

# THE LYNN JOURNAL

Thursday, November 29, 2018

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## JENNA FOLEY HONORED FOR SOCCER CAREER



PHOTO BY CARY SHUMAN

St. Mary's Head of School Dr. John Dolan presents a special award to girls soccer captain Jenna Foley for being the first female athlete to play in the St. Mary's soccer program for seven seasons, from the sixth grade through the twelfth grade. Also pictured are Jenna's parents, St. Mary's Head Coach Jim Foley and Dean of the Marian Division Jacqueline Foley. Please see more photos on Page 3.

## Codner takes office as LACC executive director

By Sue Ellen Woodcock

The Lynn Area Chamber of Commerce has been supporting businesses in its area for well over 100 years. With a 23-member Board of Directors, the LACC has a new executive director to usher in the new year.

Executive Director Colin Codner may only have been on the job for a few days, but he is more than eager to support the local businesses through his work at the LACC.

"I'm extremely excited about this opportunity," Codner said.

Codner, a resident of Swampscott with his wife and two children, comes to the LACC from MIT, where he was the assistant director of student activities and finance. Prior to that he was the director of finance and operations at Cohen Hillel Academy in Marblehead.

"As you can imagine from MIT the entrepreneurial student feelings trickled down into the well," Codner said, from the LACC office on Chestnut Street.



Colin Codner, LACC executive director

"We're very excited about having Colin as our new executive director. He's crafting a creative strategic approach to sustaining members and attracting new ones. He's got great enthusiasm for the job," said Rick Wood, president of the Board of Directors.

The mission of the Lynn Area Chamber of Commerce is to be a member-driven organization, providing businesses the opportunity

to increase and strengthen their business relationships in the greater Lynn area. The LACC seeks to enhance the economic vitality of the greater Lynn area by developing and providing educational and marketing initiatives, networking, legislative advocacy, collaborative leadership and business resources to our membership. The LACC, which represents over 1,000 businesses, reaches out to all businesses in the Greater Lynn Area

## SUPER SATURDAY SET AT GILLETTE St. Mary's faces difficult test against Blackstone in Div. 7 Super Bowl

By Cary Shuman

The St. Mary's High School will be facing an experienced Blackstone Valley Regional Vocational Technical High School team in the Division 7 Super Bowl Saturday at Gillette Stadium.

Blackstone Tech, whose nickname is the Beavers, has 22 seniors on its roster. Blackstone played in last year's Super Bowl at Gillette, falling to Mashpee, 22-16.

"It's a very talented group," said Blackstone coach Jim Archibald about his senior class. "A lot of the seniors played as sophomores. They have been leaders in every sense of the word and they've really set the tone for our team throughout the year.

Blackstone (10-1) has won 10 games in a row after losing to Millbury in the opener. It has been a perennial playoff team under head coach Jim Archibald, who took over the program in 2011. The Beavers won the Central/Western Mass. Super Bowl in 2010, the Central Mass. Super Bowl in 2012, and the last six Colonial Athletic League titles.

St. Mary's will have to contend with an explosive Blackstone offense that has averaged more than 30 points a game. Junior running back JT Antaya is the leading scorer with 13 rushing touchdowns, two receiving touchdowns, and three interception returns for touchdowns. Six-foot-two-inch senior quarterback Scott McKay has completed 53

percent of his passes, with 13 touchdown passes and more than 1,100 yards passing. McKay has also rushed for five touchdowns.

Blackstone's leading receiver is senior Connor Christensen, who has 19 receptions for 384 yards and four touchdowns. Senior tight end Jordyn Amero has 17 receptions for 287 yards and five touchdowns. Amero was also the Division 7 Central Mass. Defensive MVP with 70 tackles and 10 sacks.

"We have a good number of guys contributing on offense," said Archibald. "We try to make the rounds on offense."

Blackstone's defense has not allowed more than two touchdowns in any game. "We've given up an average of 6.4 points per game," said Archibald. "Defense has been our strong suit all year."

In addition to Amero, senior defensive tackle Ethan Blake and senior defensive end Nick Reed, (7 sacks) are other top defensive players for the Beavers. "It's a veteran group up front," said Archibald.

The Blackstone coaching staff has watched the St. Mary's football team on game films. "The thing that stands out to me right away is their team speed," said Archibald. "They play very fast and they play downhill and come right at you. It's impressive to watch their speed and the way they play as a unit defensively. Offensively, it seems like they run first, but they're certainly capable of throwing the ball and their

Please see SUPER BOWL Page 12

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# EDITORIAL

## CLIMATE CHANGE IS HAPPENING NOW

The report released last Friday by 13 U.S. government agencies concurring in an assessment that the effects of climate change will result in a 10 percent decline in the U.S. gross national product and the loss of \$1 trillion in real estate by the year 2100 is sobering -- if not depressing -- and should be a wake-up call to our elected officials to take action immediately to lead the world in reversing the effects of man-made contributions to climate change.

The U.S. report comes on the heels of a similar study released by the United Nations two months previously that essentially stated that we are reaching a point of no return with climate change -- that even if the goals set by the Paris accords (from which the U.S. withdrew) are met, they probably are not sufficient to halt the deterioration in our environment and the negative effects of climate change.

In addition, there were two big stories in the New York Times this week-end about climate issues.

The first story detailed the ever-increasing use of coal in third world countries such as Vietnam, India, and Pakistan to generate electricity. Coal production is a dying industry in the U.S. and other Western nations, but its low price and availability in third world countries, including China, has made it the fuel of choice in the undeveloped world.

Even those who refuse to accept the science of climate change will admit that coal plants contribute greatly to air and water pollution -- and the multitude of new plants in Asia will have effects on our country even from half a world away.

The second story pointed out that the palm oil industry is destroying the rain-forests in Indonesia -- with the result that 35 times more carbon is being released into the world's atmosphere than from all other sources combined.

We don't pretend to be experts on anything, but, to paraphrase Bob Dylan, we don't need a scientist to tell us which way our climate is heading.

The evidence of the past 12 years of unprecedented climate events: Superstorms Katrina, Sandy, Harvey, Maria, and Michael; the past few years of destructive wild fires in California; the loss of sea ice in the Arctic; and the destruction of coral reefs because of warming ocean temperatures -- is right in front of us and brought into our living rooms almost on a daily basis.

Hopefully, the ubiquity of these catastrophic climate events is not numbing us into a sense of unreality such that we fail to see the big picture.

A report prepared by scientists hired by the oil industry in the 1960s predicted that carbon dioxide emissions would cause global warming with catastrophic effects -- and a study commissioned a decade later by none other than Exxon confirmed those findings.

In our view, climate change is happening faster than even the worst-case scenarios of the past and present have predicted -- and with the window to take action rapidly closing, we are not optimistic about the fate of our planet.



## LETTER to the Editor

### STOP SMOKING AND VAPING HELP AVAILABLE

Dear Editor,

This Holiday season, I'd like to remind readers to thank a co-worker, friend or family member who has quit smoking, vaping, or using other nicotine delivery products. Many users say quitting is the hardest thing they have ever done and any amount of recognition can help someone stay quit.

Tobacco is the number one cause of preventable death and disease in Massachusetts. Nicotine is the very addictive substance in tobacco products as well as in e-cigarettes and vapes. As a result, repeated tobacco and nicotine use is not a habit, it's an addiction that should be treated as a chronic relapsing condition. It takes most people with a nicotine addiction several tries to quit for good. So reach out to those who have conquered this addiction. Let them know you are proud of how hard they're working to better their wellbeing. Thank them for improving their health and the health of the people around them.

