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The Town Common

THE NORTH SHORE'S LARGEST INDEPENDENT COMMUNITY NEWSPAPER

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FREE

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Alex Cain, a Merrimac resident, demonstrates for Sparhawk School students how the colonial soldiers fired a musket.

AMESBURY — Noah Tuomi said he was surprised that the American colonists won the American Revolutionary War against the British. And Juliette Cacciatori said she was impressed to learn how much gear the American soldiers had to carry into battle.

"The British had so much more stuff and better guns," said Tuomi, a 10-year-old student at the Sparhawk School. "It was a lot harder to fight than I thought it was. I am surprised

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A Food Revolution on the North Shore

By Stewart Lytle, Reporter



Alice Greene, (far right), hands out certificates to her first quarter winners in the New You 2010 Healthy Lifestyle contest. From left are Debbie Tateosian, Tim Lamprey and Cheryl Morris.

REGIONAL — Debbie Tateosian, a 39-year-old Groveland mother of two young children, lacked energy and stamina. Tim Lamprey, a 58-year-old Byfield resident, suffered from

her 18-year-old daughter.

All three joined five others in a New You 2010 Healthy Lifestyle contest to improve their health and fitness

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From Salisbury to Salisbury; Pat's Diner Welcomes Simon Maher



The Town Common Courtesy Photo

Pat Archambault and Simon Maher from Salisbury, MA & Salisbury, England.

SALISBURY — On March 26th, Simon Maher visited Salisbury, MA, from Salisbury, England. His tour of Salisbury started with a hearty breakfast, courtesy of Pat's Diner, and presentation of a Pat's Diner watercolor print with certificate of registration from the National Register of Historic Places. Pat's Diner was entered into the National Register in December 2003 with much local support and documentation. It was a fitting site to start Simon's day touring the town of Salisbury. Salisbury Discount House also donated Salisbury Beach caps to Simon. The caps proved appropriate as the day began dreary with snow and rain. You can read more about Simon's visits to Salisbury, MA, and other American Salisburys on his blog: <http://salisburysimon.tumblr.com>

Greenbelt Reaches Agreement to Protect Historic Newbury Landscape

NEWBURY — Essex County Greenbelt, working in conjunction with local historic preservation advocates, has reached an agreement to purchase a parcel of land abutting Newbury's historic Lower Green on High Road (Route 1A) in Newbury.

The current landowner, who has been granted preliminary approval by the Newbury Planning Board to subdivide the parcel into four building lots, has entered into an 18-

month option agreement, providing Greenbelt and Newbury's Save the Lower Green an opportunity to raise the \$500,000 required to purchase the land.

The property has significant historic and aesthetic value. It is the scenic backdrop to the Newbury's Lower Green, where Newbury's first European settlers landed and where the 19th century one-room

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A Food Revolution on the North Shore

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through healthy lifestyle behavior changes.

The brainchild of personal trainer and coach Alice Greene of Feel Your Personal Best, the contest is designed to help sedentary and unhealthy people make healthy food choices and get their eating under control.

The contest was inspired, Greene said, by British chef Jamie Oliver who launched a reality TV show where he tries to persuade the people of Huntington, W.VA to eat healthier.

Most of the contestants were dealing with low energy, poor stamina, fatigue, breathlessness and little strength, Greene said. "Three months later, all of the contestants are managing portions, making healthy balanced food choices and exercising regularly," she said.

Morris, Lamprey, Tateosian were named the winners of the contest for the first three months. Morris showed the greatest fitness improvement; Lamprey the greatest health improvement, and Tateosian the greatest improvement in healthy lifestyle behavior.

Three more groups of eight are being formed and will start the week of April 19.

"This is not a weight lost contest," Greene said. "It is about changing their relationship with food and fitness."

Lamprey, who underwent knee surgery and lost nine pounds since he started the program, said, "It has made a huge difference in the way I eat."

Morris agreed, but added, "and in the way I think." She said she no longer feels guilty about eating. The program has helped her cope with her food cravings.

Tateosian said the program has helped her deal with food deprivation. She said before if she wanted a piece of candy that was all she could think about. Now she said she knows how to deal with her cravings.

The eight-person group gathers weekly during the two-year program to talk about the issues they face in eating and exercise. "It is a great support system," Morris said.

The contestants are not told what to eat or how much to exercise. Instead they are given guidance on eating according to their hunger levels,

noticing how foods affects them, picking healthy and satisfying food, addressing sabotaging behaviors and setting realistic exercise goals, she said.

Greene said there are no "rigid rules." Her program encourages a change in attitude that leads to self-motivation and confidence to make long-lasting changes "that feel so good they want to do even more for themselves," she said.

Several sponsors provided the quarterly awards. They include a three-month wellness membership at the YWCA, a \$75 gift certificate to Gentry's Consignment Boutique, a \$75 gift certificate from both Grateful Spirit Massage and in-home cooking, a \$75 gift certificate from Spa Paradiso & Salon and Carry Out Cafe.

Alice Greene, who founded Feel Your Personal Best in 2003, is the author of 'Inspired to Feel Good: Making healthy and fit choices so rewarding and liberating you never want to stop' as well and the co-author of Living Free with Type 2 Diabetes and Wake Up Women: Be Happy, Healthy and Wealthy.

For more information, visit www.aHealthyLifestyleWorks.com contest.

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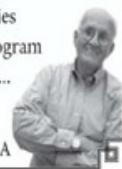
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