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THE LYNN JOURNAL

Tuesday, November 26, 2019

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READY! SET! GO!



Ready! Set! Go! – Runners off and running the 18 Hole - Par 70 - 3.6K Lynn Parks and Recreations cross country course at Gannon Golf Course. See Page 5 for more photos.

Michael Sweeney awarded Patriots Difference Maker of the Week

Special to the Journal

Nine years ago, the Kraft family and the New England Patriots Foundation introduced a season-long theme called Celebrate Volunteerism. The main focus of the initiative was to recognize community volunteers and to promote the importance of volunteering.

Since its inception, New England Patriots players, coaches and alumni have donated tens of thousands of hours to giving back to their New England communities. During their weekly off day, Patriots players volunteer throughout New England to support children and families in need. Patriots season ticket members have also teamed with Patriots players to better their communities.

Throughout the 2019 season,

Please see SWEENEY Page 3



Michael Sweeney from Lynn, Mass. was selected as a 2019 Patriots Difference Maker of the Week for his volunteer efforts at the Military Friends Foundation. Michael has been invited to take part in a special in-game ceremony at the Patriots final regular season home game against the Miami Dolphins on Sunday, Dec. 29.

School Committee approves contraceptive availability plan

By Kate Anslinger

Parent, students, and health care workers were present at last week's school committee meeting to voice their concerns surrounding the Lynn Community Health Center Contraception Availability Proposal. The topic arose last spring, when the Lynn Community Health Center approached Lynn Public Schools, demonstrating a plan to make birth control pills, condoms, and Depo-Provera, a contraceptive injection, available to high school students.

The committee agreed to approve the plan with the stipu-

lation that the parental consent form is updated and an administration rollout plan is developed. Currently, the Community Center is only allowed to educate students and send them back to

the main health center where they can get more information. With the plan adopted, the health

Please see APPROVES Page 3



The Independent Newspaper Offices will be closed
Thanksgiving Day, Nov. 28th and Friday, Nov. 29th
The deadline for Thanksgiving week issues is Friday, Nov. 22



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The Greater Lynn Chamber of Commerce, the City of Lynn, and Downtown Lynn Cultural District are partnering to host the Festival of Lights event in Central Square!

This event will take place on Small Business / Fair Saturday, so all are encouraged to shop small, dine small and join us for a Tree and Menorah lighting at 4pm!



Hot chocolate will be available, courtesy of The Lynn Salvation Army! The St. Mary's Choir will perform at the event as well as the All-City Marching Band! Bring your family and friends and get into the holiday spirit!

Approves/ CONTINUED FROM PAGE 1

center staff will be able to offer birth control and condoms after a student is thoroughly interviewed. Parents can opt in or out on the consent form that will be sent home.

After receiving parent and community feedback over the past few months, the committee was armed with knowledge on the topic, and prepared to tackle appropriate questions. One of the major concerns from parents and committee members was the promotion of birth control.

"We aren't just handing out condoms from a fishbowl in our office, we are educating students on healthy relationships," said Julie Chan, Pediatric Nurse Prac-

itioner who work for the Community Center at Lynn Tech. "We encourage them to ask their parents first, talk to their families and doctor, if that doctor is not one of our staff members."

During the decision making process, the Community Center staff goes through the students' medical history, past medications, family medical history, as well as educating them on healthy relationships.

"We go through the pros and cons of what they decide and we assess for healthy relationships. Safety is the first priority and we make sure that they don't feel like they are being guilted into having sexual intercourse. The

conversation always starts about where they are learning about relationships from and hopefully, they are getting this information from their parents and not from movies, television and the internet."

Chan clarified that the visit is not a simple 15-minute interview, and instead, it takes several hours and even days to assess a student for safety and readiness.

"When a child approaches us and they are already sexually active, that is when we feel the need to keep them safe by providing them with birth control and condoms. They are already doing these things and they are asking us for help with protec-

tion of pregnancy or STDs."

In the month of September alone, Chan witnessed 21 cases of chlamydia, a sexually transmitted disease. Last year there were 57 pregnant minors in Lynn, 12 percent of which were second pregnancies.

Chan confirmed that the parents are contacted if she feels that there is a safety risk.

"I have called parents when a kid has asked me to help them talk to their parents about these services," she said. "We try to encourage these things. We are encouraging these kids to be adults, to come to school on time, to do their homework, all these things. And when we tell them that we are not allowed to give them birth control, we are creating a roadblock for them."

Another major concern of parents is the side effects of birth control pills on students who have allergies or are on other medications.

In most cases, the student's Primary Care Provider (PCP) is a staff member of the Community Health Center, and electronic records can be checked to review other medications or allergies. In the event that the PCP is outside of the network, staff members call the PCP with the student's consent.

"There are very few contraindications to birth control," said Medical Team Lead for the School-Based Health Center Program, Linda Galligani. "If the child is unclear on their medical history, we call their out-of-network PCP to answer any questions, and in the majority of cases, the students have no problem with us doing this and they are typically in the room with us when we call their doctor. We

will also conduct checkbacks to see if the student has any side effects."

Another major concern of the program is the clarity of the consent form.

