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# The Town Common

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Wednesday, March 13, 2024 - Vol. 20, No. 20



## State Tennis Champs Ask for New Courts

By Stewart Lytle, Reporter



Photo by Stewart Lytle

The Nock Middle School tennis courts

NEWBURYPORT – For the last two years the Newburyport High School girls' tennis team has won the state championship, but always with other teams hosting the championships.

Newburyport trains outstanding players, whose record entitled them to be the host for the year-end tournament. But according to Massachusetts Interscholastic Athletic Assn. (MIAA) rules, the tournaments cannot be played here because the city does not have enough courts in the same area.

Last year, the school district took a major step to solving the problem by rebuilding two courts on Johnson Street on the east corner of the middle school campus, but the state rules require the host school to have four courts together.

Across town at Atkinson Park are three more courts, but since these courts are not close to the existing Nock courts, they do not qualify.

"Because there are only three courts (at Atkinson), the matches take twice as long, as only half the positions can play at one time," the school district told the Community Preservation Commission (CPC) last week.

Teams of three singles matches and two doubles matches play two out of three sets, which can run past dark.

"The need is there," said George Bradshaw with the Friends of Newburyport Tennis.

"Holding practices Continued on page 3

## Georgetown Faces \$3 million Override

By Stewart Lytle, Reporter



Georgetown Welcome Sign

Photo by Stewart Lytle

GEORGETOWN – Property owners here are facing the possibility of a hefty tax increase to overcome a shortfall in revenues that has been years in the making.

The Finance Advisory Committee voted unanimously last week to move forward with a proposal to the Board of Selectmen and Town Meeting members that the total tax burden be raised by \$3 million for 2025.

Because the increase would exceed the state ceiling of no more than 2.5 percent, the proposal must be approved at Town Meeting May 6 and a week later at the Town Election.

Projections are that the proposal would increase taxes on a \$628,000 home, the average priced home in Georgetown, by \$975 per year.

The measure must be approved by the Board of Selectmen before it is put on the Town Meeting warrant.

"This does not make any of us comfortable, but we have to do it," said Ed Dubie, chair of the Finance Advisory Committee.

Anticipating that the tax increase will not be popular, Town Administrator Orlando Pacheco told the Finance Advisory Committee that he planned to employ Guilfoil Public Relations at \$500 a month to run a campaign to inform residents of the need for the tax increase.

For several years, town revenues have been declining, particularly from the \$500,000 a year loss in cannabis host payments, while expenses to fund improvements in the schools and in the police and fire department were postponed. The town has dipped into reserve funds in recent years to cover expenses.

"We've been living on our savings. Now it is time to pay the price," Dubie said. Continued on page 3

## Learn About Pesticides and Bees

By Ava Moeckel, Reporter



The Northeast Harvest Buy Local Program will be holding its 2024 Agricultural Conference this week at the Topsfield Fairgrounds. These sessions will offer information about pesticide safety, management of bees and other pollinators and tick biology.

The goal of the Buy Local Program, which represents almost 400 farms in Essex and Middlesex counties, is to connect farmers with consumers.

Professional Acknowledgment for Continuing Education (PACE) credits will be awarded for attending the sessions.

Starting at 9 am Wednesday, Laurie Manning from the Massachusetts Department of Agriculture and Andrea Szylvian from the U.S. Environmental Protection Agency will discuss pesticide residues, potential health effects of pesticide exposures and how to avoid bringing pesticide residues home. The Worker Protection Standard (WPS) is designed to protect agricultural workers and pesticide handlers from the risks associated with prolonged pesticide exposure.

After lunch, at 12:45 p.m., there will be an interactive presentation on how humans can be more friendly to pollinators when managing landscapes for work and recreation. Attendees will learn about the biology and natural history of common wild and managed bees in the Northeast. It will outline best management practices. The

session is led by Dr. Kim Skyrm, chief apiary inspector for the Massachusetts Department of Agriculture.

The program will also update the health of honeybees on a local and national level.

At 2:30 p.m., another workshop, led by Blake Dinius, an insect researcher, will cover the mysteries behind tick biology and ecology and the history of tick-borne disease in America.

