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Wednesday, January 15, 2025 - Vol. 21, No. 12

FREE



Peabody's Lahey Clinic Patient Lance Blais with staff (Photos provided by Lance Blais)

Groveland Handyman Turning Frowns Upside Down

By Stewart Lytle, Reporter

GROVELAND / REGIONAL – Lance Blais, a popular handyman who lives in Groveland, was diagnosed with lung cancer two years ago. The Army veteran had a portion of a lung removed and began chemotherapy treatments.

At three-week intervals, when he went for his treatment at the Lahey Clinic in Peabody, he found the other patients and many of the

staff, “moping about.”
“I couldn’t stand it. I had to do something,” Blais said. He turned to his lifetime of skills, including sewing, for a way to turn those frowns upside down.

At his next appointment in October, he wore one of his favorite Halloween costumes. He walked into the Lahey clinic as an elderly woman with large dentures, pink hair curlers under a bright pink scarf, wearing a

Continued on page 4



Aerial view of Harry Lee Cole Elementary School with roof section highlighted in red

Boxford Invited Into MSBA Accelerated Repair Program for Harry Lee Cole Elementary School Roof Replacement

BOXFORD – The Town of Boxford and the Boxford School Committee are excited to announce that the Massachusetts School Building Authority (MSBA) has invited Harry Lee Cole Elementary School into its Accelerated Repair Program (ARP). This partnership will focus on a partial roof replacement for Roof Section A, identified as a priority in the Town’s Statement of Interest. The design process is scheduled to commence in spring 2025.

Dr. Scott Morrison, Superintendent of the Tri-Town Union, expressed gratitude for this opportunity: “We are deeply thankful to the MSBA for their partnership in addressing critical infrastructure needs at Harry Lee Cole Elementary School. This collaboration underscores the Town and School Committee’s commitment to maintaining and improving our school facilities for the benefit of students and staff.”

Boxford Town Administrator Matt Coogan praised the proactive efforts of the Tri-Town Union and the Boxford School Committee: “This achievement highlights the exceptional forward-thinking and collaborative approach of the Tri-Town Union and School Committee. Their dedication to proactive capital planning and securing external funding sources, like the MSBA ARP, helps reduce the financial

Continued on page 4



Richard Jones in his City Hall office (Photo by Stewart Lytle)

Celebrated Artist Richard Jones Retires as Newburyport City Clerk

By Stewart Lytle, Reporter

NEWBURYPORT – Richard Jones, who is retiring this month as city clerk, told a story last week of how he bristled recently when he was told “at least you have a hobby.”
“It’s not a hobby,” Jones said with a smile and twinkle in his eye.

To him, being an artist is his job. “I’ve always done art and something else,” he said last week.

“Something else” for the 74-year-old icon of city hall has been keeping city hall running smoothly for the last 19 years from drafting ordinances to securing passports and dog licenses to marrying couples. Before that, he was a lawyer, a software engineer and for eight years the city’s solicitor until he was fired for putting a campaign sign in his front yard supporting a candidate who lost his bid for reelection as mayor.

For most of his adult life, Jones has been a prolific painter of portraits and street scenes in Newburyport, Boston, Nantucket and anywhere he could set up an easel.

His love of painting started when he walked into his neighbor’s room as a freshman at the College of the Holy Cross. The young man, who had graduated from Phillips Exeter Academy, had several paintings hanging on his walls.

“Who painted these?” Jones asked. When the student told him he had, Jones raced off to the dean to change his major to art and sign up for his first painting class. “Holy Cross had good drawing classes,” he said. He took watercolor painting his first semester because the oil painting class was fully booked.

He has been painting watercolors and oil paintings ever since. But the practical Jones

Continued on page 5

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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
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The Town Common

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In loving memory of

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

YWCA Greater Newburyport Hosts 32nd Annual Martin Luther King Jr. Commemoration Breakfast 'Protecting Freedom, Justice and Democracy in the Spirit of Nonviolence'

NEWBURYPORT – The YWCA Greater Newburyport is excited to host its Annual Martin Luther King Jr. Commemoration Breakfast on Monday, January 20, 2025. The event will feature Keynote Speaker: Katrina “Kat” Hobbs Everett. “Kat” is an anti-racist, activist, educator whose mission statement is to “Constantly Cultivate Community.” She made history as the first Black woman and first woman of color to be elected to the Haverhill City Council.

