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Mother's Day

THE LYNN JOURNAL

Thursday, May 5, 2022

Prawings on Page 5



Visionary Leadership Award recipient George Sonia and his wife, Stephanie Sonia, join the family and friends who attended the Bridgewell gala for a photo before the award presentation ceremony.

Bridgewell honors George Sonia with its Visionary Leadership Award

Special to the Journal

As part of its Imagine the Possibilities Gala held on Friday, April 29 at the Fairmont Copley Plaza in Boston, Bridgewell honored Lancelot Janitorial & Paper Products owner George Sonia with the 2022 Visionary Leadership Award. Bridgewell's Visionary Leadership Award is presented to an individual who has provided leadership, dedication, and tireless efforts in support of the Bridgewell community.

Sonia and his team have worked with Bridgewell for more than 30 years. In the wake of the COVID-19 pandemic, Lancelot Janitorial & Paper Products helped Bridgewell secure PPE gear and cleaning products when they were difficult to obtain, ensuring that its essential employees had the supplies to operate Bridgewell's programs as safely as possible.

Elaine White's presentation remarks

Elaine White, Bridgewell's Chief Operating Officer, had the honor of presenting the prestigious award to Sonia.

"Tonight, it is my privilege to present Bridgewell's Visionary Leadership Award to an individual who has shown a true commitment, to both the Lynn com-

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RESIDENTS VOLUNTEER FOR CLEANUP



Lynn residents joined Mayor Jared Nicholson, Councillors Richard Colucci and Brian Field, and DPW Asssociate Commissioner Lisa Nerich for a cleanup of High Rock Park on April 30. The group is pictured near the Lynn landmark, High Rock Tower.

Spectacular Spartan

David Brown Jr. selected to Boston Globe Super Team

By Cary Shuman

The question is: What can David Brown Jr. do for an encore?

Brown, the sensational junior from St. Mary's High School, was selected to the Boston Globe Super Team, one of five players to receive arguably high school basketball's most prestigious individual honor.

To make it an even more memorable season for David Brown Jr, his father, David Brown Sr., was named the Globe's Division 3 Coach of the Year for leading the Spartans to the Division 3 state championship. David's teammate, Ali Barry, joined him on the post-season awards parade as a Globe and Herald All-Scholastic.

The Globe's Super Team

award marked another chapter in David's remarkable year during which he was named the Globe's Division 6 Football Athlete of the Year last fall.

The state championship game is a good place to start to recognize the basketball exploits of Brown, a 5-foot-9-inch guard, who put the finishing touches on the Spartans' 71-40 victory over Watertown with a spectacular dunk in the fourth quarter. The Spartans finished with a 27-1 record and a 26-game winning streak that DBJ and Company will carry into next season.

Statistically, Brown's season showed his total unselfishness at the point guard position and his commitment to all phases of the

Please see BROWN Page 4



Dave Brown Jr. during a game against Norton in the MIAA Division 3 semi-finals.



EDITORIAL

ALCOHOL IS STILL #1

Americans have been dying prematurely at unprecedented levels in the past two years from a number of causes.

COVID-19 has taken away almost one million of our fellow Americans, with the number still rising daily for the foreseeable future.

Fatal accidents on our roadways, as we noted last week, have skyrocketed over the past two years.

Drug overdose deaths, mainly attributable to the lethal synthetic drug fentanyl, have exploded, exceeding 100,000 in 2021, compared to about 60,000 in 2019.

However, another statistic came to our attention in an article in the New York Times which is equally tragic and worrisome:

Among adults younger than 65, alcohol-related deaths outnumbered deaths from COVID-19 in 2020. Alcohol-related causes accounted for the deaths of 74,408 Americans ages 16 to 64, compared to 74,075 deaths of individuals under 65 who died from COVID.

More ominously, the rate of increase for alcohol-related deaths in 2020 - 25 percent — outpaced the rate of increase of deaths from all causes, which was 16.6 percent.

Alcohol-related deaths went up for men and women, as well as for every ethnic and racial group. Deaths among men and women increased at about the same rate, though the absolute number of deaths among men was much higher.

However, death rates alone don't tell the whole story of the direct and negative impacts that alcohol abuse has upon individuals, their family members, and our society as a whole.

Alcohol abuse is a crucial factor in just about every negative context one can imagine, ranging from domestic abuse, to violence among unrelated parties, to non-fatal traffic accidents that leave victims severely injured, to lost productivity in the workplace, to mental health issues, to health-care costs, to fetal alcohol syndrome.

Clearly, our society needs to undertake a public health campaign similar to what we did in the 1990s when the American public and politicians finally got tough on the tobacco companies by means of public health campaigns, increased taxes, and stricter enforcement of the laws prohibiting sales to minors.

Unlike tobacco or drugs, alcohol abuse impacts more than just the user -- and it's time that we acknowledge that reality and do something about it.

IS NUCLEAR WAR **INEVITABLE IN UKRAINE --**AND BEYOND?

We don't want to sound like alarmists, but in our opinion, the escalation both in military weaponry and rhetoric by the Western powers and the Kremlin is bringing us closer and closer to the brink of nuclear warfare in Ukraine.