James O'Brien, Northeast Harvest executive director for Essex and Middlesex counties Buy Local organization, for 18 years has been the general manager of the Topsfield Fair, the oldest continuously operating county fair in America.

There is no charge for this workshop, but registration is required. Please register with Dawn at 978-887-5000 or email dawn@topfieldfair.org. Space is limited.

Contributors to Northeast Harvest Agricultural Conference, include Essex Agricultural Society, Massachusetts Department of Agricultural Resources, U.S. Environmental Protection Agency, Region 1 (New England), Apiary Inspector of America, Boston Honey, Holliston Chickadee Hill Farm, Rowley; Chris' Farm Stand, Haverhill/Peabody; Herrick Farm, Rowley; Ipswich Shellfish Fish Market; Mann Orchards, Methuen; Neptune Harvest, Gloucester; Northeast Nursery, Peabody, and A&B Insurance, Westford.

### Help Wanted Ads - Page 7





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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, or e-mail to: Wethersfield St., Rowley, MA 01969 Phone: 978-432-9669 E-mail: news@thetowncommon.com

#### The Town Common

Marc Maravalli, Founding Publisher / Editor

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

#### LEGAL NOTICE - NOTICE OF PUBLIC SALE

Notice is hereby given by Newburyport Towing Service, Inc. 27 S. Hunt Road, Amesbury, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will auction the following vehicles March 14, 2024 on the website http://sta.ibidsmart.com. The auction will end at 1:00 pm and buyer registration is required. Those that do not sell at auction will be sold on or after March 14, 2024 by private or public sale to satisfy their garage keepers liens for towing, storage, and notices of sale:

- 2011 Ford Explorer VIN 1FMHK7B88BGA89279
- 2002 Toyota 4Runner VIN JT3HN86R020373913
- 1998 Ford Ranger VIN 1FTZR15X0WPA52320 3.
- 2003 Saab 9.5 VIN YS3ED49Z433003580
- 2006 Chevrolet Express VIN 1GAHG35U561112512
- 2008 Honda Fit VÎN JHMGD38468S071925

Vehicles are being stored at Newburyport Towing Service and may be viewed by appointment only.

Walter L. Lowell

2/28, 3/6, 3/13

#### LEGAL NOTICE - NOTICE OF PUBLIC SALE

Notice is hereby given by Newburyport Towing Service, Inc. 27 S. Hunt Road, Amesbury, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will auction the following vehicles March 14, 2024 on the website www.auctionsinternational.com . Those that do not sell at auction will be sold on or after March 14, 2024 by private or public sale to satisfy their garage keepers liens for towing, storage, and notices of sale:

- 1. 2012 Ford Fusion VIN 3FAHP0JA2CR387246
- 2. 2007 Nissan Maxima VIN 1N4BA41E67C862807

Vehicles are being stored at Newburyport Towing Service and may be viewed by appointment only.

Walter L. Lowell

2/28, 3/6, 3/13

#### **LEGAL NOTICE ROWLEY CONSERVATION COMMISSION** INVITATION FOR PROPOSALS TO FARM

The Town of Rowley has an opportunity for farming on its Pingree Farm Conservation Area at 60 Pingree Farm Rd. (Map 4, Parcel/Lot 12) & 29 Boxford Rd. (Map 5, Parcel/Lot 84) starting in the 2024 growing season. The area available to be farmed includes two parcels of approximately 17 acres and 7 acres respectively which are located in the Town's Zone II drinking water supply. The farming would be done under a license issued by the Rowley Conservation Commission and would be revocable at will on thirty (30) days' notice. The Town is looking for qualified applicants (farmers) from the Town of Rowley or directly abutting municipalities. Applicants would have to provide a detailed planting and pest control plan (IPM) and have liability insurance. Written expressions of interest are requested by April 15, 2024. Interested parties should contact the Conservation Commission's Agent at 978-948-2330 for further details.

