

Life on the Rocks

A Social Publication for the
Residents of Cohasset
September 2021

BACK TO SCHOOL ISSUE!

**A New Director Takes the Helm
at the SSCC Nursery School**

PLUS:
The Return of Live Music
Cohasset Working Dog Foundation Turns Ten
Fall Event: Ladies Night Out

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South Shore Hospital	781-624-8000

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www.cohassetma.org

Cohasset Town Hall	781-383-4100
Town Manager	781-383-4100 x5109
Animal Control Officer	781-383-9119
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Transfer Station	781-383-9627
Treasurer/Collector	781-383-4100 x5111
Veterans Office	781-635-4407
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SCHOOLS

Cohasset High School	781-383-6100
Cohasset Middle School	781-383-1070
Deer Hill School	781-383-6115
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LOCAL FACILITIES

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ADDRESS	LIST PRICE	SALE PRICE	DOM	BEDS	BATHS	SQ. FT.	ACRES
44 Little Harbor Rd	\$3,400,000	\$3,000,000	82	4	3f 1h	3,986	0.94
26 Little Harbor Rd	\$2,495,000	\$2,350,000	373	4	2f 2h	3,891	0.79
99 Border St	\$1,750,000	\$1,600,000	9	3	3f 1h	3,800	0.12
113 Border Street	\$1,700,000	\$2,021,000	3	3	2f 0h	2,362	0.35
40 Ledgewood Dr	\$1,350,000	\$1,297,500	6	4	3f 2h	4,554	0.46
24 Forest Ave	\$1,349,000	\$1,385,000	1	4	2f 2h	3,777	1.08
21 Carbone Ln	\$1,195,000	\$1,350,000	2	4	2f 1h	4,494	1.00
38 Summer St	\$1,095,000	\$1,022,000	36	5	2f 1h	3,052	0.27
183 South Main Street	\$1,075,000	\$1,030,000	57	3	2f 1h	2,117	0.67
23 Stockbridge St	\$999,000	\$1,105,000	3	3	2f 1h	1,638	0.41
7 Woodland Dr	\$950,000	\$1,070,000	3	5	4f 0h	3,100	0.47

BROKER OF THE YEAR:

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Greetings, COHASSET

When my own daughter started at the South Shore Community Center nursery school over a dozen years ago, little did I realize director Ann Madden was relatively new to the role as head of the school. She was always calm, cool, and collected, bringing two prior decades of experience as a preschool teacher.

Flash forward to today, and Ann, just like her mentor before her, is stepping down and capably handing off the helm to Cohasset native Jamey Kupsc, who brings eleven years working in the nursery school.

It was an enjoyable visit back, getting to feature some pint-sized photogenic students on our cover and letting Ann and Jamey unleash their inner child. (Don't miss the shot of these two zipping down the playground slide.)

As we all know, a lifetime of learning begins with the skills we develop in preschool – how to make a friend, how to advocate for oneself, how to ask a question, how to try something new.

As Ann, says, “We want all children to be successful, so we meet each individual child at their level. When children try and succeed, they're getting the input that learning is fun and exciting. We want every child to feel confident

that they will be supported throughout their learning journey.”

As we move out of summer and into the school year, there's a mixture of emotions. Sadness that another beach season is over so soon. Elation – and nervousness – as we approach a new, still uncertain, school term. Whatever this year brings, we know that Cohasset students and parents, teachers and administrators, are ready to pull together and meet the challenge.

One thing that won't change: those “First Day” pictures. We want to see your photos, so please share them with us to feature in our next issue.

Life on the Rocks is pleased to provide space to both of our vital school champions. The Cohasset PSO will be supplying the latest school news, starting with the entire 2021-2022 school calendar for easy reference. Also this month, we introduce some new members of the board of the Cohasset Education Foundation and learn about their hidden talents.

Please note a few new partners to these pages: The Wendy Oleksiak Group's “Rookie of the Year” Cohasset agent Heather Reardon, will be helping sponsor our PSO page. We also welcome

Fiori's Gulf, a true Cohasset-owned business handed down from one generation to the next within the Fiori family. Fuel up and don't forget to grab your Dunkin'. And Kellie Lynch of Balance Studio, right in the heart of Cohasset Village, is ready to welcome you back to fall classes in yoga, Pilates, and barre. More than a yoga studio, Kellie has formed a true community for all ages and experience levels.

Life on the Rocks will be hosting a few events this fall, so be sure to join us if you can.

