

With a Bright Future, Link House Changes Leaders

By Stewart Lytle, Reporter

REGIONAL When Dr. Gary Gastman became the executive director for Link House nine years ago, it had an annual budget of \$1 million, and as he described the major mental health services provider, it had "good bones," but needed "some improvements." On Oct. 20,

when Gastman turns the reins of the 51-year-old addiction treatment organization over to Christine Turner, the senior director of services, the improvements he has brought are evident.

Today, Link House has an annual budget of \$4 million, has five residential treatment centers and two outpatient programs. It has added new campuses and programs to cope with the growing mental health challenges of the greater

Newburyport community.

Gastman, who plans to take a year's sabbatical with his wife Dr. Laura Goldberg before launching the next chapter of his career, said, "I will miss it. It's been my dream job." Being executive director for Link House has been great for him personally and professionally, he said.

He is happy with the board's choice of Turner to replace him. "It's working out well," he said. "The future of Link House is bright.

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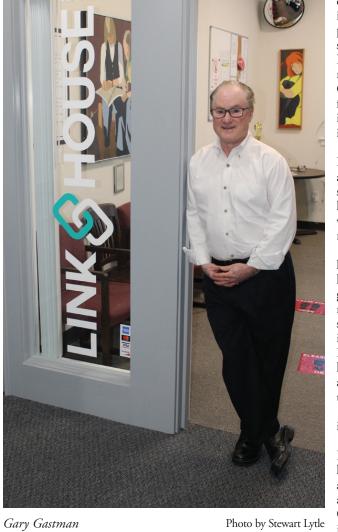


Photo by Stewart Lytle

years of experience leading human service organizations and oversees the residential and outpatient treatment programs at Link House, said last week she is excited to assume the Link House leadership.

Link House has been such a resource for the North Shore it." communities where so many people are struggling with anxiety and loneliness as well addiction, she said. "There is a never-ending need" for people who are in "a very dark

place."

She plans to continue developing new programs, including expanding outpatient services and to stabilize the services that Link House has created in recent years, including the Children and Teen Center for Help (CATCH), which is working with students in five schools.

A big challenge Link House faces is to recruit additional therapists, she said. Two new therapists have been hired in recent weeks, but more are needed.

Gastman's Under leadership, Link House has been careful not to grow too fast, but the needs for mental health services are outstripping its resources, Turner said. In recent weeks, there have been several suicides among addicted and troubled clients, she said.

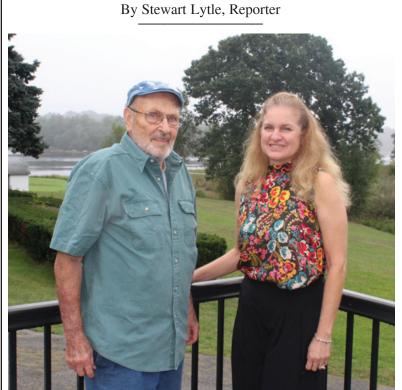
We need to talk about it honestly," she said. A native of Great Britain, Turner previously

held leadership positions at Lowell House and at The Psychological Center in Lawrence. She

is a licensed alcohol and Turner, who brings more than 25 drug abuse counselor and is board certified by The American Academy of Experts in traumatic stress. She is a master addictions counselor with the National Association for Alcoholism and Drug Abuse Counselors.

After decades of fighting for mental health, she said, "I still love

Gastman and Turner, who won the job over three other strong candidates, will spend the next few weeks making the transition, but then he said he Continued on page 3



Gateway Land For Sale

Win Martin and Lisa Newman on the property

NEWBURYPORT - As you sit waiting your turn to enter the traffic the property, currently zoned R-1 rotary that links downtown and the Gillis Bridge over the Merrimack River in the city's north end, have you wondered what are those houses and brick buildings off to east?

With its unspectacular houses and brick machine shop, the 5.5-acre tract does not look like what Realtor Lisa Newman calls "an opportunity for a lifetime."

But it may be, and this unique property is for sale.

No matter who decides to buy it, they will be creating a lasting legacy to be admired for years to come," said Newman with the Laer Realty Partners' Newman Group in Hampton, NH.