"I want to make sure that everyone is aware of what we are going to offer in our schools," said school committee member, Michael Satterwhite, who shared that he is the brother of a teen parent. "I'd like to see the family planning portion of this communicated on the consent form that gets sent home. Sex is an adult thing that comes with emotions and baggage, so I want to be sure we are sending accurate information home and conveying this to the parents."

Currently, there are eight full service school based health centers in the Lynn Schools, staffed with behavioral health counselors, medical nurse practitioners, and professionals qualified to prescribe medication. Last year, the community center conducted 9,000 visits with students, dispersed 3,000 immunizations, and immunized 1,300 students. The majority of students go to the community center to visit their Primary Care Physicians (PCP) for regular visits, saving parents both work and travel time. The Community Health Center cares for 42,000 Lynn residents and is present in 17 of the community's schools. There are 50 staff members who serve the full medical team that works in the schools, providing a professional level of care that is credentialed at both the state and federal level.

Prior to the plan being put into effect, parents, teachers and students can get more information regarding healthy relationships at: <https://kidshealth.org/>.

Holiday Gift GUIDE

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School Committee joins city and adopts green community designation

By Kate Anslinger

Mayor Thomas McGee successfully urged school committee members to adopt the green community designation at last week's school committee meeting. The school committee's adoption of the policy is the last remaining step for Lynn on its way to becoming a green community.

Prior to the committee agreeing to adopt the policy, Chairman of the School Committee, McGee, followed up on a presentation that was held at the March 11th school committee meeting, sharing the most updated information that the City of Lynn had checked off on its list of required criteria with the State Department and energy resources. In turn, McGee shared the two remaining criteria that would need to be adopted by the school committee to move forward. As part of the policy, the city and schools would need to abide by the fuel efficient vehicle purchase policy, which requires the commitment to purchasing fuel efficient vehicles that meet the mile per gallon standard set by the green community division. This does not mean that current vehicles need to be replaced. Instead, when these vehicles are due to be replaced, fuel efficient vehicles must be purchased, with the exception of emergency and heavy duty vehicles. According to vehicle inventory, the school currently has ownership of two Ford Crown Victoria's, two Ford Taurus cars, and two exempt (emergency or heavy duty) vehicles.

The other remaining policy that would need to take effect is the energy use baseline and energy reduction plan, which the city is currently working on. This requires the city to create an energy use baseline for 2018, which accounts for the entire city and school's energy use. The goal is to reduce the baseline by 20 percent over five years. The projects

in the energy reduction plan are subject to being awarded grants and project awards will be eligible through the designation process. If new or different projects arise, they may be included as part of the grant application, and in turn, the majority of the benefits will go to the school. There are \$23 million worth of potential projects which will save an estimated \$1.83 million per year. An estimated \$18 million of that money will go toward the school buildings, saving an estimated \$900,000 per year.

By adopting the plan, there is no financial commitment required by the city or schools, and additional projects not identified in the plan can still be applied for through the green communities' designation and grant program. According to McGee, all projects that the City of Lynn identified are viable projects that would improve building systems, infrastructure, and save the city significant amounts of money on an annual basis. Currently, out of the 351 municipalities in the state, 240 of them are green communities.

"I'm asking that we adopt this tonight," said Mayor McGee. "I think it's great for us to get into the green community designation. We have an ability to save money for both the city and the schools. I think we should finish what our requirements are and move forward on this."

Once designated as a green community, Lynn will receive a designation grant of \$500,000 to be used on energy conservation at city facilities and will be eligible to participate in the green communities' annual competitive grants of up to \$250,000.

"I think at the previous presentation it was pretty clear that this would be beneficial to the school and the city," said School Committee Member, Michael Satterwhite. "For the last two years we've been pushing for grant money and I think this goes along with what we've been saying."

Sweeney/ CONTINUED FROM PAGE 1

the foundation will continue its Celebrate Volunteerism initiative by teaming with nonprofit organizations to educate fans about the need for volunteering, highlighting deserving volunteers from across the region and seeking to inspire Patriots fans to become lifelong volunteers. The foundation will present a weekly "Patriots Difference Maker of the Week" award, which recognizes deserving volunteers who go above and beyond to support their New England communities.

"Volunteerism is at the heart of giving back and bettering our communities," said Patriots Chairman and CEO Robert Kraft. "We will continue to honor and thank the many deserving volunteers in our region that are often not recognized for their valuable contributions. Through this Celebrate Volunteerism initiative, we hope to inspire Patriots fans to make a difference and become lifelong volunteers."

Michael Sweeney from Lynn, Mass. was selected as a 2019 Patriots Difference Maker of the Week for his commitment to the Military Friends Foundation.

Established after the 9/11 terrorist attacks, the Military Friends Foundation is a nonprofit organization that has provided millions of dollars in aid to military families. They offer grant programs and community empowerment events in support of families who have faced hardships related to military service.

Having served five years in active duty in the Army, including a deployment in Afghanistan, Michael understands the challenges that many returning military members encounter. For the last ten years, he has been an active and invaluable volunteer for the Military Friends Foundation. He has spent the last six years on the board of directors, working with service members and Gold Star families in their time of need.

