

# IPSWICH

N E I B O R S

JUNE 2019



**“CATCHING UP”  
WITH ANDREA**



# BOOK LAUNCH

*Coaching and Empowering Caregivers of Children with Hearing Loss, an approach to foster well-being*



By Joanne Travers, A publication of Partners for A Greater Voice, Inc. Ipswich, Massachusetts

**LOCAL AUTHOR EVENT: JUNE 9th, 3-5pm**  
Join us at Gathrworks in downtown Ipswich to celebrate Joanne's international journey to support and empower parental caregivers of children with hearing loss. Food and beverages provided.

Coaching and Empowering Caregivers of Children with Hearing Loss, an approach to foster well-being is Joanne's first book. It is a culmination of her twenty years of support given to families, parenting experience, mind/body health, and international missions she directed for Partners A Greater Voice (PGV), a non-profit training and education organization. [www.greatervoice.com](http://www.greatervoice.com)

"Childhood hearing loss and deafness is one of the most common health conditions facing families in low-resource areas of the world, causing a disruption of the educational, economic and social fabric of the family and community. There is increasing recognition that the family and community play a critical role to provide optimal care and rehabilitation of these children. But the focus is all too often solely on the child, leaving caregivers to struggle. Joanne Travers has many years of experience empowering families of children with hearing loss and now offers her expertise to healthcare and educational providers. This book provides a wonderful guide to help families through this process."

~ James Saunders, MD | Professor of Otology & Neurotology, Geisel Medical School at Dartmouth, Dartmouth Hitchcock Medical Center,

New Hampshire, U.S.A.; Co-Chairperson, Coalition for Global Hearing Health; Medical Director, Mayflower Medical Outreach

"An important aspect of this book focuses on the realities and needs of families coping with deaf children. It fills an existing gap in the bibliography intended for training of those in human resources, whose services are directed to the families of the Deaf. It should be a mandatory text of consultation for doctors, teachers, audiological staff, psychologists, counselors, speech therapists, and families, as it shows itself to be an excellent educational resource with a view to self-care, emotional healing, and empowerment of families with deaf children."

~ Onelia Aybar, Director of Education | Instituto de Ayuda al Sordo Santa Rosa, Santo Domingo, Dominican Republic

"The author has provided uncommon and practical insights for supporting parents and professional carers of children with hearing loss. Her perspectives on a variety of issues confronted in caring for children with hearing loss should enrich cross-cultural understanding of the unique but surmountable challenges of ensuring optimal quality of life for the affected children throughout the life course."

~ Bolajoko Olusanya, MD, PhD | Developmental Pediatrician, Nigeria

**THE BANK WHO PUTS YOU FIRST**

**FIRST Ipswich BANK**

First Ipswich Bank offers a selection of checking accounts that meets nearly any banking need. All accounts come with unlimited check writing, free Online Banking, Mobile Banking, Bill Pay and eStatements, a Mastercard® Debit Card, and a companion Savings account. First Ipswich Bank puts you where you belong, first.

>> [Inquire in person or online | firstipswich.com](http://Inquire.in.person.or.online|firstipswich.com) | 888-667-3697

Equal Housing Lender. Member FDIC.



**Best Version Media®**

### Publication Team

**Publisher:** Noreen Trudel

**Designer:** Brittany Jooss

**Contributing Photographer:**  
Cristin M. Gisler

### Advertising

Contact: Noreen Trudel

Email: [ntrudel@bestversionmedia.com](mailto:ntrudel@bestversionmedia.com)

Phone: 617-794-9205

### Feedback/Ideas/Submissions:

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 1st of each month. Go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." You may also email your thoughts, ideas and photos to: [ntrudel@bestversionmedia.com](mailto:ntrudel@bestversionmedia.com).

### Important Phone Numbers:

Emergency	911
Police Department	978-356-4343
Fire Department	978-356-6630
Town Hall	978-356-6644
Library	978-356-6648
Recreation & Culture Department	978-356-6644
Ipswich Chamber of Commerce	978-356-9055
School Superintendent	978-356-2935
High School	978-356-3137
Middle School	978-356-3535
Doyon School	978-356-5506
Winthrop School	978-356-2976

Any content, resident submissions, guest columns, advertisements and editorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, homeowners associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted. All content submitted is done so at the sole discretion of the submitting party. ©2019 Best Version Media. All rights reserved.

### EXPERT CONTRIBUTORS



#### Residential and Commercial Real Estate Law

Attorney Rich Kallman • Kallman Law  
978-356-2934 • [www.kallmanlaw.com](http://www.kallmanlaw.com)

Rich Kallman provides the highest quality legal services to his clients while maintaining personal, small-town attention to detail.



#### Garden Center

Corliss Brothers Garden Center & Nursery  
978-356-5422  
[www.corlissbrothers.com](http://www.corlissbrothers.com)

We specialize in offering the widest assortment of plants in top condition. Choose from all the latest flowering plants and shrubs, in addition to mature trees and evergreens for instant appeal. No need to wait years for things to grow!



#### Landscaping

Cole Landscaping & Irrigation, Inc. • 978-356-1004  
[www.colelandscaping.com](http://www.colelandscaping.com)

We provide our customers with total, unsurpassed, and cost-effective landscaping and site-related services.



#### Health and Beauty

Cape Ann Botanicals  
(978) 356-3493  
[www.capeannbotanicals.com](http://www.capeannbotanicals.com)

Our hemp derived CBD products are the highest quality available on the market and serve a wide variety of needs. Stop in and visit us today!

To learn more about becoming an expert contributor, contact Noreen Trudel at [ntrudel@bestversionmedia.com](mailto:ntrudel@bestversionmedia.com) or 617-794-9205.