The property, which slopes to the river and has 250 feet of waterfront access, could be a showplace for a spectacular home. Or it could be subdivided into at least four premier estate homes on what is one of Newburyport's major gateways.

Photo by Stewart Lytle

Without a major zoning fight, residential, is not likely to become anything more than single family homes, although some developers have expressed an interest in that use, Newman said.

The property, called the Barkley Estate, is listed for \$4.9 million. It has been on the market since May, waiting for the right buyer.

Initially there were multiple offers. The best one "was head and shoulders above the others," Newman said, but the buyer pulled the offer at 10:30 p.m. in mid-July, which proved to be too late for other interested buyers to renew their offers.

'They had all moved on," a disappointed Newman said.

The Barkley Estate, across the rotary from Moseley Park, the popular 16-acre riverfront park, was created by Lou Barkley, a quiet genius who with a third-grade education solved mechanical Continued on page 3



Don't miss what's important to YOU!

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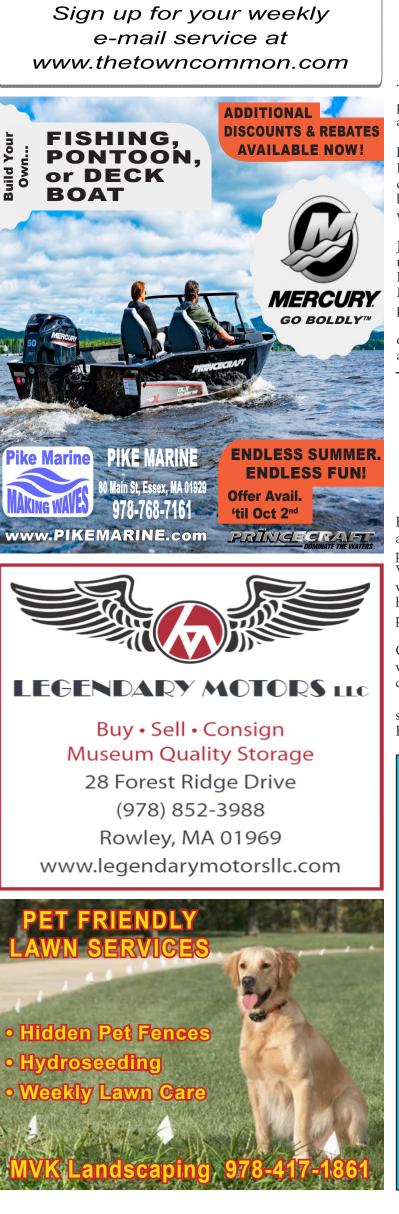
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In loving memory of Liz Ichizawa, '04-05 Reporter (1956 - 2005) Jim Wilson, '20-22 Publisher/Editor (1954-2022)



Rowley Read-in on the LibraryLawn

Saturday, Sept. 30, 10am – 12pm

ROWLEY - Come celebrate your freedom to read as a community! To kick off National Banned Books Week, the Rowley Library is participating in Let Freedom Read, a state-wide Read-in event held at local libraries.

Read what you want on Saturday, September 30 on our library lawn. We'll have cider & donuts, and a story time for the little ones. Bring a book or borrow one (we have something for everyone!) BYO chair or blanket. Children's story time begins at 10:30AM, followed by bubbles and chalk. If it rains, we will be inside (with donuts, but without the bubbles!)

Let Freedom Read is supported by your local library and the Joint Task Force for Intellectual Freedom with members from the Massachusetts Library Association, Massachusetts Board of Library Commissioners, the Massachusetts Library System, and the Massachusetts School Library Association. For a complete list of participating libraries go to libraries.state.ma.us.

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.

An Author's Writing Process with Karin Gertsch

Wednesday, Sept. 27, 6:30PM in the Library Meeting Room

ROWLEY - Get insight into the writing process from author Karin Gertsch, who has published books in 3 different genres: a non-fiction travel book (Cape Ann and Vicinity), a children's picture book (Flora Has an Adventure), and now her first novel (Five Wishes). She'll talk about the differences in writing each book, and what led her to write in such different genres. And she'll touch on her experiences with the publishing world today and her decision to pursue less traditional paths to get her work published.

