

# Duxbury Neighbors

JUNE 2020

BRINGING PEOPLE TOGETHER

*Finishing the School Year  
with  
Sonja Kelly*

Photo by Vanessa Lara, Sunflower Photography



Best Version Media

AN EXCLUSIVE MAGAZINE JOYFULLY SERVING THE RESIDENTS OF DUXBURY



# PUBLISHER OPPORTUNITY

## WANT TO BE THE PUBLISHER OF THIS MAGAZINE?

Because of our rapid growth with over 800+ Magazines in North America, you have the chance to be a local leader. We put the power to lead into local hands. **Apply today!**

The Publisher role is a premiere opportunity for business professionals who are looking for a place to exercise influence in the community and share their talent.

- 1. Expert training is provided.
- 2. Work with local business owners.
- 3. Create your own schedule while owning your own business.
- 4. Unlimited earning potential with the highest incomes in the industry.

**Contact the Publisher of this magazine or email [opportunities@bestversionmedia.com](mailto:opportunities@bestversionmedia.com) for more information.**



[www.BestVersionMedia.com](http://www.BestVersionMedia.com)  
Best Version Media is one of the top ten fastest-growing private media companies in North America.



## Best Version Media®

### PUBLICATION TEAM

**PUBLISHER:** Samantha Wiebersch  
**CONTENT COORDINATOR:** Tamara Ciocci  
**DESIGNER:** Susan Kallenbach  
**CONTRIBUTING PHOTOGRAPHER:** Vanessa Lara, Sunflower Photography  
**STUDENT INTERN:** Isaac Estey

### ADVERTISING

**CONTACT:** Samantha Wiebersch  
**EMAIL:** [SWiebersch@bestversionmedia.com](mailto:SWiebersch@bestversionmedia.com)  
**PHONE:** 262-333-8567

### FEEDBACK/IDEAS/SUBMISSIONS

Have feedback, ideas or submissions?  
We are always happy to hear from you!  
Deadlines for submissions are the **13th** 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: [tciocci@bestversionmedia.com](mailto:tciocci@bestversionmedia.com).

### CONTENT SUBMISSION DEADLINES:

Content Due: .....	Edition Date:
January 13 .....	February
February 13 .....	March
March 13 .....	April
April 13 .....	May
May 13 .....	June
June 13 .....	July
July 13 .....	August
August 13 .....	September
September 13 .....	October
October 13 .....	November
November 13 .....	December
December 13 .....	January

Any content, resident submissions, guest columns, advertisements and advertorials 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. © 2020 Best Version Media. All rights reserved.

## RESIDENT'S LETTER

Dear *Duxbury Neighbor*,

Welcome to our June issue of *Duxbury Neighbors*. We have watched our community band together these last couple of months with stories about acts of kindness and gratitude for essential workers. June is a month where we celebrate traditional milestones like graduation as we prepare to break for the summer vacation months. Let us congratulate all of our students at Duxbury High School and let them know we are so proud of them. From our youngest students to our college graduates, there will not be the traditional ceremonies we know, but virtual celebrations for this important rite of passage after finishing the school year online. This month we are featuring Sonia Kelly, owner of Blue River Montessori School, sharing the experience of creating a virtual classroom experience without losing the personal connection to students and their families.

Additionally, we are proud to publish a piece from our Duxbury High School student Abby Chase, who will be attending American University this fall. Abby has written some charming highlights of what she appreciates most about her life in Duxbury, in spite of being in quarantine for the remainder of her senior year.

If you can't get out to garden, Susan Phinney our wellness expert writes about the wonderful reasons to start an aeroponic garden. Whether pressed for time or space, water tower gardening is perfect for those who want to grow vegetables but don't have the time.

If you're looking for a fun family activity, Duxbury Rural and Historical Assoc. has created a great project with a historical driving tour complete with a quiz and reference guide. We encourage you to try it and share your experiences and our senior center continues its educational programming and has launched a Zoom speaker program called The Duxbury Women Series. Each week will feature a new keynote speaker.

Thank you for sending your stories and for your feedback. We work to bring you original content each month and offer stories that inspire and connect you to your neighbors. It is our sincerest wish that you and your families stay healthy and that those who are sick will be well soon. May you all have a healthy June. Send us your thoughts and let us know if you have a story to share about a neighbor you would like to see on our cover. *Duxbury Neighbors* is your magazine and we enjoy hearing from you.

My best to you all,

*Tamara*

Tamara Ciocci, Content Coordinator



**Samantha Wiebersch**  
Publisher



**Tamara Ciocci**  
Content Coordinator



**Susan Kallenbach**  
Designer



**Vanessa Lara**  
Contributing Photographer

## EXPERT CONTRIBUTORS



DR. DANIEL HEBERT  
DUXBURY ANIMAL HOSPITAL  
103 Depot Street  
Duxbury  
781-934-0288  
[duxburyanimalhospital.com](http://duxburyanimalhospital.com)



VANESSA LARA  
SUNFLOWER PHOTOGRAPHY  
145 Webster St. D  
Hanover  
781-696-4473  
[sunflowerportraits.net](http://sunflowerportraits.net)

To learn more about becoming an expert contributor, contact BVM at: [swiebersch@bestversionmedia.com](mailto:swiebersch@bestversionmedia.com)



# Historical Duxbury

By Duxbury Rural and Historical Society

Photos courtesy of Duxbury Rural and Historical Society

If you would like a fun activity to do with the family, take the driving tour offered by Duxbury Rural and Historical Society. Complete with driving instructions, a quiz and fun facts, its a great way to learn about the historic landmarks in our town.