We fully support the effort of the U.S. and NATO to help the Ukrainian people defend themselves against the Russian genocide that is occurring in their country.

But none of the politicians or the experts have prepared the public for the possibility that Vladimir Putin will use tactical nuclear weapons to avoid what is looming as a significant military defeat.

The conventional wisdom is that Putin will restrict his army only to the use of conventional weapons.

But that is the rational thinking of those who do not have the mindset of a sociopath for whom rules do not apply.

History has shown us time and time again that sociopathic leaders have no limits. Just when we think, "They will never go THAT far," the sociopaths indeed cross the line and push the boundaries further.

Putin has at his disposal tactical "mini-nukes" that have the explosive power of just a fraction of the bombs we dropped on Japan in

So our question is this: If Putin uses one on the battlefield, what do we do?

GUEST OP-ED

Let us never forget our solemn pledge

By Joseph Reagan

On Memorial Day, 1945, the war in Europe had ended but the fighting in the Pacific continued, Lt. Gen. Lucian Truscott voiced remarks at the Sicily-Rome American Cemetery at Nettuno. Italy. Turning his back on the assembled VIP's he faced the rows upon rows of headstones and apologized to the 20,000 fallen Americans who had been laid to rest far from home. He was quoted as saying, "All over the world our soldiers sleep beneath the crosses. It is a challenge to us all allied nations – to ensure that they do not and have not died in vain."

Fast forward to Memorial Day 2022, and the familiar voices of brothers in arms begin to call one another on the phone. People usually think of reconnecting with former military buddies as a joyous happening. However, for this Memorial Day, the topic of conversation was not an armistice, a promotion, or even a daughter's wedding or new addition to a home, it was about the latest in a string of suicides that silence the voice of our brothers but brought renewed connections from other familiar voices. One desperately said, "Sir, I needed to call someone who could understand this.'

Everyone in the greatest generation understood war. At home experienced rationing, schoolchildren collected scrap, and women took up factory jobs while overseas the troops endured combat and were witness to some of the largest and most brutal atrocities in the modern age. When the war was over, they followed the lead of Lt. Gen Truscott and committed their lives to ensure that they "have not died in vain." The shared sacrifice of a generation united them and helped them solve tough problems.

In subsequent wars, such as the Korean and Vietnam era, Veterans did not experience the same level of understanding and thus either turned their voice inward or used their voice to fight for one another on subjects that varied from Agent Orange, PTSD, and other once-silent conditions.

The War on Terror introduced

a unique time in our nation's collective history as acts of war played out in real-time on our media devices. Although only one percent of Americans served post 9/11, it seems 100 percent of the country used their voice to express their opinions of this shared history as it unfolded.

For Korea and Vietnam Veterans, war was not a shared experience and therefore various voices having various opinions helped further the national conversation regarding the treatment of veterans leading to safer and more thoughtful approaches. Unlike the veterans of Korea and Vietnam, the veterans of the last several decades did not return home to the voices of dissent that could be addressed directly, instead, they returned to a polite nation that creates media of dissent and very little opportunity for honest, open dialog.

This new era of media, learning, and personal discussions bring rise to the question, "Do people really remember why we hold our veterans in a place of honor?" For years, voices saying meaningless phrases like "the enemy gets a vote" or "there's nothing you could have done" were meant to comfort those of us who have held the heavy responsibility of leading troops in combat. However, many people seem to lack the understanding that our hearts have been forever scarred by the invisible wounds of war, scarred by guilt and grief, and by the longing for forgiveness that will never come. Even if forgiveness was offered, it would be hard to accept as no mere words can undo a life experience and because of this, we often feel isolated, misunderstood, and undervalued therefore our voices remain silent.

As conversations with the voice on the other end of the phone come to its inevitable conclusion, I am reminded that to remain silent is a betrayal of my obligation to those who made the ultimate sacrifice. As Horace Bushnell once said, the best thing for us to do is to remember "what they have put it on us to do for the dear common country to which they sold their life." As we gather as one nation this Memorial Day, my hope is that instead of directing shallow words of gratitude at each other, we do as Lt. Gen. Truscott did and direct our gratitude directly towards those who made the ultimate sacrifice. In both our words and actions, let us all commit ourselves to serve the country to which they gave their lives.

While there is still much work

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Sonia CONTINUED FROM PAGE 1

munity and to our Bridgewell community, for more than 30 years – Mr. George Sonia," said White. "George began working at Lancelot Janitorial & Paper Products when he was just 14 years old, and he purchased the company in 1988. George and his team have worked alongside Bridgewell, formerly Greater Lynn Mental Health, since then.

"George has a tremendously strong work ethic, and he holds very high standards for his team. He understands the work we do at Bridgewell and the importance of our services to the community, which drives him to go above and beyond to support this work. He doesn't do this just because he's a good guy, or just because his business is rooted in excellent customer service. George goes above and beyond for Bridgewell because he is committed to our mission – and he truly cares about those we serve and how they can contribute as active members of the community.