Karin is a retired educator, who lives with her husband on a Christmas tree farm in Essex, Massachusetts. She is currently working on her second novel as well as a series of Flora stories for children and a creative non-fiction work.

No registration is required. 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.



I and problem.

Link House

would be gone, leaving no confusion among the staff about who is in charge. He has even rented out his house for the year with plans to spend the year somewhere other than Newburyport.

Gastman, a licensed psychologist with decades of management and administrative experience in behavioral health settings, took over Link House operations in 2015 during the opioid crisis and a time when there was a severe lack of mental health care providers who would accept MassHealth insurance.

"Our goal was to create a professional setting for treatment and counseling," he said. He created a leadership team of

He created a leadership team of the senior directors, rather than having them operate in separate silos. They were empowered as a team to run Link House, he said.

Gastman added more professional management, adding administrative systems and conducting client surveys that led to quality improvement plans. He installed more benefits for the staff, which helped Link House recruit more and better therapists and counselors.

Most importantly, he built a strong relationship with the Department of Public Health, which provides significant funding for Link House programs, and changed the Link House philosophy to embrace Medicated Assisted Treatment.

To meet the growing financial needs of Link House, he enlarged the board from four to nine directors, all of whom bring diverse expertise such as legal and medical advice as well as strong community ties.

From its beginnings as a single residential program for men addicted to alcohol, Link House now operates five residential programs for men and women.

They are the original facility, the Link House, near downtown Newburyport that houses 20 men; Progress House and The Elms, both in Amesbury, which treat 25 men each; the Maris Center for Women in Salisbury, which houses 40 women, and its newest program, the Women's Independent Sober Housing (WISH) in Newburyport, which treats 16 women.

The two outpatient programs are the Center for Behavioral Health, which provides counseling and treatment for adults, and CATCH, which treats children from ages five to 18.

"Over our history, we have helped more than 6,500 individuals improve their mental well-being and take positive steps toward living sober, independent and productive lives," its website states.

Gastman said he and Goldberg, a psychological therapist, are excited about their coming sabbatical. He was vague on where they plan to spend the next year as they recharge and plan the next chapter in their lives.

Gateway Land

and engineering problems at Barkley Engineering that baffled engineers with master's degrees.

Barkley, who died in 2011 at age 90, bought the property because the loam in the soil was good. One of 13 children in a Seabrook, NH family that grew up without running water and electricity, Barkley went to work for his uncle, a machinist in Amesbury.

He demonstrated a remarkable talent as a machinist, working with a lathe and dozens of other pieces of equipment, and soon went out on his own. Growing up in a farming family, he fell in love with the property on the Merrimack River. His nephew, Winthrop (Win) Martin, who has lived in the main house for the last seven years, said his uncle's favorite pastimes were mowing the lawn and hitting golf balls into the river.

"I can't imagine how many golf balls are at the bottom of the river," Martin said.

Barkley took on jobs no one else could or wanted to do. He worked for yacht owners, local businesses and the city of Newburyport. He once solved an implacable challenge on one of the popular rides at Salisbury Beach, his nephew recalled.

He also raised bees and served as the city's beekeeper.

People often dropped in to talk with him about a problem. "Even today, people stop in to tell me how Lou was incredible," Martin said.

Martin, who worked for Western Electric Corp., brought engineers to talk with his uncle when they faced a daunting engineering problem. They sat in chairs in his workshop smoking cigars, talking about the

"My uncle never said much, just sat with his arm folded. Then he would tell them how to fix it. He loved helping them out," Martin said.

People would bring him a problem the size of a room, Martin said. He would listen and, in a few words, reduce the problem to a manageable size. He often did not charge for his advice, but did accept gifts of lobsters.

Barkley worked long hours and never went on vacation. His nephew once tricked him and wife, Eileen, into going to dine in a restaurant.

He had an inventor's mind and invented a patented machine to inject jelly into donuts that Dunkin Donuts used. He also created a way to insert paper between the layers of cheesecake.

