

THE LYNN JOURNAL

Thursday, November 11, 2021

Net Zero

Katie Burt returns to the Pride, posts shutout in debut

By Cary Shuman

Sunday marked the end of Daylight Savings Time, but at the Warrior Rink in Brighton, it was Katie Burt Making All The Saves All The Time.

Kaitlin “Katie” Burt, the phenomenal goaltender from Lynn, BB&N and Boston College, stopped 27 shots for the Boston Pride in their 1-0 victory over the Minnesota Whitecaps, completing a two-game sweep.

While goals were being scored in high numbers on the opening weekend of the Premier Hockey Federation (formerly the National Women’s Hockey League) season, Burt was simply sensational in earning the league’s only shutout of the season to-date.

After being selected as the No. 1 overall pick in the 2017



Lynn’s Katie Burt prepares to step on the ice for her 2021-22 debut in net for the Boston Pride women’s professional hockey team Sunday at Warrior Rink in Brighton.

NWHL draft, Burt played for the Pride and was a league All-Star. The 5-foot-7-inch netminder

moved on to another profession-

Please see BURT Page 4

Manager of McDonald’s restaurant in Lynn receives prestigious global award

Special to the Journal

Her years of dedication to customers and staff is now being celebrated. Claudia Galdamez, the General Manager of McDonald’s in Lynn, Massachusetts, is the proud recipient of a Ray Kroc Award, an accolade that recognizes the top performing McDonald’s Restaurant Managers globally.

Named in honor of the McDonald’s Corporation founder Ray Kroc, the awards were established in 1999 to recognize hard-working restaurant managers across the United States – those who make Ray Kroc’s vision of excellence come to life in restaurants for customers each day.

Galdamez is one of 390 McDonald’s Restaurant Managers around the world, from 60 markets (representing the top 1% of restaurant managers) to receive



Claudia Galdamez.

the honor. She’s been working for McDonald’s for 18 years and will be celebrated by her team and customers on Monday, November 8 at 11 a.m. at McDonald’s, located at 60 Boston Street, Lynn, Massachusetts.

In addition to being passionate about growing the business and satisfying customers, Galdamez

is committed to serving the community, reflecting the culture and values of McDonald’s, and reinforcing McDonald’s purpose to feed and foster communities. She provided free meals to her employees and their families, as well as to first responders, during the height of the COVID-19 pandemic. She held a successful mobile COVID-19 vaccine clinic that was free to the public. She assists local teachers with fundraisers throughout the year, donating 20% of sales to schools in the community during special events at the restaurant.

Lindsay Wallin, owner-operator of the McDonald’s restaurant on Boston Street, said: “Claudia was nominated for her commitment to the McDonald’s franchise, our values and her dedication to her staff and customers. We’re delighted that we are able to recognize Claudia in this way.”

Mr. Smith reaches the end zone

Lynn Classical’s popular Powder Puff coach will be stepping down after 14 years

By Cary Shuman

Rob Smith, who has led the Lynn Classical Powder Puff team for more than a decade in its annual flag football game versus Lynn English, is stepping down as head coach.

Smith has made the annual Powder Puff football experience a fun and memorable one for Lynn Classical seniors who start looking forward to representing their school years in advance.

But on Saturday, Nov. 20, Rob Smith will walk off Manning Field for the final time as Classical’s universally admired head coach. Smith’s 14th Powder Puff game will be his last.

“This will be my very last year, I’m retiring,” said Smith, who works at Classical as a campus monitor and is also the girls’ junior varsity basketball coach. “It’s time to pass it on. You have to know when to fold.”

The 2020 Classical-English game was canceled due to the COVID-19 pandemic, though there was a Classical junior-senior game.

“We have some of those juniors returning to play this year,” said Smith, a 1982 graduate of Classical who previously coached in the West Lynn Rams Pop Warner organization for 10 seasons. One of his premier Pop Warner players was his son, Cam Smith, a 2009 graduate who captained the Classical football and basketball teams and went on to play football at Curry College.



Rob Smith will be stepping down as Classical Powder Puff coach.

Practices begin for the big game

Rob Smith is being assisted on the Classical staff by assistant boys basketball coach Rod Valrie Jr. and Derek Edmonds, who like Smith, are Classical graduates.

The coaches have begun conducting football practices with 70 seniors on their roster, the large number a tribute to Smith’s ability to generate considerable enthusiasm for the game each year.