If you smoke, vape or use any nicotine delivery product, even though the holidays can be a tough time to quit, they are a great time to get support from your loved ones to help you try to quit. If you have tried in the past, keep trying. You learn something new every time you try to quit.

Take advantage of the many resources available in Massachusetts to help you reach your goal.

Tobacco and nicotine users of all kinds can call the MA Smokers Helpline at 1-800-QUIT-NOW (1-800-784-8669) to talk with a free quit coach or enroll online through KeepTrying-MA.org. The Helpline is open 24 hours each day, seven days a week (excluding Thanksgiving and Christmas). Tobacco and nicotine users can receive a four-week supply of free nicotine replacement help from the patch, gum or lozenge. Online

supports include quit planning tools, peer support and motivational text messages.

Smokers who get support and use stop-smoking medicines are nearly three times as likely to quit for good as those who try to quit on their own. Quitting is hard—give thanks to someone in your life for quitting or for trying to quit. Every email, text message, phone call, or encouraging word makes a difference.

**Edgar Duran Elmudesi,**  
MSW

**Metro Boston Tobacco-Free  
Community Partnership**

### SEND US YOUR NEWS

The Lynn Journal encourages residents to submit engagement, wedding and birth announcements, news releases, business and education briefs, sports stories and photos for publication. Items should be forwarded to our offices at 385 Broadway, Revere, MA 02151. Items can also be faxed to 781-485-1403. We also encourage readers to e-mail news releases and photos to Cary@lynnjournal.com

## THE LYNN JOURNAL

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# NSCC sends its best holiday baker to the Food Channel

By Sue Ellen Woodcock

This is a most wonderful time of the year, especially if you are a professor at North Shore Community College, and even more special if you get to teach others how to do their best baking and pastry creations when your appearing on the Food Network's "Holiday Baking Championship."

Douglas Phillips is NSCC's representative in the championship along with host Jesse Palmer and judges Nancy Fuller, Duff Goldman, and Lorraine Pascale. There was no application per se, Phillips was chosen after photographs of his work were posted on Instagram and other social media accounts. Apparently, that's one way the show finds contestants. "I like to think that they sought me out," Phillips joked. "Initially, I wasn't going to respond to the telephone call because I had been called about a spring baking program previously. I never followed through with it. It really wasn't

my thing I had never competed before. Your reputation is kind of on the line. But my wife kept encouraging me and I went for it."

Starting at North Shore Community College in January 2016 as the baking and pastry instructor, Phillips recently started a program there with a bakery and pastry certificate. Classes range from pastry techniques, artisan breads, and contemporary cakes. Phillips is a graduate of the Culinary School of America in Francisco Migoya.

"I studied in the manager in training program with him," Phillips said. "He is known for his "modernist" cuisine, breads and foods. Phillips has his own passion for fine pastries, plated desserts, fine Parisian desserts like you might find in France. At home he enjoys baking for his wife Tylor and daughter Claire, 19 months.

Some day he'd like to open his

own shop. Right now he's working on his MBA at Fitchburg State University.

Phillips said he has holiday tips for baking:

"When you start playing with the classics it doesn't always work, the classics are classic for a reason," Phillips said. "Stay with tradition, use the rest of the year to experiment."

His tips:

- Keep it simple
- Stick with the things people like
- It's really hard to go wrong with a pumpkin pie

Two of Phillips' favorite baked goods – his aunt's baklava and his mother's sugar spritz cookies. Phillips also enjoys baking for his wife Tylor and his daughter Claire, 19 months

"It was great to be on the show and I got to meet a lot of great bakers," Phillips said.

The Holiday Baking Championship airs on the Food Channel Monday night at 8 p.m.



NSCC Professor Douglas Phillips competes on the Food Network's "Holiday Baking Championship."

## ST. MARY'S GIRLS SOCCER BANQUET

The St. Mary's High School girls soccer team celebrated a successful season at its awards banquet at the Nahant Country Club.

Head coach Jim Foley completed his 20th season as head coach. Several parents approached Mr. Foley's table at the banquet to thank the popular coach for his outstanding leadership of the program and the positive impact he has had on their daughters' athletic career at St. Mary's.

Jenna Foley, a senior captain this season, delivered a thoughtful speech that summed up the players' feelings about her father and coach, Jim Foley: "I think everyone can agree that everything you do is to make us in to a better player and most important a better person.

Thank you for taking me on this seven-year journey that I will never forget."

Dr. John Dolan, head of school, and Jacqueline Foley, dean of the Marian Division, congratulated the team on another winning season that included the championship title in the Lynn City Tournament and a berth in the MIAA State Tournament.



▲ St. Mary's new captains were announced at the awards banquet. From left, are captain Sherly Feliz, captain-elect Morgan Mackey, captain Jenna Foley, captain-elect Emily Egan, and captain Joslyn Deschenes.

◀ JV AWARD RECIPIENTS: Front row are JV soccer award recipients Haylie Grossmann and Emma Field, and Dean of the Marian Division Jacqueline Foley. Back row are coaches Molly Carey, Jim Foley, and Sam Charest



VARSITY AWARD RECIPIENTS: Front row, from left, are Jenna Foley, Sherly Feliz, Joslyn Deschenes, Stephanie Letch, and Eliza Brown. Back row, from left, are coach Sam Cahrest, coach Molly Carey, head coach Jim Foley, Meghan Lovett, Emily Egan, Kayla Demers, Morgan Mackey, Riley Lynch, Katie O'Neil, Susannah Cornell, Jayda Mateo, and coach Maggie Carey.

## AROUND THE CITY

**FRANK COSTANTINO**

Winthrop's own acclaimed artist, Frank Costantino, will exhibit some of his works in a group show, now through Jan. 2, 2019, at the McCormick Gallery of Boston Architectural College, 320 Newbury St., Boston. On Dec 3, 2:30-3:30 p.m., he will discuss his drawing and watercolors at Beehive, 951 Boylston St., Boston.

**NORTH SHORE PHILHARMONIC ORCHESTRA**

Robert A Marra conducts the orchestra for this free holiday concert, Dec. 2, 4 p.m., at St. Anthony's Church, Revere, and a holiday pops concert Dec. 9, 4 p.m., at St. Richard's Church, Danvers. 781-214-0624. Bring a canned food donation.

**MUSIC OF RAN BLAKE**

New England Conservatory presents composer-pianist-longtime faculty member, Ran Blake, performing with the conservatory orchestra, Vanguard: The Music of Ran Blake, Thursday, Dec. 6, 7:30 p.m., at Jordan Hall, 30 Gainsborough St., Boston. Free. 617-585-1122, necmusic.edu/events/nec-jazz-orchestra-presents-vanguard-music-ran-blake.

**THE NUTCRACKER**

The Greater Salem Ballet Company performs the classic, beloved holiday ballet, Dec. 1, at 12 and 4 p.m., at Lynn Auditorium, 3 City Hall Square, Lynn. Tickets start at \$22.

**THE NUTCRACKER**

Boston Ballet's production of Mikko Nissenin's spectacular, extravagant classic production of the timeless ballet is performed Nov. 29-Dec. 30, Wednesdays-Saturdays, 7:30 p.m.; Sundays, 1:30,6 p.m., and more matinees, at Boston Opera House, 539 Washington St., Boston. Tickets start at \$37. Related events also. bostonballet.org, 617-695-6955.

**A CHARLIE BROWN CHRISTMAS**

Making its Boston debut at the Boch Center Shubert Theatre, Tremont Street, Boston, is "A Charlie Brown Christmas Live on Stage, Nov. 29-Dec.2.

