Nahant Beach Triathlon marks 40th anniversary

Lynn’s Bob Levine keeps the tradition alive

By Cary Shuman

In normal circumstances the Nahant Beach Triathlon (NBT) would have celebrated its 40th anniversary with an awards gathering following the final event of the season last Thursday night.

The weekly competitors from Lynn and other communities would have sung the praises of legendary NBT Director Bob Levine at such a celebration and the tributes to the 73-year-old Levine would have lasted for an hour, at least.

But due to the coronavirus, the NBT had to follow social distancing guidelines and celebrate the end of its 40th season under Levine’s direction in low-key fashion.

Levine, a licensed electrician who works at General Electric in Lynn, is truly a pioneer in the world of triathlons, which are grueling competitions that test the endurance of its competitors, known as triathletes. In the Nahant version, competitors start with a quarter-mile swim, followed by a 5-mile bicycle ride, and 3-mile run.

While Levine remains the face of the Nahant Beach Triathlon, he humbly credits Tom Carmody, Paul Hennessey, and Jerry Powers for helping to launch the event and keep the tradition alive for four decades.

What was the inspiration to start a triathlon on the North Shore 40 years ago?

“The running boom was coming back and people needed exercise,” said Levine, who attended Lynn Trade. “We used to draw 150 people for our triathlons. Now it’s about 50 people each week from the last Thursday in May to the first Thursday in October.”

Levine is known for his generosity to the competitors. The NBT is free of charge for the triathletes.

“Bob supplies the awards and he donates the refreshments for each race,” said Jerry Powers, who assists at the event along with Paul Hennessey and Mike Warren MacPhail of Winthrop, cross country and track coach at Fisher College, was the winner of the 3.2-mile course on Nahant Beach in a time of 20:11.

Bob Levine of the Lynn Athletic Club welcomed runners as they crossed the finish line.
MAKE THE MOST OF THE LONG WEEKEND

The arrival of Columbus Day means that the fall season squarely is upon us, the time of year that has special meaning for all of us in New England, even amidst a pandemic.

With the weatherman forecasting a beautiful weekend with warm temperatures and sunny skies, we hope that as many of our readers as possible will be able to partake of the simple pleasures of a hike in the woods or a long drive to enjoy the crisp, clean air and the autumn colors.

We realize that for each and every one of our fellow Americans, this is a time of high anxiety on so many levels, and that we have been living this way for the past seven months -- with more to come.

But each of us must find a way to deal with the stressful times in which we find ourselves. From our experience, enjoying the great outdoors with our friends and family is the best prescription for de-stressing in any situation.

We urge all of our readers to make the most of the long weekend while we have the chance to do so before the colder weather of winter sets in.

Take a long walk, preferably a hike, whether along the shore, or in the mountains, or even as nearby as the Blue Hills. We promise that just being outside and taking in the natural world in the crisp air, away from the noise of our daily lives, will do wonders for our emotional and physical well-being.

TWTWTW X 100

In the 1960s there was a TV show, That Was The Week That Was (also known as TW3), that took a satirical look at that week’s news events.

However, this past week’s events have moved from the realm of farce to dangerousness, both on an individual and collective level, for all Americans.

We are speaking of two comments made by President Trump in the past seven days.

The first occurred in the presidential debate when Trump squarely was asked if he would denounce white supremacist groups.

Trump did not do so, and instead told these far-right, extremist, hate groups to “Stand back and stand by,” a virtual clarion call for us to sow disruption before and after the election.

The second took place a few days later when Trump was about to be released from the hospital after his treatment for the coronavirus and he made this incredible statement via Twitter:

“Don’t be afraid of covid. Don’t let it dominate your life” -- thereby completely ignoring the 210,000 Americans who already have lost their lives because of COVID-19 (with another 200,000 deaths predicted by the end of this year), not to mention the large number of the White House staff who have contracted the disease.

In light of Trump’s comments, we urge our readers to do two things:

First and foremost, always wear a mask and stay at least six feet apart from other people, even outdoors, to ensure the safety of yourself and others from COVID-19.

Second, be sure to register to vote. The deadline in Massachusetts is October 24 and is easily doable on-line (just type “Register to vote in Mass.” into Google).

Each of us has the power to change the trajectory of America’s future.

Guest Op-Ed

Something needs to be done about evictions

By Shane Fowler

Hundreds of thousands of Massachusetts residents are at risk of displacement and homelessness if evictions are allowed to continue unabated without any protections from the legislature. Massachusetts has deployed various strategies to mitigate the harms from the COVID-19 pandemic, but its most effective strategy, a state-wide moratorium on housing evictions, is set to expire on October 17. Last week, Governor Charlie Baker announced his unwillingness to extend the moratorium; in doing so, the Governor removed the crutch keeping housing cases at once. As a result, the bulk of tenants facing eviction will be forced to represent themselves. The inequities of this arrangement become blindly apparent when pro-se defendants are forced to litigate against institutional landlords.

Further, housing courts are overwhelmed. Anecdotally, at the Harvard Legal Aid Bureau, the second largest legal aid provider in Boston, we only have the capacity for about 60 individual housing cases at once. As a result, the bulk of tenants facing eviction will be forced to represent themselves. The inequities of this arrangement become blindly apparent when pro-se defendants are forced to litigate against institutional landlords.