**Explore More! There are outdoor signs at the Burying Ground, Nathaniel Winsor, Jr. House, Reynolds-Maxwell Garden (Blue Fish River Bridge), King Caesar House, Bumpus Park, and the Bradford House.**

## A Driving Tour for Families Featuring DRHS Properties\*

- Mayflower Cemetery
- Old Burying Ground
- Old Shipbuilding District
- Blue Fish River Bridge
- (Reynolds-Maxwell Garden\*)
- King Caesar House\*
- Powder Point Bridge
- Bradford House Museum\*

### 1. DRIVER, DO THIS: START AT TOWN HALL, FACING TREMONT STREET

**Question:** Duxbury is located on Cape Cod Bay, in an area that the native Wampanoags called “Mattakessett.” Do you know what this word means?

**ANSWER:** Place of many fish.

**QUESTION:** What landmark is on the right?

**Answer:** The cemetery is Mayflower Cemetery, here since the 1780s. It is the resting place of sea captains, sailors, ship builders, Civil War Nurses and suffragists. Also buried here is Ruth Wakefield, inventor of the Toll House Cookie!

### 2. DRIVER, DO THIS: TURN RIGHT ONTO TREMONT ST., THEN LEFT ONTO CHESTNUT ST.

**Question:** When we approach Hall’s Corner, there is a cemetery on the left. What is its claim to fame?

**ANSWER:** This is the oldest maintained cemetery in the United States! It contains the graves of Captain Myles Standish, who died in 1656, Revolutionary War heroes, and many founders of Duxbury, including some who traveled on the Mayflower.

### 3. DRIVER, DO THIS: TURN RIGHT ONTO WASHINGTON ST.

**QUESTION:** We are entering a Historic District. What it is called?

**ANSWER:** It is the Old Shipbuilder’s Historic District. In the early 1800s, Duxbury was one of the largest shipbuilding towns in New England. Along Washington Street, St. George Street, and Powder Point Avenue are the homes of Duxbury’s shipwrights, sailors, mariners and merchants.

**4. Driver, do this: Stay on Washington St. to the Bluefish River Bridge**

Explore more! Parking on the right, before the bridge. Carefully cross over the road to visit the Reynolds-Maxwell Garden next to the bridge.



Duxbury Village Postcard, c. 1910

**QUESTION:** Who earned a nickname after he influenced the town to pay for this bridge?

**ANSWER:** Ezra Weston I was nicknamed “King Caesar” in a pamphlet because he angered some tax-payers who were not in favor of the bridge. His son, Ezra II later inherited the nickname. We will learn more about him when we pass his home in a minute.

### 5. DRIVE OVER THE BRIDGE, LOOK AROUND, AND CONSIDER THIS ...

During Duxbury’s shipbuilding era this area of the Blue Fish River had shipyards, wharves, sawpits, mills and warehouses. By 1900, Duxbury Village, as it was known then, was Duxbury’s main commercial district. At this location stood livery stables, a garage, a grocery store, a restaurant, a barber shop and more. It was busy! (Picture above.)

### 6. DRIVER, DO THIS: TURN RIGHT DOWN POWDER POINT AVENUE AND RIGHT AGAIN DOWN KING CAESAR ROAD. LOOK FOR: KING CAESAR HOUSE, 120 KING CAESAR ROAD.

Explore more! Parking available to your right, in front of the house. Feel free to get out and walk around the museum grounds.

**Question:** This house was built for Ezra Weston II, also known as King Caesar. Do you know what he was famous for?

**ANSWER:** He was a shipbuilder and merchant. His business dominated Duxbury in the early 1800s. Much of the population worked in his shipyards, farms, wharves, mill, ropewalk, or on his ships. His ship, Hope, built in 1841 was then New England’s largest merchant vessel!

**QUESTION:** Across King Caesar Road from the house is Bumpus Park. What happened here during the shipbuilding era?

**Answer:** This park is the remnants of King Caesar’s working wharf. Once, it had five buildings on it where smaller Weston vessels were outfitted, loaded, and rigged. It is named after Dr. Hermon Bumpus who owned and restored the property in the early 1900s.



King Caesar House, 1809

### 7. DRIVER, DO THIS: CONTINUE ON KING CAESAR ROAD TO POWDER POINT BRIDGE.

**Question:** Why was this bridge originally constructed?

**Answer:** A prominent Duxbury family, the Wrights, wanted to develop the beach with 262 houses! However, in 1898, the Portland Gale taught them that houses on the beach would not work out, and Duxbury Beach was preserved. When it was built, this was the longest wooden bridge in the world. After reconstruction in 1986 it lost a few feet and lost the title.

### 8. DRIVER, DO THIS: TURN LEFT UP POWDER POINT AVENUE, THEN RIGHT ONTO ST. GEORGE STREET. TURN LEFT AT THE STOPLIGHT ONTO TREMONT STREET. LOOK FOR THE BRADFORD HOUSE MUSEUM, #931, ON YOUR LEFT.

Explore more! Parking available in the lot next to the house. Feel free to get out and walk around the museum grounds.

