

# THE LYNN JOURNAL

Thursday, January 6, 2022

## Jared Nicholson inaugurated as Mayor of Lynn

By Cary Shuman

Looking confident and ready to lead one of the largest cities in Massachusetts to new heights, Jared Nicholson delivered an inspiring inaugural address as he took office as the new mayor of the City of Lynn Monday at the Lynn Auditorium inside Lynn City Hall.

“It is my distinct honor and privilege to take office tonight as the 59th mayor of the City of Lynn,” said Nicholson.

A proud graduate of Princeton University, where he was a Division 1 college wrestler, and Harvard Law School, Nicholson thanked outgoing Mayor Thomas McGee “for your leadership over the last four years and over a lifetime of service to the City.”

Nicholson also thanked his wife, Katherine Rushfirth, his son, Henry, his father, Stephen Nicholson, and mother, Lindsay Nicholson, “for being here with me tonight and being there for me every step of the way.”

Following is the text of Mayor Jared Nicholson’s speech:

Ladies and Gentlemen, School Committee Members and City Councilors, Guests and Officials,



Mayor Jared Nicholson takes oath of office from Associate Justice James L. LaMothe as Katherine Rushfirth holds the family Bible.

thank you all for being here.

Gracias a todos por estar aquí.

Thank you to all our wonderful performers and participants for making this night so special.

Thank you to Katherine, Henry, my parents, and my entire family

for being here with me tonight and being there for me every step of the way.

It is my distinct honor and privilege to take office tonight as the 59th Mayor of the City of Lynn.

Thank you to our outgoing



Former Lynn Mayors at Inaugural Ceremony with 59th Mayor of Lynn, Jared Nicholson, Judy Kennedy, Al DiVirgilio, David Phillips, and Thomas McGee.

Mayor Tom McGee for your leadership over the last four years and over a lifetime of service to this City.

To my colleagues on the School Committee and City Council, congratulations on your inauguration.

To those of you here on the

stage with me and to everyone working for the City of Lynn, I look forward to working with you.

To the residents of Lynn, we recognize we have much work to

Please see NICHOLSON Page 6

### FREEZIN’ FOR A REASON



PRG Photo

Freezin for a Reason dippers rush into the ocean supporting a charitable benefit for the Nelson (Dean) family named for their son, “Rally4Ricky.” See Pages 8 and 9 for more photos.

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# EDITORIAL

## IF COVID-19 HAS A BRAIN, IT'S MUCH SMARTER THAN US

We don't pretend to be experts in biology -- and maybe we've been watching too many science fiction movies these days -- but the ability of the COVID-19 virus to mutate (or shape-shift, in the lingo of sci-fi fans) in order to make itself both more transmissible and more evasive of vaccines makes us wonder: Does COVID-19 possess intelligence?

If COVID-19 has a brain, it clearly has a much-higher IQ -- and more common-sense -- than the large number of human beings who refuse to get vaccinated and who do not take precautions to avoid the disease.

New statistics reveal that the death rate has risen particularly sharply for middle-aged white people. COVID-19 now accounts for a much larger share of all deaths for that group than it did before vaccines were widely available. To paraphrase the motto on New Hampshire license plates, some people choose to live free -- AND die,

There always will be a certain number of humans who do stupid things every day that result in their own deaths -- and those who are unvaccinated by choice fall into that category.

But in most places, the unvaccinated thankfully represent a small minority of people.

On the other hand, the new Omicron variant is sickening even those who are vaccinated at a rate much greater than at any time since the start of the pandemic. Up until the past few weeks, vaccinated persons were told they could feel fairly confident in the immunity supposedly conferred by the vaccines.

While it may be true that vaccinations still are hugely successful in limiting the number of deaths and serious illnesses requiring hospitalization, Omicron has upended the best-laid plans of even the most-cautious and health-conscious among us as we try to return to normal life.

The onslaught of the Omicron variant has affected almost every aspect of our daily lives, from travel to schools.

So does COVID-19 have a brain? Who knows?

But what we do know is that no matter what we throw at it, COVID-19 always is one step ahead of us.

## ON THE BRIGHT SIDE.....

The lengthening of the daylight hours is imperceptible at first.

The least amount of daylight occurred on December 22, clocking in at nine hours, seven minutes. But by the end of this week, January 8, we'll have nine hours and 19 minutes of daylight, an increase of 12 minutes.

That may not seem like much, but it's noticeable when we go outside to take our sunset photos and realize that the sun is setting later each and every day.

The trend toward longer days will begin to accelerate, so that on January 30, we'll have exactly 10 hours of daylight.

Public health experts tell us that the next six weeks or so will be very difficult because of the impending widespread impact of COVID-19 thanks to the Omicron variant.

But as our days get longer and we get to enjoy more daylight, at least we will have something to brighten -- literally and figuratively -- the dark days that lie ahead.

By Glenn Mollette

Proverbs 29.18 "Where there is no vision the people perish. "Everyone needs a strategy. You may be 25 or 85 years in age. Who cares? Probably the only one who cares about your age is you. Your age either tells you that you are too young or too old. Remember, age is only a number. We have to put numbers aside and go with our hearts. If God is in it then don't worry about the number.

