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Wednesday, May 8, 2024 - Vol. 20, No. 28

### Come Visit the Barn at Bradstreet

By Stewart Lytle, Reporter

ROWLEY - The Barn at Bradstreet, one of the most in-demand wedding venues on the North Shore, is again hosting farm-to-table dinners, featuring produce and staples from local farms, including the popular Chicadee Farms.

On 7 acres, the nation's second oldest continuously operating farm will enhance its first of three dinners with its first folk concert by Grammynominated musician Reed Foehl.

Michelle Faulkner, who own the farm, have already booked 40 weddings again this season. But not ones to sit idly by, they are opening their doors for other events.

"We meet people all the time who say, 'I would love to see the property but haven't been invited to a wedding!" Sabatini said "These public events are a great opportunity for our local neighbors to visit our North Shore hidden gem."

Another chance to see this gem of a farm will be at the Mother's Day luncheon at 12:30 p.m. on Friday, May 10 by the Rowley Council on Aging. Food will be provided by Woodland Catering of Amesbury, and handmade cards are being made by the Parker River Preschool in Rowley.

For the second year, Sabatini and Faulkner are collaborating with The Farmers Dinner and its chef Keith Sarasin to produce the Farm-to-Table dinners.

The author of The Perfect Turkey, The Farmers Dinner Cookbook & Meat and The Ultimate Cookbook, Sarasin opened a farm-to-table restaurant in New Hampshire in

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Photo by Stewart Lytle

Michael Sabatini and Michelle Faulkner and Michael Sabatini in front of the barn.

2019. The Farmers Dinner has hosted about 90 farm-to-table events across New England, feeding more than 17,000 diners and raising more than \$125,000 for local farms.

The farm-to-table dinners will be on Sundays, May 26, Sept. 15 and Oct. 20. Asked why there are no summer farm-to-table events, Faulkner said they are too busy this summer hosting weddings.

Ingredients for each event are sourced from the farm and other local farms, which makes each menu customized to the season. Tickets are available at https://www. thefarmersdinner.com.

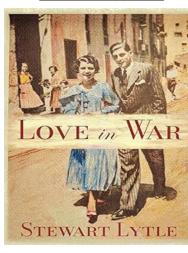
For those attending the Mother's Day luncheon, please register through the Rowley Council on Aging. The farm is expecting about 30 guests.

Õn May 31, Reed Foehl will perform at the dinner. Born in a small country town in New England and into a musical family, Grammy-nominated songwriter Reed Foehl writes stories of the human condition with a lyric and voice which push boundaries while paying homage to genuine Folk/

Foehl released his sixth studio album, Wild Wild Love, in May 2022, which was recorded with The Band of Heathens in Austin, TX.

# Historical Romance Wins Gold Medal

By Ava Moeckel, Reporter



REGIONAL -- The historical fiction novel, Love in War, by The Town Common reporter Stewart Lytle won the gold medal last week at the Ben Franklin Awards, awarded by the Independent Book Publishers Assn.

Love in War, a sweeping historical romance set against the backdrop of the Spanish Civil War, competed in the historical romance category, one of 57 categories that attracted 1,800 entries.

Inspired by a true story, the novel portrays lead characters, Marti and Montserrat (Montse), who were born on the opposite sides of the tracks in a small Catalonian town. They fell in love, bucking all the odds and the evil intentions of Felix, an arrogant son of the mayor and local vineyard owner.

Martí, a fatherless, farm boy, is trained as a baker and opens a small bakery next to Montse's family shoe store in hopes of winning Montse's heart. Her father, a delightful tinkerer, who shares with his daughter a love of driving expensive cars, disapproves of his daughter's relationship. To Montse's horror her father suggests that Montse Continued on page 4

# Got a Boat, Business, Chrissy Will Hand Paint It

By Stewart Lytle, Reporter



Photo by Stewart Lytle

Chrissy Lebel with her sign honoring police patrolman Henry Breckenridge

path for Chrissy Lebel, but in recent months she has found a home among a collection of innovative entrepreneurs at CIWorks as she creates hand-lettered signs, murals and art for businesses and

Along the journey she lost a friend, Peabody Police patrolman Henry Beckenridge, whose 40 years she now honors with her talents. It was said of him: Be Like Henry.