First up, we will be at Bella Aesthetics for a ladies' night out of “Sips and Samples” on September 30, 6-8 PM, with wine provided by Scout & Cellar rep Julia Chamberlain and sampling of the new skincare line SKiN64. Then on October 28, we will have a Neighbors Night Out with complimentary food hosted by AVA Cucina. Hope to see you there.

Warmly,



Melissa Schorr
Editor/Publisher
Life on the Rocks
Melissa.Schorr@n2pub.com
781-923-0125

P.S. If you're not on our mailing list, please reach out and let us know.

P.P.S. Don't miss the Community Garden Club of Cohasset's first annual Fall Bulb Sale Oct. 7 on the Common.

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27 Howard Gleason Rd, Cohasset

Under Agreement | \$3,900,000

This newly constructed custom home is being built by Shepard Construction. It overlooks Cohasset Harbor and the Atlantic Ocean. With over 4,500 sf, Roxane's buyers are thrilled to watch the progress as building will commence in the next two weeks.



Roxane Mellor

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2021-2022 Cohasset Public Schools Calendar



September 2021

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2021

S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2021

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2021

S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2022

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Bolded, Underlined & Italicized Dates - SC Meetings
Shaded Date - School Closed
Half Shaded Dates - Half Days

September 2021

8	School Opens Grades 1-12
9	School Opens Kindergarten
13	School Opens PreK
15	Deer Hill Picture Day
24	Safety Prof Dev - Half Day

October 2021

8	Professional Development - Full Day
11	Indigenous Peoples Day - Schools Closed
20-21	PK-5 Conferences

November 2021

10	CHS Term 1 Ends
11	Veterans Day - Schools Closed
17	CHS Reports Cards Available in Aspen
24	Half Day of School
25	Thanksgiving Day - Schools Closed
26	Schools Closed

December 2021

3	CMS, DH, JOS (grades 1 & 2) Trimester 1 Ends
10	CMS Reports Cards Available in Aspen
10	DH & JOS (grades 1 & 2) Progress Reports Available in Aspen
13	Professional Development - Half Day
23-31	Winter Break - Schools Closed

January 2022

3	School Resumes
14	Professional Development - Half Day
17	Martin Luther King Day - Schools Closed
21	PreK and Kindergarten Semester 1 Ends
28	CHS Semester 1/Term 2 Ends

February 2022

1	PreK and Kindergarten Progress Reports Available in Aspen
4	CHS Reports Cards Available in Aspen
21-25	February Break

March 2022

17	CMS, DH, JOS (grades 1 & 2) Trimester 2 Ends
17	Professional Development - Half Day
18	Professional Development - Full Day
25	CMS Reports Cards Available in Aspen
25	DH & JOS (grades 1 & 2) Progress Reports Available
29-30	PK-5 Conferences

April 2022

8	CHS Term 3 Ends
8	Professional Development - Half Day
14	CHS Reports Cards Available in Aspen
15	Good Friday/Passover - Schools Closed
18-22	April Break

May 2022

27	Professional Development - Half Day
30	Memorial Day - Schools Closed

June 2022

17	PreK and Kindergarten Last Day. Semester 2 Ends. Progress
20	Juneteenth Observed - Schools Closed
23	180th Day - Early Release
23	CHS Semester 2/Term 4 Ends. Report Cards
23	CMS Trimester 3 Ends. Report Cards
23	DH & JOS (grades 1 & 2) Trimester 3 Ends.
30	Last Day with 5 Snow Days/Last Allowable Make-up Date

February 2022

S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
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27	28					

March 2022

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April 2022

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May 2022

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June 2022

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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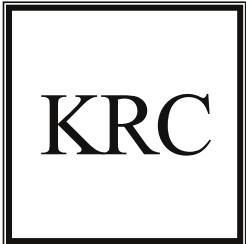
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making a difference • By Patricia Morse

The Cohasset Working Dog Foundation Turns

Ten

Support animals provide aid in school, homes, and to law enforcement

A decade ago, Cohasset was looking to add a K-9 unit to its Police Department.

Cohasset resident and animal lover Trish Morse helped the chief put together a presentation supporting the need for such a program, telling him, “if you need any help raising money, let me know.”

That’s how the Cohasset Working Dog Foundation began.

With Morse’s outreach and drive, what started as a small, volunteer fundraising effort grew into an official public charity, today marking its tenth anniversary with a board of directors, a mission statement and official 501(c)(3) non-profit status.

