

The
DAILY  NEWS

2018

GREATER NEWBURYPORT

**BUSINESS
SPOTLIGHT**



Courtesy photo

Attorney Elaine M. Dalton, center, with Melody Doyle, office manager, left, and Sabina Barry, office assistant, are committed to serving their clients' needs.

A proven and trusted ally

Law Office of Elaine Dalton dedicated to helping clients plan for the future

When her children turn 18 years old, attorney Elaine Dalton gives each of them a quite unusual present. But it just may prove to be among the most useful and important presents they receive.

Dalton, an estate planning and elder law attorney, draws up an estate plan for her children when they reach the legal age of adulthood. The legal documents include a health care proxy, a living will, a last will and testament, and a durable power of attorney.

All parents should do the same for their newly legal adults, Dalton said. Without it, a horrific situation can be compounded into an even worse nightmare.

Most 18-year-olds are still supported by their parents, Dalton said. Parents are often paying college tuition, or allowing their children to continue to live at

home where they are supported financially.

Despite this, mom and dad lose all of their parental rights to talk to doctors or financial institutions about their child, and on behalf of their child, once they reach this milestone birthday.

And, parents never know when or why they may need to step in and communicate for their children.

“All kinds of things can happen, not just medically,” Dalton said. A college student could be studying abroad and run into a financial problem, or lose a passport while traveling and need a parent’s assistance to get home. An estate plan will give that parent permission from their child to speak to authorities on his or her behalf.

“There’s all kinds of serious situations,” she said. “You need

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something in place in case of an emergency.”

Last spring, Dalton and her husband were those parents in the midst of an emergency.

Dalton’s 21-year-old stepson suffered a medical emergency and was taken by medical helicopter to a Boston hospital where he lay in a coma.

Since he had signed a power of attorney and a health care proxy, Dalton and her husband were able to speak to his doctors and to communicate their wishes for his care. Without those critical forms,

they would have been forced to go to court in order to be granted temporary guardianship, while doctors proceeded to perform the care they determined to be best for the patient.

The expenses from the day in court are “a lot higher than just having the document done,” Dalton added.

People typically think of creating an estate plan for themselves — usually after experiencing a life-defining moment, such as the loss of a parent, or hearing that a friend made one, Dalton said. But oftentimes, they are unsure how to correctly plan for their children — adult or minor. Parents of young children often seek counsel on how to correctly appoint guardians or set up trusts properly, she added.

For months, Dalton has been

sharing her family’s personal story (her stepson is now fully recovered and back in college) in hopes of communicating how essential an estate plan is for young adults — and how easy it can be to set one up.

To create the plan, Dalton will have a short meeting or phone call with the young adult to learn their wishes, and then draft the documents in a matter of days.

“(College) Christmas break is a great time to make an appointment,” she said. “It’s a very quick process.”

An estate plan will cost a client less than \$1,000, Dalton said. While she believes strongly in the importance of a plan, she also is keenly aware of the human side, too.

“I pray that no one is ever going to need them,” she said.



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Genealogical society preserves Newbury's history

Founded in 1927 by Anne Colman Moody, the Sons and Daughters of the First Settlers of Newbury is a genealogical society intent on the preservation of the history of Old Newbury and the pioneer families that created our Yankee community.

The creation of our society came about when the Historical Society of Old Newbury, originally called The Antiquarian and Historical Society, took up permanent residence in Newburyport. There was great concern that "the young people of Mother Newbury had no outward and visible sign of their birthright, other than a monument on the Lower Green." On the evening of July 5, 1927, a group of people met to discuss the formation of a society that would pay tribute to the First Settlers and to give knowledge of these men and women who left England to form a new world on the banks of what is now known as the Parker River.

Run by dedicated volunteers who form the board of directors and officers, we have a membership of more than 500 descendants worldwide. Although membership is based on your proven lineage, we are looking for ways to become more involved with the people and town that our ancestors founded. We would very much like to raise awareness and interest in the history of Newbury, and contribute to the community in some meaningful way.

In October 2013 we sponsored our first Antiques Appraisal Day at Newbury's Protection #2 Memorial Hall, and with the help of folks in the community, were able to make a generous donation to that fire department. In the following years, we have also made donations to the Byfield Fire Department and the Newbury Town Library. We are hoping to continue with this annual fundraiser, benefiting a different department of the town each year. Any thoughts or ideas are welcome.

The First Burying Ground: You will find nestled among the trees (and a short distance from the traffic of Route 1A at 238 High Road), the Burying Ground of the First Settlers. The last person to be buried in the first burying ground was Judith Ilsley in 1794. Centuries of neglect and forgetfulness followed and stones gradually disappeared. Some graves were never marked, and bodies were laid to some extent outside and beyond the "20 rods" set off. Among the earliest

members of the Sons & Daughters were Mr. and Mrs. William I. Moore, descendants of Richard Dole and his wife, Hannah Rolfe. Mrs. Moore, with her husband, offered to restore the cemetery if it could be done under the auspices of the society. Permission was obtained of the selectmen, Stuart Little, chairman, for the society to assume care. Today, you will see what is left of the original stones and some newer replacement stones that were erected by descendants in memory of their ancestors. If you visit the site, you may park along the main road at the white sign and follow the path to the burial ground.

The Jackman-Willett House, a restored Colonial structure, is maintained by the Sons & Daughters of the First Settlers of Newbury. Originally located on the east side of High Road, the house was built by Richard Jackman in 1696. From 1892 to 1929, Stephen P. Hale owned the property, and in 1930, the Sons & Daughters bought the house for its headquarters from Mr. Hale's estate. In 1932, it was moved to a lot at the foot of Little Oldtown Hill, next to the First Settlers Burying Ground, and in 1982, the house was moved once more, to land donated to the Society on Cottage Road. This present site is believed to be within 100 feet of the original site. Renovations were made to update the living quarters, and it is occupied by a tenant/caretaker. The house is open to the public for tour on special occasions throughout the year.

Every year in August, we have our annual meeting. This features first-class authorities in all areas of historical and genealogical research such as witchcraft in Newbury, Newburyport in the Civil War, Colonial meetinghouses and many more topics of interest. It is a fascinating meeting for history and genealogy buffs, attracting members and guests from across the country, and is open to the public. This year, we will be holding it at the spacious Hope Church, Hale Street, Newburyport, where there is also plenty of convenient parking for all.

Our newsletter, *The Descend-O-Gram*, is sent out quarterly to our members and chronicles the highlights of the First Settlers both past and present, much of which comes from our member contributions.

The Sons & Daughters of the First Settlers of Newbury, P.O. Box 444, Newburyport, MA 01950, www.sonsanddaughtersofnewbury.org.



BRYAN EATON/Staff Photo

Monument to the first settlers of Newbury on the Lower Green.

