

Merrimack Valley 50+

May  
2025

# Active *Life*

**Creative  
Expressions  
in the Valley**

**Harness the  
Power of  
Walking**

**Things to Do:  
Merrimack Valley  
Community  
Calendar**

***Free***

[www.merrimackvalleyactivelife.com](http://www.merrimackvalleyactivelife.com)

# Merrimack Valley 50+ Active Life

May 2025

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Merrimack Valley 50+  
Active Life

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The visual arts come in many forms, shapes, sizes and mediums. For example, art can be a watercolor or an oil painting on canvas or depicted as a mural, a bronze sculpture, or pottery. It can be seen as modern or classical architecture. Photography also represents a creative expression of art. In today's modern technological world, art can be in the form of digital technology or even created by artificial intelligence (AI). Art is expressed in literature, music and dance. Whatever art's form, the artist creates it to elicit a response from the viewing public. In some cases, it is solely the artist themselves who create and view their work, as some choose not to display their creations. Art can allow us to be captured by its beauty, or we can be indifferent and possibly turned off at the sight of it. It is in the end, subjective. But regardless of how it is viewed, art is timeless and seen as our human creative contribution to our society and the world. We are so fortunate to have so many opportunities to view and appreciate art in its many forms here in the Merrimack Valley.

Haverhill, MA, was at one time known for manufacturing of shoes and boots of all kinds. Symbols of shoes of this one-time burgeoning business, can be seen throughout the city. But Haverhill is also known for its creative art including murals, paintings and sculptures. On Essex Street in downtown Haverhill you'll find The Gateway Mural, entitled

"Hues of the Heart." The mural was commissioned by Team Haverhill and executed by Philadelphia MLS Studio. It is a beautiful rendition of so many of the Haverhill's creative and historic contributors. The building on which the four-story mural is painted is 25 Essex Street, which was once owned by Louis B. Mayer, film producer and co-founder of the Metro-Goldwyn-Mayer film studios. In a tribute to Mayer, he appears in the Gateway mural. It's as if the viewer of the mural is watching a film play out. John Quincy Adams is portrayed, representing Haverhill's abolitionist petition being presented to Congress in the 1800's. The ship Ulysses is depicted which represents 18th century shipbuilding in Haverhill. Young and old are also portrayed to signal Haverhill's past, present and future. If you have not had a chance to view this, it is a gem to be seen and appreciated.

If you are in downtown Lowell, try and locate the "Winged Victory Statue", which is a bronze sculpture in front of City Hall. The sculpture was created by Christian Daniel Rauch, a 19th century German sculptor and was gifted to the City of Lowell in 1867 by James C. Ayer to commemorate the Union victory in the Civil War. The sculpture itself is beautiful to look at and draws in the viewer to get a closer look, as it did to me when I viewed it. Or, as in all artforms, you may walk away unmoved after viewing it. I'm betting on the former.

## Creative Expressions in the Valley

by Gary Kalajian

Not far from the Winged" statue, is another structure made of bronze and granite, entitled "A Mother's Hands Monument." This monument, or "Khachkar" (meaning "cross-stone" in Armenian) also sits outside City Hall and is an Armenian genocide memorial created to acknowledge and commemorate the loss of 1.5 million Armenians from 1915 to 1923 in the Ottoman Empire. It was created by Daniel Hejinyan and is the first Armenian Genocide monument to be located outside a government building in the United States. Typically, Khachkars are located on Armenian church grounds where parishioners and the public can view the artistry, creativity and emotion that went into its creation. The hands seen on the "Mother's Hand Monument" represent a beautiful depiction of a mother's hands crocheting in all its intricate detail. Whatever symbolism you may want to attach to the monument, I think you will ultimately feel moved in its presence.

Not far outside the Valley if you visit the deCordova Museum in Lincoln, Mass., you will be treated to a spectacular array of outdoor sculptures, in Sculpture Park. It is the largest park of its kind in New England, sitting on 30 acres of land. There is always something interesting to view as there are rotating exhibitions all the time. There is also an inside gallery where you can observe various installations includ-

ing paintings, mobiles, tapestries and other art forms. Check their website, as the Museum inside gallery may be undergoing building renovations.

