, DMD

Brighter Smiles...

ACCOUNTABILITY TO HELP THE AVOIDABLE

fact, Mary doesn't just drink diet soda; she has a diet soda by her side all day long. At a recent event I saw Mary sitting and listening intently to the presentation. At her side was her diet soda. Every few minutes Mary would unscrew the diet soda cap and take a swig.

The three main dental issues Mary has: decay, erosion, and recession, have many different etiologies. One common denominator is pH, which is a scale used to describe the acidity or alkalinity of solutions or environments. The lower the pH, the more acidic the solution or environment is. In order for any of the three disease processes described above to occur, the pH of the oral environment has to be acidic.

While there are many reasons the pH of the oral environment can be acidic, such as medications or disease, dietary factors play a significant role. A pH lower than 5.5 in the oral cavity puts you at risk for dental disease. Most tap water, for example, has a pH of 7. The average diet soda has a pH of 3.28. Stomach acid has a pH between 1-2. Diet soda is very acidic.

Having a diet soda with a meal on occasion is most likely not a problem. Typically, after consumption of an acidic beverage, your saliva will neutralize (make your mouth more alkaline and less acidic)

within about a half hour. That is why you may have heard that you should wait at least a half hour before brushing your teeth after meals. The problem with Mary sipping the diet coke all day long is that the pH of her mouth is always acidic. This creates a very dangerous environment.

Quieter drills, new materials and technologies will not solve these problems. While etiologies such as medications that can cause dry mouth and a very acidic environment are difficult enough to manage, behavioral issues are often not discussed in enough detail, or at all, because they can be more difficult to manage.

Avoidable dental problems are the last thing a patient wants to hear about and a dentist wants to see. In addition, we as providers need to adopt a more preventive approach to the conditions I discussed in this column. Next week I will introduce you to one of those concepts.

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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