In addition to all he has done for Bridgewell, George is a leader in his home and business community of Lynn. He's been involved with My Brother's Table since 1983, serving on its Board of Directors since 1985. Along with family and friends, George started an organization called "Freezin' For a Reason," which is a polar plunge fundraising event held each New Year's Day at Nahant Beach to raise funds for local charities. In fact, Freezin' For a Reason has raised over \$100,000 in 7 years. George also supports a number of community events, such as this gala, and organizations like youth sports leagues, Boys and Girls Clubs, and Lynn Community Health Center.

George, we thank you for your steadfast support of Bridgewell and the Greater Lynn community. It is truly my pleasure to present you with Bridgewell's Visionary Leadership Award in recognition of all your efforts," concluded White.

George Sonia's Award Acceptance Speech

George Sonia, who received a tremendous ovation from the assemblage that included his family and friends, delivered the following remarks in his gracious acceptance speech of Bridgewell's Visionary Award:

First off, I just wanted to thank the entire Bridgewell organization and team for this great honor.

I also wanted to thank my wife Stephanie. I could never accomplish anything without her help and support.

The Gala is one of my favorite nights of the year and receiving this award makes it so much more special. Bridgewell is extremely important to me and my family. I admire and fully support their mission and I am proud to say The Bridgewell organization have been fantastic business partners for over 30 years. I've had the privilege of working alongside such a wide and diverse group of people over the years including the CEO, program managers, maintenance staff, and more. I actually worked at Mc-Donalds with Elaine White and her family for a few years when I was in high school. But those stories will be kept out of this speech.

Over the years, I've been given the opportunity to see first-hand the amazing outreach Bridgewell provides to our community. I've been to the day programs, residential services, employment offices, and treatment programs and I have always seen the same things: people being treated with respect, positive reinforcement, and guidance. One thing I have always noticed is that staff and guests are always happy and have smiles on their faces.

It means everything to me to see Bridgewell carry out their mission by inspiring and empowering people experiencing everyday life challenges. Personally, I have a great friend, Nick Capano, that takes part in Bridgewell's employment program and I see how much it means to him to be successful and counted on at work.

I have always admired how Bridgewell works and partners with their vendors. I believe we've worked so well together over the years because we both realize team work make everything better. This has never been more important than the last few years.



George Sonia was the recipient of Bridgewell's Visionary Leadership Award at the Imagine the Possibilities Gala April 29 at the Fairmont Copley Plaza Hotel, Boston. Pictured at the gala are (from left), Tyler Frahlich, Michael Sonia, Stephanie Sonia, award recipient George Sonia, Erica Richard, and Dan Richard.

I have supported Bridgewell for many, many years and will continue to do so for a very long time to come.

Thank you!

A successful event

The Imagine the Possibilities Gala, held for the first time in person since 2019, raised \$326,000, surpassing its goal of \$300,000. All funds raised from the gala support Bridgewell's behavioral health, day habilitation, employment, housing, and recovery programming.

Bridgewell strengthens communities by providing an unmatched range of social and human services that empower people with life challenges to live safe, self-directed and productive lives. We're committed to helping people in need, from those with autism to people with substance use disorders, become engaged members of their communities. Bridgewell is also the industry leader in developing innovative offerings in response to unmet or emerging needs. www. bridgewell.org.



Pictured at the Bridgewell gala are (from left) George Sonia, Mario Capano, Nicholas Capano, Patti Capano, and Stephanie Sonia.

Brown/ CONTINUED FROM PAGE 1

game, averaging 15.4 points, six assists, six rebounds, and three steals per game.

"I was really happy where I took my game this year," said

Brown nearly claimed his first state title as a freshman starting guard, but the Spartans fell to Jeremiah Burke at the TD Garden (Burke was declared costate champion after COVID-19 forced the cancellation of the championship game). Last season's playoffs were canceled, but this season the Spartans left no doubt that they were among the elite teams in Massachusetts. Fans no doubt would have loved to have seen a BC High-St. Mary's battle of state unbeatens to determine the on-court No. 1 ranking. Wouldn't that matchup have been unbelievable?

"It's great to win a state title," said David Jr. "I really wish we had won that game in Florida, so we could have finished an unbeaten season. But in a way, I think that loss sort of helped us. I knew we had good shot of going far in the playoffs this year, but I didn't think we would win every game in Massachusetts."

Brown's year-to-year improvement, dating all the way back to elementary school, has been noteworthy. Brown played alongside current

St. Mary's teammates Ali Barry, Omri Merryman on AAU teams coached by his father, Da-

David Jr. credited his father for his coaching and his guidance in his basketball career. It's very helpful to get an instant critique on the ride home from games or at the dinner table.

"My dad's a great motivator," said David Jr. "He encourages us vigorously. When we're doing something wrong, he'll let you know that you have to do it better. I'm so honored to have him as our coach.'

A proud father reflects on his son's amazing season

David Brown Sr. was, of course, a terrific basketball player himself. After a superb career

at St. Mary's, he went on to earn induction into the Westfield State University Hall of Fame as a team captain and a 1,000-point scorer while setting all-time school records in assists (373) and steals (224).