Irish novelist Margaret Wolfe Hungerford is said to have penned the phrase, "Beauty is in the eyes of the beholder." Art is fittingly an example of these famous words. One person may be so moved and carried away in rapture at the sight of a painting that he/she is forever changed by the encounter. While another individual who views the same creative work wonders what the fuss is all about. The great thing about it is that we all have the opportunity to be moved or not by different mediums of art. By exploring some of the art mentioned in this article, I gave myself an opportunity to be touched by what I saw. In this instance, I walked away being transformed and impacted in a profound way. In my eyes, what I saw was beautiful and it allowed me to appreciate the artist's rendering, whatever the medium.

Photo by Gary Kalajian

## Harness the Power of Walking

### Benefits of being physically active

(Family Features) A walk isn't just good for your body; it's a simple, powerful way to care for your mind and soul. Physical activity, like walking, reduces stress, boosts mood and promotes overall well-being. Yet physical activity levels in the United States continue to decline, a trend threatening both mental and physical health.

Less than half of adults and fewer than 1 in 5 children in the U.S. get the recommended amount of physical activity needed for heart health, according to the American Heart Association's 2025 Heart & Stroke Statistical Update.

National recommendations call for children to get at least one hour of physical activity each day, but the latest statistics show less than 19% of children in the U.S. achieve that target. Meanwhile, less than half of adults get the recommended 150 minutes or more of weekly physical activity.

What's more, according to data from a National Health and Nutrition Examination Survey, 1 in 4 U.S. adults sits for longer

than eight hours each day, which can have negative consequences on physical and mental health.

For decades, the American Heart Association has championed the importance of physical activity in communities across the country. These tips and information can help you understand how a brisk walk can make a world of difference for heart health and mental clarity.

#### Benefits of Physical Activity

Staying active is one of the best ways to keep your mind and body healthy.

The physical health benefits may be obvious, but research suggests physical activity can also help bring more joy to your life. According to the 2019 Physical Activity Guidelines for Americans, people who get the recommended amount of physical activity are less likely to experience depression.

Regular physical activity enhances your mood, sharpens your mind, improves sleep

and boosts overall well-being, all while reducing the risk of disease and depression and increasing both the quality and longevity of life.

#### How to Be More Physically Active

Exercise as simple as a brisk walk can put a major spring in your step. It can even energize you to finish other tasks at hand, whether it's cooking or running errands. Give your daily physical activity level a boost with these tips:

- Exercising outdoors is a great way to get moving. Spending time outdoors has been shown to reduce stress, promote a sense of belonging and improve mood. It's even better if you can enjoy the sunshine outside, which can improve mood, boost your immunity and help you get some vitamin D.
- Invite a family member or friend along with you. It's good for them, it's good for you and it's good company all around.

- Instead of wondering if you'll move today, explore how you'll move. A walk, a dance or a stretch all count.

#### Getting Pets Involved

Pets are part of your family, and they can help you get healthy together. Pets provide a fun reason to spend more time outside and get the exercise needed to reduce the risk of disease later in life.

Getting moving along with your pet adds more exercise to your routine, which means living longer, reducing risk of dying from heart attack or stroke, reducing risk of diabetes, reducing stress and even boosting your overall happiness and well-being.

Exercising with your pet can also mean enjoying more socializing. You may find yourself meeting other dog owners in your area on a walk or at the dog park.

Learn more about how simple habits like walking can support your overall health at [heart.org/MoveMore](http://heart.org/MoveMore).

# Merrimack Valley Calendar of Events

## May



#### Thursday, May 1

LET'S GET REAL: A YEARLONG NON-FICTION READING CHALLENGE FOR ADULTS THURSDAY, MAY 1 ALL DAY

Adults, explore the library's non-fiction collection throughout the year and earn prizes! Join anytime, January-December 2025.

How it works:

Register in Beanstack (online or in their app).

