

GANNON MEMORIAL DAY CEREMONY



Lynn English MC ROTC JR – Diana Cuevas, Stan Beauchamp, Jasmin Ampodia, and Michael Magulas during the The annual Memorial Day Remembrance at Gannon Golf Course. See Pages 6 and 7 for more photos.

'The Season Never Ends' St. Mary's girls basketball celebrates state title

By Cary Shuman

"When you do not lose your last game and you win a state title, the season never ends."

Those were the words of St. Mary's High School varsity girls basketball basketball coach Jeff Newhall in reflecting on the Spartans' state championship season at an outdoor awards banquet at the school Tuesday night.

The season couldn't have gone much better for the Spartans, according to Newhall.

St. Mary's won the Division 3 state championship, the Catholic Central League title, the Spartan Classic, and the Boverini Tournament. The Spartans went 26-3 in bringing home the program's fourth state championship in 11 years.

"It's quite remarkable. I think it speaks to the players we have now and the players we've had over the last 15-18 years that helped build the program to where student-athletes want to go to school at St. Mary's and play basketball at St. Mary's," said Newhall.

Newhall spoke of the dramatic ending to the season that included a 63-62 victory over Bishop Fenwick at Woburn High in the state semifinal and a 46-44 victory over Rockland in the state championship game at the Tsongas Center in Lowell.

The state title game was highlighted by what Newhall and others called "one of the greatest defensive plays in school history" – junior Kellyn Preira's spectacular block of Julia Elie's shot in the final seconds, preserving the two-point victory. St. Mary's All-Scholastic and CCL MVP, junior Yirsy Queliz, swished

Please see TITLE Page 3



Crighton, Hinds discuss water quality issues on visit to King's Beach

By Cary Shuman

Sen. Brendan Crighton and his colleague, Sen. Adam Hinds, toured King's Beach Wednesday morning to review the water quality issues and the remedial work that needs to be done at the beach. Last year Crighton was able to secure \$5 million in funding in the ARPA Bill to go toward infrastructure improvements that will improve the water quality at King's Beach.

Hinds was very supportive

Please see WATER QUALITY Page 3



State Senators Brendan Crighton (left) and Adam Hinds are pictured Wednesday morning on their tour of King's Beach to review the water quality issues.



EDITORIAL

CONGRATULATIONS TO THE CLASS OF 2022

These have been difficult times for all of us, but particularly for our young people, who have sacrificed so many of their rites of passage to the demands of the pandemic during these past two years.

For older people such as ourselves, some of what we've lost -- such as a vacation or similar -- have only been postponed. We can make them up later.

But for our young people of high school and college age, their once-in-a-lifetime experiences, ranging from sports and extracurriculars, to class trips, to proms, to graduation days, either were canceled altogether or conducted in a truncated form.

We are only now beginning to recognize and understand the significant psychological and emotional impacts, not to mention the lost learning time and lack of contact with friends, that the pandemic has wrought upon this generation. The experts tell us that those adverse impacts will last well beyond the end of the pandemic (whenever that may be).

Still, life goes on, and it is with great pleasure and relief to see that the graduates of the Class of 2022 have been able to resume their lives to a level of near-normalcy, especially during this graduation season.

Graduation is a bittersweet time, both for the grads and their family members.

For the parents who will be watching their sons and daughters step to the podium when their name is called, no doubt they will be thinking of how fast time has gone by since they first brought their child by the hand to pre-school and kindergarten.

Such moments bring to mind the sentiments expressed in the lyrics of the song, Sunrise, Sunset, from the musical Fiddler on the Roof:

Is this the little girl I carried

- Is this the little boy at play?
- I don't remember growing older
- When did they?
- When did she get to be a beauty
- When did he grow to be so tall?
- Wasn't it yesterday when they were small?
- Sunrise, sunset
- Sunrise, sunset
- Swiftly flow the days
- Seedlings turn overnight to sunflowers
- Blossoming even as we gaze
- Sunrise, sunset
- Sunrise, sunset
- Swiftly fly the years
- One season following another
- Laden with happiness and tears

A high school graduation is a singular event in the life of every community, where almost everybody knows one of the graduates or their families. All of us share the happiness and sense of achievement of our young people who will be receiving their diplomas. And for all of us, a high school graduation brings back our own fond memories from our long-gone youth.

For the grads, their high school graduation marks both an end and a beginning. The grads no longer are children, either in the eyes of the law or in reality. They are full-fledged adults who will be leaving the sheltered harbor, where they have been protected from the full fury of life's storms and vicissitudes by their families and teachers, and embarking on a journey which none of them will be able to anticipate, but which will be full of surprises, both joyful and tearful.

We congratulate the Class of 2022 for all of the accomplishments that have earned them the right to step onto that podium to receive their diplomas.

We know we join with all of the members of our community in wishing them fair weather, both for their Graduation Day and in the years ahead.

GUEST OP-ED

More mass killings, what is the answer?

Dr. Glenn Mollette

Do parents in America want to spend every school day hoping and praying their children will not be heinously murdered? Do children want to spend their days constantly looking up to see who might be entering their room with an assault weapon? Do you want to walk the grocery store aisles wondering if someone has picked your store and this day to shoot at you? Do you enjoy sitting in a house of worship knowing that if a crazed gunman enters your location the exit doors are very few. Movie theatres are anticipating a major boost in attendance this summer. Can you go in peace knowing that your life could be in danger if someone enters with a semi-automatic weapon or an AR-15?