Daniel Shinnick, Chairman, Rowley Conservation Commission 03/13



D:	ate	High				Low				<b>\_</b>		
Date		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
12	Tue	1:24	9.6	1:50	9.4	7:39	-1.3	8:00	-1.0	6:57	6:47	
13	Wed	2:11	9.8	2:40	9.1	8:30	-1.3	8:48	-0.7	6:55	6:49	0
14	Thu	3:00	9.7	3:32	8.6	9:22	-1.1	9:37	-0.2	6:54	6:50	0
15	Fri	3:52	9.4	4:26	8.0	10:17	-0.7	10:30	0.3	6:52	6:51	•
16	Sat	4:46	9.0	5:24	7.5	11:15	-0.2	11:27	0.8	6:50	6:52	•
17	Sun	5:44	8.5	6:25	7.1			12:16	0.2	6:48	6:53	0
18	Mon	6:46	8.2	7:30	6.8	12:28	1.1	1:20	0.6	6:47	6:55	0
19	Tue	7:49	7.9	8:33	6.8	1:32	1.4	2:24	0.7	6:45	6:56	0

#### THE COMMONWEALTH OF MASSACHUSETTS MASSACHUSETTS DEPARTMENT OF TRANSPORTATION - HIGHWAY DIVISION NOTICE OF A PUBLIC INFORMATIONAL MEETING Project File No. 612076

A Public Informational Meeting will be held by MassDOT to discuss the proposed Bridge Replacement, T-06-013, Perkins Row over Mile Brook project in Topsfield, MA.

WHERE: Public Hall at Town Hall, 8 West Commons Street, Topsfield, MA 01983

WHEN: Thursday, March 28, 2024 @ 7 PM – 8 PM

PURPOSE: The purpose of this meeting is to provide the public with the opportunity to become fully acquainted with the proposed Bridge Replacement, T-06-013, on Perkins Row over Mile Brook project. All views and comments made at the meeting will be reviewed and considered to the maximum extent possible.

PROPOSAL: The proposed project consists of replacing the bridge on Perkins Row. The preliminary design indicates that the overall width of the bridge will remain approximately the same as the existing bridge with similar aesthetics. The project aims to preserve the millstones within the proposed scenic lookouts.

This location is accessible to people with disabilities. MassDOT provides reasonable accommodations and/or language assistance free of charge upon request (including but not limited to interpreters in American Sign Language and languages other than English, open or closed captioning for videos, assistive listening devices and alternate material formats, such as audio tapes, Braille and large print), as available. For accommodation or language assistance, please contact MassDOT's Chief Diversity and Civil Rights Officer by phone (857-368-8580), fax (857-368-0602), TTD/TTY (857-368-0603) or by email (MassDOT.CivilRights@dot.state.ma.us). Requests should be made as soon as possible prior to the meeting, and for more difficult to arrange services including sign-language, CART or language translation or interpretation, requests should be made at least ten (10) business days before the meeting.

In the event of inclement weather a cancellation announcement will be posted on the internet at https://www.mass.gov/orgs/highway-division/ 03/13, 03/20

IONATHAN GULLIVER HIGHWAY ADMINISTRATOR CARRIE E. LAVALLEE CHIEF ENGINEER

#### LEGAL NOTICE - PUBLIC HEARING NOTICE GEORGETOWN PLANNING BOARD

The Georgetown Planning Board will hold a public hearing on 27 March 2024, at 7:00 P.M. in accordance with the state mandated amendment language to MGL C. 40A, Section 3A, i.e., provisions for the town to provide a minimum of 750 non-age restricted multi-family housing units, by right, proposed to be provided within the Town's Bylaw in Section 165-60, and in accordance with the proposed Zoning Overlay District, to consist of at least 50 acres, and generally identified, herein, as a 61 acre (+/-) area comprised of multiple parcels, developed or otherwise, and in and around the area of Georgetown known locally as "downtown", and further identified as the vicinity surrounding the intersection of MA Routes 97 and 133 in Georgetown.

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/89229721740, Meeting ID: 892 2972 1740 One tap mobile, +13017158592 and using said Meeting ID 892 2972 1740.

The above-cited remote meeting connection information will be included on the 27 March 2024 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.

Full and complete copies of the above-cited proposed Zoning Bylaw Amendments are available upon request by calling the Planning Office at 978-352-5713. Said amendments, in their entire language 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 login remotely at the time and place cited above. Please note, written correspondence will be accepted and read into the record of the hearing.

