



THE LYNN JOURNAL

Thursday, March 19, 2020

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The St. Mary's High school girls basketball team is pictured on the famed parquet floor at the TD Garden after defeating Rockland, 53-37, in the Division 3 state semifinal.

Lunches available for Lynn students

By Kate Anslinger

As COVID-19 updates evolve worldwide, Lynn residents will be faced with varying degrees of hardship. Families who are in arduous economic situations are grappling with the joint need for childcare and maintaining an income. In addition to the need for care and wages, are concerns regarding the gap in education and students who rely on Lynn Public Schools for lunchtime meals.

Mayor Thomas McGee, Grab and Go lunches will be available for all students daily between 11 a.m. and 1 p.m. pm at Marshall Middle School, English High School, Classical High School, and Lynn Technical and Vocational High School. Since decision-makers have urged parents to have childcare in place until April 17, the lunches are expected to help out in the time of need. School resources will be made

In a statement released by

Please see LUNCH Page 3

STANDARD BEARERS

St. Mary's girls claim 2020 state championship

By Cary Shuman

There will be another banner-raising ceremony at St. Mary's High School.

The St. Mary's girls basketball team completed what may have been the program's greatest season ever – which is really saying something – with a 53-37 victory over Rockland in the state semifinal at the TD Garden in Boston.

The MIAA canceled the state championship game due to the COVID-19 virus and St. Mary's

was declared co-champions of Massachusetts for the 2019-20 season. It was St. Mary's third state title since 2011 under head coach Jeff Newhall.

The game at the Garden and the entire journey illustrated why the Spartans were so successful in a season that produced a school-record 25 victories.

Seniors Olivia Matela, Gabby Torres, and Jannise Avelino stepped up all season with their leadership and stellar contributions on the court.

Junior All-Scholastic candidate Maiya Bergdorf continued on the road to a likely college basketball scholarship with 13 points and 11 rebounds in the win over Rockland. Nicolette D'Itria had eight points versus Rockland while completing a superb third season as a starting guard. Ninth grader Yirsy Queliz took a big step forward in her game and the confidence with which she plays is awe-inspiring. The backcourt

Please see ST. MARY'S Page 12

Mayor lays out Lynn's plan in fighting the coronavirus

The following is Mayor Thomas McGee's Statement to the City Council:

Thank you Council President Cyr. The news surrounding COVID-19 outbreak, commonly known as the coronavirus, is constantly changing and rapidly evolving. Yesterday, I declared a State of Emergency within the City of Lynn and today, the Lynn Board of Health has declared a Public Health Emergency in order to protect the general health, safety and well-being of the residents of the city.

Representatives from my Office, members of the City Council, the Public Health Department,

Office of Emergency Management and first responders are in constant communication and working with the Massachusetts Department of Public Health concerning COVID-19. I have also been in frequent contact with fellow mayors throughout the region as well as our state and federal delegation.

The city has been extensively preparing for scenarios that can play out with the evolving COVID-19 situation. We will continue to provide regular updates on the City website, social media, and the Smart 911 emergency notification system. Know that the tough

Please see VIRUS Page 5

Neighbors, customers and friends,

With our lives being changed on a daily basis by the Covid-19 pandemic, we want to update you on some changes that we are making at the Independent Newspaper Group.

Our office will remain open during regular business hours, Monday thru Thursday, 9:00 a.m. to 5:00 p.m. and on Friday from 9:00 a.m. to 4 p.m.

Customers can contact us at 781-485-0588 or by the emails at editor@reverejournal.com, cary@lynnjournal.com or deb@reverejournal.com.

The full print edition will be online on Thursday morning at lynnjournal.com.

Our web pages will be updated with the latest new regulations and news from our elected leaders as soon as the news is made public.

We urge everyone to adhere to the rules and recommendations of our elected officials and the CDC in fighting this pandemic.

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EDITORIAL

THE COVID-19 EPIDEMIC: A WAKE-UP CALL FOR THE U.S. HEALTHCARE SYSTEM

In the aftermath of the terrorist attacks on Sept. 11, 2001, Americans forever were forced to change the manner in which we traveled. The strikes on the World Trade Center and the Pentagon made clear that the screening system we had in place at airports at that time was inadequate for meeting the threat posed by a determined international terrorist organization.

Long security lines at every airport in this country, as well as around the world, soon became the norm, as new protocols were put into place for our protection against future attacks. Americans didn't -- and still don't -- like them, but all of us understand that the inconvenience and expense of the enhanced security measures are essential for our safety.

Similar to the issue of inadequate airport security before 9/11, the onset of the world-wide, COVID-19 pandemic has exposed the gross shortcomings of the American health care system's ability to confront a major health emergency of the magnitude we are facing today.

The U.S. is far less capable of dealing with an influx of patients afflicted with coronavirus than every other industrialized nation in the world (as well as many poorer nations). Relative to our population, we have far fewer doctors, nurses, hospital beds, and acute care capabilities than countries all across the globe that already are struggling with the onslaught of COVID-19.

With our emergency rooms already at 75-90 percent of capacity at any given time, it will not take much to overwhelm every hospital in every city in every state if this pandemic comes even close to a worst-case scenario.

In addition, a huge percentage of our population has no direct access to quality health care that could identify early exposure to the virus. For example, federal emergency officials have urged every citizen to call their doctor first, rather than just reflexively coming into the doctor's office, if they suspect they are becoming ill. However, about 25 percent of our fellow Americans -- about 75 million of us -- do not have a primary care physician either because they do not have health insurance or are underinsured. So what are those people supposed to do -- other than flood into emergency rooms?

