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Sedgwick Named Police Chief

By Stewart Lytle, Reporter



Photo provided by David Sedgwick

From left, Donald Cudmore and David Sedgwick

GEORGETOWN — Georgetown resident and Rowley Police captain David Sedgwick will be sworn in as police chief here at 4 p.m. on Thursday.

He will succeed Chief Don Cudmore, who has been a Georgetown police officer for 39 years and chief for more than 10 years.

Sedgwick, 54, joined the Rowley department 30 years ago this week. During those three decades, he has distinguished himself with both his community service and his police work.

In 2015, he was recognized by the city of Newburyport for disarming a suicidal man with a gun. Ten years earlier, he saved the life of a 16-year-old, which earned him a Ribbon of Commendation. He rescued an individual suffering from hypothermia from the marsh in 2001. And he was recognized for his work in Boston and Watertown in the aftermath of the 2013 Boston Marathon Bombing.

He has also helped raise money for various causes in Rowley and developed and directed the Visit with Santa program.

Sedgwick and Cudmore are both graduates of the 10-week course at the FBI National Academy, which represents the top 1 percent of law enforcement executives from around the world. Sedgwick also studied law enforcement in numerous colleges and universities.

Cudmore plans to continue teaching at Merrimac College and the Municipal Police Training Academy and use his retirement time to follow his passion for restoring boats and reducing his golf handicap. He said he is fortunate to have served the Georgetown community.

Hope For Saving the Pink House

By Stewart Lytle, Reporter



The Pink House

Photo by Stewart Lytle

NEWBURY — The standing room only crowd of supporters for the Pink House who gathered last week at Pita Hall were given some reason not to abandon hope that the iconic house might be saved.

"It's not over yet," said Matt Hillman, manager of the Parker River Refugee, who is the decision maker on whether to demolish the Pink House.

Hillman announced on Nov. 1 that the U.S. Fish & Wildlife Service (F&WS), which owns the Pink House, would demolish the vacant house on the edge of the salt marsh on the Plum Island Turnpike after a 30-day public comment period ends Nov. 30.

The plan is to build a parking lot and platform for viewing the marsh on the 9.2 acres where the Pink House stands. The Pink House ranks as one of the most painted and photographed buildings in New England.

When asked by a supporter how he slept at night after announcing the Pink House would be torn down, Hillman said he sleeps fine.

The F&WS has been working for eight years to find a solution. "I have poured my heart and soul into finding a solution for the Pink House. I have exhausted every option," he said.

Several of the Pink House supporters disagreed.

At a meeting called by state Sen. Bruce Tarr, R-Gloucester, whose district includes the Pink House, Craig Pessina, a local businessman, announced publicly for the first time that he is willing to finance the saving of the Pink House, if a deal can be worked out, and restore the house.

Pessina has been working with the Supporters of the Pink House (STPH), a volunteer group, to identify suitable land he could purchase and trade for the Pink House. The deal has not progressed because no tract of land, valued at close to \$500,000 has been identified.

Continued on page 3

Carleton Road To Be Rebuilt

By Stewart Lytle, Reporter



Carleton Drive will be rebuilt

Photo by Stewart Lytle

GEORGETOWN — Traffic using the intersection of state Rte. 133 and a rebuilt Carleton Drive, just west of Interstate 95, will be under substantial scrutiny when the G. Mello Trash Disposal Corp. begins accepting large trucks bringing trash to it large, new station.

A new permit approved by the town's Planning Board recently requires Mello to hire a police detail to manage traffic at that intersection for the first four months of operations.

Six months after the transfer station opens, Mello must also produce a traffic study on Carleton Drive and the intersection.

But even that was not enough for board chair Harry LaCortiglia, who announced at the meeting that he plans to use the access road to avoid the intersection on his drives to and from I-95.

In a 10-page decision, the board unanimously approved the operating permit for the transfer station after the state Land Court agreed with Mello and rejected the board's previous denial.


Mello is waiting only for the town's Conservation Commission, whose chair resigned this month, to approve the station after the Land Court approved Mello's appeal of its denial.

The Board of Health has also approved the Mello application, but limited it to a staged implementation, beginning the first two years with 150 tons per day. It can process 550 tons of trash per day in the fifth year or 2027.