Harry LaCortiglia

Chairman of the Georgetown Planning Board

03/13, 03/20

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### Override

Continued from page 1

Dubie's concern was what the town would have to do if the tax increase is rejected at Town Meeting or at the ballot box. The committee is meeting again next week to hear Pacheco outline the budget cuts that will have to be made if the increased is voted

Pacheco told the committee the town has \$575,000 in capital improvement reserves, \$1.8 million in its stabilization fund and more than \$1 million in free cash. The stabilization fund is off limits, he said, because the credit rating agencies insist that a town of Georgetown's size keep at least \$1.7 million for the worst-case scenarios.

The proposed school budget would increase by 6.32 percent to allow the school to revise the curriculum over the next several years to enhance the overall student performance. The school budget projects losing 10 to 11

The proposed increase would also allow the police department to hire two more full-time officers, which has been a priority, and the fire department could add three more firefighters.

Health insurance for town employees, a major expensive, would run about \$3.5 million, Pacheco said.

## Habitat for Humanity offering affordable home in Salisbury

Applications now available for this homeownership opportunity!

DANVERS - March 4, 2024 Essex County Habitat for Humanity is pleased to announce that applications are available for an affordable homeownership opportunity in Salisbury. Located at 22 Old County Road, Unit D1, this 3-bedroom home is part of a 7-home development less than 1 mile from Salisbury Beach. The sale price will be \$187,200 or less.

Applications will be reviewed and accepted on a first come, first served basis. Eligible applicants will be first time home buyers with incomes up to 60% of area median income which is adjusted for family size. The selection criteria include housing need, ability to make mortgage payments of \$1,400 to \$1,800/month, and willingness to partner with Habitat, such as participating in the construction of the home and other Habitat projects.

All Habitat built homes are restricted to income eligible buyers in perpetuity.

To learn more and to apply, visit: https://www.essexcountyhabitat.org/ homeownership/

#### Tennis Champs Continued from page 1

on these three courts is also challenging," according to the district, which said about 60 students play tennis.

The solution, according to a new proposal to the CPC, is to build two or maybe three courts on an underutilized flat stretch of grass that once was a softball diamond.

"New courts at the Nock would give them additional courts to use for both matches and practices and provide the opportunity to host playoff matches, which they cannot do now," the district said..

The Friends of Newburyport Tennis has raised \$21,000 from more than 100 individual and corporate donations on a GoFundMe page, organized Rosemary Turgeon and others. The Institution for Savings donated \$2,500, the Joy Nest gave \$1,145 and the grandparents of one team member contributed

Last week, Steve Bergholm, director of facilities for the Newburyport schools and Kim Turner, head of special projects for Mayor Sean Reardon, a tennis enthusiast himself, asked the city's Community Preservation Commission (CPC) for \$474,560 to turn an underutilized softball diamond

at the Nock Middle School into two, maybe three courts.

Only a few feet uphill from the two new courts, the additional courts will give Newburyport's teams enough courts to host championship state tournament.

The plan, outlined for the CPC, is to build a viewing stand between the existing and proposed courts for spectators.

That proposal is one of the largest being considered by the CPS and is competing with requests for \$75,000 to study replacing the warping and cracking boards on the popular Merrimack River boardwalk, \$141,000 to restore the Swan Fountain in the Bartlett Mall pond and more than a dozen other projects.

Newburyport has "a robust tennis community," the proposal reads. In addition to the outdoor courts, it has an indoor facility with six courts. The only problem with the indoor courts at the Newburyport Tennis Club on Low Street is they are privately owned and rent out at about \$60 per hour.

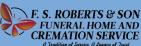
"The renovated courts have been utilized steadily by residents of all ages for serious singles and doubles matches, lessons and less formal recreational play. Additional courts would increase those opportunities," the proposal said.

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## Grief Care Breakfast

For those dealing with the death of a loved one Come to meet & connect with others.

Saturday, March 16, 2024 9:30 - 11:00 am

Market Street Baptist Church 37 Market Street, Amesbury

This is a free event.

