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BEST DAY TRIPS & SMALL TOWNS IN MA.

I LOVE SUMMER TIME, here are some suggestions on some fun day trips that I do each summer.



Acushnet was founded in 1860, as separate from the greater Fairhaven area. It's the site of the oldest ceremony and church building in the area, each dating back to the 1700's. The 23-acre cemetery is the burial place of some of Massachusetts' earliest settlers, including soldiers who fought in the Revolutionary War.

Boston is among the most visited New England towns and offers a rich history, diverse culture, and great respect for the arts and education. Self-guided walking tours and trails throughout the city include the Freedom Trail, which passes by 16 historical sites, the Irish Heritage Trail, Black Heritage Trail, and Women's Heritage Trail. Climb to the top of the Bunker Hill monument, which celebrates America's first major win of the American Revolution, visit the Boston Common and the Public Gardens, the city's central public parks, which together form part of the 1,100 acre Emerald Necklace. World-renowned museums include the Museum of Fine Arts, Children's Museum and the New England Aquarium. Stop in Faneuil Hall for a pint at the Bell and Hand, that's one of my favorite spots

Castle Hill is a grand seaside estate in Ipswich. Once known as Agawam to the Native Americans, the area was farmed by settlers as early as the 1600's, over hundreds of years it transformed from a working farm to a gentleman's estate, culminating with the 1910 purchase by Robert Crane. Today, the site is occupied by a 59-room mansion built in 1928 in the Stuart-style, also known as restoration architecture for it's draw from earlier periods. Enjoy a stroll along the grounds of the Crane Wildlife Preserve and the formally landscaped gardens, or tour the first floor of the main house, decorated with period furnishings.

Hudson is a progressive small town in Massachusetts which has embraced the "local first" theme. The support of local small business has encouraged a weekly town farmer's market, local breweries and speakeasy's, local ice cream shops and award-winning farm-to-table dining. A historic mill town that was once a manufacturing hub, the area has revitalized through its commitment to the support of local agriculture. Visit the famous Mullahy's Cheese for local cheeses, honeys, figs, and baked goods. The tap room at Medusa Brewing Company offers up to 100 lagers and ales, including lunch and dinner. Shop the quaint boutiques along Main Street, and of course, visit one of the many farmer's markets. This spot is on my list for this summer, I have not done this yet.

Rockport is a small coastal town that began as a fishing village and has been a haven for artists for more than 100 years. Visit this historic region of Essex County for cultural experiences, dining and shopping. Enjoy seafood with a view of the bay. At the Roy Moore Lobster Company you'll find classics such as lobster rolls, fish cakes, stuffed clams and chowder. Walk and shop the historic downtown with its colorful wood-framed buildings. North Shore Kayaks offers kayak rentals, or simply walk to any of the area beaches to dip your toes in the water. We often stay at the Captains Bounty, right on the water.

Natural Remedies; Anxiety and Stress

Natural remedies for anxiety are those that don't involve [conventional medications](#) (medicine you get from a doctor or health professional). They include things such as herbs, aromatherapy, and performing certain actions that promote relaxation. Some people with anxiety use natural remedies alongside conventional treatments to find relief. Examples of natural remedies for anxiety include: **Exercise** Exercise isn't just good for your physical health; it's also beneficial for your mental health. While the connection isn't well understood, studies do show that exercise can help to alleviate symptoms of anxiety.

Meditation, involves the practice of mindfulness. You focus on removing chaotic thoughts from your mind and replacing them with calm. Research indicates that meditation can help to relieve anxiety symptoms, helping you to feel more at ease. **Deep Breathing Exercises**. Rapid, shallow breathing is a common symptom of anxiety. Breathing in this manner can increase your heart rate, make you feel dizzy, and may even increase the risk of a [panic attack](#). Deep breathing involves taking deliberately deep and measured breaths to restore normal breathing patterns, which can help to reduce anxiety. **Weighted Blankets** Research shows that weighted blankets can be beneficial for alleviating symptoms of anxiety. The pressure helps to put your body into "rest mode," reducing those symptoms and preparing your body to rest.

Quit Cigarettes and Alcohol

Both alcohol and cigarettes may appear to calm your nerves at first. After taking a drink, however, your anxiety may worsen. A cycle can develop, leading to [alcohol dependence](#). Several studies also show that smoking can worsen symptoms of anxiety. Therefore, it's a good idea to try to avoid drinking or smoking to reduce feelings of anxiety.

DINING SUGGESTIONS

It was fun meeting many of you during the internet installation. Some fun conversations I had, were over what restaurants have "buck a chuck" oysters on the 1/2 shell. Here is what I found out:

Burtons Nashua NH- Wednesdays after 4pm

Moonstones- Chelmsford - Monday nights

Surf Nashua NH- Last Wednesday night of every month

Pizzico- Nashua NH- Sunday and Monday

I believe Fishbones in Chelmsford has it as well, but I can't seem to find the day. SO ENJOY, IF YOU ARE AN OYSTER LOVER.

Share your restaurant spots with me!

PODCASTS

What are some of your favorite podcasts? I recently started to listen to them more while walking each day. Some of my "go-to's" are: No Limits with Rebecca Jarvis. Modern Love, The New York Times Podcast. Serial, Serial Production. Crime Junkie, audiobook podcast. Share your podcast suggestions with me at sandra.ppi.management@gmail.com

FATHER'S DAY, JUNE 19

On July 5, 1908, a West [Virginia](#) church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, [Washington](#), woman named [Sonora Smart Dodd](#), one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910. Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in [Washington, D.C.](#) In 1924, President [Calvin Coolidge](#) urged state governments to observe Father's Day. Today, the day honoring fathers is celebrated in the United States on the third Sunday of June: Father's Day 2021 occurs on June 20.

Wishing you a Happy Father's Day this June 19th.

