

Tricks and tips

BMX riders inspire at Peabody High

PEABODY — The good times rolled at Peabody Veterans Memorial High School on Sept. 14 as professional BMX riders showed off their incredible bike flips and tricks for students — and spread messages of motivation, perseverance and kindness.

The show was put on by The No Hate Tour, a program that travels to schools across the country to inspire students to follow their dreams and also treat others with kindness and respect.

Many of the athletes on the tour have won medals at the X Games, including Trevor Meyer and Zach Newman, who were both in Peabody that day.

Speaking to all four grades at PVMHS, Newman shared how he had worked hard to become a BMX rider when he was in high school, even when other kids teased him for his pink helmet that he'd bought at a thrift store.

"Someone somewhere on your path may not understand what you want to do with your life," Newman told the crowd. "But as long as what you're doing is not hurting anyone, stick on your ride until your wheels fall off."

He also encouraged the students to be kind to everyone they meet, report bullying when they see it and have a good attitude in life.

The No Hate Tour is a free program sponsored by the United States Marine Corps and peta2, which is the youth outreach branch of PETA, an



DAVID SOKOL/Staff photos

Trevor Meyer performs tricks inside the Peabody Veterans Memorial High School gymnasium.

animal rights group. It was brought to PVMHS at the suggestion of Peabody PROMISE, a city-wide initiative to promote mental health awareness and resources.

Students were treated with free T-shirts and lanyards that were thrown into the audience by the BMX riders and free vegan ice

cream from a truck outside of the school. One student also won a \$500 gift Visa card.

"We are here to promote positive life choices, as well as just show that you don't have to take the traditional path to have a happy life," Newman told The Salem News. "Hopefully, that resonates with the



BMX professional rider Russell Summerville performs a back flip over Peabody Veterans Memorial High School Principal Brooke Randall during the No Hate Tour.

students."

Newman's team had many of the teens cheering as the riders performed multiple 360 flips on half-pipe ramps, or rode their bikes by standing on their handlebars.

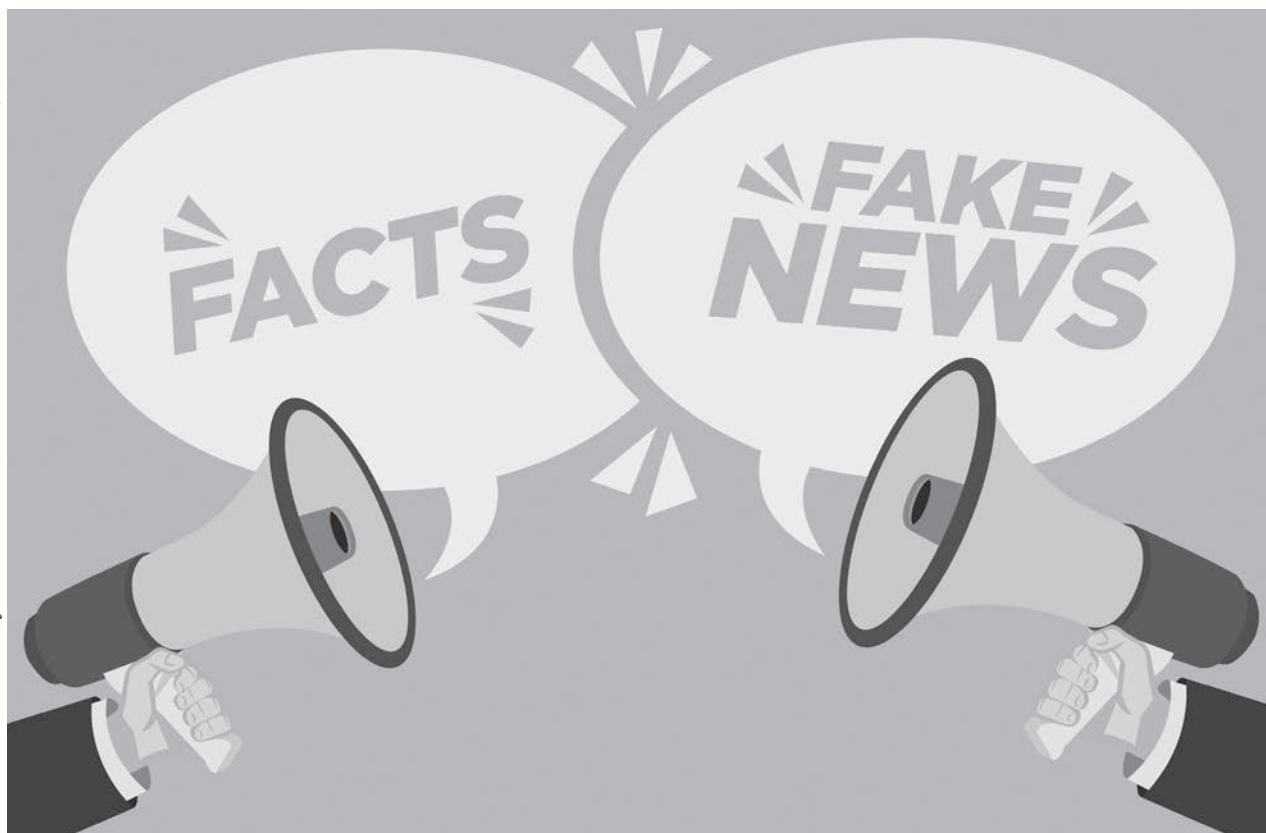
PVMHS Principal Brooke Randall also took part in the fun. Newman invited her to sit on a chair at the top of one of the ramps as a performer flipped his bike over her; a stunt that had the gym erupt with noise.

