

Swampscott News



February 2024

18th Annual Polar Plunge Draws Over 200

A crowd of spectators gathered to watch an amazing turnout of plungers brave the brisk (and brief!) venture into the chilly waters of Fisherman's Beach!

Sponsored by the Swampscott Yacht Club on New Year's Day since 2008, this year's beneficiary was The Andrew Keeter Memorial Scholarship Fund. A 2008 graduate of Swampscott High School and a member of the 2006 track team that won the first cross country championship in the history of SHS, Andrew passed away in January at the age of 32. The scholarship will be awarded annually to a SHS senior who is a member of the track team. The fund has raised close to \$12,000 to-date, with more donations still coming in.

The plunge had generous support from The Beacon Restaurant, Bent Water Brewing Co, Big Blue Bargains Thrift Shop, The Caleb Group, Cindy's Pizza, Coastal Collectives, Cypress Realty Group Boston, Devens Road Plungers, The Dockside Pub, Edward Jones- Matt Kirschner, First Light



Home Care, Fitzgerald Consulting, Grab the Bagel, Law Offices of Domenic Finelli, Martha R. Bagley, Esquire, Mike Tracy SYC Commodore, Mike, Kerin, Lindsay, and Emma Walsh, ScoPoppy, SHS Class of 2008, SORTIE, Spiros Energy, Swampscott Rotary Club, Tides, and Wood & Associates.

IMPORTANT NOTICE: HADLEY HOTEL RFP - PROPOSALS PRESENTED TONIGHT

The RFP Review Committee has shortlisted three of the respondents to provide a public presentation of their projects. For more information on all proposals [click here](#).

Interested in learning more? Come to Rm B129 at 200 Essex Street at 6 PM on January 30th Tuesday.

[1](#)
[Polar Plunge](#)

[2](#)
[Giving Back to Swampscott](#)

[3](#)
[Police Department News](#)

[4](#)
[Fire Department News](#)

[5](#)
[Recent Events](#)

[6](#)
[Town Clerk News](#)

[7](#)
[Town Committee News](#)

[8-10](#)
[Upcoming Events](#)

[11](#)
[Public Library News](#)

[12](#)
[School News](#)

[13](#)
[Community & Economic Development News](#)

[14](#)
[Senior Center News](#)

[15](#)
[Trash & Recycling](#)

[16](#)
[Town Information & Meetings](#)

DROP OFF GLASSES FOR A GOOD CAUSE TO BIG BLUE BARGAINS

[Big Blue Bargains Thrift Store](#) will be collecting glasses - prescription and non- prescription lenses - from now until Valentine's Day. All donations will go to the Shoe City Lions Club, where they will be cleaned and recycled for reuse by those in need. The drop-off box is at the checkout counter, 491 Humphrey Street. Now is a good time to declutter and donate to a very worthy cause!



ANCHOR FOOD PANTRY IS READY FOR 2024

Swampscott's [Anchor Food Pantry](#) is located at 86 Burrill Street and is open for assistance Monday 11AM-1PM and Wednesday 6-8PM. The Pantry also has a senior delivery service—to arrange for delivery email anchorfooddelivery@gmail.com or call 781-479-3080.

Want to support the pantry? You can donate in-person at the Pantry on Mondays 11 AM - 1 PM. Or, you can leave your items at the Town Hall donation station, on the first floor in front of the fireplace. Suggested donations include: canned soups and stews, veggies, tuna, and chicken;



cereal, granola & cereal bars, pasta, beans (canned or dry) and hygiene products (toothpaste, toothbrush, soap, shampoo, deodorant, shaving cream and razors.

You can also make a [financial donation to the pantry](#), or you can [sign up to](#)

[volunteer!](#)

WANT TO GET MORE INVOLVED IN SWAMPSCOTT?

- **Election workers:** Contact clerks@swampscottma.gov and provide your name, email and phone. The Clerk's Office will reach out closer to the election to discuss availability
- The **Solid Waste Advisory Committee** is seeking 3 members. To apply [click here](#).
- The **Climate Action Plan Committee** is seeking 1 member, preferably a High School student. To apply [click here](#).