Log the minutes you spend reading or listening to any non-fiction book or audio-book.

Earn badges and virtual raffle tickets for every 4 hours of non-fiction reading/listening you log and for completing related activities.

For each month of the challenge in which you earn at least one badge, you'll be notified to come to the library to select a small reward.

We'll also have a quarterly prize basket that you can enter your virtual raffle tickets for.

QUESTIONS ABOUT REGISTRATION? Contact the Reference Desk, 978-388-8148, option 2 / [reference@amesburylibrary.org](mailto:reference@amesburylibrary.org)  
QUESTIONS ABOUT THE PROGRAM? Contact Stephanie Smith, [ssmith@amesburylibrary.org](mailto:ssmith@amesburylibrary.org), 978-388-8148 x607

FUNDING CREDIT: Thank you to the Friends of the Amesbury Public Library, Mel's Records, Tropical Smoothie Cafe, Heav'nly Donuts, and Water St. Cafe for donating monthly prizes for this reading challenge! And thank you to the Friends again for funding the quarterly prize baskets.

Sign up for our e-newsletter and be among the first to learn about all of our programs and events.

Register in Beanstack

#### Friday, May 2

FRIDAY FLICKS

FRIDAY, MAY 2 10:00 AM—12:30 PM  
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830  
Movie poster of The Avengers.

Join us each Friday of Marvel Movie May for an action-packed adventure! Today we watch The Avengers (2012). Rated PG-13. No Registration Required

#### Saturday, May 3

ONE WOMAN SHOW BY LOCAL ARTIST SURYA

SATURDAY, MAY 3 2:00—3:00 PM

Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830  
Surya (Arundhati) is a trained Indian classical dancer (she taught many years), singer, songwriter, poet, tabla player, artist, and a bit of a comedian. She has performed all over the USA for more than 44 years. Art is in her blood! She received an award for her poetry and dance from her community.

In 2024, she won a grant from the Mass Cultural Council. In 2023 she won Mrs. India Classic New England. So far, she has published 9 books and another one is coming soon! Recently, she danced to Boston based singer Mark Bishop Evans' famous song (Liza, Liza). She has appeared locally at HC Media, Hearing Room, Haverhill Public Library, Senior Center, Harvard, the court house, Worcester India Association, Whittier House, and an opening dance at the Haverhill Multicultural Program. Her article about Diwali was published in the Haverhill Gazette. In 2024, a local museum chose her poem My voice? She is also recognized as a local artist for her painting. Her new book No Wonder will be published this spring.

You can find her books at the library! Light refreshments will be provided & new book No Wonder available for purchase. This program is funded in part by a grant from the Haverhill Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. No Registration Required

#### Tuesday, May 6

MAH JONGG

TUESDAY, MAY 6 1:00—3:00 PM  
Great Hall Nevins Library 305 Broadway, Methuen, MA, 01844

Let's play Mah Jongg! We're bringing this popular game back to the library, on the first Tuesday of the month at 1pm. Not sure how to play? Maybe it has been awhile? Don't worry! This is a friendly game, and we'll do our best to match up people with similar skill levels.

The library will provide a few scoring cards, but it would be best if players had their own. Scoring cards can be purchased HERE from the National Mah Jongg League. No Registration Required

#### Wednesday, May 7

NEXT CHAPTER BOOK GROUP (IN PERSON)

WEDNESDAY, MAY 7 2:00—3:00 PM

Senior Community Center 331 High Street, Newburyport, MA, 01950

Next Chapter Book Group (IN PERSON)  
The Next Chapter Book Group invites you to join our monthly book discussion on the first Wednesday of the month at 2pm. We will be meeting at the Senior Community Center. This meeting will be held in the Boardroom. Registration is not required, and masks are optional.

This month's title is "The Downstairs Girl" by Stacey Lee.