The bottom line is this: America's healthcare system is under stress even in the best of circumstances. It is neither designed nor capable of ensuring the optimum health outcomes for most of our citizenry and excludes a large percentage of our population altogether even in ordinary circumstances. And ironically, we spend more on our healthcare by far -- and get less for it -- than any other nation on earth.

Hopefully, the current crisis will serve as the equivalent of a 9/11 wake-up call so that we can make significant changes to our healthcare system in order to ensure that every American has access to quality healthcare for the protection of our people, both individually and collectively.



— MARCH 19, 2020 —

GUEST OP-ED

We need to take care of each other

By Cardinal Seán P. O'Malley

As a people, community, and as a nation we are being forced into a stance of social distancing to ward off a potential health disaster. Even as we embrace a methodology of physical isolation, we must reject any stance of alienation and individualism. Our motivation cannot be fear and self-preservation, but a sense of solidarity and connectedness. What is being asked of us is for the common good, to protect the most defenseless among us.

In some ways the present, surrealistic atmosphere is similar to what we experienced after the attack of Sept. 11. We were shaken from our complacency and confronted with the reality that changed our lives overnight. Likewise, today we see the real risk to countless numbers of elderly and infirm persons, to healthcare workers, indeed to our hospital system, and even the economic well-being of millions of people whose lives have been upended by the necessary closings and precautions.

Just as after 9/11 we need to come together as a people with a profound sense of solidarity and community, realizing that so many people are suffering and fearful. We need to take care of each other, especially by reaching out to the elderly and the most vulnerable.

Although we cannot celebrate public Masses at this time because

we wish to follow the directives of the government, I want to assure all of you that we, your priests, are offering Mass each day for all of you. You are all spiritually united in these masses where we pray for the living and the dead. Our priests in the parishes are there and can be contacted. We are trying to use social media and Internet streaming as a means of sharing communications.

I am grateful to all of our priests and parish staffs and the 3,000 Catholic school teachers and administrators who are all working diligently to be able to serve our people in these challenging circumstances. Please remember that your parish communities depend on the offertory collections and will need your support going forward to carry on their crucial work.

Let me share with you an account I read many years ago that made quite an impression on me. A group of rowdy university students on the train in France spotted an old man sitting alone praying his Rosary. The students who prided themselves on their sophistication and scientific outlook began to mock the old man who seemed unperturbed by their hazing. Suddenly a passenger jumped to his feet and rebuked the students: "Stop bothering Dr. Pasteur." The students were shocked and embarrassed. That old man praying the Rosary was Louis Pasteur, a national hero, a rock star, whose research and

inventions have saved millions of lives. Pasteur discovered the principles of vaccination and pasteurization. Arguably, he did more than any other person in the history of medicine by his remarkable breakthroughs in understanding the causes and prevention of diseases.

I share this story to preface my request to pray the Rosary each day. Many of us remember growing up praying the Rosary every evening as a family. In the history of our people, during the wars, famines, plagues, and persecution, the Rosary has been the powerful prayer of the Catholic people as we see in the example of the eminent scientist Louis Pasteur. Even if we cannot go to Mass, the Rosary is always accessible to us. It is a prayer that puts us in touch with God as we reflect on the mysteries of the life of Christ and the Blessed Virgin. It is a prayer that can be prayed by the simplest present and the smartest scientist.

St. Ignatius of Loyola once said that we must work as if everything depended upon us, and pray as if everything depended upon God.

It is indeed encouraging to see how many people are visiting our churches for personal prayer and adoration during this time of enforced social distancing. May this strange Lent that we are living, help us to overcome the physical distance by growing closer to God and by strengthening our sense of solidarity and community with each other.

THE LYNN JOURNAL

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LETTER to the Editor

SUPPORT YOUR FELLOW CHAMBER MEMBERS AND SMALL BUSINESS COMMUNITY

Dear Chamber of Commerce Members,

I hope you and your staff are all staying safe and healthy in these troubling times. I'm sure as a small business owner yourself, you have had to adapt and evolve your business models by the changing hours these days. For that I commend you. With being a small business, we all know the importance of coming together in these moments right now. We stand stronger when we come together than when we stand apart,

at least mentally in this current climate.

I wanted to reach out as a member of the Chamber and on behalf of the food and beverage industry to help keep spreading the word of supporting one another. A few other businesses are dear to my heart in this trying time. In the past year, we have seen three strong female-owned businesses pop up in Lynn: Nightshade Noodle Bar, Uncommon Feasts, and my wine & beer retail store, Lucille Wine Shop. With no initial connection together, but with the same idea of providing high quality food and beverages to a community we all love: Lynn and the Greater North Shore. Such places

that have had to "move mountains" at times to open it felt like. Places who have worked really hard to receive amazing publicity and awards from the Boston Globe, Boston Magazine, the Lynn Item, the Lynn Journal, and Northshore Magazine.

As of now, Nightshade Noodle Bar, Uncommon Feasts, and all other restaurants in MA have been required to close their doors to the public for full-service dining for the next few weeks. I wanted to let you know how you can still show your support even though their doors aren't quite open the same way. Starting Wednesday, Nightshade Noodle Bar will be offering take-out services and in-home delivery. Uncommon Feasts has also already started delivery and take-out services. As someone who has been

in the restaurant industry for 15+ years, the people involved in these businesses are like family to me and need your support.