Michael has been the leading force for the organization in advocating for the inclusion of Gold Star families of all eras for financial support benefits. In doing so, he has secured an average of \$200,000 annually for Gold Star families through the Military Friends Foundation's "Heroes Salute" program. This program provides immediate support for families who have lost a service member and helps to cover funeral expenses, transportation, lodging, and much more.

"The Kraft family and the Patriots put honoring veterans and our military front and center in everything they do," said Michael. "It's great to see and I can't thank them enough. The work the Military Friends Foundation does to help soldiers, veterans and military and Gold Star families is inspiring. I'm proud to be a part of it."

Most recently, Mike led the charge in creating the "Warrior MWR" program, bringing to-

gether veterans, military families, caregivers and families of the fallen for free activities before, during and following a deployment. Through this program, veterans from all conflicts have joined forces to lend support for their fellow veterans in a relaxed setting. It has allowed the nonprofit to grow their peer-to-peer support system and increased veterans' access to supportive resources.

Michael is now a Staff Sergeant in the Massachusetts National Guard and serves as the veterans services direct for the city of Lynn. He has been an advocate, mentor and shoulder to lean on for hundreds of military members and their families.

"Volunteerism is the backbone of any strong community," said Michael. "That's no more true than when it comes to veterans and their families. The bottom line is that we have to take of one another."

Fifteen individuals will be named Patriots Difference Makers throughout the season. The outstanding volunteers will be recognized on the Patriots website and will be honored during a special ceremony at the Patriots final regular season home game against the Miami Dolphins on Sunday, Dec. 29.

Fans are encouraged to nominate a local volunteer for the Patriots Difference Maker of the Week award by visiting www.patriots.com/community.

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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 religious meaning, no national-celebration connotations, and no required gift-giving. It lacks the commercialism, religiosity, 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 a world in which there are more refugees than at any time since the end of World War II.

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.

ENJOY THE HOLIDAY SAFELY

We would be remiss if we did not remind our readers to enjoy the holiday weekend, but to do so safely.

And specifically, we really mean only one thing: Do not drink and drive, nor allow friends & family members to do so.

The vast majority of Americans will have wonderful family get-togethers that will create memories that will last a lifetime.

However, for some, the stresses of the holiday season often express themselves in drinking too much, which in turn can lead to tragedies. Alcohol abuse by a family member by far is the biggest problem faced by many families, whether it is a son or daughter, mother or father, or brother or sister.

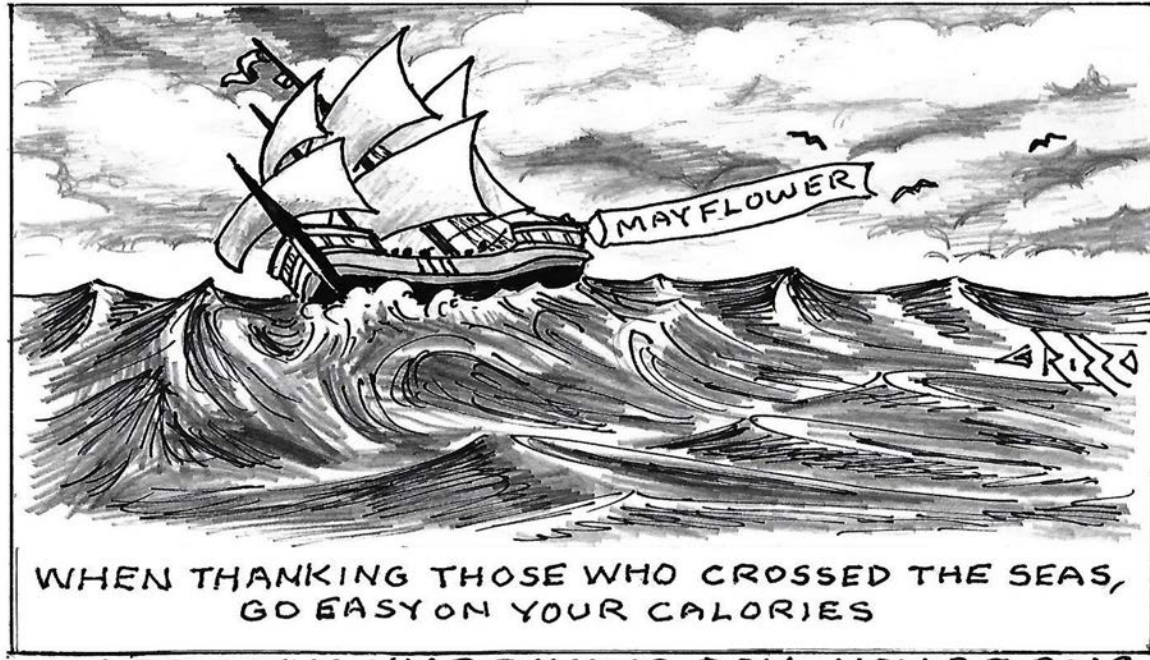
Intoxicated driving rates as one of the leading causes of accidental death in our society. More than 10,000 Americans die -- and tens of thousands more are seriously injured -- in auto accidents caused by impaired drivers every year.

All of us have a role not only in ensuring that we ourselves do not become one of those statistics, but also in preventing a friend or family member from becoming one.