"By day, seventeen-year-old Jo Kuan works as a lady's maid for the cruel daughter of one of the wealthiest men in Atlanta. But by night, Jo moonlights as the pseudonymous author of a newspaper advice column for the genteel Southern lady, "Dear Miss Sweetie." When her column becomes wildly popular, she uses the power of the pen to address some of society's ills, but she's not prepared for the backlash that follows when her column challenges fixed ideas about race and gender. While her opponents clamor to uncover the secret identity of Miss Sweetie, a mysterious letter sets Jo off on a search for her own past and the parents who abandoned her as a baby. But when her efforts put her in the crosshairs of Atlanta's most notorious criminal, Jo must decide whether she, a girl used to living in the shadows, is ready to step into the light. With prose that is witty, insightful, and at times heartbreaking, Stacey Lee masterfully crafts an extraordinary social drama set in the New South."

--Goodreads  
The Downstairs Girl  
Books are available for request via the library catalog. Click [HERE](#) to put a copy on hold. Email [programs@newburyportpl.org](mailto:programs@newburyportpl.org) or call 978-465-4428 x2 if you have any questions, or to have a librarian put the book on hold for you. No Registration Required

MOVIE MATINEE "SHIVER ME TIMBERS" (IN-PERSON)

WEDNESDAY, MAY 7 2:30—4:30 PM  
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA  
Shiver Me Timbers

Join us for our Movie Matinees on Wednesday afternoons.

This week we will be screening "Shiver Me Timbers" (2025) starring Murdo Adams, Stephen Corral, and Paul Dewdney at 2:30

Run time 1 hour 13 minutes.

"In 1986 Northern California, Olive Oyl, her brother Castor and friends, go on a camping trip to see the meteor shower with Halley's comet. But the night turns into horror as a meteor transforms Popeye, into an unstoppable killing machine."

Come and enjoy the theater-like screen and sound system with fellow film buffs. This free event will be held in the Program Room and all are welcome!

\*Please note that movie showings are subject to change with short notice. For the most current movie schedule, we recommend checking with the library directly.

Hearing Loop

The Library has assistive listening technology for individuals with reduced ranges of hearing that sends sound directly to a hearing device. Contact the library at 978-465-4428 ext. 2 before the program to learn more about this and other assistive technology options. Come and enjoy the theater-like screen and sound system with fellow film buffs. This free event will be held in the Program Room and all are welcome!

No Registration Required

COMMUNITY OF STITCHERS  
WEDNESDAY, MAY 7 6:30—7:45 PM  
Amesbury Room Amesbury Public Library  
149 Main St., Amesbury, MA, 01913

COMMUNITY OF STITCHERS

Do you have a sewing, cross-stitch, knitting, crochet or other craft project you are working on? Bring it to a meeting of our Community of Stitchers where you can work on your project, get advice from your fellow creators, and show off your work! Our local stitching enthusiast and advanced knitter, Sarah Chapman, will be on hand at each meeting to help attendees with their projects. All experience levels are welcome - come enjoy a creative evening with us! No advanced registration required - walk-ins welcome!

Saturday, May 10  
ALL-DISTRICT ART SHOW - THROUGHOUT THE LIBRARY

SATURDAY, MAY 10 ALL DAY  
Great Hall Nevins Library 305 Broadway, Methuen, MA, 01844

All-District Art Show - Throughout the Library  
See the wonderful work Methuen students

### SIGN UP BY MAY 23 FOR HOSPICE VOLUNTEER TRAINING

Care Dimensions is accepting applications for its next online hospice volunteer training classes until May 23.

Options for volunteering with patients include:

- Engaging in a shared interest or hobby
- Helping with letter-writing or life review
- Visiting with your approved dog
- Reading to the patient
- Listening and by providing a supportive, comforting presence

If patient visits are not the right fit, you can volunteer in other ways, such as providing administrative office support or making check-in phone calls to current patients or bereaved family members.

Training will be held via Zoom on Mondays and Wednesdays, 9 – 11 a.m., June 2 – 25 (register by May 23). For more information or to register, please go to [www.CareDimensions.org/Volunteers](http://www.CareDimensions.org/Volunteers), or email [VolunteerInfo@CareDimensions.org](mailto:VolunteerInfo@CareDimensions.org).

