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FREE

Watchdog Focuses NRC on Seabrook Station Concrete

By Stewart Lytle, Reporter



Photos courtesy of NextEra Energy Resources, LLC
Seabrook Nuclear Power Plant

REGIONAL – The Nuclear Regulatory Commission (NRC) issued a final denial this month of the C-10 Research and Education Foundation's petition that asked it to require NextEra, the owner of the Seabrook Station nuclear power plant, to take steps to combat the cracking concrete at the station.

The federal regulators affirmed its previous ruling that C-10's petition raises issues that "have previously been the subject of a facility specific or generic NRC staff review."

Despite the denial, C-10, a non-profit, citizens watchdog for the plant, believes its petition and three days of hearings forced the NRC to focus more attention on the concrete degradation, caused by the Alkali Silica Reaction (ASR) at the Seabrook plant weeks ahead of a scheduled inspection of the plant's concrete.

"The timing is in our favor," wrote Sarah Abramson, C-10's executive director, in a message to members.

Michele Sampson, deputy director for the Division of Engineering and External Hazards in the Office of Nuclear Reactor Regulation, promised, "Currently, the ASR at Seabrook is being monitored by NextEra and overseen by the NRC staff as part of the ROP (Reactor Oversight Process). Where the NRC staff considers enforcement action warranted, enforcement action will be taken consistent with NRC regulations and enforcement policy. Monitoring of ASR-affected structures and all other safety structures will continue for the plant's service life."

The C-10 petition last year asked federal regulators to issue an enforcement action at the Seabrook Station because of "its repeated failures to adhere to its license requirements, especially the plant's failures pertaining to the Alkali Silica Reaction (ASR) driven damage causing cracking and weakening of the plant's concrete structures," Abramson

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FlingGolf Tournament Tour Launched, Destined for New England

By Stewart Lytle, Reporter



Photo by Hamilton Pytluk, provided by New Swarm FlingGolf
Sam Scannell sinks the winning putt

AMESBURY – The World League of FlingGolf (WLF) chose San Diego as the site for the first of five major tournaments for 2023 because of the extensive network of flingers in southern California and because of the city's famous good weather.

John Pruellage, president of New Swarm FlingGolf, which is headquartered in Amesbury, said each year the city has 320 days of sunshine. But not this year.

The passionate competitors from California and 14 other states showed up for the FlingGolf tournament. But atmospheric rivers also arrived, pounding the Golden State with snow and rain for weeks. Torrential rains almost washed out the tournament in San Diego.

Scrambling at the last minute, the WLF team moved the competition to a different course when the scheduled club was flooded and moved the first day of the event from Saturday to Sunday, which forced some players to drop out.

"We were disappointed," Pruellage said.

But all the competition was played at JC Resorts' courses at Twin Oaks and The Welk, named for Lawrence Welk, whose land the golf course is on.

Most important, the cameras rolled between rainstorms, capturing most of the event for broadcast next August by ESPN-TV. It is the second year the sports network has shown the eight-year-old sport to the world.

Hosting major tournaments on the tour and regional events is a critical strategy for the FlingGolf brain trust that includes Alex Van Alen,

Continued on page 3

Nurses Picket Anna Jaques

By Stewart Lytle, Reporter



Photo provided by Massachusetts Nurses Assn.'s Facebook page

Pickers at Anna Jaques Hospital

NEWBURYPORT – The Massachusetts Nurses Assn. (MNA) joined city and state leaders on the picket line at Anna Jaques Hospital (AJH) Thursday afternoon, protesting for better salaries, more staff and resources at the community hospital.

Anna Jaques and the MNA have a three-year contract in place through the end of 2023. It provides for negotiated wage increases, according to the hospital.

"Your fight is our fight," said MNA President Katie Murphy on the picket line with about 300 nurses.

Joining the nurses on the picket line between 4:30 and 5:30 p.m. on Low Street were state Rep. Dawne Shand, D-Newburyport, City Councilors Jennie Donahue, Byron Lane and Bruce Vogel, who each called the nurses "angels."