The SONS & DAUGHTERS of the FIRST SETTLERS of NEWBURY, MASSACHUSETTS



*Have you ever wondered about
your ancestors?*

*Did they live in colonial Newbury?
You may be a son or daughter, too!*



Surnames of Families Who Settled in Newbury Prior to 1700

Acres	Bodwell	Coffin	Field	Hardy	James	Merrill	Parker	Rolfe	Tewksbury	White
Adams	Bolton Bond	Coker	Fifield	Haynes	Jaques	Mighill	Pearson	Russ	Thomas	Whittier
Allen	Boynnton	Coleman	Fitts	Hart	Johnson	Miller	Peasley	Sadler	Thom(p)son	Whittier
Alley	Brading	Coultman	Flood	Heard	Fordan	Milward	Pemberton	Sampson	Thresher	Willet(t)
Annis	Bradley	Cottle	Follansbee	Heath	Kelly	Mingo	Pengrin	SArgent	Thurlo	Williams
Aslett	Bradstreet	Cromlon	Forman	Hendrick	Kent	Mirick	Perkins	SAunders	Thurston	Williams
Atkinson	Brickett	Cutting	Franklin	Hening	Keyes	Mitchell	Pettingell	Savory	Tillotson	Woodbridge
Ayer(s)	Brittain	Danforth	Frazer	Hills	Kingsbury	Moody	Phelps	Sayer	Titcomb	Woodman
Bachiler	Brown(e)	Davis	Fry	Hilton	Knight	Moore	Pierce	Sawyer	Topham	Woodman
Badger	Bryer	Davison	Garland	Hoag	Lane	Morrison	Pike	Scullard	Travers	Woodman
Bailey	Carr	Delane	Gerrish	Holman	Little	Morse	Pilsbury	Seers	Trotter	Wolcott
Ballard	Carter	Dole	Godfrey	Holmes	Littlehale	Moulton	Plumer	Sewall	Trueworthy	Wolcott
Barber	Chaddock	Dow	Goffe	Holt	Long	Muffet	Poore	Shatswell	Treworgy	Woolery
Barber	Chandler	Downer	Goodridge	Huit/Hunt	Lowle	Musselwhite	Randall	Short	Tucker	Woolery
Bartlet(t)	Chase	Dummer	Goodwin	Hull	Lunt	Mussiloway	Rawkins	Silver	Waldron	Worster
Batt	Cheater	Easton	Granger	Huse	Macy	Mussey	Rawson	Smith	Wallingford	Worster
Beedle	Cheney	Eels	Grant	Hussey	Major	Nisbitt	Remington	Snelling	Wallington	Worth
Belconger	Chisemore	Elithorp	Greeley	Hutchins	March	Noyes	Richards	Somerby	War(e)ham	Wright
Berry	Chute	Emerson	Greenland	Ilsey	Marshall	Oliver	Richardson	Stevens	Weare	Wright
Bingley	Clark	Emery	Greenleaf	Ivie	Marston	Ordway	Robbins	Stewart	Webster	Young
Bishop	Clement(s)	Evans	Hale	Jackman	Matthews	Osgood	Robinson	Stickney	Wells	Young
Blumfield	Coates	Fanning	Hall	Jaffrey	Mayo	Palmer	Rogers	Swett	Wheeler	Young

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or write us at: SDFSN PO Box 444, Newburyport, MA 01950



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The mind-body connection

Blue Water Wellness focuses on 'a comprehensive approach' to well-being

Blue Water Wellness in Newburyport is the first mind-body lifestyle medspa that provides a modern approach to health and wellness. Celebrating the fact that physical and emotional well-being are connected, Blue Water Wellness offers services to support this connection, including IV vitamin therapy and boosters; flotation therapy; specialized vitamins; infrared sauna sessions; massage; and aesthetic services like SculpSure, laser hair removal, Botox, facials and derma fillers. Blue Water Wellness is also the dedicated location for deep transcranial magnetic stimulation, the state-of-the-art depression treatment for patients who do not respond to medication.

"Blue Water Wellness provides the convenience of restoring the mind and body by offering a variety of services in one place. Our team includes experts that will collaborate with you to provide a comprehensive approach to your physical and emotional well-being," said Tiffany Bartholomew, the general manager of Blue Water Wellness Mind and Body MedSpa.

"Creating a true mind-body center has been my dream for decades," said Keith Ablow, M.D., founder of Blue Water Wellness Mind and Body MedSpa. "We're making it possible for people to achieve their full potential. It's working. People are coming here simply to look better and have more energy. Others come to recover from Lyme disease, chronic fatigue, depression, fibromyalgia, migraines and many other conditions."

Ablow is a psychiatrist of more than 25 years who has gained a national reputation



Registered nurse Haley Pratt works with a client at Blue Water Wellness. The facility offers one-stop personal empowerment technologies such as IV amino acids, flotation therapy, infrared sauna and whole body vibration.

for his use of holistic, cutting-edge remedies. Ranker.com lists him as one of the 35 most well-known psychiatrists in history. GEScience-Prize.org identified him as one of the five most influential psychiatrists alive today.

Since opening in 2017, Blue Water Wellness Mind and Body MedSpa has continually expanded its menu of services, in a quest to make mind/body synergy second-nature to the people who visit there.

"We have treatments to revitalize your brain, to decrease anxiety and stress, and to increase energy," Ablow said. "And we have treatments that make you look and feel younger and more physically fit. Because wellness isn't about just mind or just body. It is about the interplay between the two."

One of Blue Water Wellness's most popular services, unique to the area, is the flotation tank. Clients enter a large

deprivation chamber filled with 98-degree, extreme salt water—water saltier than the Dead Sea. This allows for effortless floating, removing all external stressors from the mind and body.

"People describe relief from joint and muscle pain, but also describe feelings of extraordinary peace," Bartholomew explained. "A healthy body requires a strong mind. Stress not only impacts our mental well-being but also can cause the body to become physically unwell. Floating allows the mind to relax and the body to heal."

Clients can choose to spend 60 to 90 minutes in the chamber with the option of having a soft light and music, or they may opt for complete silence and darkness.

The benefits of floating include decreased production of stress hormones and an increase in endorphins, decreased anxiety, improved sleep, and increased energy

and concentration, according to Ablow. Because float therapy aids in the healing of joints and muscles, as well as facilitating incredible levels of concentration, it is common with athletes, including Patriots quarterback Tom Brady.

Blue Water Wellness Mind and Body MedSpa is also the first in the area to offer IV infusion therapy: the process of introducing vitamins, amino acids and vital coenzymes directly into the bloodstream. These vitamins and minerals are absorbed more quickly and more effectively when provided intravenously, impacting the central nervous system and the rest of the body, profoundly.

Blue Water Mind-Body MedSpa has a full menu of IV infusions and boosters to choose from, including Vitamin C, B vitamins, the master antioxidant glutathione and the amazingly healing coenzyme NAD+. Blue Water Wellness can also



The warm, welcoming waiting room awaits clients at Blue Water Wellness, a healing center for the mind and body in Newburyport.

BLUE WATER WELLNESS MIND AND BODY MEDSPA

- 1 Merrimac St., #7, Newburyport
- 978-255-7635
- www.bluewaterwellness.com

customize IV plans for clients to address a variety of concerns, including athletic performance, Lyme disease, weight concerns, addiction and chronic fatigue.

In 2018, Ablow doubled the size of Blue Water Wellness to include additional services that clients traditionally expect from medspas—an entire range of aesthetic treatments, including SculpSure laser body contouring, Botox and fillers, and virtually painless laser hair removal with the revolutionary Soprano Platinum Ice laser.

And, Ablow will soon be adding the newest technology to his practice of deep transcranial magnetic stimulation, which he said is already known to be a "very effective treatment for depression." Now, his practice will offer a similar device to treat

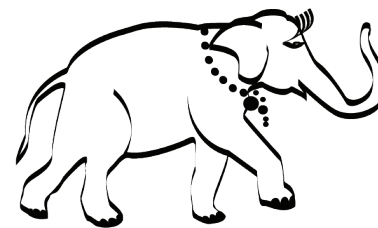
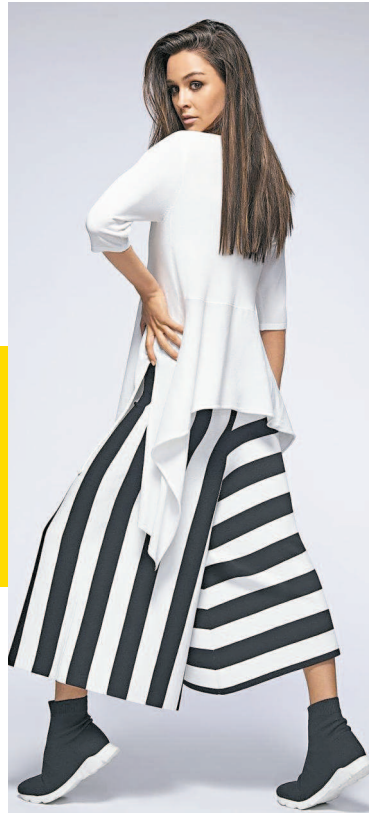
obsessive-compulsive disorder. TMS treatment delivers magnetic pulses to the part of the brain that is underactive in individuals with mood and anxiety conditions, stimulating renewed flow of chemical messengers and better connections between brain cells. While covered by insurance for those individuals being treated for clinical depression, dTMS can also be an elective therapy for individuals seeking to increase focus and awareness.

"We have a diverse client base," Bartholomew said. "We have clients ranging from teens to the 30/40-somethings to mature adults, with clients coming from near and far. For those traveling to town, we have the Blue Water Wellness Cottage at 3 Center St."

Appointments vary from weekly to biweekly for different types of services to those who come in monthly. Packages can be customized to address the whole person. Whether you are looking for reparative or preventative treatments, Blue Water Wellness on Merrimac Street has services to meet your entire mind and body needs.



