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THE LYNN JOURNAL

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Tuesday, November 20, 2018

St. Mary's football advances to the Super Bowl

By Cary Shuman

The St. Mary's High School football team kept the high-scoring Cohasset offense under control for all four quarters and the result was a scintillating 22-11 victory in the Division 7 state semifinals Saturday at Hormel Stadium in Medford.

Cohasset had averaged close to 40 points per game in the South sectionals, but the Spartans held the Skippers to one field goal and one very late (1:28 remaining) touchdown to lock up their berth in the Super Bowl to be played at Gillette Stadium.

There were huge plays on both sides of the ball, including a key, third-down one-on-one tackle by freshman Xavier Copeland on Cohasset running back Gray Thomas that forced the Skippers into a field goal situation.

"That was a nice play on their draw," said St. Mary's head coach Sean Driscoll. "He's played great on both sides of the football, at center and noseguard. That was the biggest defensive stand of the game, holding that team to a field goal and then coming down and scoring, which was a big swing in the football game."

Copeland said he was just executing the Spartans' defensive strategy.

"I just went to the outside on my gap – that was my assignment there," said Copeland. "We played very well as a team. It's really exciting to be going to the Super Bowl."

Eni Falayi, a 6-foot-5-inch junior, had an extraordinary day, making three outstanding catches.



The 2018 Super Bowl-bound St. Mary's Spartans, pictured after their win over the Cohasset Skippers, 22-11, on Saturday at Hormel Stadium in Medford. See more photos on Pages 6 and 7.

Support your local business owners this Saturday

By Sue Ellen Woodcock

In Lynn, it's the local businesses, which are the backbone of a local economy, so why not patronize them this weekend during Small Business Saturday, Nov. 24?

American Express has spearheaded Small Business Saturday for the past few years and local Chambers of Commerce are lending their full support to local

retailers this year.

The Lynn Area Chamber supports the businesses in Lynn, Lynnfield, Nahant, and Swampscott.

"There are many amazing businesses within this community and we encourage people to explore and shop at these locations during this holiday season," said Colin Codner, the new executive director of the Lynn Area Chamber of Commerce (LACC).

"Shopping local is an important ingredient to a healthy and vibrant community," Codner said. "While the LACC is not running any specific programs in support of Small Business Saturday this weekend, we will continue to support our local area businesses throughout the season."

In an effort to support local shops that make our commu-

nities strong, American Express launched Small Business Saturday on the Saturday after Thanksgiving to encourage people to Shop Small and bring more holiday shopping to small businesses. This is a great opportunity to join the local Chamber of Commerce too.

Please see SHOPLOCAL Page 3

Please see SPARTANS Page 6

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EDITORIAL

HAPPY THANKSGIVING

Thanksgiving is a uniquely American holiday, tracing its roots back almost 400 years to the Pilgrims, long before there was even a thought of a United States of America.

Thanksgiving is the ultimate family-centered holiday. It has no national-celebration connotations, and no required gift-giving. It lacks the commercialism, solemnity, and political overtones of all of our other national observances.

It's a day for schoolboy football, family gatherings, and not much else to do other than enjoy a great dinner with those whom we love and care about.

It is the only day on the calendar when we have no obligation other than to spend the day with those who mean the most to us. It asks nothing more from each of us (other than for the person who is doing all the cooking!) beyond just showing up and enjoying the company of our family and friends and then having a great meal.

Even in this time of divisiveness in our country, we all can agree that Thanksgiving makes us aware of what we have to be thankful for. Despite our present trials and tribulations, Americans are remarkably fortunate to be where we are. Thanksgiving is a national celebration that serves to remind us how blessed we are at a time when circumstances are so cruel for so many others in the world.

Thanksgiving serves as a rare day for relaxation, reflection, and inevitably -- at least for some of us -- a post-dinner nap or early night of sleep. In a time when so many of us are connected 24/7 to some instrument of communication, it truly is a relief to have a day when we can just shut it all off.

We wish all of our readers a happy -- and restful -- Thanksgiving.



GUEST OP-ED

Thanksgiving and Very Thankful

By Glenn Mollette

This Thanksgiving I am thankful to not have cancer. I hope.

Six months ago my family doctor sent me for a CT scan because I went in to be checked out for something that felt weird which ended up being nothing. However the CT scan did reveal some nodules in my thyroid. A local Endocrinologist did a fine needle biopsy and said one of the nodules was thirty percent suspicious of malignancy. I went to another doctor out of town who did the same test that came back inconclusive and then another test which revealed the same nodule was about forty percent suspicious of malignancy. I asked the question "What should I do," and his response was we need to remove the entire thyroid within two months.

I didn't really want to do the surgery and have read many reports about people living their entire lives with thyroid nodules. I have read many die with thyroid malignancy that never caused them any trouble. Of course, cancer anywhere in your body is never working to your advantage.