"We're only into our first full week of school right now, so this is a nice opportunity to bring the whole school together," Randall said. "Not only for the positive message, but a little bit of fun."

~ Caroline Enos



Zach Newman addresses students.



Looking to combat fake news?

Here are some resources to help you determine if what you've read is true:

» **Politifact** is the Pulitzer Prize-winning fact checking operation run by the nonprofit Poynter Institute. The site fact-checks statements by politicians and debunks myriad Facebook hoaxes.

<https://www.politifact.com/>

» **FactCheck.org**, run by Annenberg Public Policy Center, performs much of the same tasks, and also let's you ask questions of the fact checkers. An example question: Did the Supreme Court rule that it is illegal to take the oath of office with anything but the Bible? (The answer is no.)

<https://www.factcheck.org/>

» **Snopes** is the original fact-checking website. Use the site's search bar to get to the bottom of political statements, viral videos and urban myths.

<https://www.snopes.com/>

» **A Google reverse image search** is the best way to find out if that photo you saw making the rounds on Twitter or Facebook is real. This story from PC Magazine walks you through how to do it on your desktop or your phone.

<https://www.pcmag.com/article2/0,2817,2492468,00.asp>

» **Still need help?** Contact us at the Gloucester Daily Times or Salem News, and we'll get the answer for you, no matter the topic. Email Gloucester editor Andrea Holbrook at aholbrook@gloucestertimes.com, or Salem editor John Castelluccio at jcastelluccio@salemnews.com



REAL NEWS IN SCHOOLS

How the program works

Everything you need to know about
Real News in Schools

Who: It involves local schools participating in the Salem News and Gloucester Daily Times Newspaper in Education program, Real News in Schools.

What: Students and faculty at these schools are granted full access to SalemNews.com and GloucesterTimes.com and receive print copies of the monthly Real News in Schools publication you are currently reading.

Where: These free digital subscriptions are accessible on all electronic devices within participating schools. The schools currently enrolled include Amesbury High School, Essex North Shore Agricultural & Technical School, Gloucester High School and Austin Prep.

When: As soon as a school administrator contacts the Salem News or Gloucester Daily Times to set-up access and a sponsor is secured for that school, it is enrolled into the program. This process typically takes two to three weeks to complete.

Why: Local businesses understand the importance of local journalism and endeavor to strengthen their communities. The Real News in Schools program is designed to battle the fake news proliferating on social media, and introduce students to trusted news sources.

How: Teachers use the local newspaper and partner website SalemNews.com/RealNews or GloucesterTimes.com/RealNews to design course work. This curriculum utilizes news stories to teach reading, vocabulary, math, geography and civics.