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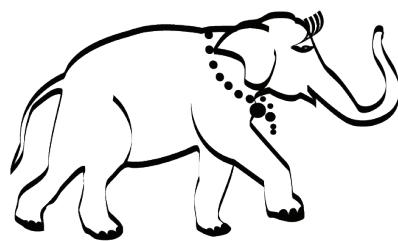
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Ready for the future

Immaculate Conception School lays the foundation for young students

By JOAN FOWLER SULLIVAN
PRINCIPAL

Immaculate Conception School (IC) in Newburyport offers an exceptional educational experience to area children. The IC celebrates 136 years of Catholic school tradition, paired with academic rigor that cultivates success in our students!

It is so important for children to have a multitude of opportunities available to them early in their lives. An education at the IC encompasses academics, enrichment and extracurricular activities, which foster growth in intellectual, social and emotional skills. We encourage our students to embrace their individuality, recognize their unique learning style, and grow confident in decision making and problem solving. Collaborative learning; technology integration through Google's G Suite for Education in a 1:1 learning environment; Science, Technology, Engineering and Mathematics (STEM) across all grades; collaborative work spaces (maker spaces); and design thinking challenges are a few of the academic initiatives that challenge our students to think.

With an eye to the future, we also continue to adhere to the original mission of our school: to communicate Catholic Christian values; provide a quality academic program; and develop an awareness, empathy and respect for the needs of all people. Developing caring individuals is equally as valued as the academic achievements our students realize.

IC students are poised, articulate, young men and women who care about the needs of others and take pride in making a difference. The faculty and staff invest in developing students who are empathetic, genuine people. As a community, we encourage civic responsibility by acting upon our calling to serve those less fortunate, and by translating these opportunities into "teachable moments."



Principal Joan Fowler Sullivan poses with some of her students at Immaculate Conception School in Newburyport.

Our students go on to attend many top-tier high schools in the area, including St. John's Prep, Central Catholic, Bishop Fenwick, St. Thomas Aquinas, The Governor's Academy, Phillips Exeter Academy, Pingree School and Berwick Academy, as well as area public schools. The academic skills and caring nature they develop during their time at Immaculate Conception School is recognized and valued by the institutions our students attend.

The IC's three-story brick building houses bright, large classrooms; a newly renovated middle

IMMACULATE CONCEPTION SCHOOL

- 1 Washington St., Newburyport
- 978-465-7780
- jsullivan@newburyportcatholic.org
- www.icsnewburyport.com

school; and the latest technology for direct instruction and hands-on collaborative learning. IC also has computer and science labs; an art room; a library and resource center; a beautiful auditorium/gymnasium to accommodate dramatic performances, instrumental instruction,

and a variety of sports and activities; a full-service cafeteria that serves hot, healthy lunches; and outdoor play areas, including the Al Mozier Playground.

We are coeducational, serving approximately 260 boys and girls from pre-kindergarten through eighth grade from 15 surrounding communities in Massachusetts and New Hampshire. In pre-kindergarten and kindergarten, the student/teacher ratio is 7:1. In grades first through eighth, the average class size is 25-30 students. The IC offers financial aid for all K-8 students.

We invite you to take a tour

of the IC in beautiful downtown Newburyport, to hear about the many opportunities that we offer and to see the benefits of an Immaculate Conception education through our students. Join us during an Open House or schedule a tour at your convenience. Open Houses are from 9-11 a.m. on Oct. 24, Nov. 27, Dec. 18, Jan. 16, Feb. 7 and March 5. Catholic Schools Week Open House: Sunday, Jan. 27, from 1 to 2 p.m. Registration for new students begins Jan. 28, 2019. We look forward to sharing Immaculate Conception School with you!



Immaculate Conception School (IC)

Teaching children to be **good role models**
is our **top priority**



Kindness, caring and respectful behavior are reflected in every aspect of the learning environment at the IC... and that's what makes us such a special school!

OPEN HOUSE 9 - 11 am: October 24 • November 27 • December 18 • January 8 & 16
1 - 2 pm: Sunday, January 27 (Catholic Schools Week)
Call Kelley Pappalardo (978) 465 - 7780 for a private tour

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Immaculate Conception School is an affordable, private Catholic elementary school (pre-k – eighth grade), providing high-quality, faith-based education, preparing young people for life, spiritually, academically and socially.

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Don't put your hearing on hold

Approximately 17 percent of all Americans have trouble hearing, but only a small percentage seeks help for their condition.

According to local audiologist Dierdre Anderson of Audiologist Network Services of 158 Bridge Road in Salisbury, those who do seek help usually spend three years suffering the impact of hearing loss before booking an appointment. And that's often times made at the urging and prodding of family members who see firsthand how hearing loss has compromised their loved ones quality of life. But Anderson wants those who suffer from hearing loss to know that once they get over the hurdle of making that first appointment, the restoration of their hearing and resulting improvements in their communication with the outside world is well worth the effort.

From her office in Salisbury, which is located just across the Gillis Bridge in Newburyport, Anderson has for 10 years, seen patients of all ages suffering with a variety of conditions ranging from neural sensory or age related hearing loss, debilitating tinnitus, and a range of conditions that cause temporary hearing loss.

"Most people go through stages of denial of their hearing loss," said Anderson. "They think it's not so bad and they'll just wait and see how it goes."

Whether they see it as a sign of aging they're reluctant to accept, or an inconvenience they can learn to live with, Anderson has seen firsthand how lives can change for the better once patients see the help of new technologies aimed at helping us hone in on the myriad of sounds happening all around us. Considering how disconnected one can feel, missing out on the messages



BRYAN EATON/Staff Photo

Dierdre Anderson, right, of Audiologist Network Services.

being sent via sound wave to the brain on a continual basis, the improvements in quality of life that come with treatment through her office are immeasurable, said Anderson.

"When you have hearing loss you have less information going to your brain," said Anderson. "You have to work harder. It can make you feel very tired at the end of the day, and not everybody can compensate all the time. It's very difficult."

In the absence of good, clear speech getting transmitted to the brain, Anderson said, she's seen a host of problems present themselves in the lives of the

hard of hearing, including the deterioration of relationships, which at their core depend on good communication to thrive. People are often surprised, she said, when they come into her office and test drive some of the hearing aids on the market.

The first step is to conduct a comprehensive diagnostic evaluation of a patient's hearing to determine what type of hearing loss they're suffering from. If it's determined a patient has permanent hearing loss, the latest and most technologically advanced hearing aids are presented, and patients are given an opportunity

to sample the technology and hear the difference between hearing with an aid versus without.

"There are different styles of hearing aids – some are custom, which means I take an impression of their ear and ear canal and they build the hearing aid to fit their ear," said Anderson. "Other people are candidates for 'open fit,' a behind the ear hearing aid that is not custom. Those could be easily tried on in the office to demonstrate for the patient what the technology can do for them."

Technology has improved so much, said Anderson that she can attach this type of hearing aid to the back of a

patient's ear, and adjust the levels of the device via her computer to demonstrate its effectiveness.

"We'll demonstrate conversation, she said, "We'll walk outside the office. They can have a 30 day trial period."

For patients with extreme hearing loss, Anderson said there are options such as cochlear implants to consider, followed up by extensive therapy to help retrain their brain to accommodate and process new information from the implant. And for patients who present tinnitus, or ringing of the ears, caused by high frequency hearing loss, Anderson offers a cutting edge

therapy that helps sufferers sleep at night.

"I see a lot of people who have debilitating tinnitus," said Anderson. "I use something called tinnitus retraining therapy for them, which came out 10 to 15 years ago. I've been doing it for about 10 years."

A sound therapy that retrains the brain to habituate the tinnitus, Anderson said the therapy works to trigger the same mechanism in the brain that learns to ignore the sound of the highway or train for those who live alongside it – by tuning it out as a neutral sound.

"Your brain makes a decision not to listen to it," she said. "Tinnitus prevents concentration but if we introduce sound therapy which interrupts the sound then we can turn it, in time, into neutral signal and then the brain can then turn it toward the subconscious."