“Funding through the CWDF is the lifeblood of the entire K-9 unit,” says Cohasset’s Chief Bill Quigley. “Having a K-9 program adds a layer of protection for residents, visitors, and officers. Without the support of CWDF, the K-9 unit would be in jeopardy and likely dissolved.”

Expanding the CDWF mission with Therapy Dogs and Service Dogs

Once the first K-9 dog, “Erik,” and his handler, police officer Patrick Reardon, were trained and aiding the department in missing person cases and drug tracking, the board looked to expand its mission.

“I envisioned an organization that would support all kinds of working dogs, including comfort dogs and service dogs,” said Trish. “The more I



1. Story time at Deer Hill School with Layla, Parker, and Taco.
2. “Dollywood,” the therapy cat

learned about the amazing ways that dogs can benefit humans, the more I believed we could do something very special with dogs – and possibly other animals – here in Cohasset.”

So in 2012, resident Mara Stefan volunteered her rescue lab “Sophie” to be trained for work as a therapy dog. With her calm and tolerant disposition, Sophie was a natural and soon became a weekly visitor to Willcutt Commons and a regular “Reading Partner” at the Paul Pratt Library on Tuesday afternoons.

The library program has grown to include a rotating group of four therapy dogs and their volunteer handlers. “It has been an honor to work with CWDF for the past decade,” says Sharon Moody, children’s librarian. “Over 1,000 children with various abilities have gained confidence and comfort from CWDF’s Reading Partners program. It gives them the opportunity and time they need to work on their skills, whether it’s reading, emotional



support or overcoming fear of dogs. It’s such a special partnership.”

A one-time “Read with the Dogs” field trip for a single Deer Hill 3rd grade class was so popular it turned into an annual 3rd-grade event — and ultimately launched a highly successful weekly “Reading Rovers” literacy program, which today brings three therapy dogs each week to Deer Hill students.

Reading Rover “Taco,” a chocolate lab, visits each week with his mom, Michelle Grady. “One librarian remarked to me that she had never heard one particular child talk that much after visiting with Taco,” says Michelle. “Moments like that make our day.”

“You would think it impossible for three active dogs to lie calmly in a small space while a whole classroom ...



1



2

... of students buzz about and lie on them and read, but it totally works,” says Trish. “Our volunteer teams are very experienced, and the dogs really love coming to Deer Hill, so it is a joy for everyone.”

The therapy dog program has worked with more than 20 volunteer teams in various venues all over town.

In 2013, CWDF began raising money for the purchase and training of a Service Dog for a resident with a disability. (These specially trained dogs can cost upwards of \$20,000.) The first grant brought “Parker” to Cohasset to provide mobility assistance to a young Cohasset girl.

After his arrival, Parker continued training with Trish, and with the generous blessing of his family, Parker has expanded his working dog repertoire to become a therapy dog and an ambassador to the Cohasset Working Dog Foundation. The Cohasset Working Dog Foundation’s Service Dog Grant is for \$10,000 and any Cohasset resident with a disability may apply.

Parker now does educational demonstrations all over the South Shore, teaching children and adults about the many ways that working dogs can be used to help humans. “I’ve had a lot of great jobs, but volunteering as Parker’s guide and therapy dog handler is truly one of the greatest joys of my life,” says Trish.

Cats and Chickens?

In the fall of 2019, CWDF introduced a new species: A therapy cat named “Dollywood.” Pre-Covid, Dolly began visiting Laurelwood at the Pinehills in Plymouth, bringing feline joy to the seniors there.

During Covid, CWDF found opportunities for therapy animal work in some non-traditional settings. Parker made weekly visits to a neighborhood learning pod of first and second graders, and to the Norwell Outdoor School. A Silkie chicken named “Heaven” and her three baby chicks also visited both schools for the children to learn about and hold.

Have you ever thought your dog would make a great therapy dog?

The Cohasset Working Dog Foundation funds orientation workshops through Dog B.O.N.E.S. Therapy Dogs of Massachusetts. CWDF also funds advanced AKC obedience training for its volunteers, including AKC Canine Good Citizen and AKC Advanced “Community Canine” training. Future plans include trauma team training for experienced dogs and their handlers to respond to personal and community crises on the South Shore.