Chrissy started out to be a hair dresser in her hometown of Peabody, but a serious car accident that broke her neck made her search for another profession. No more standing all day with clippers in her hand was possible.

She turned a childhood passion for graffiti art to sign painting. She studied at the Butera School of Art in Boston and graduated into the modern world of digital art and vinyl signs. She took her craft to several sign painting shops, where she learned the business of sign

Shortly she realized that vinyl may be good for records, but as signs it was not for her.

A friend suggested she start her own

AMESBURY – It has been a tortured firm, specializing in gold and silver leaf lettering. After leasing space for several years with other sign painting firms that proved less than desirable, she discovered CIWorks, where she joined dozens of other small firms in an wellmaintained mill building.

CI Works, a multi-tenant mixed-use building, "is where small business goes to grow," said owner Mark Friery.

For Chrissy, CIWorks is "a place she can talk with and share ideas with other creative business owners.'

One of the first collaborator was Jeff Filipov, nicknamed the "Barndoorist," a craftsman that turns old wood into works of art for homes. Chrissy painted a barndoor Jeff made from old wood and is looking to do more.

Initially she painted signs for businesses in the Peabody area, but moving to Amesbury, she has discovered boat owners and a growing number of businesses love hand-painted names.

With introductions from Friery, Chrissy is meeting yacht club owners.

"Newburyport and Amesbury are very historic, and there is also a lot of boat yards and marinas up here. A good part of our 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, or e-mail to: 77 Wethersfield St., Rowley, MA 01969 Phone: 978-432-9669 E-mail: news@thetowncommon.com

# The Town Common

Marc Maravalli, Founding Publisher / Editor

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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 UNCLAIMED CHECKS - SALISBURY, MA

In accordance with Massachusetts General Law Chapter 200A, Section 9A (c & d) (city or town checks not cashed), I submit the following list of checks held by the Town of Salisbury to be considered outstanding, and therefore abandoned as of this date, May 8, 2024. Any person or person wishing to claim said checks should contact the Treasurer's Office in writing by July 8, 2024.

Signed: Christine Caron, Treasurer/Collector Town of Salisbury, 5 Beach Road, Salisbury, MA 01952

Check # Date	Payee	Amount
63212 7/12/2022	Essex County Police Assoc. LLC	\$350.00
64589 11/07/2022	Edward Foote	\$156.87
65809 02/17/2023	Portside Waterfront	\$235.56
65920 03/02/2023	Riverfront Lands	\$52.49
66049 03/17/2023	Gail Cavanaugh	\$25.00
66664 05/11/2023	Emily Thompson	\$39.41
66735 05/11/2023	Timothy Rivet	\$15.16
66755 05/24/2023	Andrew Muphy	\$12.78

### LEGAL NOTICE

### **ROWLEY ZONING BOARD OF APPEALS - CASE# 24.03**

A Public Hearing will be held at the Town Hall Annex, 39 Central Street, on Wednesday, May 15th, 2024 at 6:00 p.m. to act on an application received April 22nd, 2024 from Core States Group c/o Stonefield Engineering & Design. Applicant(s) is Requesting a Special Permit from section 4.10.3.2 of the RPZB and for a Variance from section MGL c40A\$10 & RPZB sec 7.1.2 for the construction of a proposed freestanding Chase bank with drive-thru ATM. The property is located at 165 Newburyport Turnpike in the Retail district and is shown on Assessors' Map 957 Block 14 Lot 13. At the public hearing, members of the public may ask questions and present evidence that supports either the approval or denial of this petition.

### LEGAL NOTICE

### ROWLEY ZONING BOARD OF APPEALS - CASE# 24.02

A Public Hearing will be held at the Town Hall Annex, 39 Central Street, on Wednesday, May 15, 2024 at 6:00 p.m. to act on an application received April 3rd, 2024 from Modern Heritage on behalf of Rachael Maiocco & Anthony Percoco. Applicant(s) is Requesting a Special Permit for an addition of a barn to an existing barn under section 5.2 of the Rowley Protective Zoning Bylaw from the Board of Appeals. The property is located at 217 Main Street in the Central district and is shown on Assessors' Map 25-36. At the public hearing, members of the public may ask questions and present evidence that supports either the approval or denial of this petition.