Please see OP-ED Page 3
will be expected to juggle an unprecedented amount of cases in unprecedented circumstances after the moratorium expires. Considering valid safety concerns, housing courts will need to rely on virtual hearings and trials at the expense of low-income tenants that may not have the requisite technology. The issues highlighted raise due process concerns, a core principle of our legal system, and likely will lead to miscarriages of housing justice.

Housing is a human right, but when we tolerate anything less there are societal consequences. Housing instability increases public costs. For example, a 2018 study found that unstable housing among families with children will cost the U.S. $111 billion in avoidable health and education expenditures over the next 10 years. Housing instability is deeply intertwined with many social, economic, and health issues. It negatively affects an individual’s ability to maintain a job, acquire a quality education, or routinely secure food. Housing instability leads to overcrowding and homelessness.

Overcrowded housing is closely-related to elevated COVID-19 rates in communities. Homelessness is not only a moral tragedy, but also impacts the availability of healthcare resources, magnifies a community’s reliance on police, and harms business and tourist attractions, particularly downtown. If we do nothing in this moment, we negligently contribute to our country’s housing injustice.

For all these reasons, the Commonwealth needs to pass the Housing Stability Act. The Housing Stability Act – Bill H.4874 - offers a systemic solution to prevent the ensuing flood of evictions. The Act guarantees housing stability during the COVID-19 crisis by banning evictions due to nonpayment of rent for any tenant unable to pay directly or indirectly because of the COVID-19 crisis. The eviction ban covers rent due at the start of the COVID-19 state of emergency through 12 months after the state of emergency has ended. The Act also protects homeowners and small landlords by banning foreclosures due to missed mortgage payments throughout the same period.

Finally, the Act establishes an Oversight and Advisory Board of members from the hardest hit communities to make recommendations on how the COVID-19 Housing Stability and Recovery fund is administered.

The positive effects of the Housing Stability Act are obvious: more protections for tenants and homeowners; less homelessness for adults and children; finally, less pain and despair in the Commonwealth. The novel coronavirus has upended our way of life. But we should not let it uproot folks from their homes. To stop the imminent housing crisis, please act by calling your legislator in the Massachusetts State House and urge them to vote yes for Bill H.4878.

Shane Fowler is a third year law student at Harvard Law School. He is the Housing Co-Chair of the Harvard Legal Aid Bureau.

DRIVE-THROUGH FLU CLINIC, OUTREACH EVENT FOR VETERANS AT LYNN CBOC

VA Bedford is hosting a mobile drive-through flu vaccination clinic and VA healthcare enrollment event for Veterans on Saturday, Oct. 17, 2020, from 10:00 a.m. to 2:00 p.m., in the parking lot of the Lynn Community Based Outreach Clinic, located at 225 Boston Street.

Veterans currently enrolled in VA healthcare may receive a no-cost standard flu shot with a Veteran ID, VA ID card, Veteran driver’s license or social security number.

All veterans eligible for VA healthcare are welcome to attend and complete their enrollment. Documents required include current insurance card, if any, including Medicare or Medicaid, and DD Form 214, Certificate of Release or Discharge from Active Duty. Purple Heart recipients should bring a copy of their award letter if the Purple Heart is not noted on their DD214.

“VA continues to offer Veterans options when it comes to their health care,” VA Bedford Director Joan Clifford said. “Receiving a vaccine remains the best way to prevent getting the flu.”

The drive-through flu vaccination clinic will allow Veterans to remain in their vehicles. Veterans are asked to wear a mask and a short-sleeved shirt.

This year, the flu season coincides with the COVID-19 pandemic. Getting the flu vaccination can help protect vulnerable individuals and coworkers at risk for severe illness, as well as reduce surges that could threaten the health care system infrastructure. Veterans can personally benefit from getting vaccinated by minimizing their risk of getting flu and reducing the severity of their illness if they do get flu.

High Dose vaccine supply is currently limited and being distributed to those older inpatients and Veterans residing in VA Bedford’s Community Living Center. Veterans should contact their VA primary care provider for information on the high-dose vaccine.

In the event of inclement weather, the event will be held on Oct. 31, 2020.

THE KOWLOON RESTAURANT AND DRIVE IN CONTINUES FAMILY MOVIE NIGHTS

The Kowloon Restaurant, owned and operated by the Wong family continues their Drive-In with Ghostbusters, slated for Sunday, October, 11. Doors open at 5:30 P.M. and showtime is at 7:00 P.M. Admission is $20 per parking spot and $20 per table on the turf; guests can also bring their own blankets and beach chairs for the turf area. The movie is shown in the outdoor dining area and is socially distanced.

Ghost Busters is an American comedy starring Bill Murray, Dan Aykroyd and Harris Ramis who start a ghost-catching business in New York City. Aykroyd conceived Ghostbusters as a project for himself and John Belushi. The protagonists would travel through time and space to combat a host of demonic and supernatural threats. Ghostbusters was released on June 8, 1984, to critical acclaim and became a cultural phenomenon and continues to be popular for all.