What do you want to do? One of the ways to know the will of God is to determine what we believe we would enjoy doing. The will of God is what we would determine to do if we just had

## Minimum wage increase started January 1

Attorney General Maura Healey is reminding employees and employers that the state's minimum wage increased to \$14.25 per hour beginning Jan. 1, 2022.

The AG's Office has also made available its wage and hour poster that employers are required to display in both English and any other language that is spoken by five percent or more of the employer's workforce and for which a translated notice in that language is available from the AG's Office. The poster is available in seven languages and in formats that employers, workers, members of the public, and organizations can easily access, free of charge.

"Our Fair Labor Division remains committed to protecting the rights of workers and ensuring they are being paid the wages they are legally entitled to, especially as we continue to work our way through the COVID-19 pandemic," said AG Healey. "We are issuing this notice and providing multilingual resources so that employees and employers are aware of the upcoming minimum wage increase in Massachusetts and worker rights under our wage and hour laws."

In June 2018, Massachusetts enacted a law that set the minimum wage to increase each year until it reaches \$15.00 in 2023. Tipped employees will also get a raise on Jan. 1, 2022, and must be paid a minimum of \$6.15

## GUEST OP-ED

### Develop a plan for 2022

enough sense. We will never rise above what we do not want to do. If we want to do something our chances of success are greater.

What is stopping you? Consider your life and where you want to be and determine the blockades. Sometimes the greatest blockade is the decision to move forward. Until we make that decision we aren't going anywhere. Once we know then we can assemble what is required to reach our destination.

Learn from the past and put it behind you. Past failures often eliminate us from life participation. We remember when we failed. A life that is fearful usually accomplishes far less than the life that has faith and confidence. Fear freezes us in our tracks.

Who are you today? Who you are and the direction you are going is far more important than where you have been. You can't change the past but you can steer your life in a new direction.

Develop a life action plan. Why not plan a strategy for the next six months and even the next year? You and God can determine where you will be. Start today!

*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.*

per hour provided that their tips bring them up to at least \$14.25 per hour. If the total hourly rate for the employee including tips does not equal \$14.25 at the end of the shift, the employer must make up the difference.

Free copies of the AG's Wage and Hour poster are available in English, Chinese, Haitian Creole, Khmer, Portuguese, Spanish, and Vietnamese on the AG's Fair Labor Division website to download and print. To request a paper copy, please visit [www.mass.gov/ago/fldposter](http://www.mass.gov/ago/fldposter) or call (617) 727-3465.

The Attorney General's Fair Labor Division enforces laws

that protect workers, including minimum wage, timely payment of wages, overtime, earned sick time, child labor, Sunday and holiday premium pay, and the public construction bid and prevailing wage laws. During the Fiscal Year 2021, the Division assessed more than \$8.1 million in restitution and penalties against employers on behalf of working people in Massachusetts.

Workers who believe that their rights have been violated in the workplace can file a complaint at [www.mass.gov/ago/fld](http://www.mass.gov/ago/fld), or call the office's Fair Labor Hotline at (617) 727-3465.

## THE LYNN JOURNAL

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# Walsh takes the reins as City Council president

By Cary Shuman

The Lynn City Council unanimously elected Ward 7 Councilor John “Jay” Walsh as president of the Council at an organizational meeting Monday.

Councillor-at-Large Buzzy Barton was elected vice president of the Council. Ward 4 Councilor Richard Colucci was elected as the Council’s representative to the Lynn Water and Sewer Commission.

Walsh, 41, is beginning his fourth, two-year term in office. Members of his family in attendance at the inauguration ceremony Monday included his wife, Jill Walsh, his daughter, Jayla Walsh, a sixth-grade student and

soccer player at St. Mary’s, his parents, John Walsh and Laura Walsh, his brother, Josh Walsh and his wife, Katie Walsh, and his uncle, Jim Walsh.

Jay Walsh is a 1999 graduate of Lynn Tech where he first met his wife, Jill, who graduated from Tech in 2000.

He is a licensed plumber and oil delivery driver for the Lynn-based family business, John’s Oil Co.

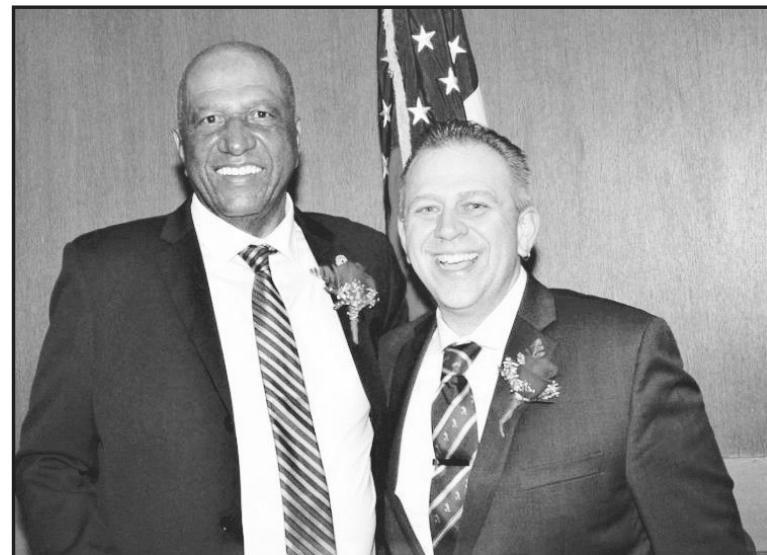
“Doing this job, driving from house to house, you can get to see a little bit of everything in the city,” said Walsh. “Being out here, I get a good feel for what’s going on. So, my job is kind of neat, like that.”