Nurses at Anna Jaques are the lowest paid in the Merrimack Valley, the nurses group said.

Associate Chief Nursing Officer

Peter Tura, R.N., disagreed. In a statement prior to the protest, he said, "Our wages are market competitive, and we have robust programs in place to recruit, retain and support nurses and other clinical staff."

According to the hospital, it has hired about 115 new registered nurses in the past two years. The MNA said AJH cut ties with Salem State University's registered nursing program, resulting in the lost opportunity to recruit those nursing graduates, MNA said.

"We are currently in a staffing crisis at Anna Jaques, and it's getting worse," said Margaret Mirecki, RN and MNA committee member at the hospital. "We are trying to provide the highest-quality care possible to the people of this community, and we are failing. The hospital is losing and is struggling to find and keep experienced nurses. We need AJH executives to listen to us, and then to find and manage appropriate solutions."

The hospital has a continuous shortage of key supplies and offers haphazard cat scan services. It also eliminated two key essential services in the community when it closed the pediatrics

Continued on page 3

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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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In loving memory of

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

Georgetown Fire Department Reminder: Check Alarms as Daylight Saving Time Begins

GEORGETOWN — Chief Matt McKay and the Georgetown Fire Department would like to remind residents to check their smoke and carbon monoxide alarms when setting their clocks ahead for daylight saving time this weekend.

Daylight saving time begins at 2 a.m. Sunday, March 12, and clocks are moved ahead one hour at that time.

According to the National Fire Protection Association (NFPA), from 2014-2018, almost three out of every five home fire deaths resulted from fires in homes with no smoke alarms (41%) or no working smoke alarms (16%). Smoke alarms that are properly installed and maintained are crucial life saving devices that give you time to escape in the event of a fire. The risk of dying in reported home structure fires is 55% lower in homes with working smoke alarms than in homes with no alarms or none that worked, according to the NFPA.

According to the Centers for Disease Control and Prevention, each year, more than 400 people in the U.S. die from unintentional CO poisoning not linked to fires, more than 100,000 visit the emergency room, and more than 14,000 are hospitalized.











Residents are encouraged to review the following safety tips, courtesy the NFPA, to keep their homes and families safe:

- Test all smoke and CO alarms at least once a month, pressing the test button to ensure the alarm functions properly.
- Smoke alarms with non-replaceable 10-year batteries are designed to remain effective for up to 10 years. If the alarm chirps warning that the battery is low, replace the entire smoke alarm right away.
- Alarms with any other type of battery need a new battery at least once a year. When you change your clocks, also replace regular batteries in smoke and carbon monoxide alarms.
- Smoke and CO alarms should be maintained and replaced according to the manufacturer's instructions.
- Smoke alarms should be installed inside each bedroom, outside each sleeping area and on every level of the home, including the basement. On levels without bedrooms, install alarms in the living room (or den or family room) or near the stairway to the upper level, or in both locations.
- CO alarms should be installed in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards.
- For the best protection, interconnect all smoke alarms, and all CO alarms. When one sounds, they all sound.
- If the CO alarm sounds, immediately exit the house or building and move outside to an area of fresh air, ensuring each person inside the home is accounted for. Then call 911 and await instructions from emergency personnel.
- Working with each member of the household, create and practice a home escape plan.

The NFPA also notes that today's smoke alarms are more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms. Residents are reminded that smoke and carbon monoxide alarms are not interchangeable and should never be disconnected.