1. “I can’t say enough about the positive impact of the program. Having the dogs to pet as students share their books brings a sense of calm confidence to our 3rd-5th grade readers. You can’t ask for a more patient, judgment-free, and lovable audience. Not only does their presence promote reading success, but the influence of spending time with the dogs carries into other aspects of the school day in beneficial ways.” – Alexandra Sullivan, Deer Hill Principal
2. Holiday Photo: L-R: Lisa Fiascone with “Layla,” Cathy Acampora, “Gracie” with Lisa Meyer, “Merida,” Gina Mattivello with “Chardonnay,” Lisa Bumbalo with “Mario,” Jack Foley with “Bailey,” Trish Morse with “Dollywood,” “Parker,” Mara Stefan with “Sophie”
3. “Volunteering as Parker’s guide and therapy dog handler has become one of the greatest joys of my life.” – Trish Morse, with Michelle Grady and “Taco,” and Lisa Fiascone with “Layla”
4. Reading Partner “Sophie”

SAVE THE DATE!
The Cohasset Working Dog Foundation will celebrate its 10th anniversary with a community Gala at the Red Lion Inn Barn on Thursday evening, October 28th. For tickets or to learn how to become involved with the event, go to www.cohassetworkingdog.org.

Know someone making a difference in our community? Nominate them to be featured in an upcoming issue. Email us at lifelontherocks@n2pub.com



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MEET THE NEWEST MEMBERS OF THE

CEF BOARD

DYANE O'LEARY

Street: Wood Way

Age/grade of children: fifth (10), third (8), and Kindergarten (6)

What do you hope to bring to the CEF?

What every board or organization needs: fresh ideas and a willingness to put in the time and work.

What is your professional background?

After graduating law school, I practiced at a large firm but knew it wasn't for me. My parents were teachers and what can I say – I caught the teaching bug! So, for the past eight years, I've been at Suffolk University Law School in Boston where I'm an Associate Professor of Legal Writing and Director of the Legal Innovation and Technology Concentration.

Do you have any hidden talents?

Does juggling a demanding job with the busy schedules of three young children count? These days, that's about it! I have been known to make a great batch of cake batter cookies, though.

Favorite spot in Cohasset?

Summer of 2021 it was the Little League fields – sweat, smiles, skills, team learning, community, and fun. Now we just need some lights and new field spaces to keep Cohasset's youth sports programs flourishing!



The O'Leary Family Favorite spot in town: the Little League baseball fields

JULIE BLANCHARD

Street: Pleasant Street

Age/grade of children: Madeline "Maddie" – third (8), Clara Grace – second (7), and Magoo (the rescue dog, age unknown)

Are you a Cohasset alum?

No, but I did work at the Music Circus for two summers!



The Blanchards: Dressy family dinner parties became one of the bright lights during the past year

What do you hope to bring to the CEF?

After such a difficult school year, I looked for opportunities where I could use my skills for the better. I'm incredibly proud to be a part of the CEF and remain committed to the belief excellence in public education is essential to the social and economic fabric of our community. I hope to drive more financial support to

the CEF to ensure our educators have the best tools and platforms to be successful.

What is your professional background?

I have been a professional fundraiser over the last 20+ years working with various non-profits in New York, California, and Massachusetts.

Favorite spot in Cohasset?

We love to bike and run on the trails in Whitney and Thayer Woods and Turkey Hill (although my husband would say it was Lenny's).

Picture:

During COVID-19, we started having our own dinner parties and we all dressed up. Our daughters helped to plan the menu and it became one of the bright lights during what seemed like very long weeks.

JESSIE YOUNKER

Street:

Ledgewood Drive

Age/grade of children: My daughter is starting kindergarten in September and my son is in pre-school at the South Shore Community Center.



The Younker Family: this Cohasset schools alum is ready to pay it forward

Are you a Cohasset alum?

Yes! I grew up here in town and moved back about four years ago when my son was born.

What do you hope to bring to the CEF?

I've always felt very grateful for my own experiences through the Cohasset school system and have a strong desire to pay that forward to my children and to this community that I love.

What is your professional background?

I spent about 15 years in corporate marketing before transitioning into Real Estate – I'm now a Realtor with Coldwell Banker.

Do you have any hidden talents?

I'm an expert parallel parker.

Favorite spot in Cohasset?

Sandy Beach of course!



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HANDING OVER

THE *Helm*

A new director for Cohasset's SSCC Nursery School

When SSCC nursery school director Ann Madden assembled her staff to make an announcement, the news was met with shocked silence.