Lucille Wine Shop is a wine & beer retail store, and unless the local government requires us to close, we are OPEN and resuming normal business hours: 11am-8pm Tuesday-Saturday, 12-6pm on Sunday, in addition to now being open on Monday from 12-7pm. As you and your friends have beverage needs please think about sending them our way. We have easy drinking & craft beer; we have red & white wines beginning at 10.99/bottle. My rule of thumb is good beverages don't have to be expensive. We also offer 10% off case discounts. Big companies like: Total Wine, Whole Foods, and Costco will survive this mess. A small shop

just opened does not have the resources these big companies do.

I know we are all excited about the new buzz and texture that is getting added to Lynn. In order to continue this, we have to make sure the momentum that has started continues to excel. Please share this email with anyone that you see fit.

Please see all of our websites for any additional information needed.

www.nightshadenoodlebar.com
www.uncommonfeasts.com
www.lucillewineshop.com

Appreciate the connection and lets **POWER THROUGH THIS TOGETHER!!**

All the best,

**Sarah Marshall,
 Owner Lucille Wine Shop
 and Tasting Room**

Lunch / CONTINUED FROM PAGE 2

available to students by grades on the Lynn Public School's website (<http://www.lynnschools.org/>), and students are encouraged to access it daily.

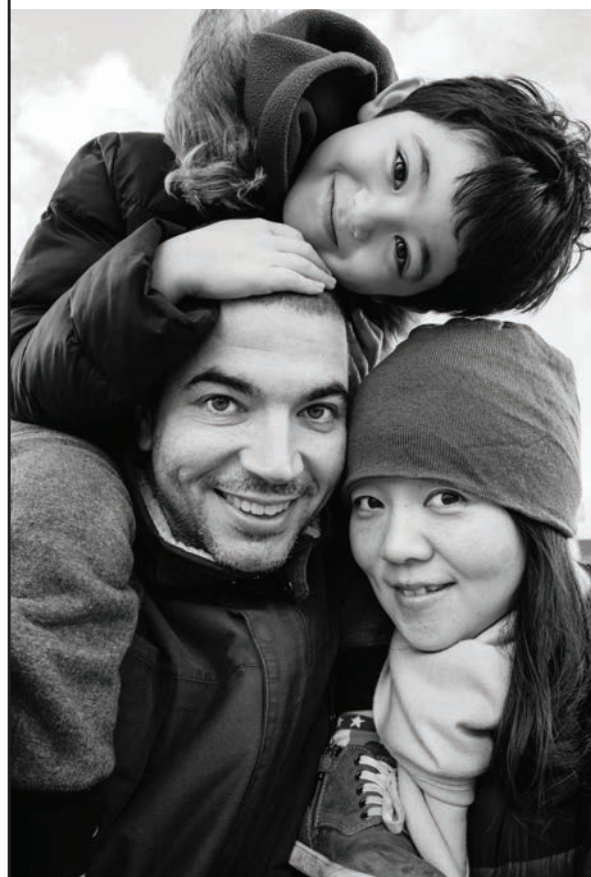
The City of Lynn including the Mayor's Office, Public Health Department, Office of Emergency Management and first responders are in communication and working with the Massachusetts Department of Public Health concerning COVID-19. The city has been preparing extensively to prepare for scenarios that can play out with the evolving COVID-19 situation and will continue updating the public on the City of Lynn website and Facebook page, as well as the City of Lynn Health Department "Coronavirus Resources" page at [http://www.lynn-](http://www.lynnma.gov/coronavirus)

www.lynnma.gov/coronavirus.

In the meantime, residents are encouraged to conduct their business with City Hall by phone or online as much as possible. All non-essential in-person governmental meetings and large group gatherings will be postponed suspended canceled or held virtually. All residents and private entities are advised to refrain from holding any unnecessary large gatherings to reduce community spread of COVID-19.

Unfortunately, widespread coronavirus testing is still not widely available. All testing still needs to be approved by the Massachusetts Department of Public Health which is causing a lag in both the testing and diagnosing.

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St. Mary's Lynn
 March 15 at 6:30 PM · 🌐

We are dealing with an ever changing situation, and this evening Governor Baker has announced the closing of Massachusetts schools until April 6. Therefore, St. Mary's will be closed from March 16 - April 6. More details to follow per email to our community tomorrow.



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Classical scholar-athlete Aidan Dow will attend Saint Anselm College

By Cary Shuman

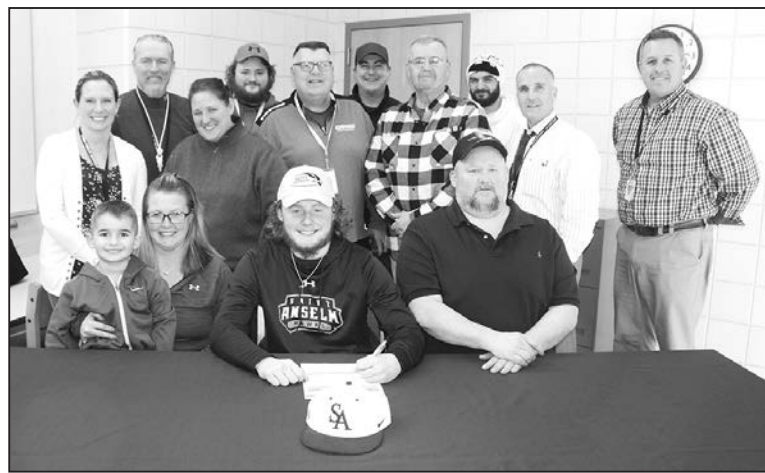
Aidan Dow had one of the greatest defensive performances in the history of the Lynn Classical-Lynn English Thanksgiving series.