# HI, NEIGHBORS!

Summer is Here! Let's get to the beach, the golf course, the baseball and softball field. Speaking about softball, in this issue we bring you the story of how Andrea Morris along with a dedicated group of hard working parents are bringing the Ipswich Girls Travel softball program to a new heights!

We share some great ideas for Unique gifts for Father's Day. There is so much to do in our coastal town, be sure to check out the calendar of events.

Ipswich Neighbors is your magazine so if you have a great idea for a story please let us know.

Now go make some great summer memories!



**Noreen Trudel**

Publisher  
[ntrudel@bestversionmedia.com](mailto:ntrudel@bestversionmedia.com)







## “CATCHING UP” WITH ANDREA

By Rob Levey | Photos by Cristin M. Gisler

If you want to “catch up” with Andrea Morris, you might have to don a glove and hat.

“I started playing softball in Ipswich as a young girl, and I am still involved in it today,” she says.

It all started with Ipswich Gals Youth Softball, which is now known as Ipswich Travel Softball (ITS).

“It was an in-town league made up of many teams and players,” she says. “My mom coached and my dad was an umpire..”

Noting she worked with other parents to help grow ITS through community relationship building, Andrea says her daughter has participated in it, too. Andrea is now ITS president.

“Softball is an amazing sport that has both team and individual components,” she says. “We encourage players of all abilities to join and we teach them the basics from the ground up.”

ITS was not always such a robust program, however, as Andrea says the program had struggled for years before her efforts as well as that of many other parents.

“Thanks to our newly formed board, we are now a non-profit and building not just a softball program, but a softball community,” she says. “I couldn’t do it without our former and current ITS Board Members—a huge thank you Stacey Stone, Donnie ‘HC’ Stone, Julia Bekeritis, Laura Hart, Michelle Verfaillie and Julie Calzini.”

Recently, things are looking even brighter for ITS.



“We are very fortunate that the Ipswich High School hired a new varsity coach this year who believes strongly in the youth program,” she says. “After several years of hard work, all of the pieces are falling together.”

When she is not working on softball, Andrea enjoys watching the Patriots, Red Sox and Bruins. Her favorite place to be is Crane Beach with her family or with her dog, Joe, during the off season.

Her family consists of husband Mike, a 7th grade English teacher at Masconomet Middle School and kids, Annabel (13) and Evan (9). Annabel is in 7th grade at Ipswich Middle School and enjoys playing softball and viola, sings in the IMS chorus, and is very active in theater. Evan is in 4th grade at Doyon School and enjoys playing outside, violin, and also loves to be creative.

The family is joined by a dog, Joe, cat named Boo, and two Betta Fish, Bubbles and Ocean.

Playfully describing herself as a “Townie,” which means she has been a lifelong Ipswich resident, Andrea says they all love living in the neighbourhood where they reside in Pinefield.

“When looking for a house, I really wanted to be in this neighborhood,” she says. “I grew up on The Neck and I took living across from the ocean for granted. I still get out there often even though it is on the opposite side of town.”

She also appreciates their neighbors.

“We couldn’t ask for better neighbors who are more like family - hi Ronnie,” she laughs. “We really look out for each other and have developed a great sense of community.”

She says she has also tried to foster even deeper bonds in the community.

“I started a neighborhood page on Next Door so our neighborhood could connect with each other,” she says. “We also pull together a neighborhood cleanup day and a neighborhood block party at the Howe Street Park every year.”

The neighborhood, she says, is great for kids, too.

“The kids can ride their bikes and explore just as kids should,” she adds.

As for her career, Andrea says she cannot imagine doing anything else. She currently works at The Arc of Greater Haverhill-Newburyport as an Education & Outreach Manager.

“My job is to empower students with intellectual and developmental disabilities to live fulfilling lives when they finish with high school,” she says. “It is all about creating opportunities and making connections.”

She says prior jobs helped lead to her current career.

“Two of my first jobs were working at the Clam Box and waitressing at William’s Bakery,” she says. “These jobs led me to the next job, which led to the next job and so on which helped me land in the job I have today.”

As for the future, Andrea says she will follow her family’s motto, which is to “Lighten up, let it go, live in the moment.”

“We actually have a plaque that says that,” she says.





# June Calendar of Events

**Monday June 3, 10, 17 & 24**

## **Ipswich Dinner Bell**

*Where: Masonic Hall, 70 Topsfield Road, Ipswich*

*Time: 5:00 – 6:00pm*

FREE CommUnity Dinner, Ipswich Dinner Bell is a town-wide collaboration among Ipswich churches, individuals, and groups including the Masons, Ipswich Rotary and Ipswich Lions Club. Initiated by a small group from Immanuel Baptist Church, the collaborators quickly grew to include the Our Lady of Hope Roman Catholic Church, First Presbyterian Church, United Methodist Church, Ascension Memorial Episcopal Church, First Church (Congregational), the Christian Science Church, the Greek Orthodox Church, and Orthodox Church of St. John. Mission Statement. Knowing that hunger presents itself both physically and relationally, the Ipswich Dinner Bell is a non-profit cooperation of Churches and Community organizations that exists with a shared love of God and neighbor to serve hot, nutritious meals, free to all who come, and create a mealtime atmosphere of fellowship with one another.

**June 8**

## **Ipswich Poetry Group**

*Where: Ipswich Public Library, 25 N Main Street*

*Time: 6:30pm - 8:00pm*

The Ipswich Poetry Group meets upstairs on the second and fourth Wednesdays every month at 6:30pm to share poems in progress and give and receive feedback. All are welcome! Email [ipswichpoetrygroup@gmail.com](mailto:ipswichpoetrygroup@gmail.com) with questions, or call Sarah at 617-584-7025.