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| 14 | Tue | 4:58 | 8.4 | 5:38 | 7.1 | 11:28 | 0.3 | 11:39 | 1.1 | 6:55 | 6:49 |  |
| 15 | Wed | 5:56 | 8.3 | 6:40 | 7.0 | | | 12:30 | 0.3 | 6:53 | 6:50 |  |
| 16 | Thu | 7:00 | 8.4 | 7:45 | 7.0 | 12:41 | 1.2 | 1:35 | 0.3 | 6:52 | 6:51 |  |
| 17 | Fri | 8:05 | 8.6 | 8:50 | 7.3 | 1:47 | 1.1 | 2:39 | 0.1 | 6:50 | 6:52 |  |
| 18 | Sat | 9:09 | 8.8 | 9:49 | 7.8 | 2:52 | 0.7 | 3:39 | -0.2 | 6:48 | 6:54 |  |
| 19 | Sun | 10:09 | 9.1 | 10:44 | 8.3 | 3:53 | 0.3 | 4:34 | -0.5 | 6:46 | 6:55 |  |
| 20 | Mon | 11:04 | 9.3 | 11:34 | 8.8 | 4:50 | -0.2 | 5:25 | -0.8 | 6:45 | 6:56 |  |
| 21 | Tue | 11:56 | 9.4 | | | 5:44 | -0.6 | 6:13 | -0.8 | 6:43 | 6:57 |  |

The 2023 Young and Budding Artists Exhibition

Wednesday, March 1, 2023
– Saturday, March 25, 2023

Newburyport, MA - Newburyport Art (NAA) presents the Young and Budding Artists Exhibition, featuring the artwork of area students (Grades 1-12). Year after year, this show is always among the most fun and inspiring collections that the gallery produces. At its core, the exhibition is a celebration of the creativity and passion that young artists possess. From colorful paintings to intricate sculptures, the exhibition promises to delight visitors with a diverse range of styles and techniques. The artwork on display is a testament to the power of creativity and the importance of nurturing it in young people. By giving them a platform to express themselves and show their work in a professional setting, Newburyport Art hopes to encourage and inspire the next generation of artists in their future artistic endeavors.



Harvest Dance by Elizabeth C.

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.

Island Lore: Shipwrecks, Mayhem, Lighthouses and Photography off the New England Coast

Thursday, March 16, 7PM

Take a trip up the New England coast from Massachusetts to Maine and explore some of the many stories associated with this region. Focusing on Thatcher Island, the Isles of Shoals and Boon Island, photographer Bruce Magnuson will interweave tales from these fascinating locales with photographs from trips to these islands.

Two ways to attend: watch at the Rowley Library on Thursday, March 16 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.

Recreational Advisory: Salisbury Beach State Reservation Campground

WHAT:

Beginning on Monday, March 13, 2023, and continuing through Thursday, May 4, 2023, the Department of Conservation and Recreation (DCR) will implement a closure of the campground and boat ramp at Salisbury Beach State Reservation in the City of Salisbury to accommodate milling and paving work. Signs will be posted around the reservation and detours will be clearly marked. Other areas of the reservation will remain open to the public.

WHERE:

Salisbury Beach State Reservation campground and boat ramp in the City of Salisbury

WHEN:

Monday, March 13, 2023 – Thursday, May 4, 2023

Introduction to Insight Mediation

Saturday, March 25, 9:30AM

On Saturday, March 25, from 9:30 am to 12 pm, Ted Jones of the North Shore Insight Meditation Center will lead a morning silent retreat at the Rowley Public Library, 141 Main St. Rowley MA. Guests will receive guided instruction to learn to quiet the mind using attention on the breath and movement. There will be both seated and walking meditation periods followed by ample time for questions and discussion. Both beginning and experience meditators are welcome to attend. The program is free but registration is required. Get more information and sign up at www.rowleylibrary.org/calendar/ or by calling 978-948-2850.

Seabrook Station Concrete

Continued from page 1

wrote in an earlier email.

The principal concern is that the ASR will weaken the plant walls and in the event of an earthquake cause structures to fall in on themselves. This might allow leaks of radiation from the plant, Abramson said.

Seabrook Station is the only U.S. nuclear plant that suffers from ASR degradation in its concrete.

The Seabrook Station, which generates electricity for 1.4 million New England customers, is licensed to operate until 2050. As part of its license renewal, NextEra Energy was required to inspect the expansion of the ASR every 10 years, but C-10 sued in 2019 and won. The plant must now be inspected for ASR every six months.

