

JUNE 2020

Newburyport

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HEROES Frontline
 Emergency Services BRAVERY
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 COURAGE

AT HOME WITH LISA CHRISTINE...

Cover photo by Amanda Ambrose Photography



By Teresa Gray

Hey Kids! Did you know that June 14th is a holiday? It's Flag Day!

What is Flag Day? How do we celebrate it? First, it's a day to honor the United States flag. We can celebrate this holiday by learning the flag's history and meaning. (Hint: to learn other fun ways to celebrate, keep reading!)

The flag goes by many different names: the Red, White and Blue; the Stars and Stripes; the Star-Spangled Banner; Old Glory; and the American Flag.

Have you ever noticed that our Pledge of Allegiance starts with "I pledge allegiance to the flag of the United States of America." And "The Star-Spangled Banner," our national anthem, refers to the flag! We often hear that song at sporting events just before the game begins. Over the years, many celebrities and talented singers have sung our amazing anthem.

We've all seen a United States flag before, right? It has 50 white stars on a blue rectangle, and 13 stripes that alternate between red and white. But what do these shapes and colors mean?

The color red stands for hardiness and valor. White is for purity and innocence. And blue is for vigilance, perseverance and justice. (Tip: these would be great

words for you to look up and better understand what they mean!)

The stars represent all 50 states, and the stripes stand for the 13 colonies that were part of our country at its beginning. No wonder we often call our flag the "Stars and Stripes"!

Do you know who came up with the idea for Flag Day? It was a Wisconsin teacher named Bernard Cigrand in 1885. And, do you know which president made it an official holiday? It was Woodrow Wilson, the 28th president.

Today, many people celebrate Flag Day by raising the flag in front of their homes and businesses. They also watch Flag Day parades. Another way to celebrate this holiday is to visit a memorial. There are many kinds of memorials: buildings, fountains, parks, or works of art (like statues and sculptures). Visiting a memorial helps you honor the flag by learning more about the history of the United States.

Another way to learn about our country is to visit a history museum. You could also quiz your friends and family members on what you've learned about Flag Day!



Best Version Media™

Publication Team

Publisher: Noreen Trudel

Designer: Brittany Jooss

Contributing Photographer:
Amanda Ambrose Photography

Advertising

Contact: Noreen Trudel

Email: ntrudel@bestversionmedia.com

Phone: 617-794-9205

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Hello Neighbor

Certainly, this spring has not been what we planned, but the hope is that by the time you receive this magazine that some of the restrictions have eased and that the worst is far behind us.

As we look ahead to this summer, we hope this magazine can serve as a tool for you to promote businesses re-opening or any sort of story that can highlight all the good still taking place in our community.

Let's look forward to summer and the opportunity to get together again albeit a little differently than we might have thought possible just this past March.

Contact us if you are reopening a business, know someone who is, or have a story to share. We are here to help get our community back up and running again.

Meanwhile, enjoy this month's magazine, which is highlighted by our cover story on Lisa Christine.

Stay safe, everyone, and take good care.



Noreen Trudel

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ntrudel@bestversionmedia.com

HAPPY
Father's Day

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Dr. Navarra at MetTrimMD is a Diplomate of the American Board of Obesity Medicine and a Member of the Obesity Medicine Association. He is Board Certified in Internal Medicine and has added qualifications in Geriatric Medicine. He completed his residency in Internal Medicine at Yale New Haven Hospital, Yale University.

He completed his Fellowship in Geriatric Medicine at Beth Israel Deaconess Medical Center, Harvard University.

To learn more about becoming an expert contributor, contact Noreen Trudel at ntrudel@bestversionmedia.com or 617-794-9205.

At Home With Lisa Christine...

By Rob Levey | Photos by Amanda Ambrose Photography



While not a native -- she grew up in a suburb outside of Pittsburgh, PA. -- Lisa Christine Summerville is definitely home on Plum Island, a location she says reminds her of childhood vacations.

"We would travel to Rehoboth Beach, Delaware each year in our navy-blue paneled station wagon to our cottage for the annual week at the beach family vacation," she says. "I treasured those vacations -- the saltwater taffy, beach pizza, the boardwalk, skee-ball and playing in the ocean."

One week for Lisa Christine, however, was never enough.

"I vowed, 'I'd live at the beach someday,' and now I do," she says.

Describing her home as "a beautiful and charming Maine Post and Beam with wonderful water views on Old Point Road, Lisa Christine says she loves to take morning walks and see other neighbors with their dogs.