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7	Tue	11:31	8.7	11:48	9.9	5:22	-0.9	5:35	-0.2	5:27	7:52	
8	Wed			12:22	8.7	6:13	-1.1	6:23	0.0	5:25	7:53	
9	Thu	12:35	10.0	1:12	8.5	7:03	-1.1	7:11	0.2	5:24	7:54	
10	Fri	1:23	9.8	2:00	8.2	7:51	-0.9	7:59	0.4	5:23	7:55	
11	Sat	2:11	9.6	2:50	7.9	8:40	-0.6	8:48	0.7	5:22	7:56	
12	Sun	3:00	9.2	3:41	7.6	9:31	-0.2	9:39	1.1	5:21	7:58	
13	Mon	3:52	8.7	4:34	7.4	10:23	0.2	10:34	1.4	5:20	7:59	
14	Tue	4:47	8.3	5:29	7.2	11:17	0.6	11:32	1.6	5:19	8:00	

# Activist-Author and Nobel Peace Prize Nominee Fr. John Dear to Speak at Central Congregational Church

On Thursday, May 9th at 7:00 p.m., Central Congregational Church (UCC) in Newburyport will host Father John Dear as he presents his latest book, The Gospel of Peace: A Commentary of Matthew, Mark, and Luke from the Perspective of Nonviolence.

Dear is an internationally recognized teacher, author, and leader in the church and social movements for justice and peace. He has been nominated for the Nobel Peace Prize several times, including nomination by the late South African Archbishop Desmond Tutu.

His latest book is the first commentary written on the synoptic gospels from the perspective of active nonviolence in the tradition of Gandhi and Martin Luther King, Jr. He argues that Jesus' life and practice embodied a commitment to nonviolence and universal love and that Jesus invites us to follow that example.

"I have known John as a friend and colleague for more than 25 years," said the Rev. Dr. Christopher Ney, pastor of Central Church. "He's an engaging and provocative speaker, and a gentle and loving soul. I am so pleased to welcome him to Newburyport."

The event will be held at Central Church, 14 Titcomb Street in Newburyport and is free and open to the public. It begins at 7:00 p.m. with a presentation by Fr. Dear and questions and answers. A reception with refreshments and book signing will follow. Copies of The Gospel of Peace and other books by Dear will be available for purchase. For more information, contact Central Congregational Church at 978-465-0533 or info@centralnewburyport.org.

# Obituary - Robert "Rob" Paul Savory

Robert "Rob" Paul Savory, aged 60, passed away on April 23rd, 2024, surrounded by family and pets after a battle with lung cancer. In his final weeks, friends and family ensured he was never without a hand to hold, an arm to lean on, a warm smile to look at, or a familiar voice comforting him.

Rob was born on July 13, 1963, spending his childhood on Route 1 in Rowley, MA. He quickly began his career as a truck driver, spending time throughout the United States. He met Shirley A. (Stone) Savory in 1982 and soon started a family, eventually having five children. The pair had been married for 30 years and together for 42 years.



As a truck driver, Rob spent several days away from his family at a time but always brought home gifts. His children were always gifted belly button lint after his long travels. The Fourth of July was his favorite holiday. He always got fireworks out of state, resulting in impressive fireworks displays. He enjoyed snowmobiling and four-wheeling with friends and family. He was always working on some sort of machine. He was the family mechanic, and his talents will be missed.

Rob was predeceased by his beloved nana Shirley (Marie) Curtin and his favorite dog. Duke.

Rob is survived by his wife Shirley of NH; children Tara Savory (Chris Guile), Sam Savory(Randy Marcotte), Ricky Savory, Chris (Amber) Savory, and Dani Savory of NH; grandchildren Trevin Dickson of WA, Camrin Dickson of NH, and Hazel



Marcotte of NH; mother Diane Matthews of FL, brother Mark Savory of MA, niece Artemis Savory of M, In-Laws Scott and Sheila Stone of MA; pets Gypsy and Thackery Binx.

One last time, we will say, "Papa, put some pants on!"