## Parks will be a priority

A former player in the West Lynn National Little League at Barry Park, Walsh said he will set a high priority on the funding of improvements to Lynn playgrounds and parks.

“The parks in our city are in rough shape in all neighborhoods,” said Walsh. “If we’re looking to give people a healthy recreational option and we’re looking to make people feel safer and give kids something to do, we’ve got to put some money in the parks.”

Walsh and State Sen. Brendan Crighton secured \$400,000 to demolish the bleachers at Barry Park. “We got money to put the splash pad in and that’s all great. But those fields down there are



City Council Vice President Gordon “Buzzy” Barton (left) and Council President Jay Walsh (right).

## Free machinist training program starts at NSCC January 19

Christine Miller was working as a clerk at a North Shore Community College (NSCC) bookstore when COVID-19 hit. Left without a job, she began to explore her options. She had heard of a free machinist training program and decided to investigate. Not only did Christine successfully complete the program, she was hired at a good starting salary by Procter and Gamble before she even graduated.

For those who would also like to change careers, or add to an existing skill set, the next round of free training will begin January 19, 2022. Upcoming virtual info sessions will be held on December 30 at 10 a.m. and January 6 at 9 a.m. so prospective students can learn more about the program. Sign up here if interested in free training. <https://tinyurl.com/4hfn727y>

“Manufacturing is the second largest industry in Massachusetts. There is projected need for over 100,000 workers over the next six to 10 years. This pathway has so many opportunities for growth and stability across many sectors – pharmaceutical, biotech, medical devices, plastics, food and beverage, environmental and more. People should seriously look into the free training as a huge opportunity to change their career, or more importantly, start a career!” said Kate O’Malley, Advanced Manufacturing Training Expansion Program (AMTEP) Program Manager. “There are roughly 500 manufacturers on the North Shore and they are all looking for good people. It’s a great time to enter this sector.”

NSCC has partnered with the General Electric Foundation over the past two years to provide this training. The goal of AMTEP is to triple the training footprint and build sustainable capacity to create a “ready to work” manufacturing pipeline on the MA North Shore. The AMTEP initiative is targeted to train over 900 adult learners and high school students by 2025 by maximizing capacity & enrollment, expanding manufacturing awareness, and engaging youth and community, with the end game translating to jobs.

Along with Essex Tech, Gloucester High School, and MassHire, NSCC has recruited, and equipped men and women for rewarding careers in advanced manufacturing. The placement rate is 82% with 130 adults completing training via the AMTEP grant, and 107 have employed successfully into good paying manufacturing jobs. There are currently 50 students in process at Essex Tech and E-Team/LVTI, and 160 slots available in 2022. There is room for 35 more adults to engage in a Foundations course at NSCC in January.

Although the program serves a robust CNC machining need, it also offers electromechanical assembly, and welding for North Shore industry partners. Students can also access contextualized manufacturing classes for students needing to complete their high school equivalency and those needing help with English language skills.

Alumni of the program, who are now gainfully employed in their field, have nothing but

praise for their choice. Miller explained, “I knew I wanted to change direction. I had always been hands-on and paid attention to detail. A friend suggested that the program sounded as if it were meant for me.”

“It was a little overwhelming at first because I didn’t know the tools or the machines, but the teachers were wonderful. They encouraged us to keep trying until we got things right and were so supportive,” Miller added. “I was so excited to be offered a great job even before I graduated!”

Joan Mota, a 2021 spring graduate, works at Harmonic Drive as a machine operator. Joan came to the U.S. from the Dominican Republic when he was 10 years old. He studied machining at LVTI in high school, but did not pursue the field after he graduated. “In high school, the only thing I thought about was playing baseball. I didn’t think about what I would do when it all ended.

“I worked odd jobs in manufacturing, landscaping, and truck driving. I lived week to week. I saw the ad for the training on Facebook and inquired with NSCC. The program impacted my life tremendously. It opened opportunities for jobs that I couldn’t get interviewed for before. Now I always feel like I’ll have a job and I’ve been able to save money too,” Joan added.

“The day I graduated, my kids were there and they were saying “Daddy, we’re so proud of you.” That felt great and now I’m able to build a future for me and for them. I’m very happy I did this program,” Joan said.

in pretty, bad shape, even after that’s done.”

Walsh would also like to see additional turf fields in the city beyond the one that exists at Manning Field.

“We only have one turf field in the city and with all the parks and spaces that we have around the city, we should have another one somewhere,” said Walsh.

## Looking forward to working with Mayor Nicholson

Walsh said he is looking for-

ward to working with Lynn’s new mayor, Jared Nicholson.

“I’m actually really excited to work with the mayor,” said Walsh. “I think these types of changes give us a clean slate. I am extremely optimistic about what we can get done. I’m not saying there won’t be disagreements - that’s politics. But I really believe that we can make some really effective changes in the city that are good for everybody.”