Internationally acclaimed poet and local Newburyport resident, Rhina P. Espailat will share some of her original work at the event. The Nancy E. Peace Action Against Prejudice Award will be presented to Ghlee E. Woodworth in honor of her work.

YWCA is grateful to Brine for coordinating and donating the meal for this year’s event. We are grateful to the Garrison Inn for their sponsorship of the event and our community partners.

Tickets for this year’s event are \$10 for students/teachers and \$20 for adults. Tickets will be available through January 16, 2025. The event will begin at 9:30 AM on January 20th at the Newburyport Senior Center. To purchase tickets and for more information on the YWCA Greater Newburyport please visit: www.ywcanewburyport.org, or call 978-465-YWCA.

YWCA Greater Newburyport is dedicated to eliminating racism, empowering women and creating peace, justice, dignity and freedom for all. ♦

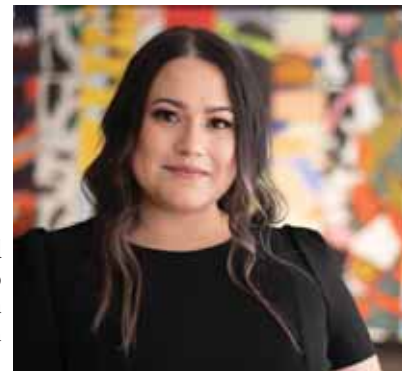
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15 Wed	12:02	7.6	12:12	8.9	6:00	0.4	6:39	-0.5	7:09	4:36	☉
16 Thu	12:46	7.6	12:56	8.7	6:46	0.5	7:21	-0.3	7:08	4:37	☉
17 Fri	1:29	7.7	1:40	8.4	7:31	0.6	8:02	-0.1	7:08	4:38	☉
18 Sat	2:11	7.7	2:24	8.1	8:16	0.7	8:44	0.2	7:07	4:40	☉
19 Sun	2:55	7.7	3:10	7.7	9:04	0.8	9:27	0.5	7:06	4:41	☉
20 Mon	3:40	7.6	3:59	7.3	9:53	0.9	10:12	0.8	7:06	4:42	☉
21 Tue	4:27	7.6	4:51	6.9	10:45	1.0	11:00	1.1	7:05	4:43	☉
22 Wed	5:16	7.5	5:45	6.6	11:40	1.0	11:51	1.4	7:04	4:45	☉

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Wenham Museum Names Sarah Sosa-Acevedo New Executive Director



WENHAM – Wenham Museum Board of Trustees has named Sarah Sosa-Acevedo the new Executive Director of Wenham Museum, which celebrated its 100th anniversary in 2023.

Effective February 1, 2025, Sosa-Acevedo will oversee all museum operations for the Museum, a hands-on, family-friendly history museum that currently stewards a diverse collection of approximately 45,000 objects and is known for its educational and community programming.

Sosa-Acevedo succeeds Interim Executive Director Amy Curtis, Wenham Museum's Director of Visitor Experience, who assumed the role in July 2024 after Executive Director Kristin Zampell Noon stepped down. Wenham Museum retained Arts Consulting Group to conduct a nationwide search for the museum's next leader.

"We are thrilled that Arts Consulting Group found Sarah for us," says Walter C. Meibaum, III, Wenham Museum Board of Trustees President. "She brings a wealth of experience, expertise, enthusiasm and energy to the Museum. I am convinced that she will move the Museum forward into its second century."

With nearly two decades of experience spanning all aspects of museum operations, Sosa-Acevedo brings expertise in fundraising, marketing, board development, and strategic planning. She is deeply passionate about the role of museums as cultural and community resources. "I am honored to join the Wenham Museum and to build on its remarkable legacy," said Sosa-Acevedo. "I look forward to working with the Board, staff, and community to create inspiring experiences that celebrate the past and engage future generations from the North Shore and beyond."