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



HAPPY THANKSGIVING DAY.. NOV. 28, 2019

State Fire Marshal offers Thanksgiving safety tips

"Firefighters are busier on Thanksgiving Day than any other day of the year because this holiday has the most home fires, and the majority are cooking fires," said State Fire Marshal Peter J. Ostroskey. "As your families gather to celebrate this holiday, keep everyone safe. Start by making sure you have working smoke and carbon monoxide (CO) alarms."

Cooking Safety Tips

Cooking activities have been the cause of 87 percent of the 651 Thanksgiving Day fires in Massachusetts over the last five (5) years. State Fire Marshal Ostroskey offered these cooking safety tips that everyone can follow to prevent fires:

- 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 oven 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.

Thanksgiving 2018

"Last Thanksgiving, firefight-

ers across the Commonwealth were busy responding to the 145 fires that caused several injuries and over \$500,000 of damages," said Ostroskey.

•At about noon, last Thanksgiving, the Gardner Fire Department was called to a cooking fire in a 100-unit apartment building. The fire started on the fifth floor. There were no injuries in large part because working smoke alarms alerted the occupants and a single sprinkler head activated and put out the fire before it could spread. Total damages from this fire were estimated to be \$225,000.

•At around 4 p.m. last Thanksgiving, the Woburn Fire Department was called to a cooking fire in a single-family home. The fire

was confined to the electric oven and no one was injured. Damages were estimated to be \$2,250.

Turkey Fryers

The National Fire Protection Association (NFPA) discourages the use of outdoor gas-fueled turkey fryers that immerse the turkey in hot oil. There are no outdoor turkey fryers that have a listing from an independent testing laboratory such as UL or ETL. The NFPA states that home use of "turkey fryers that use cooking oil, as currently designed, are not suitable for safe use by even a well-informed and careful consumer." This risk of an oil spill or the ignition of spilled oil is quite high. They

See SAFETY TIPS Page 9

THE LYNN JOURNAL

PRESIDENT: Stephen Quigley

EDITOR IN CHIEF: Cary Shuman cary@lynnjournal.com

PHONE 781-485-0588 // FAX 781-485-1403

EMAIL: EDITOR@LYNNJOURNAL.COM

WEB SITE: WWW.LYNNJOURNAL.COM

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PARKS AND REC USES GANNON FOR A CROSS COUNTRY RACE COURSE CORRECTION



Lynn Parks and Recreation Race Committee members – Kayla Walleston and Meghan Leavitt.



Enjoy a warm cup of coffee – Tom Lima and Paul Schell.

Lynn Parks and Recreation hosted a cross-country race over the hills and through the woods at Gannon Golf Course. A cold breezy morning could not stop 24 dedicated runners. They faced challenging steep inclines and unimaginable terrain along the race course that touches all 18 Holes. The race course was redesigned to 3.6 K from 5 K due to frost conditions.

Winning the top men’s Division was Lynn Classical High School Indoor Track Coach Warren MacPhail with a time of 21:10. Freddi Triback of Lynn ran a time of 23:52 to win her female Division. Runners were treated to a delicious breakfast for their participation after the race.

All proceeds will benefit the Lynn running community for children track meets and other racing events.



Supporters for Gina Gallo – Charles and Katie Gallo and grandson, Roman, with Grandmother.



Lynn Classical Indoor Track Coach Warren MacPhail crossed the finished line in first place in his Division.



Freddi Triback of Lynn ran a 23:52 time winning her Division.



Lynn resident, Patricia Ridge, came in first in her Division with a pace of 28:01.



Justin Gallo and Samantha Goldman are registered and ready to run in the Parks and Recreation race at the Gannon GC.



Set to begin the race – Maureen Farren (#904); Dottie Thibodeau (#914) of Lynn, and Jennifer O’Neil (#918).

City of Lynn



Leaf & Yard Waste Curbside Pickup 2019/20

November 12 - November 16
November 18 - November 22
November 25 - November 30

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2020
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April 6 - April 10
May 18 - May 22

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LYNN ENGLISH HIGH SCHOOL OPEN HOUSE

The Open House showcased many programs offered at Lynn English High School. A Presentation and Extracurricular Fair was arranged for prospective students to learn about the academic curriculum, club activities, athletics, community service, student gov-

ernment, and the ROTC.

Guidance Counselor Matt Wilkins said to the audience, "Our goal at Lynn English is to give students a personal and professional education to achieve during the four years at the school. Our facility was updated

and our faculty is dedicated for student success; students who attend Lynn English are friendly, involved, and spirited".

During the Open House current students and faculty members shared their experiences to possible soon to be students and their parents about the academics and extracurricular activities.



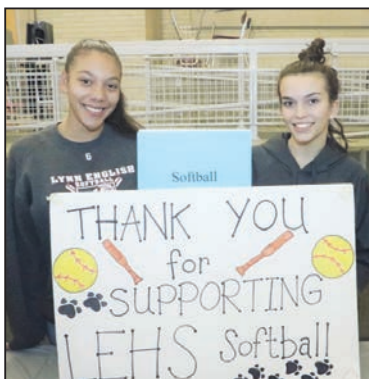
Family members enjoyed LEHS Open House – English Graduate Maria Osenjo, Brooklyn Barros, Atty. Peri Beltre, Siobhan and Ernie Panias.