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BRIGHAM AND WOMEN'S HOSPITAL

MASSACHUSETTS GENERAL HOSPITAL



# Wellness, not weight loss: Advice for starting the new year off right

For many of us, New Year's resolutions like quitting smoking, getting organized or losing weight are sweeping lifestyle changes, which often fail after a few days or weeks. At the Center for Weight Management and Wellness at Brigham and Women's Faulkner Hospital, experts in nutrition and wellness coach patients to focus on making changes that can be sustained for improved health in the long-term.

Registered dietitians Jenna Koroly, MS, RD, LDN, and Ema Barbosa Brown, MPH, MPH, RD, LDN, offer this advice: When considering your goals for the new year, start with small changes.

"If you are not currently in an exercise routine, setting a goal of working out five times per week for 30 minutes can be intimidating and challenging to maintain," says Koroly. "Instead, start with small bursts of physical activity that you enjoy, such as 10 minutes of walking each day or a 15-minute Zumba video three times per week."

When it comes to nutrition, the advice is the same:

Increase the amount of vegetables and fruit you eat per day. Vegetables and fruit contain beneficial vitamins, minerals and naturally occurring compounds called phytochemicals that help to reduce chronic disease risk. One serving of vegetables is 1 cup of raw vegetables or ½ cup of cooked vegetables. One serving of fruit is about ½ to 1 cup. See if you can gradually increase to 3 to 5 servings per day of vegetables, and 2 to 3 servings per day of fruit. Try meals such as zucchini noodles with turkey meatballs, a cauliflower rice stir fry or oatmeal with berries to increase your intake of vegetables and fruits.

Try something new. If you don't like vegetables or generally don't add them to your grocery list, try adding one new vegetable to your grocery list each week for four to eight weeks alternating between red/orange, purple and other colors, leafy greens and root vegetables. Vary the ways you prepare your vegeta-

bles for interest and palatability. You may choose to eat them raw (green salads, celery/cucumber/carrots with low fat dip), steamed (broccoli and zucchini), stir-fried (yellow bell peppers, sugar snap peas, carrots, mushrooms, baby corn, water chestnuts), roasted (sweet potato, red onions, bell peppers, scarlet turnips, beets, snap peas), baked (acorn squash, sweet potatoes) or added to stews and soups (yuca, collard greens, yellow squash, yautia/malanga, Brussels sprouts).

Vary your micronutrients and fiber. Do the same with fruits regarding color, taste and texture to vary the micronutrients and fiber they provide to enrich your eating pattern. Try a new fruit each week for several weeks until fruit becomes part of your weekly grocery list. Eat fruit as a snack, dessert or as part of a meal such as a fruit/yogurt smoothie for breakfast, cut up fresh fruit or canned fruit added to your salad or mashed bananas in your pancakes.

Make nutritious snack options more accessible. Keep a bowl

of fruit on the kitchen counter, pre-portioned packages of nuts towards the front of the cupboard or in a drawer at work and Greek yogurts in the fridge to encourage yourself to reach for the healthy options. Consider a cupboard cleanout so there are nutritious options for everyone in the family.

Aim for mini sweet treats. The first few bites tend to be the most satisfying as our taste buds fatigue with additional bites. This can help you stay on track with your goals without depriving yourself of your favorite foods.

Koroly and Brown say the small changes approach can also be applied to other areas of your life.

"Stress management is key to a healthy lifestyle," says Brown. "I encourage my patients to aim for 10 to 30 minutes of self-care per day depending on their schedule. Deep breathing, meditation, physical activity, laughing with loved ones and listening to soothing music can all help to manage stress. Self-care may also include taking a nap when

needed, going to sleep earlier or taking a warm bath."

It's also important to stay connected with friends and family by eating one daily meal together. If you live alone, try connecting with loved ones at a mutually agreed upon place (restaurant, place of worship, library, mall park) or via video chat.

With these small changes, you'll be sure to enjoy 2022 from January through December!

Need help getting started? Speak to your primary care provider or call the Center for Weight Management and Wellness at 617-525-3597.

About Brigham and Women's Faulkner Hospital

Brigham and Women's Faulkner Hospital is a 171-bed non-profit, community teaching hospital located in southwest Boston. Founded in 1900, it offers comprehensive medical, surgical and psychiatric care as well as complete emergency, ambulatory and diagnostic services. For more information, visit [www.brighamandwomensfaulkner.org](http://www.brighamandwomensfaulkner.org).

## NEWS IN BRIEF

### PRESSLEY TESTS POSITIVE FOR COVID-19

Congresswoman Ayanna Pressley (MA-07) issued the following statement after receiving a positive COVID-19 test result.

"After experiencing COVID-like symptoms, this morning I received a positive, breakthrough COVID-19 test result. Thankfully, my symptoms are relatively mild, and I am grateful to be fully vaccinated and boosted. I am currently isolating and following all health protocols in order to mitigate further spread and keep my loved ones and community safe.

"Vaccines save lives. With this unprecedented pandemic continuing to rage, I am deeply

grateful for the scientists, researchers, and frontline health-care workers who have worked tirelessly to develop vaccines that are safe and effective, and ensure that our communities are protected. I encourage everyone to do their part by getting vaccinated, boosted and masking up. I wish everyone a safe and happy new year and look forward to continuing to fight for the robust relief our communities in the Massachusetts 7th need and deserve."