Sosa-Acevedo currently serves as Senior Principal and Planned Giving Officer at the Smithsonian Institution in Washington, D.C., and as President of the National Capital Gift Planning Council, the leading professional organization dedicated to advancing and promoting charitable gift planning in the national capital area. Her career includes roles at Smithsonian Latino Center, Madison Museum of Contemporary Art (WI), and Madison Children's Museum (WI), a National Medal Award-winning institution. She holds an M.B.A. in Arts Administration from Wisconsin School of Business at University of Wisconsin-Madison and a B.A.E. in Art Education from University of Puerto Rico-Rio Piedras in San Juan, PR.

ABOUT WENHAM MUSEUM

Wenham Museum celebrates childhood, interprets history, and explores culture for the enrichment of all generations on the greater North Shore and beyond. For over 100 years, the Museum has engaged multigenerational members and visitors through thought-provoking and engaging experiences that connect the past, present, and future, in a welcoming and inclusive environment.

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Newbury Police and Fire Respond to Minor Plane Crash at Plum Island Airport

NEWBURY — Police Chief Patricia Fisher and Fire Chief David Evans report that the Newbury Police and Fire Departments responded Friday evening to a minor plane crash at the Plum Island Airport.

On Friday, Jan. 10, at approximately 4:55 p.m., the Newbury Police and Fire Departments were called to the Plum Island Airport, 24 Plum Island Turnpike, for a report of a plane crash.

The first responding police officer arrived at the scene at 4:59 p.m., and found a single-engine Piper Warrior aircraft tipped onto its side and leaking a small amount of fuel just off the runway.

Two occupants of the plane reported no injuries.

The occupants of the plane reported that they were practicing emergency landings when they came in to the runway too low and clipped a nearby fence with one of the plane's wings.

Firefighters found approximately six gallons of fuel that leaked from the airplane. The fuel was contained cleaned up. The Massachusetts Department of Environmental Protection was notified of the fuel leak.

The airport was closed for the night. The Federal Aviation Administration was notified of the incident. ♦



A single-engine Piper Warrior airplane that came to rest on its side and off the runway after clipping its wing on a fence while landing at the Plum Island Airport on Friday evening. (Courtesy Newbury Police and Fire)

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Essex/Middlesex Association of Insurance Women is Accepting Scholarship Applications

The Essex/Middlesex Association of Insurance Women is now accepting applications for its 2025 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, 2025, application can be obtained from scholarship chairperson: Marilyn Michalak, 41 Pine St., #43, Peabody, MA 01960 or email: marilyn.michalak@comcast.net ♦



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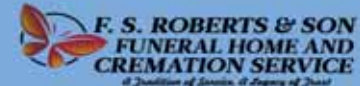
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73312646	SOLD	4 Brooks Road	Salisbury, MA	AN7874	Detached	1	\$614,900.00	\$600,000.00
73313902	SOLD	8 Andover St	Georgetown, MA	AN7000	Detached	2	\$649,900.00	\$735,000.00
73313581	SOLD	5 Marshall	Amesbury, MA	AC2360	Attached	3	\$679,900.00	\$710,000.00
73309777	SOLD	128 Glen St	Rowley, MA	C91600	Attached	3	\$699,000.00	\$700,000.00
73255504	SOLD	71 Porter Road	Boxford, MA	AN6153	Attached	5	\$1,999,000.00	\$1,925,000.00

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Lance Blais

Continued from page 1
housedress and stuffed bra. "It worked. Everybody loved it," he said. He decided he would come to all of his chemo sessions dressed in a costume. To celebrate the month or season, he wore costumes he designed and made himself. In his mid-70s, Lance came to have the drugs inserted into the permanent port in his chest dressed as a surgeon, a valentine in February, a leprechaun in March, the Easter bunny in April, wearing a top hat in May and for June, he dressed as a circus clown.