I agreed to have the surgery and pathology revealed that I not only had a suspicious nodule but four malignant nodules. Ac-

ording to the extensive report I had three malignant ones on the right lobe of my thyroid and one malignant one on the left side of my thyroid. The pathology report, surgeon and supervising Endocrinologist all have assured me that the malignancies were small and contained within the thyroid and no further treatments are necessary at this time. Of course for the rest of my life I will be visiting my doc for surveillance to see if anything nasty pops back up.

This of course is the short version of the story. The main point is I'm better off with cancer out of my body than in my body. This time last year I was clueless that anything so detrimental to my health was lurking beneath the surface. This year I will celebrate Thanksgiving for a miraculous early detection and a surgery that ended up being the only real choice to make.

My voice is not strong yet after the surgery and I have a little pill to take every day but who cares I am alive, feel good and writing this column. I have to praise God almighty for his grace toward me. I also have to be thankful for medical insurance that provided me a way to go to a place where I chose to go. Two other doctors told me that I only needed half of my thyroid removed and if cancer

was found then I could have the other half removed. Who wants to have two surgeries? I did not. The doctor I sought out could not prove I had malignancy on my left lobe but simply said, "I don't like how it looks and I think the whole thing needs to come out." I am grateful that I got to choose my doctor and my place of surgery. Every American should have the option of choosing their doctor and place of medical care.

Some people are not as fortunate. I have several friends who could not beat cancer and passed on this year. Often times the symptoms was already an indication that things were already too late for them to treat their condition.

As a word of caution I want to strongly say that simply waiting to see what your condition does often ends up being an emergency down the road. If you have an early warning then trying to move forward to aggressively eliminate the problem or treat it is the only way to have a chance of winning. Of course, we are talking about our human bodies and there will always be something to repair or deal with concerning our health. We go from one thing to another if we are blessed to live long enough.

Thus, this Thanksgiving I am thankful - very thankful.

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Cost of Thanksgiving meal decreases once again

By Seth Daniel

The cost of a traditional Thanksgiving meal has once again decreased and is at its lowest cost since 2010, according to the 33rd annual American Farm Bureau Federation's (AFBF) Thanksgiving dinner survey.

The AFBF reported late last week that it had found the average cost of a traditional Thanksgiving meal for 10 to be at \$48.90 nationwide, which figures to be less than \$5 per person. It was a 22-cent decrease from last year's low of \$49.12. This year's new low has put the cost of the traditional meal at the lowest cost since 2010.

After adjusting for inflation, the cost of this year's Thanksgiving dinner is \$19.37, the most affordable in more than a decade.

"Since 2015, the average cost of Thanksgiving dinner has declined steadily and is now at the lowest level since 2010," said AFBF Chief Economist Dr. John Newton.

A total of 166 volunteer shoppers checked prices at grocery stores in 37 states for this year's survey. Farm Bureau volunteer shoppers are asked to look for the best possible prices, without taking advantage of special promotional coupons or purchase deals, such as spending \$50 and receiving a free turkey. Shoppers with an eye for bargains in all areas of the country should be able to purchase individual menu items at prices comparable to the Farm Bureau survey averages.

The shopping list for Farm Bureau's informal survey includes turkey, stuffing, sweet potatoes, rolls with butter, peas, cranberries, a veggie tray, pumpkin pie with whipped cream, and coffee and milk, all in quantities sufficient to serve a family of 10 with plenty for leftovers.

The chief driver of the lowering costs is the most common item – the turkey. AFBF research showed that retail turkey

prices are at the lowest costs since 2014, mostly because they are in abundant supply.

The average cost for a 16-pound turkey this year is \$21.71, which is down 3 percent per pound from last year.

"Thanks to an ample supply, turkey remains affordable for consumers, which helps keep the overall cost of the dinner reasonably priced as well," Newton said.

AFBF also highlighted other foods that showed large decreases as well. They included:

- Gallon of milk, \$2.92;
- three-pound bag of sweet potatoes, \$3.39;
- one-pound bag of green peas, \$1.47;
- one dozen rolls, \$2.25.

Some items did show an increase, however, including Massachusetts' own contribution to the Thanksgiving table – the cranberry. Other items on the increase included pumpkin pie mix and cubed bread, among other things.

Those increased prices were as follows:

- 12-ounce bag of fresh cranberries was \$2.65;
- 30-ounce can of pumpkin pie mix was \$3.33;
- 14-ounce package of cubed bread stuffing was \$2.87;
- two nine-inch pie shells came in at \$2.47;
- one-pound veggie tray was \$1.75.

A group of miscellaneous items including coffee and ingredients necessary to prepare the meal (butter, evaporated milk, onions, eggs, sugar and flour) was also up slightly, to \$3.01.

There was no change in price for a half-pint of whipping cream at \$2.08.

To provide information on the increasingly changing Thanksgiving meal, AFBF looked in at hams and other new additions. Adding a four-pound bone-in ham, five pounds of Russet potatoes, and one pound of frozen green beans added about \$1 per

person to the overall cost.

"Adding these foods to the classic Thanksgiving menu increased the overall cost slightly, to \$61.72 or about \$6 per person," said Newton.