Please visit [www.CareDimensions.org](http://www.CareDimensions.org) to learn more about Care Dimensions.

have accomplished this year in their art classes! The Library will be transformed into a showcase to display chosen pieces by students from all the Methuen Public Schools. No Registration Required

#### Monday, May 12

STRANGER THAN FICTION BOOK GROUP  
MONDAY, MAY 12 7:00—9:00 PM  
Trustees' Room Nevins Library 305 Broadway, Methuen, MA, 01844  
Zoom

Inheritance by Dani Shapiro  
Stranger than Fiction is a book club specifically for those who enjoy reading Non-Fiction. New members are always welcome!!  
May's Book is Inheritance: A Memoir of Genealogy, Paternity, and Love by Dani Shapiro

A memoir about identity, paternity, and family secrets—a real-time exploration of the staggering discovery Shapiro made about her father, and her struggle to piece together the hidden story of her own life. Books will be available for pick-up at the Main Desk by the middle of the previous

month. If you have any questions please call Tatjana Saccio at 978-686-4080 x12 or email her at tsaccio@nevinslibrary.org  
No Registration Required

#### Wednesday, May 14

NPL ART HIVE (IN PERSON)  
WEDNESDAY, MAY 14 5:30—7:00 PM  
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA  
NPL Art Hive logo

Join the Newburyport Public Library Art Hive! The NPL Art Hive is held on the 2nd Wednesday of every month in the Program Room.\* What is an Art Hive? Art Hives are community art spaces where participants bring in their own arts and crafts projects to meet, exchange ideas, and socialize with fellow artists in an inclusive and respectful environment. They are often held at an art studio, a local venue, or a public library.

All skill levels are welcome. Please bring in your own supplies and projects to work on. The Library will also provide coloring pages, color pencils, and origami. Suggested art hive projects include knitting and

crocheting, collaging, small-scale watercolors and/or drawings. Adults only. Please call 978-465-4428 x2 with any questions.  
No Registration Required

#### SECOND EDITIONS BOOK CLUB

WEDNESDAY, MAY 14 2:30—3:30 PM  
Costello Center 68 Elm St., Amesbury, MA  
In cooperation with the Amesbury Council on Aging, join Assistant Library Director Stephanie Smith for a book group geared toward older adults that will meet 2nd Wednesdays from 2:30-3:30 p.m. at the Senior Center. New members are always welcome! Please call the COA Reception Desk at 978-388-8138 to register.

This month we will discuss *Violeta* by Isabel Allende. We will also have copies of the next month's book in regular print and large print available to borrow using your library card. Copies of the book will also be available for pickup at the Amesbury Public Library.

About the book: Living out her days in a remote part of her South American homeland, Violeta finds her life shaped by some

of the most important events of history as she tells her story in the form of a letter to someone she loves above all others.  
LIBRARY CONTACT: Stephanie Smith, ssmith@amesburylibrary.org, 978-388-8148 x607

COA CONTACT: Jack Supino, supinoj@amesburyma.gov, 978-388-8138 x545

#### Thursday, May 15

CLASSICS BOOK GROUP (IN PERSON)  
THURSDAY, MAY 15 3:00—4:00 PM  
Director's Room Newburyport Public Library, 94 State Street, Newburyport, MA  
Classics Book Group Logo  
Join the Classics Book Group! This group meets in-person from 3-4 PM on the third Thursday of every month in the Director's Room. Please call 978-465-4428 x2 if you have any questions or would like to have a librarian put the book on hold for you. For the month of May, we will be discussing "The Trial" by Franz Kafka.

"Written in 1914 but not published until 1925, a year after Kafka's death, *The Trial* is the terrifying tale of Josef K., a respectable bank officer who is suddenly and inexplicably arrested and must defend himself against a charge about which he can get no information. Whether read as an existential tale, a parable, or a prophecy of the excesses of modern bureaucracy wedded to the madness of totalitarianism, *The Trial* has resonated with chilling truth for generations of readers."