Lance Blais with staff (Photos provided by Lance Blais)

A Navajo, whose company is the All-American Handyman, drove his three-wheel motorcycle down Interstate 95 to the clinic in July to celebrate the Fourth of July. The motorcycle is decked out in a red, white and

Boxford School Roof

Continued from page 1
burden on local taxpayers. We greatly value the strong partnership between the Town and our schools." The MSBA's Accelerated Repair Program focuses on energy-efficient and cost-effective upgrades that preserve existing assets and reduce operational costs for school districts. The next steps for this project include securing local authorization for schematic design funding by March 2025, followed by the design phase to determine the most sustainable and fiscally responsible solution for the roof replacement. ♦

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Upcoming Events

TUESDAY, JANUARY 21st
Newburyport Choral Society Seeks Members

The Newburyport Choral Society enthusiastically welcomes new singers to their music family. Open rehearsals are being held on Tuesdays, January 21, at 7:15 pm. Please arrive promptly. More details are available from their website: www.NewburyportChoralSociety.org. Click the JOIN button to learn more!

WEDNESDAY JANUARY 22nd
Rowley Democrat Town Committee

The Rowley Democratic Town Committee is holding its first meeting of the year on Wednesday, January 22 at 7pm at the Rowley Public Library. The Rowley DTC provides a forum to meet like-minded people, learn about local issues and candidates, and be active participants in the political process. For any questions about our meetings or to be added to our monthly newsletter please check out our website at www.rowleydemocrats.org. [NOTE: If the Republicans form a committee and meet, they are welcome to send notices to The Town Common for publication also.]

THURSDAY, JANUARY 23rd
International Holocaust Remembrance Day Commemoration

The Lappin Foundation invites the community to our International Holocaust Remembrance Day Commemoration on Thursday, January 23, 2025, 7:30 p.m.-8:30 p.m. ET on Zoom. Dr. Hans Fisher will share his testimony of escaping Nazi Germany on the ill-fated SS St. Louis. The program is free, and everyone is welcome. Register for the Zoom link at LappinFoundation.org. For more information, please contact Sharon Wyner at 978-565-4450 or email swyner@lappinfoundation.org.

Richard Jones
 Continued from page 1

knew he did not want to be a starving artist. So he went to Suffolk Law School and Tufts Law School to learn the law. A first job was as a clerk for a justice at the Ohio Supreme Court, a job he enjoyed and where he tried out wearing bow ties. When an older lawyer told him he did not have to dress so formally, it motivated him to wear bow ties every day.

When the then-Newburyport mayor Dick Sullivan offered him the job of city solicitor, the justice advised him: "Don't tell lawyers that you're an artist. They won't respect you. And don't tell artists you're a lawyer."

He remembers his first case defending the city against a lawsuit filed by a fired police officer. "My legs were shaking," he recalled as he presented his argument in Superior Court. "The judge took pity on me and ruled in the city's favor."

Jones may have stayed longer than eight years as Newburyport's solicitor if he had had not put a sign in his yard in favor of the reelection of then-Mayor Peter Mathews. When Ed Molin defeated Mathews, the new mayor told Jones to pack his briefcase.

The painter took himself to Boston where he was selected to be one of only 75 artists admitted to the Artists Guild and given the chance to work in a studio in the guild's building on Newbury Street. There he made a living painting portraits of the Beacon Hill elite.

One day, as he painted on the sidewalks of Nantucket, a man stopped to buy the painting. A descendant of the Mellon family, he and Jones became friends. The scion of the super wealthy banking family asked him to paint a Nantucket scene from the cupola of his house. Jones painted the scene, but the rebel in him had him paint it from the perspective of a neighbor's house.

The artist never heard again from his patron again.

Seduced by the Internet, Jones became a software engineer as "the something else" job. But when his aunt told him the position of Newburyport city clerk was open, he applied for what she called "the perfect job for him."

The city council agreed and offered him the position. It also included being the city's parking clerk, which he described as "difficult."

Being the city clerk "is a wonderful job," he said. He wears many hats, presiding over elections, drafting and managing legislation for the council and retrieving birth and death records. He and his team also help residents apply for passports. And as a justice of the peace, he marries people.

The clerk's office is often the first stop for new residents, who come to register to vote or buy a dog license. "It is a chance to help people," he said.