### TRIAL COURT ANNOUNCES CHANGES TO COURT OPERATIONS

In response to the current situ-

ation in the Commonwealth with respect to COVID-19, the Trial Court today issued an order that outlines changes to court operations. Massachusetts trial courts will remain physically open to the public to conduct business and will operate in accordance with protocols that enhance the health and safety of court users and personnel.

The order and related operational guidance issued to the Trial Court today include the following:

- Remote court operations shall be used wherever possible. Courts may continue to hold in-person proceedings in matters where a virtual proceeding is not practicable or would be inconsistent with the protection of consti-

tutional rights.

- Trial Court departments shall reduce the number of staff working in person to no more than 50% of the total number of staff at a time and should separate their staff into not less than two teams that will alternate their time working in-person and remotely as deemed necessary by the department head. Security, Facilities and ELMO shall be exempt from the 50% reduction based upon job function.

The Trial Court also issued additional health screening protocols and updated information on masking in courthouses. Beginning on Monday, January 3, 2022, the Trial Court will re-introduce the use of screening questions to determine if anyone entering a courthouse, including court staff and the public, has a temperature, is feeling unwell, or has received a positive COVID-19 test, has been exposed to COVID-19, or has symptoms.

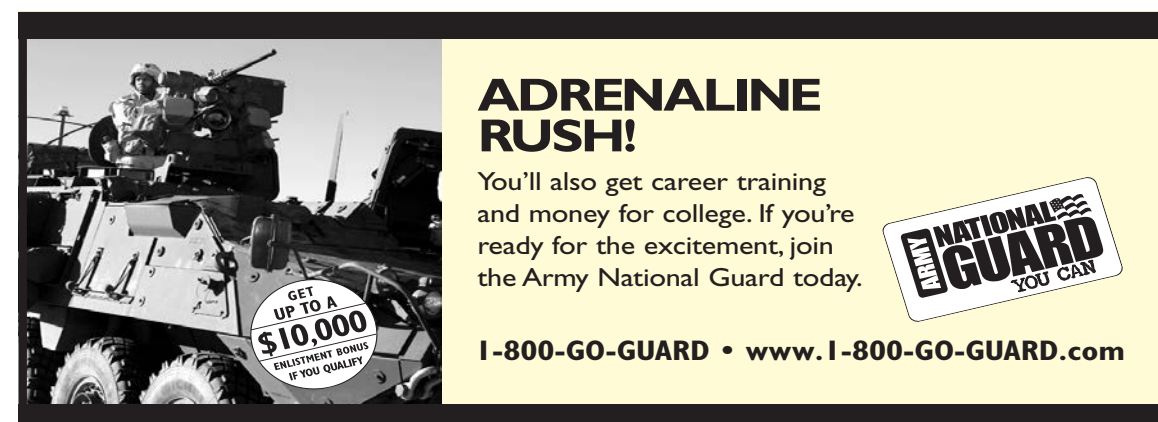
The Trial Court mask requirement will remain in effect. Employees, court users and other individuals who work in or visit a courthouse must wear masks that completely cover the nose and mouth and fit snugly against the

sides of the face with no gaps. The use of gaiters, bandanas, or face shields will not be allowed as a substitution for a mask. Court Officers will enforce the requirement to properly wear a mask for court visitors. The Trial Court will provide a mask to those who do not have an acceptable mask when entering a courthouse once the Trial Court Security Department has a sufficient quantity for distribution.

### SJC PAUSING ALL JURY TRIALS

Supreme Judicial Court issues new order pausing in response to the current situation in the Commonwealth with respect to COVID-19, the Supreme Judicial Court (SJC) issued an order pausing all jury trials in Massachusetts state courthouses until January 31, 2022. All courts otherwise will remain open for in-person business, with a continued emphasis on conducting matters remotely whenever possible.

Today's order partially amends the existing order regarding court operations during the pandemic, which was issued by the SJC on July 1, 2021 and became effective July 12, 2021.



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### ST. MARY'S SPARTANS IN HOCKEY ACTION AGAINST AUSTIN PREP

St. Mary's Spartans were defeated by Austin Prep 3-0 in Malden Catholic's Annual Chris Serino Hockey Tournament.

The St. Mary's of Lynn boys hockey team participated in the annual Coach Cris Serino Christmas Tournament at Malden's Valley Forum Rink.



Christian Iacoviello takes a face-off in the Cougars' end of the ice.



Daniel Domeniconi heads toward the Cougars' net.



Jack Carpenter tries to get a puck past the Austin Prep goalie, but was denied.



Evan O'Heir with some great stick handling and puck control.



Cam McGonagle loads up on a powerful slap shot.



Joey Calder fights for possession in the Austin Prep end of the ice.



# Nicholson/ CONTINUED FROM PAGE 1

do.  
 We're committed to working together to build an administration that leads for all of us.

Estamos comprometidos a trabajar juntos para construir una administración que brinde liderazgo para todos nosotros.

I want to spend a moment reflecting on what we mean when we say, "all of us."

All means all. It means every single person in the City of Lynn. Not because of something about them that makes them different, like where they were born or who they know, but because we are all human and here now.

We are all imbued with the basic dignity of humanity, ascribed by many to divine grace.