Before the plant can operate, the Planning Board and Board of Health are requiring Mello to reconstruct the 1,600-foot Carleton Road, which is fraying on the edges and engineers believe will not handle truck traffic. When it was tested with 11 core drillings by Miller Engineering and Testing two years ago, the subsurface was mostly sand and water.

Continued on page 3

Help Wanted Ads - Page 7



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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:
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Jim Wilson, '20-22 Publisher/Editor (1954-2022)

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29	Wed	12:16	7.8	12:24	9.2	6:13	0.6	6:53	-0.4	6:50	4:12	☾
30	Thu	1:01	7.6	1:08	8.9	6:57	0.9	7:37	-0.2	6:51	4:12	☾
1	Fri	1:46	7.4	1:54	8.5	7:43	1.1	8:23	0.1	6:52	4:12	☾
2	Sat	2:33	7.2	2:41	8.2	8:31	1.3	9:11	0.4	6:53	4:11	☾
3	Sun	3:22	7.1	3:32	7.9	9:22	1.5	10:00	0.6	6:54	4:11	☾
4	Mon	4:13	7.0	4:25	7.6	10:16	1.6	10:51	0.8	6:55	4:11	☾
5	Tue	5:05	7.1	5:20	7.4	11:12	1.6	11:42	1.0	6:56	4:11	☾



Letters To The Editor

Georgetown COA Thanks Kiwanis Club for Annual Thanksgiving Dinner

To the Editor,

At a time of year when care and compassion is so important, the Georgetown Kiwanis Club illustrated the true meaning of Thanksgiving as they hosted their annual dinner at the Penn Brook School last Saturday. Arriving at 6 a.m. to cook 20 22-pound turkeys, more than 30 members of the Kiwanis Club members served Thanksgiving dinners to at least 200 elders including several home-delivered meals to individuals within the community. The graciousness offered by the Kiwanis Club and several volunteer groups cheered the lives of many of the older adults in our community and warmed the spirits of all who participated in this beloved tradition.

Rich with autumn colors, centerpieces decorated each table while volunteers from the Kiwanis Club, Georgetown Youth Baseball Players, Builders Club and Georgetown High School Key Club provided good company along with heaping plates of turkey and all the trimmings. On behalf of the Georgetown COA, I would like to thank the Kiwanis Club, the Builders Club, the Georgetown Youth Baseball Players, the Georgetown High School Key Club, the Garden Friends of Georgetown, the Georgetown School Department, and the volunteers who provided the many hours of service necessary to offer this wonderful annual event to elders. We are very thankful for all of you!

Sincerely,

Colleen Ranshaw-Fiorello, Director
Georgetown Council on Aging

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Pink House

Continued from page 1

The F&WS bought the Pink House for \$375,000 in 2011.

The terms of a trade for the Pink House are complicated under federal law. The land to be traded must be salt marsh or upland acreage, one mile from an existing National Refuge and be valued at almost half a million dollars.

Eric Rosenthal, a Plum Island resident, challenged Hillman's claim that the F&WS could not own and preserve the Pink House. His research of the F&WS mission found that it includes protecting historically significant buildings, he said.

Specifically, the F&WS owns and preserves the North Light House on Thatcher Island off Cape Ann.

The Pink House, which was built a century ago for the wife and son by a disgruntled mother-in-law, may not be historically significant, but it has cultural significance. "It is part of our history," said one supporter.

Another hopeful sign for saving the Pink House came from Salisbury selectmen who said they would be willing to consider trading marsh land the town owns across the Merrimack River for the Pink House.

And it was suggested that the F&WS could lease the Pink House on a short-term basis to an entity that would restore it.

When Hillman was asked to give the STPH and the government officials more time to save the iconic house, he said the decision to demolish the house might take until next spring or summer to review all of the comments from the public.

The F&WS has proposed demolishing the Pink House because it requires significant maintenance at a time when the F&WS has declining financial resources. Hillman said the Pink House is increasingly "a safety hazard."

STPH leader Rochelle Joseph disputed that claim. While acknowledging that the house could be better maintained, she said independent contractors who have inspected the house have found it in good condition.

The meeting was well attended by local and state officials, including state Rep. Kristin Kassner, D-Beverly. State Rep. Dawyne Shane, D-Newburyport, did not attend. U.S. Rep. Seth Moulton, D-Salem, and other member of the congressional delegation were criticized for not attending the meeting or sending staff.

When asked if Congress could pass a law preserving the Pink House, Hillman said that was beyond the scope of his authority.