Services will be held on May 18th, 2024, from 11:00 am- 3:00 pm ET at First Congregational Church, 15 Lawrence Rd, Salem, NH 03079

Flowers and donations can be sent through https://everloved.com/memorial/robert-savory/



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# Correction

# Chrissy

### Continued from page 1

business in the warmer weather is boat lettering and striping. There is not much competition in this area and seemed like a great fit," she said.

Lebel Signs focuses on high-end artistic signage, using better materials that provides longevity and appeal, she said.

"A sign is a business' first impression on a consumer or potential. It's what they see when driving down a street or walking by. You want to have that curb appeal that's eye catching and reflects the quality of your business," she wrote.

She takes pride in using traditional applications such as gold leaf and brush applications for dimensional effects and shading. These are techniques that most sign companies cannot replicate

with computer designed graphics, she

"I am proud to be at a place in my career that I am able to say no or turn away vinyl and cheap sign jobs," she

Her work may be more expensive than a standard digital sign shop, but "we have built a name because people actually seek us out for that reason," she said. These business and boat owners want something crafted by hand that has depth and originality, something that doesn't look so boring and cookie cutter, she said.

To honor the late officer Henry Breckinridge, her friend for 28 years, Chrissy hand-painted a sign for the West Memorial Playground in Beverly.

"My family moved to his street when I was nine, and he instantly became my big brother. I was the only girl in the neighborhood. He always picked me to be his partner for everything, made sure the all the boys weren't hassling me, or he was holding me back from hassling them. From flashlight tag to 21st birthdays, we shared many fun times, laughs, and dance moves.

With all the good times, he was also there through some very low points in my life. Never once judgmental, firm but genuinely concerned and happy to share guidance and advice. Not sure where I'd be today if it wasn't for those talks," she wrote.

Breckenridge The Henry Memorial Foundation is dedicated to championing organizations and individuals who embody the qualities that defined Henry Breckenridge's impactful life. A true hero, Henry's legacy will be a beacon of inspiration for generations to come.

For more information, visit belikehenry.com.

Since 2022, the Ipswich River Watershed Association and its project partners have brought \$4.6 million federal dollars to infrastructure and restoration projects on the North Shore. In addition to this funding from US FWS, IRWA was also awarded two grants from the NOAA in 2022 and 2023.

> About Ipswich River Watershed Association

 $The \, Ips wich \, River \, Watershed \, Association$ is a community-based organization with a big job to do: to protect and restore the Ipswich River to health. Our experienced professional staff works with partner organizations and many dedicated volunteers. We develop solutions to the problems we find and work with state and local officials, businesses and community members to protect the River, forever.

# **Ipswich Mills** Dam Removal Project Nationally Recognized

On April 23, 2024 the U.S. Fish and Wildlife Service announced projects in 29 states will receive just over \$70 million to support 43 projects that will address outdated or obsolete dams, culverts, levees and other barriers fragmenting the nation's rivers and streams. The Ipswich

River Watershed Association was awarded \$1.2 million to fund the removal of the Ipswich Mills

Dam, one of two projects in Massachusetts to receive funding.

The removal of the Ipswich Mills Dam will restore and improve fish passage and habitat connectivity to approximately 186 miles of upstream mainstem river and tributary habitat, plus 343 acres of spawning habitat. In addition to improved fish passage/habitat, the project will also result in improved water quality, flood reduction, liability removal, and recreational improvements. Elements of the project include dam removal, stabilization and in-stream adjustments, as well as structural mitigation for key infrastructure expected to be impacted by the dam removal. This project will complete three on-going upstream fish passage projects along the Ipswich River by the U.S. Fish and Wildlife Service and the National Oceanic and

Atmospheric Administration, and removal of this final head of tide dam will open almost the entire Ipswich watershed.

"The US Fish and Wildlife Service is proud to be a partner in the Ipswich Mills Dam removal project supported by the National Fish Passage Program Bipartisan Infrastructure Law funding, Infrastructure Law funding," said Cathy Bozek, the National Fish Passage Program Coordinator for the Northeast. "This project will restore and reconnect important habitat for many migratory fish species, build climate resiliency, and boost economic benefits for the surrounding communities.