"I love when I go do down K Street each morning and see the water and downtown Newburyport across the bay," she says. "It helps me relax, breathe and realize how grateful I am to live here. My anxiety seems to melt away."

When not enjoying her home with her dogs, Lisa Christine stays quite active, as she cites her favorite passions as sailing, hanging out at the beach and cooking.

"I also love traveling, especially to France and Italy," she says. "I own a Cal 2-30 named 'Miss Mooring Glory,' and I am a member of the American Yacht Club in Newburyport."

Lisa is also quite busy with her career as founder and CEO of 28 Carrots, which she launched more than 10 years ago.

"After I finished an appointment in a startup group at MIT in 2016, I went full-time with 28 Carrots and my coaching," she says.

She describes 28 Carrots as "a global entrepreneurial feeder for like-minded women to collaborate, contribute and celebrate."

"Gathering for inspiration and camaraderie, we wholeheartedly believe in collaboration over competition and women empowerment," she says. "28 Carrots has hosted the SBA InnovateHER business plan competition and a leadership retreat, and we host monthly 'Cocktail & Conversation' events."

Currently, she also runs Power Play Circles and has several elite cohorts of 4 to 6 women who come together weekly via Zoom.

"As a Lifestyle Catalyst and Success Coach, I help and support women in business, or those thinking about entrepreneurship, to ask for what they want and get it by building confidence, prioritizing goals

and shifting their mindset," she says.

Lisa is also a motivational speaker and has done stand-up comedy.

"Any woman who wants to accelerate her personal or business growth should reach out to chat to see if they might be a good fit for the next cohort," she adds.

In addition to her work, Lisa is a domestic violence survivor and a trained advocate.

"I continue to donate 100% of our raffles from 28 Carrots events to The Jeanne Geiger Crisis Center," she says. "We have donated over \$4,500 and will continue to support empowering women and ending domestic violence in our community."

According to Lisa, her current work directly results from her education, which includes a MS in Communications Management in 1999 from Simmons University. Her thesis, she explains, was titled, Successful Leadership in Entrepreneurial Organizations -- the role of the Entrepreneur vs. the role of the Intrapreneur.

"In doing my research, I interviewed many start-up leaders, including Marc Cuban way before 'Shark Tank' days," she says. "I also am a certified trainer and a certified coach. Additionally, I have an MBA certificate from AT&T school of Business and Wharton and a certificate in Negotiation from Harvard Law."

Regardless of her career aspirations, one thing is certain for Lisa Christine.

"I love my neighborhood, my neighbors and my home," she says. "I can't imagine being anywhere else."

To learn more about Lisa, visit lisachristine.com.



Essential Camping Supplies

By Madison Farkas

Some of my best memories involve my extended family's annual Scamping trip to a gorgeous lake in northern Alberta. If you didn't grow up camping but you want to give it a try, you'll need a few things to make the experience safe, comfortable and enjoyable. The supplies will vary – depending on the amenities at your campsite and the length of your stay – but I'll focus on the basics here. And (since it's what I'm used to) I'll stick to tent camping with no available electricity or running water.

Shelter

If you're used to pop-up tents, more power to you! They're perfectly serviceable, but are often cheaply made and rarely as easy to set up as they're made out to be. I prefer classic canvas tents with sturdy metal poles. They're definitely bulkier, but they keep you warm, won't collapse in heavy wind, and will last a lifetime – or two! Mine is a third-generation hand-me-down from the '60s that is still going strong. Plus, there's just something about the smell of old canvas that helps me sleep better. For added cushioning, bring a beat-up old area rug to lay on the tent floor.

As for sleeping, I've used air mattresses before, but more often than not have been woken up by rocks digging into my back because the mattress deflated overnight. And good luck finding those pinprick holes! Instead, I use a folding cot; it's super comfortable and folds up to the same size as a collapsible camping chair. Add a sleeping bag, pillow and a few extra blankets (it can get cold at night, even in the summer), and you're all set.

Clothing

The key here is sturdy, comfortable clothing (that you don't mind getting a little messy): a compact selection of shorts, t-shirts, long pants and a warm sweater. Even when the forecast doesn't call for rain, bring a rain jacket. If your plan includes swimming, you'll need swimwear, a beach towel, a good sun hat, slip-on sandals that can get wet, and sturdy walking shoes (if you'll be hiking to the water). For the sake of your fellow campers (and since you likely won't have access to laundry facilities), bring enough clothes so that you don't need to wear anything too smelly.