--Goodreads

#### FOREVER YOUNGISH BOOK CLUB

THURSDAY, MAY 15 7:00—9:00 PM  
Trustees' Room Nevins Library 305 Broadway, Methuen, MA, 01844  
Court of the Undying Season by Andrienne Strickland

This book group is for adults who enjoy reading and talking about young adult literature. This month we will be reading *Court of the Undying Season* by Andrienne Strickland. When teenager Fin is forced to attend a vampire school, she must decide whether to blend in or cling to her humanity. The book can be picked up at the Main Desk. No Registration Required

#### Monday, May 19

MAKER MONDAY: FLOWER FROGS (IN PERSON)  
MONDAY, MAY 19 6:30—8:00 PM  
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA  
Flower Frog

Join the Newburyport Public Library for some creative fun with Maker Mondays. This month we will be creating air dry clay flower frogs. Flower frogs may not croak like their name implies but they are a great way to enhance your flower arrangements at home. Whether prettily painted or embossed with patterns, this craft will help you bring spring and character into your homes. This is a staff lead program and all

materials will be provided by the library. Due to limited supplies, registration is required for this program.

#### Tuesday, May 20

MUSHROOM TALK  
TUESDAY, MAY 20 6:00—7:30 PM  
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830  
Mushroom Talk flyer.

Jonathan Kranz, a MA Audubon Certified Field Naturalist and vice president of North America's oldest mushroom organization, the Boston Mycological Club, will teach you about mushrooms: what they are, how they live, & why they're fascinating. Learn about the basics of fungal life with insights on foraging for food and avoiding toxics, and a special emphasis on common mushrooms you may find in New England.  
No Registration Required

#### Wednesday, May 21

PAGE TURNERS BOOK CLUB - PM SESSION  
WEDNESDAY, MAY 21 6:30—7:45 PM  
Amesbury Room Amesbury Public Library 149 Main St., Amesbury, MA, 01913  
Go Set a Watchman  
Page Turners Book Club.  
Join us For An In-Person Discussion of Go

Set a Watchman by Harper Lee. Originally written in the mid-1950s, *Go Set a Watchman* was the novel Harper Lee first submitted to her publishers before *To Kill a Mockingbird*. Assumed to have been lost, the manuscript was discovered in late 2014. *Go Set a Watchman* features many of the characters from *To Kill a Mockingbird* some twenty years later. Returning home to Maycomb to visit her father, Jean Louise Finch -- Scout -- struggles with issues both personal and political, involving Atticus, society, and the small Alabama town that shaped her. Exploring how the characters from *To Kill a Mockingbird* are adjusting to the turbulent events transforming mid-1950s America, *Go Set a Watchman* casts a fascinating new light on Harper Lee's enduring classic.

Pre-registration is required. Registration will open on the morning of April 17th. Waitlist will be available.  
NOTE: Participants will be notified when the book is available at the library to check out upon completion of registration

#### FIBER ARTS GROUP

WEDNESDAY, MAY 21 6:30—8:00 PM  
Milhendler Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

Fiber Arts Group  
Calling all fiber artists! Bring your current project(s) of knitting, crocheting, hand stitching, hand quilting, and embroidery, or whatever else, to work on in the company of other fiber arts enthusiasts! Instruction is not offered at this event but fellow attendees are always happy to offer advice when they can.

No registration needed. Drop in at any point during the 90-minute block!  
No Registration Required

#### Tuesday, May 27

JUST THE FACTS - NONFICTION BOOK GROUP (VIRTUAL)  
TUESDAY, MAY 27 5:00—6:00 PM  
Virtual Program Newburyport Public Library 94 State Street, Newburyport, MA  
Just the Facts - Nonfiction Book Group (VIRTUAL)

Join us for NPL's Just the Facts Book Group! This group selects and discusses nonfiction books. All are welcome.  
PLEASE NOTE, THIS MONTH'S MEETING IS VIRTUAL.

This event will be held on Zoom. Register online by clicking here or by calling 978-465-4428 x 2. A link will be emailed to participants automatically. If you do not

receive a link, please email info@newburyportpl.org or call 978-465-4428 x 2. This month's pick is *Freezing Order*: A true story of money laundering, murder, and surviving Vladimir Putin's wrath by Bill Browder.