**IT'S A WONDERFUL LIFE**

Greater Boston Stage Company presents the Christmas classic, Nov. 29-Dec. 23, 395 Main St., Stoneham. \$45-\$55; seniors, \$40-\$50, students with valid ID, \$20. Nov. 29, 7:30 p.m., Thrifty Thursday, \$15 at the door. 781-279-2200, greaterbostonstage.org.

**RUDOLPH THE RED-NOSED REINDEER, MUSICAL**

Lowell Management Group presents the beloved TV classic production of the children's story musical, on stage, Lowell Memorial Auditorium, Merrimack St., Lowell. Sunday, Dec. 2, at 3 p.m., \$29-\$79. 978-937-8688.

**1776**

New Repertory Theatre presents Sherman Edwards' exciting musical, with book by Peter Stone, Nov. 30-Dec.23, featuring a large, Boston, star-studded cast, Mosesian Center for the Arts, MainStage Theater, 321 Arsenal St., Watertown. Times vary. \$25-\$72. student, senior, group discounts, 617-923-8487.

**A RENAISSANCE CHRISTMAS**

Cantata Singers perform the music of Victoria, Lassus and Schultz, in their Renaissance Christmas for Chamber Chorus, Dec. 7, at 8 p.m. and Dec. 9, 3 p.m., at First Lutheran Church, Boston.

**SHEMEKIA COPELAND**

The award-winning blues, R&B, and Americana vocalist will perform songs from her latest release, America's Child, as part of The Cabot's gala fundraiser honoring Bessie Smith, Empress of the Blues, Tuesday, Dec. 4, 8 p.m., 286 Cabot St., Beverly. VIP tickets, \$1,000; Friends of the Cabot, \$600; orchestra and front balcony seats, \$84.50; balcony seats, \$59.50-\$72.50. TheCabot.org, info@thecabot.org, 978-927-3100.

**CELEBRITY SERIES EVENTS**

Castle of Our Skins performs works of African-American composers for the Dorchester Stringfest with the Conservatory Lab Charter School at the Kroc Center, Dorchester, Dec. 1, 3 p.m.; Voci Angelica performs world music with City-Wide String Orchestra and City Strings United, for the Roxbury Stringfest, Dec. 2, 3:30 p.m., at Hibernian Hall, Roxbury. On Dec. 2, at 2 p.m., Rob Kapilow and pianist Orion Weiss perform Beethoven's Piano Sonata No. 23 in F minor, "Appassionata," Dec. 2, 3 p.m. in New England Conservatory's Jordan Hall, 30 Gainsborough St., Boston (tickets Start at \$35. 617-482-6661).

**ARMY-NAVY FOOTBALL LUNCHEON**

The Ahern Family Charitable Foundation is hosting the luncheon Dec. 8, at Scoreboard Sports bar and Grill, Woburn. The event raises funds to sup-

port Massachusetts children of fallen and deployed troops during the holiday season, through the Operation Santa-Mass. Program. The event includes celebrity guests, watching the game, buffet lunch, raffles, silent and live auctions. ahernfoundation.org.

**ANNE-MARIE MCDERMOTT**

Boston Conservatory at Berklee's Piano Masters Series features globally renowned Ms. McDermott performing Tuesday, Dec. 4, 8 p.m., Seully Hall, 8 Riverway, Boston. \$10-\$15, discounts available. Bostonconservatory.berklee.edu/events, 617-912-9222.

**BREATH AND IMAGINATION**

Award-winning actor Maurice Emmanuel Parent directs Lyric Stage Company of Boston's production of Dan Beaty's musical, the story of globally acclaimed African-American classical vocalist, Nov. 30-Dec. 23: Wednesdays, Thursdays, 7:30 p.m.; Fridays, 8 p.m.; Saturdays, 3,8 p.m.; Sundays, 3 p.m., 140 Clarendon St., Boston. Tickets start at \$25, senior, student rush, group discount rates. 617-585-5678, box-office@lyricstage.com.

**A CHRISTMAS CAROL**

It's that time again- for Bill Hanney's North Shore Music Theatre spectacular production of Dickens' ghost story, "A Christmas Carol," with all the trimmings, Dec. 7-23, starring longtime, beloved actor David Coffee and Marblehead's own Cheryl McMahon, 62 Dunham Road, Beverly. \$64-\$79, children 18-under, \$35. Dec. 7-9, 14-16, 20-22, 7:30 p.m.; matinees, Dec. 8, 9, 15, 16, 22, 2 p.m. nsmt.org, 978-232-7200.

**MISS BENNET: CHRISTMAS AT PEMBERLEY**

Merrimack Repertory Theatre presents Lauren Gunderson and Margot Melcon's period family-friendly holiday drama, Nov. 28-Dec. 23, at the Nancy L. Donahue Theatre at Liberty Hall, 50 E. Merrimack St., Lowell. 978-654-4678, mrt.org.

**CHANUKAH MITZVAH MEETUP**

Big Joe the Storyteller and Chanukah fun await families, Tuesday, Dec. 4, 3-5 p.m. at Watertown Library, 123 Main St., Watertown. Bring a book donation to benefit More Than Words, a nonprofit that empowers youngsters in the foster care system or are homeless. Free. Geared to children 2-6 years old. bostonjcc.org/metronorthsvp.

**TWELFTH NIGHT AND SHIPWRECKED**

Moonbox Productions presents, in repertory, Shakespeare's "Twelfth Night," and Donald Margulies' "Shipwrecked! An Entertainment," through Dec. 29, Boston Center for the Arts, Plaza Theater, 539 Tremont St., South End, Boston: Thursdays, 7:30 p.m.; Fridays, Saturdays, 8 p.m.; Saturday, Sunday matinees, 3 p.m. \$50/\$45, under 25 years old, \$25; student rush half-hour pre-performance, \$20. bostontheatrescene.com/season/twelfth-night, bostontheatrescene.com/season/shipwrecked-an-entertainment.

**BESSIE!**

The Cabot presents a fund-raising concert to renovate the theater and celebrate its 100th birthday. Bessie! Empress of the Blues, honors Bessie Smith, Dec. 4, 8 p.m., and features performance icons, director Paula Cole, Terri Lyne Carrington, Shemekia Copeland, Dan Flemons, and more, 286 Cabot St., Beverly, 978-927-3100, thecabot.org.

**SHEILA JORDAN**

The globally acclaimed vocalist returns to The Mad Monkfish, Nov. 30, to celebrate her 90th birthday, along with the Yoko Miwa Trio, at 7 and 10. \$20. Jordan will also teach a master class Dec. 1, 1-4 p.m., \$10-\$25. eventbrite.com/e/sheila-jordans-90th-birthday-celebration-tickets-49614279646?all+efbeventix., master class, event.com/e/ne-master-sheila-jordans-aster-class-tickets-51642321574?all+ebdssbdest-search.

**THE TRIAL OF EBENEZER SCROOGE**

Attleboro Community Theatre presents Mark Brown's seasonal play Nov. 30-Dec. 16: Nov. 30, Dec. 1, 2, 7-9, 14-16, 8 p.m.; Sunday matinees, 2 p.m., 71 North Main t., Attleboro. \$18 online, \$20 at the door. Square up.com/market/attickets, 508-226-8100, senior, student discounts, \$15.