**QUESTION:** Whose house was this?

**Answer:** This was the home of Sarah Hickling Bradford and Capt. Gershom Bradford. They raised their four daughters here. After Gershom died, it was owned and operated by his wife and daughters, who had many accomplishments. They were involved in the anti-slavery movement, Maria was an educator who married an abolitionist minister, Elizabeth was a painter and amateur botanist, and Lucia and Charlotte were both Civil War nurses.

Explore more! The Reynolds-Maxwell Garden, King Caesar House and Bradford House are among the more than 30 properties owned and maintained by the Duxbury Rural & Historical Society.



Winsor's Wharf (Snug Harbor), 1848



Nathaniel Winsor, Jr. House, 479 Washington Street, built in 1807 in the heart of Duxbury's shipbuilding district. Current Duxbury Rural & Historical Society home offices.



Duxbury Rural & Historical Society  
PO Box 2865  
Duxbury, MA 02331  
www.duxburyhistory.org



# Sonia Kelly

## WRAPPING UP THE SCHOOL YEAR IN THE VIRTUAL CLASSROOM

By Tamara Ciocci

**In terms of managing the school, her two children and working at home alongside her husband, Sonia reflects “We try to maintain a balance, find joy in the simple things, and stay connected.”**

When it was announced that the Duxbury schools would be closing, Sonia Kelly knew that she would have to move swiftly to come up with a plan. The former public school kindergarten teacher and owner of Blue River Montessori has three teachers and 33 families to manage. Closing down her charming preschool and laying off her teachers was never an option. As full as her days had been as a full-time small business owner and mother of two children prior to the pandemic, she has never worked as hard as she has in the last two months setting up a quality education program that could keep her teachers working and implement her innovative Montessori/Reggio Emilia

curriculum in a virtual classroom setting via Zoom. Sonia was initially daunted by the task of running her school virtually. In keeping with the Duxbury Public School guidelines, she needed to mobilize quickly and have her virtual classroom up and running by the first week of school closures.

“It took me about a day to wrap my head around it. To close our doors wasn’t an option. The children need to learn, they still need to connect and they need to see us and their friends,” explains Sonia.

As she discussed these challenges in a phone call with her sister, she realized that she would have to learn and master the interactive software of Zoom. In a matter of a few days, along with her staff, Sonia learned the technology required to create an interactive learning experience for children ages two-and-a-half through five, knowing that their parents and caregivers would be part of this collaborative journey. After trying a few dry runs with her own family, she was ready to open up her virtual classroom with the

determination that she would keep her teachers employed during this unprecedented time. It is the closeness and the friendship of her staff that motivated her to keep them on board and to keep the lessons going.

Sonia’s other concerns emanated from calls she had received from other small business owners who were facing not being able to stay open at all and she too, had her own fears of having to lay-off her employees and creating hardships for the staff she loves and considers part of her family. Initially there were a lot of financials to consider as well as trying to secure any help she could,



Photo by Vanessa Lara, Sunflower Portraits

that applied to small businesses.

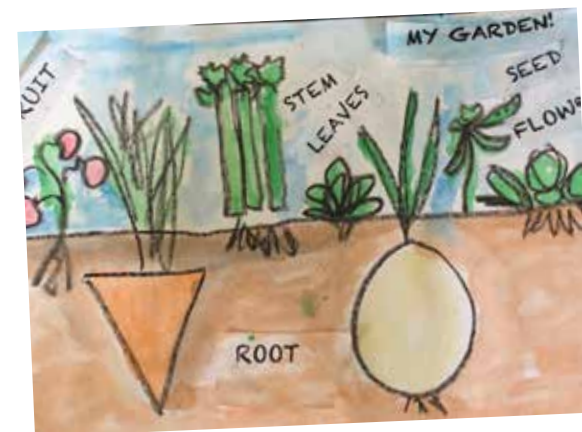
The team collaborated on moving the curriculum forward. Sonia’s school is based on the Montessori philosophy and incorporates a pedagogy called Reggio Emilia, a philosophy that is student-centered and promotes experimental learning in relationship driven environments. This teaching style is not only creative, relying on the natural curiosity of the children, but also science-based, positing that through exploration and discovery, children form their true identities driven by their own interests. A simple discovery such as a caterpillar can lead to the class building an entire habitat and research around the life and environment of the insect. The challenge ahead was how to continue this hands-on learning program in a virtual classroom. With the help of her two sons, Sonia put together project bags for each child. The bags were equipped with classroom materials including canvases and art supplies to complete their studies ranging from math, reading, and science, to art and yoga. The families were able to drive by one at a time practicing safe social distancing and pick up the project bags at Sonia’s home.

The first days in the virtual school setting were a training ground for what would work with the young students and revealed the challenges; Sonia and her staff responded quickly to what they were discovering. Many of the thirty-three families have parents working

from home and timing the school hours as well as giving parents the assignments ahead of the program time needed to be implemented. Most parents sit with their child during the classroom times but as Sonia and her teachers have tapped into the successes of their lessons, they’ve been able to maintain the attention when a parent or caregiver needs to tend to another child or a phone call.

“My families have been so supportive because they see that my teachers and I are working so hard for the children,” Sonia shares. “The families are with their children on the Zoom lessons every day and I’ve gotten such positive feedback.”