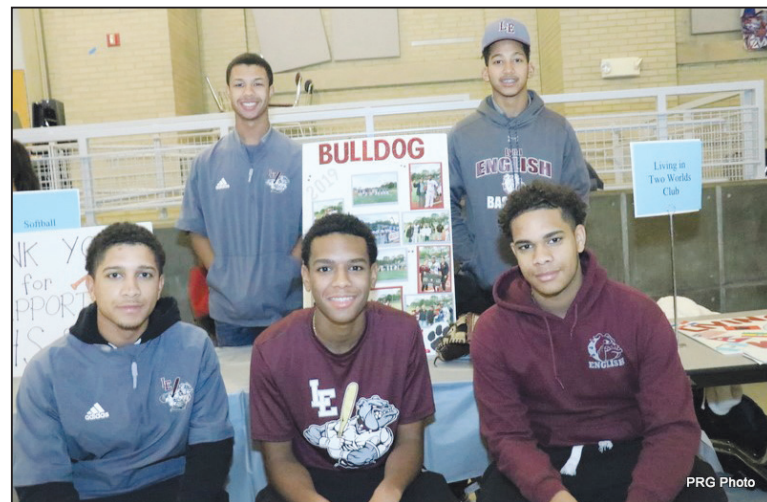
Cormier Family visited LEHS Open House – Tyler, Emma, Brian.



Lynn English Computer and Math Club students – Aaron Dulong, Kevin Loza, Maisha Bellal, Tallia Dudley, Adnan Jalal, and Andrew Barraza.



LEHS Softball Players – Janessa Lopez and Kelsey McNeil.



Lynn English Baseball Players – Anthony Mateo, Luis Pena, Yordy Contreras, Christopher Figuereo, and Ray Contreras.



Lynn English Guidance Counselors, Nicole Passanisi and Matt Wilkins, coordinated Open House.



Show time with the Drama Club – Felix Kiene, Emily LeBasseur, Damianny Garrido, Nancy McManus, and Jandery Nova.



Lynn English MC JR ROTC displayed Championship Awards - Dawreong Souvannarath, Javon Norris, Danielle Gutierrez, Dayris Cleto, Kai Larson, Bryan Chinchilla, Selena Flores, Jeremaih Pena, and Jaily Auiles.

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KIPP ACADEMY FALLS TO WEST BRIDGEWATER, 19-8 IN SEMI-FINALS

PHOTOS BY BOB MARRA/ROBERTMARRAPHOTOGRAPHY.COM

The magic ran out for KIPP Academy Saturday, Nov. 23, as the Panther fell to West Bridgewater 19-8 in a State Division 8 semi-final game played at Woburn High School.

KIPP won the Division 8 North Sectional after a playoff run that included wins over Charlestown (35-6), Roxbury Charter (19-2) and Keefe Tech (49-13). But the Panthers offense could not get untracked against undefeated West Bridgewater. The Wildcats, who reached the semi-finals last year also, pulled out to a 16-0 halftime lead and seemed to have the better of the Panthers.

But KIPP made things interesting after halftime as they rolled through a grinding 85-yard touchdown drive that con-

sumed almost eight minutes. Daniel Oluwasuyi and Taj King contributed long runs to the effort, which ended on Piero Canales 5-yard pass to Dave Filius. Canales ran in the two-point conversion and the score was 16-8.

But West Bridgewater turned the tables with their own drive, this one gobbling up nearly nine minutes and ended with a 23-yard field goal by Ben Skinner to make it 19-8 with over seven minutes remaining. The Panthers tried to claw back, but Skinner intercepted a Canales pass with just over 4 minutes left, and the Wildcats ran out the clock. KIPP (8-3) wrap up their season Wednesday, Nov. 28, with a 5 p.m. game against Lynn Tech at Manning Field.



QUICK STEP: KIPP quarterback Piero Canales tries to step around tackler Devin Georgantas.



SO CLOSE: A pass is just out of the reach of KIPP's Taj King.



TOO LATE: Kenneth Beato (52) hurries West Bridgewater quarterback Matt Lavoie into a pass that fell incomplete.



RAMBLING MAN: Daniel Oluwasuyi broke free for a long run to spark KIPP's 85-yard touchdown drive to open the second half.

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FUNDRAISER FOR STATE REP. LORI EHRLICH AT UNO'S PIZZERIA PARTY POLITICS

Thoughtful, personal, and with a warm heart are some of the words describing State Rep. Lori Ehrlich. She works very hard at her position with an optimistic outlook; any State House Bill filed by Lori is thoroughly researched representing the public interest.

Lori is concerned about values that will be important to her constituents and what form of action to take. As she stated, "I wake up every morning and say how can I help my District today?"

One State House Bill filed by State Rep. Ehrlich involves safe drinking water in schools. Another important one was an Education Bill in 2014 for every child in the Commonwealth to receive the education they deserve, which was recently passed by Beacon Hill. She is also concerned with Energy and Transportation legislation.

State Rep. Lori Ehrlich represents the Diamond and Gold Fish Pond areas of Ward 4 in Lynn. Whatever Lori can do, she will do her best to help the constituency. She is a dedicated state representative for the people.



Friends for State Rep. Lori Ehrlich – (L-R): Ann Freeman, Lynn Nadeau, Walther Horan, Lori Ehrlich, Renee Keaney, Donna and Mike Meehan.