The \$1.2 million dollars provides implementation funding for the longplanned removal of the

Ipswich Mills Dam, including construction contingencies, ensuring that

this project will not require additional funding from town residents. The funding secured with this and previous grants is enough to get the project fully permitted and through the construction and restoration phases once permitting is complete. Funding for the Ipswich Mills Dam removal project has been provided by: U.S. Fish and Wildlife Service (US FWS), Massachusetts Division of Ecological Restoration (MA DER), National Oceanic and Atmospheric Administration (NOAA), Massachusetts Environmental Trust, as well as private foundations.

The Ipswich Mills Dam Removal is one part of a larger effort led by the Ipswich River Watershed Association to restore stream and habitat connectivity to streams and rivers across the Ipswich iver Watershed and surrounding communities. PRICED RIGHT JUNK REMOVAL





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# Fundraiser for the Merrimack

NEWBURYPORT -- Merrimack River Watershed Council is hosting five casual fundraiser events along the river this spring and summer.

On May 21, MRWC will host an informal gathering at The Deck restaurant, 179 Bridge Road, Salisbury, from 6 to 8 p.m. Guests can enjoy the Merrimack from The Deck's scenic waterfront locale, and MRWC staff will be on hand to talk about the river and the organization's

Tickets are \$100 and include cocktails and heavy hors d'oeuvres. They can be purchased at https:// merrimack.org/events/mrwc-mayfundraiser/

MRWC will also host four river cruises -- one per month on the second Tuesday, June through September -- exploring the wildlife, history, landmarks, and ecology of the lower Merrimack River. These scenic and informative tours will motor through different sections of the river, guided by local experts who will educate and entertain with stories, information and insight meant to broaden knowledge and appreciation of the mighty Merrimack — and no doubt along the way, surprise passengers with sightings of fascinating fish and fowl that inhabit the river.

The boat tours are:

June 11 – Cruise into Summer! Meander upriver from Newburyport toward Rocks Village. This ride is designed to experience the river as it transitions into summer. Boat departs from Waterfront Park, Newburyport, at 5:30 p.m.

July 9 - Ecological History and Health: From a waterfront perspective, learn about Haverhill's history and ecology from Matthew Cranney, MRWC's Water Resources Project Manager. See unique habitats the river currently supports, and hear about ongoing efforts to improve the river's health. Municipal Dock, Haverhill, at 6:15 p.m.

Aug. 13 – Plum Island Sound: Explore Plum Island River and the Great Marsh that is home to over

300 species of birds, including Egrets and Tree Swallows that are at peak abundance at this time of year. Mass Audubon Community Science and Coastal Resilience Manager David Moon will help identify wildlife and explain efforts to help the Great Marsh cope with sea level rise. Waterfront Park, Newburyport, at

Sept. 10 – Mouth of the River: Explore the mouth of the Merrimack and the beachy coast of Plum Island. Learn from MRWC's Education & Policy Director John Macone about the geology, history and wildlife that make this area so beautiful and unique. Waterfront Park, Newburyport, at 5:30 pm.

Tickets for each boat tour is \$60 per person. Registration is required due to limited space. To learn more and to register for any of these events, visit Merrimack.org/events

Proceeds from these fundraiser events will help support MRWC's ongoing mission to make the Merrimack a cleaner and healthier river. MRWC engages in a broad spectrum of water quality programs, riverfront restoration and protection, cleanups, invasive plant species removal, classroom education, and free public educational and recreation events along the Merrimack.

"The Merrimack is so rich in history, and we believe it is important to educate people who live in the region about the need to protect and preserve the river for future generations," said Tracy Chalifour, director of development for the "We hope to connect MRWC. with residents that have a desire to understand and appreciate the river's diverse past and its ecological

Chalifour said the history of the river is vast and the harm caused by the industrial revolution and more recent damage from antiquated wastewater systems and runoff from development keep the Merrimack in a constant state of recovery. She emphasized the significance of resident involvement and support.

### Romance

Continued from page 1

consider dating Felix.

A determined Martí drills a hole in the wall separating their shops so they can pass secret notes, which become love notes.

As their relationship moves through secret dates at the movie theater and their first kiss over an ice cream cone. their romance also faces the challenge of separation as Marti is drafted into the Army and the civil war brings violence and chaos to their lives.