AFBF also surveyed the price of a traditional Thanksgiving meal available from popular food delivery services. This revealed that the convenience of food de-

livery does have a larger price tag.

A 16-pound turkey was nearly 50 percent more expensive at nearly \$2 per pound when purchased from a food delivery service. Nearly every individual item was more expensive compared to the do-it-yourself average and the total cost of the dinner was about 60 percent higher

at about \$8 per person.

The AFBF Thanksgiving dinner survey was first conducted in 1986, and the menu has not changed since that time for reliable comparison year to year. While AFBF does not make any scientific claims about the data, it is an informal gauge of price trends around the nation.

St. Mary's dynamic defensive effort stops the Clippers

Driscoll, Phelps drew up a superb game plan

By Cary Shuman

They're one step away from winning a state championship and officially stamping their legacy as one of the greatest teams in school history.

But entrance in to the St. Mary's Hall of Fame, Super Bowl rings, and other such honors that are bestowed on champions are not on the players' minds yet. There is still one very tough postseason obstacle: a talented Blackstone Valley team that is also coming to Gillette Stadium with the biggest prize of all in their sights.

While the ultimate champion will be decided at the Patriots' home field in Foxboro, one thing is already certain: the St. Mary's defensive game plan against Cohasset will stand the test of time.

Holding Cohasset to a single field goal (the Skippers scored their TD with the issue already decided) is an achievement that will be forever remembered by St. Mary's football players and fans. St. Mary's alumnus and football announcer John Hoffman was among those lauding the efforts of the Spartans' defense throughout the game. Hoffman recognized early that the Spartans' defense was frustrating the high-scoring Skippers on each possession.

St. Mary's first-year head coach Sean Driscoll, who won a Super Bowl as a defensive coordinator at Winthrop High, said assistant head coach Tim Phelps and his staff did a great job coming up with the game plan.

"We spent a lot of time on preparing for Cohasset and Tim works harder than anyone I know," said Driscoll. "It's good to have a former head coach [at Classical], that was a great head



FRESHMAN STAR: St. Mary's noseguard Xavier Copeland made one of the key defensive plays of the game when he tackled Cohasset running back Gray Thomas at the 4-yard line. Xavier is pictured with his proud family after the game.

coach and is a great assistant as well. He was a great acquisition for me and this program."

Driscoll said he and his staff watched Cohasset defeat Abington in the South final. Cohasset won, 33-16, after routing defending state champion Mashpee, 37-16, in the semifinals.

"Going in to game and knowing what they did and seeing them live, we doubled their receivers in certain situations and we tried to take away their best stuff and what they wanted to do, and we did a good job with that," said Driscoll. "We made sure we played a physical football game at the second level where the linebackers and defensive backs were."

Driscoll illuminated on the contributions of two season-long standouts, Connor Donohue and George Freeman, who brought their 'A' games Saturday to Hornet Stadium in Medford.

"Donohue has been fabulous across the board," said Driscoll. "He's the key to our team based on playing special teams, safety, we asked him to play some cornerback, he's quarterbacked for us as well. When a kid comes in to your office and says, 'coach, whatever you need me to do, I'll do,' – he wanted to be a part of our success and he is a big part of it, and we wouldn't be here without him."

Freeman put in another fine day's work at linebacker and running back against the Skippers.

"He's tough on both sides of the ball," lauded Driscoll. "He runs the ball hard and he's a very good linebacker. He has good instincts and he's always around the ball."

Driscoll said he's not fully looking ahead to Blackstone Valley just yet, with a Thanksgiving eve game against Fenwick on tap for Wednesday.

Shop Local// CONTINUED FROM PAGE 1

Small Business Saturday is a day dedicated to supporting small businesses and communities across the country. Founded by American Express in 2010, this day is celebrated each year on the Saturday after Thanksgiving and U.S. consumers have

reported spending an estimated \$85 billion at independent retailers and restaurants over these eight days alone. In 2018, you can get out and support the places you love with the people you love on Nov. 24.

AN ANNUAL LYNN POWDER PUFF TRADITION CLASSICAL DEFEATS ENGLISH

~ Pedro, Stafford lead Lady Rams to 21-0 victory ~



There was sportsmanship on display after the Powder Puff game as English coach PJ Holey congratulated Classical coach Robert Smith at midfield in Manning Bowl.



The Lynn Classical seniors and coaches proudly display the Powder Puff championship trophy after defeating Lynn English, 21-0, in the annual game Sunday at Manning Field.

Photos by Cary Shuman

Lynn Classical defeated Lynn English, 21-0, in the annual Powder Puff game before a large crowd Sunday at Manning Field.

Olivia Pedro rushed for two

touchdowns while Abby Stafford rushed for one score for the Lady Rams, who were led by head coach Rob Smith.

Classical soccer player Julia Jordan was the undisputed place-kicker of the game with three PATs, which is believed to be an

all-time record.