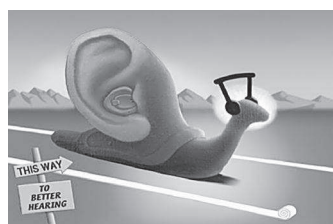
Anderson works with patients four days a week in her Salisbury location, and spends time also at the Holy Family Hospital in Methuen, where she treats many children for temporary and permanent hearing loss. Her work with children has, in recent years, prompted her involvement with an organization called Greater Voice that offers free evaluation and hearing aids to children in the Dominican Republic. Her work there has further illustrated to her the importance of hearing to the developing young brain. To see a child who cannot hear suddenly tune in to the world around them is magical, she said.

"They otherwise cannot afford it, and they're just so grateful," said Anderson, who speaks fluent Spanish. "The smile on their faces – they're a very warm, friendly culture so when you go down and offer to help it's just greatly appreciated. It's very rewarding."

Do you miss half the conversation?

(Do you miss half the conversation?)

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Audiologist and owner of Audiology Network Services, Dr. Anderson has been improving her patients' hearing since 1987. She has successfully dispensed hearing devices to adults and children in the North Shore, Greater Newburyport and Merrimack Valley.



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Heronfield is an independent school for students in 6, 7, 8, and post-8 grades who love school. Located in the center of the New Hampshire seacoast area in Hampton Falls, it is only 15 miles from Newburyport, Massachusetts. At Heronfield Academy, students are provided with an inspired and rigorous program in a safe, nurturing and dynamic setting.

The middle school years are extremely important ones in which students are growing and developing in ways that are exciting, challenging and rewarding. Heronfield builds on the joy of learning while helping students to discover their moral compass; the community adheres to the key concepts of honesty, respect, diligence, celebration, and caring.

Heronfield's core curriculum emphasizes not only math, science, English, history, and Spanish, but also music, drama, visual arts, physical education and health. Teachers plan curricula together and students collaborate, learning together. The strength of our program is reinforced by small classes where our teachers really get to know each student.

Heronfield graduates are prepared and meet with success in high school and beyond. The social and academic confidence and the wonderful school memories our students gain during their time here is unprecedented.

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Applications and Financial Aid for 2019-2020 are due January 30th, 2019

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www.heronfieldacademy.org



Heronfield Academy: A unique learning community

Heronfield Academy, an independent middle school for grades six, seven and eight in Hampton Falls, N.H., is devoted to the intellectual, spiritual, social and emotional life of middle school students.

A major part of what makes this school so special is what lies at the heart of any excellent school: the teachers. They are

seasoned, confident, skilled and blessed with a love of learning that they impart to their students.

Heronfield offers an academically challenging curriculum while simultaneously nurturing the Core Values of Honesty, Respect, Diligence, Celebration and Caring.

The school takes a wide variety of students, not just

HERONFIELD ACADEMY

- 356 Exeter Road, Hampton Falls, N.H.
- 603-772-9093
- www.heronfield.org

one profile of learner — all of whom love school, love to learn and have a passion

for something, be it figure skating, drawing, science or fishing. Teachers focus on all aspects of growth at this level with an eye to giving students a healthy balance in a busy world.

Heronfield is truly a unique learning community because the school understands that creating a nurturing culture is of the utmost importance. When

young learners feel safe, they thrive. At Heronfield, they soar!

In the words of Head of School Betsy Kelly, “Heronfield students are gems, and we make decisions with their needs and best interests in mind. Middle school is the time when children internalize their views about education generally and their role

in school specifically. We want children to wake up and joyfully look forward to school each day, to joining the community in learning experiences that are relevant, authentic and engaging.

“Heronfield is a joyful place where students make deep connections to learning, to adults, and to each other.”

Creative cuisine, with a side of comfort

West Row Café is a neighborhood eatery with top-notch fare

In a city known for its lively dining scene, it can be hard to make your restaurant stand out from the many others that fill Newburyport.

But David Pierre, the owner of West Row Café and Bar, and his new executive chef, Nick Peters Bond, manage to do just that.

The eatery in the center of Market Square will be celebrating its first anniversary this fall and has quickly become a favorite among locals and tourists alike for its neighborhood feel and top-notch dishes.

Pierre and his wife have owned the building at 35 Market Square where West Row Café is located for seven years. When their previous tenant, the frozen yogurt chain Orange Leaf, closed, they looked for a new tenant to occupy the space. However, they couldn't find a business they wanted. So they decided to open their own restaurant.

"I've spent most of my adult career in and out of the restaurant and hospitality business," Pierre said.

It took more than a year for the major renovations to the space to be finished. The work included interior and exterior improvements, as Pierre added a patio with outdoor seating.

During that time, the couple were also mulling over a name for their eatery.

"Every single name we came up with, there was a restaurant with that name somewhere," Pierre said. "We had a tough time."

Then one day, his wife was researching the history of the building online and discovered it had a name. The building was historically called West Row. In fact, there's a plaque hanging on the side of the façade with its moniker.

"We thought, 'What a great way to bring some history back to Newburyport and to keep with the charm of Newburyport,'" Pierre said.

As they opened West Row, Pierre wanted the café to find its



West Row Café and Bar is celebrating its first anniversary this fall in Newburyport's Market Square. The eatery will soon be launching West Row Market, offering meals to go.

niche and how it could fit into the city's crowded restaurant scene.

"We are very much a local eating establishment," he said.

"We are a neighborhood eatery. We don't consider ourselves to be fine dining or high-end, but we're not a pub either. Our food is outstanding."

At West Row, customers can find a five-star menu at a casual price point that's affordable, Pierre said. The restaurant is also welcoming to families — and some diners even bring their dogs if they eat on the patio.

"We didn't want to just be a restaurant for couples," Pierre said.

The diverse menu, which includes immensely popular selections such as tuna poke, oysters, seared miso salmon and peppercorn-crusted ribeye, is the brainchild of Peters Bond, the talented, well-known local chef who participated in two seasons of the reality TV cooking competition

WEST ROW CAFÉ AND BAR

- 35 Market Square, Newburyport
- 978-572-1471
- www.westrowcafe.com
- Open Sundays and Tuesdays through Thursdays, 11 a.m. to 9 p.m., and Fridays and Saturdays, 11 to 10 p.m.

show "Hell's Kitchen."

Those creative dishes are inspired, in part, by his surroundings, Peters Bond said.

"All my ideas (for the menu) come from the seasons of New England," he said.

With each new season comes new produce and new ingredients to work with and build dishes from.

For the fall, Peters Bond is looking to entrees, including duck, and soups with heartier flavors and warm spices, including acorn

squash, butternut squash and roasted cauliflower.

Part of the process of tailoring the menu, of course, is knowing what your guests would enjoy without straying too far from the familiar, he added.

"If you deviate too far out of the box, it's too unrelatable," he said.

Peters Bond initially joined the staff of West Row Café as the bartender as he worked to build his own catering company. But when the restaurant's former executive chef decided to move on about three months ago, Pierre went to Peters Bond and offered him the job. He agreed to take the reins.

"He's brought his own creative flair to the menu," Pierre said. "The response has been so overwhelmingly positive."

Peters Bond is also building his own team in the kitchen and said he is striving to bring in talented employees who care about the food they are serving and

understand their role in making guests happy.

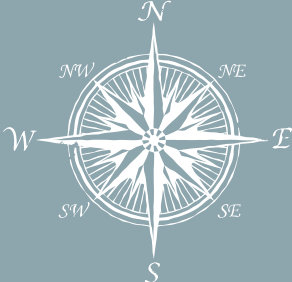
"I want to make sure everything is up to the highest standards," he said.

Another way Pierre has sought to make guests happy is by addressing one of the chief complaints he heard when the eatery opened: The noise level became too loud when large parties were present.

Over the last few months, Pierre has worked with sound engineers to install curtains and sound blockers.

"It's made a huge difference," he said.

The eatery is also launching West Row Market, where diners and commuters on the go can stop in and buy something to bring back to the office or take home with them. The choices will include pastas, vegetarian dishes, soups, salads and wraps, Pierre said.

WEST  ROW

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35 Market Square || Newburyport || MA 01950
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 WestRowCafe



Dog Problems?

Moving Beyond the Leash

Dogs are man's best friend, but sometimes they can also be a downright nuisance. Many of us have dogs that have behavior we could do without, from barking at the mailman to chewing furniture.

Scott Williams, owner and training director at Beyond the Leash, says that we shouldn't have to put up with pesky behaviors from our pooches.

"If your dog is creating stress in your life on a daily basis, it is a good idea to call a trainer," Williams says. "Every owner has something to gain from training."