**June 9**

## **Book Launch local Author Joanne Travers**

*Time: 3-5pm*

*Where: Gathr*

Join us at Gathrworks in downtown Ipswich to celebrate Joanne's international journey to support and empower parental caregivers of children with hearing loss. Food and beverages provided. Coaching and Empowering Caregivers of Children with Hearing Loss, an approach to foster well-being is Joanne's first book. It is a culmination of her twenty years of support given to families, parenting experience, mind/body health, and international missions she directed for Partners A Greater Voice (PGV), a non-profit training and education organization. [www.greatervoice.com](http://www.greatervoice.com).

**Saturday June 15**

## **Paddle A Thon**

*Where - Topsfield Fairground Route 97*

Celebrate the fundraising efforts of the Paddle Raisers, our corporate sponsors and (of course) the Ipswich River! Bring the whole family, this event is great nature lovers of all ages and breeds (yes, dogs are allowed!)\* Everyone can have a great time on the river.

**June 18**

## **Collins Meeting Room**

*Where: Ipswich Public Library 25 North Main Street, Ipswich, MA, 01398*

*Time: 6:30-8:00pm*

Monthly book discussion group, open to all.

Contact Kay Pearsall at 978-312-1008 for more information.

**Saturday June 22**

## **Got Poetry?**

*Where: ZUMI'S Espresso & Ice Cream, 40 Market St, Ipswich*

*Time: 6:00pm - 8:00pm*

Ipswich Poetry Group's monthly open mic series Got Poetry? on your site? It's hosted at Zumi's Espresso & Ice Cream and takes place on the 3rd Saturday of each month from 6-8pm. Poetry is the primary focus, but creative types of all stripes are welcome to their 5 minute at the mic. Our facebook site is here: <https://www.facebook.com/pages/Ipswich-Poetry-Group/248650165279204>

**Select Wednesdays in June**

## **Trivia Night**

*Where: True North Ale Company 116 County Road, Ipswich*

*Time: 7:00pm - 9:00pm*

Join us for True North Ales Trivia Night! Form teams of up to six members to answer four rounds of general knowledge questions. \$50 gift card awarded to the winning team! Don't forget to B.Y.O.F (bring your own food)!

**Every Friday in June**

## **Mother Goose on the Loose**

*Time: 10:00am -10:30am*

*Where: Ipswich Public Library*

An interactive early literacy program for caregivers with infants through 2-year-olds. Songs, stories, music and finger-plays for caregivers and babies to enjoy together. Ipswich Children's Room staff are trained in the presentation of this well-renowned program. No registration is required, and siblings welcomed. Call the Children's Room at 978-412-8713 with any questions.

**Every Friday in June**

## **Friday Night Wine Down at Mill River Winery**

*Where: Mill River Winery 498 Newburyport Turnpike*

*Time: 4:00 PM - 7:00 PM*

Chill out with us at our popular Friday Night Wine Down! Wine sold by the glass & every Friday has a different theme. Save 10% on wine six-packs, mixed varieties, all day on Fridays. Stock up for football, book clubs, dinner parties or yourself!

*Does your organization have an event coming up? We'd love to include you in the next edition of Ipswich Neighbors. Email your information to Noreen Trudel at [ntrudel@bestversionmedia.com](mailto:ntrudel@bestversionmedia.com).*

# PARTNERS FOR A GREATER VOICE

By Noreen Trudel

Partners for A Greater Voice (PGV) began in 2001 as a small, charitable organization. Their cause and purpose serve practitioners and caregivers of children with hearing loss in low income countries. With the emergence of available hearing technologies, audiologists, teachers of the deaf, and social service providers seek support to sustain hearing health practices and family supports.

More than 70 volunteer partners have traveled with PGV on training missions to the Dominican Republic, India, and Honduras between 2001 and 2018. More than 30 training and education missions have aligned with priority interests and needs of practitioners and caregivers. Initiatives and educational workshops have been provided to teachers of the deaf, audiologists and technicians, families, rehabilitation specialists, and children of all ages with varying degrees of hearing loss.

As reflective practitioners in the field of social entrepreneurship, PGV partners are social service providers, social advocates, and social entrepreneurs in the new decade of global change and humanitarian movement. Traditionally, partners of PGV develop and implement meaningful, concrete lessons for practitioners and parents in early intervention, audiology and hearing health management, assistive and hearing technologies, auditory verbal therapy, center-based learning, literacy, mainstream education, parent supports, parent training, and other important subject matter. Donations have included more than a thousand hearing aids, dozens of FM systems, hundreds of books, a dozen or more audiometers and related equipment, therapy toys and games, and an abundance of school supplies supporting a child's language learning and aural therapy services. The organization has also constructed and equipped two speech therapy rooms, created resource libraries, started parent groups, and trained parent consultants. PGV has initiated and established a school for the deaf in the Dominican Republic in partnership with local parents and residents.

After 14 years of international mission experience, Directors of PGV assessed the organization's human and financial resources to identify a program focus. The culmination of knowledge and experience in low resource communities, diverse family cultures, family supports, and hearing health and aural habilitation services allowed the Executive Director, Joanne Travers, to reflect on the organization's strongest programs and the future of the humanitarian industry. At the core of every mission were family and caregiver supports.

After assessing all programs and initiatives, the Directors of PGV agreed organizational resources would best serve the emotional health of caregivers. PGV implemented a parent education survey in 2015 (completed by over 450 parents) which led to the development of Essential Programs to Coach and Empower. The current program is designed around the psychological well-being of parental caregivers. It is focused on parent empowerment and coaching strategies believed to be universally accepted across culture and socio-economic status.

Parent empowerment is a leading topic in hearing health and habilitation around the world, yet practitioners in low resource communities remain challenged with sustainable outcomes in parent engagement and responsiveness. Communication development, literacy, and social



emotional growth of children with hearing loss remains a challenge. Many practitioners and parents must learn to cope with children's disabilities among harsh stigma, limited resources, and poor economic and health conditions. The predicament of most parents living in resource poor communities and the complexity of a global hearing health and humanitarian industry requires the traditional approach to parent education must change in order to improve outcomes of children.