The Kowloon Drive-In, in conjunction with Xfinity, features a giant 22 feet high by 40 feet wide giant 22 feet high by 40 feet wide outdoor movie screen and space for cars. To reserve, please call (781) 233-0077 or go to the Kowloon’s website at www.kowloon-restaurant.com.

A full Kowloon menu, featuring Pu pu platters, Sausus Wings, sushi, egg rolls, Seafood Fantasy to Kowloon Steak, along with soft drinks and signature Scripture bowls, Mai Tais, beer, wine and cocktails, will be available at the outdoor dining, drive-in, turf and car-hop venue.

The Kowloon Restaurant, Car Hop & Drive-In

948 Broadway, Route 1 North, Saugus

Open daily 11:30 A.M. to 11:00 P.M., seven days per week. (781) 233-0077


REE MACHINIST PREP TRAINING AT NSCC

With more than 150 machining companies on the North Shore, the manufacturing industry is looking to hire trained employes. Take advantage of FREE machinist prep training classes at North Shore Community College (NSCC), starting in November.

Want to improve your English language skills? Enroll in an ESL for Machinists class which will help you do this while you study curriculum geared towards machining. Don’t have your high school diploma/credentials? Enroll in a HiSET for Machinists class where you will work towards passing the HiSET exams, while you also learn curriculum geared towards machining.

Entry-level salaries for machinists start at $30,000-$40,000, with a 90% job placement rate through MassHire.

Interested? Attend a free virtual info session, via Zoom, by emailing Susan Ryan, sryan@northshore.edu Please specify which track you are interested in: ESL or HiSET. Info sessions will be held on October 21, October 28 & November 4, from 9-9:45a.m.
Moulton and team Earn “Democracy Award” for best Constituent Service Operation

Congressman Seth Moulton (D-MA) and his team have won a 2020 Democracy Award from the Congressional Management Foundation (CMF). They received the honor for running the best constituent service operation in the United States Congress.

The Constituent Service category recognizes “outstanding practices or achievements acting as ombudsmen with the federal government or responding to constituent requests and inquiries.” Moulton and his team were among eight finalists from the United States House of Representatives and United States Senate in April. The Congressional Management Foundation will present Moulton’s team with the 2020 Democracy Award for Constituent Services at a virtual award ceremony today.

“In moments like this one—when the federal government is failing to deliver, when a record number of people are out of work, and when far too many people are feeling let down by our country—we know the work that we do on your behalf is more important than ever. There’s a reason the title for Member of Congress is Representative. The duty to be your voice in government is our most important job, and we’re going to keep fighting for you every day,” Moulton said.

Bradford Fitch, President and CEO of the Congressional Management Foundation said: “As a Democracy Award winner, Rep. Moulton’s office is clearly one of the best in Congress. This designation demonstrates that Rep. Moulton has made a significant commitment to being the best public servant for his constituents in Massachusetts. Rep. Moulton and his staff are to be congratulated for not only being a model for his colleagues in Congress, but for helping to restore trust and faith that our democratic institutions can work.”

In assessing and awarding the office of Rep. Seth Moulton a Democracy Award for Constituent Service, CMF identified the following:

“As a 2018 Democracy Award Winner for Transparency and Accountability, the office of Rep. Seth Moulton has already demonstrated the value they place on accessibility, an emphasis rivaling by their commitment to constituent service. Since 2015, the office has saved constituents $2,475,152; at the conclusion of each case, the office sends a survey by email or phone designed to measure their service both qualitatively and quantitatively. Their customer satisfaction rate is exceptional compared to similar measurements in the private sector. Additionally, the office makes itself a resource for new Members. Last year, they wrote a manual on their constituent service operations with the intention of preparing freshmen, and they held two conference calls with staff for new Members. Rep. Moulton hosts both in-person and Facebook Live town halls, and during his first term held an in-person town hall in all 39 cities and towns in his district.”

The total amount of money returned to constituents has increased since the nomination was made earlier this year. In August, Moulton and his team surpassed the $3 million mark in the amount they have returned to their constituents.

Moulton and his team were also nominated for the award because they pioneered new technology to serve their constituents. Last year, Moulton partnered with Code for Boston to develop and test an app that helps constituents affected by the Windfall Elimination Provision. Many public servants have been affected by the issue, which makes it difficult to accurately predict how much people have saved for retirement. The group beta tested the app at Moulton’s in-person town halls before the coronavirus pandemic. The app is live here.

The need for constituent services has grown since the pandemic. Moulton’s office was the first in Congress to issue a guide to constituents and other Congressional offices on teleworking. A member of Moulton’s team has started a staff association that’s pushing Congress to modernize. And his Director of Constituent Services, Neesha Suarez, launched an investigation into missing stimulus payments that identified a nationwide problem at the IRS.

The Congressional Management Foundation’s Democracy Award categories include Constituent Services, Innovation and Modernization, Transparency and Accountability, and the Life in Congress Award for Workplace Environment. Moulton previously earned the Transparency and Accountability award in 2018. He is the only Member of Congress to earn two awards from the Congressional Management Foundation.

CMF developed categories and criteria for the Democracy Awards over the last five years with input from Members of Congress, current and former congressional staff, and the Maxwell School for Public Policy and Citizenship at Syracuse University.