After 15 years at the helm, and nearly four decades working at the preschool, Ann was planning to step down this coming school year.

Who could possibly replace her? Slowly, all eyes turned to Jamey Kupsc, a Cohasset native who has raised her own two teen sons in town and has spent over a decade teaching on the nursery staff.

"We all, as a group felt like somebody has to step up because we need to keep Ann's legacy going," Jamey recalls. "I was in the best position school-wise and kidwise to be able to do it."

"I was thrilled when Jamey stepped up," says Ann. "I couldn't think of anybody better to take the spot. Jamey is always up for a challenge."

The two women recently sat down with *Life on the Rocks* on the cusp of a transition plan approved by state overseers as the mentor trains and hands over the reins to her protege this spring.

Ann came to the SSCC nursery school 38 years ago, a year out of college, and started working with Jean Brett as her mentor, whom she credits with showing her how to work with children.

Then, 15 years ago, retiring director Sheila O'Neill pulled Ann aside and encouraged her to take over the director role.

"I hope I've expressed it over the years, but I loved every minute," Ann says. "For me, work is love made visible. That's why I'm happy to pass the torch to my friend."



Jamey Kupsc stands ready to take the helm from SSCC Nursery School retiring director Ann Madden



"For me, work is love made visible," says Ann. "That's why I'm happy to pass the torch to my friend."



Jamey and her sons, Mark and Matthew, back in their preschool days (photo credit: Jill Cuomo)



"Parents know that that we care about each child and want everybody that comes through here to be successful," says incoming nursery director Jamey Kupsc

Ann, who lives in Scituate, has been married 40 years, has raised three children, and is now a grandmother of two. "I feel like I have one more big thing in me and I'm not sure what it is," Ann says. "That may be writing a children's book or volunteering at the library, or enjoying more downtime flower arranging and entertaining. It's time to think about giving back."



"I feel like there's one more big thing in me," muses retiring SSCC nursery director Ann Madden.



Young at heart!

Because of her longevity, Ann has found herself frequently teaching the children of her former pupils. "You just have these pictures of the children frozen in time," she says. "To see them grown up and come back to school, it's a nice continuity that I don't think you can replicate. I'm very happy to have been part of the story that is the Community Center."

From her vantage point, are preschoolers today any different from a generation ago? "The things around them are different, but children are essentially the same," Ann says. "They need the same basic things: to be seen, they need to be heard, and to be trusted. The amount of learning and growth that goes on between when they walk in the door until the time they leave is amazing. And I've been fortunate enough to watch it. It's been a great ride."

One of Ann's signature accomplishments is instituting an annual art show, where the students pick a theme, from planets to "Hickory Dickory Dock," and produce original artwork. "When the art show comes, the kids are definitely very proud of it and they can explain the process that goes into the art," Ann says.

Jamey plans to continue the school's mission of bolstering children's esteem and preparing them for a lifetime of learning.

"I think our philosophy, and the way that we view children, are solid," says Jamey. "That children are valued, individual beings, and the best thing we can do every day is to make them feel confident, make them feel appreciated and understood, so they take that with them throughout their school careers."

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Secrets of Skin Perfection

Stepping Behind the Scenes at **Hingham Medical Aesthetics**

sponsor spotlight

“Your skin is living its best life! Your skin is so happy!” sings Cara, my skilled aesthetician at Hingham Medical Aesthetics as I undergo my first HydraFacial, a 45-minute “gateway treatment” to skin perfection.

Scalpel in hand, she has already scraped away debris and dead skin cells (known as dermaplaning), and will next infuse and extract, finishing up with blue and red LED light therapy, all to leave me with that unmistakable post-treatment glow.

The HydraFacial takes the traditional facial to the next level, using prescription-strength products and a computer-aided device to make this non-invasive treatment “medical grade.” (The manufacturer, The Beauty Health Company, has recently gone public with the NASDAQ stock ticker SKIN).

“The HydraFacial uses a vacuum tip and “vortex fusion,” explains HMA co-owner Allison Daly. Translation? “As we’re sucking out, we’re infusing in.”

In addition to slathering the skin with antioxidants and beta HD serum, the hourlong procedure, which starts at \$200, can offer targeted spot treatments, such as a glycolic acid peel for acne, brightener for brown spots, or a short-term derma builder to plump lips.



The HMA team



A medical-grade HydraFacial treatment

“I love it because it’s really customizable,” Allison says. “It gives the aesthetician the opportunity to look at you under a good light and to talk about what concerns you might have.”