PGV's Essential Programs to Coach and Empower is an in-country, hands-on program focused on ways to cultivate the capability and responsiveness of caregivers with a goal to foster children's development. This parent intervention initiative supports practitioners as well as parent and community leaders with a purpose to empower, engage, and enable caregivers more effectively. Objectives include:

**Provoke new ways of thinking**

**Maximizing personal potential**

**Develop meaningful and trusting relationships with caregivers**

**Promote effective parent/practitioner communication**

**Facilitate positive psychology exercises that enable parents**

Prepare caregivers emotionally for their journey to raise children with hearing differences

This program prompted the Executive Director, Joanne Travers, to write a book called Coaching and Empowering Caregivers of Children with Hearing Loss, an approach to foster well-being. The resource is a culmination of twenty years of support given to families, parenting experience, mind/body health, and international missions Joanne directed for Partners A Greater Voice (PGV), a non-profit training and education organization. This is an important resource for practitioners who live and work directly with families in developing countries. Caregivers in low- and limited- resource communities face harsh stigma, exclusion of their children with hearing loss, and barriers to parent supports. Positive interventions are needed to ensure caregivers are equipped emotionally and prepared to engage and participate in their children's learning and communication.

For more information contact Joanne Travers at [info@greatervoice.com](mailto:info@greatervoice.com) / 978.312.1200



# FATHER'S DAY | WORD SEARCH

By Kailee Capela

## WORDS:

Father  
Parent  
Love  
Funny  
Family  
June  
Respect  
Caring  
Memories  
Sports  
Hero

H G O D M E M O R I E S G E H  
A R A V S L M E W Y A I D L S  
N N F C I O S M F U N N Y I O  
C I B A N G J A K E R F L R Y  
F M H R T D E S H U A S E J H  
O A L I M H S F Y E O H A U E  
P R F N E K E K T Y J U N E T  
E S R G S S U R B Y P H I B F  
Y C N L K E N N A H M G S O S  
F J I S G R F U T V F E R N P  
A A R E S P E C T W L I C Y O  
M Y F I W L K D N O O P S I R  
I N P H U E J A G H V A H E T  
L E S C B P Y P A R E N T L S  
Y O G V A F N O S R I M R F O

# UNIQUE FATHER'S DAY GIFTS

(That Are Much Better Than a Tie!)

By Chelsea Scott



With Father's Day just around the corner, there is always room for gift inspiration. Men/husbands/dads are notoriously tough to buy for, which is compounded by their favorite phrase, "I'm sure I'll like whatever you get me." This year, surprise the father (or father figure) in your life with a unique gift he didn't see coming. Keep reading for our favorite ideas.

## FOR THE SPORTS FAN

Tickets to see their favorite team play, sports memorabilia or a ballcap are all solid ideas, but what about a substantial coffee table book about their favorite sport? Baseball: An Illustrated History by Geoffrey C. Ward, *A Life Well Played: My Stories* by Arnold Palmer or *100 Yards of Glory: The Greatest Moments in NFL History* by Joe Garner and Bob Costas and *The Horse God Built: The Untold Story of Secretariat, the World's Greatest Racehorse* by Lawrence Scanlan are a few options. Not only are these books historical and inspirational, they make a statement when sitting on a table or desk.

## FOR THE FOODIE

What dad wouldn't love a dinner out at his favorite restaurant? However, we suggest something a bit more memorable, like a picnic. Personalize it by packing/making his favorite foods and dining al fresco. Spread a blanket at the beach, local park or green space and enjoy each other's company. If he's a fan of craft beer, stop by your local liquor store and hand select a six pack sampler for him. Many liquor stores sell beer by the bottle, and this is a great way for dad to try a new beer without the commitment. Not a beer lover? Try putting together a basket of goodies that's only for him—think sharp cheese, summer sausage, pickles, crackers, mustard and an old-timey pop or artisan root beer. It's a dad-only stash!

## FOR THE OUTDOORSMAN

We think any dad would love a hiking vest, and they are readily available online. Pick out a plain one with lots of pockets. Every time dad visits a new hiking spot, he can choose a patch to iron or sew on. Don't forget buttons and pins! Soon, his vest will be a wearable scrapbook of all the places he has hiked.

## FOR THE GRILL MASTER

If your dad loves to grill out in the summer, try gifting him a condiments basket that you've curated yourself. Choose some sauces, marinades, spices and rubs that your dad would like. You could even create a custom spice blend just for him. He'll love changing up his grill game.

Other ideas for a griller include grill utensils, a personalized or funny apron (think "Kiss the Cook!") or a box of high-quality steaks from his favorite company.

## FOR THE TECH GUY

Everyone loves toys, and dads are no different. Maybe dad could use a new, waterproof, GPS-enabled watch. Looking for something less practical but more fun? Drones are a popular gift, and can be found online for \$100 to \$200. Dad can spend hours pretending he's a pilot and taking stunning videos of the scenery.

## WORD SEARCH ANSWERS

H G O D M E M O R I E S G E H  
A R A V S L M E W Y A I D L S  
N N F C I O S M F U N N Y I O  
C I B A N G J A K E R F L R Y  
F M H R T D E S H U A S E J H  
O A L I M H S F Y E O H A U E  
P R F N E K E K T Y J U N E T  
E S R G S S U R B Y P H I B F  
Y C N L K E N N A H M G S O S  
F J I S G R F U T V F E R N P  
A A R E S P E C T W L I C Y O  
M Y F I W L K D N O O P S I R  
I N P H U E J A G H V A H E T  
L E S C B P Y P A R E N T L S  
Y O G V A F N O S R I M R F O



Personal Service. Practical Solutions.