A review committee then conducted dozens of interviews to select 26 finalists. A committee composed of former Members of Congress and staff selected the winners using the application, interview notes, and supporting material provided by the office.

The Founding Partner for the Democracy Awards is the Bridge Alliance, which provided a generous grant to launch the program. Bridge Alliance is a diverse coalition of more than 100 organizations committed to revitalizing democratic practice in America.

LOCAL STUDENTS EARN ACADEMIC HONORS

LOCAL STUDENTS GRADUATE STONEHILL COLLEGE

Members of the Class of 2020 joined together for a virtual Commencement ceremony this past August, including:
Oury Bah of Lynn
Page Barnard of Lynn
Samir Usuman of Lynn

Initially scheduled for Sunday, May 17 with a traditional in-person format but knocked off course by COVID-19, Stonehill's 99th Commencement finally took place on Saturday, August 8 making history as the College's first virtual Commencement and the first ever held in August. Another big change this year was the presentation of candidates for master's degrees.

Live-streamed from Stonehill's McCarthey Auditorium in the Thomas and Donna May School of Arts & Sciences building the ceremony addressed 630 undergraduates, 13 graduates, their families, and a wider audience of Stonehill faculty, staff, alumni, and friends.

In prerecorded remarks, Commencement speaker New England Patriots star Matthew Slater drew on his career as a three-time Super Bowl Champion to hail the Class of 2020 for their ability to endure, persevere and thrive in the face of adversity.

Stonehill is a Catholic college located near Boston on a beautiful 384-acre campus in Easton, Massachusetts. With a student-faculty ratio of 12:1, the College engages over 2,500 students in 80+ rigorous academic programs in the liberal arts, sciences, and pre-professional fields. The Stonehill community helps students to develop the knowledge, skills, and character to meet their professional goals and to live lives of purpose and integrity.

HOFSTRA UNIVERSITY WELCOME RESIDENT

Hofstra University welcomes Emma Pelletier of Lynn, who has joined our dynamic community of more than 11,000 students from around the world who are dedicated to civic engagement, academic excellence, and becoming leaders in their communities and their careers. We can’t wait to see all the great things Emma will do as a #HUWorldChanger!

Hofstra University is a nationally ranked and recognized private university in Hempstead, N.Y. that is the only school to ever host three consecutive presidential debates (2008, 2012 and 2016). Our campus is a leafy oasis just a quick train ride away from New York City and all its cultural, recreational and professional opportunities. We offer small classes and personal attention, with the resources, technology and facilities of a large university. Students can choose from more than 165 undergraduate program options and 175 graduate program options in the liberal arts and sciences, education, health professions, and human services, the Peter S. Kalikow School of Government, Public Policy and International Affairs, the Fred DeMatteis School of Engineering and Applied Science, the Frank G. Zarb School of Business, the Lawrence Herbert School of Communication, the Maurice A. Deane School of Law, the Hofstra Northwell School of Nursing and Physician Assistant Studies, and the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. Hofstra University is a dynamic community of 11,000 students from around the world who are dedicated to civic engagement, academic excellence and becoming leaders in their communities and their careers.
Baker-Polito administration announces continued efforts to support older adults

The Baker-Polito Administration has begun implementing its second round of comprehensive nursing home reforms to keep older adults safe, improve the standards of care and infection control, and respond to the ongoing COVID-19 pandemic. As part of the Accountability and Supports Package 2.0 announced in September, the first phase includes $82 million in restructured Medicaid rates and immediate steps to eliminate 3 and 4 bed rooms in nursing homes. In addition, the state released updated surveillance testing guidance for nursing homes and rest homes and announced new funding for assisted living residences (ALRs) to support surveillance testing.

The Administration also announced strengthened flu vaccine requirements for staff at nursing homes, rest homes, ALRs, adult day health programs, and dialysis units to protect vulnerable residents and providers. Over 55,500 older adults live in 700 nursing homes, rest homes, ALRs in Massachusetts. The Administration has taken significant action to support these residents throughout the COVID-19 emergency, and the actions announced today reinforce the state’s commitment to improving care for these residents both during the pandemic and long-term.

Nursing Facility Accountability and Supports Package 2.0

The Executive Office of Health and Human Services (EOHHS) is implementing the first phase of several significant reforms announced as part of the Accountability and Supports Package 2.0 in September. This package of reforms holds long-term care facilities to higher standards of care and infection control, provides up to $140 million in additional funding to nursing homes, and restructures Medicaid aid to be consistent with the recommendations of the Nursing Facility Taskforce.

This first phase of reforms includes:

- Requiring nursing homes to take immediate steps to reduce or eliminate rooms with more than two residents to improve infection control standards and resident quality of life, the first step in eliminating 3 and 4 bed rooms in nursing homes

$82 million in restructured Medicaid rates, which incentivize high-quality, high-occupancy, and care for high-acuity special populations, including residents with substance use disorder and/or several mental health diagnoses, while ensuring stability for high-Medicaid facilities

Strengthened criteria for nursing homes that establish isolation spaces for COVID-19 positive residents being discharged from hospitals, limiting isolation spaces to facilities that have a high DPH quality score, meet specific staffing and PPE requirements and have no deficiencies on DPH infection control surveys

The reforms build off of the strong steps Commonwealth has taken since the start of the COVID-19 public health emergency to support nursing home residents and staff. With this package, the Commonwealth has committed over $400 million in new funding directly to nursing homes, on top of over $180 million in federal funding. In addition, the state has provided direct staffing supports, provided over 2.8 million pieces of personal protective equipment (PPE), provided testing via mobile testing units and reimbursement for surveillance testing, and enhanced facility accountability through regular infection control surveys and other audits.