Allison and her partner Lindsey Morningstar, both family nurse practitioners, have just celebrated the medspa’s one-year anniversary in operation on North Street right in downtown Hingham.

The two childhood friends and neighbors grew up together (see pic) and opened this second location to best serve their South Shore clientele. Behind the soothing grey and lavender decor are two highly-trained medical professionals bringing some of the most advanced skin treatments to the area.

“My passion is women’s health,” says Allison. “I really believe in building relationships with my clients – this is more of a shared decision in regards to what someone’s goals are over time, within budget, to create a treatment plan that will get them where they want. Sometimes, people will tippytoe into one treatment, and then come back for a follow-up and say, okay, what’s next?”

The medspa offers a wide array of offerings, including microneedling with platelet-rich plasma (PRP) -- a process that extracts a patient’s own blood, spins it for ten minutes in a centrifuge, and injects the plasma

back into the skin, supplying healing and collagen-building properties.

“This is one of my favorite treatments to use for hair restoration, joint, and scar repair,” says Lindsey. “They are very effective for these issues and it can truly transform a patient’s self-esteem.” Another microneedling treatment, the Virtue RF, is a non-surgical skin-tightening device that utilizes radio frequency to generate collagen for gradual skin tightening.

For the needle-averse, there are alternatives: chemical peels and medical-grade skincare product lines. Certain laser treatments are best done in the fall and winter, such as laser hair removal, and treatment for spider veins (sclerotherapy) or sunspots.

The medspa is also one of a handful of local providers of the O-SHOT -- vaginal rejuvenation therapy that aids dryness or reduced libido in women of a certain age. Another unique offering is non-invasive body contouring treatment, using RF devices such as the VelaShape III and the new truSculpt iD, which touts a 24% fat reduction rate in as little as 15 minutes.

“People are happy they can get the definition they want in areas like the abs resistant to diet and exercise with only one session,” explains lead aesthetician Jaime Foreman.

Of course, the medspa also offers traditional dermal fillers and Botox

injections for both men and women of all ages, often prompted by a life trigger such as a high school reunion, milestone birthday, or a divorce. The shift to gazing back at ourselves all day on Zoom meetings has convinced those who never considered treatment before.



Childhood friends and partners

“People come in saying, “I don’t want to look like I’ve had anything done, but I want to look refreshed – I want to look like the best version of myself,” Allison says. “The most rewarding experience is when someone says, ‘You have given me the confidence back that I thought I lost.’”

While some clients “shout it from the rooftops,” others only admit they’ve done work to their closest friends. Those confessions give many the “freedom and permission” to book a consultation.

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LIFE ON THE ROCKS

in the ROCKS

yard of the month



Gardening on the Rocks



A lilac tree blooms in springtime



A backyard with birdbath and repositioned stone

When Cheryl Bugley moved to her Fernway home on this quiet cul-de-sac 36 years ago, pine trees loomed over the home, the yard was overgrown, and boulders filled the property.

Today, Cheryl constantly fields compliments from friends and neighbors on the do-it-yourself transformation.

With the kids grown, Cheryl and her partner Justin were able to focus on their



outdoor space, perfecting their deck and renting a backhoe to clear some of the rocky ledge.

They were ultimately able to create seven gardens dotted around the front and back yards, featuring an appealing array of lilies, rose bushes, hydrangeas, and hibiscus plants. In the front yard, Cheryl planted a lilac tree right in the center, surrounded by boxwood bushes and perennials.

The biggest challenge? Keeping their adorable Golden retriever puppy Tahoe from trampling in and out of the gardens.



A front walkway bursting with color



Tahoe, don't trample the flowers!

Here's a rundown of what's been planted. How many can you spot?

Ohio spiderwort, Downy phlox, Dove's foot crane's-bill, Lanceleaf coreopsis, Shasta daisies, Alpine sedum, Baby's breath, Spiked Speedwell, Red hot poker, Obedient plant, False sunflower, Common yarrow, Sweet William, Dense blazing star, Orange coneflower, Yerba Buena, Bloody cranesbill, Woodland sage, Foxglove beardtongue, Soapwort, Catnip, Siberian bugloss, Dianthus, Lesser knapweed.