His primary focus was to make cleaning machines simple enough that a seventh grader, many of whom he mentored, could take them apart and clean them.

"He thought outside the box," Martin said.

Potential buyers will have access to a master plan Martin had drafted 11 years ago. Included are soil conditions, survey, wetland outlines and the development possibilities along with an updated overview of what four ANR house lots would look like.

The property, at 5, 7 and 11 Spofford St.; 570 and 572 Merrimac St., is adjacent to \$3 and \$4 million homes.

"The possibilities here are endless," Newman said.

His nephew believes Barkley would love the challenge.

For more information or to schedule a private viewing of this property, call Lisa Newman at 603-944-1062.

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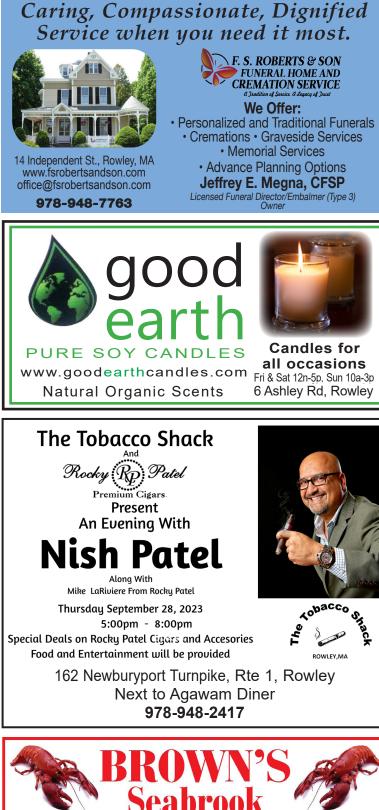
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Support for Local Creators: The festival provides a platform for local writers and two-dimensional artists to showcase and sell their original works, including art and books. This exposure not only supports the creative economy of Ipswich but also encourages local talent to flourish. Attendees can take home please join us. Register at www.LanguageLives.com

Rowley Council on Aging

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Rowley Democratic Town Committee Meeting

ROWLEY - The Rowley Democratic Town Committee will hold its next monthly meeting at the Rowley Public Library, September 26th at 7pm. Stop by to learn about the committee while enjoying general conversation about local events, ways to get involved in the community and participate in a Q & A session with Triton school committee member Nerissa Wallen. Attendees will also be provided a brief update on what our State Representative, Kristin Kassner. has accomplished, as well as, what bills are coming up in the future. If you are new to Rowley, WELCOME! We invite you to join our meetings and are happy to help you navigate the various boards and committees and services in our little town.

The Rowley DTC provides a forum for its members to meet like-minded people, learn about issues and candidates, and be active participants in the political process. Committee members look forward to extending a warm welcome to both new and old Rowley residents. All are welcome to attend the meetings. For information reach out via email to rowleydemocrats@gmail.com.

Public Notice

Merrimack Valley Planning Commission

-Thursday, Haverhill September 21, 2023 VIRTUAL Meeting (public)

The Merrimack Valley Planning Commission will hold its monthly virtual meeting on Thursday, September 21 at 11:00 a.m. The agenda includes updates on the commission's activities and is available at the MVPC website www.mvpc.org. For questions or details of this meeting contact Jodie Furey at jfurey@mvpc.org



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Page 4

By J. Peter St. Clair, DMD

Studies have shown a link

between teeth grinding, clenching

and headaches. There are also links

to people who have sleep breathing

disorders, and those who take

serotonin uptake inhibitors (SSRI).

Some brand names of these drugs

are Celexa, Lexapro, Prozac, Paxil

and Zoloft. Many people grind

and clench their teeth for many

different reasons - let's not forget

the muscles that open and close

the jaw can become painful from

overuse, causing a range of symptoms

from tension to migraine headaches

to jaw joint (TMJ) problems to

tooth pain. Here is a simple test

– look at your tongue in the mirror

without sticking it out. Are the borders smooth? If they are ridged,

you are probably doing something

Bruxing (grinding) and clenching

teeth is defined as abnormal tooth

contact (parafunction). Ordinarily,

teeth should only be in contact

while eating and swallowing, which

is about 10 to 15 minutes on a daily

basis. People who grind or clench

their teeth during the day, or while

sleeping, can have their teeth in

outside of normal function.