If you are a school administrator or business looking to get involved in this program, please contact the Salem News or Gloucester Daily Times at (978) 946-2200.

FOR MORE INFORMATION:
SALEMNEWS.COM/REALNEWS
GLOUCESTERTIMES.COM/REALNEWS

Danvers High library renamed in honor of Colleen Ritzer

The family of Colleen Ritzer poses in front of the newly renamed Danvers High School library, which now honors the late Danvers High math teacher's legacy. From left: Colleen's father Tom Ritzer, sister Laura Ritzer and mother Peggie Ritzer.

COLLEEN E. RITZER MEMORIAL FUND/Courtesy photo



DANVERS — The Danvers High School library has officially been renamed in honor of Colleen Ritzer.

Community officials and Ritzer's family members unveiled the name change during a ceremony on Aug. 24. Now when Danvers High students walk into the Colleen E. Ritzer Library, they will be greeted with a sign with the new name and a placard that shows the teacher's photo and information about her life and legacy.

The library also features new wall art that was created through fundraising efforts by Danvers High DECA students. It features flowers, a sign-off from Ritzer in her handwriting that says "Love, Colleen :)" and inspirational messages like the Taylor Swift quote, "No matter what happens in life, be good to people. Being good to people is a wonderful legacy to leave behind."

Those words were shared by Ritzer in her own life.

"We are grateful to Danvers for this honor and for their continued efforts

to carry on Colleen's legacy in their community, and are especially grateful to Julie (Glynn) in her efforts to make this project a reality," Ritzer's mother, Peggie Ritzer, said in a statement about the honor on the Colleen E. Ritzer Memorial Fund website.

The School Committee approved the name change in 2023, 10 years after Ritzer was murdered by one of her students. Glynn, a longtime Danvers High math teacher who worked with Ritzer, proposed the name change.

"Seeing this come to fruition is incredibly meaningful," Glynn told The Salem News. "What began as an idea to honor Colleen has become a beautiful, welcoming space that will carry her name and reflect the values she lived by."

"I hope that generations of students will walk into this library and be inspired not only by Colleen's passion for education, but also by the kindness and goodness that defined her life."

~ Caroline Enos

'They're just not safe'

Officials urge parents to keep kids off e-bikes

PEABODY — The city held an e-bike safety forum Sept. 24 to educate parents on why the devices aren't safe for children, as more tweens and teens are riding them on public streets.

These bikes, and e-scooters, use a battery-powered motor to assist in pedaling. They can send kids zipping down the road at 28 mph, or as fast as 65 mph if they are riding the fastest class of e-bikes or have rigged the bike's motor to bypass its speed limit.

"Do not buy e-bikes for kids," said Dan Shuman, owner of the bike shop Marblehead Cycle. "They're just not safe. (Kids) also don't know the rules of the road yet, they haven't taken Driver's

Ed, and they don't know how to react to avoid a crash."

Shuman was a presenter at the event held at Higgins Middle School and organized by the Peabody Public Safety Task Force in partnership with Safe Routes to School.

He has been outspoken about the issue online, as these bikes have gained popularity among young riders. While they're great for adults looking for an easier way to bike, he won't sell them to children or parents looking to buy them for their children.

There are three kinds of e-bikes, which range from having a simple pedal assist system to being an electronic motorcycle or dirt bike, he explained. None of them are

safe for children under 16.

That's because e-bikes are not allowed to be driven on sidewalks, go too fast for children to handle and are much heavier than a normal bike, ranging from about 40 to 70 pounds or more.

"If you look at the kids riding them, a lot of those kids don't even weigh that much," Shuman said. "To stop a bike that is that heavy is very hard."

Riding an e-bike also requires wearing a special helmet. Often, kids riding e-bikes don't wear a helmet at all.

That's a problem when e-bikes can cause more serious injuries to children than normal bikes because of their speed.

In 2016, Boston Children's Hospital treated 16 children under age 16 for a traumatic injury sustained while riding an e-bike, said Maria

McMahon, the hospital's trauma center manager. So far in 2026, there have been 58.