Residential & Commercial Real Estate, Corporate Law, Land Use & Zoning



Richard M. Kallman  
ATTORNEY AT LAW

4 South Main St., Ste. 11  
Ipswich, MA 01938

Telephone 978.356.2934  
Fax 978.356.9663  
Email rich@kallmanlaw.com  
kallmanlaw.com

### An Ideal Summer Companion

CBD can provide relief for many of the normal summer bugaboos: upset stomach, skin breakouts, bug bites, sleep wonkiness, and aching muscles. If chronic issues are blocking your seasonal path consult with our nurse. When you're feeling moody or anxious CBD can help that too.

We have a great selection of compact and versatile summer stabilizers that will fit into your plans and tote bags.

**CAPE ANN BOTANICALS**  
CBD FOR A BALANCED BODY AND MIND

capeannbotanicals.com  
49 Pleasant Street • Newburyport • 978.462.6200  
8 Central Street • Ipswich • 978.356.3493





## Signs of a Stroke

By Tori S. Bevens

The American Stroke Association (ASA) estimates that strokes occur every 45 seconds. In America, nearly 700,000 people suffer a stroke every year, and it's the fourth leading cause of death in the United States.

The ASA defines stroke as "a disease that affects the arteries leading to and within the brain." Knowing the signs of a stroke and what to do could help save a life. In the world of healthcare, the acronym FAST has been used to help people identify the most common signs of a stroke.

**F is for FACE.** Is there numbness or drooping in the face? Assess the person's smile. Is the smile uneven or lopsided?

**A is for ARM.** A person should be able to lift and hold both arms. Does one arm fall slowly? Is there weakness or numbness in the arms?

**S is for SPEECH.** How is the person's speech? Can you understand what they are saying? Is their speech slurred? Ask the person to repeat a simple sentence. Can they repeat it correctly?

**T is for TIME TO CALL 9-1-1.** Any of these symptoms can be a sign of a stroke and time is of the essence. Note the time that the symptoms appeared and get the person to the hospital as soon as possible.

The American Stroke Association also notes other symptoms of stroke: confusion, trouble seeing, dizziness, loss of coordination, and severe headache. There are different kinds of stroke and each stroke affects each person differently. If you suspect you or a person you know is having a stroke, seek medical attention immediately.

For more information about stroke, visit [www.strokeassociation.org](http://www.strokeassociation.org).

**J. Barrett**  
cleaning contractor

**REQUEST A QUOTE!**

**SPECIALIZING IN:**

- Window Cleaning
- Residential Cleaning
- Commercial Cleaning

**CONTACT US:**  
(978) 777-3084  
**VISIT OUR WEBSITE**  
[www.jbarrettcc.com](http://www.jbarrettcc.com)

**Love Your Yard Again!**

# MOSQUITO BUSTERS

**Tick & Mosquito Control Experts**

Tell them "Buster" sent you for a **\$50 discount** this season.  
**Guaranteed Customer Satisfaction!**

**877-6-BUSTER**  
CallMosquitoBusters.com

We are proud to sponsor "Hometown Heroes" showcasing the great servicemen and women who risked their lives to protect our freedom.

*Artfully Designed - Expertly Maintained*

**Cole Landscaping & Irrigation, Inc.**  
*Landscape Design - Build - Maintain*

*Cole's Signature Service, Professional Core Maintenance Services for your property.*

**Toll Free: 800.243.5771**  
[office@colelandscaping.com](mailto:office@colelandscaping.com)  
[www.colelandscaping.com](http://www.colelandscaping.com)

# Summer Hacks

By Chelsea Scott

Try out these nifty summer hacks to make the season easier, more convenient and a lot more fun!

### ALOE VERA GEL CUBES

We've all slathered our bodies with aloe vera gel after a few too many hours at the beach or pool. Cooling and soothing, aloe is known to decrease inflammation and calm the redness and pain associated with sun burns. Try this hack: squeeze dollops of aloe vera gel into an ice cube tray. Freeze until solid and run a cube over your sunburn. It's even more cooling and a breeze to apply. Just be sure to keep these cubes separate from the ice cubes!

### NO-CHURN ICE CREAM

Homemade ice cream is the bomb, but many recipes take a long time, require cooking and tempering eggs and employing an ice cream churn. What if I told you that homemade, no-churn ice cream is only two ingredients away? All you do is whip two cups of heavy cream until soft peaks form. Pour in a can of sweetened condensed milk that has been chilling in the fridge for an hour. Whip ingredients together until firm peaks are achieved. Pour into a container and freeze for six hours and you'll have a smooth and creamy ice cream. I encourage you not to stop there. Instead, fold in 1-2 teaspoons of vanilla extract or the caviar from 1 vanilla bean for vanilla ice cream. Bash up some chocolate sandwich cookies and you've got cookies and cream. Any fruit, candy bar or nut of your choosing can be added in. I've even stirred in chunks of cheesecake and strawberry sauce. You heard me.

### KID-PROOF POPSICLES

Sticky hands from dripping rocket pops are now a thing of the past. Thread the popsicle stick through a cupcake liner facing up and relax as the paper catches the drips.

### LIGHTER CAKE

The watermelon cake social media craze hit hard, with gorgeous pictures all over the internet. Happily, it not only looks beautiful, but tastes good, too. Start with a small, seedless watermelon. Slice off each end so both sides are even. Remove the rind and blot the watermelon flesh with a paper towel to remove excess moisture. At this point the "cake" should be cylindrical. Whip 4 cups of heavy cream and 2-3 tablespoons of sugar until stiff peaks form. In a rush? Use a few tubs of that whipped topping we all love, thawed. Slather the "frosting" all over the cake. Add berries, sliced almonds or chocolate chips on top. Have a slice and feel no guilt.