Both teams are to be commended for their sportsmanship and competitiveness in what is a much-anticipated contest that is played on the Sunday before the Thanksgiving holiday.



The Lynn English Powder Puff team is pictured after Sunday's annual game against Classical.



TALENTED TRIO: Playing key roles in Classical's victory over English were Julia Jordan, who kicked three PATs in the game, Olivia Pedro, who had a two touchdown runs, and Abby Stafford, who had one touchdown run.



Lynn English senior Taylor Raymond with her parents, Jay Raymond and Ann Marie Raymond, and friend, Peter Phelan.



Swimming standout Carly Mendonca is pictured with her proud family after her Classical team's big win over English.



Lynn English senior Milena Bondi, with Powder Puff supporter, Michael Falasca.

Black

LYNN COMMUNITY HEALTH CENTER BENEFIT HEALTH AND HAPPINESS



Attorneys Anne Gugino Carrigan and James Carrigan join Lisa Carangelo and Susan Namet at the Lynn Community Health Center Benefit.



Debra Lee Surface of Cataldo Ambulance, Elizabeth Agnes is Director of Strategy and Innovation Care, LCHS Board of Director Kirirath Saing, and Salem Hospital ER Parent Navigator Yovanny Fana.



Supporters of LCHC – Chuck and Mary Ann Schultz with Kenneth Taylor.



State Representative Daniel Cahill and Health Professional Midwife Katherine Rushfirth.



Enjoying a relaxing moment - LCHS Chief Information Officer Lisa Ewing, Supporter Ted Taylor, and LCHS Board of Director Rachel Pohl.



LCHS Officials – Kara Keating Bench MD MPH, Founder William Mahaniah, and CEO Dr. Kiame Mahaniah.

A very large group of supporters and Lynn Community Health Center (LCHC) staff members joined together for the fall benefit at The Blue Ox. The LCHC is a comprehensive health care facility that helps anyone in the Lynn community even with the inability to pay.

CEO Dr. Kiame Mahaniah explained how the

LCHC operates in the City of Lynn as he said, “As a health center we take care of half the City of Lynn. We have forty-one thousand patients and we obviously concentrate in taking care of the most vulnerable population. We can’t do this work without the sponsorships of our leading citizens in Lynn and many of the organizations that contribute to

this fundraiser. I am very excited to see so many people showing up this evening supporting this event”.

Supporting the Lynn Community Health Center is essential to the Lynn community. The Center helps so many people who are in need of medical attention providing the highest quality of care.



LCHC staff members -Director of Medical Development Clare Hayes, Medicine Director of Infective Disease Dr. Hanna Haptu, and Director of Communications Cindy Steger-Wilson.



Century 21 Real Estate of Lynn sponsor: Mabel Hardy, Joan Regan, and David



St. Mary’s Head of School John Dolan with LCHS supporters Gail Turner and Joseph Greene.



LCHS Staff member Debbie Smith-Walsh with her daughter, Marissa Walsh.



LCHS Board of Director Jobeth Williams with Sean Lobdell, Michael Reposa, and Kelly Shaughnessy.

Black

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ST. MARY'S DOUBLES DOWN ON COHASSET HIGH 22 - 11 SPARTANS SUPER BOWL BOUND



Xavier Copeland (#74), freshman center did a fabulous job protecting QB Derek O'Leary.



Xavier Copeland grabs hold of the Skipper QB and stops a scoring drive



St. Mary's head coach, Sean Driscoll, still keeps his eye on the field of play, even though he is just minutes from a trip to Gillette, to the 2018 Super Bowl.

Spartans// CONTINUED FROM PAGE 1

es in traffic and also picking off a Cohasset pass when he perfectly timed a step-in on the receiver near the sidelines.

"He [Falayi] played his best game of the season and I'm happy for him because he works hard," said Driscoll. "He's starting to figure out what his advantages and he started to use them."

Felayi talked about his excellent catches and what it means to be going to the Super Bowl.

"My quarterback was scrambling and I just got up there and made a play for him," said Felayi. "I used my height as an advantage. In August, I would never have thought we could get to the Super Bowl, but we came together as a family."

Junior quarterback Derek O'Leary, whose leadership of the offense has been impressive, had another solid game. O'Leary scored on two QB keepers in what was another poised performance.

"He made some big plays, es-

pecially covering the onside kick to seal it," said Driscoll.

Another player stepping up for the Spartans was senior Jalen Echevarria, who had a pivotal pass reception on a fourth-and-15 play in the fourth quarter. Echevarria was St. Mary's leading rusher in the game and also scored the Spartans' first touchdown on a 4-yard run for an 8-3 lead at the half.

Cohasset coach Pete Afanasiw credited the Spartans' defense for containing them.

"They out-executed us," said Afanasiw. "They got bodies to the point of the attack. My hat's off to them, especially No. 6 [Falayi]. They made the big plays when they needed to and they should be feeling good about that - and he [Falayi] had those catches at rather critical times."

St. Mary's will play Blackstone Regional Vocational High School of Upton for the state championship.