Long-Term Care Surveillance Testing

The Administration has updated long-term care staff surveillance testing guidance to align with federal guidance. Surveillance testing is a critical way for facilities to mitigate the spread of COVID-19 and better protect high-risk residents. The updated guidance ensures all staff are tested at least once each month, with additional testing in facilities with new COVID cases or in high-positive areas.

While nursing homes and rest homes are required to adhere to the surveillance testing guidance, ALRs are recommended to do so. To further support ALRs in performing adequate surveillance testing, the state will fund up to two rounds of testing for all staff per 30 days when there is a new staff case in an ALR. Nursing homes and rest homes have been reimbursed for staff surveillance testing since the policy was released in June.

Flu Vaccine Requirements

To protect long-term care residents and other vulnerable populations from a potentially deadly flu season, and preserve health care resources needed to respond to the COVID-19 emergency throughout the fall and winter, the Department of Public Health (DPH) has revised the flu vaccination requirements for staff at nursing homes, rest homes, ALRs, adult day health programs and dialysis units and reimbursement for surveillance testing guidance to align with federal guidance.

Flu vaccine guidance now requires all staff of nursing homes, rest homes, ALRs to receive an annual flu vaccination. The requirement applies to all employees and contractors with access to all patient care areas.

Flu vaccine guidance also applies to direct support professionals (DSPs) and other staff in residential community settings and direct support professionals (DSPs) and other staff in direct support work under the special needs umbrella that may have exposure to COVID-19.

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Visit the website at https://www.mass.gov/flu-facts for more information on flu vaccine requirements and other ways to reduce the spread of the flu.

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ST. MARY’S OF LYNN BOYS SOCCER VICTORIOUS OVER LOWELL CATHOLIC

The Spartan’s of St. Mary’s boys’ soccer team won last Saturday afternoon at their home game on the field of Austin Prep High School against Lowell Catholic by a score of 1-0. While St. Mary’s has opened school for the year, no sports are allowed in Lynn, so the schedule will reflect all away games, while maintain host position.

Defenseman Michael Anderson keeps the ball away from the St. Mary’s net.

Keeper, Jacob Guarino played a great game and put a shut out on his record.

Ryan Fraher stares down the opposing goaltender after a blocked shot on goal.

Zach Barden looks to make a play.

St. Mary’s of Lynn Boys Soccer Victorious Over Lowell Catholic.

At half time, St. Mary’s AD Jeff Newhall disinfects the game balls for safer play.

Aidan Sullivan and #11 Elias Saroufin team up to block a threat from Lowell Catholic.

Derek Garcia scores the first and winning goal for the Spartans of St. Mary’s.

Capt. Eduardo Toranzo getting doubled teamed.

St. Mary’s midfielder Kaya Jackson makes a pass to a teammate during 1-0 win over Lowell Catholic.

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Fitgerald. “Bob’s the best.”

NBT regulars, including world-class triathlete Warren MacPhail of Winthrop, say Levine is unmatched in his organizational skills and race directing.

“We’ve had competitors in the Nahant Beach Triathlon who have gone on to compete in national and world championships,” said MacPhail. “Bob does a tremendous job. We’re fortunate to have such an outstanding triathlon being held in the area. Our summers wouldn’t be the same without coming to Nahant each week and seeing Bob Levine running the show.”

Lynn resident Freddi Triback has competed in the Nahant Beach Triathlon for the past two years. A former runner at Binghamton University in New York, Triback likes the multilevel, competitive aspect of the Nahant Beach Triathlon.

“This event has all levels of triathletes, so whether you’re a beginner or an elite, everybody’s welcome,” said Triback.

Brian Walfield, a graduate of Northeast Regional, is an ultra-runner who competes in 50-mile races, but he also enjoys the Nahant Beach Triathlon. “It’s a lot of fun and it’s a great tradition on Thursday nights,” said Walfield. “Bob Levine does a great job.”

Levine, who stays active as a runner, said he has tremendous respect for triathletes. “I admire their dedication and commitment to physical fitness. They’re all in great shape.”

Levine has pledged to keep the NBT going for many years into the future.

“I made promises years ago to Fred Brown, Tom Supple, and Jock Semple that I’d keep it going for as long as possible,” said Levine. “I hope to be doing this for many years to come, maybe into my 100s.”

Levine is already looking ahead to the 2021 Nahant Beach Triathlon season.

“We’ll be here for at least another 40 years – maybe into my 100s,” said Levine.