Police and Fire Department News

From left to right: Town Clerk Jared LaLiberte with Police Officers Nicolas Cruz, Samuel Harrell, Nicole Magee, Briana Sanchez, Angelica Noble, Joan Pena and John Posada and are sworn in.



SWAMPSCOTT WELCOMES SEVEN NEW POLICE OFFICERS AND TWO NEW FIREFIGHTERS

The last Select Board meeting of 2023 featured the swearing-in of the new hires, following a 2-year recruiting effort. Four women and three men are joining the Police Department, a move that Chief Ruben Quesada, who was hired in 2022, says is indicative of the Town's strides toward a more diverse police force. *"This past hiring round, we set clear goals and objectives to find the most qualified, most diverse, and most well-rounded individuals with the experiences that are greatly needed in today's law-enforcement profession....we not only met our goals, but we exceeded them and we made Swampscott Police history,"* Quesada said. The new group of hires includes the first African-American officer in the Town's history.

Also sworn-in at the Select Board meeting were two new firefighters, Santiago Garcia and Jonathan Tibbo. Town Administrator Sean Fitzgerald put the hiring in the context of the Town's decision to leave civil service: *"It's been the most difficult thing that I've ever done in my career, to support leaving civil service. It has been incredibly challenging, but I'm extraordinarily proud that the results speak for themselves,"* Fitzgerald said. *"While almost every community across the country is struggling with hiring police officers, for some remarkable reason we figured it out."*

Firefighters Santiago Garcia and Jonathan Tibbo are sworn in. Also pictured: Town Clerk Jared LaLiberte and Fire Chief Graham Archer.



Fire Department Alert—Carbon Monoxide

KEEP YOUR FAMILY SAFE WITH THESE TIPS

In the wake of the recent tragedy in our neighboring community of Nahant, the Swampscott Fire Department and Town of Swampscott would like to share some important and potentially life-saving information related to carbon monoxide safety.



Each year, accidental CO poisoning causes on average 400 deaths in the U.S. The good news: It can be prevented.

Simple actions such as installing a CO alarm in your home and understanding the sources of CO in your home and the symptoms of CO poisoning go a long way to ensuring you stay safe.

CO Alarms

On March 31, 2006, "Nicole's Law" went into effect requiring CO detectors in all Massachusetts homes with potential sources of CO – those with fossil-fuel burning equipment or enclosed parking areas. "Nicole's Law" was named for 7-year old Nicole Garofalo who died on January 28, 2005 when the furnace vents of her Plymouth home were blocked by snow drifts causing deadly amounts of CO to build up in the house. The regulations (527 CMR 31.00) establish requirements for the type, location, maintenance, and inspection of CO alarms.



CO alarms do not last forever

Most alarms need to be replaced every 5 – 7 years. Look at the owner's manual to see the recommended replacement schedule.

If the CO alarm sounds:

- Go outside to fresh air
- Make sure everyone is accounted for
- Call the fire department or 9-1-1

Know the Symptoms of CO Poisoning

CO is often called the "silent killer" because the symptoms of CO poisoning are very similar to the flu. This means that many people will ignore the early signs and let the poisoning get worse.

For most people, the first signs of exposure include:

- Headache
- Breathlessness with mild exercise
- Dizziness
- Fatigue
- Nausea

Sources of CO in Your Home

CO is produced whenever a fuel burns.

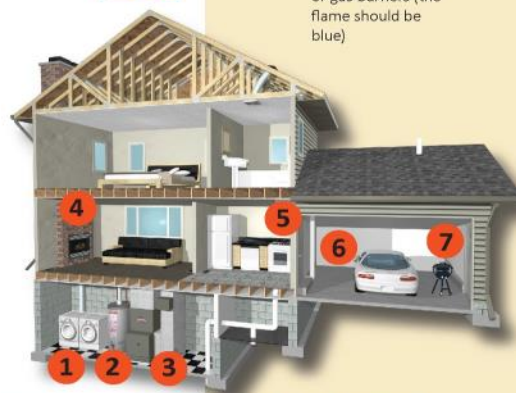
Types of fuel include:

- 🔥 Natural gas
- 🔥 Propane
- 🔥 Gasoline
- 🔥 Wood

Homes with fuel burning appliances and homes with attached garages are more likely to have CO problems.