His two interceptions, including a 75-yard return for a touchdown, helped Classical defeat English, 22-9, in the 2019 edition at Manning Field.

But the letter-of-intent signing ceremony for Aidan Dow was an opportunity to celebrate his baseball accomplishments for the Rams. And also, his lofty academic achievements. He carries a 3.9 grade point average and is a member of the National Honor Society.

With his proud family, including his parents, Peter Dow Sr. and Jillian Dow, Aidan made it official that he will be continuing his baseball career at Saint Anselm College in Manchester, N.H.

Dow, a left-handed pitcher and first baseman, said he also considered Franklin Pierce, Norwich, Husson, and WPI before



Front row, from left, Aidan's mother, Jillian Dow, cousin Bruno Palumbo, Classical senior Aidan Dow, and father Peter Dow Sr. Back row, from left, Classical Principal Amy Dunn, Athletic Director Bill Devin, aunt Michelle Bernier, brother Peter Dow Jr., grandfather Jim Ward, uncle Jared Ward, uncle Paul McCormack, friend Mark Mishel, uncle Terry Ward, and Classical baseball coach Mike Zukowski.

deciding to attend Saint Anselm. The Hawks play in the Northeast-10 Conference.

Dow, who is 6 feet, 1-inch, has a solid repertoire consisting of a fastball, curveball, and changeup, along with an excellent pickoff move, "and I'm trying to develop a slider this off-season."

Dow, 17, said he was grateful to Classical head baseball coach Mike Zukowski for his guidance.

"I want to thank him for everything he's done for me," said Dow. "He's been very good to me and I really appreciate everything that he and Mr. Devin have done for me."

Aidan said his parents have provided encouragement, support, and inspiration every step of the journey.

"My parents have done so much for me, words can't even describe my feelings for them – I love them so much. I don't where I'd be without their parenting."

Praise from Classical Coach Mike Zukowski and AD Bill Devin

Mike Zukowski played college baseball himself at Merrimack so he understands fully the talent and dedication it takes to compete at the next level.

"The hard work that Aidan has put in over the last four years is definitely going to pay off at the next level," said Zukowski. "He's a leader and a captain for a reason. He leads in the classroom and on the field – a true definition of a student-athlete and I think the sky's the limit for Aidan."

Dow continues the proud Classical baseball tradition of players competing in college, a list that currently includes Andre Gaudet, Sean Devin, Brett Buck-

lin, Dashawn Anderson, Daniel Lilja, AJ Luciano, Christian Burt, Matt Stanley, and others.

"This is just a great honor for Aidan and everyone at Classical congratulates him on his decision to continue his career at Saint Anselm," said AD Bill Devin who played college baseball at North Adams State.

Devin drew plaudits for organizing Aidan Dow's elaborate signing ceremony. School Principal Amy Dunn personally congratulated Aidan at the ceremony.

A proud dad delivered some important advice

Peter Dow Sr. was a rugged All-Star lineman in the Lynn Tech football program. He was the ultimate team player, performing work at the line of scrimmage that was unheralded, but certainly noticed by his coaches and his teammates. He was popular and well respected by his Tech classmates and friends.

Please see DOW Page 12

Virus // CONTINUED FROM PAGE 1

decisions we are making are necessary steps to prevent the spread of COVID-19 here in Lynn.

In light of this truly unparalleled situation, I have ordered the following:

1. Lynn City Hall, the Department of Public Works, and the Lynn Public Library will be closed to the public until further notice. This directive does NOT apply to emergency services including Lynn Police and Fire. Residents are highly encouraged to conduct their business with City Hall by phone, email, or on the City website as much as possible, but should expect some slight delays in response due to limited staffing;

2. All non-essential in-person governmental meetings and large group gatherings will be postponed, suspended, canceled or held virtually.

3. The Lynn Public schools will be closed through Monday, April 6th at a minimum per the Governor's order for temporary closure of all K through 12 schools throughout the state. The Lynn School District is still asking parents to plan to have child care arrangements in place through April 17th.

a. Grab and Go lunches will be available for all youth in the city under the age of 18 daily be-

tween 11:00am and 1:00pm at the following schools; Marshall Middle School, English High School, Classical High School, and Lynn Technical and Vocational High School.

b. School resources are available to students by grades on the Lynn Public School's website. We highly encourage students to access these resources daily.

4. Shows in the Lynn Auditorium are postponed through April 29th and will be rescheduled for later dates.

5. All youth day care programs, senior adult day care programs, nail salons, hair salons and barber shops, have been ordered closed by the Lynn Department of Public Health through March 31st.

6. All playground structures within the City of Lynn will be closed until further notice. As the coronavirus can live on hard surfaces for up to 9 days, we believe this is an unfortunate, but necessary step to take to prevent any community spread. If you are heading to a City Park, please maintain social distancing of at least 6 feet and do not engage in sports or activities that require shared, physical contact.

Lynn Water and Sewer and the Lynn Housing Authority are also closed to the public until further

notice. Their clients are encouraged to conduct their business by phone, email, or their agency's respective websites.

Governor Baker has prohibited gatherings of over 25 people throughout the commonwealth and banned all in person consumption of food or drink within any restaurant or bar. Food establishments may remain open, but are limited to providing only take-out or delivery service.