The school days begin at 10am and Sonia and her teachers rotate the lessons to ensure that classes run smoothly. They are sensitive to the fact that families are under tremendous duress and they keep the program true to the same standards as they have in the school setting. Most of her students participate each day and the parents are invited to provide feedback. Sonia has introduced new skills, such as the foundations of bar graphs, which the children can use to chart the daily weather. With their project bags the students can use their materials to produce their own graphs and learn more about the weather. The collaborative aspects of this format have had the unexpected result of a much closer community. Parents who never before had the opportunity to participate in the preschool setting, are now engaged along with their child. These friendships



have branched into other support sessions with the families where Sonia can speak to them in her home office with her cup of tea, reassuring parents that their child will be more than prepared to enter kindergarten.

“It has been very rewarding and exciting,” adds Sonia. “That’s how I’ve been able to handle this.”

Teaching has always been in Sonia’s future. The high school and college math whiz once assumed she would study engineering. The Montgomery County, MD native attended University of

*Professional Newborn, Toddler, Maternity, Family, Seniors & Boudoir Portraits*

(781) 696-4473

www.sunflowerportraits.net

f @sunflowerportraitsbyvanessalara

ig /sunflower\_portraits/

mvanessalara@msn.com

145 Webster St D - Hanover Ma 02339



# SUMMER READING *with* DUXBURY FREE LIBRARY

By Jessica Phillips

The Duxbury Free Library organizes a summer reading program every year from June 1-August 31. This year there is one program for all ages.

There are two options to play:

**PAPER:** A bingo card will be available to download <https://www.town.duxbury.ma.us/duxbury-free-library/attend/pages/summer-reading-program> or pick up (when library reopens). When bingo card is completed, fill out your name and contact info and send it back to us. This will be used as your raffle ticket. Prizes are gift certificates from local businesses. You may drop it off in the book drop, mail it to us, or send us a picture at [duchil-drens@ocln.org](mailto:duchil-drens@ocln.org). Bingo cards are due by August 31.

**ELECTRONIC:** Log in the numbers of books read through Beanstack Tracker app or visit [duxbury.beanstack.org](http://duxbury.beanstack.org). Complete challenges (similar to what's on Bingo card) or write reviews for extra raffle tickets. Prizes will be gift certificates to local businesses. Advantages of using Beanstack include: the ability to scan the barcodes of your books and the chance to win more prizes.

To complete Bingo challenges visit [duxburyfreelibrary.org](http://duxburyfreelibrary.org) for access to all your digital needs via computer and a variety of supported devices.

- Reserve museum passes (or visit one virtually)
- Visit [pinterest.com/duxburyfreelibrary](https://pinterest.com/duxburyfreelibrary) boards for book recommendations, staff picks, and patron picks.
- Access digital content: (eBooks, audio, and streaming movies for all ages)

- [ocln.overdrive.com](http://ocln.overdrive.com) & Libby app: Browse and checkout eBooks and audiobooks in each network, including Boston Public Library

- [hoopladigital.com](http://hoopladigital.com) & Hoopla app: eBooks, audiobooks, videos, music, and graphic novels

- RBDigital.com and RBDigital app: Magazines

- [duxbury.kanopy.com](http://duxbury.kanopy.com) & Kanopy app: Stream documentaries and films

The library is working on their summer reading calen-

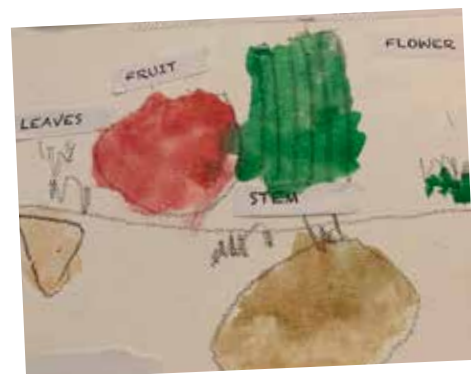
June 2020

dar of programs as we wait for health updates from the state government. Check our website for updates. First event is Family Team Trivia Challenge with Trivia Brothers on Zoom Sunday June 7 at 7pm. Please register on the library event calendar for your Zoom link. Suggested team size 3-6 players. This will be a fun interactive event so make sure to challenge your friends and neighbors.

Special thanks to the Friends of the Duxbury Free Library, the Massachusetts Board of Library Commissioners, the Boston Bruins and the Massachusetts Library System for their support in this program.



Photo by Vanessa Lara, Sunflower Portraits



the close-knit friendships that she loves about the staff and her relationships with the families.

“The thing about Zoom, is that it is unlike an emailed lesson plan because it's interactive for the kids,” says Sonia. “You can interact with the students and they're going to get what they need because children like to share their thoughts. If they simply watch a recorded lesson, their thoughts are not validated and their feedback will go unheard.”

As for summarizing the whole experience, Sonia acknowledges that in spite of the seriousness of this moment, she has found personal insight and an overwhelming sense of gratitude for all of her teachers and families that have participated in the success of completing the school year. Although initially uncertain of how to set up a virtual classroom, the appreciation for the Zoom technology has made Sonia feel fortunate for this experience. As much as she misses direct contact with the children in the classroom, she cannot express how appreciative she feels about seeing their reactions during their lesson time.

“With our interactive lessons, we are able to see a student's face shine when he or she has that lightbulb moment.”

For more information about Blue River Montessori School, go to [www.bluerivermontessori.org](http://www.bluerivermontessori.org). If you have a story to share, contact [tciocci@bestversionmedia.com](mailto:tciocci@bestversionmedia.com).