**COEUR DE PIRATE, more**

Award-winning Canadian singer-songwriter-pianist Beatrice Martin performs Nov. 28, 8 p.m., at Paradise Rock Club, standing room only for patrons 18+ years old, 967 Comm. Ave., Boston. Advance tickets, \$25, day of show, \$30. A Boston premiere work by the Boston Dance Theater appears, Nov. 30, Dec. 1, 8 p.m., Institute of Contemporary Art, 25 Harbor Shore Drive, Boston, \$36 reserved seats, \$32 World Music CRASHarts members. Dec. 2, Draco Rosa ramps up the music,

8 p.m., 18+ years old, standing room only at Royale, 279 Tremont St., Boston. \$40/\$48. World Music CRASHarts, worldmusic.org. 617-876-4275.

**POISON OF CHOICE**

Salem State University presents the world premiere of professor William Cunningham, who directs the play, Nov. 29-Dec. 9, in the university's Sophia Gordon Center for the Arts, 356 Lafayette St., Salem: Nov. 29, 30, Dec. 1, 6-8, 7:30 p.m.; Dec. 2, 9, 2 p.m.; \$20; seniors, students 18+, \$15; under 18, free. salemstatetickets.com, 978-542-6365.

**NEW ENGLAND CONSERVATORY**

Jazz ensemble concerts are Nov. 26-29, 7,8,9 p.m., in the Eben Jordan Ensemble Room; followed by more concerts Dec 3-5, 7,8,9 p.m. Faculty member-renowned pianist composer Ran Blake performs with the jazz orchestra Dec. 6, 7:30 p.m., in Jordan Hall, 30 Gainsborough St., boston.necmusic.edu, 617-585-1122.

**A CHRISTMAS CAROL**

Trinity Repertory Theater's holiday classic returns to the theater through Dec. 30, 201 Washington St., Providence, RI.

**OBERON**

Appearing this week at Club Oberon, 2 Arrow St., Cambridge are: Something Strange: A Music and Burlesque Tribute to the Nightmare Before Christmas, Nov. 29, 30, 8 pm., Dec. 1, 1 p.m., tickets from \$15. cluboberon.com, 617-547-8300.

**THE ENCHANTED VILLAGE**

Jordan's Furniture welcomes shoppers and visitors to feel the holiday magic at its Enchanted Village: Monday-Thursday, 11 a.m.- 8 p.m.; Friday, 11 a.m.-9 p.m.; Black Friday, Saturday, 10 a.m.-9 p.m.; Sunday, 11a.m.-5 p.m.; Sundays Dec. 9, 16, 23, 11 a.m.-6 p.m. ; Christmas Eve, New Year's Eve, 10 a.m.-4 p.m.; New Year's Day, 12-5 p.m. In Reading store. Also visit Enchanted Ice, MOM Polar Express Ride, and LITE, the laser imagination theater experience.

**FIREHOUSE EVENTS**

This week, Firehouse Center for the Arts features Joppa Dance, presenting "The Blizzard of Oz," Nov. 30-Dec. 2, Market Square, Newburyport. firehouse.org.

## MIAA DIVISION 4 STATE SOCCER CHAMPIONSHIP

## BLOCKED BY BROMFIELD



**NO DICE:** Bromfield goaltender Ryan Fitzsimmons denies St. Mary's Joseph Thongsythavong and Nolan Perez.



**HIGH STEPPIN':** St. Mary's Olushola George (#10) goes to the air past a Bromfield defender.



**TOE CONTROL:** Connor Mackey performs some footwork.



**ANTICIPATION:** St. Mary's Joseph Thongsythavong (#18), Nolan Perez (#7) and a Bromfield player anticipate an incoming kick.



**SIDELINE SCUFFLE:** Joseph Thongsythavong tangles with a Bromfield defender as a ball rolls out of bounds.



**TOO LATE:** Jackson Nickolau arrives at a loose ball a split second too late.



**SECOND IN THE STATE:** Though the championship game ended with a loss, the St. Mary's Spartans completed a spectacular 19-3-2 season and finished second in Massachusetts Division 4 soccer. Accepting the finalists award are captains Nolan Perez (#7), Joseph Thongsythavong, and Conner Mackey, along with coach Mike D'Agostino and Athletic Director Jeff Newhall.

Photos and Story by Bob Marra robertmarraphotography.com

## St. Mary's Can't Erase an Early Deficit; Spartans Finish Fantastic Season at 19-3-2

A 2-0 deficit in soccer is a formidable obstacle to overcome, but 3-0 is near impossible.

And that was the fate for St. Mary's Saturday night, Nov. 17, at a cold Glatz Field at St. John's Prep as the Spartans fell, 3-1, to the Bromfield High Trojans in the Division 4 State Championship.

The Trojans took control at the outset when Will Armstrong and Jake Catalina scored a pair of goals within a minute of each other before 10 minutes had run off the clock. From that point on, Bromfield formed a shield around goaltender Ryan Fitzsimmons to keep the Spartans at bay. When Charlie Pappas scored late in the first half to make it 3-0, St. Mary's was in hole from which it couldn't escape.

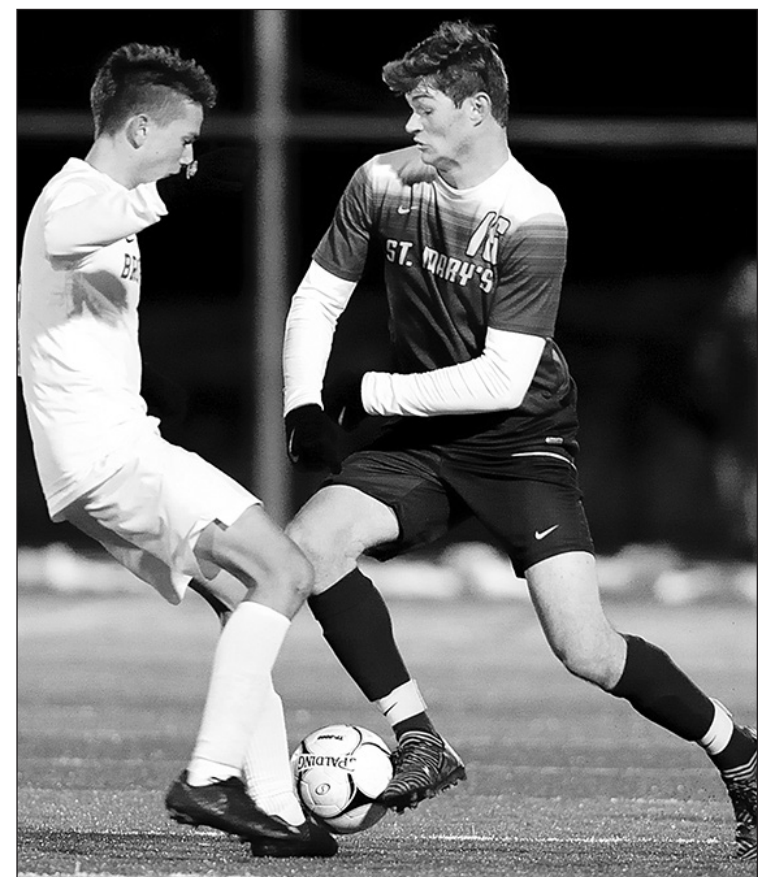
The Spartans tried, that's for sure, and luck wasn't exactly on their side.

A Joseph Thongsythavong shot on a free kick near the

end of the first half almost beat Fitzsimmons but clanged off the goalpost, preserving Bromfield's 3-0 lead. In the opening minutes of the second half, however, Diago DeOliveira launched a free kick from about 35 yards out that cleared a crowd in front of the net and slid past Fitzsimmons to make it a 3-1 game with more than 39 minutes remaining.