Williams has trained thousands of dogs and has run Beyond the Leash training for 15 years. The business started out in Los Angeles, but Williams, who was born

BEYOND THE LEASH

- 5 Fanaras Drive, Unit A, Salisbury
- 978-834-5111
- www.beyondtheleash.com

and raised in Rockport, moved back to Massachusetts eight years ago. He and his wife, Jess, are the owners and exclusive trainers at Beyond the Leash.

Williams says that most owners use the wrong approach when trying to correct their dogs' behaviors.

"The details of dog training are quite counterintuitive," he says. "I always say dog training is simple, but not easy."

Sometimes, an owner's first

instinct can actually exacerbate the issue. For example, owners often want to coddle and calm an anxious or fearful dog, but that can just add to the dog's fear. Tightening the leash for a canine that reacts to other dogs while on a walk can make the reaction worse.

Williams works closely with owners to build a relationship that benefits them and their pet. "My job is to make it as easy for the average owner as possible and to make training as simple as possible for all three parties: the dog, the owner and myself."

As with any other relationship, boundaries are key.

"Dogs are always seeking boundaries, and once those boundaries are established, they seem much

calmer and happier," Williams says.

The Williamses are residents of Amesbury and have enjoyed getting to know the Greater Newburyport area.

"We enjoy hiking with our own personal dogs in the woods or on the beach," Williams says. "We love the area."

They also enjoy the support of the surrounding communities and the warm reception Beyond the Leash has received since opening the Salisbury location in the fall of 2016.

"We are very appreciative of the local patrons, groomers, pet stores and day cares who have certainly had a hand in aiding our success," Williams says.

Offering Dog Training In Salisbury Industrial Park!



**Offer: Receive a FREE Training Evaluation with this ad!
Offer expires December 31st 2018.**

“Emmie's transformation has been no less than amazing! I cried when I first met you about the challenges that I was having with her and how much I missed my old dog and how 'easy' he was, and I cried tears of joy today because she was just like him in behavior and temperament. She's a different dog for the better.” -Deb M. from Newburyport, MA



978.834.5111
beyondtheleash.com
info@beyondtheleash.com

Seacoast Science Center

Sparking curiosity, enhancing understanding and inspiring conservation of our Blue Planet

Seacoast Science Center has been a favorite destination for families since it opened its doors in 1992. Located in historic Odiorne Point State Park in Rye, N.H., the center provides exceptional marine and environmental education through programs, exhibits, marine mammal rescue and interpretation of Odiorne Point State Park.

“Our mission is to inspire conservation of our Blue Planet,” said Karen Provazza, director of marketing. “Every day, we create personal experiences that foster environmental awareness and motivate people to take action to protect our world ocean.”

This year, through a community-based strategic planning process, Seacoast Science Center has renewed its commitment to providing a meaningful and memorable experience for all visitors.

“We heard that while we are viewed as a treasured educational and cultural mainstay in the community, it was time for change, so we got right to work,” Provazza said.

To kick off the year of major exhibit updates, the center completed the renovation of its iconic tide pool touch tank. This popular, hands-on exhibit has been fully refurbished and now includes observation tools, interpretive signage with learning prompts, and naturalist-guided programs to help visitors “dive deeper” into learning about the animals and plants that live in the intertidal zone.

Children can step into action in a mock working waterfront at the new Jumpin’ Jay’s Discovery



Seacoast Science Center Marine Mammal Rescue officially expanded its territory and is now responding to all marine mammals that haul out or strand on the shore from Essex in northern Massachusetts to the New Hampshire/Maine border.

Dock, designed to spark the imaginations of young learners. Here, the captain and crew can suit up in their waterproof Grundens and set off for adventures at sea aboard a pint-sized fishing vessel. Kids can jig for mackerel, haul a trap, or give a shout over the radio as they head back in to tie up at the Discovery Dock, equipped with a stylized fishermen’s co-op and a mock Intertidal Touch tank.

One of the most significant updates was the reconfiguration of 1,200 square feet of exhibit space for the installation of H2O Today, an exhibition organized by the Smithsonian Institution Traveling Exhibition Service. On display through Nov. 11, 2019, the exhibit explores the beauty and essential nature of water, the planet’s lifeblood. Through a series of water stories from around the

globe, H2O Today examines the diversity and challenges of our water sources and promotes conversation, creativity and innovation through art, science and technology.

Most recently completed, the Working Underwater exhibit covers historic milestones in diving’s technological development — from ancient free divers to today’s atmospheric dive suits. Tools of the commercial diving trade are on display, as well as artifacts collected by divers in the Piscataqua River during the construction of the new Sarah Mildred Long Bridge. The center’s vintage Mark V dive helmet is back on display in a new setting that allows visitors to try it on for a fun photo opportunity.

Two new aquariums get visitors up close and personal with some of the most fascinating creatures of the



The center’s newly renovated tide pool touch tank encourages visitors to think like scientists as they investigate its many inhabitants.



Seahorses are fish with very uncommon traits. They have a prehensile tail for gripping and a horse-like head, and the males give birth. Learn more at the Seacoast Science Center’s new seahorse exhibit.

Gulf of Maine. The 150-gallon cylindrical seahorse tank gives visitors a 360-degree view of them in their eelgrass habitat and will allow for a variety of seahorse species to cohabit. Moon jellies are featured in a new jelly fish tank, where the calming colors and gentle current-like movement create an almost mesmerizing experience.

Also on the docket has been the creation of new programs to engage people in the natural world around

them. Two new after-hours programs have been introduced. Nature@Nite offers families the opportunity to discover the magic of Odiorne Point State Park at twilight, and Night at the Museum is a relaxed open house-style program where families can explore science, technology, engineering and math through a marine lens.

Seacoast Science Center Marine Mammal Rescue officially expanded its territory beyond the New Hampshire

SEACOAST SCIENCE CENTER

- Within Odiorne Point State Park
- 570 Ocean Blvd., Rye, N.H.
- 603-436-8043
- www.seacoastsciencecenter.org
- Open daily, 10 a.m. to 5 p.m., from mid-February through October and 10 a.m. to 4 p.m. from November through mid-February
- **Marine Mammal Rescue:** Seacoast Science Center Marine Mammal Rescue is now responding to northern Massachusetts (Essex to Salisbury) north to the New Hampshire/Maine border. If you spot a seal on the beach, keep back and call the Marine Mammal Rescue hotline at 603-997-9448.

coast in 2018 and is now responsible for responding to all calls of marine mammals on the shore from Essex in northern Massachusetts north to the New Hampshire/Maine border. To better serve the northern Massachusetts region, SSC Marine Mammal Rescue has opened a satellite office at Mass. Audubon’s Joppa Flats Education Center in Newburyport. A collection of response and rescue supplies is stored there for easy access and a plan for an informational display is in the works. If you spot a seal or other marine mammal on the beach, keep back and call the Marine Mammal Rescue hotline at 603-997-9448.

The Seacoast Science Center is open year-round. Members of the center receive free admission to both Odiorne Point State Park and the center and enjoy many benefits, including free or reduced program and event rates. Join online today or the next time you visit.

Discover what's new!



**SEACOAST
SCIENCE CENTER**

Jumpin' Jay's Discovery Dock

Tide Pool Touch Tank

Inspiring conservation of our Blue Planet.

Working Underwater

H₂O Today



Open daily, year-round
in Odiorne Point State Park, Rt. 1A, Rye, NH

603-436-8043
www.seacoastsciencecenter.org



NEWBURYPORT TENNIS CLUB



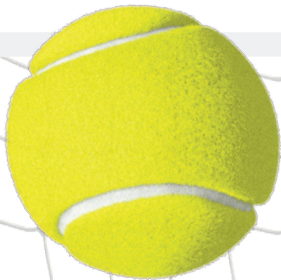
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WORK ETHIC
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*All Ages, All Levels... PLAY TENNIS!
Gain all this and more at NTC*

NEWBURYPORT TENNIS CLUB
LOW STREET, NEWBURYPORT MA
978-462-3121

Picking up the racquet

Serving up a great season at Newburyport Tennis Club

Since opening its doors in 1974, Newburyport Tennis Club (formerly Newburyport Racquet Club) has been dedicated to giving a unique experience to its members. No gimmicks or tricks, simply a tennis club founded by tennis players, for tennis players. As the keys of ownership changed hands this past year, this strategy still stands true.