Todos nosotros estamos infundidos de la dignidad básica de la humanidad, atribuida por muchos a la gracia divina.

And we're all required to recognize that basic humanity in one another. That's what we mean by all.

And then "us." What do we mean by "us"?

What we mean by "us" in the United States has always been heavily contested. But it's a special leap forward in the history of humankind to say that "us," at least in principle, is not fixed based on who's already here, but open to those who want to live with our values, to live among us in democracy. The hypocrisies of who is considered one of "us" in practice due to race, class, origin, and more have been this country's great challenge through this day.

But the "us" in "all of us" is even more meaningful in the City of Lynn. Because for all the places that embrace the idea and the promise of "us" being open in this country, Lynn is one of a diminishing few that can actually deliver on that promise. Where people no matter their background have a real chance at opportunity, whether it's reaching from around the globe or back through generations of poverty.

Even in Lynn, that path to opportunity has gotten narrower. If it closes off here, where can it possibly exist? But, if it stays open for

those of us who face the stiffest challenges, it will be that much smoother for every one of us.

We therefore have a special duty to keep the path to opportunity open. Fortunately, I think many of us recognize that we have real potential in this moment for the City to grow, and to grow in a way that includes all of us.

I can think of no nobler work than to practically deliver on those values that we cherish: true openness, true democracy, true opportunity. That work means embracing those values while getting right the basics of local government. Delivering city services effectively and respectfully, upgrading the city's infrastructure with urgency and foresight, building trust through transparency and accountability. That's the plan for our Administration.

As we do that, people should take notice of how hard it is to practically deliver on the promise of equal opportunity. How hard it is to maintain a community where people can succeed no matter where they're from.

Where the price of housing doesn't practically bar huge portions of the population from living there. Where there are genuine pathways to good jobs. Where the schools are not just technically open to all but practically ready to educate children no matter where they start from. Where people feel at peace in their community because it's safe and because they feel accepted and embraced.

As we continue to work on delivering on the promise of a place that's for all of us, we need to share that story. Because in 2022, as the country comes to terms with



Brother Fawaz Abusharkn (Benediction), Mayor Jared Nicholson, Honorable James L. LaMothe Associate Justice, and Rev. Jon Niketh (Invocation).

the glaring gap between the promise of equality and the lived reality of so many, we can be a shining example of genuine openness and opportunity.

A place that lifts all of us because we care about the fate of our neighbors and because we recognize that the fate of our neighbors is inextricably linked with that of our own.

We recognize that here in Lynn. Lynn shows up for one another. People here just aren't interested in leaving people behind. I've talked to thousands and thousands of Lynners over the course of the last year and it's one of the first things people mention when they talk about their pride in our community.

Knowing these values are shared doesn't mean the work won't be hard. I don't pretend to come with all the answers. Rather, I come to ask for your help in delivering together on a vision of a better Lynn for all of us.

And, as we do that, to tell that story, to remind the Common-

wealth and the country that the promise of a place that's for all of us is meaningless without the ability to deliver. And that the ability to deliver on that promise should be the example we all aspire to in 2022. The modern version of the City on a Hill, where barriers to opportunity are actually overcome in practice, not just on paper.

The glow of that example of lived equality of opportunity is what can shine through the mists that currently surround us: the stigma others project on us, the real barriers of past and present racism and discrimination, and the ongoing crisis of a deadly pandemic.

So many have worked so hard to put us in this position where we have what we need to kindle the glow of our example of a city that's truly for all of us. It's the honor of a lifetime to lead the City in that work.

Muchísimas gracias a todos por su presencia y su apoyo a nuestra ciudad.

Thank you so much.



Lynn Police Chief Christopher Reddy, Mayor Jared Nicholson, and Fire Chief Stephen Archer.



School Committee takes the oath of office.



Mayoral Staff – (F): Digital Director Valerie Vong, Chief of Staff Jon Thibault, Mayor Jared Nicholson, & Outreach Director Jean Michael Fana; (B): Sarita Ago, Meaghen Hamill, Danya Smith, Fautina Cuevas, and Wendy Pena.



### 2022 CITY OF LYNN INAUGURAL CEREMONY



City Council takes oath of office from Honorable Associate Justice James L. LaMothe.



New Officials in City Government – Dr. Tiffany Magnolia, Mayor Jared Nicholson, Lennin Pena, Erica Dugan, and Constantino Alinsug.



City of Lynn Councilors – Ward 3 Constantino “Coco” Alinsug and At Large Hong Net.



City of Lynn School Committee – (F): Lorraine Gately, Mayor Jared Nicholson, and Donna Coppola; (B): Lennin “Lenny” Pena, Dr. Tiffany Magnolia, Eric Dugan, and Brian Castellanos.



The Nicholson Family: Katherine Rushfirth, Henry, Mayor Jared Nicholson and father and mother, Stephen and Lindsay Nicholson.



City of Lynn City Councilors – (F): Ward 3 Constantino “Coco” Alinsug, Ward 5 Dianna Chakoutis, At Large Gordon “Buzzy” Barton, Mayor Jared Nicholson, Ward 7 John Walsh, and At Large Hong Net; (B): Council Secretary Terry Young, Ward 2 Richard Starbard, At Large Brian Field, Ward 6 Frederick Hogan, Ward 1 Wayne Lozzi, Ward 4 Richard Colucci, At Large Brian LaPierre, and City Clerk Janet Rowe.