For people who grind or clench,

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contact for as much as six hours a day or more. Researchers say that one night of grinding is equivalent to 80 days of normal wear. Read that last sentence again.

Clenching can be just as bad, and in some cases, worse than grinding. The average person puts about 200 lbs. of force on back molars during function, but a person who clenches can put up to 1000 lbs. on the molars. This is a lot of force for the teeth to withstand. Fractured teeth are seen on a regular basis in dental offices due to clenching. Typically, a person will come in saying that their tooth broke while they were eating something soft. While that may be the case, often times clenching and/ or grinding has weakened the tooth prior to it breaking.

The American Dental Association estimates that 95 % of the American population suffers from a grinding or clenching problem at some point in their lives. Some people do so much damage over time that they need a lot of dentistry to restore their teeth back to normal function. The key is early diagnosis and treatment.

Many patients do not realize, and some refuse to accept the fact that there is a problem. The reason for this is because many, if not most, do not have symptoms. The masticatory system is a very adaptive and forgiving system. Some even think their symptoms are just normal. However, if a problem is identified, accepted, and treated, it can help prevent numerous potential issues down the road.

Therefore, successful therapy starts with acceptance of the pathology present. In addition to behavior modification, nighttime bite splints can be very effective. They should be worn every night, not just when it "seems" like you have been grinding or clenching. It's like wearing a knee brace. You wear the brace to support the knee to help prevent more injury.

Some patients require daytime splints because their issues are affecting them during the day, and a "night" guard might not be enough. Over-the-counter appliances are typically not recommended for a variety of reasons.

Ask your dentist whether you have any of the signs associated with grinding or clenching, and especially talk to your dentist if you have any symptoms. If the reason can be identified as to why this happening, it will direct the provider to offering the best solution for your specific situation.

One last thought: Read the first paragraph over. In most people, there is a reason for the grinding and/or clenching. There is a lot of interconnectedness between sleep and other issues. Sometimes, if you fix one thing, other things go away. 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



DR. LAURA ANNE POTVIN, P.C. **OPTOMETRISTS**

Hampton United Methodist Church Turkey Dinner Saturday, October 7, 2023 – Curbside Pick Up

HAMPTON, NH: Hampton United Methodist Church, 525 Lafayette Rd. (Rt. 1) cordially invites the Seacoast Community to the CURB SIDE PICKUP TURKEY DINNER "with all the fixings", on Saturday, October 7th, from 4:30pm to 6:00pm. To enjoy this delicious turkey dinner, which includes roasted turkey, stuffing, mashed potatoes, squash, peas, rolls, cranberry sauce, and dessert reservations are required. Cost: Adults - \$15.00; Seniors -

\$12.00 and Children 12 and under - \$6.00

Registration can be done either through the church website at HamptonnhUMC.org or contact the church office directly at 603-926-2702 or email hamptonumc@ myfairpoint.com .

Last day to place your order is Thursday, October 5th. Pick-up times are 4:30 pm to 5:00pm; 5:00pm to 5:30pm and 5:30pm to 6:00pm. Meals can be picked up in the church parking lot located at the back of the church.

mission outreach programs of the Hampton United Methodist Church. Hampton United Methodist All are welcome to worship at Church (HUMC) is proud of the the church at 10:00 am on Sunday vital role it plays in the community. Its outreach and mission work extends throughout the Seacoast and beyond. Locally, it provides space for Alcoholics Anonymous (AA) and Al-Anon meetings, as well as Meals on Wheels, and its food pantry is

open every Wednesday. HUMC is Family Promise, a non-profit agency you require additional information.

This fundraising event will support that helps in guiding families who are experiencing homelessness toward stabilized housing.