Since the new ownership, NTC has undergone months of renovation. The lounge has been newly updated with a 70-inch television, new rugs, paint, couches, flooring in both locker rooms and new high-grade insulation on the courts — with more improvements to come.

If you were to ask head pro Kelly Ouellet what brings people back to Newburyport Tennis Club, the answer is simple: “the people.”

Kelly continues, “Don’t get me wrong, the renovations are a great and a necessary addition. But it is this community atmosphere that keeps bringing people back after all these years. It is the people that make the club, and we are lucky to have such good members that have stayed here year after year.”

Similar to the TV show “Cheers,” NTC allows you to enter a community where “everybody knows your name.” The personalization that NTC allows is unmatched.

Whether you are looking for private lessons, match play, adult and junior clinics, or simply to use the facilities, the management and pro staff are there to help you as little or as much as you want. Going a step above, Kelly says she even offers on-court player evaluations to anyone, young or old, to help find them just the right hitting partner, group, pro or clinic.

Even though entering a newly remodeled lounge that overlooks six tennis courts may seem daunting, Kelly assures that you should not fear. Tennis isn’t something that

should be looked at as intimidating, she says.

“No matter what age, you can always try tennis and I believe NTC is a great place to start from the ground up, or jump right in the middle,” Kelly says, “I love that about tennis. The player is in charge, which really allows them to celebrate results no matter the pace they go.”

Kelly adds, “Over my last 15-plus years, I have seen it all and most people actually do better than they think they would. I especially really love when they are surprised at how much fun they were able to have.”

With the updated lounge, it seems the fun only continues from there — both on and off the court.

These changes at NTC allow for reflection back over the last 40 years, and more importantly, a chance to thank the people who have stayed with NTC.

As Kelly expresses, these renovations are a “thank you” to the loyal members of NTC and a “welcome” to the new members. The members have made the club the community atmosphere it is today, she says, and they are what make people, new and old to tennis, feel comfortable joining.

Just like tennis, Newburyport Tennis Club offers something for everyone. Stop by the club or visit the website for more information on the courts, pros, beginner and advanced lessons, clinics, and USTA (United States Tennis Association) and North Shore Leagues.

Make sure to keep an eye out for a variety of special events throughout the coming months, such as our free Adult Beginner Tennis Clinics and our free Parent Child Event. You’ll have the opportunity to be able to learn the basics of tennis alongside your children and even use the USTA-grade low-pressure balls. Become your child’s own pro!

NEWBURYPORT TENNIS CLUB

- 178 Low St., Newburyport
- 978-462-3121
- www.NewburyportTennisClub.com



John Pironti is taking advantage of the last bits of summer by practicing his serve outside.



Matt Moldish serves for the Level B Men’s North Shore League out of Newburyport Tennis Club. Moldish won the match, helping the team to a 5-0 win against Woburn Racquet Club.

Helping solve low vision problems

Low vision — those sight deficiencies that glasses or surgery won't fully correct — can seriously hamper a person's quality of life. People with low vision often have a harder time performing daily activities such as reading, driving a car, or operating a cellphone or computer. While a staggering number of low vision aids exist on the market today, shifting through the variety to choose the right adaptive tool for your particular condition can feel like an daunting task.

That's why Dr. Laura Anne Potvin, PC, and her team of optometrists have partnered with The Perkins School for the Blind to offer an array of low vision aids to help their clients find ways to more fully enjoy life. The Groveland optometrist office provides large-print items like check registers, address books,

bingo, crossword and Sudoku puzzles. From contrasting cutting boards to Ruby and Topaz High Definition Video Magnifiers, Dr. Potvin's team has real solutions for people with low vision.

But Dr. Potvin takes it even one step further — providing free adaptive consultations to anyone who cannot see comfortably with their best corrective glasses — whether they are patients of her practice or not.

"This is not a low-vision examination," Dr. Potvin is quick to point out.

Instead, she meets with people to discuss how their condition is impeding everyday activities and educates them on tools available that might help.

"Whether it's changing lighting or computer settings, using e-readers or large print books, or investing in a more advance instrument for reading, I take the time to see what is realistic for them," she says.

She'll show them her Kindle, adjust their cell-phones or walk them through making accessibility changes on the computer. Dr. Potvin is anxious to share what she's learned over the years coping with her own 25 percent vision loss and urges anyone struggling with low vision to use her as a resource.

Her office — located at 939 Salem St. in an area that boasts a spacious and completely handicapped-accessible parking lot — offers comprehensive vision care for the entire family, including pediatric and geriatric services. They provide complete contact lens services; computer vision services; and eyewear for fashion, sports and safety. Dr. Potvin's team of four optometrists even offers wandering eye care — comprehensive vision services for the homebound.

For Dr. Potvin, there's nothing complicated about providing professional and courteous eye care — just treat people the way you would like to be treated.

DR. LAURA ANNE POTVIN, PC

Optometrists

- 939 Salem St., Suite 7, Groveland
- 978 374 8891
- www.drlauraannepotvinpc.com



Dr. Laura Anne Potvin poses next to a display in her Groveland office.

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939 Salem Street, Suite 7
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978-374-8991

www.DrLauraAnnePotvinPC.com



Bringing Newbury Street to Newburyport

Award-winning Beautique Salon, Spa and Lash Lounge offers luxury styling and treatment

Upon entering the expansive new location for Beautique Salon, Spa and Lash Lounge in Newburyport, it is clear that no detail was overlooked.

From the cozy reception area full of chic, functional jewelry and products to the custom hair stations reminiscent of bedroom mirrors, this salon invokes the sense of warmth and well-being you would feel in your own living room.

With 3,000 square feet of space nestled within a gorgeous farmhouse property on Parker Street, surrounded by beautiful landscaping and a 32-car private parking lot, Beautique has undergone a major upgrade to go from a hidden gem to a heavy hitter.

Yet, Beautique offers far more than the services of a hair salon — with talent that brings Newbury Street right to Newburyport. A few steps down to the lower level, clients can enjoy a relaxing massage, a custom airbrush tan or indulge in one of Beautique’s medical services.

Beautique was the first business to receive a tattoo license in the city of Newburyport and its artist, Jessica Leonard, is booked solid for her amazing new brow restoration technique.

Also on staff is Dr. Mark Markarian, a Harvard-trained, board-certified plastic surgeon providing safe, noninvasive, anti-aging solutions such as Botox and filler. Dr. Markarian is the only plastic surgeon for miles around actually offering the injection services, which is yet another reason Beautique is going to save clients like me the long drive to Boston.

If that wasn’t enough, I was led up yet another staircase to an upper level that opened into an expansive lash lounge with the most cozy beds just beckoning me



to lay down and receive one of Beautique’s signature lash naps. I learned that Beautique’s extension services are so delicate and relaxing that oftentimes clients fall asleep during their appointments.

Beautique owner Leah Lynch is a national and international award-winning lash artist and the creator of several multinational training programs. She has a tremendous advantage of being able to train her staff herself to become some of the most capable and safety-conscious lash artists in the area. All of Leah’s artists have taken special certifications to ensure the safe practice of lash artistry as well as advanced application techniques and advanced lash styling.



The combination of these skills together has won Beautique the award of Best of North Shore for

eyelash extensions, as well as five other Best of North Shore awards ranging from best facial, best

BEAUTIQUE SALON, SPA AND LASH LOUNGE

- 26 Parker St., Newburyport
- 978-255-2774
- beautiquenbpt@gmail.com
- www.beautiquenbpt.com

makeup application, best waxing and more.

Beautique also has two gorgeous private treatment rooms with many advanced devices and products lining the shelves of its beautiful antique armoires. The skin care department includes two key players — Josie Correia, advanced peel specialist, and local Newburyport favorite Hanh Doan.

When asked what Beautique’s hottest new service is, Leah says, “Next to microblade, which has become overwhelmingly popular, our most exciting new service is the lash lift and tint. It’s a great alternative to lash extensions that makes your own natural lashes look thicker, longer and more lifted. Our clients are going wild for it!”

After speaking a little bit more with Leah, I realized she really puts her heart into this business and supporting her team of 11. She seems devoted not only to their success, but also their happiness. I was enchanted by the descriptions of some of the lovely events that they host in their off time, such as group meditation, energy balancing, essential oil classes and even yoga.