More than half of those have been head injuries.

"We have one child who is in rehab and may or may not become functional again from being injured because he was hit by a car on an e-bike," McMahon said in her presentation Thursday.

"He didn't have a helmet on... He is going to be devastated for the rest of his life. His parents are going to be devastated for the rest of their lives."

It's difficult for police to keep kids off of e-bikes currently. Higgins Middle School students are not allowed to ride them on the school property and can have their e-bikes seized if they break that rule. But they are allowed to ride them on public roads, and it can be dangerous for

police to pursue them if they are riding dangerously, Peabody police Capt. Scott said during the presentation.

Kids will usually take off at a high speed when they see police trying to call them over, and may crash as a result. Current laws also do not expressly prohibit children from riding lower-speed e-bikes, even if that child has altered the bike to go faster than its original limit.

"From the police department's standpoint, we try to enforce the laws as best we can," Richards said.

In May, Gov. Maura Healey introduced the Ride Safe Act, a proposed bill that would create a speed-based framework for rules around different types of e-bikes, like prohibiting children under 16 from operating higher speed e-bikes and requiring owners of those bikes to have

registrations and insurance.

The law would also create better safety standards for e-bikes and make it easier for law enforcement to enforce e-bike rules.

But children can't be kept safe without the cooperation of their parents, Richards said.

"When the parents provide (these bikes to kids), they're not providing the education or the rules and the framework in which to ride them safely," he said. "It's just not happening."

"We need a multi-faceted effort between educating the kids, enforcing whatever laws we can enforce and getting the parents involved and getting the parents to parent their kids. If we could do that, between the three of those things, we could put a dent in this."

~ Caroline Enos

DANVERS: 182 North Street, 978-777-3000 • NEWBURY: 2 Morgan Ave., 978-463-3001

LET US CATER YOUR NEXT FAMILY OR COMPANY PARTY

Open 7 days a week: Sun.-Sat. 9 a.m.-7 p.m.

ADD SOME FLAVOR TO THE GAME!

FAMOUS MARINADES

Sirloin Tips | Boneless Chicken
Boneless Pork | Wings & Thighs

NEW SEASONED STEAKS

Seasoned with Montreal Seasoning
Available in All Cuts

BEER & WINE

A Great Selection of Beer & Wine
to Complement Our Food Items

PREPARED FOODS

Salads | Soups | Quiche
Dips | Desserts

MEATS

Full Line of Packaged &
Custom-Cut Meats

PRODUCE

Expanded Produce
Department



The
BUTCHERY
The Difference is Delicious

www.danversbutchery.com



GLOVER'S
FLOOR COVERINGS



Family Owned and Operated Since 1948

18 Whittemore St, Gloucester, MA 01930

E-mail: mark@glovers1.comcastbiz.net

978-283-3940

Go Fisherman | Have A Great Season!!



**SCHEDULE FOR
FOOTBALL, BOY SOCCER,
GIRLS SOCCER AND FIELD HOCKEY.**

FOOTBALL

Date	Time	Opponent	Location
10/16	7:00pm	Swampscott*	Home
10/23	6:00pm	Saugus*	Away
10/31	11:00am	Beverly	Away
11/26	10:00am	Danvers	Home

BOYS SOCCER

Date	Time	Opponent	Location
10/16	4:00pm	Danvers	Away
10/19	4:30pm	Peabody Veterans Memorial	Home
10/21	4:30pm	Salem*	Away
10/23	4:15pm	Malden	Away
10/26	4:30pm	Saugus*	Home
10/28	5:30pm	Danvers	Away
10/31	12:00pm	Rockport	Away

GIRLS SOCCER

Date	Time	Opponent	Location
10/19	4:00PM	Peabody Veterans Memorial	Away
10/21	4:30PM	SALEM*	Home
10/23	4:30PM	WHITTIER RVT	Away
10/26	6:30PM	SAUGUS*	Away
10/28	4:00PM	DANVERS	Home
10/31	10:00AM	ROCKPORT	Away
11/2	4:30PM	BEVERLY	Home

GIRLS FIELD HOCKEY

Date	Time	Opponent	Location
10/13	4:30pm	Beverly*	Away
10/14	4:00pm	Marblehead*	Away
10/16	4:30pm	Masconomet Regional*	Away
10/20	4:30pm	Swampscott*	Home
10/23	4:30pm	Saugus*	Home
10/27	4:30pm	St. Mary's	Home
10/29	4:30pm	Masconomet Regional*	Home
11/1	6:30pm	Swampscott*	Away

JUMBO KICK

Tufts-bound goalie Kostro, Beverly girls soccer off to great start

Communication and competition are contagious.