**Do you have a neighbor who has a story to share?**

Contact us at: [tciocci@bestversionmedia.com](mailto:tciocci@bestversionmedia.com)

Maryland at College Park and completed her masters of education degree at Loyola College of Maryland. She also has an Association Montessori Internationale Diploma (AMI) from the Washington Montessori Institute. It was during her undergraduate years that she discovered her passion for teaching when she took a year off to become a substitute teacher in a local school system.

“I had the opportunity to study under a professor who was taught by Mario Montessori, Maria Montessori's son. I went on to teach in the public schools, preschool through third grade for many years. It's hard to believe that I've been in the field of education for twenty years,” recounts Sonia. “I still maintain my Maryland Department of Education Early Childhood certificate, that allows me to teach in the public schools until third grade. To maintain this, I continue to take classes in the field of education, which keeps my mind active in learning new things.”

As for now, Sonia and her family are facing the challenges like all Duxbury families, of two parents working from home while their boys, Will and Jack attend Alden and Duxbury Middle School online. The family has managed to discover the simple pleasures of a different pace, whether it's cooking meals together or the boys building and playing outside. They have been able to venture up to New Hampshire on weekends to spend time social distancing in nature and enjoying disconnecting a bit from their online classrooms and work schedules.



As she wraps up the school year which began very differently, Sonia has learned a lot about her staff and her students. The difficult part has been in not being able to see one another in person and experience the joy of engaging young minds in the classroom setting. The greatest moments lately, have been in watching the dedication of the families to participate in their child's virtual classroom and watch their children continue to grow and learn as they prepare for kindergarten. They are assured that their children will be well prepared for their next school year and any apprehensions about the virtual classroom have disappeared.

Sonia can appreciate the advances of technology that have enabled her to not only keep her school open, but maintain

## SUMMER ADVENTURE 2020 BOOK BINGO

JUNE 1 - AUG. 31

Read a graphic novel	Read children's literature	Listen to an audio book	Read a book in a series	Read a magazine (try RBDigital!)
Read a recommendation	Post a pic of your summer read <small>#dfsummerreading</small>	Read a book off your shelf	Visit a museum or virtual museum	Read a book set in summer
Listen to music in Hoopla	Read a nonfiction book	<b>FREE</b> 	Read a book of your choice	Access New York Times at DFL site
Read a staff pick	Write a story about Draco <small>#dfsummerreading</small>	Post a book review <small>#dfsummerreading</small>	Read a graphic novel	Read a book of your choice
Watch a film on Kanopy	Read a book of your choice	Read a book set in MA	Read a young adult novel	Read a mystery

Turn your bingo card in by August 31 or log your activities at [duxbury.beanstack.org](http://duxbury.beanstack.org)

- Each 5 in a row = 1 raffle ticket
- Earn up to 5 raffle tickets to win PRIZES from local businesses!

This contest is not sponsored by or endorsed by Best Version Media in any way.

Learn about all of the programs at the Duxbury Free Library by visiting the library's website at [www.libraryinsightgroup.org](http://www.libraryinsightgroup.org) or by calling the library at 781-934-2721. We hope to see you!





# Dental Prevention *in* Pets

Dr. Daniel Hebert

During the lockdown, many of us let certain daily routines lax. "Why bother shaving this week?"

"My conference call has no video... guess I'm staying in my jammies." "Why am I brushing my teeth for today?" While the first two aren't so bad, that last will eventually lead to some rank breath and teeth that feel like they're wearing sweaters. Both issues are from bacterial growth, a very normal process in the mouth that also serves other functions in the body as we learn more about our body's bacterial co-pilots. For most animals, lifespans in the wild are short and the continuation of this bacterial growth rarely causes issues before their lives end from other causes. For both humans and domestic animals, longer lifespans now mean that this bacteria will reproduce and generations will die to form mineralized plaque on the teeth. That plaque will grow layer after layer like coral until it becomes tartar; cement-hard crusts that shove back the gums, expose the roots, and rot the teeth. Humans keep this in-check with brushing many times a day along with professional cleanings. Our pets aren't doing this so the teeth become a real mess when left totally unchecked. The "cleanings" that people think their pets may eventually need at the vet end up becoming major and expensive oral surgeries, usually resulting in many teeth lost.

So how can you prevent this in pets? The most effective is to do what we do; brush your pets' teeth every day. Most of time, when I suggest this to an owner, they look at me like I just suggested a swim from Boston to London would be great exercise. And, they are right. The nicest dog or cat can turn into a land shark when you start shoving a toothbrush into their mouths. But, it is do-able. With time and patience, many of my owners have learned to do this. The first step is using veterinary toothpaste that is enzymatic and meaty-flavored. Animals hate mint. Next is choosing the brush. Many are available of various sizes and shapes, including finger brushes. In a pinch, you can just get a children's brush and trim the bristles a little shorter. Another suggestion is using a sonic toothbrush. I know they are expensive, but pets seem more amenable to them versus the back-n-forth motion of a standard toothbrush.

For those that think daily brushing is a no-go for their pet, the best option is dental treats. There are many over-the-counter options that have been shown not to work, so definitely check with your vet. These treats are meant to be abrasive and manually remove the plaque before it becomes tartar. So, they would need to be started early or right after a professional cleaning. They come in two forms. The first are "diets" that most vets

To learn more about Dr Hebert and the services offered, visit [www.duxburyanimalhospital.com](http://www.duxburyanimalhospital.com)



recommend be used as treats. There are sizes for cats, small dogs and large dogs. The proven brands have shown to be as effective as brushing. The second form is large, hard chews.