Senior Whole Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Senior Whole Health (HMO SNP) and Senior Whole Health NHC (HMO SNP) are Coordinated Care Plans with a Medicare Advantage contract and a contract with the Commonwealth of Massachusetts/EOHHS MassHealth program. Enrollment depends on annual contract renewal. H2224_2019_77906_M Accepted 9/24/2019 *Limitations may apply
CHELSEA STILL IN RED ZONE

CHELSEA - When much of the rest of the state moved on to the next phase of Gov. Charlie Baker’s re-opening plan on Oct. 5, Chelsea and other ‘red’ or ‘high-risk’ communities were left behind – and as City Manager Tom Ambrosino has said concerns him, perhaps unfairly.

Want to try on a pair of pants at the boutique?

One will be able to sashay into some tight-fittin’ jeans at a store in Malden, but not Chelsea.

Looking to have a big indoor or outdoor concert?

Go to Melrose and one can hear the music, but not in Chelsea.

Those and many other things would still not be allowed in the City on Oct. 5 despite having case numbers relatively under control, averaging about six new cases a day recently and even registering zero cases this Monday. Add that the Census numbers being used to calculate the rates are likely far too low and it makes for what seems to be an unfair situation for under-counted, dense urban areas in a system that seems to favor the wealthier suburbs.

Last week, Gov. Baker announced that effective Monday, October 5, lower risk communities will be permitted to move into Step II of Phase III of the Commonwealth’s re-opening plan. All other communities will remain in Phase III, Step I. Gov. Baker also issued a revised gatherings order on Tuesday, and will issue industry-specific guidance and protocols for a range of Phase I, II, and III businesses will also be updated.

On May 18, the Baker-Polito Administration released a four-phased plan to reopen the economy based on sustained improvements in public health data.

Last month, the Administration began releasing data on the average daily COVID cases per 100,000 residents, average percent positivity, and total case counts, for all 351 Massachusetts cities and towns.

Lower risk communities are defined as cities and towns that have not been a “red” community in any of the last three weekly Department of Public Health (DPH) weekly reports.

Effective October 5, a limited number of sectors will be eligible to reopen, with restrictions, in Step II of Phase III for lower risk communities only:

- Indoor performance venues will be permitted to open with 50% capacity with a maximum of 250 people.
- Outdoor performance venue capacity will increase to 50% with a max of 250 people.
- For arcades and indoor and outdoor recreation businesses, additional Step II activities like trampolines, obstacle courses, roller rinks and laser tag will also be permitted to open and capacity will increase to 50%.
- Fitting rooms will be permitted to open in all types of retail stores.
- Gyms, museums, libraries and driving and flight schools will also be permitted to increase their capacity to 50%.

Revised Gatherings Order:

• The limit for indoor gatherings remains at a maximum of 25 people for all communities.
• Outdoor gatherings at private residences and in private backyards will remain at a maximum of 50 people for all communities.
• Outdoor gatherings at event venues and in public settings will have a limit of 50 people in Step I communities, and a limit of 100 people in lower risk, Step II communities.

CHELSEA ROTARY HELPS OBTAIN SERVICE DOG

CHELSEA - When Angelica Bachour looked for a solution to help her son, Gabriel, to learn socializing skills and other coping mechanisms, she was often brought to tears when running into so many roadblocks.

In a recent online Rotary Club meeting, Bachour was brought to tears once again – but this time tears of joy as Gabriel, 9, was all smiles in announcing that through the efforts of Chelsea Rotary, he had been matched with a service dog specially trained to help kids with Autism.

“I have good news,” said Gabriel to the Zoom audience of Chelsea and Marblehead Rotarians. “I got matched and the dog’s name is Casey. She’s a black Lab and was born in January 2019.”

Gabriel is a Chelsea Public School fourth grader and his mother said she began to feel that he was delayed in his early years. However, that wasn’t confirmed until he attended the Early Learning Center (ELC) and a very astute teacher agreed. Gabriel was able to get services for Autism very early and it has helped him tremendously in being able to go to school and excel.

However, Angelica said he has always struggled with making friends, anxiety and disagreeing peacefully with others.

“He had a lot of anxiety and couldn’t deal with people when they disagreed with him; he was so frustrated,” she said. “That’s when I needed to look into getting a dog to help Gabriel. I was so heartbroken because I realized anything I do is just not enough. That’s when we started looking for options to support him. We didn’t want just any dog because I was afraid of a dog attacking him. I was able to get him on a list and they agreed a service dog could help support him in all the areas he needed strength in and the areas a therapist couldn’t help him with. The beginning of relationships are so hard for him.”

That’s where the Chelsea Rotary stepped in and was able to help raise money and do advocacy to get Gabriel his service dog. Working with the NEADS Social Dog Program, they were able to raise the money to help pay for the service dog once he was approved by NEAD.