### FAIRY JAR

Here's a fun one for the kids to try at night. Carefully (with a parent's help or supervision) activate several glow sticks by bending them. Once activated, cut the ends off and squeeze the glow filling into a large glass canning jar, being sure to spatter the filling all over the sides and bottom. Pour in some glitter, add a lid and shake the whole thing up. Take outside for a shimmering lantern/fairy jar!

### HAMMOCK ANYWHERE

Lightweight/camping hammocks are a great summer hack, since they are easy to put up and take down and fold down to almost nothing for easy transport. They set up in minutes, so whether you're at a summer vacation house, the beach or admiring a stunning vista at the end of a long hike, you can take it all in (or take a snooze) from the comfort of a breezy hammock.

### SOUPED UP'S MORE

Some may consider altering this summertime standard sacrilege, but I can't leave well

enough alone. Try using a peanut butter cup instead of the traditional chocolate bar—it's ooey goeey and sinfully delicious. Another fun variation is swapping the graham crackers for cookies. How about chocolate chip cookies + chocolate hazelnut spread + toasted marshmallow? Okay, now that I've got your imagination primed, go out there and start creating!

**D.F. CLARK**  
SEPTIC SYSTEM PROFESSIONALS INC.

Septic System Professionals Since 1984

## D.F. Clark, Inc.

22 Mitchell Road, P.O. Box 265, Ipswich, MA 01938

Title V Inspections  
Septic System Pumping  
24-Hour Emergency Pumping Service  
Septic System Installation

An established business since 1984

Call the Title V Professionals at  
**(978) 356-5638**  
[www.dfclark.com](http://www.dfclark.com)

**Residential & Commercial**  
**(978) 834-6239**

**FISH**  
WINDOW CLEANING

- Window Cleaning & Pressure Cleaning
- Gutters, Chandeliers & Awnings
- Coach Lamps & Ceiling Fans
- Uniformed, Background Checked & Insured Technicians

**FREE Estimates!**  
[www.fishwindowcleaning.com/3050](http://www.fishwindowcleaning.com/3050)

**CD**  
**computer doctor**

978-312-1261 | 508-364-6939

Support | Training | Repair

**Servicing businesses & homes on the North Shore.**  
We make house calls!

[ComputerDoctorUsa.net](http://ComputerDoctorUsa.net)

**PC & MAC**  
Selling New & Used Systems

- Networks
- Internet
- Viruses
- Upgrades
- Performance Optimization
- Wireless
- Focused User Training

Personal & Professional Service



# OVERNIGHT OATS

By Chelsea Scott

Known for being healthy and filling, oatmeal is an excellent hot cereal breakfast choice. In the summer months, I like to switch to overnight oats. Think oatmeal, only cold! The recipe is super simple, highly customizable and just the thing for a warm summer morning.

## Ingredients:

- ½ cup uncooked old-fashioned oats
- ¼ cup milk (cow, nut, rice—your choice)
- 1 Tbsp honey (local is best)
- ¼ cup nonfat plain Greek yogurt (nondairy yogurt works, too)
- 2 Tbsp roasted walnuts
- 2 Tbsp sliced strawberries

## Directions:

Combine the first four ingredients in a bowl and stir to combine. Leave in refrigerator for four hours or overnight. Before serving, top with Greek yogurt, strawberries and walnuts.

- The Greek yogurt can be mixed into the oats with the milk for a creamier, thicker texture.
- For a chocolate version, try adding a tablespoon of unsweetened cocoa powder.
- Nut butters are a great addition, providing extra flavor and healthy fat.
- Stir in a scoop of your favorite protein powder to get you through your morning workout!



# PRESERVING FOOD WITHOUT CANNING

By Chelsea Scott

Summertime means taking advantage of the bounty of the markets and our gardens and enjoying fresh produce as often as possible. Canning requires special equipment and can be an intimidating process. Drying, pickling or freezing fruits and vegetables are all easy and healthy ways to preserve the summer harvest when produce is at the peak of freshness. Check out these simple ideas:



This requires almost no “know-how” or special equipment and will extend the life of fresh produce for up to 12 months.

- Wash, remove stems/hulls and slice fruits.
- Wash, remove stems and blanch vegetables.
- Flash freeze in single layer on cookie sheet.
- Move to freezer bag or vacuum-sealed plastic bags.
- Store 8-12 months.
- Do not freeze cabbage, lettuce, cucumbers, radishes or fruit jellies.

## DRYING



Dried fruit and vegetables can be made in the oven or a dehydrator. Since we're all about easy today, let's stick with the oven method. Good fruits for drying include mangos, apples, pears, peaches, pineapple, berries, grapes, cherries and bananas. Good vegetables for drying include green beans, potatoes, beets and tomatoes.

- Preheat the oven to 170°F.

- Slice fruits or vegetables thinly (small berries can stay whole).
- Arrange on a tray lined with parchment paper. Place the pan on a middle rack in the oven.
- Bake for anywhere from four to eight hours, checking and stirring every 30 minutes.
- Remove and let stand overnight and then transfer to storage containers.
- Boil a flavorful brine.
- Pour it over Brussels sprouts, carrots, string beans, peppers, onions, cucumbers or beets in mason jars.
- Place lids on and let cure for six weeks to two months in the refrigerator.

## BRINING/PICKLING



### OTHER PRESERVATION IDEAS

- Fill ice cube trays with fresh herbs and olive oil and freeze. Pop out and add to sauces and soups throughout the winter.
- Make a fruit-infused vinegar. Sterilize a canning jar in hot water and add the vinegar (red wine or champagne are best). Let it cool with lid off, then put the lid on and place the jar in a cool, dark place.