# NEW YEAR'S DAY FREEZIN' FOR A REASON PLUNGE

Nothing would stop the Freezin for a Reason plungers rushing into the chilly ocean water at Short Beach in Nahant. Although occasional rain sprinkled down, one plunger said, "I will have the raindrops wash off the ocean salt on me after my plunge; it is a great feeling to be back doing something good on the first day in January."

Throughout the morning before everyone raced toward the water, one could feel the sparkle of joy and excitement as all hoped 2022 will be a better year. Most important for Committee member Patti Capano as she said, "We are back after a two-year absence and the Lynn community is showing up. People are so happy to have this New Year's Day as a new beginning, especially supporting a charitable benefit for the Nelson (Dean) family named for their son, "Rally4Ricky."

This benefit demonstrates how the Lynn community comes out supporting a worthy cause. The proceeds raised will be donated to the MGH research department for Infantile Spasms, a symptom of West Syndrome.



The Capano Family – Nick, Mario, Patti, and Bob Capano.



Sonia Family Ready for the Plunge: - Avery Richard, Stephanie Sonia, Dan Richard, David Plunkett, George Sonia, and Erica Richard.



Grandmother Colleen Richards and son, Jarrod, comfort Grampa Jay Richards with grandchildren, Joseph and Kristine, after the ocean splash.



Nelson family "Rally4Ricky" – Rick Nelson Sr, Kerri Dinan with Charles, Gavin, and Jill Collins.



PRG Photo

George Sonia and Mario Capano preparing the swimmers for the big dip.



Lynn's Fearsome Foursome begin the charge for an ocean plunge – Mario Capano, LFD Matt Reddy, Lynn Police Chief Chris Reddy, and Ward 2 Councilor Rick Starbard.



# NEW YEAR'S DAY FREEZIN' FOR A REASON PLUNGE



PRG Photo

Rick Nelson II, Ricky III, and Kristen Nelson are very thankful for the fundraiser named "Rally4Ricky."



PRG Photo

The Nerich sisters, Lisa and Christine, support the Nelson benefit.



PRG Photo

Committee members, George and Stephanie Sonia, receive a donation from Ricky's Great Uncle Tom Lowe and Betty.



PRG Photo

Supporting the Nelsons - Jeana, Manny, Rose, and John Ortega with Chris, Jessie, and Charlotte Voyiagis.



PRG Photo

The Lynn Polar Plungers ready for a dip - (F): Stephanie Starbard, Jess Cushman, Tyler Field, & Luke Bott; (B): Jay Richards, Ward 2 Councilor Rick Starbard, Connor Arnold, Frank Grealish, Shawn Cushman, The Nelson Family, Roger Innis, Councilor-at-Large Brian Field, State Senator Brendon Crighton with Nate.



PRG Photo

Team Nelson after that ocean plunge.

## SEND US YOUR NEWS

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



# Ruggiero Family Memorial Home expands to the North Shore

By John Lynds

The Ruggiero Family Memorial Home, which was established in East Boston at the former Mazarella Funeral Home in Orient Heights Square in 1999, has opened its second location in Peabody and will start serving the North Shore in the spring.

“I’m so excited and happy to announce our second location,” said Funeral Director and Founder Joseph Ruggiero II. “We received our occupancy permit for our new location at 10 Chestnut St in Peabody and are here to service families all over the North Shore. We have pre-planning services available to fit every need as well as attend funeral and cremation services.”

Ruggiero Family Memorial Home North Shore Chapel has taken over a building that once housed law and professional offices. The Ruggiero Family rehatted the entire structure into a modern, state-of-the-art funeral home.

Ruggiero’s flagship funeral home in Orient Heights Square will remain in service as one of two family-owned independent funeral homes in East Boston. Up in Peabody, the North Shore Chapel will become the only other independent family-owned funeral home in the City of Peabody. The other being the Conway Cahill-Brodeur Funeral Home & Cremation Care.

“I truly believe in options for families,” said Ruggiero. “There shouldn’t be just one restaurant



The outside of the Ruggiero Family Memorial Home’s second location in Peabody. The Ruggiero Family Memorial Home North Shore Chapel will begin servicing North Shore Families in the spring.

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in a city or one cafe or one store. I believe in giving family options and we are here to provide an alternative for residents across the North Shore.”

The new funeral home is already accepting pre-planning services, online pre-planning services as well as converting already established pre-planned services that may have been made with another funeral home. Ruggiero said the funeral home will also work with families that may want to move pre-planned arrangements from East Boston to Peabody.

“When we say “personal

service at a personal time” it is much more than just a motto or company slogan but rather it is our simple philosophy in everything we do, and our absolute promise from our family,” said Ruggiero.

The Ruggiero Family has a long and respected history in providing nothing less than the very best, regardless of their clients’ budget or needs.

“In most cases he will handle all of the arrangements for you personally,” said Ruggiero. “The caring and experienced professionals at Ruggiero Family Memorial Home are here to support

you through this difficult time. We offer a range of personalized services to suit your family’s wishes and requirements. You can count on us to help you plan a personal, lasting tribute to your loved one. And we’ll carefully guide you through the many decisions that must be made during this challenging time.”