To read a letter from refuge management on the Pink House, see its plans for the acreage and to submit a comment regarding the Pink House to the F&WS before Nov. 30, visit www.fws.gov/refuge/parker-river

Carleton Road

Continued from page 1

According to the Miller Engineering analysis, a total rebuild of the road will require 20 inches of gravel as the base, topped with 12 more inches of crushed gravel, 3 inches of binding material and 2 inches of asphalt on top.

Mello proposed that it only resurface the road with two inches of asphalt.

The intersection at Carleton Drive was rated by the state Department of Transportation as an A and F. Entering the intersection from interstate 95, it was rated an A, but exiting onto 133 was rated an F.

Mello told the Planning Board the station would generate 94 new vehicle trips at that intersection, including 59 roll-off container

trucks, 10 packer trucks and 14 transfer trailers per day. All trucks must enter and exit from the east. Drivers will have three strikes against them if they turn west and drive their truck through downtown Georgetown.

Under terms of Mello's permit, the town will also monitor the station's impact on noise and dust, wildlife and vermin.

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Health & Wellness



By J. PETER ST. CLAIR, DMD

I hope you had a wonderful Thanksgiving with family and friends! While we may be giving thanks for the many blessings in our lives, we also often need to battle the stressors.

This time of year always seems more stressful, but stress in general is hard to avoid. We worry about school, work, finances, illness, children, relationships, and more. Some even worry about how much they worry. Not to add to your stress, but you should be aware that all that worrying could have a negative impact on not only your general health, but also your oral health.

According to an article in the Journal of Periodontology, there is a strong relationship between stress and periodontal disease (gum disease). In addition to stress, other psychological factors, such as anxiety, depression, and loneliness are linked to an increased likelihood of periodontal disease.

So how does stressing out about your next car payment, for example, lead to gum disease? Researchers believe that the hormone cortisol may be a factor. Cortisol, also known as the "stress hormone," is secreted by the adrenal glands and involved in many functions, including proper glucose metabolism, blood pressure regulation, insulin release for blood sugar maintenance, immune function, and inflammatory response. An earlier study published in the same journal the year before found that increased levels of cortisol can lead to more destruction of the gums and bone due to periodontal diseases.

Behavioral factors also may come into play. People who are under extreme amounts of stress or suffering from depression may be more likely to disregard good oral hygiene. They may even take on new behaviors that could negatively impact their oral health, such as the use of nicotine, alcohol,

or drugs, all of which can affect the teeth and gums.

Your gums are not the only victims of stress. Another oral side effect is teeth grinding or clenching, which often occurs during sleep. This may lead to headaches, earaches, or toothaches. Facial muscles can become sore and jaw joints tender. Besides causing discomfort, grinding and/or clenching can lead to severe tooth wear, loosening of teeth, and cracked or fractured teeth.

It is important to find healthy things that help relieve stress. A regular exercise routine can do wonders for relieving stress, as well as having a balanced nutritious diet and getting enough sleep. You should be getting 7-8 hours of good sleep every night. If you are not getting that amount, you are

depriving yourself of optimal performance.

If you find it difficult to manage your stress, you should see your physician. Stress cannot be avoided, but it can be managed and minimized by change. You should also make your dentist aware of your stress level so that he/she can determine if there are any notable effects going on within your masticatory system and make recommendations to help.

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

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- 1 Golf tourney
- 7 "Nonsense!"
- 12 Wordplay bits
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- 23 Prima ballerina who received the Kennedy Center Honors in 1989
- 26 Winning sign
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- 28 2003 Tony winner for "Movin' Out" choreography
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- 44 Magical land of C.S. Lewis
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DOWN

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- 62 1947 Tony winner for "Brigadoon" choreography
- 66 Suture
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- 79 "Top Hat" co-star
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ACROSS

- 100 City due west of Chicago
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- 111 Prima ballerina famous for her "Dying Swan"
- 114 Courtesan whom King Ludvig I made Countess of Landsfeld
- 117 Bush replacer
- 118 Yale alum
- 119 "The Twelve Days of Christmas" gift (and what this puzzle features)
- 126 Mtn. statistic
- 127 Yemen locale
- 128 Cocooned stages
- 129 Many a web surfer
- 130 Mind-related, in combinations
- 131 Smell bad
- 132 Deficient
- 133 "— Fi" (Marines' motto)