Food

This is where coordinating with fellow campers is especially important. My family started assigning group dinners after one trip when we realized that, between us, we'd brought five bottles of ketchup! Instead of having each person or family bring

supplies only for themselves, divvy up responsibility for things like condiments, snacks and breakfast supplies.

When we camp, we pretty much always have the same thing for breakfast: sandwiches made in folding irons over the campfire, which we call "bush pies." You can fill them with anything you want, but most people go for ham or bacon (pre-cooked at home), cheese, and an egg (fried in the iron before you add the rest of the ingredients).

If people even eat lunch, they generally forage. (I admit, we do a fair bit of snacking throughout the day). Dinners are assigned to each family. Stick to food that can be made in advance or in big batches: chili, burgers, salad, corn on the cob, or a fish fry (if you'll be fishing). Bring a folding propane stove or cook over the fire.

To limit waste, bring reusable plates and cutlery and wash them. Finally, it's absolutely essential that all food (including any garbage, empties and coolers) is safely packed in bear-proof bins or inside sealed vehicles at night.

Activities

A few board games and decks of cards are always fun (our site has a camp shack for rainy days), as are games like lawn darts, Velcro catch and Bocce. Bring a soccer ball and (if there's swimming) a few beach toys and floaties for the younger kids. If anyone plays a musical instrument, bring it to play around the fire. As always, a book or e-reader is a must.

Other Supplies

- Folding camp chair (one per person)
- Flashlight
- Sunscreen, bug spray and waterless hand sanitizer
- Tote bins for storage and washing dishes
- Dishcloths/towels and dish soap
- Large waterproof tarp
- Hot dog/marshmallow sticks
- Stove-top kettle and/or pots for hauling and heating water
- Rope and clamps, for clothesline and securing tarps
- Firewood and axe
- Standing propane lamp and extra propane tanks
- Bins for litter and empties

Desserts for Two

By Madison Farkas

We all deserve a treat now and then. If you have a sweet tooth like me, though, the only way to control it is to simply not keep an excess of decadent desserts around the house. When you are in the mood for something sweet (especially if there are only two of you) these simple, small-batch recipes will satisfy your craving without leaving a hard-to-resist stash of delicious leftovers.

MUG BROWNIES

This recipe gives amounts per mug

- 2 Tbsp. butter
- 2 Tbsp. water
- 2 Tbsp. cocoa powder
- 2-3 Tbsp. sugar
- 4 Tbsp. flour

1. In coffee mugs, melt butter, then add each ingredient in the order provided, whisking well between each addition. (A miniature whisk works well for this.)
2. Microwave mugs between 45 seconds and 1 minute. It will get dry if overcooked. I like a moister brownie, so I don't leave it in as long.
3. Top with ice cream, whipped cream, berries, chocolate chips or a bit of cinnamon.

NO-BAKE CHEESECAKE

- 1 tsp. unsalted butter, melted
- 2 Tbsp. + 2 tsp. graham cracker crumbs
- 2 Tbsp. + 2 tsp. heavy cream, cold
- 2 Tbsp. + 2 tsp. full-fat cream cheese, room temperature
- 1 Tbsp. + 1 tsp. granulated sugar
- 1 tsp. sour cream, room temperature
- 1 tsp. lemon juice
- 1/8 tsp. vanilla extract

1. Mix the melted butter and graham cracker crumbs until the mixture has the consistency of wet sand. Gently press it into the bottoms of two 4-oz. jam jars.
2. Whip the cream to stiff peaks on medium-high speed.
3. Beat the cream cheese, sugar, sour cream, lemon juice and vanilla together until smooth and creamy, making sure there are no lumps.



4. Gently fold the whipped cream into the cream cheese mixture by hand with a rubber spatula until completely combined. Spoon it into the jars, leaving room for topping.
5. If desired, chill for 30 minutes or overnight before serving.
6. Top with fresh fruit, jam, chocolate syrup, caramel sauce, or whatever you'd like!

CRÈME BRÛLÉE

Since these take a while, they are best made in advance.