A precursor of World War II, the Spanish Civil War was one of the deadliest in European history, pitting the government against the church and brother against brother. The Republican government in Madrid opposed General Francisco Franco, who led the Nationalist forces. His troops, backed by Germany and Italy, defeated the Republic and ruled as a dictator until he died in 1975.

Felix's desire for Montse boiled over when as a corrupt Republican Army officer, he killed Martí's best friends after the baptism of their daughter. He also beat Martí's mother to death and tried to kill Marti, forcing him to leave his wife and daughter in Spain to face the war alone.

Returning to rescue his family, Marti leads Marti and their daughter through danger and out of Spain. They escaped to Mexico where they founded a bakery that is now the largest bakery in the world.

Lytle got to know the story of Marti and Montse through two of their children, who shared their collection of photographs and journals. Lytle also interviewed experts on the Spanish Civil War to understand the war timeline and background.

While Lytle has found that many stories about parents can be dull, their mother's cleverness and their father's courage intrigued and inspired Lytle to write their story.

In addition to the IBPA's Gold Medal, Love in War has earned 20 fivestar reviews from Amazon readers.

One reader wrote: I fell in love with this book from the first scenario. Montse is one of my all-time heroes. The more I read, the more I wanted to read. And nothing beats a true story about real people. While reading Love In War, I started making myself slow down because I didn't want it to end. I savored it like fine chocolate. The only thing I was left wanting was more. More Marti and Montse and their life together in Mexico and beyond. My first copy was a beautiful gift for which I am most appreciative. Now I am getting several copies for my friends who are readers. They are going to love me!

Another wrote: Love in War is a well-woven tale, intertwining an undying love story with the profound hatred of a rejected would-be suitor. Having the Spanish Civil War as the backdrop and protagonists based on two people who lived this story, it is historical fiction at its best.

Copies may be found at Amazon and Ingram or by emailing stewart\_lytle@ yahoo.com. He is available to meet with local book clubs and groups.



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May 1 - May 7, 2024 www.TheTownCommon.com Page 5



# Health & Wellness 🔮





By J. Peter St. Clair, DMD

A recent U.S. News & World Report featured seven pages of information on dentistry. Although I was surprised that most of the information was accurate, as the media often skews the facts to make a point, there were a few things that I felt needed clarification.

The first article highlights the fact that 75% of adults have some form of periodontal disease. This is true. It also mentions many of the known facts with regards to gum disease and systemic health. One of those is that uncorrected gum problems can make it more difficult for diabetics to control their blood sugar, and in turn worsen their gum problems. This is also true.

With regards to brushing, the article states, "Scrubbing with fluoride toothpaste robs oral bacteria of sustenance." This is true to some

Tiny Art Class

Tues, May 14, 5– 6:30PM at the Rowley Library

All ages are invited to create their

very own art on tiny canvases,

just in time for the 2nd Annual

Rowley Tiny Art show in July. A myriad of art supplies will

be provided to work with. No registration is required; artists

can drop in any time from 5 to 6:30PM. The Kowley Library is

located at 141 Main St. in Rowley.

# Brighter Smiles...

### DENTISTRY IN THE NEWS - PART 1

extent but the term "scrubbing" is not completely accurate. Proper brushing technique with either a very soft manual toothbrush or good electric toothbrush is a more accurate description. Also, fluoride, in and of itself, is not truly anti-bacterial. Although it is felt that its anti-cavity action is related mainly to effects on mineral phases of teeth and on the process of remineralization (strengthening enamel), research does show that fluoride also has important effects on the metabolism of bacteria in dental plaque. There are other ingredients in toothpastes with and without fluoride that are more anti-bacterial, but it is the removal of plaque manually that is most important, even without toothpaste.

With regard to electric toothbrushes, the article insinuates that "basic" and "cheap" (\$7) models are as effective as more expensive models. This is false. Although you do not have to buy the most expensive model available, there is a huge difference in effectiveness between a \$7 battery-operated toothbrush and a \$70 wall-charged one.

The article states, "Only floss can

reach below the gum-line." This is not completely true. Proper toothbrush technique gets below the gum-line on two sides of the teeth. Floss is important for removing debris between teeth. A water pik is probably most

effective for cleaning the non-brushable areas in the mouth.