Senior running back Jalen Echevarria scores a touchdown for St. Mary's Saturday afternoon.



Happy Thanksgiving

Charles Gaeta, Executive Director
Laura Walsh, Chairperson

Board of Commissioners Susan McGinnis-Lang,
Steve Martin, Robert Muise, & Frederick Russell

Cyan Magenta Yellow Black

ST. MARY'S DOUBLES DOWN ON COHASSET HIGH 22 - 11 SPARTANS SUPER BOWL BOUND



A very big interception for senior Mark Niboh.



Junior QB Derek O'Leary had an excellent game for the Spartans.



Senior George Freeman runs through a group of Cohasset Skippers for a big gain.



▲ Eighth-grader Tommy Falasca congratulates team mate senior Kevin Foley (#79) after a great defensive series.

◀ Need a big play? Call on Eni Falayi (#6) pulls down an O'Leary pass with double coverage.

▼ George Freeman (#31) put one through the up-rights after a Spartan touchdown.



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LYNN SHELTER ASSOCIATION - SUCCESS IN STYLE FASHION SHOW FUNDRAISER TO BENEFIT HOUSING FIRST PROGRAM

Photos by Pat Gecoya

The Lynn Shelter Association Fashion Show fundraiser benefited the Housing First program for people to have a place to call home. It is important for individuals and families to have a home, along with supportive services to reach independence and self-sufficiency.

A large audience of supporters attended the Success in Style Fashion Show. Lynn School Committee member Brian Castellanos served as Master of Ceremonies introducing the models as they walked around Zimman's Furniture Showroom delighting everyone.

LSA Executive Director Mark Evans was excited with the turnout and the support for the show and how much this event meant to the Lynn Shelter Association as he stated, "We primarily house and shelter individuals and families and serve about 800 people a year through the case management program. We assist them to exit from homelessness with various activities, which is guided and directed by the client. LSA does not prescribe client care; they prescribe their own care. This benefit helps so much with programs offered by us. We are so thankful for this turnout of supporters this evening".

This event helps Lynn Shelter Association to continue to meet goals and to serve the people in need.



Lynn Shelter Association Development and Communication Committee Master of Ceremonies Brian Castellanos.



Success in Style Fashion Models – Jeffrey Weeden, Anna Petropoulos, Siddeeqah Williams, Dayle Persons, Brenda Peral, Wendy Silva, Alison Brookes, Anthony Zietman, Brigitta Damon, and Jasmin Jenks.



▲ LSA Board member Sheila Boyd with Lynn Salvation member Robert Byrd.

▼ Fashion Models wait before being introduced.



Lynn Shelter Association Fashion Show Committee: President Michael Tarmey, Consultant Tracie Hines, Director of Clinical Operations Thomas Lorello, Executive Director Mark Evans, Master of Ceremonies Brian Castellanos, Director of Family Services Danielle Rosseway, and Program Director Marie Fernandez.



Rich and Sue Trahan of Land Computers.



President of Worthy Cause Advisers Kathleen McDonald with Matt Vallis and her sister, Kathy McDonald.



Lynn School Committee member and Master of Ceremonies Brian Castellanos with Danielle Sonia, LSA Staff member Carrolee Moore, and Sasa Rakic of Social Media Marketing.

Black

MBTA issues RFP for a Lynn Transit Action Plan

The Massachusetts Department of Transportation (MassDOT) today announced that a Request for Proposals (RFP) has been issued for a Lynn Transit Action Plan Study, which will focus on strategies to enhance the quality, capacity, and reliability of public transportation for residents and local businesses in Lynn, Massachusetts. The Lynn legislative delegation including Senator Brendan Crighton and State Representatives Dan Cahill, Lori Ehrlich, and Donald Wong successfully advocated for the inclusion of Lynn as a Priority Place in the Focus40 Plan.

In order for the MBTA's Focus40 draft plan to move forward with concepts related to improved transit service in the Lynn area, specific and effective short-term, medium-term, and long-term strategies will be identified and reviewed within the Lynn Transit Action Plan Study. The Study is anticipated to begin early next year and will include opportunities to create and improve bike and pedestrian access to transit locations, possible ferry services, and existing public transportation routes.

"With collaboration at the fed-

eral, state, and local levels, the Transit Action Plan for Lynn will create an unprecedented opportunity to improve our local transportation system. It is important that all stakeholders have an opportunity to share their thoughts and we will work with MassDOT to make sure that public outreach is a priority during the study period," said Senator Brendan P. Crighton. "This action plan will result in clear priorities for transit improvements for the City of Lynn and surrounding communities, and that is the first step toward transformative change for the North Shore."

"Residents of Lynn need better transit options to access jobs, healthcare and higher education. I am pleased that MassDOT has recognized our community as a priority and look forward to an engaging process that ultimately addresses both the challenges and opportunities regarding public transportation in Lynn," stated Representative Dan Cahill.