The most important way that residents can help to prevent the spread of the COVID-19 Coronavirus is to practice social distancing. Everyone can easily take the following precautions: Wash your hands often with soap and warm water for at least 20 seconds. Cover your coughs and sneezes with your elbow or a tissue and dispose of any used materials. Avoid touching your eyes, nose and mouth with unwashed hands. Stay home if you are sick and call your doctor.

The CDC has continued to say that those people at high risk for contracting the COVID-19 Coronavirus include older adults and people with serious, chronic medical conditions such as heart disease, diabetes or lung disease. The CDC recommends that residents who fit these criteria should take everyday precautions to keep

space between themselves and others, limit close contact with those who are sick, and to avoid crowds, cruise travel and non-essential air travel as much as possible. We want residents to know after speaking with numerous nursing homes in the city, there are significant visitor restrictions in place to protect the elderly. The Center for Disease Control (CDC) new recommendations for recent travelers for the following countries: China, Iran, Italy and South Korea, most of Europe and all of the United Kingdom & Ireland. Anyone who has traveled to or from one of these countries is advised to self-quarantine for 14 days since they left the affected area and take the following recommended steps:

Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.

Stay home and avoid contact with others. Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.

Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.

Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in

public.

Keep your distance from others (about 6 feet or 2 meters).

We encourage all residents to visit the City of Lynn Health Department "Coronavirus Resources" page at lynnma.gov/coronavirus for more information and to sign up for the Smart 911 updates at smart911.com

I want all Lynn residents to know we are united in our efforts to prevent the spread of COVID-19. I also want to thank the Emergency Management team and City officials who have been working tirelessly to ensure the City and our residents are educated, prepared and safe for this evolving situation. We ask for your patience and understanding as we deal with this truly unprecedented circumstances for our community and country. We are working together to provide you with the most accurate information available and advise you of all developments.

Thank you for your help in partnering with us on this effort and please continue to visit the City website, my Facebook Page for more updates, which I have asked to be shared by members of the City Council and the School Committee so that we can ensure that our unified message is reaching as many residents as possible.

LYNN TECH SWIM BANQUET HELD AT THE LYNN TECH ANNEX

It was an outstanding tribute for Coach Brad Tilley as he wraps up 44 seasons of coaching swimming at Lynn Tech. This is a remarkable feat for anyone to maintain the helm for so long achieving many championships, having academic all-stars, and leaving a legacy – The Citywide Tilley Trophy.

At his final official duty with the Lynn swim program, Coach Tilley said, "After doing this for many years, it will be different. The swim program is dear to my heart and these kids are so tremendous. Lynn Tech is a great school and I will miss it." As Brad continued, "The program is solid with 52 returning swimmers. We won the MIAA Team Academic Gold Award for the ninth consecutive year and the Commonwealth Conference Girls Championship this season. I see the future of the program to be in great shape; I hope my two assistants will return and keep the program on the right track, and they have done a tremendous coaching job with the students. Most important, all the swim coaches take a lot of pride together in the Lynn high school swim program, especially trying to win the Tilley Trophy. This is one big family of swimmers."



Councillor-at-Large Buzzy Barton congratulates Brad Tilley for his 44 years of coaching in Lynn.

Booster member Paul Coulon stated, "We really like the fact that parents are at the banquet, not only involved in athletics, but also academically. This is really impressive seeing parental involvement that supports this swim program to what it is."



Commonwealth Athletic Conference All-Stars – Luis Hernandez received the Don McKinney Diving Award, Dustin Bloom earned the Conlon Award, and Lee Lewis. Both won first place in Diving.



Lynn Citywide Swimming & Diving Awards – Luis Hernandez received the Don McKinney Diving Award, Dustin Bloom earned the Conlon Award, and Colin Donovan won the John Cahill Award.



Lynn Tech Swimming Coaches – Richard Bucko, Diving Coach Donald McKenney, Head Coach Brad Tilley, and John Hogan who received the Assistant Coach of the Year award.



Lynn Tech Swimmer's Awards - (Row 1): Vinny Marino, Mario Rivera, and Andrew Moore; (Row 2): Ben Donegan, Angel Silverio, Victoria Hong, Sheily Villegas, Brook McDonald, Aleya Hill, Kailey Brown, and Lee Lewis; (Row 3): Nathan Whitcomb, Dustin Bloom, Liam Donovan, Kyle Lindquist, and Oliver Brooks.



Lynn Tech 2020 Senior Swimmers: (Seated): Captain Nathan Whitcomb, Brianca Perez, Captain Savannah Joyce, and Captain Dustin Bloom; (Back): Christopher Chavain, Luis Hernandez, Oliver Brooks, Ben Donegan, and Jacob Lejeune.



Lynn Tech Booster Club – (Seated): Amy Boudreau, President Melissa Lejeune, and Debbie Brooks; (Back): Kristin Connick, Leah Whitcomb, Katy Lindquist, Paul Coulon, Jodie Donovan, and Andrea Bucko.

LYNN CLASSICAL SWIM BANQUET HELD AT OLD TYME ITALIAN CUISINE RESTAURANT

The function facility was buzzing with excitement at the annual Lynn Classical Swim banquet at Old Tymes Restaurant in the heart of Ram's Country. The team earned two outstanding accomplishments during the swim season. They captured the 2020 Lynn Citywide Swim Meet for the second consecutive year as well as being recognized by the MIAA Team Academic Excellence Award for having a Team GPA of 3.713.

Coach Denise Silva was so elated how the team progressed throughout the season. Swimmers worked very diligently at practices; they listened to instructions carefully from the coaching

staff, and swimmers supported each other during meets with tireless energy.