From his roll top desk in the city council chambers, he rarely has a dull moment. While being interviewed for this article, a man asked him to notarize a document for the Belgian government that proved the man was still alive. "That's a first," Jones said.

The demands on his time have exploded during his tenure in city hall. Just retrieving officials records has grown from an hour a week to 10, he said.

But he still has Friday afternoons off when city hall is closed. On those afternoons, he can usually be found on the sidewalks of his hometown talking with friends and tourists while he paints.

"I love chatting with people," he said. But if you encounter him at his easel, know that Richard Jones loves painting more. ♦



SUNDAY JANUARY 19th
SALISBURY Guided Seal Walk at Salisbury Beach

Join the Seacoast Science Center's Marine Mammal Rescue team on a Seal Walk to spot these iconic New England animals! Guided by rescue team members, this hour-long program gives you the opportunity to get outside, learn about local seal species, our wildlife conservation efforts, and to ask any questions.

You'll follow federal guidelines for viewing protected marine mammals, maintaining a distance of 150 ft away. Scopes and binoculars will be available to use, but you can definitely bring your own. Walks take place at Salisbury Beach State Reservation,

and parking is free during this time of year. Find the full 2024/2025 Seal Walk schedule, more information and to register, head to: www.seacoastsciencecenter.org/seal-walks.

This event is sponsored by NextEra Energy Resources. Sunday Jan. 19th 10-11 am, and Saturday Jan. 25th 2:30-3:30. ♦

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Weekly SUDOKU

Sudoku grid with numbers 1-9 in various positions.

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

- Moderate, Challenging, HOO BOY!

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Salome's Stars

ARIES (March 21 to April 19) The New Year brings challenges that can change many things in your life.

TAURUS (April 20 to May 20) You have what it takes to set your goals quite a bit higher this year.

GEMINI (May 21 to June 20) In true Gemini Twin fashion, you're conflicted about a decision you know you'll have to make in this New Year.

CANCER (June 21 to July 22) A friend offers you an exciting opportunity for this New Year.

LEO (July 23 to August 22) You can make this New Year a roaring success! Start by readjusting your goals to reflect the changes in the economy.

VIRGO (August 23 to September 22) The New Year brings new opportunities for change. But you need to be ready to move away from the comfortable status quo to the challenging unknown.

LIBRA (September 23 to October

22) Your most important New Year's resolution should be to work out problems with a family member in order to avoid continuing misunderstandings.

SCORPIO (October 23 to November 21) The New Year has much to offer the intensely determined Scorpion, who isn't afraid to take on challenges and stay with them until they surrender their rewards.

SAGITTARIUS (November 22 to December 21) You'll have many fine opportunities in this New Year. But be warned: Reject offers of "help."

CAPRICORN (December 22 to January 19) The New Year offers changes that you might feel you're not quite ready for.

AQUARIUS (January 20 to February 18) Travel is a dominant aspect of the New Year. This could mean relocating to another city (or even another country) in connection with your education or career.

PISCES (February 19 to March 20) This New Year brings news about a change you've been anticipating. You might have a problem persuading a loved one about your new plans, but they will soon go along with your ideas.

BORN THIS WEEK: You have a gift for making people feel safe and protected. You would make an excellent youth counselor.

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The Spats



PUZZLE ANSWERS

Grid of puzzle answers with letters in various positions.