Thanks to the attitude of their ace goalkeeper senior Clara Kostro, the Beverly High girls soccer team has caught that bug.

In late September, perfect through their first five games, the Panthers were riding a wave of momentum born from the confidence of their four-year starter in net.

"If I had to describe the way my team and I play, I would say competitive. Even in practice, everyone wants to win," said Kostro, who'll often bug head coach Kristin Simpson to set up drills with some kind of winner.

"I think that says a lot about our team, because we genuinely enjoy competing with each other and constantly pushing one another to improve," the goalkeeper added. "That competitive mindset carries over into games and gives us a lot of energy, intensity, and determination on the field."

One of the North Shore's top goalkeepers over the last four years, Kostro had four shutouts in five games to start this season. She was chosen as an Eastern Mass. all-star as a junior, allowing 0.85 goals per game and posting 11 goose eggs, and boasts 29 clean sheets in her varsity career.

"I can't say enough good things about Clara," said Simpson, who first coached Kostro at age 10 and even then knew she had something special. "She has always been an incredibly hard worker who is constantly looking for ways to improve and never settles for being good enough. She has unbelievable athletic ability and is one of the most competitive players I've coached."

'Checked every box'

With that kind of resume,



Beverly's Clara Kostro has the athleticism to make some of the most difficult saves.

JARED CHARNEY



Beverly High girls soccer goaltender Clara Kostro has 29 career shutouts and will play in college at Tufts.

ROSE RAYMOND PHOTO

it's no surprise that colleges were very interested in securing Kostro's services. She recently committed to play next year at Tufts University. The Jumbos

feature not only one of New England's top women's soccer programs, but are close to home and have an incredible academic reputation.

"Tufts checked every

box," said Kostro, noting the school is also the perfect medium size she was looking for. "I'm incredibly excited to challenge myself academically while

continuing to play soccer at such a high level."

One of Kostro's favorite classes at Beverly High is AP Macroeconomics, and she was drawn to the fact that Tufts allowed its students to explore lots of subjects before settling on a major while still getting an incredible education.

As a four-year varsity basketball player, she's also captain of that sport and is a member of Best Buddies, Women's Empowerment, Student Council and National Honor Society. Kostro also founded the Grateful Friends club at BHS.

"Being involved in different parts of the school has allowed me to meet many intelligent and caring people I probably wouldn't have met otherwise," she said.

"It's also made me feel much more connected to the Beverly High community."

Chemistry and commitment

This year's Panther squad features eight seniors who have big goals for their final season on the pitch in Orange-and-Black. They pushed Winchester to the brink in overtime of last year's Division 1 state tournament and hope to go even further this November.

"Before our first game, we sat down together and talked about goals. The biggest consensus was that we're competing to win the Northeastern Conference," Kostro recalled. "We know

that's not easy because there are extremely talented teams like Masco, Marblehead and Danvers. We believe when we play our best soccer, we can play with anyone ... and knowing this is our final season together makes us motivated to improve through the year

and make the most of it."

Defenders Sasha Miller, Annabelle Miller and Rylie Berman have played in front of Kostro since middle school; the group has an almost sixth sense of how to take care of each other in the defensive third. Sophomore Olivia Israelite has fit in seamlessly, and the Beverly defense is almost always simpatico out there.

"As a goalkeeper, I feel extremely fortunate to have a back line that I'm comfortable with. We're also all close off the field, which makes communicating and holding each other accountable much easier," Kostro said. "This year especially, everyone has been extremely dedicated, and I think that commitment has translated directly into our success defensively."