When Bill Browder's young Russian lawyer, Sergei Magnitsky, was beaten to death in a Moscow jail, Browder made it his life's mission to go after his killers and make sure they faced justice. The first step of that mission was to uncover who was behind the \$230 million tax refund scheme that Magnitsky was killed over. As Browder and his team tracked the money as it flowed out of Russia through the Baltics and Cyprus and on to Western Europe and the Americas, they were shocked to discover that Vladimir Putin himself was a beneficiary of the crime. As law enforcement agencies began freezing the money, Putin retaliated. He and his cronies set up honey traps, hired process servers to chase Browder through cities, murdered more of his Russian allies, and enlisted some of the top lawyers and politicians in America to bring him down. Putin will stop at nothing to protect his money. As *Freezing Order* reveals, it was Browder's campaign to expose Putin's corruption that prompted Russia's

### READING COMMUNITY SINGERS ~ SPRING CONCERT ~ "FOR THE BEAUTY OF THE EARTH"

The Reading Community Singers are pleased to present their Spring Concert – For the Beauty of the Earth – On Saturday, May 10 at 7:30 pm, at Reading Memorial High School, 62 Oakland Rd, Reading, MA. Elijah Botkin, Artistic Director, will be conducting, and Joe Beninati will be Accompanist, along with a six-piece band.

RCS will be performing an eclectic blend of music, including "Broadway Blast", "Forever Motown", "What Sweeter Gift" and the title song, "For the Beauty of the Earth." There will also be a special performance by the 2025 recipient of the RCS Annual Scholarship.

Tickets – Adults - \$25, Seniors & Students - \$20, and Children 5 & under are free! Advance Tickets are available via the RCS website: <https://ReadingCommunitySingers.org/tickets/>, from any Chorus member, and will also be on sale at the door.



## Breakfast & Lunch

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# WHAT YOU ARE NOW

BY SAM CHANSE



## APR 23-MAY 11, 2025

MERRIMACK REPERTORY THEATRE  
WWW.MRT.ORG | 978.654.4678

intervention in the 2016 US presidential election. (Description summarized from catalog record.)

Please register online by clicking on the link above or by calling 978-465-4428 x 2.

#### Thursday, May 29

### SUPPORTING PEOPLE AT RISK OF SUICIDE WITH SAMARITANS OF MERRIMACK VALLEY (VIRTUAL PROGRAM)

THURSDAY, MAY 29 7:00—8:30 PM  
Zoom

Join Emmalie Langan, Training Coordinator for Samaritans of Merrimack Valley, for a presentation on suicide prevention.

Registration is required

With over 135 suicide deaths per day in the US, it is important to be able to recognize when a friend or family member may be struggling with thoughts of suicide. Knowing when to ask, "Are you thinking about taking your life?" is an important first step in helping someone. This presentation will

help provide participants with the information necessary to possibly save a life.

After this presentation, audience members will be able to:

Understand the prevalence of suicide in the US

Dispel the myths around suicide

Recognize the risk factors and warnings signs of possible suicide risk as well as protective factors

Be able to openly and nonjudgmentally talk with someone who may be at risk

Better understand what risk level a person may be at (non-clinically)

Have the resources available to get help for the person

There will be time to ask questions at the end of this presentation.

Emmalie has been the Samaritans training coordinator for over 4 years and has facilitated various programs, including Question, Persuade, Refer (QPR), Youth Mental Health First Aid as well as trainings focused

on working aged people and elders. She comes to Samaritans with experience as a peer counselor for LBGQTQIA+ young adults and working in youth and homeless services.

Samaritans is a suicide prevention and postvention (after a suicide death) center serving the northeast area of MA since 1980 and a program of Family Services of the Merrimack Valley, which is a social service agency with over 20 different programs serving the Merrimack Valley.