Swimmer Jacob Lang set new records in the 200 Freestyle with a time of 1:59:48 breaking the previous mark of 1:59.84 held by Kevin Coulon since 1998. He also broke another old record in the 200 IM with a time of 2:16.45 establishing two new Lynn Classical records.

Next season Lynn Classical will have 34 returning swimmers. The coaching staff is looking forward with this group as well as incoming freshmen who will learn to build upon the Classical tradition.



2020 LCHS City Swim Champions holding the Tilley Trophy for the second consecutive year. Pictured are, Mushfiqur Dhrubo, Shannon Dunigan, Ava George, Zachary Westin, Anna-Marie Alukonis, Jacob Lang, and Adam Mariano.



Cate Hines received the Diving Coach Award from City Diving Coach Donald McKenney.



Swim Official Paul Coulon congratulates Captain Jacob Lang who broke a 22 year old Lynn Classical Record in the 200 Freestyle which was held by his son, Kevin Coulon.



Kathy Westin with her son, Zachary Westin, wins the Michael and Michele Conlon Student Athlete Award.



The Peter Sawin Unsung Hero Award recipient, Daniel Puma, with Kim Sawin Staples.



Elected Lynn Classical Captains for 2021 swim season are Kitty Mannion, Sydney Finnigan, Yassube Bakhouch, Adam Mariano, Daniel Puma, and Aleana Benedetto.



Award winners with the LCHS Coaches: (Front): Merdo Ifufa, Kassidy Chhoeuth, Daniel Puma, Aleana Benedetto and Sydney Finnigan. (Back): Yassine Bakhouch, Coach Charlie Rowe, Coach Kay Rowe, Max Gonzalez, Adam Mariano, Jacob Lang, Mushfiqur Dhrubo, Zachary Westin, Mario Sordello, and Head Coach Denise Silva.

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LYNN ENGLISH SWIM BANQUET HELD AT OLD TYMES ITALIAN CUISINE RESTAURANT

This was a very successful swim season according to Coach Lisa Trahant as she said, "Everyone worked together during each practice session and were prepared for the each swim meet. We had great team spirit. It has been a pleasure to coach this team; I want each swimmer to know that I am proud, along with the coaching staff, of all your accomplishments we achieved this season."

Lynn English earned the Team Sportsmanship Award, recognized by the MIAA Academic

Excellence Gold Award with a 3.60 GPA, and received honors from the Northeastern Conference for the Swimmer of the Year and the Diving Championship.

Seven students from Winthrop High School were able to co-op and co-ed with Lynn English in the swim program. Both schools combined swimmers to compete together in the Northeastern Conference.

As the coach Trahant said, "All the swimmers had endless energy, positive attitudes, and the inspiration to work together."



PRG Photo

Swimming Awards recipients – (Seated): Anna Phelan, Alyx Nelson, Brooke Zahine, and Ryan Curley; (Back): Carlie Harris, Hannah Trahant, Catherine Zuffante, Mary Lawlor, Heather Callanan, Tyler Kebreau, and Cole Story



Junior Cole Story earned the Student-Athlete Award having a 4.2 GPA with his proud parents, Leanne and Grant.



Senior captains introduced 2020 -21 captains – (Seated Seniors): Hannah Trahant, Mary Lawlor, and Brooke Zahine; (Back Elected Captains): Catherine Zuffante, Tyler Kebreau, Carlie Harris, Ryan Curley, and Alyx Nelson.



Senior Swimmers – Hannah Trahant, Brooke Zahine, Mary Lawlor, and Heather Callahan.



City Swim Awards –Diver of the Year Hannah Trahant, Swimmer of the Year Mary Lawlor, and Catherine Zuffante received the John Cahill Award for an outstanding underclassman



Hannah Trahant receives the Championship Diving Trophy from Lynn Diving Coach Donald McKenney



PRG PH

VP Gary Molea and AD Richard Newton presented the Senior Captain Recognition Award to Brooke Zahine and Hannah Trahant.



Red and Gray Award – Coach Lisa Trahant with Ryan Curley, and Alxy Nelson

PLEASE RECYCLE

COVID CORONAVIRUS DISEASE 19

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



For more information: www.cdc.gov/COVID19



What to do if you are sick with coronavirus disease 2019 (COVID-19)

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider’s office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider’s office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all “high-touch” surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. When working with your local health department check their available hours.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

COVID-19 cases in Massachusetts as of March 17

Confirmed cases of COVID-19 218

Total Number of Cases by County

Barnstable	2
Berkshire	14
Bristol	5
Essex	8

Hampden	1
Middlesex	89
Norfolk	43
Plymouth	5
Suffolk	42
Worcester	8
Unknown	1

SBA to provide small businesses impacted by Coronavirus up to \$2 Million in disaster assistance loans

SBA Administrator Jovita Carranza issued the following statement last Friday in response to the President's address to the nation: "The President took bold, decisive action to make our 30 million small businesses more resilient to Coronavirus-related economic disruptions. Small businesses are vital economic engines in every community and state, and they have helped make our economy the strongest in the world. Our Agency will work directly with state Governors to provide targeted, low-interest disaster recovery loans to small businesses that have been severely impacted by the situation.

Additionally, the SBA continues to assist small businesses with counseling and navigating their own preparedness plans through our network of 68 District Offices and numerous Resource Partners located around the country. The SBA will continue to provide every small business with the most effective and customer-focused response possible during these times of uncertainty."