Know of a yard that deserves to be spotlighted in *Life on the Rocks*? Let us know! Nominate your pick at lifelontherocks@n2pub.com



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Company *By Emily Goodman-Simeone*

A career in pest control often runs in the family — and with the Lamparellis that's no exception. John Lamparelli learned from the best — his grandfather — who owned and operated Central Pest Control and taught him the business.

“After I got my license, I took over my grandfather’s old routes in Dorchester, Boston, and Brockton,” says John. After purchasing it from his grandfather, John transitioned the business into South Shore Integrated Pest Management and began to expand it by bringing on additional technicians.

South Shore IPM pursues pest control differently. For both homeowners and businesses, full-season services are similar to insurance policies and come with a warranty. In lieu of using baits and pesticides, SSIPM eliminates sources, points of entry, and conditions around homes that attract pests, e.g. standing water, cracks in foundations, etc.

The company’s hyper-local focus ensures that customers get the very best in service, timeliness, and experience. South Shore IPM is lean,



The Lamparelli Family



SOUTH SHORE IPM



efficient, and their operational processes are environmentally friendly. Customers benefit from an online portal that allows them to access thorough reports, recommendations from technicians, bill automation, and service history. In addition, customers can expect quick turnaround times because of how SSIPM is able to route their workflow.

“We are very deliberate about what we do and how we do it,” shares John. As a member of the local community, it is important to John and his team that they utilize pest control and business techniques and processes that do not negatively impact the environment.

A South Shore native, John and his wife now live in Plymouth with their two children, John and Alexandra, who attend Montessori school on the Cape. In their spare time, the family enjoys vacationing in Maine and playing golf, snowboarding, and fishing.

To reach John and learn about how he can help keep your home safe from pests, reach out to him at **(781) 355-6201** or on his website: <https://southshoreipm.com/>



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athlete of the month *The Ultimate* **sport**

Can Cohasset Field a Frisbee Team? By Stephen Sheffield

As the father of two teenage boys and a resident of our beautiful town, I believe the youth here could benefit from an alternative to high-pressure, ultra-competitive suburban teams sports. So six years ago, I pitched the sport of Ultimate Frisbee to the Cohasset Recreation Department.

I have played ultimate frisbee casually for most of my life, beginning in high school in the early 1980s. Ultimate Frisbee is a fun, highly athletic, low-pressure, co-ed sport that students can play for the rest of their lives.

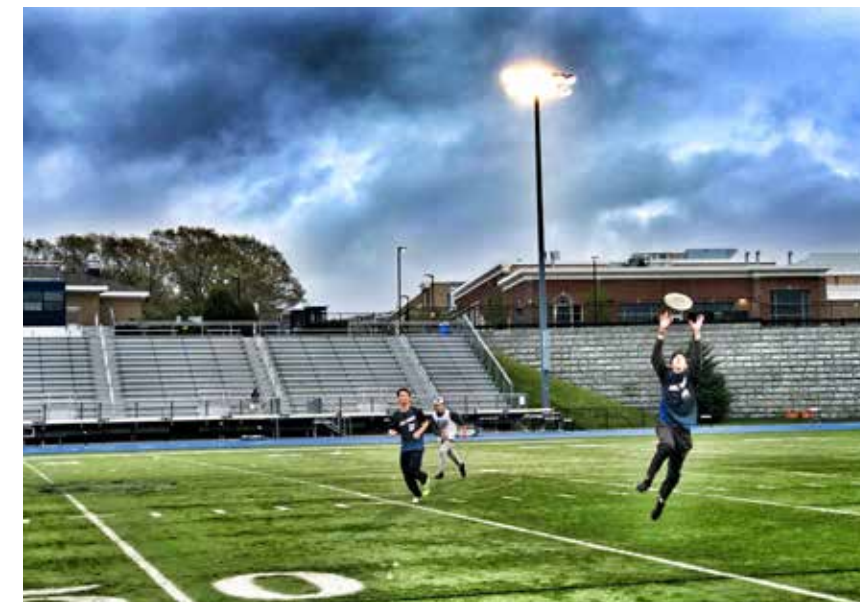
The idea was met with enthusiasm – practices started and word got out. Next thing I knew, I was contacted by a group of Cohasset High School



The Ultimate high school team



Stephen Sheffield on the finer points of frisbee



sophomore boys who had been casually playing amongst themselves after school. They asked me to be their coach and teach them the sport.

I jumped at the chance.

Soon, we had a full-fledged Cohasset Ultimate Club Team and I convinced the South Shore High School Ultimate League to let us in. Three years later, we had a highly competitive team, placing well in regional tournaments. I later was informed that five members of our team had gone on to college and joined up with their school teams.