State Rep. Lori Ehrlich greets Sue and Al Piccole of Mr. Specs in Lynn at Uno's Pizzeria and Grill.



Alfred and Agnes Ricko of Lynn Democratic City Committee and State Rep Lori Ehrlich.



Yaniv Havusha, Rafi Spiewak, and Aril Gil join State Rep Lori Ehrlich at Fundraiser Pizza Party.



Atty. Rick Vitale and his wife, Kathy, and Phyllis Sagan of Sagan Harborside Realty meet State Rep. Lori Ehrlich.



Lori Ehrlich's State House office staff - Nick Golden, Tina Ascolillo, and Preyel Patel .



State Sen. Brendan Crighton, Lynn Ward 4 Councilor Richard Colucci, and State Rep Daniel Cahill at fundraiser for State Rep Lori Ehrlich .

Classical AD Bill Devin predicts high-scoring Thanksgiving game

By Cary Shuman

Classical Director of Athletics Bill Devin said he expects plenty of points in the annual Classical-English Thanksgiving Game set for Thursday (10 a.m.) at Manning Field.

“Based on the potent offenses that both teams have and the numbers they have posted all season, I think you’ll see a lot of points scored and some really exciting plays,” said Devin, who attended Saturday’s annual Powder Puff game football (English prevailed over Classical by a 7-0 score).

Classical (6-4) has one of the area’s premier quarterbacks in

senior captain Daniel Gisonno, who passed for more than 2,000 yards this season, breaking his predecessor Keith Ridley’s single-season record. Gisonno has excellent receivers in Jeffrey Hill, Brandon Summers, Maurice Sequeira, and Andy DeLeon.

Gisonno has also been effective at running the football for Coach Brian Vaughan’s Rams, making him a true dual threat. Running back Calvin So has enjoyed an outstanding season.

Meanwhile, Jesse Maggs has recently emerged as a big-play quarterback for Coach Chris Carroll’s Bulldogs. Maggs threw five touchdown passes in a 49-48 defeat to Billerica and he will

test English’s secondary. Mathias Fowler, who played quarterback for much of the season, had two touchdown catches in the Billerica game and he will lead English’s fine receiving corps.

English and Classical both have signature victories this season over Swampscott and Brockton respectively.

English (6-4) defeated Super Bowl-bound Swampscott, 33-30, in the season opener. The Bulldogs also battled Division 4 North finalist Revere in to overtime in one of the season’s most exciting games at Manning Field. That game (won by Revere, 32-30) also featured

the season’s most incredible sequence when Fowler scooped up a fumble in overtime (after Revere had recovered an English fumble earlier in the play) and returned it 12 yards for a touchdown. Revere eventually denied English the game-tying two-point conversion.

English’s Tyler Drinan was a standout against Revere with three PATs and a field goal and the talented placekicker could be the difference in a close game versus Classical.

Classical Coach Brian Vaughan surprised local observers when he scheduled Division 1 powerhouse Brockton for a

non-league game this season. The Rams, with Gisonno leading the way with three touchdown passes and two rushes for scores, upset the Boxers, 48-40, at Manning Field.

Devin, a Lynn Classical graduate, expects the usual large crowd to be an Manning Field on the holiday.

“I personally know many Classical alumni who’ll be there to cheer on the Rams and I’m sure English alumni will be represented very well,” said Devin. “This is the one football game that the players will remember for the rest of their lives.”

LOCAL STUDENTS EARN ACADEMIC HONORS

Alma Cares, YMCA partner to distribute Thanksgiving turkey boxes to families in need

Alma Cares has partnered with the YMCA of Metro North in Lynn to distribute 75 Thanksgiving turkey boxes to families in the Lynn area. Named for the matriarch of the Wahlberg family, Alma Cares focuses on feeding the needy. The meals will be distributed the Tuesday and Wednesday of Thanksgiving week to Lynn-area residents.

As an anchor in the community for nearly 150 years, the YMCA of Metro North in Lynn offers programming and assistance to community members at every age and stage of life. The branch serves more than 20,000 residents annually with a range of health, wellness and charitable activities to benefit people in the Lynn area.

“We are excited to be able to support families in need this holiday season,” said Andrea Baez, Senior Branch Executive of the YMCA of Metro North in Lynn. “We are grateful to the Wahlberg family and Alma Cares for recognizing the need of some of our Lynn Y families.”

The YMCA of Metro North is sponsoring a number of donation drives and charitable activities around its five area branches this holiday season. In addition to the distribution of turkey boxes, the Lynn Branch is also working with the Lynn Public Schools to serve hot meals to youth this fall on weekday evenings and will host a toy drive to support its annual holiday party which is

scheduled on Dec. 20.

YMCA of Metro North branches in Melrose, Peabody, Saugus and Stoneham will also be conducting a number of charitable drives to support children and families in need.

“Our partnerships with foundations, schools and nonprofits in our community make it possible for the YMCA of Metro North to provide much needed assistance to the people we serve. Last year, we distributed more than \$1,200,000 in contributed revenue from donors to support a variety of charitable initiatives in our communities, said Kathleen Walsh, President and CEO of the YMCA Metro North. “We are so thankful for these partnerships and this type of generous support for our programming.”