"I'm so happy for David," said Brown Sr. "He's been around the game for so long. He was able to witness state championship teams in 2016 (St. Mary's) and 2011 (Winthrop), and it's always been his goal. For him to earn a ring and achieve that goal this year, I'm just so excited for him. He had a tremendous season. He shot over 42 percent from threepoint land. His assist-to-turnover ratio was something a coach wants from their point guard. He was one of our team leaders. When you have team leaders like David, Ali, and Henri, who are your hardest workers in practice, it makes the season very fun, very easy to coach, and the younger players follow them. They realize if the best players are working hard, the young players are going to follow that. This was a great season, and they were a very fun group to coach."

David Brown Sr. says that some of his son's dunks this season were stunning to watch.

"He's had a lot of exciting moments this year, a lot of dunks,' said David Sr. "I know he's an athletic kid, but it shocks me every time he's able to get off the floor and put those down. He probably had over 20 dunks in a 28-game season, which is very surprising from a 5-9 guard. He commits to training in the off season, and it's paid off, for

As for the 'encore' question. David Brown Jr. has 918 career points, so he'll likely join the St. Mary's 1,000-point club early in the 2022-23 season. And right now, the "Spectacular Spartan" is looking ahead to football season when he hopes to lead the school to yet another state champion-

And of course, David Brown Jr. is on the radar of several colleges in football and basketball.

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KNIGHTS OF COLUMBUS BINGO BANQUET



The annual Knights of Columbus Bingo banquet for volunteers was held at Old Tyme Italian Cuisine Restau rant. Every Thursday evening from 4:00 PM to 10:00 PM K of C members and volunteer players assist with the distribution of game cards and selling of pull-tab tickets before Bingo numbers are set to be called for play. All proceeds through the program are earmarked for charitable causes. Parking is available. Help is always accepted as attendance is starting to increase. The Council in-house chef prepares a fresh delicious menu each week before and during game time. If anyone is interested in playing Bingo, the Lynn Knights of Columbus is a comfortable facility to play.

LOCAL STUDENTS EARN ACADEMIC HONORS

LOCAL STUDENTS INDUCTED INTO **NEW HONOR SOCIETY CHAPTER**

The following local students were inducted into the new Alpha Alpha (Tri-Alpha) Honor Society chapter at College of the Holy Cross, a national honor society recognizing the achievements of first-generation students, alumni, staff, faculty and administrators:

Haytam Laroussi of Lynn, Class of 2022

Priscila Ponce Jovel of Lynn, Class of 2022

Founded in 2018, Tri-Alpha promotes academic excellence and provides members with a multitude of benefits, including opportunities for personal growth, leadership development, campus and community service and the opportunity to receive mentoring from more senior first-generation students, as well as faculty, staff and alumni who were first-generation students.

To qualify for induction into

Tri-Alpha students must meet the following criteria:

- The student has earned at least 30 credit hours toward a baccalaureate degree.
- The student has achieved an overall grade point average of at least 3.2 on a 4.0 scale.
- Neither the student's parents, nor step-parents, nor legal guardians, completed a bachelor's de-

Michele Murray, vice president for student affairs and dean of students, said the College has established the Delta Omicron chapter of the Tri-Alpha Honor Society as a way to recognize high-achieving first-generation students who bring a diverse set of ideas and backgrounds to campus.

"I'm grateful to the staff of Academic Services and Learning Resources and the Office of Multicultural Education for bringing Tri-Alpha to Holy Cross," said Murray. "Not only does membership in Tri-Alpha shine a bright light on the achievements of first-generation students, but it also affords students the opportunity to build their networks. The inaugural class of inductees is blazing a trail for others to follow."

In addition to the student inductees, two members of the College community were inducted as honorary members: Jorge Santos, associate professor of English, and Justine Fisher, associate director of Academic Services and Learning Resources.

Tri-Alpha is one of 20 honor societies on the College of the Holy Cross campus.

About Holy Cross

The College of the Holy Cross, in Worcester, Mass., is among the nation's leading liberal arts institutions. A highly selective, fouryear, exclusively undergraduate college of 3,100 students, Holy Cross is renowned for offering a rigorous, personalized education in the Jesuit, Catholic tradition. Since its founding in 1843, Holy Cross has made a positive impact in society by graduating students who distinguish themselves as thoughtful leaders in business, professional and civic life.

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For Mom, Andrea, love Alexis



For Mon, Andrea, love Molly



For Mom, Janelle, love Paisley



For Mom, Katie, love Roman



For Mom, Angela, love Christopher



For Mom, Julie, love Gloane

WYOMA LITTLE LEAGUE HONORS TONY LUCIANO ON OPENING DAY

In a great, spontaneous tribute, players in the Wyoma Little League began chanting, "Thank You, Tony, Thank You, Tony," after WLL President Dan Veilleux had called upon the former league president, Tony Luciano, to throw out the first baseball of the 2022 season.

Veilleux had presented the Pop Estes Volunteer of the Year Award to Mr. Luciano, who "stepped up and became president 11-12 years ago and turned this league around and made it what it is today."