The inspired Spartans turned up the pressure, but Bromfield's defense was equal to the task, and Fitzsimmons was immense as he stymied a Kevin Perez attempt on a corner kick and, minutes later, denied Thongsythavong on another corner. The Spartans could get nothing rolling from that point on as Bromfield held tight and claimed its second straight Division 4 title.

The game wrapped up a sparkling 19-3-2 season for St. Mary's.



**ROADBLOCK:** St. Mary's Matt Connolly finds that his path is blocked by a Bromfield defender.

A SPECIAL EVENT AT THE LYNN MUSEUM

# WALKING HISTORY

The Lynn Museum showcased a fascinating experience to all who walked throughout the museum seeing many exhibits displaying the history of the city. Everyone who attended enjoyed the evening by celebrating a stroll down nostalgic lane. State Rep. Dan Cahill demonstrated his skills as an auctioneer. The Lynn Vocational Technical Institute Culinary Arts students catered hors d'oeuvres during the evening and the keepsake booklet was printed by the Graphic Arts Department. Music was provided by DJ Seth of Upside Media in Lynn. The slide-

show presentation produced was by Sue Walker.

Executive Director Drew Russo said, "This was a terrific fundraiser for the museum. My staff did an outstanding job preparing for this event. It was one of the most successful evenings to benefit the Lynn Museum".

The Lynn Museum staff extends a thank you to all the people who came to celebrate "The Walk Through Lynn" and for their support by making it a very joyous and fun evening.



Friendly gathering at the Lynn Museum – Former Lynn Councilor Debbie Smith-Walsh with Richard and Lorry Willis and Janice Perates.



Lynn residents Bill and Dottie Foglietta enjoying "The Walk Through Lynn" exhibits.



Relaxing moment before the live auction – Thomas Demakes of Old Neighborhood Foods in Lynn.



Lynn residents Ann Mannion, Margaret Mannion, Ann McLaughlin, and Theresa McLaughlin enjoy the festivities at the Lynn Museum.



Museum Board Member Daniel Richard and Lynn resident Cheryl Crouse speak with Mayor Thomas McGee.



Ready to bid at the live auction – Carole Mollignano, Belinda Robles, Emina Pineda, Adriel Lopez, and Robert Stewart.



Excited over the gallery showings - "A Walk Through Lynn" – Museum Executive Director Drew Russo, Marissa Walsh, and Museum President Joseph Scanlon.

Cyan  
Magenta  
Yellow  
Black

## A WALK THROUGH LYNN: CELEBRATING OUR CITY



Jubilant Lynn Museum personnel – Andrea Valentine, Sue Walker, Jackie Glass, Richard Valentine, Rouzz Ahmed, and Cleo Haerford enjoy the event.



Remembering Marshmallow Fluff – Danielle Sonia and Lynn School Committee member Brian Castellanos.



Lynn residents John and Laurie Walsh enjoying the many nostalgic displays.



Right: Lynn School Department staff – Lynn Tech teacher Annette Sykes, Art Curriculum Director Patty Klibansky, and Humanities Curriculum Director Shannon Gardner.



A walk through the museum – Pamela Scangas, Mary Demakes, and Patricia Scangas.

## ON DISPLAY AT THE LYNN MUSEUM

### LYNN AT THE GREAT WAR: AT HOME AND ABROAD

This exhibit brings to light how Lynn influenced and was influenced by the events of World War I, both at home and abroad. This exhibit is paired with the Smithsonian poster series, World War I: Lessons and Legacies, which explores the war and its lasting impact on American life at a national level. This exhibition features a rotation of images from the Lynn Museum & Historical Society's photography collection, many of which have never been previously exhibited. Different aspects of Lynn's history, including daily life, architecture, and events, are highlighted, representing our past, present, and possible future. The pictures seen here are reproductions, enlarged to show detail and scale, and to protect the original photograph from light damage.

### FOCUS/FLASH:

#### SNAPSHOTS FROM THE COLLECTION

In the decades around 1900, postcards were social media,

they were e-mail, Twitter, Facebook, and Flickr, all wrapped into one. This exhibition provides an extraordinary and nostalgic window into the cultural, social, and architectural history of early twentieth-century Lynn and its vibrant neighborhoods. We invite you to explore this exhibition of vintage postcards depicting some of the city's famous places and spaces in bygone days. We have postcards available for purchase in our gift shop so you can send your very own!

### INDUSTRY & CRAFT: PEOPLE AT WORK IN LYNN

"Industry & Craft: People At Work In Lynn" explores the different industries of Lynn Massachusetts, and shows that the "Shoe City" has contributed to many revolutionizing inventions and the economy. From early productions such as flax and ice to modern day companies like General Electric, this exhibition displays the artifacts of the Lynn Museum & Historical Society and shares the stories of real people at work in Lynn.



Brandon and Debra Freeman with Kim Wright from Wayne Alarms Security Systems in Lynn.

## NEWS FROM AROUND THE REGION

### NEW TAX RATE SET

CHELSEA – The Chelsea Council voted in the recommended tax rate and a residential exemption of 30 percent, sealing the deal for nominal increases to most residential owner-occupants and decreases for condo owner-occupants.

The lone increase that was notable over last year was for three-family homeowners, who will see a 9 percent increase – or \$449 over last year's bills.

Notably, condo owners are the only property owners that will see a decrease in their tax bills. Condo owners' tax bills will go down 13.3 percent from last year, a different of \$279 on the tax bill.

"This (tax rate) will result in a reduction of the average tax bill for owner-occupant condominiums, but an average tax increase of varying amounts to other owner-occupied parcels," wrote City Manager Tom Ambrosino. "By selecting the 30 percent residential exemption amount, the City Council will have the opportunity to spread the benefit of the 35 percent exemption limit over future fiscal years."

The new residential tax rate, passed with the annual maximum 175 percent shift to commercial properties, came in at \$14.26 per \$1,000 of value. The commercial/industrial rate will be \$29.15.

The values for industrial properties actually did not increase as greatly as residential values, a trend that has carried on for some time.

That, however, could change as industrial/commercial properties in the inner urban communities has become more desirable over the last 18 months. Ambrosino said the property values are from one year behind the market, so there could be some extra relief for residential owners if those industrial property values begin to climb – as some in the industry believe.

"An increase in industrial/commercial property values would be good for residential properties," he said. "The values now are behind the market, and if values do increase going forward, it would offset some of the tax burden. We've made a concerted effort to maintain our industrial areas. We want to keep industrial uses in our industrial areas because there isn't a lot of space available for these businesses and they are good taxpayers. We don't want to lose them."

The average tax bills for this coming year would be:

- Single-family - \$2,690 (1.4

percent increase)

- Condominiums - \$1,821 (13.3 percent decrease)

- Two-families - \$4,024 (6.4 percent increase)

- Three-families - \$5,563 (8.8 percent increase)

- Four-units - \$6,660 (7.3 percent increase)

### OFFICIALS NEGOTIATE THREE AGREEMENTS WITH MARIJUANA OPERATORS

CHELSEA – City Manager Tom Ambrosino said that the City has negotiated three Host Community Agreements (HCA) with marijuana operators looking to establish dispensaries in the City.

Ambrosino said all three HCAs are identical and are really a formality for the dispensaries, which include the one at the former King Arthur's, the one on Eastern Avenue and the one on Webster Avenue at Chelsea Commons. He said the City's policy is they would negotiate an HCA with any entity that had gotten through the process and wanted to proceed to state approval.

"My guess is that it's another year or so before any of them are set up," he said. "It's my understanding that all of the enterprises with HCAs here are not very close to being approved by the state Cannabis Control Commission (CCC)."