Super Crossword

CATCHING SOME WAVES

- ACROSS: 1 Biblical boat of refuge, 9 1971 Best Actor winner Gene, 16 Sewing line, 20 Classroom instructor, in Aussie lingo, 21 Long South American river, 22 Toothpaste container, 23 Start of a riddle, 25 Said aloud, 26 Sleekly designed, 27 Muscles to crunch, 28 Persona non —, 29 Riddle, part 2, 37 Special multi-book packages, 38 Cyberauction site, 39 Botching, with "up", 40 Travis of country music, 41 Thick slice, 43 Stare, 44 Go gray, say, 45 Riddle, part 3, 51 Hall-of-Fame Giant Mel, 52 Debt slips, 53 "Exodus" novelist Leon, 54 Toe the line, 58 Actress Liu, 60 Angelina of Hollywood, 62 Spiny lizard, 64 Riddle, part 4, 70 Third-place medal metal, 71 24 in a day, 72 Vid shooters, 73 Ship out, e.g., 74 Menageries, 75 Erie sign, 77 Celtics' org, 80 Riddle, part 5, 87 Innuendo queen West, 90 Not common, 91 Sgt. and cpl., 92 "Serpico" director Sidney, 93 Herb in pasta sauce, 95 Cruising, 97 Egg hunt holidays, 99 End of the riddle, 103 Oscar-winning Berry, 104 Prefix with angle or color, 105 Compel, 106 "— and the Detectives" (old Disney film), 107 Riddle's answer, 116 Fall lawn tool, 117 Interweaves, 118 St. Patrick's Day bar order, 119 Went quickly, 120 Store full of playthings, 121 One of the men waiting for Godot, 15 Start to doze, 16 Birds bringing bundles of joy, 17 Russia locale, 18 Easing off, 19 Hodgepodge, 24 Sanders' title: Abbr., 28 Sticks with pasty stuff, 29 "— Subsequent Moviefilm" (2020 sequel), 30 Have life, 31 Narrow land strip: Abbr., 32 "— pot (sinus-clearing apparatus)", 33 Not fatty, 34 Eases off, 35 Union Jack and Old Glory, 36 Exude slowly, 37 Vitamin also called riboflavin, 41 "Disco" guy on "The Simpsons", 42 "— Angeles", 43 "Peer Gynt" composer Edvard, 46 Particular specialty, 47 Maja painter Francisco, 48 Quiet spells, 49 Moistureless, 50 Track tipsters, 55 Crotchety cry, 56 Dir. opposite WSW, 57 Turkey Day tuber, 58 Wonder Woman player Carter, 59 Brand of potato chips, 60 Knightly fight, 61 Word of joint ownership, 62 14th-century Russian ruler called "the Moneybag", 63 Tiara stone, 64 "NCIS" ailer, 65 State of rage, 66 Whole bunch, 67 "— were the days!", 68 Seeks the love of, 69 Cake froster, 74 Goose eggs, 75 Egg: Prefix, 76 Partners of pas, 77 Big Apple baseballer, for short, 78 Some Afrikaners, 79 Early P.M. times, in classifieds, 81 Want badly, 82 Pleading tyke's query, 83 First-class aisle seat on many planes, 84 Rent- — (temporary wheels), 85 "Frozen" queen, 86 Reprising syllables, 87 Partners of fathers, 88 Tourist office handout, 89 Long, twisty and slippery, 94 Coagulated, 95 Main arteries, 96 Tattletale, 97 Lawn tools, 98 Nailed the exam, 100 Turin's land, 101 Yes, to Fifi, 102 Shaw of jazz, 107 Ready to go, 108 Rock's Brian, 109 Zodiac sign, 110 Sci-fi gift, 111 It's S. of Leb., 112 "— Na Na", 113 Evil woman in fairy tales, 114 "Evil Woman" rock gp., 115 Sanders' title: Abbr.

Large crossword grid with numbers and some filled-in letters.

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BOXFORD CONSERVATION COMMISSION NOTICE OF PUBLIC HEARING

You are hereby notified that a Public Hearing will be held by Zoom videoconference on **February 6, 2025 at 7:00 p.m.** or such other time when posted to consider the **Request for Determination of Applicability applicant Melissa DiTucci and Austin O'Connell for the property located at 5 Titus Lane, Boxford: Map 20, Block 7, Lot 7 to remove and replace an existing bulkhead and stairs, and install a dog fence, at the rear of the house within 100-feet of Bordering Vegetated Wetland.**

The Zoom videoconference information will be posted on the Town website in advance of the meeting. This is a joint meeting under the requirements of MGL Ch. 131, Sect. 40, as amended, and Boxford's Wetlands Protection Bylaw and Regulations. To view application materials, call (978) 887-6000, ext. 506.