Sources consulted:  
[www.foodandnutrition.org/Stone-Soup/September-2014/Canning-and-Preserving-101/](http://www.foodandnutrition.org/Stone-Soup/September-2014/Canning-and-Preserving-101/), [http://nchfp.uga.edu/how/freeze/dont\\_freeze\\_foods.html](http://nchfp.uga.edu/how/freeze/dont_freeze_foods.html), <https://www.tasteofhome.com/article/homemade-dried-fruit/>.



## Make your business a priority.

Contact Noreen Trudelfor more information.  
617-794-9205 | [ntrudel@bestversionmedia.com](mailto:ntrudel@bestversionmedia.com)



Best Version Media





## AH, JUNE...

The month of garden tours, backyard weddings, Father's Day, garden parties, the first day of summer, backyard barbecues and planning those 4th of July celebrations. Featuring prominently in all of these joyous celebrations? Plants! More specifically, your gardens! Not just background for these summer activities, your summer landscape is front and center. Guests stroll through perennial beds and rose gardens, sip lemonade beneath shade trees, peruse your conifer collection, and relax on your tastefully landscaped patio.

Like you, the Corliss Bros. staff are avid gardeners, constantly adding to and fine tuning their own backyard landscapes on the North Shore. Although Mother's Day was a veritable harmonic convergence of nursery stock, presenting gardeners with the widest availability of the season, plant shopping in June (and beyond!) has its own rewards. Big pots of edibles and bedding plants, colorful hanging baskets, tropical patio specimens, and fresh nursery stock continue to inspire. More? Teaming up with our online growing partner "Bower & Branch," allows us to offer an expanded selection of trees. Simply go to corlissbrothers.com, click on "Shop Trees" and explore the possibilities! Browse our garden shop for your hard goods, accessories and garden ornamentation. Father's Day? Hostess gift? Wedding present

June Store Hours: Monday-Saturday 8:30-5:00, Sunday 9:00-4:00

31 Essex Rd., Ipswich, MA • 978-356-5422



**Ray Gosselin**  
Realtor®  
C: 617-543-9841  
ray@jbarrettrealty.com

Experience the J Barrett Difference

Over 20 Years Experience

Complete Car and Boat  
Cleaning and Detailing  
Free Local Pick up and Delivery

Kevin Smolla - kevinmolla@yahoo.com • 978-356-0088  
7 Browns Square Ipswich MA

## Real Estate Update

## Recently Sold Homes in Ipswich

Address	Property Type	Bdrms	Baths	List Price	Sold Price
16 Dornell Rd	SF	3	1	\$409,000.00	\$418,000.00
14 Heartbreak Road	SF	3	2.5	\$479,000.00	\$456,000.00
19 James Road	SF	3	2	\$459,000.00	\$462,000.00
30 Island Park Road	SF	2	1	\$615,000.00	\$580,000.00
72 Mile Ln	SF	2	2	\$599,000.00	\$599,000.00
8 Adeline Rd	SF	3	2.5	\$639,900.00	\$630,000.00
30 Plains Rd	SF	3	2.5	\$694,900.00	\$670,000.00
65 The Fairways	SF	3	3.5	\$735,000.00	\$720,000.00
165 - 169 Topsfield Road	SF	6	2.5	\$768,000.00	\$740,000.00
22 Moray Ln U:22	SF	3	3.5	\$880,000.00	\$860,000.00
400 Colonial Drive U:65	CC	2	2.5	\$309,000.00	\$309,000.00
9 County St	MF	4	2	\$414,000.00	\$363,000.00
118 High St	MF	7	3.5	\$515,000.00	\$500,000.00

Best Version Media does not guarantee the accuracy of the statistical data on this page. The data does not represent the listings of any one agent or agency but represents the activity of the entire real estate community in the area. Any real estate agent's ad appearing in the magazine is separate from the statistical data provided which is in no way a part of their advertisement.

## TIDES IPSWICH, MA TIDE CHART

DATE	HIGH				LOW				SUN	
	AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
1 Wed	9:56	8.8	10:19	8.9	3:38	1.5	4:06	1.4	5:34	7:45
2 Thu	10:43	9.0	10:59	9.3	4:29	1.1	4:52	1.2	5:33	7:46
3 Fri	11:26	9.1	11:36	9.6	5:17	0.8	5:36	1.1	5:32	7:47
4 Sat			12:06	9.2	6:04	0.4	6:20	0.9	5:32	7:47
5 Sun	12:12	9.9	12:44	9.3	6:49	0.1	7:03	0.8	5:30	7:48
6 Mon	12:48	10.1	1:23	9.3	7:34	-0.1	7:46	0.8	5:29	7:49
7 Tue	1:27	10.3	2:06	9.3	8:20	-0.2	8:31	0.8	5:27	7:52
8 Wed	2:10	10.5	2:51	9.3	9:07	-0.2	9:19	0.9	5:25	7:53
9 Thu	2:57	10.5	3:41	9.3	9:56	-0.2	10:09	0.9	5:24	7:54
10 Fri	3:49	10.4	4:35	9.2	10:47	-0.1	11:02	1.0	5:23	7:55
11 Sat	4:45	10.3	5:33	9.2	11:41	0.0	11:59	1.0	5:22	7:56
12 Sun	5:46	10.1	6:35	9.3			12:39	0.1	5:22	7:56
13 Mon	6:52	10.0	7:38	9.5	12:59	0.9	1:38	0.2	5:21	7:57
14 Tue	8:01	9.9	8:40	9.9	2:01	0.6	2:36	0.1	5:19	7:59
15 Wed	9:06	10.0	9:38	10.3	3:03	0.3	3:33	0.1	5:18	8:00
16 Thu	10:07	10.0	10:32	10.6	4:04	0.0	4:28	0.0	5:17	8:01
17 Fri	11:04	10.1	11:23	10.9	5:02	-0.4	5:20	0.0	5:16	8:02
18 Sat	11:56	10.0			5:57	-0.6	6:09	0.1	5:16	8:02
19 Sun	12:11	11.0	12:45	9.9	6:47	-0.6	6:56	0.3	5:15	8:03
20 Mon	12:56	10.9	1:32	9.6	7:35	-0.5	7:41	0.5	5:14	8:04
21 Tue	1:40	10.7	2:19	9.4	8:20	-0.3	8:25	0.9	5:12	8:06
22 Wed	2:23	10.3	3:05	9.1	9:03	0.1	9:09	1.2	5:11	8:07
23 Thu	3:06	9.9	3:50	8.8	9:47	0.4	9:54	1.5	5:11	8:08
24 Fri	3:51	9.6	4:37	8.6	10:30	0.8	10:40	1.7	5:10	8:09
25 Sat	4:38	9.2	5:24	8.4	11:15	1.1	11:28	1.9	5:09	8:10
26 Sun	5:28	8.9	6:13	8.4			12:02	1.4	5:09	8:10
27 Mon	6:21	8.6	7:04	8.4	12:19	2.0	12:52	1.5	5:09	8:11
28 Tue	7:18	8.5	7:55	8.6	1:13	1.9	1:42	1.6	5:08	8:12
29 Wed	8:15	8.5	8:44	8.8	2:07	1.7	2:32	1.6	5:07	8:14
30 Thu	9:09	8.5	9:30	9.1	3:01	1.5	3:22	1.5	5:06	8:14
31 Fri	10:00	8.6	10:14	9.5	3:54	1.1	4:11	1.4	5:06	8:1