About the YMCA of Metro North

As a leading nonprofit in the region, the YMCA of Metro North boasts an established track record and “on-the-ground” presence to effectively support the healthful development of the individuals and communities it serves. The YMCA addresses community needs and ensures a welcoming and inclusive environment for all, regardless of their ability to pay. The YMCA of Metro North employs almost 800 local individuals and opens its doors at the 7 branches to nearly 60,000 individuals each year. Learn more: www.ymcаметronorth.org.

Malden Catholic Honor Roll Students from Lynn - Fall 2019

Malden Catholic High School students have completed the coursework for the first quarter for the 2019-20 academic year. Malden Catholic divides honors into three levels: Headmaster’s List, First Honors and Second Honors.

Headmaster’s List – Scores of 90 and above in all classes

First Honors – Scores of 85 and above in all classes

Second Honors – Scores of 80 and above in all classes

The following students at Malden Catholic are Lynn residents and have achieved the following honors:

Headmaster’s List

Samuel Ohannesian Jr. – Grade 9
Liam McDonough – Grade 11

Gavin Sadler – Grade 12

Angie Mejia – Grade 10

Brooke Langis – Grade 10

First Honors

Rylan Scaglione – Grade 9

Bernardo Sanchez – Grade 9

Aidan Cole – Grade 10

Katie Erazo – Grade 9

Brianeliz Gomez – Grade 9

Anya Levoshko – Grade 10

Lilyanna Romero – Grade 10

Second Honors

Devin Hong – Grade 10

Javier Umana – Grade 10

Joseph Connolly – Grade 11

Jeremy Afwande – Grade 11

Sean McDonough – Grade 12

Luke Silvestri – Grade 12

Brendan Brown – Grade 12

Alexa Puopolo – Grade 9

Sabrina Armstrong – Grade 10

Founded in 1932, Malden Catholic offers a unique Codi-

visional model among Catholic schools in the greater Boston area. Codivisional education is an educational model that offers children the best of both worlds, rigorous single-gender academics during the day and integrated social and extracurricular opportunities after school. With 565 students currently enrolled in the private, Xaverian-inspired educational institution, Malden Catholic boasts a proud history of academic excellence and leadership. It has graduated a Nobel Laureate, a U.S. Senator, business leaders, and students who have gone on to attend Harvard, Cornell, Columbia, the University of Chicago and Georgetown in recent years.

Safety Tips // CONTINUED FROM PAGE 4

recommend using new “oil-less” turkey fryers.

•On Nov. 23, 2017, at 3:09 p.m., the Tewksbury Fire Department was called to a cooking fire in a single-family home. Firefighters found a deep fryer and a 20 lb. propane tank on fire in the driveway about ten feet from the garage. There was heat damage to the paint on the garage.

•On Nov. 23, 2017, at 4:48 p.m., the Salisbury Fire Department responded to a grease fire in a turkey fryer in the driveway of a single-family home. Before firefighters could arrive, the homeowner had shut the gas off and disconnected the 20 lb. propane tank from the fryer, which extinguished the fire. A car parked nearby was damaged.

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 present any dangers, unless it is used for several hours consecutively 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.

Burn Safety

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

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

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

Home Heating: #2 Cause of Fires on Thanksgiving

Especially if you do not regu-

larly use your fireplace, be sure to have the chimney inspected and cleaned by a professional before lighting the first fire of the season. Everyone who heats with wood should have the chimney cleaned and flue inspected at the start of the heating season.

•On Nov. 23, 2017, at 5:46 p.m., the Auburn Fire Department was called to a fire in a single-family home. The homeowner had placed ashes from the woodstove into a plastic bucket and left it on the living room carpet. The ashes melted through the bucket and started the rug and floor on fire. Smoke alarms were present and alerted the occupants and no one was injured. The home had no fire sprinklers and damages were estimated to be \$5,000.

TO PLACE YOUR AD 781-485-0588

Roca names Executive Director to lead its work in Massachusetts

Roca has chosen its Chief Operations Officer, Scott Scharffenberg, as the new Massachusetts Executive Director, a role with an intended focus on furthering Roca's mission across the state. Scharffenberg will oversee operations in five locations, the implementation of the Roca intervention model and services, and lead efforts to grow Roca's outreach to those that are the highest risk and hardest to reach.

"It's an extraordinary privilege to know and work with the young people we serve. Second only to that, is the gift of working with a remarkable team of people who are also committed to serving young people with the hope that, in some small way, together we can promote justice and opportunity for everyone," said Molly Baldwin, Roca Founder and CEO. "I have been deeply honored to lead the work in Massachusetts for just over 31 years and, as we expand our work to other places, I am thrilled to partner with Scott as he takes on the leadership of our work here."

Since 2016, Scharffenberg has served as Roca's COO, running the day-to-day statewide operations, managing directors and staff, and collaborating with community partners and local institutions.

"Scott's doing hard work with a group of young men who need a lot of support," said state Representative Paul Tucker. "I'm proud of him, and a big supporter of the work that Roca is doing."

Scharffenberg joined Roca with 26 years of law enforcement ex-

perience working with the Essex County Sheriff's Department. His work at the Sheriff's Department involved program implementation and overseeing financial operations, inmate re-entry initiatives and prison operations and he was instrumental in creating lasting practices at ECSD.