Potential CO sources:

1. Clothes dryers (gas)
2. Water heaters
3. Furnaces and boilers



Signs appliances are not venting properly

- Streaks of soot around appliances
- Orange or yellow flame in pilot lights or gas burners (the flame should be blue)
- No upward draft in chimney
- Excess moisture
- Rusting flue pipes

Properly maintain fuel burning appliances and vent them to the outside air.

4. Fireplaces
5. Gas stoves
6. Cars
7. Grills, generators and power tools

Recent Events

HOLOCAUST REMEMBRANCE DAY AT TOWN HALL

On January 25th, Sean Fitzgerald and members of the Select Board and State Representative Jenny Armini led residents, Town Hall employees and members of the Swampscott Police and Fire Departments in a Holocaust Remembrance Day event. We were so fortunate to have Rabbi Yossi Lipsker of Chabad Lubavitch of the North Shore and Rabbi Michael Ragozin from Congregation Shirat Hayam speak and pray for the many victims of the Holocaust.

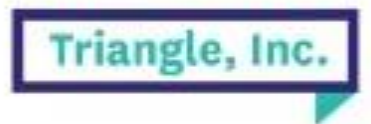


Photos: Left—Swampscott Police and Fire Department along with residents and Town Hall employees gather to remember. Top Right—Attendees line up to read the names of those lost in the Holocaust. Bottom Right—Sean Fitzgerald Town Administrator reads the Town Proclamation.

TRIANGLE, INC. VISITS SWAMPSCOTT FIRE STATION

Triangle, Inc., an organization committed to empowering people with disabilities and their families to enjoy rich, fulfilling lives, came to visit the fire station in December. Triangle, Inc is located in Salem.

Firefighters Mike Salsgiver, Jonathan Tibbo and Sean McGovern gave them a tour around the station and demonstrated how some of the equipment works.



Town Clerk News

Dog Owners—License and Pooch Pass Info

ANNUAL SWAMPSCOTT DOG LICENSE DUE 2/28/2023

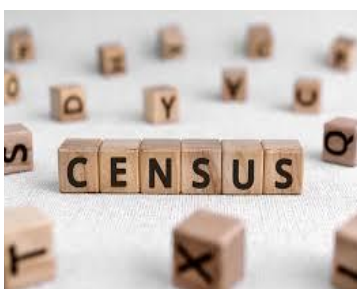
All dogs in the Town of Swampscott must be licensed annually and have a copy of proof of rabies prior to licensing. To apply for a dog license online [CLICK HERE](#).

POOCH PASS

The Swampscott Park for Off-Leash Time is 15,000 sq. feet of fenced-in space for your pup to enjoy. Located behind the Swampscott Cemetery, a yearly "Pooch Pass" is required for dogs using the park. This pass supports general upkeep of the park. [CLICK HERE](#) to apply for a Pooch Pass.



Town Census—Please Return to Town Clerk



The 2024 Annual Town Census was mailed to all residents. The census is a valuable tool, as it provides statistical information that benefits federal and state funding to the town. Compliance also verifies proof of residence, protects your voting rights, aids in veteran's bonuses, housing for the elderly and other related benefits, as well as providing information for selection of jurors.

If you wish to register to vote, change your party, or check your voter status, visit the Secretary of the Commonwealth's website at www.sec.state.ma.us. Voter registration changes can't be changed by marking up the census form. If you are new to Town, please visit the Town Clerk's office to complete a census form or [click here](#) for the census form then return it to Town Hall. Please keep in mind if you move within the Town of Swampscott, our office must be contacted to make the correct address changes for your family.

It's Election Season! Keep these key dates in mind

The Secretary of the Commonwealth's Office sent early voting applications to all registered voters.

- **February 24th:** Last day to register or change your party affiliation for the Presidential Primary.
- **February 24th to March 1st:** In-Person Early Voting at Town Hall for the Presidential Primary.
- **March 5th:** Presidential Primary election. Polling location is Swampscott High School.
- **March 8th:** Last day to pull papers for Local Election. More information is available at the Town Clerk's Website.