“We have a really good team,” said Smith.

Would you say your team is the favorite to win this year’s game, Coach Smith?

“I’m not going to say we’re the favorite because I don’t know what English has,” he replied, not wanting to create any bulletin board material. “It’s going to be a great time. This game is a cross-town rivalry, nothing but fun for all the players for bragging rights to the city for that year.

“It’s going to be bittersweet to

Please see SMITH Page 4

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EDITORIAL

VETERAN'S DAY -- HONOR OUR VETERANS

It was 103 years ago on November 11, 1918, that World War I formally came to a conclusion on the "11th hour, of the 11th day, of the 11th month."

Americans observed the first anniversary of the end of the war the following year when the holiday we now know as Veterans Day originated as Armistice Day in 1919.

The first world war was referred to at the time as "the war to end all wars." It was thought that never again would mankind engage in the sort of madness that resulted in the near-total destruction of Western Civilization and the loss of millions of lives for reasons that never have been entirely clear to anybody either before, during, or since.

Needless to say, history has shown us that such thinking was idealistically foolhardy. Just 21 years later, Hitler invaded Poland on September 1, 1939, and the world again became enmeshed in a global conflagration that made the first world war seem like a mere practice run for the mass annihilation that took place from 1939-45.

Even after that epic second world war, America has been involved in countless bloody conflicts in the 76 years since General Douglas MacArthur accepted the Japanese surrender on the Battleship USS Missouri. and millions of our fellow Americans have fought and died in our nation's numerous wars and military engagements since then.

"Peace is at hand" has been nothing but a meaningless slogan for most of the past 103 years.

Armistice Day officially became known as Veterans Day in 1954 so as to include those who served in WWII and the Korean War. All of our many veterans since then also have become part of the annual observance to express our nation's appreciation to the men and women who bravely have answered the call of duty to ensure that the freedoms we enjoy as Americans have been preserved against the many challenges we have overcome.

Although Veterans Day, as with all of our other national holidays, unfortunately has become commercialized, we urge our readers to take a moment, even if just quietly by ourselves, to contemplate the debt we owe to the veterans of all of our wars and to be grateful to them for allowing us to live freely in the greatest nation on earth.

If nothing else, Veterans Day should remind us that freedom isn't free and that maintaining our freedom since our nation's founding has required the personal sacrifice of the millions of our fellow Americans who have placed their lives on the line to preserve our ideals and our way of life.



GUEST OP-ED

Honor and care for our Veterans

Dr. Glenn Mollette

During World War II, on April 9, 1942, 75,000 United States soldiers and Filipino soldiers were surrendered to Japanese forces after months of battling in extreme-climate conditions.

Soon after the bombing of Pearl Harbor on December 7, 1941, Japanese forces began the invasion of the Philippines. The capture of the Philippines was crucial to the Japanese. It would bring them one step closer to the control of the Southwest Pacific. The Philippines were just as important to the U.S. Having troops in the Philippines gave the U.S. footing in the Southwest Pacific. After the invasion of the Philippines, U.S.-Filipino troops defended the crucial lands.

These brave soldiers were responsible for the defense of the islands of Luzon, Corregidor, and the harbor-defense forts of the Philippines. They fought in a malaria-infested region, and survived on little portions of food. Some lived off of half or quarter rations. The soldiers lacked medical attention. U.S. medics

did what they could to help their fellow soldiers. They fought with outdated equipment and virtually no air power.

The soldiers retreated to the Philippine Peninsula when Japanese forces were reinforced and overwhelmed the U.S.-Filipino soldiers.

On April 9, 1942, the U.S. and Filipino soldiers surrendered after seven months of battle combined with exposure to the extreme elements, disease, and lack of vital supplies. The tens of thousands of U.S. and Filipino soldiers were forced to become prisoners of war to the Japanese. The soldiers faced horrifying conditions and treatment as POWs.

The soldiers were deprived of food, water, and medical attention, and were forced to march 65 miles to confinement camps throughout the Philippines.

The captive soldiers were marched for days, approximately 65 miles through the scorching jungles of the Philippines. Thousands died. Those who survived faced the hardships of prisoner of war camps and the brutality of

their Japanese captors.

The POWs would not see freedom until 1945 when U.S.-Filipino forces recaptured the lost territory.