For combating bad breath, the article's first suggestion is to "brush your tongue." Although it mentions the use of a tongue scraper, it only states the use of this device if your toothbrush makes you gag. The fact of the matter is that a tongue scraper is 100% more effective in removal of the nasty bacteria on your tongue. If the toothbrush makes you gag so will the tongue scraper. One trick is to scrape your tongue while you are exhaling.

An article in the report entitled, "21st-Century Dentistry" highlights the use of lasers in treating gum problems. The beginning of the column gets you revved-up to believe that this is the best thing since sliced bread, but the end of the article states differently. "It is unlikely to fully replace traditional gum surgery anytime soon. The laser therapy isn't demonstrably superior to surgery, researchers recently reported in the Journal of Periodontology."

To be continued...

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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# Yard Sale

May 11th - Topsfield Scout Troop 81 will have its Annual Yard Sale and Plant & Shrub Sale on Saturday, May 11th on the Topsfield Common from 8:30AM to 2:00PM. There will be a large selection of household items, books, furniture, toys, sporting goods, tools, holiday decorations and more.





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### THIS WEEK: ♦◆ and the Challenging BOY! in such a က 6 က ω by Linda Thistle one to Ŋ N 9 empty **♦** 9 Ŋ / each uare ( from **\*** \* \* \* ch row across, small 9-box squ က 4 ω Moderate DIFFICULTY S 4 9 က 4 6 ω က



Weekly SUDOKU

ARIES (March 21 to April 19) You're doing better on a flexibility issue, but you still need to loosen up a bit to show that you can be less judgmental and more understanding about certain sensitive matters.

TAURUS (April 20 to May 20) Your personal aspect continues to dominate this week, but try to make time to deal

this week, but try to make time to deal with important career-linked matters as well. A change of plans might occur by the weekend.

GEMINI (May 21 to June 20) Excuses are not really needed for much of the confusion occurring this week. However, explanations from all parties could help in working things out to everyone;'s satisfaction out to everyone's satisfaction.

CANCER (June 21 to July 22) A surprising (but pleasant) recent turn of events continues to develop positive aspects. But be prepared for a bit of a jolt on another issue that needs atten-

LEO (July 23 to August 22) Creating a fuss might bring you the attention that you want. But are you prepared for all the explaining you'd have to do? Better to use more subtle ways

to make your bid.

VIRGO (August 23 to September 22) With education continuing to be a strong factor this week, this could be the time to start learning some new

LIBRA (September 23 to October 22) You might do well to reconsider some of your current priorities before you get so deeply involved in one project that you neglect meeting the deadline on another.

SCORPIO (October 23 to November 21) With an important decision looming, you need to be careful about the information you're getting. Half-truths are essentially useless. Get the full story before you act.

SAGITTARIUS (November 22 to December 21) Find out what everyone's role is expected to be before accepting a workplace proposal. Getting all the facts now could prevent serious problems later on.

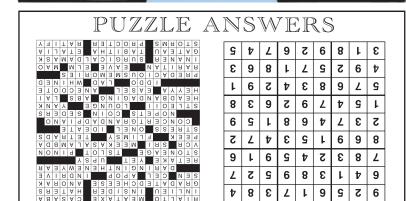
CAPRICORN (December 22 to January 19) A flexible position on a workplace matter could be the best course to follow during the next several days. A personal issue also benefits from an open-minded approach.

AQUARIUS (January 20 to February 18) Involving too many people in your workplace problem can backfire. Remember: Allegiances can shift. Ask trusted colleagues for advice, but don't ask them to take sides.

PISCES (February 19 to March 20) Before submitting your suggestions, take more time to sharpen the points that you want to make. The clearer the presentation, the more of a chance it has to get approved when submitted.

BORN THIS WEEK: Your clear sense of who you are gives you the confidence you need for tackling difficult situations.

skills that can later be applied to a bid for a potential career move. © 2024 King Features Synd., Inc. The Spats by Jeff Pickering YOU'D BE AN





# **Super** Crossword

3 Ladd or Alda

5 Petit four and

Sally Lunn

6 Piercing spot,

7 Prefix with air

4 Pot cover

often

8 Coop up

9 Fireplace

receptacle

10 Secure with

12 Ballot marks

horror films

beer brand

15 Classic root

16 Raconteur's

17 Eagle's nest

19 Interrogator 24 Part of REO

29 Put into office

prima donna

offering

18 Cry to a

30 Ex-veep

Quayle

string, say

11 Skilled

14 Lon of old

13 Afore

41 High-voltage

transformer

42 Cloudland

43 Peppermint

— (York

44 "Bring it on!"