"If it wasn't for him [Luciano], we would not be on this field right now," Veilleux told the players, coaches, and guests at the Wyoma Little League Opening Day ceremonies April 30 at Reinfuss Field. "He was the driving force to getting lights at Reinfuss and at the softball field, also showcasing the city when Wyoma hosted the 2015 Little League State Finals.

'We honor Tony Luciano for all his time, effort, and sacrifice that he put in for Wyoma Little League," concluded Veilleux as he presented the Pop Estes Award.

Former Bridgewater State baseball star Jason Newhall caught the first pitch from Lucia-



Wyoma Little League officers and board members are pictured at the 2022 Opening Day ceremonies Saturday at Reinfuss Field. A parade kicked off the festive celebration of the return of Little League Baseball.



The Major League Red Sox, with Coach and former Merrimack College baseball star Mike Zukowski.



The Red Sox contingent of players and coaches display the Wyoma Little League banner on Opening Day at Reinfusss Field.

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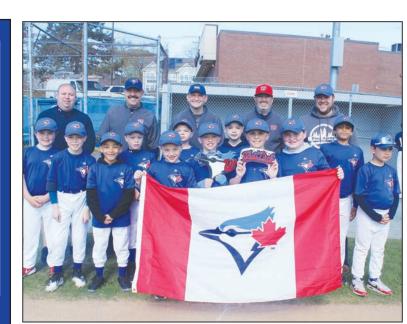


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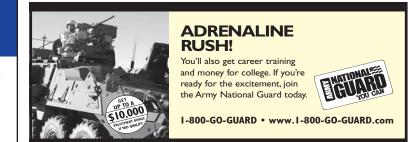
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The Wyoma Blue Jays display the Blue Jays banner.



WYOMA LITTLE LEAGUE HONORS TONY LUCIANO ON OPENING DAY



The Minor League Orioles, with Coaches Renee Fiste and Lionel Jones, and Manager and former Lynn Classical baseball star Nick Fiste.



Former Northeast Regional football sstar Richard Laft, with Gianna Laft, 12, and Julianna Laft, 10, at the Wyoma Little League Opening Day ceremonies.



Dan Veilleux presents the Pop Estes Volunteer of the Year Award to Past President Tony Luciano.



Francisco Cubas, Mirna Perez, and Alejandro Cubas.



Tony Luciano is pictured as he threw out the first pitch of the 2022 Wyoma Little League season.

Owner



The Minor League Red Sox with Coaches Chris Nardone and Jeff Newhall.



The Major League Blue Jays players and coaches.

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LYNN CLASSICAL GIRLS IN TENNIS ACTION AGAINST WINTHROP

The Lynn Classical Rams squared off against the Winthrop Vikings in girls tennis Thursday, April 28 at Winthrop High.



First singles player Alyssa Raithel.



Third singles player Destiny Egbuta.



First doubles partner Joycelyn Mensah.

ALSSIA.

First doubles partner Khunnary

Second Doubles partners Sandra Tang (left) and Victoria Medeiros.



Second singles player Linda Jallow.

COVID-19 Vaccine for Kids: What You Need to Know :::

The COVID-19 vaccine is an important tool to keep kids safe from COVID-19.

Vaccines are available for free for everyone 5 and older.

Some kids may still get COVID after getting the vaccine, but being vaccinated reduces their risk of severe illness.

Kids may have side effects like a sore arm, achy muscles, and tiredness that can last a day or two.

Children who get the COVID vaccine are extremely unlikely to experience any serious problems.



Talk with your child's doctor and learn more at mass.gov/CovidVaccineKids



VISIT US AT WWW.LYNNJOURNAL.COM

Tony nominated sisters to bring 'Broadway The Calla-Way!' to North Shore Music Theatre

The Tony-nominated Callaway Sisters, Liz Callaway and Ann Hampton Callaway, will be raising the roof at Bill Hanney's North Shore Music Theatre with their new show BROADWAY THE CALLA-WAY! for one show only on Saturday, May 14 at 8pm. Tickets are available to purchase online at www.nsmt. org, by phone (978) 232-7200 or at the Box Office located at 54 Dunham Road in Beverly, MA.

Liz and Ann Hampton Callaway are truly one singular sensation when they are singing showstoppers from West Side Story, Chicago, Funny Girl, Cats, Carousel, Wicked and more Broadway shows.

Ann Hampton Callaway is one of the leading champions of the Great American Songbook, having made her mark as a sing-

er, pianist, composer, lyricist, arranger, actress, educator, TV host and producer. Voted recently by Broadwayworld.com as "Performer of the Year," and "Best Jazz Vocalist" Callaway is a born entertainer. Her unique singing style that blends jazz and traditional pop, making her a mainstay in concert halls, theaters and jazz clubs as well as in the recording studio, on television and in film. She is best known for her Tony®-nominated performance in the hit Broadway musical Swing! and for writing and singing the theme song to the hit TV series "The Nanny." Callaway is a Platinum Award winning writer whose songs are featured on seven of Barbra Streisand's recent CDs. She has also performed her award-winning show "The Streisand Songbook" with over 100 symphonies. Her latest CD "Jazz Goes To The Movies" debuted at #12 on the Billboard Jazz chart.'