The non-profit C-10, from its headquarters at CI Works in Amesbury, operates a real-time radiological monitoring network in Massachusetts and New Hampshire. It tracks and advocates about safety and security concerns at the plant.

In its multi-page denial of C-10's petition, the NRC stated: "The NRC staff's position is that every structure at Seabrook is currently able to perform its safety function, including those which are affected by ASR."

Abramson said she found this statement "problematic," because C-10 and "any other rational person understands that nobody knows the totality of the ASR-caused damage at the plant.

"New areas are being discovered every year. These new areas did not just pop up overnight, they have been there for a while and are added to the list when either an inspector or plant employee happens upon them."

Abramson wrote that it is logical that other ASR points of decay are not yet known. As C-10's petition states, "the shortcomings of the plant's actions (or inaction) are severe enough to be written up violations and show a pattern of repetitive negligence."

The NRC ruled that because "the violations are not willful, they do not meet the criteria for further enforcement."

C-10 praised the resident NRC inspectors, whom, it said, "have demonstrated their commitment to hold NextEra to the requirements related to ASR to the fullest extent allowed by current regulations." The inspectors' objectivity, it said, "is critical in catching, reporting and enforcing violations by the plant."

FlingGolf Tournament Tour

Continued from page 1

founder and CEO of New Swarm, Pruellage and Steve Bloom, vice president of New Swarm, which is headquartered in CIWorks here.

The San Diego tournament will again be part of the ESPN8 or Acho event that showcases a variety of new and under-viewed sports, including cliff diving, dodgeball, and the National Pickleball Championship. The network also rebroadcasts the FlingGolf tournament several times during the year.

FlingGolf combines aspects of lacrosse, baseball and hockey with golf. It is played on golf courses and follows golf rules. But unlike traditional golf, players need only one FlingStick to play, not a bag of clubs. The FlingStick replaces the driver, irons and woods, wedges and putter.

The two main events were the single players competition and a team event where players paired up. In both, as in golf, the lowest score wins.

FlingGolf attracts passionate players among men and women, particularly young adults, who find golf too slow.

The men's division was won by Sam "Scranton" Scannell, director of athletics at Durham Nativity in North Carolina. The women's division was won by Krysta "Birdie of Prey" Smith, a financial analyst in Earle, PA.

The team event was won by Austin "Showtime" Ebersole, a golf and FlingGolf professional at the American Golf Course in Lewes,

DE, who paired with Scannell.

The best new player was Brian "Doc" Sanders, vice president of instruction at Columbia College in California. And the best military veteran was Mike "The Maine Event" DeRusha, a supervisor for the state of Maine Department of Transportation.

There will be several regional events, including one in West Virginia, during the year. The main tour events this year after San Diego are at Lewes, DE, in May; Colorado in July, New England at a site yet to be determined in September and Virginia in October.

Georgetown CoA's upcoming programs and services.

The COA Knitting Group will meet Thursday March 23, 9:30 a.m. at the Georgetown Senior Community Center. The group shares skills, patterns, while working on individual projects. Some service projects will be planned. Refreshments will be served. For further information, please call the COA at 978-352-5726.

The Winthrop Stamp Club will meet on Thursdays March 23, 1-3 p.m. at the Georgetown Senior Community Center. For further information, please call the COA at 978-352-5726.

Join us on Mondays March 27, 12:30 p.m. for a fun game of bingo. Cost is \$2 per 10-game package. Attendance is limited to 20 people. For information, please call the COA at 978-352-5726.

Instructor Terry Palardy leads a Quilting Group on Tuesday March 28, noon at the Georgetown Senior Community Center.

Nurses

Picket AJH

Continued from page 1

unit and renounced its trauma center designation, Mirecki said.

Anna Jaques became part of one of the state's largest and most profitable hospital networks — Beth Israel Lahey, when Beth Israel Deaconess and Lahey Health merged in 2019.