"Access to high quality, affordable, and reliable multi-modal transportation is vital to the revitalization and continued economic growth in the City of Lynn," said City of Lynn Mayor

Thomas M. McGee. "This study will help us create a strategic plan to address the immediate and long term transportation needs of the city."

The MBTA's Focus40 draft plan identifies Lynn as a "Priority Place" within the existing transit network, which means it would benefit from and can support a higher quality of transit service. A stronger transit network is also a vital part of supporting the City's lower income and immigrant communities. Many of Lynn's 95,000 residents commute to Boston (approximately twelve miles away), or to other areas of the North Shore. A number of immigrant communities also comprise Lynn with about 50 percent of households speaking a language other than English at home. Financial burdens are also a reality for many of Lynn's residents with 20 percent of households living below the poverty line and an average household income of \$50,000.

"The goal of the Lynn Transit Action Plan Study is to develop a list of options that potentially can improve travel opportunities for the people of Lynn and the surrounding area," said MassDOT

Secretary Stephanie Pollack. "The study results will provide the MBTA, the City of Lynn, residents, and stakeholders ideas to focus on, both what can be accomplished in the short term, and also provide ideas that are worthwhile to consider implementing in the long-term."

The MBTA network currently serves Lynn mainly through the Commuter Rail and several bus routes. The Newburyport/Rockport Commuter Rail Line includes Lynn Station, which provides service to North Station in twenty minutes, with many of Lynn's residents also living within walking distance of the commuter rail in Swampscott. Several bus routes operate within Lynn to Wonderland Station on the Blue Line (an approximately 15- to 30-minute bus ride), to other parts of the North Shore (including Salem and Marblehead), and via express service to Downtown Boston.

Lynn residents and riders experience a number of transportation issues and challenges. There is a high level of transit dependency with MBTA passenger survey data showing between 32 and 44 percent of bus riders living in a household without

access to a personal vehicle. Through reliability data gathered in August and September 2018, it was also found that nearly all regular (non-express) bus routes serving Lynn operated below reliability targets of 75 percent. None of the MBTA's fifteen high-frequency Key Bus Routes serve Lynn and data has shown there is a need for more service during off-peak hours.

The Lynn Transit Action Plan Study will identify improvements to address these challenges and improve transit accessibility, including new services, operational changes, capital investments, and other tactics. The Study will assess the area's existing and projected conditions in order to identify transportation challenges; identify and evaluate a comprehensive list of improvements; and produce a final set of recommendations. Lower-cost actions will be identified for short-term implementation. Larger, more long-term investments will also be identified, including assessing the appropriateness of major projects or improvements like the potential of rapid transit, commuter rail, or water transportation.

Goldberg, Moulton host Town Hall On financial issues for military community

State Treasurer Deborah Goldberg and Congressman Seth Moulton hosted a military town hall on financial issues for veterans and their families Monday morning, at North Shore Community College in Lynn.

The town hall brought members of the military community and those who work with veterans and service members, together to discuss economic empowerment in the Military, Veteran, Family and Survivor Community (MVFSC).

"It is an honor to hear from the men and women who serve our country on the important matters that affect them and their families," said Goldberg. "Financial education will further empower our military community and bring economic stability to those who put their lives on the line to keep our country safe."

"Helping veterans transition back to civilian life is a priority in my office, and should be a priority across the Commonwealth," said Seth Moulton. "I look forward to joining Treasurer Goldberg and hearing from veterans first hand, so we can continue tackling challenges to-

gether."

The Treasurer's Office awards funding to military-serving organizations through the Office of Economic Empowerment (OEE) program, Operation Money Wise. With OEE's assistance, grant recipients implement financial literacy workshops and coaching opportunities for veterans. North Shore Community College is a participating institution.

On day one, Goldberg created OEE, led by a deputy treasurer, with the deliberate goal of implementing a range of economic empowerment initiatives that include closing the gender wage gap, increasing access to financial education, improving college affordability, and investing in STEM careers and education. Treasurer Goldberg also oversees the Massachusetts Veterans' Bonus Division, which distributes bonuses for eligible active duty, discharged, and deceased Massachusetts veterans who served during various conflicts in single or multiple deployments.

For more information about OEE, visit <http://www.mass.gov/treasury/empowerment>.



Center with scissors is Kevin Moforte (Exec. Director, EforAll Lynn), Tom Demakes (CEO, Old Neighborhood Foods & supporter of EforAll), David Parker (CEO, EforAll), and Derek Marin (Program Manager, EforAll Lynn).

EforAll Lynn holds ribbon cutting ceremony

EforAll / Epara Todos Lynn is a nonprofit organization offering a dual language business accelerator program in both English and Spanish. Through their accelerator, entrepreneurs of all stages are connected with a team of mentors, tailored curriculum, and the opportunity to win cash prizes.

"Those entrepreneurs go on to create viable businesses and potentially create jobs that will in turn contribute to the economic vitality of Lynn and the North Shore" says Derek Marin, Program Manager.