If you are interested in working the election please contact clerks@swampscottma.gov, please provide name, email and phone and the Clerk's Office will contact you when we get closer to the election.

Town Committee News

SWAMPSCOTT TREE COMMITTEE PLANTED 75 TREES IN 2023 — YOU CAN PARTICIPATE!

The Tree Committee supports the DPW's tree planting activities to increase tree canopy and improve species diversity. In 2023, of the 75 trees planted:

- 64 of these were shade trees planted along public streets
- Eleven were planted at Town Hall, Abbott Park, Phillips Park and in the cemetery
- In addition, 37 trees were removed, largely due to storm damage or deterioration

As we plant new trees, the composition of our public trees is changing. Swampscott is aiming to increase the diversity of trees, with more than two dozen different species planted. The most common of these was Serviceberry, followed by Japanese Zelkova, Princeton Elm, Redbud and Honey Locust. The town also planted various maples, oaks, cherries and lindens as well as less well-known trees such as Kentucky Coffee Tree.

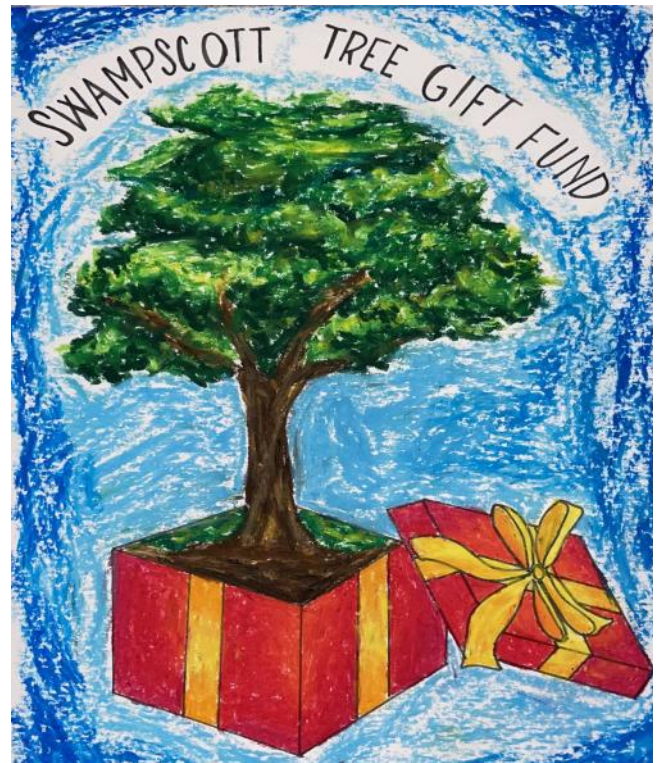
As old trees with expansive canopies come down and are replaced with small, young trees, there is an overall loss of shade— despite Swampscott planting more than twice as many new trees as removed.

The most commonly removed tree was the Norway Maple (22 trees removed) which is an invasive species that is now illegal to plant in Massachusetts. Other species of maples, plum, cherry and Bradford Pear trees were also removed.

The Town's Climate Action Plan recognizes tree planting as a powerful climate resilience strategy, as we prepare for warmer temperatures and an increase in both floods and droughts.

If you would like the town to plant a tree on your street, please make a request with the Department of Public Works at (718) 596-8860. Please refer to [Swampscott's list of approved street trees](#). If you can plant trees on your own property, please consider doing so. Refer to [MA DCR's tree list for ideas](#).

Or, if you just want to support the tree fund, you can [Make your donation online](#), or use this [printable letter](#) and accompany with a check.



Upcoming Events



\$55

SEASCAPE HEART BOARD WORKSHOP W/ JULIE GORDON



Delve into the art of creating an ocean-inspired resin design on a heart-shaped serving board. The perfect gift for occasions like Valentine's Day and weddings, suitable for use as a serving board for cheese or appetizers, or let it shine as a coastal-inspired decoration!