"Beth Israel and Lahey assured officials they would have more resources going to community hospitals," Murphy said. "Instead AJH management is compromising patient care every single day by refusing to compensate nurses equal to other facilities, forcing nurses to seek employment in other facilities. That ends today."

The cat scan services have been haphazard following a mass resignation of CT technical staff last August, Mirecki said.

"We have gone days on end without CT services, with management only offering inadequate and unrealistic alternatives that jeopardize patient care, presumably because they don't want to admit that CT is closed," Mirecki said. "Instead, we find out when CT is available via posted sticky notes on the department window."

The hospital says a new CT scanner was installed Jan. 16, allowing for enhanced cardiac imaging, coronary angiograms and coronary artery calcium scoring.

The Massachusetts Attorney General's Office has been investigating the hospital for inaccurate paychecks that exceed a normal rate of errors, MNA said. Also, nurses at Anna Jaques have complained about having no meal breaks for shifts of 12 hours or longer.

"Management's track record of misguided decisions is jeopardizing the safety of our patients and the health of our community," Mirecki said. "But we're going to fight to make our hospital the best it can be, on the picket line, in meetings with management or through the National Labor Relations Board."

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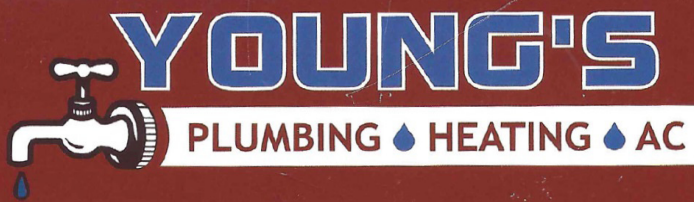
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Seeking Young Artists to Help Beach Birds

The Beach Sign Youth Art Contest is back, and Parker River National Wildlife Refuge is calling on all youth, ages K to 12, to help spread the word about the importance of beaches to shorebirds. While most locals know about the annual beach closure at Parker River National Wildlife Refuge for nesting piping plovers and least terns, many visitors either do not pay attention to the "Area Closed" signs posted at the boundaries or understand why they are closed in the first place.

"We're hoping that colorful artwork created by local youth, with clever messages, will grab beach goer's attention", says Nancy Pau, Wildlife Biologist at the refuge. "These signs can also convey the reason behind the beach closure and what visitors can do to help birds and important habitats."

In addition to the federally listed piping plover and least tern nesting on the refuge, dozens of bird species use the refuge beach as a rest stop while migrating thousands of miles when it comes time to start opening the beach for public use in August. "This is a great way for local students to take part in wildlife conservation right in their back yard, while using their skill and creativity to convey important messages about respecting shorebird habitat," says Refuge Manager Matthew Hillman. By using informational signs to educate visitors about shorebirds, the refuge aims to provide the best experience for beachgoers and shorebirds alike.

Submissions for the Beach Sign Youth Art Contest are being accepted until Friday, April 26th. Winning artwork will be chosen from five age categories, which will then be made into signs displayed on refuge beach. Each winner will receive prizes. A grand prize winner will also be chosen and given the opportunity to help the Refuge Biologist conduct a plover survey on the closed refuge beach.

Contest winners will be announced at "Let's Go Outside" Event Saturday, June 3rd, 2023.

Those interested in the contests are encouraged to review the full contest guidelines and criteria at <https://www.fws.gov/story/2023-03/call-youth-artists>.

If you have any questions email Heather McIntosh at heather_mcintosh@fws.gov.

WORK-PLAY-LOVE

An original play for all audiences

Return to the energy and excitement of Theater Workshop with a new original script - WORK-PLAY-LOVE. A play about community and the artistic process, directed by Stacey Fix. WORK-PLAY-LOVE, will be performed in the Newbury Elementary School on Hanover Street at 7:00pm on March 31 and April 1st. A show that will charm its way into your heart with a message of hope and resilience for audiences of all ages.