Speaker: Rev. Thomas and his wife Katie Oliver from New Life Baptist Church in Stratham NH, will share their personal experience with grief.

Parking is available behind the church & at the Bank Prov lot.

Please RSVP to Dianne at 978-388-0930 or msbcsec@verizon.net





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## Lou Masiello College Leadership Scholarship

Democratic Town Committee is pleased to announce the 15th Annual Lou Masiello College Leadership Scholarship for Salisbury seniors attending Triton Regional High

Criteria for the scholarship are completion of an essay, possibly partici-

arship committee, and a scholarship committee review of the applicant's official school transcript. Applications are now available from the guidance department at Triton Regional High School. The application, essay, and transcript should be submitted to "Salisbury Democratic Town

SALISBURY - The Salisbury pating in an interview with the schol- Committee Lou Masiello Leadership Scholarship" c/o John Housianitis, Scholarship Committee Chairman, PO Box 5025, Salisbury, MA 01952. Applications must be submitted no later than April 15, 2024 to be considered. For further information, contact John Housianitis at 617 922 6490 or at jchdagreek@aol.com

## Insurance Education Scholarship

The Essex/Middlesex Association of Insurance Women is now accepting applications for its 2024 Estelle T. Jeter Scholarship Award. The \$500 scholarship is awarded to an individual for use as a college scholarship or as a reimbursement for those with a passing grade for a licensing course and/or exam of an insurance designation course.

To be eligible applicants must be either in the insurance industry or a family member of someone who is employed in the insurance industry, planning on attending college or attending a higher education/trade school, acquiring a new insurance designation, or acquiring a new insurance or work-related license.

The submission deadline for this year's scholarship application is May 31, 2023, application can be obtained from scholarship chairperson: Marilyn Michalak, 41 Pine St., #43, Peabody, MA 01960 or email: Marilyn.Michalak@comcast.net

## Ipswich Winter Wellness Sampler - Fri, March 15

Friday March 15, 6pm: Join the Ipswich Wellness Collective for a beginner-friendly Gentle Yoga class. All classes in the Winter Wellness Series are FREE to the public!

https://historicipswich. net/2024/01/18/winterwellness-sampler/



## St Patrick's Day Yoga Sat, March 16

Saturday March 16 @ 12pm: Unwind before the St. Paddy's Day shenanigans with a FREE Gentle Yoga class @ Ipswich Public Library. Grab your mat and join certified yoga instructor Melanie Simard for a beginnerfriendly slow flow to relaxing Celtic music. Don't forget to wear green! Registration recommended.

https://ipswichlibrary. assabetinteractive.com/calendar/ st-patricks-day-yoga/



#### **LEGAL NOTICE ROWLEY CONSERVATION COMMISSION** INVITATION FOR PROPOSALS TO FARM

The Town of Rowley has an opportunity for farming on its Bradstreet Farm Conservation Area at 239 Main Street (Map 26, Parcel 26, Lot 1). The area available to be farmed includes two parcels of approximately one acre each starting in the 2024 growing season. The area available to be farmed includes two parcels of approximately 17 acres and 7 acres respectively. The farming would be done under a license issued by the Rowley Conservation Commission and would be revocable at will on thirty (30) days' notice. The Town is looking for qualified applicants (farmers) from the Town of Rowley or directly abutting municipalities. Applicants would have to provide a detailed planting and pest control plan (IPM) and have liability insurance. Written expressions of interest are requested by April 15, 2024. Interested parties should contact the Conservation Commission's Agent at 978-948-2330 for further details.

Daniel Shinnick, Chairman, Rowley Conservation Commission 03/13

## 2024 Friends Spring Book

WHEN: Thursday, March 14 through Sunday, March 17 WHERE: Georgetown Peabody Library, 2 Maple Street,

Georgetown, MA

The Friends of the Georgetown Peabody Library will be having their Annual Spring Book Sale starting Thursday, March 14 through Sunday, March 17.

Thursday, March 14 from 10 AM to 5 PM

Friday, March 15 from 10 AM to 5 PM

Saturday, March 16 from 9 AM to 1 PM

Sunday, March 17 from 1 PM to 4 PM – Bag Sale! \$5 to fill a bag

Proceeds from the book sale benefit library programs and museum passes.