The HCAs are the next step after the community meeting, which all three have completed. To go before the CCC, an entity must have an HCA in place, and Ambrosino said the law is clear towards what can be in those agreements.

In Chelsea's case, the City has asked for 3 percent of gross revenues from the sales of marijuana products. Those payments will come annually and will be in addition to the 3 percent local sales tax already approved. The first 3 percent mitigation payment would come 14 months after the dispensary opens.

A second monetary piece in the agreements includes two, \$30,000 payments over two years to the City's non-profits that have an anti-drug focus.

An important aside, Ambrosino said, is that the HCA doesn't mean the City has agreed to support the license of any entity.

"My signing off on these is not a substantive decision on them," he said. "I'm just giving them the chance to move forward and you have to have these in place to move forward. We'll

### ROTARY CLUB OF CHELSEA FRIENDSGIVING



PHOTO BY MARIANNE SALZA

Madelyn Garcia with Rotary Club of Chelsea members Joe Vinard, David Mindlin, Marilyn Garcia, Bory Jimenez, and Hourmat Abdul helped to hand out more than 200 turkeys to friends and neighbors on Saturday, Nov. 17, at the first Friendsgiving at Garcia's new office on Washington Street. The new event brought many neighbors and volunteers to celebrate giving.

make the substantive decisions on these proposals not behind closed doors in a negotiation, but rather at the Zoning Board and Planning Board in a public as part of a process."

Before any of the three dispensaries could open their doors, they would need state approval from the CCC. Then they would have to come back to Chelsea and get a special permit after visiting the Zoning Board of Appeals (ZBA) and the Planning Board. If that permit is achieved, they would then have to get a license to operate from the Chelsea License Commission.

Only then could an establishment open for business.

### PLANNING BOARD APPROVES BREWERY SITE PLAN ON THE PARKWAY

EVERETT – Everett's reputation as a haven for craft beer brewers - and lovers - will only grow with the recent Planning Board approval of the site plan for BearMoose Brewing Company at 1934 Revere Beach Parkway.

The Board approved the plan for the 5,500 square foot brewery and tasting room at its meeting on Tuesday, Nov. 13.

BearMoose Brewing will have seating for up to 120 people in the tasting room, and customers will be able to buy and take home growlers of the craft beer, but there will be no deliveries made from the business to other stores or restaurants, according to co-founder Jeff Wetzel.

"It's an old machine shop that has been renovated a few times," said Wetzel. "There are two other tenants in the building, and our access would be on the side."

There will only be one parking spot on site, according to Wetzel. Due to the age of the building, zoning regulations do not require any dedicated parking spots on site.

Wetzel said there is street parking on Spring Street, as well as several public parking lots nearby.

However, Wetzel said there could be an opportunity for the brewery to add some parking if the used car lot currently on the property doesn't renew its lease.

City Councilor Wayne Matewsky said he supported the brewery plan.

"The landlord is a responsible member of the community, and if he vouches for this tenant, that is good enough for me," said Matewsky.

Adding the brewery on Revere Beach Parkway would only extend the type of positive de-

velopment seen with the opening of the other craft breweries in the city, he added.

The Police Department was in favor of the application, provided the brewery installs a video surveillance system for the property.

The City's Transportation Department recommended the installation of up to a half-dozen bicycle parking spots on the property.

"We knew a lot about Everett because of the breweries that are already here and we loved the idea that Everett was very friendly to breweries," said Wetzel in an earlier interview. "We know Everett has a great reputation for helping breweries along, but truthfully I never thought we would be able to afford anything in Everett. By chance, we came across this place and it was in our budget and had all the characteristics we wanted – exposed structures and wood beams. We always said it would be great to be in Everett. We found this place and started talking with the City and everything was positive. With all the other development going on and things going in, we just wanted to be a part of that whole scene."



## News // CONTINUED FROM PAGE 8

### CITY COUNCIL VOTES AGAINST HOUSING INSPECTION CHANGE IN SECOND RULING

EVERETT - In a turnaround from the last Council meeting, the majority of councilors on Nov. 13 were opposed to an amendment offered by Councilor Mike Marchese during Tuesday evening's Council Meeting regarding a change in the housing inspection ordinance.

Marchese's change passed the Council during the last meeting, and involved changing the word 'must' to 'may' so that the inspections for an occupancy permit became voluntary. After the vote, City Departments and Fire Chief Tony Carli sounded off on the change, saying it created a dangerous situation.

The ordinance states that the owner must request a legal use of status from the Building Department of the City of Everett. Marchese proposed that property owners may allow inspection of a tenant's unit as opposed to it being mandated.

While Councilor Anthony DiPierro expressed the desire to discuss the matter further, the vote proceeded without continued discussion, being defeated 3-7.

Councilors Mike Marchese, Wayne Matewsky, and Leo McKinnon were the only officials in favor of the amendment.

•Meanwhile, the City Council officially approved the \$2.5 million Chapter 70 funding on Tuesday evening, Nov 13, with a vote of 8-3.

The money has caused much debate since Sen. Sal DiDomenico's efforts to obtain it in the State House came to fruition. Initially, Mayor Carlo DeMaria expressed wanting to use the funding to offset taxes throughout the city. In a previous School Committee meeting, Sen. Sal DiDomenico stressed the importance of allocating the money to the schools specifically in order to maintain a positive reputation going forward for Everett's benefit in the State House.

Ultimately, Mayor DeMaria agreed that the money should be allotted to the school in order to hire teachers and staff to reduce the amount of students in overcrowded classrooms.

During the meeting, the vote proceeded swiftly without discussion.

In addition to opposition

from Councilor Steve Simonelli, Councilors Fred Capone and Mike McLaughlin opposed the vote in favor of further discussing the matter on the floor.

Councilor Rosa DiFlorio stressed that the matter has already been discussed extensively, and ultimately, the majority of the council agreed to approve the money.

### BORDER STREET PROJECT CLEARS ZONING HURDLE

EAST BOSTON - One month after a project on Border Street received Boston Planning and Development Agency Approval, the Boston Zoning Board of Appeals (ZBA) has signed off on the project.

Last week, the ZBA approved the project by developer MG2 at 277 Border St. There was no opposition to the project at last week's ZBA hearing.

MG2 plans to eliminate an existing auto-body shop to construct a five-story, mixed-use development with 18 units and parking for eight vehicles.

The project was supported recently by members of the Eagle Hill Civic Association (EHCA) who worked for months on the project's design, scale and mitigation to local non-profit organizations.

The building will feature 18 condominium units, made up of 16 market-rate units and two affordable units under Boston's Inclusionary Development Policy (IDP). In addition, the building will also have one ground-floor commercial unit. There will be eight off-street garage parking spaces located at-grade level. Bicycle storage and a trash/recycling room will be located within the ground-level of the building. The 18 condominium units will consist of a mix of four studio units, 11 one-bedroom units, two two-bedroom units, and one three-bedroom unit.

MG2 has committed \$10,000 contributions to both the East Boston Social Centers and the East Boston Greenway. The East Boston Social Centers contribution will be used to fund youth athletic and enrichment programs, while the East Boston Greenway contribution will be used to fund construction and improvements.

The building would be a modern design with large windows and a mix of metal and wood materials. According to the BPDA, the project will create about 40 construction jobs.

### LICENSING COMMISSION SUSPENDS LICENSE

REVERE - The License Commission has suspended the liquor store license of D & L Discounts Liquors, 653 Broadway, for two days, Nov. 26 and Nov. 27. after a former employee was caught dealing drugs on the job.