In 1945, U.S.-Filipino forces recaptured the Philippines and freed the captive soldiers who were suffering in the confinement camps. These soldiers would be impacted by the poor conditions of the camps and the mistreatment by their Japanese captors. About one-third of the prisoners died from health complications after they were freed. (The above information is from Bataan.com).

My wife's grandfather, Lyle C. Harlow, was one of the thousands who lived through the 65-mile march and almost four years as a prisoner of war. When he and the others who survived were freed, he came back to his wife in Kentucky who had also survived and a daughter born right after his departure overseas. He returned broken, weighing less than a hundred pounds and

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St. Mary's: Where tradition and technology meet the future

By Stacy Director

In today's tech savvy world, St. Mary's students have the unique opportunity to learn in a state of the art STEM building. Using 3D printers, digital microscopes that allow students to capture images on their iPads and project based learning, teachers have the ability to "structure the curriculum to meet the needs of our students," said Science and Engineering Department Head Diane Haas. Mike Jalbert, History Department Head, has students use research "to share what was learned and work cooperatively with their classmates" which is the foundation for a variety of projects such as Google slides, YouTube videos and Tik Tok.

In addition to iPads and technology, reading classics and contemporary literature is just as important. English Department Head, Larry Doherty's motto is "Dinosaurs didn't read and look what happened to them, don't be

a dinosaur." Reading is encouraged, not just in the classroom, but also at home. Students in grades 6-12 read such classics as: Animal Farm, Catcher in the Rye, Macbeth, Lord of the Flies and To Kill a Mockingbird, along with contemporary novels such as: The Giver, Hatchet, The Kite Runner and The Things They Carried. It is important for students to read books written by diverse novelists, who focus on multicultural communities such as Salvage the Bones, A Long Walk to Water, Fences and The Other Wes Moore. Silent reading at home and school are a new addition to the curriculum and it is a big hit with students.

"We want our students to leave our campus and step onto any college campus and feel comfortable with the technology required at that level," said Artie Gribbins, Assistant Principal for Integrated Technology. With a curriculum rich in technology and tradition, we are confident that every one of our students will be successful.

Op-Ed CONTINUED FROM PAGE 2

had to rebuild his life essentially from zero.

Harlow like thousands of others, never received a dime from the United States government after his release from the military. He received some VA medical benefits and would later die in a VA hospital. Until the last few years the VA has been a very undesirable place for medical attention but there has been improvement in recent years.

He and so many others had to rebuild their lives with no help from our country. This makes it difficult to understand how our government can consider handing out thousands of dollars to illegals pouring into our nation. Do we just hand them the American dream simply because they

made it across our border?

Most Americans are charitable people. We do more than any nation to help others. Yet, when our homeless Veterans are sleeping on America's streets while shelters, medical insurance and even cash are made available for those who are unwilling to salute our flag, hate our culture and despise many of our values, then something is seriously wrong.

Glenn Mollette is the publisher of Newburgh Press, Liberty Torch and various other publishing imprints; a national columnist - American Issues and Common Sense opinions, analysis, stories and features appear each week in over 500 newspapers, websites and blogs across the United States.

Girls Inc. of Boston and Lynn announces Slate of Officers and welcomes eight new members to Board of Directors

Girls Inc. of Boston and Lynn announced the new slate of officers and welcomed eight new directors to the organization's board of directors at its recent annual meeting. "I am excited to lead the board at Girls Inc. of Boston and Lynn at this pivotal moment. We have assembled a talented team with diverse backgrounds and experiences that will assist us in helping the girls boldly navigate the new world," says Board President and Group Vice President, Communications and Government Affairs HP Hood.

The new slate of officers includes:

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Lynne M. Bohan, Vice President Communication & Government Affairs, HP Hood LLC

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Elizabeth White, Vice President, Retail Sales Manager, North Shore Bank

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Eileen Wynne, Former Vice President and Chief Accounting Officer

New board members include Kimberly Lee, Melissa Lorenzo-Herve, Attorney Editor, Litigation and Arbitration at Practical Law Company and CEO/Creative Director of Pirouette NYC, Diana Mandra, SVP + Director of Enterprise Risk Management, Salem Five, Timothy Murnane, Division Vice President, Government, Regulatory Affairs, Community Impact, And Digital Media Services, North-

GIRLS INC NEWS AND NOTES

east Division, Comcast, Diane M. Tucker, Vice President/Chief Human Resources Officer Greater Boston, and Mikki L. Wilson, CEO of Dot Connector Consulting, LLC, Girls Inc. Alumna. New Youth Board members include Carolina Diaz and Yolaine Pierce.