"The crucially important work that Roca does requires the kind of leader who is able to build strong teams, is capable of forging and cultivating community relationships, and deeply cares about Roca's mission - helping to positively transform the lives of young people," said Suffolk County Sheriff Steven W. Tompkins. "I believe that Scott embodies these qualities, and, with his wealth of experience in this field, can be a change agent for both the young people Roca serves and the law enforcement community."

Scharffenberg graduated from the FBI National Academy in 2012, receiving law enforcement's most reputable leadership training. He earned his Bachelor's Degree from Northeastern University, his Master's Degree from Springfield College, and has attended Harvard Business School for Strategic Perspectives in Non Profit Management.

Engaging institutions that touch the lives of high-risk young people is an essential part of Roca's approach. Scharffenberg not only has an extensive background in reaching a high-risk population in need of services but has deep experience

in relationship building with community partners and stakeholders essential to this work in all regions of Massachusetts.

"Scott's conscious leadership style, his humble demeanor and passion for criminal justice reform have been instrumental to Roca Holyoke and Roca Springfield's success" said Hampden County District Attorney Anthony Gulluni.

In addition to running the Massachusetts operations and managing strategic partnerships, Scott will assist in the implementation of new grant projects and ongoing initiatives. The U.S. Department of Justice's Office of Justice Programs recently announced the Second Chance Act Reentry Grant and new developments in the ongoing Hampden County High-Risk Young Adult Reentry Initiative.

The goal of these grants is to

give the highest risk, hardest to reach youth access to Roca's intervention model and services that will help them effectively transition away from violence and sustain long term behavior change.

The recently announced Second Chance Act Reentry Grant is funded by federal dollars from the Bureau of Justice Assistance. This four-year grant is in partnership with the Suffolk County Sheriff's Department and totals \$998,085 - which will go toward coordinated reentry planning and work both behind the wall and after release in the community with 150 of hardest to serve young men in Suffolk County.

A significant portion of this grant will go towards the expansion of the young adult-focused PEACE Unit at the Suffolk County House of Corrections, which delivers en-

hanced, cognitive behavior change programming to young men while incarcerated.

A second grant funded by the Bureau of Justice, the Hampden County Young Adult Reentry Initiative, recently completed its first year, moving from the planning phase to the implementation phase.

Roca received \$515,353 through this grant and has been working to reduce recidivism and increase sustained employment among high-risk, violent offenders alongside the Holyoke Police Department, the Hampden County Sheriff's Department, and the Hampden County District Attorney's Office. This includes providing services behind the walls to 30 young men and in the community to up to 75 young men intensively at any given time.

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WLPW champion cheerleaders need your help

The West Lynn Pop Warner Mighty Mite Cheerleaders have qualified for the National Championships to be held at Disney's Wide World of Sports Complex in Lake Buena Vista, Fla.

WLPW President Amy Robinson said it is the first year that Pop Warner is hosting a Nationals in the Mighty Mite Division (ages 7-9).

"Our cheerleaders earned this honor through their determination and skill," said Robinson.

The WLPW contingent took first place in the Eastern Mass. competition and the New England Regionals to qualify for the Nationals.

The squad also received

"grand champion" recognition for having the highest score among all squads who competed in the Eastern Mass. and New England competitions.

"I want to congratulate the eight girls - Jayla, Jayanna, Amiyah, Leilani, Myahbella, Demi, Sa'Mya, and LeNyeah - our head coach Brittany Legault, assistant coach Arielle Brosbon, and cheer director, Kassandra Jackson - who worked hard all season to prepare for the competitions and have represented our organization so well," said President Robinson.

WLPW has begun a fundraising effort to help defray expenses for the cheerleaders' trip to Flor-

ida. Rolly's Tavern, 338 Broadway, is donating a portion of the sales on Nov. 26 (5-8 p.m.) to West Lynn Pop Warner.

There will be "DJ Throw-down" event Thanksgiving eve (Nov. 27), beginning at 8 p.m., at Trio Mexican Café. Tickets are \$10 in advance and \$15 at the door.

A "Wooden Sign Paint Night" will be held on Friday, Dec. 6 at 6:30 p.m. at Old Tyme Italian Cuisine on Boston Street. People wishing to reserve a spot at the Paint Night may call Cheer Director Kassandra Jackson at 781-731-3213.



The West Lynn Pop Warner Mighty Mite Cheerleaders



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When she was a young college student, Elisabeth Marra had a serious motorcycle accident that ultimately changed her life. Two years after the crash, her painful open fractures had failed to heal. Then she heard about a new and complex surgery pioneered by a surgeon who used a patient's own stem cells to concentrate the healing process. This time, her surgery and subsequent therapy were successful.

Elisabeth's experience caused her to redirect her own career aspirations. Inspired by the medical professionals who helped her reclaim her active lifestyle, she changed her major to study physical therapy—a profession where her own experience could help other patients prevail through difficult recoveries.

We tell Elisabeth Marra's story here to illustrate two of the most profound messages we know. Don't give up, and remember to give back. If reading it inspires just one more person to achieve something special, then its telling here has been well worth while.



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