DOWN

- 1 Thurman of Hollywood
- 2 Fa follower
- 3 Undivided
- 4 — Romana (peace)
- 5 Digital money
- 6 Unrelated to maritime armed forces
- 7 Sit down, slangily
- 8 Makes laugh loudly
- 9 Shrouded
- 10 Nickname lead-in
- 11 Proceeded
- 12 Coral colony member
- 13 Curved fastening bar
- 14 — Scotia
- 15 Marine fish of the western Atlantic
- 16 West Indies' largest city
- 17 Outerwear for some high-culture shows
- 18 Get ready
- 24 Have the gall
- 25 — Jima
- 29 Tooting thing
- 30 Trudeau's country
- 31 "About this large," informally

ACROSS

- 32 Original Mouseketeer — Tracey
- 33 Channel for Wolf Blitzer
- 34 Parts of city grids: Abbr.
- 35 Noted times
- 41 Tyrant Amin
- 42 Structure for storing music
- 43 Some ctrs. of learning
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- 46 Charged, as particles
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- 48 Autos from long ago
- 49 Kitty chip
- 52 Maven
- 53 "Rambo" war zone, in brief
- 57 Neuters, as a stallion
- 59 Smelting junk
- 61 GIF or JPEG
- 63 Throw a few back in a bar
- 64 52, to Livia
- 65 Kin of -ess
- 70 Goad
- 72 Baseball executive Joe
- 73 Jungian inner personality
- 74 Sticky, nutty treats
- 75 Endlessness
- 77 Onetime teen idol Garrett

DOWN

- 78 Nevada city
- 80 Suffix with Caesar
- 81 Nutrition amt.
- 82 Texas city
- 83 1990s "caught on tape" series
- 84 Belgrade site
- 87 Dress in
- 91 In a pillared structure
- 92 Educ. org.
- 93 Onetime rival of Atari
- 95 Diagrams for brainstorming
- 98 Infatuated
- 99 Deep longing
- 101 — Kan (classic dog food brand)
- 104 Typewriter formatting aid
- 105 Apple tablet
- 108 Kind of navel
- 109 T-bone, e.g.
- 110 Brooks of film
- 112 A lack of musical skill
- 113 Actress Vivian
- 114 Jump
- 115 French river
- 116 Electric jolts
- 120 "OB-viously!"
- 121 NYSE event
- 122 — laude
- 123 Enabler of web access
- 124 Once named
- 125 Mutt's noise

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73162249	SLD	1 Cannon Hill Rd Ext	Groveland, MA	AN7162	Detached	1	549900	555000
73164349	SLD	11 Glenwood St	Amesbury, MA	C95006	Detached	2	550000	555000
73171783	SLD	1 Town Farm Rd	Ipswich, MA	AN4646	Detached	2	579900	630000
73169349	SLD	20 Rollins St	Groveland, MA	AC2458	Detached	2	589000	589000
73162471	SLD	430 Middle Street	West Newbury, MA	AN6420	Detached	4	599000	700000
73164758	SLD	138 Linebrook Road	Ipswich, MA	C95171	Detached	2	625000	600000
73168490	SLD	26 Beacon Avenue	Newburyport, MA	AN7874	Detached	1	650000	803000
73168436	SLD	38 Pleasant St	West Newbury, MA	AN6888	Detached	2	669000	670000
73179375	SLD	123 Pond St	Georgetown, MA	AN6212	Detached	2	689000	700000
73164123	SLD	4 Comstock Ln	Topshfield, MA	AN6212	Detached	3	699000	765000
73168297	SLD	21 Porter Rd	Boxford, MA	AN7070	Detached	3	959000	970000
73161035	SLD	10 Lillian Dr	Ipswich, MA	AC1087	Detached	3	995000	965000
73166995	SLD	83 Weldon Farm Rd	Rowley, MA	AN6188	Detached	5	1135000	1135000
73173671	SLD	2 Atkinson St	Newburyport, MA	AN0224	Detached	3	1149500	1165000
73156292	SLD	105 Georgetown	Boxford, MA	AN2383	Detached	3	1399000	1389500
73163368	SLD	6 Lawrence Road	Boxford, MA	AN4919	Detached	5	1599000	1569000

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- ◆ Flavored Oatmeal
- ◆ Granola Bars
- ◆ Canned Peas
- ◆ Canned Carrots
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