- 2/3 cup heavy cream
- 2 egg yolks
- 2 Tbsp. + 2 tsp. sugar
- 1/4 tsp. vanilla extract
- 2 Tbsp. sugar, for topping

1. In a bowl, whisk together all ingredients (except the topping sugar) until very smooth.
2. Carefully pour into two 4-oz jam jars.
3. If you have an immersion circulator, set it to 175°F, screw the lids on finger-tight and cook for 1 hour. If using an oven, heat to 325°F. Set jars in a casserole dish and add hot water to about halfway up the jars. Bake until crème is just set but still a little wobbly in the middle (about 35 minutes).
4. Carefully remove the jars from the water bath and refrigerate at least two hours.
5. When ready to serve, let the jars come to room temperature. If you used the sous vide method, remove the lids. (You may need to slide the blade of a knife under the lid to break the seal.)
6. Sprinkle each with 1 Tbsp. of sugar. Finish by scorching the sugar with a kitchen torch to form a caramelized crust. If you don't have a torch, you can put them under a broiler on high for a few minutes until the desired doneness is reached.

SAFETY 101: Trail Running

By Ericka Jones



I don't know about you, but my favorite place to run is through the woods. There's something tranquil and calming about being in nature and avoiding the craziness of civilization, no matter how brief the reprieve. When you hit the trails this season, make sure you keep these safety measures in mind:

WATCH YOUR STEP

Whether you're running on gravel, mulch, dirt or some other surface, there are bound to be obstacles like roots, puddles, loose rocks, leaves and more. If it's your first time on the trail, slow down a bit and watch your feet in the rough sections. You'll likely encounter wildlife, so be ready to make some noise or turn around, if need be.

BUY SHOES WITH GOOD TRACTION

This is especially important if your trail rises and falls with the hills. When leaves are damp, they can become a very slippery surface. If you run in the morning when the trail is covered in dew, the hills can be slick. Make sure the tread on your shoes can handle the conditions.

USE THE BUDDY SYSTEM

I love running alone, but when you are running a new trail for the first time, it's best to have a friend along. Having someone by your side means double the likelihood that your run will be a fun adventure—rather than an "I'm totally lost" experience. When running on uneven surfaces, the risk of injury increases, so having a buddy present is a good idea.

DITCH THE HEADPHONES

This is a two-fold recommendation. Without music blasting in your ears, you have time to hear the birds sing and listen to the creek roaring nearby. Get out of your own head and immerse yourself in the beauty of your surroundings. This also adds another level of safety: you'll be more alert and aware if something comes up.

KEEP AN EYE ON THE WEATHER

As we all know, weather can be unpredictable. Trails become very slippery in the rain. Just because the sidewalk looks fine doesn't mean the trail won't be underwater (I learned that one the hard way). If there is rough weather coming your way, find a different time to run or adjust your workout as your schedule allows. You don't want to be five miles out when the lightning starts!

HAVE FUN

Running releases endorphins that boost positivity and brighten your day. Combine this with the healing powers of nature, and you have a recipe for euphoria. Follow these simple safety measures to make sure your running adventure ends well. Have a great run!



FATHER'S DAY | WORD SEARCH

By Kailee Capela

WORDS:

- Father
- Parent
- Love
- Funny
- Family
- June
- Respect
- Caring
- Memories
- Sports
- Hero

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Summer Reading Picks

By Kady Parker

No matter where your moments of summer leisure are spent—in a shady spot under a tree, lounging in a hammock, sprawled near a pool or lake or simply sipping iced tea on the couch as a summer breeze causes the drapes to ripple—a good book is just the thing to pass the time. Toss any of these books into the beach bag and set your out of office.

Laura & Emma by Kate Greathead

Single mother Laura raises her daughter in the same affluent world she was raised in: the Upper East Side of Manhattan. Dotted with characters that range from eccentric to forbidding, Laura watches as her daughter begins to question her Park Avenue life in a way she never could.

The Miss Julia Series by Ann B Ross

Abbotville, North Carolina is home to the elderly, outspoken but loveable widow Miss Julia. This series of southern novels chronicles everything from infidelity and robbery to wedding planning and political campaigning.

Apollo 8 by Jeffrey Kluger

NASA needed a win after the fiery end of Apollo 1. This is the engrossing account of how Frank Borman, Jim Lovell, and Bill Anders left Earth's orbit, reached the moon and returned safely.

The Book of Joy: Lasting Happiness in a Changing World by Dalai Lama XIV, Desmond Tutu, Douglas Carlton Abrams (Translator)

Two of the world's spiritual leaders (who happen to be old friends) have a conversation about finding joy and happiness amidst the suffering and grief of today's world.

A Man Called Ove by Fredrik Backman

A Swedish contemporary novel about a grumpy curmudgeon who gets to know the boisterous young family who moves in next door.