For the Commission,
 Ross Povenmire, Director of Conservation

1/15

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 **February 6, 2025** 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 February 6, 2025 by private or public sale to satisfy their garage keepers liens for towing, storage, and notices of sale:

1. 2005 Jeep Liberty VIN 1J4GL48KX5W704787
2. 2006 Artic Cat 250 2x4 VIN 4UF06ATV66K6A1409
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4. 1996 Fleetwood Trailer VIN 4CP642F19T7287698
5. 2014 Ford Focus VIN 1FADP3F23EL152017
6. 2012 Nissan Versa VIN 3N1CN7AP9CL931402

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

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Health & Wellness



Brighter Smiles ... THE FINAL SAY

Of the 1048 Brighter Smiles columns published over the last 19 years, I will admit, I repeated a few. Trying to think of new things to write about, other than the importance of an electric toothbrush, water pik, and consistent professional care was challenging after a while. Sometimes I would re-write them completely, and other times I would just tweak them. I would often change the title, depending on how I changed the content.

One of my favorite columns, which was repeated a few times over the years, always went by the same title; 5 Reasons People Avoid the Dentist. There are no valid reasons not to avoid seeing a dentist on a regular schedule.

Those 5 reasons people avoid the dentist are money, time, lack of concern, fear and trust. The first 3 are excuses. The other 2 can certainly be stumbling blocks for some people; however, they are fixable.

You would think that money would be the biggest reason people avoid the dentist. It isn't. While some dentistry may be costly, most problems are preventable with long-term consistent professional maintenance care. For the average person without dental insurance, that would cost less than a cell phone plan. Good health always requires awareness, acknowledgement, and investment. While we could argue the role that dental insurance plays, the fact of the matter is, - it's your health and your choice.

Time is an excuse, period. Lack of concern about dental health is the most common reason people

avoid the dentist. Absence of pain is not a good indicator of health. You certainly have the right to not care about your health, but if you do, take care of the gateway to the rest of your body.

I'm not going to comment much on fear today. There should be a minimal amount of fear with today's dentistry. If you do have fear, you'll also have to overcome the last reason people avoid the dentist, which is trust. There are many reasons why some patients have a lack of trust in providers. The provider-patient relationship should be based on mutual respect and trust. Continuity of care with as few different providers as possible over your lifetime, is in the patient's best interest.

Another one of my favorite columns was The Most Important Gift.

As with many aspects of life, people often seem "pre-programmed" about what to expect in a dental office. I, and most of the dentists I know in this area, believe the philosophy of practice revolves around treating the person as a whole, and not just a tooth. It means patients, their overall health & well-being, must be foremost in the practitioner's mind. Yes, it also means cleanings, fillings and crowns. These are often inescapable outcomes to dental



BY J. PETER ST. CLAIR, DMD

disease – but, under what context are these services being provided?

It didn't take me too many years to figure out that you can't treat everyone the same. There are those patients who need every last detail explained, and there are those who don't want to hear anything, and/or won't do anything you tell them.

There are dental offices that just view the patient as a mouth of teeth. The goal is to fix as many problems in as short a time as possible. The patient becomes the object of the "fix", instead of a participant in the treatment. How degrading is it for a patient to experience that type of environment? Where is the quality, attention and care when the dentist is busy running room to

room? There may be patients who prefer that environment, so there is something for everyone.

In a truly health-centered practice, each patient should be treated as a unique, whole person. Each patient should be treated with dignity and respect. The dentist gives each patient his/her most important gift: TIME.

The best care involves taking the time to listen, taking the time to do a complete examination, taking the time to teach the causes of existing and potential dental problems, and taking the time to explain alternative treatments and modes of prevention. It means that each patient be given the opportunity to choose the highest level of health consistent with their values and life circumstances.

I appreciate the many people

who have given me feedback from reading this column over the years. I have enjoyed sharing information on a local platform about a profession I am passionate about. Thank you for following my message.

Thank you to Nancy, my dental assistant of 26 years, who edited all my columns. Aside from correcting my sub-par spelling and punctuation, she also made many of the subjects I wrote about actually make sense.

And finally, thank you to Marc, founder/publisher of The Town Common, for giving me the opportunity to use this space for 19 years. I appreciate it very much.

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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