February 8th 7:00-8:30pm

Reach Arts Building
89 Burrill Street, Swampscott

Register at: www.swampscottrec.com

NEW!!

ADULT WORKSHOPS

SIGN-UP AT
WWW.SWAMPSCOTTREC.COM



Swampscott Recreation's

BASKET WEAVE CAKE DECORATING WORKSHOP

MARCH 23RD
1:00-4:00PM
\$30

This one-time workshop will teach you how to beautifully decorate a basket weave cake - just in time for Easter - or any special occasion!

Reach Arts Building
89 Burrill Street, Swampscott

Upcoming Events

SWAMPSCOTT RECREATION

YOUTH SUMMER PROGRAM REGISTRATION OPENS 1/25



SWAMPSCOTTREC.COM

FEBRUARY BREAK ART PROGRAM

GRADES 1-6 **\$275** W/FUN4ALL

JOIN US A FOR A JAM PACKED WEEK OF THEMATIC ART PROJECTS EXPLORING MANY TYPES OF MEDIUMS!

FEBRUARY 20TH-23RD 9AM-3PM

SIGN UP AND REGISTER ONLINE:

REACHARTS BUILDING
89 BURRILL ST. SWAMPSCOTT

WWW.SWAMPSCOTTREC.COM



Science w/Fun4All

Spring Break Program April 16th-19th

Join Fun4All and Swampscott Recreation this Spring Break for a highly interactive and engaging week of science!

\$275 - 4 Days

- Grades 1st thru 6th
- 9am - 3pm

www.swampscottrec.com

ROBOTHINK STEM INVENTIONS

Calling all aspiring robotic engineers!

Join the prestigious RoboThink STEM Robotics Team and get ready to dive into a world of boundless possibilities. Throughout this exhilarating program, students will acquire invaluable skills as they work with mainboards, DC motors, gears, and axles to construct an impressive array of robot designs.

From humanoid robots that mimic human movement to futuristic machines that push the boundaries of imagination, the adventure awaits! Brace yourself for the ultimate challenge as you tackle the task of building a robot entirely from scratch.

No prior experience necessary- just bring your enthusiasm and get ready for an experience that will leave you buzzing with excitement!

Join us for our next session!

Date: 04/16 to 04/19 Tuesday to Friday
Time: 9AM to 12PM
Location: Reach Arts
89 Burrill St
Swampscott MA
Cost: \$300.00

781-596-8854
jcamerlengo@swampscottma.gov
swampscottma.myrec.com



Scan the QR code to sign up!

BLACK HISTORY IS OUR HISTORY!

Swampscott Unites Respects
Embraces Diversity celebrates
Black History Month

**Tuesday,
February 27th,**
Swampscott High School

STRING QUARTET AT 6pm IN LOBBY

**Program at 6:30 pm
in Auditorium featuring:**

**Swampscott
Middle School
Chorus**

**Enzo Silon Surin,
Poet**

**Nancy Schultz
Historian**



WWW.SUREDIVERSITY.ORG
2024



Public Library News

FEBRUARY 6

babies books & bubbles

0-15 months
Early literacy lapsit program
Tuesday, February 6th @9:30am



FEBRUARY 15

COLOR ANALYSIS

With Genevieve Kacmar
from House of Colour

Learn about Color Analysis!
"House of Colour is about celebrating
individuality and your unique beauty.
We use color and style elements to
enhance that natural beauty."



Thursday
15 February 2024



7:00 PM



Swampscott Public
Library



REGISTER

The Library will be closed Monday, February 19th in observance of President's Day.

FEBRUARY 21



SWAMPSCOTT
PUBLIC LIBRARY

SCHOOL VACATION CONCERT

MARYBETH MAES

WEDNESDAY
FEBRUARY, 21ST
10:30-11:30AM

WHERE:
THE
CHILDRENS
ROOM



<https://www.swampscottlibrary.org/>

APRIL 5



Friends of the Swampscott Public Library Presents:

2ND ANNUAL LIVE IMPROV COMEDY FUNDRAISER

with Accidentally On Purpose



COMEDY IN THE
STYLE OF
"WHO'S LINE IS
IT ANYWAY?"