After realizing that they also offer one of my favorite cosmetic peel services from PCA, I will now be one of the many satisfied — and radiant — customers of Beautique Salon, Spa and Lash Lounge.



WARNING!! The following is a public service announcement. It is becoming increasingly more important for clients receiving eyelash extensions or contemplating microblade services to consider the following:

Traction alopecia, or permanent hair loss can occur on the Lash line if eyelash extensions are not properly applied. Lash mites and chronic blepharitis that can also cause lash loss and damage are very likely to develop if your eyelash extensions are not washed with an appropriate cleanser on a daily basis. If you have not been informed of proper cleansing, If you experience any pinching or pulling, clumping of lashes or grouping of lashes that are falling out, crisscrossing or poor retention we encourage you to come for a free safety assessment with one of our highly trained and safety certified team members. We have been receiving an influx of clients with damaged lashes from other salons lately, even specialized lash salons that carry good reputations. This is a very serious issue for our industry and our efforts in this matter are not self-serving, we are willing to offer these assessments for free and give you feedback that you can bring back to your chosen artist if you desire.



Not Our Work



Our Work



Not Our Work

For all clients considering microblade services: This is a service that can go horribly wrong and a semi-permanent facial tattoo. We beg you to do your research and please do not receive these services within someone's home or without checking to see that they carry the proper license and to have their facility inspected by the Board of Health. There are countless artist out there providing services that they are referring to as microblade and they are not. This is not a service that can be easily corrected and is one that can cause a lot of psychological damage if done incorrectly. We certainly do not have the lowest price point in the area for this service and that is because of all of the extensive training and practice that we dedicate and the fact that we set aside 3 hours for your service despite the fact the service itself only takes 45 minutes. The extra time is there for you for an extended consultation in order to determine the absolute perfect shape and color and for us to have ample time after the service to go over the exact after-care that is required for the success and hygiene of the service. We provide these services in a clean medical treatment room that is approved by the Board of Health and our artist is trained and licensed in the art of microblading specifically, which is different than cosmetic tattooing. When considering microblade always ask to see as many photos as possible of the artists work so that you can study the intricacy of their stroke pattern. True micro blade should have a multitude of hair like Strokes that change in pattern and texture to follow the path of the natural hair growth. If there are simply straight lines drawn at the front of the brow or thicker lines spaced farther apart this is not truly microblading. We also would be pleased to offer you a complimentary consultation for this increasingly popular brow restoration service.

As always, we are looking out for you and your best interest here at Beautique, providing only the highest level of service and quality products. As always we are promoting the most natural and healthy options that we can in both hair color, styling shampoos and skincare. Paraben, preservative, artificial fragrance, dye, sulfate-free, biodegradable Packaging, gluten-free vegan friendly cruelty free, you name it, Integrity is always our priority.

Sincerely, Your Safety first Beauty Squad!

North Shore's exclusive destination for luxury beauty services for women and men. Whether you want fabulous lash extensions, a specialty makeup application, head-turning hairstyle, or other unique beauty services, Beautique is a must.



26 Parker Street, Newburyport, MA
978.255.2774

www.beautiquenbpt.com



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Leeward Light Thrift Store

Recycle, Reuse & Renew for Charity

Leeward Light Thrift Store Celebrating 9 Years of Giving Back to the Community

Happy Anniversary Leeward! For the past nine years, the Leeward Charitable Foundation has carried out its goal of recycling donated clothing, furniture and household goods and turning these donations into food, clothing and fuel assistance for our neighbors in need. In fact, the Leeward Charitable Foundation has donated more than \$2.0 million in cash and donated goods to local food pantries, home heating assistance programs and other worthy local charities. Leeward has proven themselves as a sustainable source of income for numerous local charities and is recognized as one of the highest contributing charities in the community. With more and more charities competing for your donated goods, dollars and volunteer time, the Leeward Charitable Foundation offers many opportunities to help those in need within OUR own community

LOCAL CHARITIES THAT LEEWARD SUPPORTS:

Our Neighbor's Table (Amesbury)
The Pettengill House (Salisbury)
The Boys and Girls Club (Salisbury)
First Parish Church (Newbury)
Community Service of Newburyport
Jeanne Geiger Crisis Center (Newburyport)
Salvation Army (Newburyport)
YWCA (Newburyport)
Community Action, Inc (Haverhill)
Church of Christ Food Pantry (Seabrook)
Seabrook Community Food Pantry



TURNING DONATIONS INTO CASH FOR LOCAL CHARITIES - Salisbury residents Scott and Eve Cabral (center and right) dropping off donations to Leeward Team Member drew Daubach (left) at the Leeward Light Thrift Store.

WHY DONATE TO LEEWARD

- Proven Track record of helping local charities in the community
- Proceeds from donations are channeled quickly to where they are needed most
- Donors can feel confident that their donated items are being used to help those in need
- Leeward is recyclable friendly which is good for the environment

Leeward provides sustainable income for local charities by taking household and clothing donations which are sorted, inspected and displayed as merchandise by a dedicated team of Leeward Light volunteers and employees. About 85 percent of all donations are recycled, reused or repurposed in some manner and the resalable items that make the quality cut end up at the retail store. Proceeds from the sale of these items go a long way in helping those in need within community.

In addition to cash donations to local charities, Leeward Lights runs a voucher system with their charitable partners, where local charities can send individuals in for free clothing, basic home necessities and other needed items.

LEEWARD CHARITABLE FOUNDATION PROGRAMS

FOOD



\$95,000 (2017)

The Leeward Foundation provides food assistance in the form of critical funding to 12 local food pantries in Maine, Massachusetts and New Hampshire

HEAT



\$47,000 (2017)

The Leeward Charitable Foundation provides home heating assistance in the form of critical funding to 4 Home Heating programs in Southern York Co. and Northern Essex Co.

GEAR



\$40,000 (2017)

The Leeward Foundation provides critical supplies to local families in need.

- Winter coats, boots & gloves
- Children's school clothing
- Children's school supplies
- Housewares
- Furniture

SKILL



\$25,000 (2017)

The Leeward Charitable Foundation is working with local youth organizations and individuals with intellectual and developmental disabilities improving work skills, life skills, and social skills.

WHY SHOP AT LEEWARD

- High quality merchandise at low prices
- Organized and "stress-free" shopping environment
- Unique "one-of-a-kind items"
- Inventory is constantly changing
- It's a fun place to shop

The Leeward Light Thrift Store is filled with an ever-changing inventory of clothing, accessories, jewelry, handbags, housewares, linens, antiques, electronics, artwork, collectibles, pet supplies, crafting items, sporting equipment, holiday decorations and much, much more, all of which have been donated by thoughtful members of our community. Many items are unique and "one-of-a-kind" and the merchandise is priced at a fraction of their normal retail prices. Bargain hunters and "treasure seekers" alike are never disappointed. Loyal customers visit Leeward regularly (weekly to every day) as new bargains and treasures are always being added to the racks and shelves. From Canada to Connecticut, the word has spread from local customers about the great shopping finds and prices at Leeward.

Leeward also maintains a giant furniture area in the back of the building. There customers will find a large selection of couches, chairs, bureaus, trunks, dining room sets, antiques, outdoor furniture, rugs and more. The inventory is constantly restocked offering customers a wide selection of items to suit every style. Customers can shop for furniture rain or shine. And the prices are truly amazing.

Many Leeward customers purchase "raw" items for crafting and "upcycling" projects. Purchased items are "transformed" into works of art for little money. Customers are excited and proud to share these "before and after" projects with other customers and staff.

WHY VOLUNTEER AT LEEWARD

- Help others
- Connect to the community
- Network and meet new friends
- Make a difference
- Find purpose

The Leeward Foundation is very fortunate to have a wonderful group of dedicated and generous volunteers to help keep their unique store operating. While these amazing volunteers are always busy processing donations, stocking the stores and helping customers, they can connect to the community while networking and meeting new friends.

Leeward encourages anyone interested in volunteering and helping others in the community to stop by The Leeward Light Thrift Store in person or call the main number to set up an appointment with Retail Manager, Shauna Werner, to learn about volunteering opportunities. Leeward also welcomes students and individuals seeking volunteer hours to meet academic or community service requirements.