Donations may be brought into the library starting on Wednesday, March 6 to Wednesday, March 13 during library hours. Donations can include books, DVDs, CDs, puzzles, board games, audiobooks. They must all be gently used and free from mold. Ask yourself would you be willing to give this to a family member or friend before you decide to donate to the library.

## Drawing on Nature:

where curiosity and community will help you enjoy drawing!

Sat, March 16, 10am-11:15am In-person

An in-person nature appreciation and drawing class that will guide you to use observation and drawing to deepen your connection to nature and build community. This is a series and will highlight the Houghton avian specimen collection located in our lobby. Check our calendar for a list of future dates.

Space is limited- advanced registration is recommended. Ages 16+. For more information or to register, 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.

## Health & Wellness 😻



Dentistry is one of those things are often not achieved.

Dentists play a key role in screening

Many of the world's most significant health problems are linked to poor dietary practices, including over-nutrition and under-nutrition. Nutrition plays a fundamental role in

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health, and dental professionals have for periodontal, or gum, problems the opportunity to be a critical link between discovery and wellness.

There is a great deal of evidence linking oral infections, including periodontal disease, nutrition and immunological response. We have clear evidence linking oral disease with adverse pregnancy outcomes, diabetes, cardiovascular disease and stroke. In addition, obesity, which is an epidemic facing our country, is significantly affecting the incidence of diabetes, cardiovascular disease and overall lifespan. We know there are direct connections between these problems and oral disease. What is the role of the dentist? Should the dentist just be a tooth fixer?

As the body of data linking systemic health conditions and oral infection grows, this expanded understanding will result in more profound discoveries. However, we know right know that the scientific bridge between oral disease and systemic health is often mediated by diet and nutrition.

The beneficiary of this profound evidence should be you, the dental patient. It should not only be the responsibility of the physician or specialized nutritionist to incorporate this information into practice; the dentist should be playing a key role.

For the most part, the dentist is the only one who examines the mouth. It used to be that the dentist only looked if they arose. Most dentists screen stclairdmd.com

as well as oral cancer. The trend is to address these problems earlier than ever before. Identifying developmental issues related to facial growth during childhood, for example, is much more than prescribing orthodontics. Lives can be changed with early

People tend to have ingrained in their head that the dentist just looks at the teeth and treatment should be the same as 25 years ago. The fact of the matter is, things change and there are no two dentists who practice identically. Each individual's philosophy of care comes from personal experience, review of literature and the type and amount of continuing education taken.

One thing we all hope is that our health care provider, dentist or physician, has our best interest in mind. There is room for improvement in the communication between all health care providers. As science continues and evidence grows, it is the responsibility of all health care providers to work towards a more integrated health care system.

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 at the teeth and only fixed problems please email them to him at jpstclair@

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in life....as with most things.... that people view in different ways. Some are interested in their appearance, some are interested in their health, some both, and others none of the above. A major role of health care providers is to make patients aware of the possibilities to improve their quality of life. When our services are perceived as a commodity, expectations

patients for many disorders relative to nutrition and in providing appropriate referrals into the health care system. Although the importance of integrating diet and nutrition guidance into dental care has been advocated for decades by educators, it continues to be ignored except by a handful of preventionoriented practitioners.

## Civil War Roundtable of the Merrimack March Meeting

Wed, March 13 7:30-9:30PM Hilton Senior Center,

43 Lafayette Road, Salisbury

The month's speaker will be Chuck Veit who will present a talk on "Natural Genius: The Story of Brutus deVilleroi and the U.S. Navy's First Submarine"

The talk will be preceded by a brief business meeting. All with an interest in the American Civil War are welcome to attend this free event.

## Knitting Group

Tuesdays from 6-8PM through May 2024 Georgetown Peabody Library,

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— -do-well

40 Bill of tennis

41 "Hurry it up!"