In March of 2020, Theater Workshop a 25-year program of Workshop Arts Inc. was 4 days away from performing for full houses with a Spring show. The dark reality of COVID never allowed the show to open. From 2020-2023 the non-profit launched A-OK! Acts of Kindness a community service program that delivered care packages and individualized performances to isolated seniors in our community. Now 35 students are back on the stage,

developing an original show based upon their experiences of community service and the process of artistic exploration. The ensemble performs dances and vignettes that illustrate the importance of meaningful WORK, the importance of sharing PLAY and the secrets to achieving your dreams grows in the LOVE in your heart. Never before has it been more important to support our youth and their efforts.

All the proceeds fund Workshop Arts Inc., a non-profit enrichment foundation. This Workshop Arts program is supported in part by Stone Ridge Properties and Local Cultural Council grants from Newbury, Salisbury, Newburyport and Rowley.

WHO:

Workshop Arts / Theater Workshop
www.workshopartsinc.org

WHAT:

WORK-PLAY-LOVE | A Theater Workshop Production presented by WORKSHOP ARTS INC.

Directed and written by Stacey April Fix

WHEN:

Friday March 31st 7:00pm
Saturday April 1 7:00pm

WHERE:

Newbury Elementary School, 63 Hanover Street Newbury MA

HOW:

All Reserved Tickets made on the website: www.workshopartsinc.org
Tickets: \$15 reserved, or \$25 front row
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Stacey April Fix

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Health & Wellness



By J. PETER ST. CLAIR, DMD

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XYLITOL + DOGS = BAD

humans. There are some minor side effects, mainly diarrhea, although this generally occurs after ingesting large amounts xylitol (four to five times the recommended amount for cavity prevention). A 1982 study suggested that the body can adapt to higher dosages of xylitol and that symptoms can subside as the body's tolerance increases. However, even in small quantities, xylitol is toxic to dogs.

While the dental community embraces xylitol for its cavity prevention, most people, including dental professionals, are unaware of its toxic potential to dogs. While xylitol has little effect on insulin production in humans, dogs can experience rapid and severe increase in insulin production after just a small amount of xylitol ingestion. A dog that ingests a xylitol equivalent of three to four pieces of gum is at risk for hepatic (liver) failure and necrosis (tissue death).

Dogs tend to be scavengers by nature and their likelihood of encountering potentially toxic substances in and around the house is common. The ASPCA web site lists a multitude of substances, many of which are harmless to humans but potentially dangerous to dogs. Chocolate, grapes, raisins, avocado, onion, and citrus fruits make the list. However, xylitol is unique in that it is

contained within foods; as a result, consumers may not even be aware that a product or food item contains xylitol.

For dogs suspected of ingesting xylitol, early intervention is paramount. Prompt medical treatment for uncomplicated xylitol-related hypoglycemia can yield a good prognosis. Xylitol hepatic toxicosis yields a much graver prognosis.

While veterinarians have been aware of the potential danger of xylitol to dogs for several years, that awareness has escaped most of the dental community – and the general public. This has become a more significant issue as more dental professionals promote products that contain xylitol for its human benefits.

It is important for dog owners to know the different foods and products, such as xylitol, that can be harmful to their pooches. Make sure to keep these items out of a dog's reach – and that includes the garbage. If you suspect ingestion of any of these foods, including xylitol, contact your veterinarian immediately.

Dr. St. Clair maintains a private dental practice in Rowley dedicated to health-centered family dentistry. He has a special interest in treating snoring, sleep apnea and TMJ problems. 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

Xylitol is a naturally occurring sugar alcohol that is commonly used as a sweetener in many products, such as chewing gum, toothpaste and nasal spray. Xylitol kills bacteria by disrupting their ability to metabolize glucose, which is a necessary process for their survival. When bacteria consume xylitol instead of glucose, they are unable to use it effectively as a source of energy, leading to a depletion of their energy stores and eventual death.