"We are delighted to welcome these accomplished leaders to the Girls Inc. of Boston and Lynn board of directors," said Deb Ansourlian "They join Girls Inc. at an unprecedented time in its history where their insight and our evidence-based programming will fuel the fire within our girls to build the next generation of leaders," says Girls Inc. of Boston and Lynn Executive Director Deb Ansourlian.

Girls Inc. of Lynn Teen Health Ambassadors host Period Product Drive to end period poverty

Girls Inc. of Lynn Teen Health Ambassadors are hosting a period product drive to end period poverty through Wednesday, November 24. Ambassadors will be collecting pads, tampons, and panty liners of all shapes and sizes. Donations can be dropped at the collection box in the Girls Inc. of Lynn lobby at 50 High

Street in Lynn between 8:30 am and 5 pm. All products will be brought to the Lynn Community Health Center (LCHC) school-based centers throughout the Lynn community.

A survey published in October 2019 by the period equity organization, Period. Inc., in collaboration with period underwear company, Thinx, revealed that one in five teens have struggled to afford and were unable to purchase period products. 25% of teen girls have missed class because of lack of access of monthly supplies. "This public health crisis is often ignored and adversely affects many students from low-income families who miss school because of their inability to afford menstrual products. I am proud of our Teen Health Ambassadors for taking a leadership role to help girls gain access to products," says Deb Ansourlian, Girls Inc. of Lynn Executive Director.

Product donations through Amazon Wish List can be made at https://www.amazon.com/hz/wishlist/ls/12REVBXPUN-ZX?ref_wl_share. For more information, call Laura McCoy at 781-599-9744 extension 21 or email Laura at lmccoy@girlsinclynn.org. For media inquiries, contact Donna Crotty at dcrotty@girlsinclynn.org or 781-599-9744 extension 243.

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NEWS IN BRIEF

THE BREAKBOMB PROJECT DROPS ANTHEMIC NEW SINGLE 'WAITING FOR'

Reveling in an explosion of success following induction into Spotify's coveted 1 Million Stream club, and amid a relentless string of sold-out live shows, The BreakBomb Project has charged back with another playlist-ready release evocatively titled 'Waiting For', this time in collaboration with emerging vocal talent Ashley D.

Driven by electronic dance music producer, DJ, songwriter, and recording artist Brandon Greenstein, of Lynn, The BreakBomb Project has enjoyed a surge of acclaim surrounding its impressive string of releases over the past 18 months. And 'Waiting For' raises the bar once again, bringing together all of BreakBomb's trademarks: lucid basslines, melodic scales, visceral timing, and all of the signature creative elements that fans have come to expect from the produc-

er. With an intoxicating, uplifting undercurrent driven by Ashley D's sweeping vocal treatments, the track goes big conceptually and technically.

The track is set to electrify crowds and invade playlists as we move into the fall and winter months, and further cements BreakBomb's impressive, rapidly-growing catalog of output and prolific collaborations.

'Waiting For' debuts on Spotify and streams everywhere this Friday. Click here to listen to The BreakBomb Project on Spotify or visit breakbomb.com for more information. Follow on social at @thebreakbombproject.

The BreakBomb Project is driven by electronic dance music producer, DJ, songwriter, and recording artist Brandon Greenstein.

Since the debut of his first single World in 2018, Greenstein has delivered an unwavering stream of crowd-pleasing, critically-acclaimed hits such as: Breakdown (2018), Fly Away (2018), Up Till Morning (2018),

One Love (2019), Goodnight (2019), and Ticking (2019). Following a groundswell of recognition through the pandemic and into the new decade, Greenstein went on to find his largest successes to-date with powerhouse releases DEEP END (2020) and WHY (2021), catapulting his career to new heights and a global fanbase.

Since then, Greenstein has firmly established himself as a fixture in the dance community, known for having superior production prowess and a propensity for crafting uplifting melodies. These signature attributes have translated seamlessly to his live performances where he has dominated the dance landscape, moving crowds while supporting globally-renowned DJs and performing artists at some of the top nightlife venues in the world.

Greenstein continues to advance and accelerate his career, creatively and technically, as a newly-minted student at the School of the Arts at Boston's famed Emerson College.