April 5th at 7:00pm

**SAVE THE DATE!
MORE INFO TO COME**

Check the library website [swampscottlibrary.org](https://www.swampscottlibrary.org) or call 781-596-8867
for updated information on programs and events.

School News

SIX MONTHS TO GO! NEW ELEMENTARY SCHOOL GOES INTO THE FINAL PHASES



On site the geothermal well drilling is complete and the area around the school is taking shape. At the January School Building Committee (SBC) meeting we were treated to a preview of our new playground spaces - the field, the community playground and the outdoor spaces adjacent to the 3rd & 4th grade and the K-2nd grades.

Inside the building - paint, tiles, and fixtures are quickly transforming the construction site to a colorful and inviting elementary school.

SCHOOL COMMITTEE SCHEDULE



FEBRUARY SCHOOL COMMITTEE MEETINGS

FEBRUARY 8, 2024 THURSDAY 6PM
REGULAR SESSION - SHS ROOM
B129

Health Department News

Opioid Settlement Funds

Listening Session

Please join the Swampscott Health Department online for a brief review of the survey results *and* so that we can hear from you about how the Opioid Settlement Funds can be best utilized. [Click here to join the listening session.](#)

Wednesday, January 31st, 2024 from 5:30 - 7 p.m.

Community & Economic Development News

TWO OPPORTUNITIES TO SAVE ON YOUR ENERGY COSTS!

Save money and energy while helping your community

Join your neighbors, and start with a no-cost Mass Save® Home Energy Assessment. You may be eligible for:

- **75-100% off approved insulation upgrades**
100% off for rental units and moderate income households
- **No-cost air sealing**
- **Discounts on high-efficiency heating and cooling equipment and appliances**
- **No-cost energy-saving products**
Programmable thermostats, high-efficiency faucet aerators and showerheads, and advanced power strips

Get your Home Energy Assessment today:
masssave.com/lynnswampscott
(781) 563-5963

Our communities are Mass Save Community First Partners



Lynn & Swampscott: are you concerned about the cost of your utility bills this winter?

Get an Energy Bill Check Up!

We can help you:

- Understand your bill
- Pay overdue balances
- Prevent utility services shut offs
- Cancel overly expensive third-party energy suppliers
- And more

Contact us today!
(857) 309-5080
BillCheckup.org

WESTCOTT CONSTRUCTION JOBS AVAILABLE



**ARE YOU INTERESTED
IN WORKING ON
THE WESTCOTT
CONSTRUCTION PROJECT?**

Join us if you are interested in possible employment opportunities!

**Feb 8th
1pm - 5pm**

**VFW Post 1240
8 Pine St
Swampscott, MA**

Visit website or scan QR code

[HTTP://TINYURL.COM/MR45AN3E](http://TINYURL.COM/MR45AN3E)



For more information, please contact Jasmine at 518-512-9690 or jasminevanbrunt@renaissancergroups.com.

Senior Center News

DID YOU GET SOME TECH TOYS FOR THE HOLIDAYS? THERESA THE TECH CAN HELP!

Watches that check your heart rate or can notify others when you fall, an iPad to watch movies or set reminders to take your meds on time. All these new “gadgets” can really help with Senior health, safety and pleasure. It’s all new to you so maybe you need some help getting started.



Theresa the Tech offers FREE one-on-one 30-minute training sessions every Thursday 9:30 - 11 AM at the Senior Center. Appointments are required— call the front desk at 781-596-8866 to reserve your spot!

THE SENIOR CENTER NEWSLETTER IS YOUR TICKET TO SERVICES, CLASSES, TRIPS, AND FUN!



Published monthly, COMPASS is packed with the schedule for trips, programs, and activities, along with an overview of resources and support options available. You can read current and past issues on the [Center's website](#).

FREE TAX PREPARATION SERVICES

The Senior Center will be offering free Tax Preparation services through the Tax Counseling for the Elderly Program. Tax preparers will be available on Wednesdays starting in early February through April 10th. The service is by appointment only. Contact the Senior Center at 781-596-8866 for reservations or for more information.