The last option is medicated chews. These are once daily treats that the dogs chew more slowly than a treat and it releases a compound called delmopinol. This will coat the teeth and basically creates a surface that is slippery to bacteria. The effects last about a day and it prevents bacteria from sticking to and colonizing the teeth. Some can cause odd coloration of the stool which scares owners, but its completely benign, especially when compared to not using them. There are many options of these chews so find out which from your vet recommends.

Dr Hebert is veterinarian and owner of Duxbury Animal Hospital. You can learn more about Duxbury Animal Hospital by visiting [www.duxburyanimalhospital.com](http://www.duxburyanimalhospital.com) or by calling 781-934-5300.

## MODERN PET OWNERS DESERVE MORE:

- Professionals who listen, understand, and respect your needs.
- Veterinarians who treat your pets like their very own.
- State-of-of-the-the-art diagnostics and medical technology.

### MORE...FOR PETS

- Comprehensive veterinary services, focused exclusively on dogs and cats.
- Compassionate, skilled care from beginning to end of life.
- Latest innovations in veterinary medicine, including laser surgery, cryosurgery, and laser therapy.
- Experience and expertise, from allergy and dermatology services to comprehensive pain management.

### MORE...FOR OWNERS

- Convenient on-site services include dental care, advanced diagnostics and specialized medical treatments. You and your pets deserve more.

**DUXBURY ANIMAL HOSPITAL**  
103 DEPOT STREET  
DUXBURY, MA 02332

P: 781.934.5300 | F: 781.934.0288 | [WWW.DUXBURYANIMALHOSPITAL.COM](http://WWW.DUXBURYANIMALHOSPITAL.COM)

## INTRODUCING *THE DUXBURY WOMEN SERIES*

By Brooke McDonough



Thyme Sullivan



Laura Smith



Sue Bradford



SallyAnn Thomas

The Duxbury Senior Center launched a new Zoom speaker series this spring that highlights Duxbury women who are business leaders, influencers, or prominent in the community. The series features one woman each week as the keynote speaker in a Zoom meeting to connect with the community. The series has been popular throughout Duxbury and beyond, with over 150 people registered for the free series.

As with all of the Duxbury Senior Center's programing during the pandemic, this series is free and open to everyone. There are no age restrictions and no space limitations. If fact people are joining in from across the states, and even from different states. During the pandemic, while everyone is staying home and safe, DCS is finding ways to connect and engage the community. They are offering a full schedule of Zoom programs that are free to everyone and designed to bring people together. In fact, during the months of April and May, 1,494 people participated in 66,736 minutes of virtual programming using Zoom. The Programming staff organized 58 zoom meetings in April and 115 Zoom meetings for May.

The popularity of the Zoom programs is a credit to the quality of the programs. "Meeting and getting to know these women in the Duxbury Women Series has been terrific," says program coordinator Andrea Brandeis.

"This is a much-needed opportunity for connection and inspiration with women of Duxbury who are influential in the workplace and beyond. We love bringing the community together to meet these women.

The Women of Duxbury that have been featured so far shared their stories of innovation, experiences, ideas and what matter most to them in their lives. The series kicked off in May with Leah Ward, a Duxbury-based interior designer. Next, Thyme Sullivan, co-founder and CEO of TOP, The Organic Project talked about how she raised 1.6 million in seed funding for her company. Rosemary Tufankjian, photographer, and Megan Driscoll author/speaker/gender equality activist were also guests.

The Speaker series in June will run every Friday at 10:00. SallyAnn Thomas Farnum, Director of Interior Design at Arrowstreet, (June 5), Alex Carleton, executive coach (June 19), Leah Leedom of Duxbury

To register, for the Duxbury Women Series, or any of the Center's go to [duxburyseniorcenter.org](http://duxburyseniorcenter.org) and click "Register for a Program" to receive a Zoom invitation and link to join the program. All are welcome. There are no age or geographic limitations.

Saltworks (June 19), and Sue Bradford and Laura Smith from the Duxbury Student Union (June 25).

To register, for the Duxbury Women Series, or any of the Center's go to [duxburyseniorcenter.org](http://duxburyseniorcenter.org) and click "Register for a Program" to receive a Zoom invitation and link to join the program. All are welcome. There are no age or geographic limitations.

Photo Credit Brooke McDonough

The Duxbury Senior Center will be offering more memoir writing classes in June, a 7-week series featuring guest speakers, writing exercises, and the chance to have your memoir essay be included in a book. This time, they are offering separate writing groups for the general population, LGBTQ community and one for Veterans and Military families. For more information, contact Brooke McDonough at the Duxbury Senior Center at 781-934-5774 ext. 5712

**HANNON-MURPHY**  
INSURANCE

We're Here for You.

We work hard to keep you protected... and happy!

"Great people! Never had one complaint! Years and years of dedication in our family! Thank you!"  
- April B.

CALL TODAY FOR A COMPLETE INSURANCE REVIEW

Pembroke 781-293-5500 • Plymouth 508-746-0030

[HannonMurphy.com](http://HannonMurphy.com)



HAVE SOMETHING  
**TO SELL**  
OR GIVE AWAY?