Smith/ CONTINUED FROM PAGE 1

coach for the last time," added Smith. "It's going to be a very emotional day. A lot of our former players have told me that they're going to be there."

His first game was in 2008

Rob Smith started coaching the Powder Puff team in 2008 as an assistant to Jay Alicudo, a former outstanding basketball and football player at Classical who was a member of Classical's 1976 state championship football team.

"Jay asked me and Louis Reynolds to come on board and help him coach," recalled Smith. "The program was going under, and Jay kind of revived it."

Following Mr. Alicudo's untimely passing in 2013, Smith said he and Reynolds thought about giving up their coaching positions, "but we both decided that it wouldn't be the right thing to do, and I took the head coaching spot, and I've been at it ever since."

Smith said he starts building the team each autumn right after

Halloween. The Rams practice 4-5 days a week, a couple of hours each day.

"Right now, we're fortunate enough to go inside and practice at Lynn Tech fieldhouse," said Smith.

This year, Smith has added a Powder Puff alumna, Devyn Astuccio, to his coaching staff. Astuccio is one of Classical's all-time greatest track athletes and holds the school record in the 100-meter-high hurdles.

"Devyn might be the best running back we've ever had," said Smith.

Keeping his word

Interestingly, Smith said he seriously considered giving up his position three years ago.

"I told one of our current players, [volleyball standout] Reese Brinkler, when she was a freshman that I was going to quit," recalled Smith. "She said to me, 'wow, you're going to quit before I play', and I said, 'I'll tell you what, I'll stay until you play, and then we'll walk off together' - and that's the plan, and that's

what we're going with."

Brinkler, younger sister of former GBL All-Star basketball player Sailor Brinkler and Classical standout Quinn Brinkler, will start at wide receiver for Classical and be one of her team's chief offensive threats in the game.

The tradition will continue

Rob Smith's exit comes one year before current junior sports star Ava Thurman is eligible for the game. Ava is the daughter of former Boston College All-American football player Tony Thurman.

"No, I won't be there to coach her," said Smith.

But knowing Rob Smith, he will be in the stadium for the 2022 Powder Puff game rooting on the Rams and making sure the tradition of Powder Puff football carries on for years to come.

Perhaps it's time to name the game's championship trophy after Rob Smith, who is truly deserving of such an immense honor.

Burt/ CONTINUED FROM PAGE 1

al organization but decided to return to the Pride for the 2021-22 campaign.

And Burt's presence makes Coach Paul Mara's defending Isobel Cup champions the likely favorite to bring the Cup back to Boston.

"Katie played great for us," said Mara. "She raised us to our victory, the way she played. And I can't say it is unexpected."

Mara said Pride officials talked with Katie in May about possibly returning to the team. "We left the door open for her. We had some great dialogue in early summer. It's great to have her back."

Mara, a former National Hockey League player and assistant coach of the 2018 gold-medal winning U.S.A. women's hockey team, said he followed Burt's career at BC.

"Katie broke some records [she is the all-time NCAA leader in wins] and was a fantastic player at Boston College," said Mara.

What makes Katie great in net?

"I just think she's really competitive out there," said Mara. "She's one of those players that has the mindset that she doesn't want to be scored against in practice or in games. She battles hard all the time, which is great."

Team captain Jillian Dempsey of Winthrop said, like Coach Mara, she wasn't surprised by Burt's instant exploits in net.

"That's exactly what we expect from her," said Dempsey. "Going in there and making the big saves that we need, and she did just that. She had some really clutch ones, and she delivered, and that's what we need between the pipes. We're fortunate we have three very strong goaltenders, so anybody we put in the net, we're confident in and have faith in."

In attendance at Sunday's game were Katie's parents, Jim Burt and Kris Burt, who have supported their daughter's amazing career from her beginnings as a varsity goalie in the sixth grade for the Winthrop/Lady Bulldawgs team, to BB&N prep school and U.S.A. national teams, and then to the Heights of BC where she helped the Eagles win the Beanpot and reach the NCAA championship game.

"I knew my parents were here and it meant a lot to me," said



St. Mary's High School student-athletes Patrick Babineau and Alyssa Soule are pictured at the Minnesota Whitecaps-Boston Pride hockey game Sunday at Warrior Rink in Brighton.