45 Nuggets' ora

treat)

**46** Unusual

47 "Stillmatic

rapper

vases 51 The "E" of

52 Big jumps

59 Floor-

54 Eisenhower's

successor

56 Politico Trent

scrubbing

robot brand

60 Old photo tint

62 Carding at a

63 "Well, shoot!"

club, e.g.

65 Held back

follower,

66 Adjective

FEMA: Abbr.

50 Prized Chinese

### **SOLVING DA PUZZLE**

76 Bigger than

77 Suffix with

80 Groove for

board

83 Perplex

88 Big fuss

89 Belittle.

84 Structured

81 Not worth -

(valueless)

frameworks

informally

90 Ill-fated flier

of myth

Gordon-

92 "Cocoon"

94 Bluenoses

95 Charged

toward

96 Poet's Muse

97 Casual eatery

— -Croatian

98 Best players

101 Family mem.

106 "Not likely!"

107 Thumbs-up

additive

109 Motor oil

**105** African nation

100 Sorcery

91 Actor Joseph

co-star Don

Ecuador

receiving

the end of a

med.

### ACROSS

- 1 Theater district
- 7 Butcher's cleaver
- 14 Winter melon variety
  20 Replacing,
- with "of"
- 21 Privv person 22 III-willed sorts
- 23 Arranged cheddar brands in order of sharpness?
- 25 Arctic jacket 26 Capitol fig.
- Collectible toon frame 28 Per each
- unit 29 Set to move forward, as
- a car 30 Boldly courageous after
- January 1? 34 Second shoot of a scene
- 37 Nevertheless 38 "- -daisyl" 39 Paleolithic
- period 41 Letter-shaped
- track in metalworking

116

43 Attach, as to a lapel

### 48 Pre-TiVo

- machine **49** — Lanka
- 50 Comparable in humility to one particular sorority
- member? 53 Quick glance
- 55 Not durable
- 57 Groups of four 58 Underscore
- 61 Law school beginner **62** Think up
- **64** Big Steinway played by
- your father's father? **69** Condo
- policy about animals
- 70 Dime, e.g. 71 Passover
- feasts 73 Canonized seventh-cen. pope
- 76 Hotel bar 78 Tug sharply
- **79** Wrapping a wound on the noggin? 82 Sit-up targets
- 85 Chou En-**86** 2003 #1 hit for OutKast

### 87 Artist's stand

- offering 90 "... and all over
- again!' 91 Young boy 93 Complained
- petulantly 94 Lion's hunting
- recollections? 102 River in central
- Jersev 103 Certain
- shade provide
- 104 Certain shade provider
- 105 Chinese chairman
- 108 More asinine 109 Reversible fabric used
- during operations? 113 Rich, filled
- pastry **114** Daughter on
- "Bewitched" 115 And others.
- to Caesar
- 116 Rages 117 & Gamble 118 Confirm
- officially

### DOWN

117

# 2 Apropos of

### 1 Large trucks

### Abbr. 40 PC image file

10

### 36 Bullfight hero

12 13

evite, e.g.

and so on":

35 "And so on

### 31 "Science Guy" Bill

- often 67 Comedian 32 Island dance 33 Heroic poetry Kevin 34 Answers an
  - 68 Very fancy 72 Did the
  - slopes 73 "Quit talking!" 74 No-frills
  - shirt 75 Set (down)

14

115

- brand 110 Nasser's fed.
  - 111 River of Bern
  - 112 Yoga surface
  - 18 19 117 16
- 20 22 25 23 26 28 30 33 38 34 35 39 45 48 49 53 55 58 69 70 74 76 73 75 79 82 80 83 86 88 89 90 91 92 93 101 94 95 96 97 98 99 100 102 103 104 105 | 106 | 107 108 109 110 111 112 113 114 115

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