Process for Accessing SBA's Coronavirus (COVID-19) Disaster Relief Lending

- The U.S. Small Business Administration is offering designated states and territories low-interest federal disaster loans for

working capital to small businesses suffering substantial economic injury as a result of the Coronavirus (COVID-19). Upon a request received from a state's or territory's Governor, SBA will issue under its own authority, as provided by the Coronavirus Preparedness and Response Supplemental Appropriations Act that was recently signed by the President, an Economic Injury Disaster Loan declaration.

- Any such Economic Injury Disaster Loan assistance declaration issued by the SBA makes loans available to small businesses and private, non-profit organizations in designated areas of a

state or territory to help alleviate economic injury caused by the Coronavirus (COVID-19).

- SBA's Office of Disaster Assistance will coordinate with the state's or territory's Governor to submit the request for Economic Injury Disaster Loan assistance.

- Once a declaration is made for designated areas within a state, the information on the application process for Economic Injury Disaster Loan assistance will be made available to all affected communities.

- SBA's Economic Injury Disaster Loans offer up to \$2 million in assistance and can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing.

- These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the disaster's impact. The inter-

est rate is 3.75 percent for small businesses without credit available elsewhere; businesses with credit available elsewhere are not eligible. The interest rate for non-profits is 2.75 percent.

- SBA offers loans with long-term repayments in order to keep payments affordable, up to a maximum of 30 years. Terms are determined on a case-by-case basis, based upon each borrower's ability to repay.

- SBA's Economic Injury Disaster Loans are just one piece of the expanded focus of the federal government's coordinated response, and the SBA is strongly committed to providing the most effective and customer-focused response possible.

For additional information, contact the SBA disaster assistance customer service center. Call 1-800-659-2955 (TTY: 1-800-877-8339) or e-mail disastercustomerservice@sba.gov.

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Money tips to stay safe from Coronavirus

By Jill Gonzalez, WalletHub analyst

- Ask Your Bank for Help
 "Many banks and credit unions have stated they are willing to offer assistance to people who face temporary financial hardship due to the coronavirus," said Jill Gonzalez, WalletHub analyst. "These might include measures like being able to skip a payment, having temporarily lower rates, getting fees waived or having a credit line increase. If you find yourself struggling financially, call customer service to make your case. Make sure to clearly and politely articulate the reasons for your hardship."

- Focus on Maximizing Savings
 "Most people's jobs aren't immune to the coronavirus. So, it's a good idea to set aside as much money as you can from each paycheck in case coronavirus impacts your ability to work or causes you to have additional medical expenses," said Jill Gonzalez, WalletHub analyst. "Even beyond the current situation, it's always good to have an emergency fund. Avoid panicking about stocks, too, and just remember that it's only a matter of time until the virus runs its course."

- Take Advantage of Travel Insurance but Know the Limits
 "If your travel provider can-

cells a trip because of the coronavirus, a 'trip cancellation or interruption' policy might help you get your money back," said Jill Gonzalez, WalletHub analyst. "Some credit cards offer this benefit for free, though issuers have been cutting back in recent years. Keep in mind that if you cancel your own trip out of fear of the virus, your insurance policy probably won't cover you unless you have coverage for canceling 'for any reason' or doctor's orders to quarantine yourself."

- Use Credit Cards, Not Cash
 "Though there's not much evidence to show that touching cash spreads coronavirus, it's theoretically possible, and the Federal Reserve has been quarantining bank notes from Asia. China also burned some of its currency that had been circulated through the Wuhan area," said Jill Gonzalez, WalletHub analyst. "Using a credit card's contactless capability may help give consumers more peace of mind. Plus, credit cards can be used for online purchases, allowing consumers to avoid shopping at crowded stores. In addition, consumers that decide to stock up on essential items and spend more than usual in the coming months can recoup some of that expense, and get some extra time to pay, by using a rewards credit card."

Courtesy WalletHub

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OBITUARIES

Marie Mottola

Longtime Revere hairdresser and Rosseti Senior Center volunteer



Marie "Palmie" (Belmonte) Mottola, a lifelong resident of Revere, passed away at home surrounded by her loving family on March 13 at the age of 91.

Marie was a local hairdresser on Beach Street for many years. She enjoyed her volunteer work with the Rosseti Senior Center where many friendships were formed. Marie had a strong faith and would recite the rosary daily. Her famous line was "You Other One." Palmie will be sorely missed by all who knew her.

Born in Revere on Sept. 8, 1928 to the late Joseph and Anna (Caruso) Belmonte, she was the beloved wife of the late Angelo "Sonny", devoted mother of Jean Mottola of Lynn, formerly of Revere, Ernest "Ernie" Mottola and his wife, Donna of Seabrook, NH, and Joseph Mottola and his wife, Andrea of Revere; cherished grandmother of eight and adoring great grandmother of five; the dear sister of Deacon Joseph Belmonte and his wife, Barbara of Peabody and the late Angela Carnavale. She is also survived by many loving nieces and nephews.

In light of the recent development with the Coronavirus

(Covid-19), all funeral services were privately held. Interment was in Holy Cross Cemetery. Arrangements were entrusted to the Paul Buonfiglio & Sons-Bruno Funeral Home, Revere. In lieu of flowers, donations may be made to Alzheimer's Association, 309 Waverley Oaks Rd, Waltham, MA 02452. For guest book please visit www.buonfiglio.comHome, Revere. Interment was at Holy Cross Cemetery. In lieu of flowers, donations may be made to Alzheimer's Association, 309 Waverley Oaks Rd, Waltham, MA 02452. For guest book please visit www.buonfiglio.com.