Jim Burt, father of Boston Pride goaltender Katie Burt, is pictured at Sunday's game in which his daughter stopped 27 shots in a 1-0 victory.

Burt.

Burt said she was happy to be back in Boston playing for the hometown team and recording a shutout in her inaugural 2021-22 appearance.

"This was the season debut for me today, and I felt really good - I felt like I was seeing pucks really well," said Burt. "Our team did a great job keeping pucks to the outside and every time the puck got within our house, they were blocking shots and really selling out so they could keep the puck out of the net. I think we're a close-knit group, and I'm really excited to see where we end up at the end of the year."

Burt, who still lives in Lynn, also works in hockey operations and is the on-ice director at Stop It Goaltending in Woburn, a year-round training and development center.

"So, it's all goalies, all the time," said Burt, who coaches several high school goaltenders. "I love coaching, and I love my job at Stop It, and I want to play hockey as long as I can."

And Katie Burt, the first girl to ever win the Lynn Little League Home Run Derby, plays hockey as well as anyone in the world at her position.

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CLASSICAL, ENGLISH COMPETE IN GBL CROSS COUNTRY CHAMPIONSHIP

BOB MARRA PHOTOS

The GBL Cross Country Championships (boys and girls) were held October 28, at MacDonald Park in Medford.



Lynn English runner Eamon McHale.



Lynn Classical's Mia Kebreau smiles after she checks in with a Top Ten finish in the GBL cross country championships.



Lynn Classical's Thatiana Rodrigues.



Lynn Classical's Mia Kebreau on the course toward a 10th place finish.



Lynn English runner Eamon McHale runs toward an eighth-place finish in the GBL cross country championships.



Lynn Classical's Matthew Bushway



A Lynn English runner heading to the finish line.



A Lynn English runner finishing the race.

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

LYNN CLASSICAL GIRLS SOCCER SENIOR NIGHT AT MANNING FIELD

The Lynn Classical High School girls soccer team, the undefeated champions of the Greater Boston League, honored its seniors before their final home game at Manning Field.

Head Coach Mike Schena recognized the players and their families for their outstanding contributions to the program.



Senior Gladys Perez with her mom Eliria Chavez and Roxana Lopez.



Senior Jayda Mateo with her parents, Rich and Heather.



Senior Maggie Nerich with her parents, Timothy and Kerry.



Senior Olivia Waterman with her parents, Katrina and Shawn and brother Alex.



Senior Alexis Cummings with her parents, Brian and Daniella and Audrey Cummings.



Senior Victoria Mederios with her parents, Tony and Simone and brother Nick.



The 2021 GBL Champion Lynn Classical Girls Soccer Team.



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LYNN CLASSICAL GIRLS SOCCER SENIOR NIGHT AT MANNING FIELD



Senior Amanda Tucker with her parents, Caroline and Bob and brother Marcus.



Senior Leah Anjeleen and her teammates.



Senior Captain Anna Flaherty with her parents, Mark and Kristen and sister Madison.



Senior Captain Ava Correnti with her parents, Joe and Cheryl and sister Eliza.



Senior Kenzie McLaren with her parents, Andrew and Teri, brother Rob.



Senior Captain Molly Mannion with her parents, Michael and Margaret.

A SHORT STORY ABOUT GROWING UP WITH AN UNFAIR ADVANTAGE.

POLIO.

As one of the last American children to contract polio, Jeffrey Galpin grew up in a world of iron lungs and body casts, alone with his imagination. His story would be dramatic enough if it was just about his battle with this dreaded disease.

But Jeffrey Galpin did more than survive polio. He went on to a list of achievements in medical research—including being the principal investigator in applying the first gene therapy for HIV/AIDS.

Dr. Galpin actually credits his own incurable condition for giving him the focus that made him so passionate about his research. His story leaves us with two of the most contagious messages we know. Don't give up, and remember to give back. If Dr. Galpin's story inspires just one more person to make a difference, then its telling here has been well worth while.



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KNOTTY KNITTERS KNIT FOR CHARITY

Eleven ladies of St. Mary's Sacred Heart Parish meticulously knit and crochet scarves, quilts, hats, and mittens. They are known as the Knotty Knitters of West Lynn who are preparing knit items for the annual fair to be held at the Sacred Heart Parish Hall. Proceeds raised will be donated for parish needs, to a school for classroom supplies or a charity such as, My Brothers Table or Bags of Hope.

