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The Town Common

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FREE

WHAT'S INSIDE

Amesbury's
Cedar Hill
Receives
Grant
Page 2

Newburyport
Farmers' Market
Sponsors Fair
Page 2

Harriett Stanley
Office Hours
Page 2

Opportunity
Works

Rowley Scouts Celebrate 100



The Girl Scouts-Country House Rowley Boy Scouts and Cub Scouts marked the 100th anniversary of the Boy Scouts of America on Boy Scout Sunday at the First Congregational Church of Rowley.

Newburyport vs. Pentucket



Heart Healthy Torch Run Kicks Off

By Stewart Lytle, Reporter



The mayor with four heart attack survivors from left Gerry Nangl, Jean Kirkpatrick, Sue Fraser, Mayor Holaday, Janet Doudy.

NEWBURYPORT — Michele DeMarco Wilkie does not look like the typical heart attack survivor. In her mid-30s, she is thin and athletic. But a year and a half ago, she suffered two heart attacks.

"Nobody could explain the hole in my heart. I was exercising, the picture of health," she told a group of other heart attack survivors and supporters of heart health who gathered Saturday morning to

Amesbury Looking for a Few Good Citizens

By Stewart Lytle, Reporter

AMESBURY — Mayor Thatcher Kear will hold two focus groups to gather input from residents about city services. The first focus group will be held at 2 p.m. on Saturday, March 3rd.

Residents who would like to share their views on city services should complete the Focus Group form, available at municipal offices or online at www.amesburyma.gov.

Ice Skating May be in Rowley's Future

By Theresa DeFranzo, Reporter



Heart Healthy Torch Run Kicks Off

Continued from page 1

kick off a torch run through several towns and cities to focus more awareness on heart disease.

"The hardest part of this is living with the knowledge that I have had a heart attack," Wilkie said.

Newburyport Mayor Donna Holaday presided over the torch run kickoff, saying she was surprised to learn that heart disease, not cancer, is the number one killer of men and women.

She proclaimed Saturday "Healthy Heart Day" in Newburyport, saying she wants to make Newburyport a place to eat well, play well and sleep well.

The torch run, which will continue through Newburyport, Newbury, Rowley, Georgetown, West Newbury, Salisbury and Amesbury for the next two weeks, is sponsored by Anna Jaques Hospital and The Tannery Marketplace in Newburyport. It coincides with the winter Olympic

games in Vancouver, Canada.

Heart disease survivors, elected officials, community volunteers and professional runners will carry a special lottery-operated torch, which Debrah Chiaravallotti, the vice president for public relations and marketing for the hospital, called "the best \$25 investment ever."

The torch has a simulated flame. The Tannery Marketplace, as part of the heart healthy effort, is introducing Lace Up & Shape Up, a weight-loss challenge for a healthier heart, starting with the Healthy Heart Torch tour and ending in early June. There will be weigh-ins and rewards throughout the spring.

Mayor Holaday handed off the torch to Wilkie, who in turn passed the torch to local long-distance runners Rick Bayko, Nancy McCarthy, Beth Macy and Dave Speed, who carried it around Newburyport.

The Newburyport Pe&Cals also joined in the torch run, ferrying some

heart attack survivors around town.

The torch was scheduled to reach its first destination, the Newbury Town Hall on Tuesday. One of the final torch-carriers will include Dr. Suniti Seivastava, a cardiologist with Pentucket Medical, who is training for the Boston Marathon. He will bring the torch to Amesbury, the final town on the route, on Friday, Feb. 26. The torch will return to The Tannery Marketplace on Saturday, February 27, where residents can sign up for the Lace Up & Shape Up weight-loss challenge.

"While heart disease is the number one killer of men and women in America, lifestyle choices can greatly reduce the risk of cardiac arrest: Exercise, eat well, and don't smoke. As with the Olympics, the Healthy Heart Torch is a symbol of life, celebration and commitment. This is a joyful campaign about making a change for the better," Chiaravallotti said.