**45** Balm

53 Went

42 Actress Ward

additive 48 Female grad

49 Chatty birds

spelunking

54 Think aloud

**55** Prison units

money unit

of an Iranian

58 Bitterly cold

59 Adherents

religion

60 Thousand:

61 — acid (fat

product) 62 "There, there"

politician Bob 66 Michael of

the band

68 Small nail 70 "— la Douce'

71 Drink-related

party abbr.

72 Suffix with

micro- or

R.E.M.

Prefix

65 Georgia

**56** 2012 Ben Affleck thriller

**57** Turkish

52 Apple buy

## 6 by Linda Thistle ω 4

Salome's Stars

ARIES (March 21 to April 19) The adventurous Arian won't be disappointed when taking on a new challenge, despite some initial misgivings. Look for this move to open up other opportunities down the line.

TAURUS (April 20 to May 20)

Let that beautiful Bovine smile not

only put you at ease, but also show that you're ready, willing and more than able to confound the naysayers

around you. Meanwhile, a new admir-

er has important news. **GEMINI** (May 21 to June 20) Be

careful how you handle a relation-ship that you're hoping to save. You already have the facts on your side.

Avoid weakening your position by embellishing it with dramatics. **CANCER** (June 21 to July 22) Tak-

ing definitive stands isn't easy for the often-wavering Moon Child. But you not only need to stay with your deci-

sion, but also reassure others that it vas the right thing to do.

LEO (July 23 to August 22) As a

proud Lion, you're right to be upset about those who might be lying about you to others. But the best revenge is

proving them wrong by succeeding at

what you set out to do.

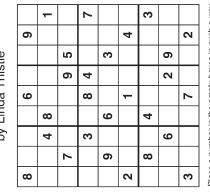
VIRGO (August 23 to September 22) Caution is still advised before

making a financial commitment to

a "promising" project. Look for the facts behind the fluff. Devote the

The Spats

MY GOAL 15 TO LOSE TEN POUNDS



a number in the empty be tach row across, each colu small 9-box square conta numbers from one t

DIFFICULTY THIS WEEK: ♦ ♦ ♦ Challenging BOY! **♦** 9 **\*** Moderate

weekend to loved ones. **LIBRA** (September 23 to October 22) A Taurus offers comfort and advice as you deal with an upsetting event. Use this as a learning experi-ence that will help you avoid similar

problems in the future. SCORPIO (October 23 to November 21) A romantic situation creates some chaos for single Scorpions, but it's well worth the effort to work things out. A trusted friend can offer some helpful advice.

SAGITTARIUS (November 22 to December 21) Expect to make new friends as your social circle expands. Also, remember to tell a certain family member how proud you are of their achievements.

CAPRICORN (December 22 to January 19) New ventures continue to be favored. And with your self-confi-dence rising all the time, you'll want to see how well you can do with a new challenge. So, go toward it.

**AQUARIUS** (January 20 to February 18) This is a good time for the usually serious-minded Aquarian to let loose and enjoy some fun times. Expect to get good news about a workplace issue.

PISCES (February 19 to March 20) Changed plans might upset some people, but your needs should be respected. Offer explanations when neces sary. But don't let yourself get talked into changing your decisions.

BORN THIS WEEK: You have a gift for bringing people together. You would make a fine judge or counselor.

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## **Super** Crossword

4 Chants
5 Actor Baldwin

6 Vega's constellation

7 Grill-marked

sandwiches

8 French forest

faucet filters

11 Bank bought

by Chase,

advances for

mom-and-

13 Opposite of

destined

14 "And When

15 Certain high-

17 Offspring

producer 18 Ones

**24** "Vidi," in

English

entrapping

heel feature 16 Go-Go's sing-er Carlisle

-" (1969 hit)

pops

for short

region

9 Brand of

10 Cry like

**12** Govt.

89 Leaned back 93 Negev's land 98 "Fatal

Attraction"

nominee

103 Official order

104 Prevarication

105 Spiral-shelled

107 Luxury writing

implement

tennis fame 115 Halibut, sole

and flounder

120 Beatified

Mlle.

mollusk

106 Rep on the

street

Oscar

#### **INTERPRETING** ALL THE SIGNS

82 Small

81 Light snack

rodents,

jocularly

83 Sore feeling

86 Star of "I'm

No Angel"