Some knitted products are donated to nursing homes, Lynn home for the elderly or people who lost their home due to a tragedy. They also write cards to the elderly during holiday seasons. "This group enjoys getting together and our goal is to do

something for people in need" noted Chairperson Terrie Stultz as she continued to say, "we label knitted items saying we made this with love". Homemade jams and baked goods are prepared for the annual fair and raffles will also be offered to contribute to the fundraising.

The ladies welcome anyone who would like to join, even without any knitting skills. This is a charitable program coming from the heart trying to make others feel better. The fair will be held on Saturday November 13th in the afternoon at the Sacred Heart Parish Hall below the church at 581 Boston Street. All are welcome.



One of the three Raffle Baskets – Maria Downey and Terrie Stultz.



The Knotty Knitter's – Mary Jane Solimine, Anne Pelletier, Berth White, Mary Donnelly, Donna Twomey, Jean O'Donnell, Maria Downey, and Terrie Stultz. Absent – Rhea Babineau, Joan Barceleau, and Maureen Ferrari.

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CITY PAWS

Naturally sweet dried fruit

By Penny & Ed Cherubino

We all have a special something that satisfies our craving for sweets. For Ed, it is dried fruit, specifically raisins or dates. He adds raisins to his oatmeal, and the dates are his favorite pick-me-up snack.

On the other hand, Penny sees dried fruit as perfect pantry items to add to sweet and savory preparations. Among her favorites are raisins, dried cherries, prunes, and apricots. We are not the only ones stocking up on dried fruit. This is a growing industry.

Seasonal No More

If the term dried fruit makes you think of fruitcake, Christmas pudding, or gifts of beautifully arranged trays of dried apricots, apples, dates, pineapple, cherries, and pears, you're missing out during the rest of the year.

We love raisins and dried cherries in salads. Traditional

recipes pair prunes with pork and duck. Regions with the climate to grow and dry fruit like the Middle East have a long tradition of preserving these products and using them in mainstay dishes like "Chicken Tagine with Apricots and Almonds" or "Moroccan Couscous with Golden Raisins."

Elsewhere around the Mediterranean, you'll find "Greek Meatballs with Mint and Dried Apricot" or "Sicilian Caponata" with raisins. However, Italian cooks make the most of dried fruit in their desserts and breads, from fig cookies to panforte and panettone.

In Spain, you'll find slices of great ham served with dried figs or cheese with a side of membrillo (quince paste). Ingenious people have preserved their fruit harvest and created products that give them the flavor and nutrition of the fruit throughout the year. We are still doing that today.



Raisins and dates are great for satisfying a craving for sweets, snacking, or as an ingredient in either sweet or savory recipes.

Prunes Have Changed

Prunes are a great example of the evolution of dried fruit into new perceptions, new ways of processing, packaging, and new products. More than a decade ago, prune producers won approval from the FDA to call their product dried plums.

"We noticed that the younger millennials preferred dried plums over prunes, and we made the name change, but we are probably going to change it back to prunes," said industry insider Gary Obenauf. So you may see more products labeled prunes these days.

The organization California Prunes summarizes their industry's products as, "... bulk prunes, canned prunes, diced prunes,

prune bits, prune paste, prune puree, prune butter, prune juice/concentrate, and prune powder." While you may see the obvious uses for some of these products, you may not know that some processed foods contain prune pastes and purees, and prune powder is used as a replacement for fat in baking or to retain moisture in meat preparations.

Moderation Is the Key

Dried fruit can be a nutritious and delicious addition to your diet in moderation. While it is unlikely you would sit and eat a dozen apricots, you might overindulge in their dried version.

There are also ways to use dried fruit to replace simple sugars. You may do this without thinking if you reduce the sugar

inside a baked apple by adding raisins or if you snack on trail mix instead of a candy bar. You can also soak dried fruit like prunes or dates and turn them into a paste that you can use instead of sugar in baked goods.

Think about treating yourself to one of those beautiful trays of assorted dried fruit as they pop up all over this holiday season and experiment with them in both your sweet and savory cooking. Or, just use them for snacking or as a jewel-like addition to a cheese board!

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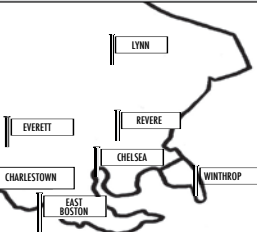
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