Beauty Queens by Libba Bray

This young adult novel answers the question, "What if Lord of the Flies was a bunch of pageant girls?"
Less by Andrew Sean Greer

A comedy centered around a failing novelist that touches on love, travel, relationships and aging.

The Kiss Quotient by Helen Hoang

A fun, "feel good" book about a young woman with Asperger's and her journey through modern dating, love and romance.

One More Thing: Stories and Other Stories by B. J. Novak

This collection from The Office writer and producer has been described as unusual, weirdly funny, jokes with punchlines, provocative, moving and inspirational. Check it out and see for yourself.

Confessions of a Prep School Mommy Handler by Wade Rouse

This laugh-out-loud memoir chronicles Rouse's time as the director of publicity at the prestigious Tate Academy. It didn't take him long to discover that his real job was to make a few of the very pretty, very rich, very mean mommies of the elite students happy.

The Moment of Lift: How Empowering Women Changes the World by Melinda Gates

The title says it all. Inspiring philanthropist Melinda Gates beautifully and powerfully articulates how elevating women to be men's equals will improve the world.

Durable Goods by Elizabeth Berg

The first book in a trilogy about the awkward and damaged but resilient pre-teen Katie Nash, this coming-of-age novel hooks you by the heart from the get-go. You'll fall in love with Katie and feel the same growing pains, fears, worries, joy and exhilaration that come along with going through adolescence in a wonderful but unfair world.

Harmony Series by Philip Gulley

Quaker writer and speaker Philip Gulley has become the voice of American small-town life. His Harmony series follows Sam Gardner, the pastor in the fictitious town of Harmony, Indiana.

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.



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KEEP YOUR FAMILY COOL AT HOME THIS SUMMER

By Rose Alexander

I grew up in a house without air conditioning, and as much as I love summer, the extra hot weather could be more than a little uncomfortable at times. Here are some tried-and-true ways your family can beat the heat!



TAKE A RUN THROUGH THE SPRINKLER

This one is always fun, especially if you have a sprinkler that fans or rotates. Don your bathing suits and take a flying leap. Just be mindful of slippery grass.



MAKE A DIY SLIP 'N SLIDE

This one works best if your yard has a slight incline (and if you have some soft grass). Anchor a plastic tarp at the corners and run water from the hose down it, periodically adding a squeeze of biodegradable dishwashing liquid for a little extra slip. Take turns sliding down and see how far you can get.

FREEZE HOMEMADE POPSICLES

For this classic recipe (care of my mom), mix equal parts prepared



fruit drink crystals and gelatin dessert (while the gelatin liquid is still hot). Pour this mixture into popsicle molds and freeze solid. You can use the same

flavor for each mold, or you can mix and match different flavors. You can make healthier popsicles by using yogurt or juice.



GO FOR A NIGHTTIME WALK

When it's just too hot to get out and about during the day, the best time to get outside is late evening (or early in the morning, if you can haul the kids out of bed). I have many fond memories of family walks under the night sky. Make sure to bring an adult, and stick to well-lit paths and areas you know well.



TRY A COOL BATH

Sometimes, when I get really overheated, the only thing that helps is a cool bath. A brief soak in the tub really gets your core body temperature down. Add a few drops of peppermint oil for an extra cooling sensation.



SLEEP WITH A WINDOW FAN

Rather than cool me down, I usually find that ceiling or floor fans just circulate hot air. Instead, I love sleeping with a window fan, which blows cool air in from the outside. Also, the white noise makes for an extra relaxing time falling asleep. Just remember, during the heat of day, to either turn it off or reverse the direction.