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4-ALARM FIRE



PHOTO BY MICHAEL LAYHE SR.

A 4-alarm fire at 3-5 Moulton St., in Lynn, left several residents homeless. The fire caused damage to two other structures.

Dow // CONTINUED FROM PAGE 4

Peter Sr. and Jillian Dow were always on scene when Aidan was excelling in the Pine Hill Little League. He won the Gallant Tournament MVP Trophy and the Sonny Man Hill Sportsmanship Award.

"The biggest thing about Aidan is his dedication to everything he does," said Peter Sr. "I remember he'd keep me out throwing batting practice to him when it got dark. At Pine Hill, Jill Avery put in a light on the front field shining down on the mound and home plate, just so we could

practice. And that light is still there."

The foundation to Aidan's academic success was set early in his life.

"We had a conversation in seventh grade when Aidan was first getting letter grades," recalled Peter Sr. "I told him that if he wanted to go to college, it wasn't just about sports and athletics. You had to get it done in the classroom as well and he's been on the honor roll every quarter. He's just an amazing, all-around kid and we're so proud of him."

St. Mary's // CONTINUED FROM PAGE 1

of D'Itria, whose fundamentally sound game is second to one, and Queliz, the freshman phenom, should be among the state's best in the 2020-21 season.

Key reserves Van Nguyen and Alyssa Grossi saved their best moments for the State Tournament. Nguyen came off the bench at the Garden to deliver a three-pointer from the corner and seven clutch points overall. And Grossi's huge effort against Amesbury in the North Sectional final pushed St. Mary's over the top against the No. 2-seeded Cape Ann League powerhouse.

Newhall and his staff deserve much credit for their leadership and in-game adjustments. For example, the decision to go to a four-guard offense against Rockland was bold and brilliant and paid dividends in the crucial second half. The inbounds plays and set plays that Newhall has implemented throughout his career have constantly befuddled opposing defenses and led to uncontested baskets.

The Spartans (25-2) averaged 71 points per game while allowing 41 points per game this season. The road to the Massachusetts crown included two wins in South Carolina, along with the Walter Boverini and Spartan Classic championships.

A decade of excellence

In the three state championship seasons in 2011, 2014, and 2020, the Spartans compiled a 73-8 record. Newhall talked about the past decade of basketball that has clearly established St. Mary's as one of the best high school programs in the state.

"We have been blessed with a large number of tremendous student-athletes in our girls basketball program over the years," said Newhall. "Winning a third state title to me shows the strength and depth of our program, that it's been consistently at or near the top of Massachusetts for over 10 years.

"More importantly every girl that has graduated from the St. Mary's girls basketball program has gone on to college, some as scholarship basketball players, but more as academic scholarship students. Bottom line and our program is living proof: You win consistently when you have a combination of good players, excellent students, and solid all-around people."

And though Jeff Newhall wouldn't say it—you need a great coach to bring it all together and to inspire the players to buy in to the philosophy and work ethic you're trying to incorporate on and off the court.

Earth Day poster winners announced

By Kate Anslinger

During last week's City Council meeting, Councilor-At-Large Brian Field announced the winners of the "Keep Lynn Clean" poster contest. The contest was set in motion on Earth Day, April 22, and inspired students to use creativity as a way of motivating others to take care of the environment.

The list of winners are:

1. Chris Pacheco Hernandez – Lincoln Thompson
2. Elisa Deleon Angel – Conery

3. Penelope Bin – Aborn
4. Nailah Georges – Brackett
5. Levi Flores – Callahan
6. Wendy Chilel Hernandez – Cobbet
7. Alexis Mitchell – Drewicz
8. Oleksandr Kukashchuk – "Sasha" – Harrington
9. Jillian Lyons – Fallon
10. Zaineb Mouzoune – Ford
11. Karla Gabriella Hernandez – Hood
12. Arlette Castillo Cespedes – Ingalls
13. Michael Kelley, Jr. – Lynn Woods
14. Yessidel Nieves – Sacred Heart

15. Trey Henderson – Sewell Anderson
16. Isabella Ok – Shoemaker
17. Maxwell Martel – Sisson
18. Briadne Vasquez – St. Pius V
19. Benjamin Sanabria Pineda – Tracy
20. Hileen Rojas Rosa – Washington
21. Ashley Chavez – Volunteer, Lynn Tech (Helped Design And Print The Final Posters)
22. Cassidy Pa- Volunteer, Lynn Tech (helped design and print the final posters)

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To Be of Service is a feature documentary that explores complex stories of veterans with Post Traumatic Stress Disorder and the impeccably trained service dogs they're paired with. These dogs bring independence and a feeling of safety along with a new measure of happiness and hope to these brave warriors we sent into the maw of war.

"Many of the smiles mask deep sorrows in *To Be of Service*, but hope still runs through... These dogs are saving the lives of those who've sacrificed so much. Every person profiled here deserves an immense amount of respect. Every animal, too." - *New York Times*

"[A] stirring portrait of war, duty, sacrifice and the love of a good dog." - *Los Angeles Times*

Showtime is Wednesday, **March 25th**, at **6:30pm**, at the **Showcase Cinemas de Lux - Revere**.

A live panel discussion will follow with one of the film's subjects, veteran Sylvia Bowersox, with local experts.

*Note: Guests and family members are welcome, however, the film deals with mature subject matter/language and may not be suitable for younger audiences.

To attend the showing, please visit www.reelabilities.org/boston