During any season, things won't always be perfect. Take, for example, Beverly's home battle with rival Danvers. The Falcons took a late lead, but the Panthers scored twice in the last two minutes for a dramatic win ... and Kostro had to make a save in the waning moments after giving up that late goal to keep it that way.

"I've always been told that shot-stopping is one of my greatest strengths," she said, "but over the past few years I think I've improved the most in my overall confidence and communication. I've become much more comfortable being vocal, organizing the players in front of me, and trusting my decisions."

"Clara is an unbelievable leader on the field and never gives up, no matter the situation. Her work ethic, competitiveness, athletic ability, and leadership make her the type of player every coach wants on their team," Simpson said.

~ Matt Williams

School Committee chair to be honored for decades of work

By Bobby Grady

» Staff Writer

Gloucester School Committee Chair Kathy Clancy will be honored for her work by the Massachusetts Association of School Committees and the Massachusetts Association of School Superintendents.



Kathy Clancy

Clancy will be recognized during the groups' annual joint meeting Nov. 4-6 in Danvers.

During a recent School Committee meeting, Superintendent Amy Pasquarello announced Clancy, a member of the committee since 2010, would be recognized during the state groups' joint meeting.

Every year the two state groups recognize school committee members for who have accomplished significant achievements and made meaningful contributions.

"I am honored to have been selected to receive the MASC Division 1 All-State School Committee 2026 Award," Clancy wrote in an email to the Gloucester Daily Times. "The recognition was completely unexpected, and I am truly grateful."

"I take great pride in our work on the Gloucester School Committee and in advocating for the educational needs of our students, both locally and at the state level," she wrote. "Every student deserves a high-quality education, meaningful learning opportunities, and a positive school experience that prepares them for their future."

Staff Writer Bobby Grady may be contacted at 978-675-2714 or bgrady@gloucestertimes.com.



DAWN ENOS/photos

Members of this year's Gloucester High School Athletics Hall of Fame class pose for a photo during Saturday's ceremony. Pictured from left to right are: Geoff Kennedy, Peter Asaro, Betsy Day, Beth Bertolino-Aylmer, Bianca Giacalone, Sally Unis-Bertolino, Mark Michalisin, Lou McGrath, Josh Palazola, Caulin Rogers, Shawn Milne, Josh Salah, Tristan Colangelo.

GHS inducts latest Hall of Fame class



Beth Bertolino-Aylmer speaks at the GHS Hall of Fame induction ceremony.

The newest Gloucester High School Athletics Hall of Fame class has officially been enshrined.

On Oct. 2, during halftime of the Fishermen football team's dominant 28-7 win over Winthrop, 10 individuals and one track and field relay team were honored on the turf at Newell Stadium. The next day, each of those well deserved honorees got a chance to speak in front of a packed house in the GHS Fieldhouse, accepting their plaques to forever be remembered among GHS sporting lore.

Members of this year's class were as follows:

- **Peter Asaro**, Class of 2007, Indoor Track & Field
- **Elizabeth "Beth" Bertolino Aylmer**, Class of 1987, Basketball, Field Hockey, Track & Cross Country
- **Sally Unis Bertolino**, Class of 2003, Basketball, Field Hockey & Outdoor Track
- **Betsy Day**, Class of 2002, Basketball, Soccer & Track
- **Bianca Giacalone**, Class of 2013, Soccer, Indoor & Outdoor Track
- **Geoff Kennedy**, Class of 2011, Lacrosse, Hockey & Golf
- **Lou McGrath**, Meritorious Service (Softball coach)
- **Mark Michalisin**, Class of 1990, Football, Hockey, Track & Field
- **Caulin Rogers**, Class of 2011, Cross Country, Baseball & Basketball
- **Josh Salah**, Class of 2009, Golf & Hockey
- **2000 Indoor Track Distance Medley Relay Team**: Tristan Colangelo, Shawn Milne, Ngai Otieno, Josh Palazola

Shape Your Renovation



...with a Flex-Line HELOC.

Flexible financing powered by your home's equity. Apply online today!

learn.capeannsavings.bank/flexline



NMLS# 480253