To learn more about the services that the funeral home offers and the online funeral planning visit [www.ruggieromh.com](http://www.ruggieromh.com) or call 617-569-0990 for East Boston or 978-595-3949 for the new Peabody location.

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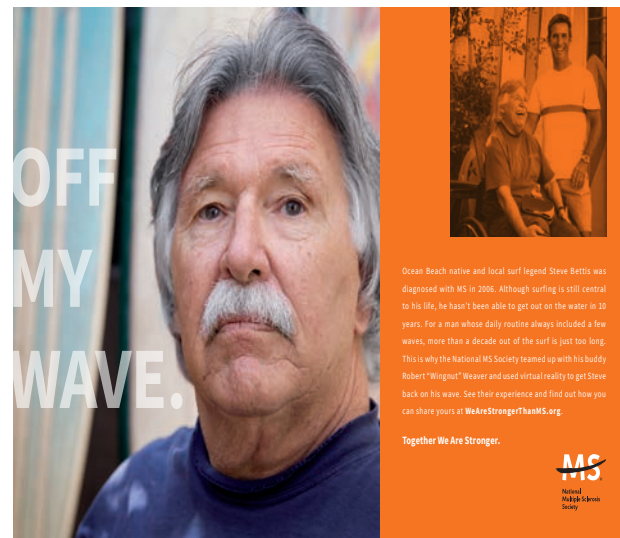
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Ocean Beach native and local surf legend Steve Betts was diagnosed with MS in 2006. Although surfing is still central to his life, he hasn't been able to get out on the water in 10 years. For a man whose daily routine always included a few waves, more than a decade out of the surf is just too long. This is why the National MS Society teamed up with his buddy Robert "Wingnut" Weaver and used virtual reality to get Steve back on his wave. See their experience and find out how you can share yours at [WeAreStrongerThanMS.org](http://WeAreStrongerThanMS.org).

Together We Are Stronger.



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# Baker-Polito administration announces release of the 2021 Massachusetts Ocean Management Plan

The Baker-Polito Administration announced the release of the final 2021 Massachusetts Ocean Management Plan. Authorized by the Oceans Act of 2008, the ocean plan protects critical marine habitat and important water-dependent uses, and sets standards for ocean-based development. Under the Oceans Act, the ocean plan is required to be reviewed at least every five years, and the 2021 ocean plan now supersedes all previous plans.

“The newly released 2021 Massachusetts Ocean Management Plan provides important updates to the Commonwealth’s framework for balancing ocean uses and resource protection,” said Governor Charlie Baker. “This update and amendment effort ensures the ocean plan continues to incorporate the best science and evolving policy perspectives for sound ocean resource management.”

“Ocean resources are of critical

importance to our economy and way of life in Massachusetts,” said Lieutenant Governor Karyn Polito. “The 2021 ocean plan showcases our Administration’s commitment to proactively and constructively manage evolving ocean uses to meet the needs of our citizens and communities.”

The original Massachusetts Ocean Management Plan, released in 2009 in response to the Oceans Act of 2008, established protections for critical


marine habitat and important water-dependent uses in the Massachusetts Ocean Management Planning Area and set siting and performance standards for specific ocean-based development. The Oceans Act requires the Executive Office of Energy and Environmental Affairs (EEA) to review the ocean plan at least once every five years — a process led by the Office of Coastal Zone Management (CZM) and supported by input from the

Ocean Advisory Commission, Ocean Science Advisory Council, technical work groups and a significant public engagement process. The final 2021 ocean plan contains revised maps of special, sensitive, or unique resources and water-dependent uses, a current assessment of the status and trends in ocean conditions and a Science Framework to ensure progress on key ocean management priorities over the next five years.

“Through the release of the 2021 ocean plan, the Baker-Polito Administration affirms its dedication to the responsible stewardship of ocean resources, which are critical to the state’s prosperity and to the protection of state ocean waters,” said Energy and Environmental Affairs Secretary Kathleen Theoharides. “The 2021 ocean plan would not have been possible without the dedication of many individuals and organizations, and I would like to personally thank all of these contributors for their commitment to ensuring the ocean plan meets the needs of the Commonwealth’s citizens, today and into the future.”

“The Massachusetts Office of Coastal Zone Management is committed to balancing the impacts of human activity with the protection of coastal and marine resources,” said CZM Director Lisa Berry Engler. “We at CZM are proud to play a leading role in ensuring the ocean plan remains an evolving document, revised periodically to adapt as better information and science is developed, policy goals evolve and experience in applying the management and administrative framework is gained.”

The review and update for the ocean plan was initiated in 2019. The process was led by CZM on behalf of EEA and supported by the Ocean Advisory Commission, Ocean Science Advisory Council, technical work groups, stakeholder groups and public participation. In December 2020, the Review of the 2015 Massachusetts Ocean Management Plan was completed and published, launching the development of the 2021 ocean plan through continued expert and public input. Then on September 22, 2021, CZM issued the Draft 2021 Massachusetts Ocean Management Plan for public review, including four hearings and a 60-day public comment period, leading to today’s release of the final 2021 ocean plan. To download Volumes 1 and 2, see the 2021 Massachusetts Ocean Management Plan web page.



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