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DATE	HIGH			LOW			SUN			
	AM	FT	PM	FT	AM	FT	PM	FT	RISE	SET
1 Mon	8:09	8.5	8:42	9.0	2:18	0.4	2:43	0.0	5:05	8:17
2 Tue	9:10	8.5	9:38	9.4	3:18	0.0	3:37	0.0	5:05	8:17
3 Wed	10:09	8.5	10:31	9.7	4:15	-0.5	4:30	-0.1	5:04	8:18
4 Thu	11:05	8.5	11:23	10.0	5:10	-0.8	5:22	-0.1	5:04	8:19
5 Fri	11:58	8.5			6:03	-1.0	6:13	0.0	5:04	8:20
6 Sat	12:13	10.1	12:48	8.4	6:54	-1.1	7:03	0.1	5:03	8:20
7 Sun	1:01	10.0	1:37	8.3	7:44	-1.0	7:52	0.2	5:03	8:21
8 Mon	1:50	9.8	2:26	8.1	8:32	-0.8	8:42	0.4	5:03	8:22
9 Tue	2:38	9.5	3:15	8.0	9:21	-0.5	9:32	0.6	5:03	8:22
10 Wed	3:27	9.1	4:04	7.8	10:10	-0.2	10:23	0.9	5:02	8:23
11 Thu	4:18	8.7	4:55	7.7	11:00	0.1	11:17	1.1	5:02	8:23
12 Fri	5:09	8.3	5:46	7.6	11:51	0.4			5:02	8:24
13 Sat	6:02	8.0	6:38	7.6	12:13	1.2	12:43	0.7	5:02	8:24
14 Sun	6:56	7.7	7:29	7.7	1:09	1.2	1:35	0.9	5:02	8:25
15 Mon	7:51	7.4	8:21	7.8	2:05	1.2	2:25	1.0	5:02	8:25
16 Tue	8:46	7.3	9:10	8.0	2:58	1.0	3:14	1.1	5:02	8:25
17 Wed	9:38	7.3	9:57	8.2	3:49	0.8	4:01	1.2	5:02	8:26
18 Thu	10:27	7.3	10:41	8.4	4:38	0.6	4:47	1.2	5:02	8:26
19 Fri	11:13	7.3	11:24	8.6	5:24	0.4	5:30	1.2	5:03	8:26
20 Sat	11:56	7.4			6:08	0.3	6:13	1.2	5:03	8:27
21 Sun	12:06	8.8	12:39	7.5	6:51	0.1	6:55	1.1	5:03	8:27
22 Mon	12:48	9.0	1:22	7.6	7:34	0.0	7:37	1.0	5:03	8:27
23 Tue	1:31	9.2	2:06	7.8	8:17	-0.2	8:21	0.9	5:04	8:27
24 Wed	2:17	9.3	2:53	7.9	9:01	-0.2	9:08	0.8	5:04	8:27
25 Thu	3:05	9.3	3:42	8.1	9:48	-0.3	9:59	0.7	5:04	8:27
26 Fri	3:57	9.2	4:34	8.3	10:37	-0.2	10:55	0.6	5:05	8:27
27 Sat	4:51	9.0	5:28	8.5	11:29	-0.2	11:55	0.5	5:05	8:27
28 Sun	5:48	8.8	6:23	8.8			12:24	-0.1	5:06	8:27
29 Mon	6:47	8.5	7:20	9.0	12:57	0.3	1:20	0.0	5:06	8:27
30 Tue	7:48	8.2	8:18	9.2	1:58	0.1	2:17	0.1	5:07	8:27

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Real Estate Update

Sponsored by The Webber Team

Recently Sold Homes in Newburyport, Newbury, West Newbury, and Plum Island

Address	Town	Bdrms	Baths	List Price	Sold Price
234 Low U: 23	Newburyport	2	1	\$154,900	\$154,900
29 Longfellow Dr.	Newburyport	3	1	\$459,900	\$469,900
44 Clipper Wy#44	Newburyport	2	2	\$499,000	\$515,000
19 Madison St.	Newburyport	2	1	\$545,000	\$535,000
17 Cherry St.	Newburyport	3	2.5	\$689,900	\$691,000
19 Wildwood	Newburyport	4	2.5	\$700,000	\$669,900
4 Monroe St.	Newburyport	3	2.5	\$864,900	\$878,000
15 82nd St., P.I.	Newburyport	3	2/2	\$1,999,900	\$1,125,000
71 Federal St.	Newburyport	3	2.5	\$1,275,000	\$1,259,000
34 Main St	Newbury	3	1	\$240,000	\$260,000
66 Pearson Dr.	Newbury	3	2	\$549,900	\$549,900
17 Pine Island Rd	Newbury	2	2.5	\$729,900	\$738,900
8 Finnegan Wy, P.I.	Newbury	2	2	\$750,000	\$750,000
79 Scotland Rd.	Newbury	4	2.5	\$789,000	\$781,500
20 Montclair Rd.	West Newbury	4	3.5	\$849,000	\$849,000
5 Hanover Lane	West Newbury	4	2.5	\$899,900	\$943,150
110 Indian Hill Rd.	West Newbury	3	2.5	\$889,900	\$880,000

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