According to store manager Magdy Ghaly, it was true that an employee he had for a short time of four weeks had been arrested and charged with dealing heroin and cocaine. The employee was arrested on Oct. 2 by the Revere Gang Unit

Ghaly said he knew nothing and hasn't had a problem in the 20 years he's owned his business.

"There's no benefit at all for someone like him to work for me," Ghaly said.

Commission Chairman Robert Selevitch noted that the business has been cited in the past for selling to underage patrons.

"It doesn't sound like management is under control," Selevitch said, even though the owner is on the premises and monitors his business via telephone.

Ghaly said a previous employee had recommended the employee and he did not conduct a background check thoroughly. Ghaly added that he even uses an identification scanner in the store.

"We want you to run a clean business for the city and yourself," Selevitch said.

Commissioner Linda Guinasso said the business is in a residential area and in the area of two schools.

"This won't be tolerated in this city," Guinasso said.

In other commission business: The commission was given updates in licenses held by D'Amelio's Off the Boat Restaurant and the Revere Lodge of the Local Order if Moose #1272. In both instances had a change in member and management and never contacted the License Commission about the changes.

"I find it troubling you haven't been forth coming," Selevitch said about D'Amelio's. "And your last application to the commission was weak."

Antonietta D'Amelio, manager, explained that they are waiting on refinancing and paying off \$14,000 in fees to the Department of Revenue.

The Moose Lodge, 470 Broadway, is also going through some changes that effect the liquor license. Commissioner Guinasso admitted she was a member of

the Lodge and had been for 30 years, but she added, the situation before the commission had no bearing. Things got so bad for the club that Moose International had to be brought in to make sure operations were being properly conducted.

Kelly Freeman, the Moose clerk, admitted the bar has been running for nine months without a manager. The previous manager, Wesley Clemons, has moved to Florida. It was noted that the social club had lost half its members and the club was behind in lottery payments, city taxes and water and sewer charges.

### WONDERLAND DOG PARK STRUCTURE GONE

REVERE - Ward 5 Councillor John Powers recalled the motion that he and Councillor-at-Large Bob Haas made three years ago to demolish the Wonderland Greyhound Park administration, grandstand, and clubhouse buildings.

Last week Powers saw the end result of the motion he co-sponsored with the late Mr. Haas, as the last portion of the Wonderland grandstand was demolished, leaving only a clean-up of the site remaining.

"I'm very happy that the demolition has taken place and the clean-up will be done by mid-December as promised," said Powers, who visited the site often to follow the demolition efforts. "It is now a much more attractive site for any potential developer coming in, rather than having those buildings there."

Powers said the site has "plenty of potential" for developers.

"That's why Bob Haas and I put in the motion," said the councillor, adding that he would like to see a commuter rail station constructed behind the Wonderland site.

### SHIRLEY ST. PROPERTY ZONED SDOD

WINTHROP - For years, 413-415 Shirley St. has served as a home to a theater, a motor shop and an ambulance service, and now that the Town Council has given the property the Special Development Overlay District (SDOD) designation. It will become housing or mixed-use.

Brothers and builders Mike and Paul Ferrara, M&P Realty, hope to build 10-20 condominiums on the 12,214 square-foot lot, with parking on the first lev-

el. The area is zoned RB - residential B.

Cipoletta said there are a couple of concerns from the Inspection Services Department and M&P Realty is prepared to come and shore up the building.

"This is a commercial building in a residential area," said the builder's attorney James Cipoletta. "The SDOD was invented for this."

The purpose of the SDOD to encourage and redevelop into reuse existing non-residential properties in a manner compatible with the surrounding neighborhoods and commercial areas to prevent deterioration of these non-residential buildings that have become obsolete, Cipoletta explained.

Although plans aren't yet laid out, the builders do plan on condominiums.

Each floor will have a one bedroom and the other units on the floor will have two-bedrooms. There will be an elevator and up to four stories above the parking level. On average each unit will be about 1,200 square feet.

M&P Realty purchased the property for \$775,000.

Other SDODs in Winthrop include the old Winthrop Hospital which was turned into The Arbors, The old Dalrymple School, which became housing, the old Playmakers property on Hermon Street and an old nursing home on Pleasant Street turned into condos.

"Every one of those properties is like a feather in the cap for the town," Cipoletta said.

The 413-415 Shirley St. proposal did go before the Planning Board last month and the board ended the discussion with a 3-3 tie vote.

"This zoning designation gives more control to the town than to the developer," Cipoletta said. "The town gets to condition whatever project comes out. It's a give and taken with a certain area for forgiveness in perhaps parking."

The project now goes back to the developer to submit plans to the Site Plan Review Committee, because it is a project that exceeds 5,000 square feet. Then more detailed plans will be drawn up for the Planning Board. A public hearing would be held on the plans.

"It's a very tightly controlled process," Cipoletta said.

# 'Sounds of Christmas' concert set for this Sunday in Revere

Music Director Robert Lehmann and the North Shore Philharmonic Orchestra return to St. Anthony's Church this Sunday Dec. 2 for the annual Robert A. Marra Memorial "Sounds of Christmas" Concert. The concert gets underway at 4 p.m.

As has been the tradition since 1990, admission to the concert is free, but everyone attending the concert is asked to bring a generous donation of non-perishable food to benefit the Revere Food Pantry. This year's concert is Principally Sponsored by Global Partners LP, Bocchino Insurance, Action Emergency Services, RCN, and Comcast.

North Shore Philharmonic Orchestra president and concert co-chair Robert Marra Jr. emphasized the food drive that is associated with the concert named in his father's memory. "Of course, we all love the music and the holiday feeling that the concert evokes, but the food drive makes it special because it exemplifies the true meaning of the holidays, the sense of sharing and helping others," he said. "When the people who come to the concert fill up the donation bins with food, it magnifies the generosity of the businesses that sponsor the concert." Last year nearly three tons of food was delivered to the Revere Food Pantry the day after the concert.

The tradition began in 1976 when North Shore Philharmonic Orchestra first came to play a holiday concert at Revere High School as part of the city's celebration of the nation's bicentennial. The concert moved to St. Anthony's beautiful sanctuary the following year. "The concert was a tremendous success right from the start. Every year someone tells me how this concert has been part of their family tradition for so many years."

Continuing a recent tradition, Revere High School senior Rebecca Villatoro will narrate an original essay as part of the concert program. "We started



Santa makes an annual visit.

this four years ago," said Marra. "(School committee member) Carol Tye and RHS Writing Director Allison Casper organized a competition to select a student's original essay about the meaning of the holidays. It's a chance to have a student's voice city deliver a meaningful message. And it ties Revere High to the concert, something my father would appreciate."

The concert is named in memory of violinist Robert A. Marra, a lifelong Revere resident and teacher at Revere High School who was concertmaster of the Orchestra for over 50 years before his death in 2002. "He played his last 'Sounds of Christmas' in 2001, and, remember, that was the year of 9/11. The concert was part of the healing process for everyone, the beginning of the holidays after a very difficult year."

Vocalist Susan Pepper will lend be the featured singer. "What's Christmas music without singing?" Marra asked. "Susan has a wonderful voice and personality and the audience will enjoy her tremendously." Ms. Pepper will sing several solos during the concert and lead the audience in the traditional "Sing-a-long"

The Revere audience that packs St. Anthony's is as much a joy for the Orchestra as the concert is for the patrons. "At this

time of year, musicians can be pretty busy, and it is demanding work, but they all love coming to Revere where the audience is so attentive and enthusiastic," said North Shore Philharmonic Orchestra Music Director Robert Lehmann.