EforAll/Epara Todos Lynn is one of six affiliated with Lowell-based Entrepreneurship for All (EforAll), which launched in the summer of 2016.

"Our Spanish language program, Epara Todos, which

launched this past summer, is the second accelerator program in the nation to offer a Spanish language accelerator" says Kevin Moforte, Executive Director of EforAll Lynn.

"Our Lynn location was launched because EforAll has a specific focus on expanding into mid-size cities that are often underserved when it comes to fostering inclusive entrepreneurship" says Moforte. "The entrepreneurs we serve come from all walks of life, represent a wide range of industries and can also be at different stages of their idea when they connect with us" adds Marin.

Both Marin and Moforte add that the biggest misconception about EforAll is that it costs money to participate in their program.

"Thanks to generous donors like Tom Demakes from Old Neighborhood Foods and William Mosakowski from Public Consulting Group, we are able to offer our program entirely for free" says Moforte.

Since joining the Lynn Area Chamber, EforAll has been able to better understand the small business landscape throughout Lynn.

"We've recruited new members to pitch our contests and we're actively recruiting members to mentor our entrepreneurs, thanks to the LACC" says Marin.

EforAll / Epara Todos Lynn is now located at 319 Lynnway. For more info, visit EforAll online – English: eforall.org, Spanish: eparatodos.org

THE ECHEVARRIA EXPRESS

St. Mary's hoop star is excelling on the gridiron

By Cary Shuman

Jalen Echevarria is an All-Scholastic basketball player who will score his 1,000th career point next month. He played in the TD Garden as a freshman on a state champion St. Mary's team coached by his uncle, David Brown.

Echevarria is currently displaying his athletic talent in football, a sport he had played through the eighth grade. Echevarria scored a touchdown on a double handoff from George Freeman and caught a 25-yard pass from Derek O'Leary for a crucial first down to set up another score in the fourth quarter.

"I can't believe we're going to the Super Bowl," Echevarria told reporters after his team's 22-

11 victory over Cohasset at Hornel Stadium in Medford. "It's a very special moment for my teammates and me. This is definitely at the top of my list [of career achievements]. My first year playing football, making it to Gillette, it's a special moment."

What made Jalen decide to put on the football pads once again?

"Coach Brown was a big influence," said Echevarria. "He encouraged me to play this season and I just did it."

St. Mary's head coach Sean Driscoll is very happy that things have worked out so well for the talented, 5-foot-8-inch, 140-pound senior.

"I met Jalen for the first time in the summer, just before we started pre-season camp," said Driscoll. "I knew he was a great



THE ECHEVARRIA EXPRESS: Jalen Echevarria and his St. Mary's teammates are heading to Gillette Stadium for the Super Bowl. Pictured with Jalen after Saturday's 22-11 win over Cohasset, are from left, cousin Eliza Brown, uncle David Brown, cousin David Brown Jr., uncle Donald Brown, and mother, Shirell Brown.

basketball player and a great ath-

lete at whatever he does. Coach Brown and his family were part of his decision to play football and I think they saw the ability he has, and Jalen has had a great year. He's been very explosive."

The speed and dexterity that Echevarria exhibits on the basketball court have been on display on the football field.

"I'm more of the outside guy and George [Freeman] is the ground-and-pound guy," said Echevarria. "I'm grateful to my offensive line. I love those guys. They never take a play off."

Did he think a trip to the Super Bowl was possible when he resumed his football career after a multi-year hiatus?

"To be honest, I didn't think we were going to come this far," said Echevarria. "Losing the guys from last year - nobody thought we could accomplish this - it's unbelievable."

His entrance in to the St. Mary's Hall of Fame a virtual lock in basketball, Jalen Echevarria now seeks to enter one day as a member of a Super Bowl state championship team. Only Blackstone Valley stands in the path of that massive dual honor.

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State Fire Marshal Offers Thanksgiving Safety Tips

Thanksgiving is a wonderful family holiday, but the day can be ruined with a cooking or candle fire, a burn injury, or a carbon monoxide incident from long-term use of the oven, said State Fire Marshal Peter J. Ostroskey.

There are more home fires on Thanksgiving than any other single day in Massachusetts, twice as many as New Year's Eve which ranks second.

"The good news is that there are some simple steps you can take to keep your family safe. To start with, every home should have working smoke and carbon monoxide (CO) alarms," Ostroskey added.

•Cooking Safety Tips

Cooking is the leading cause of fires in the home and the leading cause of fire injuries, so it is not surprising that 87 percent of Thanksgiving Day fires were caused by cooking. State Fire Marshal Ostroskey offered these cooking fire safety tips:

- Check to make sure your oven is empty before turning it on.

- Wear short or tight-fitting sleeves when cooking.

- Turn pot handles inward over the stove.

- Remember to "stand by your pan" and stay in the kitchen when boiling, frying or broiling.

- Use a timer when baking or roasting and never leave the house with the oven running.

- The best way to respond to a stovetop fire is to "put a lid on it" and turn off the heat.