© US Harbors, Tidal Data Source: Essex (041771)  
While we take a lot of care to make these tide charts as accurate as possible, US Harbors does not warrant the accuracy, completeness, or fitness for a particular purpose of any tide information offered through this service. Under no circumstances shall US Harbors be liable to you or any other person for any indirect, special, incidental, or consequential damages arising from the use of this service. Printing for personal use ONLY.

**Andrea Lacroix** - Your local real estate expert

*NOW is the Right Time to Buy or Sell!*

The market is always changing. If you are thinking about making a move, give Andrea a call for her expert knowledge and advice.

SRES | SRS | ABR  
508-561-1161  
Andrea@ChurchillProp.com

The North Shore's Premiere Co-Working & Event Space

Book a Tour or Schedule Your Next Event!  
(978) 312-6965  
www.Gathr.Work  
42 Market Street, Ipswich

## CLASSIFIEDS NEIGHBORHOOD CLASSIFIEDS

Have something to sell or give away? It might be just the thing your neighbor is looking for! To place your free classified, go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." For free listings, ads must be 40 words or less, non-business related. You will receive email confirmation.

**For Sale: Used Strat style Guitars.** Excellent condition. Very reasonably priced. Call John 978-356-2796

**FOR SALE 2008 Suzkui VWS800 S50 Boulevard Pearl White,** Pristine Condition Low Mileage 5,600 Asking \$5,000 Call Matt at (978) 356-7812

**Four swivel bar stools or four round/oval tables** seat and back, they are cushioned. 80 dollars or best offer call J at 978.998.5659

## YOUTH CLASSIFIEDS

**Hey Kids! Free Advertising!**  
Be in business for yourself and make a little money – all while helping your neighbors! To place your free classified offering services, go to [www.bestversionmedia.com](http://www.bestversionmedia.com) and click "Submit Content." Please limit to 40 words. Parental permission will be obtained. Please be advised that all communication regarding Kids' Classifieds will be directed through a parent or guardian.

**Caring, Reliable, Active Dog-walker** available April 2019-September 2019 on Great Neck. If you're looking for an amazing dog-walker with unlimited energy then stop looking and reserve me. I love dogs, cats and basically all animals. Also have experience and references. Call 617-201-7440 ask for ERIN

**Fun, Sporty, Active Babysitter** available to watch your children. If you are looking to find the babysitter that will take your kids outside and do lots of fun things like sledding and making snow forts then look no further. I love kids and have lots of experience. Please call 617-794-9205 and ask for Christy.



# IPSWICH

N E I G H B O R S

0564



**Paul Crestin**  
978-356-2919  
paulcrestin@gmail.com

• Fine Homes • Renovations  
• Kitchens • Baths






**Leshia Crestin**  
Realtor®  
Licensed in MA & NH  
617-543-3104 • lcrestin@kw.com  
www.facebook.com/lcrestinrealtor • www.lcrestin.kw.com


Opening Doors For You...


Hear less.  
Load more.

The quietest dishwasher brand\* in the U.S. now features the MyWay™ rack, offering the industry's largest 3<sup>rd</sup> rack loading capacity.\*\*



**BOSCH**  
Invented for life





www.tri-city-sales.com

Discover the Difference at Tri-City Sales!

- Three generations
- Family owned
- Serving the North Shore for over 60 years

262 Highland Ave. Salem, MA 978.774.6100	95 Turnpike Rd. Ipswich, MA 978.412.0033
--	--

\*Based on an average of sound ratings of 24" Full Size Stainless Steel Tub dishwashers contained in major brands websites. Major brands defined as TraQline Top 5 Market Share, December 2017. \*\*Versus major brands with a 3rd rack. Major brands defined as TraQline Top 5 Market Share, December 2017.  
www.bosch-home.com/us ©2018 BSH Home Appliances Corporation 18-BOS-1210 8/18

# S.C.L.

## HOME SERVICES

Hardwood Floors • Cleanouts  
Junk Removal • Handyman Service

Steve Lombara

# 978-356-3237

Providing Quality Service  
Since 2002