Marra expressed his deep appreciation to the concert sponsors Bocchino Insurance, Global Partners LP, Action Emergency Services, RCN, and Comcast. "No words can adequately convey the appreciation I have for the sponsors," he said.

Listing the sponsors, Marra said "Dom Bocchino joined up with the concert in 2005 as a principal sponsor and has served as an invaluable concert co-chair. Global Partners LP has been with us now seven years. Revere's Cable TV provider has been part of the concert from the very beginning, and until this year that always has been Comcast and its predecessors, and now that RCN has come to Revere, they have joined in this great tradition. Mike Zaccaria at Action became part of the tradition more recently, and he is always an enthusiastic supporter of events in Revere, and we are glad to have him as part of this tradition."



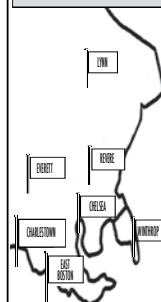
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# FRESH AND LOCAL Caring for fresh food

by Penny & Ed Cherubino

This is a time of year when the topics of taking care of leftovers and food safety gain some attention. For some households this is the only time they prepare large meals and have a lot of leftovers. Caring for fresh food is not as easy as tossing processed food in a cupboard or freezer. However, it simply requires a set of skills you can learn. Developing your own plan for mastering fresh food purchasing, storage, and care will not only improve your diet and health, but will also save money by reducing food waste. By now you have heard from many experts that you should thaw proteins with care under refrigeration. The FDA says, "Hot foods should be kept at an internal temperature of 140 °F or warmer." And, "Cold foods should be kept at 40 °F or colder." Finally, "Remember the 2-Hour Rule: Discard any perishables left out at room temperature for more than 2 hours, unless you're keeping it hot or cold."

chillbox. In almost all cases, you should not wash your fruit until you are ready to use it. Lettuce and greens can be washed ahead if you make sure to dry them thoroughly and store them in an appropriate container.

**Refrigerator Skills**  
We recently replaced our refrigerator. This meant running down our fresh food supply before the delivery and making plans for keeping things fresh for a few hours while our new appliance reached safe temperatures. We added a digital thermometer with separate sensors for the refrigerator and freezer. By moving the sensors to different spots in the appliance, we learned the temperature difference on each shelf. This was an opportunity to rethink how we organize our refrigerator and freezer and how we use the space. We made some changes that reflect how we eat today versus how we ate years ago when we first developed our refrigerator use habits. Our door shelves are now filled with healthy snacks and beverages. The condiments and sauces

that once occupied this handy space are on turnstiles in the back of the top shelf with our containers of fruit and berries and lettuce in front of them. Highly perishable food like meat or cooked foods are kept on the coldest bottom shelf. When was the last time you reorganized your refrigerator? Maybe making more room for holiday meals could serve as an incentive to rethink your current fresh food storage system.

*Do you have a question or topic for Fresh & Local? Send an email to Penny@BostonZest.com with your suggestion.*



(PHOTO COURTESY OF THE USDA)

**Adding thermometers to your refrigerator will enable you to check its efficiency and show you where to store foods for optimum food safety.**

### Buy, Prep, Store & Use

It all starts with buying the freshest food, in the best possible condition, from reputable sources. When you arrive home, take time to prepare the food for storage in the appropriate spot in your kitchen. We transfer many produce items from their plastic bags or clamshells to clean refrigerator containers lined with a paper towel. As you make the transfer, look for and remove any leaves or fruit that show damage. One crushed berry or soggy leaf can speed the deterioration of the rest. Learn how to store your favorite fresh foods. Do an online search for the fresh food you use all the time and find tips for keeping it in top condition. You might learn that tomatoes should never be refrigerated. Apples, pears, and stone fruit can stay in the fruit bowl, but if you have more than you'll eat in a few days, you may want to have some wait in the

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## DiViriglio Financial Group renews charitable commitment

For more than two years, the Family Caregiver Support Program at Greater Lynn Senior Services (GLSS) has been providing social and emotional support to people living with memory loss and their caregivers at the "In the Moment" Memory Café. This monthly event, which meets for two hours on the third Thursday of each month at the Lynn Museum, has been made possible through the generous financial support of DiViriglio Financial Group. The Lynn-based firm

recently announced that it will continue funding the program through a \$2,500 donation.

"We all know people whose lives have been affected by Alzheimer's disease and dementia," says Brian R. Thomas, president of DiViriglio Financial Group. "As a community, we need to do whatever we can to support people living with these devastating diseases." Thomas challenged other local businesses to get involved through financial donations to the program. "A do-

nation to this program is an easy but meaningful way to show your support of this important work." According to the Alzheimer's Association, one in nine people age 65 or older has Alzheimer's disease or dementia and that number is expected to grow dramatically as the increasing population of baby boomers continues to move into that demographic category.

"Caregiving for someone with memory loss can be very rewarding and one of the most important things a person ever does, but it can also be very frustrating and isolating," says Debby Segil, LICSW, who directs the Family Caregiver Support Program at GLSS. "The Memory Café provides an opportunity for socialization, networking with others experiencing similar challenges, and a chance for the caregiver and the person they care for to do something together that's fun and engaging." Recent program themes have included "Under the Big Top," with a live circus



Members of the DiViriglio Financial Group present a check to GLSS official.

performer; "Space: The Final Frontier," featuring a "who's who" of actors from space movies; and "A Day at the Beach," a celebration of all things summer. "We offer a variety of activities and projects every month for people of all cognitive and physical abilities," says Taylor Lamberta, LICSW, the family caregiver support specialist at GLSS, who develops the programming each month. The memory café regularly attracts as many as 30 guests.

We cannot thank DiViriglio Financial Group enough for the tremendous support of—and vote of confidence in—our work," Segil says. "Their funding has allowed us to build an amazing program that has really had a positive impact on the lives of people living with memory loss and their caregivers, many of whom have formed

strong bonds and friendships." She also thanked the Lynn Museum/Lynn Arts, which provides use of their facilities at no cost. "We are so lucky to have such a beautiful and welcoming space for our program," Segil adds.

The Family Caregiver Support Program at GLSS provides free support to caregivers in Lynn, Lynnfield, Nahant, Saugus, and Swampscott. Currently, the program offers information; referrals to services; one-on-one and family counseling; multiple support groups in our area; home safety assessments; and trainings and educational programs for caregivers.

To learn more about the "In the Moment Memory Café" or about caregiver supports offered by GLSS, call 781-586-8511 or e-mail [tlamberta@glss.net](mailto:tlamberta@glss.net).

## Super Bowl// CONTINUED FROM PAGE 1

quarterback [Derek O'Leary] is a very good athlete and has some big targets like No. 6 [Eni Flayai]. And their running backs [George Freeman, Jalen Echevarria, Connor Donohue] are athletic, tough and like to run between the tackles. And as the game wears on, the better they get. It's certainly a challenge for us to match their physicality and speed."

Interestingly, Blackstone and Nipmuc Regional (a school that is located across the street from Blackstone and is playing in the Division 5 Super Bowl Saturday), chose to cancel their Thanksgiving game last week, rather than playing what would

have amounted to a JV game, according to Archibald. Blackstone is located in Upton and draws students from 13 communities in the Blackstone Valley area of central Massachusetts.

So the stage is set for a showdown for the state championship between Blackstone and St. Mary's. Can St. Mary's head coach Sean Driscoll and his coaching staff and players contain another high-scoring opponent as they did so successfully in a 22-11 win over Cohasset in the state semifinals?

The kickoff is set for 11 a.m. on the biggest stage in high school football.



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