- The best way to respond to an oven or broiler fire is to keep the doors closed and turn off the heat.

- If the fire is not quickly snuffed out, leave the house and call 9-1-1 from outside.

"Last Thanksgiving, firefighters across the Commonwealth were busy responding to cooking fires," said Ostroskey.

- Gas Ovens: A Source of CO**
Generally, the confined space of a closed gas oven used

for cooking does not produce enough carbon monoxide (CO) to be of concern, unless you are using it for several hours like when roasting a turkey. If you have a kitchen exhaust fan, use it; if not, crack a window for fresh air when using the gas oven for an extended period of time.

•Candles

Candles make any holiday table festive, but it is important to follow these safety tips:

- Use candles inside a 1-foot circle of safety free of anything that can burn.

- Think twice about lighting the candles on that lovely centerpiece if it means you can't follow the 1-foot circle of safety rule.

- Use extra care with candles when children and pets are around.

- Consider using flameless, battery-operated candles instead.

- Blow out candles when leaving the room; don't leave candles burning unattended.

- Use non-combustibles hold-

ers or saucers.

- Keep all matches and lighters out of reach of children.

•Burn Safety

- Keep children 3-feet away from the stove for safety to prevent burns.

- Run cool water on burns; call 9-1-1 for more serious burn injuries.

- Remember to stop, drop, cover and roll if clothing ignites.

For more information contact your local fire department or the Department of Fire Services Thanksgiving web page.

OBITUARIES

Carol (LaCascia) White

Of Lynn, formerly of Revere

Carol (LaCascia) White, of Lynn formerly of Revere passed away on Nov. 15. Beloved wife of Stephen White. Loving daughter of Evelyn LaCascia (Vacca) and the late Philip LaCascia. Devoted mother of Craig White, and Scott LaCascia White both of Lynn. Dear sister of Linda LaCascia of Revere, and Charles LaCascia and his wife Trica of Hopkinton. Adoring aunt of Sam LaCascia, Emma LaCascia, Max LaCascia and Tiffany White-Ellis. Caring sister in law to Tom White of Lynn.



Also survived by her loving dog Willie. Private services were

held. For guest book please visit www.Buonfiglio.com.

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BOYS & GIRLS CLUB OF LYNN THANKSGIVING CELEBRATION

Many smiling and happy youngsters were treated to a delicious Thanksgiving Dinner at the Boys & Girls Club of Lynn. Three hundred dinners were served by Lynn officials and friends.

President Joseph Scianatico explained how this event occurred as he stated, "This is the first annual Thanksgiving Dinner to serve the children at the Boys & Girls Club. We anticipate serving all the children this evening who are members and we are looking forward of making this an annual event. Our goal is to give back to the children in Lynn. Obviously, many of the children may not experience of having a Thanksgiving Dinner. This will be a great opportunity for them to have a nutritional meal, to be part of the club, and to enjoy the moment".

Board of Director Dr. Raymond Bastarache feels the importance of having the Boys & Girls Club in the Lynn community as he added, "This place provides a safe haven for hundreds of children every single day. The club has programs throughout the year keeping the children very interested. This is a great place for the children who come right from school knowing they feel safe; they work with young adults; they receive very good counseling and they are involved



Local Dignitaries serving meals to the children – State Representative Daniel Cahill, State Senator Brendan Crighton, School Committee member Brian Castellanos, and Retired Lynn Superintendent Dr. Raymond Bastarache.



Boys & Girls Club of Lynn serving team: Executive Director Brian Theirrien, James Corliss, Jessica Pratt, State Rep. Daniel Cahill, State Senator Brendan Crighton, School Committee member Brian Castellanos, Board of Directors Kevin Mello and Dr. Raymond Bastarach, and Board President Joseph Scianatico.

in very healthy programs. There are so many positives about the Boys & Girls Club of Lynn".

This friendly Thanksgiving

Dinner was motivated by Executive Director Brian Theirrien. It was an awe-inspiring event for everyone who participated and for the children.



The Boys & Girl Club of Lynn children enjoying moments of fun.



Ladies from Breed and Marshall Middle Schools – Damaris Acevedo, Riyam Alazzawi, Brenda Mejia, Saniya Patton, and Isabella Rosado.



Program Director Sharell Sanders (right) and Christopher Boyd.



Art Room Assistant Analee Delgado helps two youngsters to the serving area.



Mayor Thomas McGee (center) joins the Thanksgiving Dinner with Boys & Girls Club of Lynn President Joseph Scianatico and Executive Director Brian Theirrien.



Staff Member Gigi Fernandez with a group of smiling children.

Holiday Gift GUIDE

It's time to get ready for Holiday sales. Reach more than 85,000 readers of the Revere Journal, the East Boston Times, the Everett Independent, the Winthrop Sun Transcript, the Chelsea Record, the Lynn Journal, the Charlestown Patriot Bridge, the Boston Sun, the Beacon Hill Times, Jamaica Plain Gazette, Mission Hill Gazette and the Regional Review newspapers.

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