HOW CAN YOU HELP

The best way to help Leeward continue its mission of "Recycle, Reuse and Renew for Charity" is through donations of items that are "gently" used and in good resalable condition.

Leeward will also pick up furniture. To arrange for a furniture pick-up, you can contact the main number at 978-465-1141.

Those who are not able to donate, shop or volunteer can also make a cash donation directly on the website. All donations are tax deductible.

The Leeward Light Thrift Store is located at 126 Bridge Road (Route 1) in Salisbury, MA.

The store is open Tuesday-Saturday from 9:00 AM -5:00 PM and Sunday 10:00 AM -4:00 PM.

Donations are accepted Tuesday-Saturday 9:00 AM -4:00 PM and Sunday 10:00 AM -3:00 PM.

The store is closed on Monday.



LEEWARD LIGHT THRIFT STORE

126 Bridge Road Salisbury, MA 01952



SOMETHING OLD, SOMETHING "RE-NEWED"

This end table was purchased and refurbished by
a Leeward Light Customer



*Back to School?
New Apartment?
Moving In?*

Everyone Who Enters Our Home Is Part Of The Elizabeth Calsey Family

**We offer the most cost effective quality care
that is personalized for the individual's needs.**

At Elizabeth Calsey House our residents enjoy numerous amenities included in the affordable monthly fee. The fee includes three home cooked meals and snacks 24 hrs/day. Residents can come to breakfast in their pjs, robe and slippers and enjoy a warm breakfast prepared just for them.

Also included in the monthly fee is daily personal care, self medication management, housekeeping, cable TV, daily activities, entertainment and much more. Here at Elizabeth Calsey House there is no community fee or buy in fee.

The goal of the Elizabeth Calsey House owners and staff is to make every resident feel that Elizabeth Calsey House is their home.

The Elizabeth Calsey House ~ Philosophy of Assisted Living

- Offers cost effective quality care that is personalized for the individual's needs
- Promotes the individuality of each resident
- Allows each resident the choice of care and life-style
- Fosters the independence for each resident
- Protects each resident's right to privacy
- Treats each resident with dignity and respect
- Involves the family and friends with in-care planning and implementation
- Nurtures the spirit of each resident
- Provides a safe residential environment
- Makes the Assisted Living residence a valuable community asset



Elizabeth Calsey
HOUSE
Assisted Living
Residence

286 Lions Mouth Road
Amesbury, MA 01913
978-388-3752

15 Elizabeth Street
Amesbury, MA 01913
978-388-0293

www.elizabethcalseyhouse.com



All the comforts of home

Elizabeth Calsey House creates a warm space for aging in place

When Deborah Dastoli's father-in-law became ill, she had hopes of keeping him home to take care of him.

But with a busy work schedule as a dispatcher for the local fire department along with the demands of raising three teenagers, she eventually made the decision to place her father in a nursing home.

Dastoli found the nursing home to be a good fit, she said. But she didn't care for the lack of privacy and found the noise level to be extreme.

It inspired Dastoli to call her husband one day and announce that she wanted to "buy a house to take care of people."

And that's just what she did.

On Dec. 1, 1995, Dastoli left her job as a dispatcher and opened Elizabeth Calsey House on

Elizabeth Street in Amesbury.

The original assisted-living residence features 15 private rooms, each with a private bath.

Its success led to the opening of a second house, Elizabeth Calsey House at Lion's Mouth Road in Amesbury, in May 2002. It has 26 private rooms, also with private baths.

"Our mission has always been to create a residential home for people to age in place," Dastoli said.

The Elizabeth Calsey model is that its senior living communities belong to the residents. Residents feel so at home, in fact, that most come down to enjoy breakfast in their robes and slippers.

"The quality of our food, our meals, is something that really sets us apart from others," Dastoli added.

Along with their own private

rooms and baths, residents can also enjoy other comforts and amenities, including cable TV, which are included in the standard pricing. Additional perks and programs are offered for minimal fees.

The staff provides a number of activities for the residents, including yoga, live music, trivia, crafts, exercise and spelling contests, to name a few.

As needs change, the residences adapt and accommodate to the needs of residents.

When the initial home first opened, Dastoli envisioned a big, "Walton-style" dining room table for residents to gather around. But as the number of residents grew, she added smaller tables to help enhance intimacy and conversation among residents.

While most assisted-living facilities are owned by large corporations and are profit seeking, Dastoli said the profit she and her family seek is in the quality of care they provide and their reputation.

"Being an owner is different; there is a lot of responsibility, but

(even more) when you're responsible for people's lives," she said.

Its solid reputation is what has led residents to seek out one of the Elizabeth Calsey Houses, with word of mouth serving as the best advertisement.

"The best thing to fill our rooms is for a resident to say to someone, 'You're going to love it here,'" Dastoli said.

A staff who truly understand the Elizabeth Calsey House mission is also a key factor in the success of the residences. With a team comprised of daughters, granddaughters, cousins, sisters-in-law, brothers as well as longtime staff, some of whom have been working at Elizabeth Calsey since 1997, the goal of providing a place that feels like family and home is easily met.

Supporting the local arts community is also important at Elizabeth Calsey. The homes showcase the talents of area artists as well as paintings and needlework that have been done by the residents over the years.

"I like having a little piece of

ELIZABETH CALSEY HOUSE ASSISTED LIVING RESIDENCE

- 15 Elizabeth St., Amesbury
- 978-388-0293
- www.elizabethcalseyhouse.com

ELIZABETH CALSEY HOUSE AT LION'S MOUTH ROAD

- 286 Lion's Mouth Road, Amesbury
- 978-388-3752
- www.elizabethcalseyhouse.com

them forever ... they are my family," Dastoli said.

Making a difference in people's lives is the primary goal at Elizabeth Calsey House, and it's one Dastoli strives for 24/7.

"I love what I do, I love every second," she said. "It's a tremendous accomplishment."

The personal, unique experience brought to the Elizabeth Calsey House can be summed up by one more thought from Dastoli:

"Not all of us are city mice," she said, "some of us are country mice."

Hastings Floor Covering lays down great value and professional service for any budget

By KELLY BURCH
CORRESPONDENT

The business is still family-run

Home renovations can be an intensely stressful time, so it's great to know that the company and contractor that you're hiring is dedicated to family-friendly service.

Hastings Floor Covering has been providing flooring throughout the Greater Newburyport area for decades, based out of its showroom in Groveland.

Since Linda and Hank Hastings began the company in 1976, it has grown so much that their children and nieces and nephews are all involved with the business.

"I think because there are so many of us involved, our primary goal is to not only give the best installation and vinyl product, but also as to give much value in the

dollar that the customer is investing," said Kristine Hastings, Linda and Hank's daughter who works in sales.

One of the cornerstones of the Hastings business model is delivering quality products for any budget.

"We understand the different budgets that exist and deliver quality products at the best cost for customers," Hastings said.

The company handles projects of all sizes, from single-room residential projects to large commercial projects, including many for businesses in the Newburyport area.

For most people, a renovation starts with a trip to the Hastings showroom, where they are able to feel the different products and talk to sales experts about what best

suits their needs and budget.

"We listen to what their needs are and suit that the best we can with values and product," Hastings said. "We're very relaxed and not very pushy."

After the product is selected, Hastings installers do a professional job of expertly finishing the renovation. Because Hastings uses its own installers, rather than subcontracting the work, customers become familiar with the people who will be in their home.

"That's always a relief, just to have a continuous relationship not just with the storefront but with the installers," Hastings said.

In addition to its 25 employees, Hastings regularly works with students from Whittier Regional

HASTINGS FLOOR COVERINGS

- 919 Salem St., Groveland
- Open Mondays through Fridays, 9 a.m. to 5:30 p.m.; Saturdays, 9 a.m. to 4 p.m.
- 978-521-8848
- www.hastingsfloorcovering.yourfloorstore.net

Vocational Technical High School, many of whom continue with the company even after their school experience ends.

That's just another way that Hastings provides great services and family values to customers and the community.

"We want to make sure that we put the right product in the person's home, something that they're going to be happy with," Hastings said.

CARPET ♦ TILE ♦ HARDWOOD ♦ LINOLEUM ♦ RESIDENTIAL & COMMERCIAL



HASTINGS Floor Covering

Turning a house into a home — one room at a time

919 Salem St. ♦ Groveland, MA ♦ 978-521-8848

Family owned since 1976

www.hastingsfloor.com