## NEIGHBORHOODCLASSIFIEDS

**H**ave 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.

### SAMPLE: BEDROOM SET

Includes: 2 twin beds, bedside table, 3-sectional dresser with 9 drawers, attached double mirror, 5-drawer chest plus one extra mirror.

Asking \$1,200 obo. **Call 000-000-0000**

**MacDonald**  
**FUNERAL HOME**  
FUNERAL DIRECTORS: J. Robert - Mark W. - Steven P. - Robert E.  
AT-NEED & PRE-NEED COUNSELING  
1755 Ocean Street • PO Box 84 • Marshfield, MA 02050  
[macdonaldfuneralhome.com](http://macdonaldfuneralhome.com)  
**781.834.7320**

**G SERVICES**  
Landscaping • Construction  
Painting  


**WE DO IT ALL**  
LANDSCAPE MAINTENANCE • INTERIOR & EXTERIOR PAINTING  
POWER WASHING • LIGHT CARPENTRY  
**BEFORE** **AFTER**  
  
**781-500-1434 | WWW.GSERVICESMA.COM**

**EMPIRE**  
WINE & SPIRITS  
FINE WINES BEER LIQUORS CIGARS  
**WINE TASTING**  
ASK ABOUT OUR MONTHLY  
4 2 GO SPECIALS  
CHECK OUR WEBSITE  
FOR OUR LATEST  
EVENTS & TASTINGS  
[EMPIREWINEANDSPIRITS.COM](http://EMPIREWINEANDSPIRITS.COM)  
KINGSBURY SQUARE  
182 SUMMER STREET, KINGSTON  
(NEXT TO BIG Y SUPERMARKET)  
**781-422-9999**

## DUXBURY EATS



# Marinated Vegetable Salad

Yields: 6 servings | By Kady Parker

There's no rule that says all salads must include lettuce! I love this cool and crisp marinated vegetable salad. The beauty of this recipe is that it gets tastier as it sits in the refrigerator. Bonus: since this salad contains no mayonnaise, it's perfect to take to a picnic!

### INGREDIENTS:

- 3 cups cauliflower florets, blanched and cooled
- 3 cups broccoli florets, blanched and cooled
- 1 pint grape tomatoes, halved
- 1 orange bell pepper, sliced
- 1 cup pitted olives (black or green)
- 1 can quartered artichoke hearts in water, drained
- 1/2 cup extra virgin olive oil
- 1/3 cup white vinegar

- 2 garlic cloves, minced
- 1 tablespoon Dijon mustard
- Salt and pepper to taste
- 1 tablespoon fresh basil, chopped
- 2 tablespoons fresh parsley, chopped

### DIRECTIONS:

In a large bowl, add the mustard, salt and pepper, vinegar, herbs and garlic. Whisk in the oil in a slow stream until an emulsion forms.

Add in the cauliflower, broccoli, tomatoes, peppers, olives and artichoke hearts. Stir to combine. Let it marinate in the refrigerator for 2-3 hours before serving.

**BOSTON CONNECT**  
REAL ESTATE SERVICES  
  
  
**GINNY WANDELL**  
CELL/TEXT 781-354-0723  
CERTIFIED BUYER'S REPRESENTATIVE  
VETERANS' SPECIALIST  
**PLANNING AHEAD? BUYING OR SELLING?**  
**CALL GINNY WANDELL!**  
HERE IS WHAT MY CLIENTS ARE SAYING:  
"My wife and I were delighted! Ginny is prompt with communication, clear, down-to-earth and patient. We could not have hoped for a more competent and helpful realtor!" *Troy Albee, September 2018*  
"Ginny made selling our home easier than we thought. She returned calls/texts/email quickly and helped us over the hurdles. We highly recommend her." *Ed and Bev Dellavalle, October 2018*  
LET'S GET STARTED! I'M HERE FOR YOU!  
**WWW.GINNYWANDELLREALTOR.COM**



# Thoughts on High School Graduation During a Pandemic

By Abby Chase



Abby Chase

Photo By Vanessa Lara, Sunflower Portraits

When I look back at my first semester of senior year, it astounds me how no one had any idea we would end up here, quarantined, and graduating months after we initially planned to. Many of us seniors have lost the rites of passage we've been looking forward to since elementary school, like a normal graduation and senior night out, among the smaller joys of senior spring.

Wearing our college merch to school, getting ready for prom, playing a senior solo in orchestra or band. Hundreds of little things that make your last months of childhood so sweet.

However, it is critical that we count our blessings, as trite as it may sound. For me, this pandemic has presented an opportunity to grow and reflect on not only my high school career, but my childhood in Duxbury. My eighteenth birthday will likely pass while Massachusetts is still under quarantine, which means I probably won't be able to celebrate with my friends in person. While this saddens me, it has made me grateful for the years I have spent in such a lovely town. As my last few months as a kid are waning, I've compiled a list of seventeen blessings I've received in my seventeen years in Duxbury:

- A stellar education, specifically through the Duxbury Music Department. At age fifteen I got to perform at Carnegie Hall! How many other kids in the world get to say that?
- Summers spent sailing or rowing at DBMS.
- The ability to swim, which is a very necessary skill in a town where oysters are considered fast food.
- A laundry list of campfire songs learned at Nature's Classroom in eighth grade. Oh, and also the niche talent of fish dissection I learned on the same field trip.
- An appreciation for the sea. I have been so lucky to grow up with the bay just a stone's throw away from my backyard.
- The first Shakespeare play I saw. That touring troupe that came to the PAC was infinitely formative for the aspiring actor within me when I was in middle school.