Liz Callaway is a Tony nominee and Emmy Award-winning actress, singer and recording artist. She made her Broadway debut in Stephen Sondheim's Merrily We Roll Along, received a Tony Award nomination for her performance in Baby, and for five years, won acclaim as Grizabella in Cats. She has also starred in the original casts of Miss Saigon, The Three Musketeers, and The Look of Love. Liz sang the Academy Award-nominated song "Journey to the Past" in the animated feature Anastasia and is also the singing voice of Princess Jasmine in Disney's Aladdin and the King of Thieves and The Return of Jafar. Other film work includes the singing voice of the title character in The Swan Princess, The Lion King 2: Simba's Pride, Beauty and the Beast, Lyle, Lyle the Crocodile and The Brave Little Toaster Goes to Mars.

Since opening in 1955, NSMT has become one of the most attended theatres in New England, with approximately 250,000 patrons annually. With a national and regional reputation for artistic achievement, NSMT has received numerous

• Revere • Everett • Winthrop • Lynn • East Boston • Chelsea • Charlestown

awards including Elliot Norton Awards, IRNE Awards, the Rosetta Le Noire Award from Actors' Equity, and the Moss Hart Award. NSMT produced the World Premiere of 'Memphis' in 2003, the show went on to win four 2010 Tony Awards including Best Musical. Under the new ownership of Bill Hanney since 2010, NSMT continues to annually produce a musical subscription series and an annual production of 'A Christmas Carol' along with celebrity concerts, children's programming and year-round education classes for children and adults.

Op-Ed / CONTINUED FROM PAGE 2

to be done, the generation of Veterans from this century have access to vast resources, life-saving technology, and increased information. This same generation of Veterans is just now starting to define our post-service legacy and like our grandparents, return home with a deep commitment to service, and a desire to address the many problems that we face.

One such issue needing to be addressed is helping Veterans find purpose in their post-service lives. Truscott's apology to the dead are not empty words, but a strong voice reminding us that we have an obligation to choose resilience and purpose when faced with guilt or grief. As an example, Gold Star Families, who have experienced tremendous loss, continue to serve their communities to maintain the legacy of the loved one they lost. I often recall a colleague of mine responding to the question "why do you do so much to help Veterans?" he simply held up his finger, choking back tears he responded, "for the one I couldn't save." By choosing to use his voice to advocate for other veterans, he not only helped them find their purpose – he found his

It's often said that for those who have served "every day is Memorial Day," a traditionally silent observance in the Veteran's mind that can best be described as an impossible trinity made up of an overwhelming sense of guilt, grief, and grit. Usually, a moment of silence on this day is a welcomed and solemn way to honor the voices from our past, but for myself, after losing three former soldiers to suicide in the past few months, silence is no longer an option and the freedom to use our voice is the greatest gift that our veterans have to offer this Memorial Day.

Joseph Reagan is the Director of Military and Veterans Outreach for Wreaths Across America. He has almost 20 years experience working with leaders within Government, non-profit, and Fortune 500 companies to develop sustainable strategies supporting National Security, and Veterans' Health. He served 8 years on active duty as an officer in the U.S. Army including two tours to Afghanistan with the 10th Mountain Division. He is the recipient of multiple awards and decorations including the Bronze Star and the Purple

7 COMMUNITIES

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Non-pet bldg., steps

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newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimi-nation based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry age, marital status, or any intention to make any such preference, limitation or discrimination. This newspaper will not knowingly

accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings adve tising in this newspaper are available on an equal opportunity basis. To complain about discrimi nation call The Department of Housing and Urban Development " HUD" toll-free at 1-800-669-9777. For the N.E. area. call HUD at 617-565-5308. The toll free

number for the hearing impaired

is 1-800-927-9275.

FHAP AGENCIES & OTHER STATE/ LOCAL REFERRAL AGENCIES

BOSTON FAIR HOUSING COMMISSION One City Hall Plaza, Suite 966 Boston, MA 02201-1054 617-635-4408

CAMBRIDGE HUMAN RIGHTS COMMISSION Cambridge, MA 02139-1732 617-349-4396

CONNECTICUT COMMISSION ON HUMAN RIGHTS & OPPORTUNITIES

MAINE HUMAN RIGHTS COMMISSION

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RHODE ISLAND COMMISSION ON HUMAN RIGHTS
180 Westminster Street 3rd floor

Providence, RI 02903-3768 401-222-2661/62

VERMONT HUMAN RIGHTS COMMISSION Montpelier, VT 05633-6301 802-828-2480

NEW HAMPSHIRE COMMISSION FOR HUMAN RIGHTS 2 Chenell Drive Concord, NH 03301-9053 603-271-2767

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LEGAL NOT **LEGAL NOTICE**

Public Notice EBI Project #6122003942 Dish Wireless LLC is proposing to install new wireless telecommunications antennas on an existing building located at 130 Eastern Avenue, Lynn, Essex Co., MA 01907. The

new facility will consist of the collocation of antennas at 111 feet and 122 feet AGL (measured to the top of the antennas) on the 103.75-foottall building (top of parapet). Any interested party wishing to submit comments regarding the potential effects the

proposed facility may have on any historic property may do so by sending such comments to: Project 6122003942 - MH EBI Consulting, 21 B Street, Burlington, MA 01803, or via telephone at (785) 760-5938.