NEAD is one of the oldest service dog organizations in the country and provide specially trained dogs for a variety of tasks – helping those that are disabled, have hearing losses, veterans, and for those with Autism. They match about 50 people per year with service dogs, said Katy Ostroff. The dogs are trained over about 18 months for their
COVID RATE STILL CONTINUES TO CLIMB

EAST BOSTON - After recently seeing a week over week decline in East Boston’s COVID-19 positive test rates, the number now seems to be climbing once again in the neighborhood. Eastie experienced an all time high with an 11.8 percent positive test rate back in August, but efforts by the city and health officials brought that number down to 5.1 percent last month. However, two weeks ago the positive test rate number climbed to 6.1 percent and last Friday jumped to 8.8 percent. Last Friday, the Boston Public Health Commission released the latest COVID-19 data and Mayor Martin Walsh addressed the trend here and across Boston. “The City is continuing its outreach in East Boston where the positive rates are the highest,” said Mayor Walsh. “We are working on expanding testing access in East Boston, and we continue to do bilingual outreach in all of our Latino communities.” The Mayor said that most of Boston’s neighborhoods saw increases last week, so this uptick in activity is something that impacts everyone. “While the City is bringing resources and information to where it’s needed, we also need everyone’s help,” said Walsh. “That especially in-cludes our young adults, among whom we continue to see the most cases. If you have to go to work, if you live in a large household, or if you’re running a business, the City has resources and information that can help you stay safe.” He said that every single person, in every neighborhood, must continue to follow the guidelines the City has laid out, because they’ve been proven to work. Those include wearing a mask; washing your hands; keeping six feet of distance as much as possible, and having your mask on if you’re un-sure if you’re keeping that distance; following all COVID guidelines for your industry, or your college or workplace. The Mayor also urged people in Eastie to not go to gatherings, especially not to house parties or cookouts where people are mingling. “This is where we are seeing most of the transmission right now,” said Walsh. “We must all make smart choices to protect our health, our fami-ly’s health, and the health of our commun-ity.” For over a month the city has been working with healthcare profession-als and agencies like the East Boston Neighborhood Health Center to curb the COVID spike in the neighborhood. The City launched an ele-vated outreach plan for Eastie to address the increase in case data. According to the data released by the BPHC on Friday, Eastie’s COVID infection rate rose three percent and went from 500.8 cases per 10,000 residents to 515.6 cases per 10,000 residents. The last increase two weeks ago was 2.6 percent. The citywide average is 255 cases per 10,000 residents and Eastie still has the highest infection rate in all of Boston. As of Friday, 7,206 more residents became infected with the virus in Eastie and there were 2,420 confirmed COVID-19 cases, up from the 2,348 reported by the BPHC two weeks ago. Of the 17,450 Eastie residents tested for COVID last week and 8.8 percent were found to be positive for the virus, an increase of 44 percent. The citywide positive test rate is 3.9 percent. Overall since the pandemic began 14.3 percent of residents here have been found to be posi-tive. The statistics released by the BPHC as part of its weekly COVID19 re-port breaks down the number of cases and infection rates in each neighbor-hood. It also breaks down the number of cases by age, gender and race. Citywide positive cases of coronavi-rus rose by three percent last week from 17,140 cases to 17,649 confirmed cases. So far 14,723 Boston residents have fully recovered from the virus and one additional resi-dent died last week bringing the total of fatalities in the city to 764. During his daily press briefing on the virus Friday, Walsh said Boston had entered the “red” category on the state map on Wednesday, Sept-ember 30. “That means Boston is seeing eight or more daily cases per 100,000 popula-tion,” said Walsh. He said this move was expected, but to note that this map is based on one metric--raw number of cases per day. “We’re also looking at the positive test rate and the hospital data and trends over time,” he said. “Everyone must focus on what we can do to keep the activity down, and that is part of living with the virus.”

ARTIST TAKES PART IN PAINTING UTILITY BOXES

EAST BOSTON - On October 2, the Downtown Boston Business Improvement District (BID) unveiled “Tasteful Boston,” an outdoor public art installation in which a dozen local artists transform 12 BID-area utility boxes into striking works of art that celebrate iconic elements of the city’s storied culinary history.

One of those artists is East Boston’s Stephanie Martinez whose proposal was chosen by a panel of judges from nearly 50 applicants. Martinez will paint the utility boxes over the next few weeks, serving up slices of Boston food history.

Martinez’s vividly colored rendering of Boston’s Chinatown Gate depicts a diverse group of residents enjoying an equally diverse array of iconic Boston dishes.
LYNN ATHLETIC CLUB BEAT THE TIDE ROAD RACE

Ted Kennedy of Swampscott, formerly of Saugus, who worked as a vendor at Fenway Park in the 1980s, showed that he still has great running form in the Beat The Tide Road Race.

Carl Spencer and Stephen Boudreau, former Saugus High assistant boys basketball coach.

Judy Tasker of Melrose, Amy Bowden of Lynn, and Laurie Gagnon and Jenna Rich, both of Peabody, are pictured after finishing the race Sunday morning in Nahant.

Bob Levine joins some of the Lynn runners, including Gina Gallo (far left) Jerry Powers (fourth from left) and Freddi Trifick and Brian Warfield (second from left), for a photo following the Beat The Tide Road Race Sunday at Nahant Beach.

Warren MacPhail is pictured moments after he crossed the finish line as the winner of the Beat The Tide Road Race Sunday at Nahant Beach.
Massachusetts Department of Revenue (DOR) Commissioner Geoffrey Snyder announced that September revenue collections totaled $3.144 billion, $46 million or 1.4 percent less than the actual collections in September 2019.

FY2021 year-to-date collections total approximately $7.27 billion, which is $69 million or 1.0 percent more than collections in the same period of FY2020. Not reflected in the total is approximately $2.321 billion in deferred personal income tax payments and refunds processed in July and August. Such payments and refunds have been recorded in FY2020 pursuant to legislation and are not shown in FY2021 year-to-date collections.