All are welcome to worship at mornings. As is the tradition in the United Methodist Church, holy communion is held on the first Sunday of each month. HUMC also offers a youth Sunday School program and nursery care. Please contact the church office

at 603-926-2702 or email at also an active partner with Seacoast hamptonumc@myfairpoint.com if



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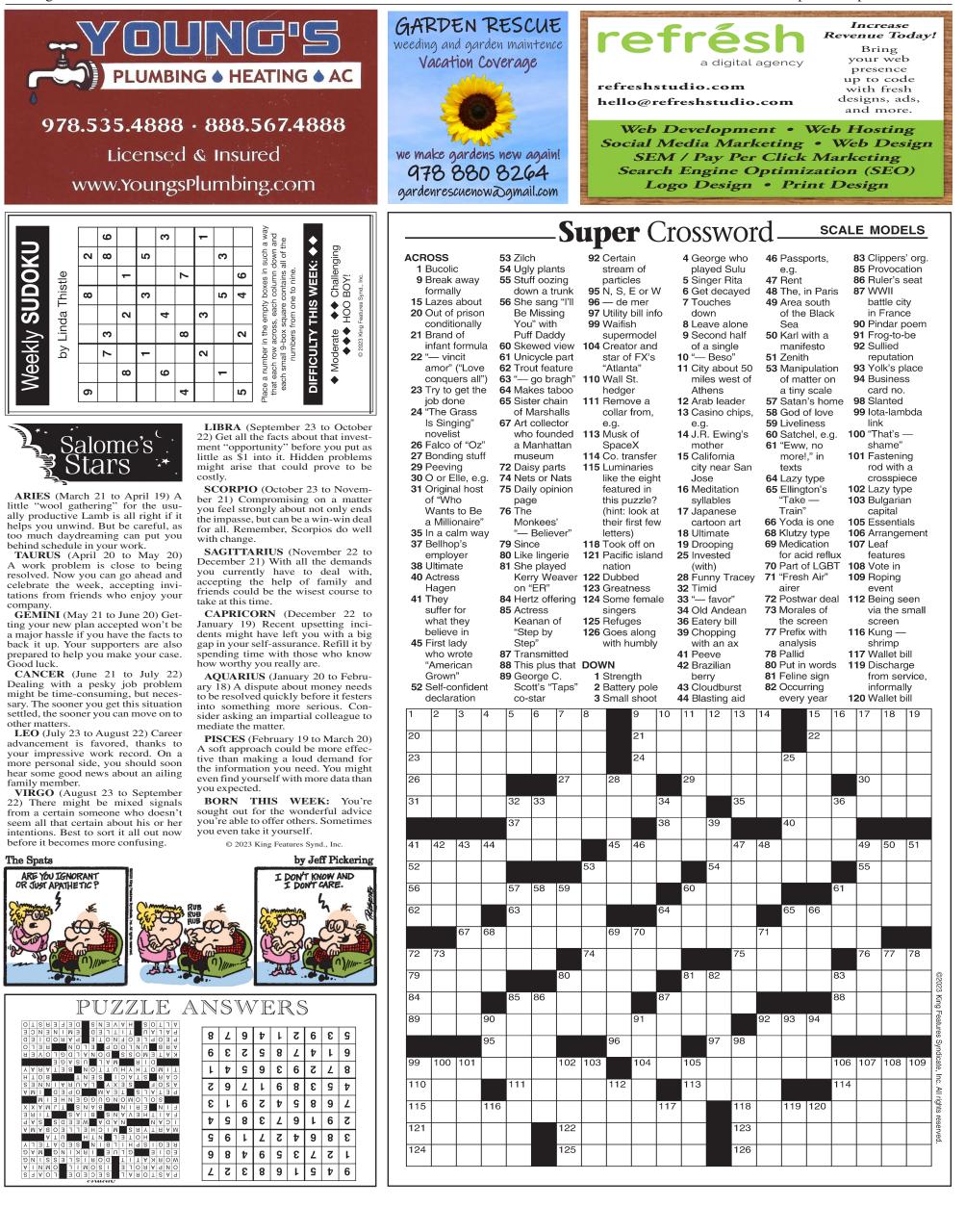
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DR. DAVID C. BECKINGHAM

Page 6

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