5/5/22

LYNN ENGLISH HIGH SCHOOL BOYS BASKETBALL AWARDS BANQUET

The Lynn English High School boys basketball program, under the director of head coach Alvin Abreu, celebrated a successful 2021-22 season at an awards banquet April 27 at Toscana's Ristorante, Peabody.

Abreu, who starred at UNH and went on to play professional basketball overseas, thanked the players for their commitment to the program. The Bulldogs had a 14-8 record that included a victory over Woburn in the MIAA Division 1 State Tournament.



Coach Alvin Abreu and Most Valuable Player Award recipient Tyrese Melo Garcia, who was named to the Boston Globe and Boston Herald All-Scholastic Teams. Abreu, who had a 43-point single-game performance this season, is being recruited by Division 1 college basketball programs.



Coach Alvin Abreu and Defensive Player of the Year Award recipient Carmelo Buese.



Junior Varsity Coach Jarell Byrd, with players Kyle Kemembin (left), the Defensive Player of the Year, and Carlos Ramirez (right), Coaches Award recipient.



Lynn English team and Greater

Boston League MVP Tyrese Melo

Garcia is pictured with his moth-

er, Nayrobi Garcia, at the awards

banquet April 27 at Toscana's

Risstorante.

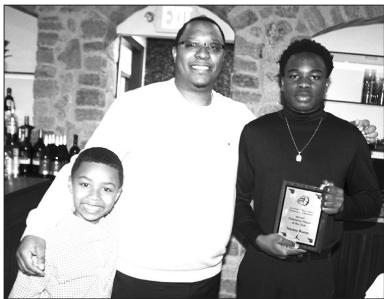
Coach Alvin Abreu and Coaches Award recipient Cristian Clarke.



Coach Alvin Abreu and Unsung Hero Award recipient Jose Grullon.



Coach Alvin Abreu and Most **Improved Player Award recipient** Joshua Anderson.



Freshman Coach Jeremy Subervi and his son, Jeremiah, present the Freshman Defensive Player of the Year Award to Ntemo Buese.



Coach Alvin Abreu and Unsung Hero Award recipient Samuel Sanchez.



Head Coach Alvin Abreu thanked senior Jesse Maggs for his contributions to the basketball program. Also a star quarterback, Maggs has committed to Endicott College.



From left, Lynn English Vice Principal Gary Molea, Freshman Coach Jeremy Subervi, JV Coach Jarell Byrd, Head Coach Alvin Abreu, Director of Athletics Dick Newton, Assistant Coach Alberto Rodriguez, and Academic Administrator Anthony Seaforth.

Red Bull Cliff Diving World Series returns to Boston June 4

After a nine-year hiatus, Red Bull Cliff Diving World Series returns to Boston. The Boston stop, set for Saturday, June 4, will serve as the start to the 2022 season as the only stop in North America. The city's Seaport neighborhood will serve as the backdrop to the competition and the diving platform will rise again atop the Institute of Contemporary Art (ICA Boston). The event will take place on Saturday, June 4th atop the ICA Boston, with doors opening at 12PM and the show starting at 2PM.

To attend, spectators must obtain a complementary ticket via Eventbrite. As the 2022 season kicks off in Boston, art and sport will intersect in front of the prevailing ICA Boston where 24 of the world's cliff diving elite - 12 Men and 12 Women – are confirmed to once again leap, twist, and somersault from breathtaking heights into Boston Harbor. 8 full[1]time male and female divers will compete at each stop along the series with 8 additional location specific wildcard divers, 4 male, 4 female who will spice up what is already an eagerly awaited World Series. This will be the debut of the Women's Division in Boston since its inauguration in 2014, one year after Red Bull Cliff Diving's last appearance in Boston.

Ellie Smart sits on the roster as the only American with a permanent spot on the tour. Joining her, will be American female wildcards; Genevieve Bradley and Meili Carpenter, and male wildcards; Andy Jones and David Colturi. Fans can expect this year's series to deliver another packed season full of high-flying drama, all set against a series of visually stunning and iconic backdrops from around the world. Red Bull Cliff Diving is considered the original extreme sport and combines aerial, acrobatic free falls and dives from almost three times the Olympic Diving height, with the daring elite athletes hitting the water in excess of 53mph/85kph, protected only by their concentration, skill, and physical control.