#### Saturday, May 31

### CREATE YOUR OWN ART BOOK! (ADULTS)

SATURDAY, MAY 31 11:00 AM—1:00 PM  
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

Create your own artist book in this class from bookbinding expert Lisa Hersey! You will create a flag book with an enclosure band. A flag book is a variation of an accordion fold with extra "pages" stick-

ing out. This is a great book structure to make at home: minimal effort & maximum effect. These books are great for a short poem, a mosaic of a landscape, or a collage of photographs. You are encouraged to brainstorm an idea or two for what you want your book to be about before class so we can dive right into work! Materials and tools for binding are provided. Each participant will leave with a one of a kind artist book! Learn more about Lisa on her website. This program is supported in part by a grant from the Haverhill Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Registration for this event opens Thursday, May 1 at 9:00 AM.

**Please send any events you would like considered for the Calendar of Events to [Editor@merrimackvalleyactivelife.com](mailto:Editor@merrimackvalleyactivelife.com)**

### METHUEN MEMORIAL MUSIC HALL 2025 SUMMER SERIES OF ORGAN CONCERTS

Wednesday, May 21

Young Artists Concert

4 area students from Holy Cross, Harvard, and Phillips Academy, Andover will play.

Works by Wammes, Mendelssohn, Bach, Rogg, Conte, Boëllmann, and Vierne

Sponsored by The Edward S. Rowland Family

Wednesday, May 28

Nigel Potts, Chestnut Hill, MA

"Organ Music for Memorial Day"

Works by Brewer, Davies, Walton, Parry, Howells, Reger, Langlais, Barber and Franck

Sponsored by John Davis and Campbell Steward

Wednesday, June 4

Dr. Linda Margetts, Salt Lake City, UT

"Centennials with Connections

A Temple Square organist, Dr. Margetts will play works by Diemer, Widor, Vierne, Schreiner, Cundick, Longhurst, Elliott, and Plummer Faxon

All concerts begin at 7:30 pm, with doors opening at 7:00 pm.

Tickets are available at the door or online from <http://www.mmmh.org>

Individual and Couples Subscriptions for the full 15-week series are also available online.

Methuen Memorial Music Hall  
192 Broadway (Route 28)  
Methuen, MA 01844

### MEETING OF THE CIVIL WAR ROUNDTABLE OF THE MERRIMACK

The next meeting of the Civil War Roundtable of the Merrimack will be on Wednesday, May 14, 2025, at 7:30pm (doors open at 7pm) at the Hilton Senior Center, 43 Lafayette Rd (Rte1), Salisbury, MA.

This month we welcome Ed Rutan who'll present a talk about his book, which he'll have available for sale and signing, "High-Bounty Men in the Army of the Potomac - Reclaiming Their Honor."

For over one hundred years, historians have disparaged the men who joined the Union army later in the war, when higher bounties and the conditional draft were in effect, as unpatriotic mercenaries who made poor soldiers and contributed little to the Union victory. Historians have relied heavily on anecdotal evidence from the volunteers of 1861 and 1862 whom they regard as true patriots. However, the early-war volunteers carried not just the traditional enmity of veterans toward new recruits who have not yet suffered the hardships of war, but also the jealousy caused by the higher bounties the new recruits received. The result is a long-standing mischaracterization of the service of three-quarters of a million Union soldiers which needs to be corrected.

About Ed (some info taken from Amazon):

Edwin Rutan served as the City Attorney for Salt Lake City from 2002 to 2013. He received the Distinguished Service Award from the Utah Chapter of The American Society for Public Administration in 2013.

He previously worked in AT&T's law department, including assignments in Brussels as regional counsel and Dallas as a regional Law and Government Affairs Vice President. He began his legal career at a major New York law firm after graduating cum laude from Harvard Law School.

Rocky Mountain CWRT (Denver), Twin Cities CWRT (Minneapolis/St. Paul), Las Vegas CWRT and Buffalo CWRT have high praise for Ed and we should be in for a treat!

Ed and his wife Lynne live in Park City, Utah, where they enjoy skiing, hiking and traveling.

Guests are welcome! Bring a friend!