However, the pandemic decimated many high school sports programs, and our fledgling Ultimate Frisbee community was especially hard hit. I am now hoping to rebuild the team, starting at middle school age and regenerating interest at the High School level. This spring was very promising, with two programs running, one with the middle school and another with Cohasset Rec.

How is Ultimate Frisbee Played?

Ultimate Frisbee is a high-energy sport that combines features of basketball, soccer, American football, and a flying disc (Frisbee). Ultimate is played on a field with seven players on two teams. The teams compete for points until one team wins by scoring a predetermined total (usually 13 or 15).

The rules of Ultimate Frisbee are a unique blend of sports. To score, a player must catch the flying disc in the end zone. When a player catches the disc outside the end zone, they cannot run with it but must use a pivot foot and pass the disc to one of their teammates.

Players then have 10 seconds to throw the disc or a turnover occurs. The movement of the disc is similar to the way the ball moves in soccer – often it is passed sideways, or even backward, before going forwards again. Ultimate is a non-contact sport, meaning you cannot hit or foul another player. However, the flying disc can be intercepted.

Most notably, Ultimate is actually played without referees, even at the highest levels. This is due to something called “Spirit of the Game,” which places a responsibility on each player to uphold the values of respect and fair play. Players call fouls through the game themselves, discussing the alleged foul, coming to a consensus, and continuing on.

In this new post-pandemic age, a fun, fast, no-contact sport might just be what we need. If this appeals to you, join us to help make it a reality.

Find the team on Instagram at: [cohasset_ultimate_frisbee](https://www.instagram.com/cohasset_ultimate_frisbee)



The Return of
Live Music
*After a year of darkness,
 the Music Circus roars
 back to life*

Photo credit: An LeFevre

"Let's boogie," says Blues Traveler's John Popper, kicking off the August 13 show

Did you know these stars played the Music Circus?

Julie Andrews, Joan Baez, Tony Bennet, Milton Berle, Pat Benatar, Brooks & Dunn, James Brown, Carol Channing, Charo, Rosemary Clooney, Billy Crystal, Billy Ray Cyrus, Rodney Dangerfield, Englebert Humperdinck, Aretha Franklin, Heart, Bob Hope, The Indigo Girls, Carole King, Jay Leno, Jerry Lewis, Liberace, Jackie Mason, Liza Minnelli, Dolly Parton, Bernadette Peters.



Be Our Guest: Ticket takers Jessica Deconinck of Cohasset and Katie Kamp of Scituate



Ushers Mason Joyce and Katie Walsh of Cohasset



The Rudnicks, the Lords & Tom Larson



Patty & Matt Cunningham with Jen & Mitch Schmidt



Cohasset turns out to party at Blues Traveler



Neighbors Frank & Judy Neer with Diane & Patrick Kennedy



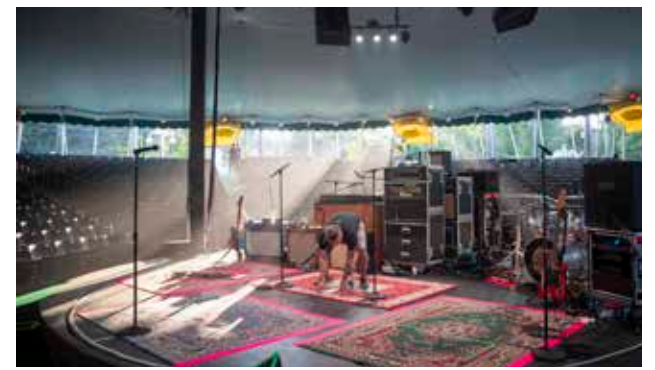
"Love the music circus -- such a gem!"
 -- Kara & Jimmy Williams, with friends at the Brett Eldredge show



Brett Eldredge, July 31
 "It was amazing to be back at a live show... especially at the Music Circus! He told the audience multiple times how awesome it was to be there. He was very very thankful!" -- Kim Donohue



Straight No Chaser, August 7
 "It felt great to be out with other people, enjoying live music again. It felt 'normal'-- a capella fan Deborah Wisleder



Pre-show prep



Local musician Jay Psaros opening for Brett Eldredge



Air Supply, July 25



The Fab Four, August 1

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The strength to overcome is already inside me, and I open myself to it.

Anonymous

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