87 Slower than

allegretto

88 Like bootees

90 Cream-filled

pastries

92 Contributor

anew, as a

— Lingus

96 Suffix with

Senegal

way **101** Transversely

102 Those people

105 100-buck bill

108 Roman 1,052

website

111 "The Wizard

112 Celeb's ride

116 Radio host

109 Auction

91 Big head

94 Covered

book

97 Guided

99 In harm's

84 Slumber

#### **ACROSS**

- 1 Friendly and cheerful
- 7 Custard apple relative
- 12 Peevish state
- 16 Air aun
- ammo 19 With no
- secrecy 20 Caribbean
- resort island 21 Physiques,
- for short 22 Suffix with east 23 Door-bashing
- device 25 Working hard
- **26** Grazing field
- 27 Politician Alexandria -Cortez
- 28 Bud Light mascot Spuds MacKenzie. for one
- 31 A verb often follows it
- **34** Vex **36** Winning

tic-tac-toe

- row 37 "Hoarders"
- channel 38 "Full House" acting pair
- 41 Sidewaysmoving arachnid

43 Judo teacher

83 Dog in "The Thin Man" 85 Hockey's Phil, to fans

#### 47 "The Villain" actor Jack 100 Feta, for one

50 Gain's offset

44 Test taker

46 Sailors, informally

- 51 Ignited53 "If I Only Had the Nerve'
- singer 59 "Ka-POW!" 60 Me, in Lyon
- **63** On with (equal to)
  64 One of the
- Kennedys 110 Eye ring 65 Org. with 113 Rhinoplasty doc 114 Nastase of
- merit badges 67 Leaning
- 69 Mother of Jesus
- 71 Things to step on in washrooms

Aramaic

**78** CEO's deg.

soccer move 82 Put a flaw in

86 Manufacture

76 Ad biz award

- 121 Madams 73 Moon that's counterparts home to the 122 Eldest of the Ewoks
- 74 Top-secret U.S. org. 75 Dialect of Musketeers 123 1998 Masters
  - champ Mark 124 One of the

1 Dollop

2 Clean air org.

- Kennedys 77 French article 125 Hug's partner **29** "Slow"
- primate
  30 Bonnie of 80 Flashy, diving 127 All 12 of its symbols are featured in
  - this puzzle **DOWN** 

    - 32 Corrida crv 33 Sailor's org. 52-Down
    - 35 It runs on a

## 31 Antis' votes

blues rock

- kaleido-80 Start to

127

- 75 Read quickly
- Charlamagne - God 117 "Bali –
  - 118 Epoch

  - 119 Small pouch 118 16 117

#### 14 13 22 19 20 21 25 26 28 32 34 36 37 52 54 55 56 58 61 62 59 60 68

# PUZZLE ANSWERS

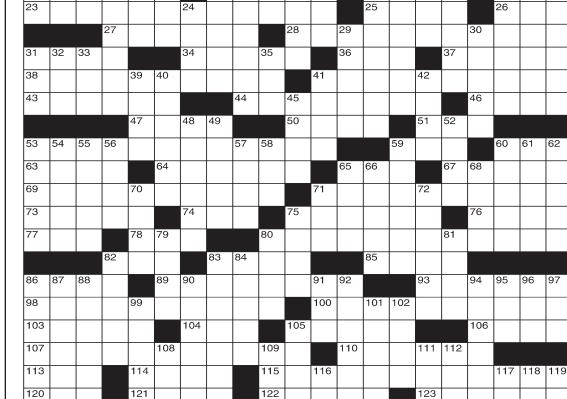


9	2	L	8	7	9	6	Þ	3
ħ	8	6	2	3	L	9	9	7
3	9	L	9	6	Þ	2	8	ŀ
6	Þ	8	9	ŀ	3	7	9	2
S	ŀ	3	7	2	9	8	6	ħ
Z	9	7	ħ	8	6	3	ŀ	ç
8	3	ç	6	ħ	2	ŀ	L	9
Ļ	7	9	3	g	8	ħ	7	6
7	6	ħ	L	9	7	g	3	8



124

125



126



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