CREATING YOUR HEALTHY AGING PLAN: CONFERENCE SET FOR MARCH 23, 9 AM - 2 PM

Hear from experts about the array of elder care providers, from in-home care to assisted living to nursing homes to help you understand the differences, who pays for what, and how to get help.

Registration required - call 781-596-8866.

Speakers include:

Wayne Saltsman, MD, a geriatrician and advocate for patient’s actively engaging in their own healthcare.

Sara Hartline, JD from the law offices of Margolis Bloom and D’Agostino represents clients in estate planning, including long-term care and special needs planning; as well as MassHealth applications and appeals, guardianships, conservatorships, probate administration and related litigation.

CREATING YOUR HEALTHY AGING PLAN



SATURDAY, MARCH 23, 2024
9AM - 2PM / SENIOR CENTER - 200R ESSEX ST.
FREE TO ATTEND / LUNCH INCLUDED



Guest Speakers



Panel Discussion / Q&A



Local Vendors

Sponsored by:
The Swampscott for All Ages Committee
and
The Swampscott Senior Center



2024 REGULAR TRASH HOLIDAY DATES

Pick-up will be delayed by one day on the day of the following holidays and for the remainder of that holiday week

January 15	February 19	April 15	May 27	June 19	July 4
September 2	October 14	November 11	November 28	December 25	

YARD WASTE COLLECTION WEEKS

Pick-up will occur on your regularly scheduled collection day during the following weeks

April 22	June 3	July 22	September 9
October 21	November TBD	December TBD	

METAL RECYCLING & STYROFOAM DROP-OFF DATES

8 am-12 pm (Weather Permitting)

April 27	May 25	June 29	July 27	August 31
September 28	October 26	November 30	December 28	

COMPOSTING

There are two free [composting stations](#) at Swampscott Police Station and at the Dog Park or sign-up for weekly Black Earth's paid curbside service.

CLOTHING/SMALL HOUSEHOLD ITEMS

Schedule a free pick-up from [simplerecycling](#)

MATTRESSES

Recycle your mattress or box spring by purchasing a mattress recycling sticker from Town Hall or [online](#). *Items will be picked up curbside on the 2nd and 4th Saturday of each month (Note: new fee of \$30 per piece)*

OTHER BULK ITEMS

Swampscott has arranged for pickup or drop-off of appliances, burnables, items with freon and more. [Check the website for more information.](#)

[Check out the Town website for more information on Trash and Recycling](#)



Upcoming Meetings

Up-to-date Information about Town of Swampscott Public Meetings can be found at: [Town Meetings](#) on the Town website.

IMPORTANT NUMBERS

CUSTOMER SERVICE	(781) 596-8850
ASSESSOR	(781) 596-8850
BUILDING	(781) 596-8857
COMMUNITY DEV.	(781) 596-8829
DPW	(781) 596-8860
FACILITIES	(781) 596-8850
FINANCE	(781) 596-8877
FIRE	(781) 595-4050 OR 911
HEALTH	(781) 596-8864
HUMAN RESOURCES	(781) 596-8810
LIBRARY	(781) 596-8867
POLICE	(781) 595-1111 OR 911
RECREATION	(781) 596-8854
RETIREMENT	(781) 596-8827
SENIOR SERVICES	(781) 596-8866
TOWN ADMINISTRATOR	(781) 596-8850
TOWN CLERK	(781) 596-4167
VETERANS	(781) 586-6911

[CLICK HERE](#) TO SIGN UP FOR

IMPORTANT TOWN NOTICES AND THIS
NEWSLETTER THROUGH CODERED

OTHER NEWSLETTERS:

[SWAMPSCOTT RETIREMENT NEWSLETTER](#)
[COUNCIL ON AGING NEWSLETTER](#)

WEBSITES OF INTEREST:

[TOWN OF SWAMPSCOTT](#)
[SWAMPSCOTT SENIOR CENTER](#)

TOWN WEBSITE:

WWW.SWAMPSCOTTMA.GOV

FACEBOOK:

[LIKE US ON FACEBOOK](#)

INSTAGRAM:

[@SWAMPSCOTTMMASS](#)

X (TWITTER):

[FOLLOW US ON X](#)