The decline in September revenues is mostly due to decreases in withholding, non-withheld income tax, meals tax, and ‘All Other’ tax. Those decreases were partly offset by increases in regular sales tax, motor vehicle sales tax, and corporate and business taxes,” said Commissioner Snyder. “Individual estimated payments declined slightly, and corporate estimated payments showed a small increase in September, and we note that estimated payment revenues tend to fluctuate over time and within each fiscal year. DOR will continue to monitor these revenue categories closely.”

September is a significant month for revenue collection because the third installments of both individual and corporate estimated payments are due. September generally produces about 10 percent of annual revenue, making September the third or fourth largest revenue month of the year.

This September is expected to be different. Although the month is still expected to be a significant month for revenues because of individual and corporate estimated payments, it will also reflect the impact of the filing and payment due date extensions for regular sales, meals, and room occupancy taxes. The due date for these tax types has been extended several times this year for certain businesses. The most recent extension was announced on Sept. 15. Returns and payments of these taxes for certain small businesses otherwise due during the period beginning March 2020 through April 2021 will instead be due in May 2021.[1] Note that September revenues will also continue to reflect the impact of COVID-19 on the tax base. Consequently, the September monthly and year-to-date figures should be interpreted with caution.

Details: Preliminary September Revenue Collections

• Income tax collections for September were $1.712 billion, $28 million or 1.6% less than September 2019.
• Withholding tax collections for September totaled $1.076 billion, $20 million less than September 2019.
• Income tax estimated payments totaled $598 million for September, $25 million less than September 2019.

• Income tax refunds and bills totaled $77 million for September, $26 million more than September 2019.
• Income tax cash refunds in September totaled $39 million in outflows, $9 million more in outflow than September 2019.
• Sales and use tax collections for September totaled $603 million, $14 million more than September 2019.
• Corporate and business tax collections, including corporate estimated payments, for September totaled $619 million, $31 million more than September 2019.
• “Other tax” collections for September totaled $210 million, $63 million less than September 2019.

National Grid releases its Net Zero Plan to be achieved by 2050

National Grid released its Net Zero by 2050 Plan, aimed at achieving net zero by 2050, including emissions from the sale of electricity and gas to customers. The plan builds on a recently announced Responsible Business Plan that laid out the Company’s commitments to the environment, employees, customers, and communities.

“Our Net Zero by 2050 Plan outlines our approach to exploring a wide range of solutions until we can deliver the affordable, reliable clean energy future our customers want and deserve – no later than 2050,” said Badar Khan, President, National Grid U.S. “We don’t have all the answers yet, and the path to both increase renewable energy and decarbonize heat will be challenging. We believe our electric and gas networks have a vital role in helping achieve net-zero emissions and our announcement today is the beginning of a transformative journey of our business.”

The Company’s Net Zero by 2050 Plan identifies 10 key areas of focus:

• Reducing demand through energy efficiency and demand response;
• Decarbonizing the gas network through use of renewable natural gas and hydrogen;
• Reducing methane emissions from our own gas network while working with the industry to reduce emissions through the entire value chain;
• Integrating innovative technologies to decarbonize heat;
• Interconnecting large scale renewables with a 21st century grid;
• Enabling and optimizing distributed generation;
• Utilizing storage;
• Eliminating SF6 emissions; and
• Advancing clean transportation;

and

• Investing in large-scale carbon management.

Learn more about National Grid’s Responsible Business Charter and the National Grid U.S. Net Zero by 2050 Plan:

A wonderful fall afternoon with sun and mild temperatures gave the Lynn Tech Alumni Association Golf Fundraiser an exceptional day on the links at Gannon Golf Course. This was a great turnout from alumni and friends supporting this tenth annual event. Alumni President James Ward was very grateful to have so many alumni and friends playing. This charitable cause is important to Lynn Tech as Jim said, “We give out an average of $25,000 in scholarships each year. Over 70 sponsors contributed which is bulk of our fundraising. Our goal is to assist students with some form of financial assistance either with an educational scholarship or with professional tools for students who are going directly into the trades”.

Alumni Board member and Ward 2 Counselor Rick Starbard who graduated from LVTI and a former faculty member explained, “Our sponsors continue each year stepping-up and we also get new ones as well. Lynn elected officials are always supportive to the Alumni Association as well private companies. This is so beneficial; everyone gives back to the school, and most important, to the students”.

The Alumni Association was established in 1991 by former Director Al Malagrifa with a committee of Bart Conlon, Joseph O’Hagan, Co-Op Guidance Counselor Judy Josephs, and Michael Alukonis.

Congratulations to Team Goodwin winning first place honors.

Closest to the Pin by McGrath Realty: Heath, Eric, Kevin, and Andrea McGrath.

McGrath Enterprises – Eric Jacobson, Jim Connors, John Clarke, and Andrew Roland.

LVTI Class of 1976: Dick Wall, Kevin Woodbury, David Pierce, and Dennis Gorman.

The Goodwin Team takes first place – Bruce Goodwin, Charlie Dickson, Daniel Hart, and Joshua Goodwin.