The dental benefits of xylitol have been known since the 1970's. Xylitol is not metabolized by the decay-causing bacteria *Streptococcus mutans* (S. mutans), making it non-acidogenic and thus noncariogenic (not decay causing). Studies have also indicated xylitol decreases the levels of S. mutans in both plaque and saliva. As a result, patients who use xylitol have demonstrated a reduction in decay.

Xylitol is slowly absorbed by the human intestines; as a result, it has minimal side effects on

Lifting Your Spirit - March 15th Show

'Lifting Your Spirit' is a monthly show in which guests are interviewed about their spiritual lives and their sharing of ways of lifting the spirit.

The show is hosted by Rev. Joel Grossman, Interfaith Minister, Director of Spiritual Services for Constellation Hospice, and provider of spiritual coaching, on a donation basis (more information is at <https://www.spiritualjourneysupport.com/>), and Ted Jones, a meditation instructor at North Shore Insight Meditation Center, and a workshop leader exploring the intersection of Buddhist and Christian meditation traditions.

'Lifting Your Spirit' airs every 3rd Wednesday of the month at 11:30AM on Newburyport's Channel 8. Afterwards, you can watch or listen to the 3/15 show, anytime, on YouTube at <https://youtu.be/3RhT73M5Rm8> or on SoundCloud (audio only) at <https://soundcloud.com/ncmhub/lifting-your-spirits-episode-2>

On 3/15, our guest will be Rev. Dr. Steven Notis, retired United Methodist minister. He served congregations in New England for 47 years, most recently in Hampton, NH. Steven is a practitioner and teacher of contemplative practices, avid cyclist, and a new grandfather.

The show is based on the following principles:

1. Everyone is spiritual; sometimes we are conscious and active regarding our spirituality, sometimes not, but even when not, we still have a spirit.
2. There are many ways to lift your spirit, including not only through religious practices, but also through nature, art, human relationships, and service to others.
3. Each person's spiritual path is unique and may change in small or large ways over time.
4. It is important to respect your spiritual journey, trusting that one step leads to another, and to respect each person's unique spiritual journey regardless of how different it may be from your own. We are not here to convince you of the benefits of any particular method. Rather, we are just offering "food for thought".

For more information, contact Rev. Joel Grossman, jgrossman@constellationhs.com, 978-904-1086.

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U.S Federal Census records are an integral part of any American based genealogical research. Kate Gilbert will discuss the importance of these documents, as well as how to navigate them, and how to use them effectively. The lecture will also cover some basic problem solving in genealogical research, and the pros and cons of using sites such as Ancestry.com in your research.

Kate has been researching Genealogy since 2016 after receiving a Certificate in Genealogical Research from Boston University. She is also currently studying with the University of Toronto, working towards another Genealogical Research Certificate in American Records. Furthermore, she holds a Bachelor's Degree in History from the University of New England, and a Masters Certificate in Museum Studies from Tufts University. She is excited to share her knowledge and help fellow researchers discover their family roots.



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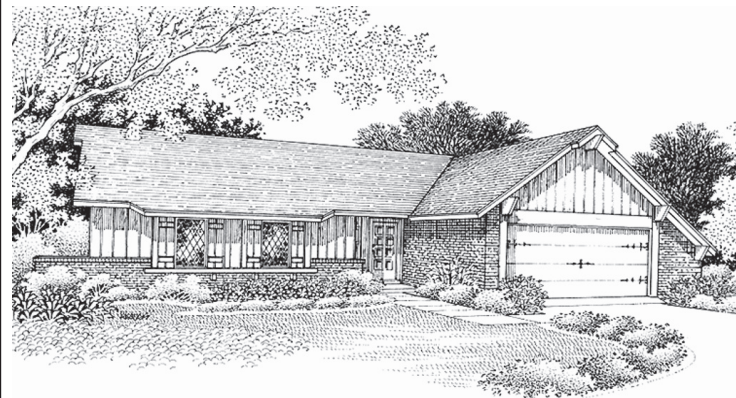
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