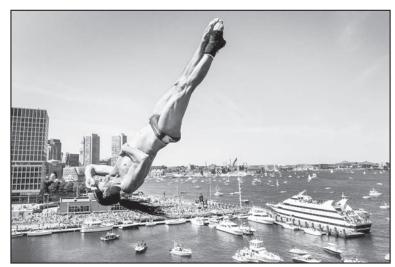
The series is pure, fast, and breathtaking. Spotlighting the sport's finest athletes competing at the highest level, it provides a platform for awe-inspiring action and dives of incredible complexity where participants launch themselves from heights of 90ft / 27m (men) and 70ft / 21m (women), hitting the water in under three seconds. A thrilling quest for perfection and excellence to win the glorious King Kahekili Trophy is guaranteed in this 13th season. King Kahekili, after whom the women and men champion's trophies are now named, was a Hawaiian chief who first leapt from the holy cliffs of Kaunolo in the 1700's. He challenged his warriors to do the same to prove their bravery and loyalty. Since 2009, the World Series has featured the sport's finest talents alongside promising newcomers, and since 2014, has also provided a platform for Women. Although reigning champions Gary Hunt (FRA) and Rhiannan Iffland (AUS) are the veterans to catch, the 2022 World Series will be younger and stronger than ever before with 4 permanent divers between 20 and 23 years of age.

Sports Director and cliff diving legend Orlando Duque believes that it is all up for grabs this season, as established divers up their games and newcomers look to podium on a regular basis. Exciting battles will be in store this season. 2022 Red Bull Cliff Diving World Series Calendar includes:

June 4 – Boston, USA June 18 - Paris, FRA July 16 - Copenhagen, DEN August 13 – Oslo, NOR August 27 – Mostar, BIH September 11 – Sisikon, SUI September 25 - Polignano a Mare, ITA October 15 - Sydney,

Red Bull Cliff Diving World Se-

Since 2009, the Red Bull Cliff Diving World Series has provided a platform for aesthetic free falls and dives of ever-growing complexity, spotlighting the sport's finest athletes as well as the most promising breakthrough talents. A pure extreme sport, the World Series is hosted in exceptional locations



A diver from a previous diving event.

where athletes launch from natural rocks, historical bridges or next to waterfalls always with the aim of acting environmentally responsible and increasing the awareness for the sustainability of our planet. In 2022, 24 of the world's best cliff divers - 12 women and 12 men - will once again leap, twist, and somersault from breath-taking heights of up to 90ft / 27m and at speeds in excess of 53 m/h / 85km/h, with no protection but their concentration, skill, and physical control, at eight demanding stops around the world. A thrilling quest for perfection and excellence to win the glorious King Kahekili Trophy is guaranteed in the Red Bull Cliff Diving World Series' 13th season.

Official Event Partners

Red Bull is proud to partner with the following official partners: Oanda, the official Foreign Exchange & Crypto partner of the Red Bull Cliff Diving World Series Boston stop. Stop & Shop, the official grocery partner of the Red Bull Cliff Diving World Series Boston stop. Cumberland Farms, the official convenience partner of the Red Bull Cliff Diving World Series Boston stop.

For more information and updates, visit www.redbullcliffdiving.

We invite you to follow the World Series on Facebook (facebook.com/redbullcliffdiving), Instagram (@redbullcliffdiving) and Youtube (@cliffdiving)

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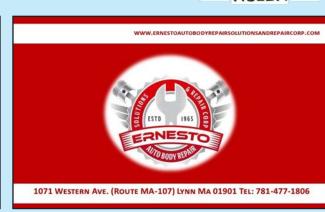
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RESERVE LA FECHA / SAVE THE DATE

The NSLBA office will be closed to the public from May 1, 2022 re-opening its doors to in-person services on Monday, May 23, 2022 at 9:00AM.

We will be closed for the urgent repairs in the entire association. The NSLBA service will be available remotely (by phone or virtual) by calling our number 781-596-8300 Jessice our office assistant will assist you.

Calendario NSLBA de talleres, reunions, y reunions redes, y sociales

NSLBA Calendar of workshops, meetings, Network, social meetings.

MAY-MAYO 2022

5/24/2022 - Fundamentos para la Creación de Empresas. Taller Empreserial I.

Fundamentals for the Creation of Companies. Business Workshop I

/ Presento por / "Eastern Bank"

5/31/2022 - Comprendiendo los Estados Financieros Taller Empresarial II /

Understanding Financial Statements Business Workshop II

Presento por / "Eastern Bank"
Junio/June 2022

Cambios importantes sobre las redes sociales y como

le va a beneficial (Fecha para ser determinada) /

Important changes about social networks and how it will benefit you (TBD)

Presento por / Zanibel Melo "Higher Dreams"

Wed/Thurs 06/28/2022 @ 3:00PM

Sesion Informativa de Inmigración / Immigration Info Sesion

Presentado por: (Abogados & Organizaciones de Inmigración

miembros de la Asociación / Presented by:

Immigration Attornies &

Organization members of the NSLBA)

Taller "Conozca Sus Derechos en el campo laboral /

Workshop: "Know you Rights" in the labor field

Presento por / Presented by: Abogada/Attoryney

P. Andrea Coral - CORAL LAW PC Sunday/Domingo 07/17/2022

Pasadia Anual @ Salem Willows / NSLBA Annual Outing

Friday/Viernes 08/12/2022

Encuentro De Blanco (Vestimenta Blanca)

NSLBA All White Party (White attire) Sept.2022

GALA de la Asociación / NSLBA 11th GALA

(Date TBD/ Fecha Sera Anunciada)