I'm a pro, so I guess it was worth it.

- A serious case of Jeep-envy.
- My first ever performance on a stage at age twelve in A Midsummer Night's Dream (see blessing #5).
- A lengthy run with Girl Scouts. More specifically, the Sweet Heart Dance with my dad.
- My first paycheck at age fourteen. I find it crazy that my first job was at Farfar's, an ice cream shop I've loved since I was little.
- A car that can withstand the drive-on.
- Brilliant teachers that inspired me, and helped me hone the courage dream big and now pursue a career in human rights.
- My first paid performance on a stage at age seventeen.
- Lifelong friends. It's crazy that the most compassionate, ambitious, incredible people I've ever met live just minutes from me.
- Memories. Sweet, joyful, poignant memories that will stay with me forever, even when I am old and far from this little paradise by the sea.

Abby Chase is a graduate of Duxbury High School class of 2020 and attending American University this fall. If you have a Young Duxbury story to share, contact [tciocci@bestversionmedia.com](mailto:tciocci@bestversionmedia.com)

Congratulations on your graduation



*That Bloomin' Place Too*

*Think Spring!*

We have what you need to turn your yard into a Springtime oasis. Come see us for inspiration!

427 Washington St. • Pembroke ☎ 781-829-0840

Duxbury Neighbors

# Aeroponic Gardening

By Susan Phinney



## Aeroponic Gardening- Your Own Easy Victory Garden!

Have you ever wanted to start a garden but felt intimidated? Or do you just not have the right yard,

space or tested your soil? Or simply just not enough space to grow everything on your wish list? Why not consider try tower to table! Aeroponic vertical gardens are a great way to grow fruits, vegetables and herbs in small sunny spaces such as a deck, patio or balcony. Add some grow lights and they can be used outside and indoors, providing your family with fresh vine ripened produce all year round!! Plus, a vertical garden typically uses less than 5% of the water and 10% of the space you would use in a traditional soil garden, which is great for our environment. It's like your own personal farmers market- in your kitchen or on your patio!

## What is aeroponic gardening?

Gardening without soil; this technology utilizes air, water, and nutrients to nourish the roots. Added natural nutrients are absorbed into the plant directly from the circulation of water, which recycles in the tower via a pump and is set to a timer.

## What are the benefits to a vertical aeroponic Tower Garden?

Great space saving for those who do not have the space or time for a vegetable garden. Great for an apartment, condo balcony, decks and patio.

No weeding, no tilling, no soil-no mess!

You control what you grow, and the produce is nutrient dense, as it has not been picked before ripeness unlike that in the grocery store. You basically pick it as you need it.

Clean food- no herbicides or pesticides. It is your own farm to table. You know who has been handling it!

Great education for children- they can help plant the seeds, watch them grow, and harvest. A ten-year-old can even set it up! Engage your whole family.

## What is the grow time?

Research shows that aeroponic gardens grow approximately 30% faster than gardens in the ground. They also yield about 30% more bounty too!

## What types of fruits and vegetables can you grow in an aeroponic garden?

Any plant, herb or fruit that does not grow into the ground, like beets or carrots. Create a themed garden section, such as a salsa or juicing section. Best indoor crops are greens, micro greens, and herbs.

## How does it save water?

Aeroponic gardens are water conservation gardens as they use a set amount of water that circulates occasionally with the includ-

ed timer. Plants can draw a minimum of what they need as long as the circulation of water continues. In hot summer months, occasionally topping off the water in the base is all that is needed.

## Can it be used year-round?

Yes! They can work year-round and produce can be grown indoors for the colder months, with the addition of grow lights.



Susan Phinney is a certified health coach from Dr Sears Wellness Institute. For more information about this article, please contact [suephinney2@gmail.com](mailto:suephinney2@gmail.com)

Call Today (508) 888-4252

**Foster** Creative Designs INC. GARDENS OF DISTINCTION

FosterCreativeDesigns.com

Our successful approach to our trade is very simple: **Be honest, listen, and show passion** in all we do.

*Beautifying landscapes in The Pinehills since 2002*

DESIGN HARDSCAPES SOFTSCAPES MAINTAIN



# Duxbury 1257 Neighbors



**192 Summer St.  
Kingston, Ma  
781-585-5587**  
southshoreautoworks.com



**Free  
Loaner Cars**

**European Repair Specialists**  
Repairs and Maintenance on Import Vehicles



Curated by SSA offers  
Classic, Collectible, and  
Special Interest car sales,  
brokerage, consignment and  
consultation.

www.curatedbyssa.com 781-585-5587 ext 3

# Global Green

Lawncare, Inc



**1 FREE  
APPLICATION**  
with purchase of  
our 6 application  
program

Serving the South Shore for  
25 years with Excellence & Pride.

We are a full-service landscaping company offering the following services to DUXBURY residents, and so much more:

- Lawncare Programs
- Lawn Renovation
- Tree/Shrub Programs
- Brick & Stone Work
- Organic Programs
- Landscape Lighting
- Landscape Design & Construction
- Tick & Mosquito Control

**781-829-4330 Call Today**

Free Estimates    Fully Licensed & Insured  
Local References    Globalgreenlawncare.com



**Don't Just Make it Green,  
Make it Global Green!**