The list of possibilities is almost endless as restaurants, sporting events, concerts, shopping malls and more are targets of those who plot evil rampages against innocent people.

Uvalde, Texas and Buffalo, New York are the recent locations of horrific killings of the very young and elderly American people doing everyday life going to school and buying groceries.

When will this happen at your school, grocery store, house of worship or any place else? At one time, Americans never imagined such horrors as many of us have lived to see. One mass shooting has led to another and another. Your school or church or whatever the event is must plan for an attack every time you gather. If we do not try to protect the people at such events and gatherings, then we are throwing caution to the wind and subjecting people we love to the possibilities of being killed.

What is the answer? The Buffalo grocery had an armed guard. This was not enough for a gunman who had strategized and

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outgunned the security guard who gave his life trying to save others. One major problem is such an evil person has the element of surprise. They have surveyed the location. Innocent people are caught off guard. People may even be carrying weapons but might not even have the time to draw their weapon because the rapid fire of the attacker's weapon takes that person's life before he or she can reach for their weapon. What is the answer? Do we equip every teacher in America with a semi-automatic weapon? Should teachers and grocery store shoppers and ministers carry assault weapons at all times? Do you want to put on your Sunday dress and then strap on your assault rifle so you might have a chance of defending yourself?

State and federal lawmakers continue to wrestle with what to do. One suggestion is to take away all the guns. This might be okay until Russia or China invades us and we all have to fight.

The local villain may find a way to order all the parts he needs online to assemble an assault weapon and you have no way to defend yourself. This possibility must be made illegal.

Evil finds a way to release hate and fulfill deranged fantasies. This does not mean we give up. Limiting assault weapons to people 25 and older, strict background checks, waiting periods and licenses is possibilities. Limiting all gun purchases to people over 21 is another possibility. Eighteen-year-olds use guns in the military but are trained and strictly supervised.

Do Americans really need assault type weapons? Would we be willing to ban them if it would save an elementary school of children from a murderous rampage?

It's all too late for Uvalde, Texas families and so many more. State and federal government must make some real decisions. In the meantime, we have to protect ourselves.

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.

EMAIL: EDITOR@LYNNJOURNAL.COM WEB SITE: WWW.LYNNJOURNAL.COM DIRECTORY Advertising & Marketing Director of Marketing Page Design, Copy Editing Debra DiGregorio (deb@reverejournal.com) Maureen DiBella Senior Sales Associates

THE LYNN JOURNAL

PRESIDENT: Stephen Quigley

EDITOR IN CHIEF: Cary Shuman cary@lynnjournal.com

PHONE 781-485-0588 // FAX 781-485-1403

Cary Shuman John Lynds

Editorial

Scott Yates

Reporting Staff

Printer GateHouse Media

Assistant Marketing Directors Kathleen Bright Legal Advertising Ellen Bertino **Business Accounts Executive**

Judy Russi

the go-ahead and ultimately the game-winning basket on a midrange jumper with 30 seconds left.

Junior guard Niya Morgen and seventh grader Bella Owumi also made sparkling contributions to the team all season.

Newhall thanked his seniors, Abby Constine and Olivia Abbott, "who really took over the leadership of the team from Day 1." Constine will be attending Saint Anselm College while Abbott will be attending Quinnipiac University.

"The most important stat of all," Newhall noted. "Every graduating senior (67 in total) has gone on to a four-year college or university."



St. Mary's Executive Director of External Affairs Jamie Gigliotti, with her daughter, basketball player Ava Gigliotti, at the awards banquet.



St. Mary's senior Olivia Abbott presented a gift on behalf of the team to Principal David Angeramo in appreciation of his support of the girls basketball program.



St. Mary's High School assistant basketball coach and former All-Scholastic Brianna Rudolph and Assistant Principal James Ridley are pictured at the awards banquet.



St. Mary's High School girls basketball head coach and athletic director Jeff Newhall, with his wife, Christine Newhall, and their children, Andrew Newhall, Alex Newhall, and Eva Newhall.



All-Scholastic junior Kellyn Preira, whose memorable block of a last-second shot sealed the Spartans' state championship victory over Rockland, is pictured with her parents, Daniel Preira and Yvette Preira.



St. Mary's freshman girls basketball head coach Victoria Ault (far right), with award recipients (from left), Hailey Hartenstein (Most Improved Player); Sophia Lafontant (Offensive Player of the Year); Ava Kidd (Defensive Player of the Year); and Yomary Nunez (Most Valuable Player).



St. Mary's varsity basketball head coach Jeff Newhall (far right), with award recipients (from left), Abby Constine (Spartan Award); Olivia Abbott (Most Improved Player); Yirsy Queliz (Most Valuable Player); Niya Morgen (Top Offensive Player); Kellyn Preira (Top Defensive Player); Bella Owumi (Rookie of the Year); AJ Hyacinthe (Unsung Player); and Brooke Moloney (Coach's Award).



St. Mary's junior varsity basketball head coach Alison McCarthy (far right) with award recipients (from left), Issie Skabeikis (Defensive Player of the Year); Riley Maguire (Most Improved Player); Sophie Skabeikis (Offensive Player of the Year); and Reese Matela (Most Valuable Player).



The St. Mary's High School girls basketball team's players and coaches, Division 3 state champions for the 2021-22 season, are pictured after the awards program at the banquet.

Water Quality Continued from page 1

in Crighton's successful quest to secure the \$5 million earmark to clean up King's Beach.

Crighton and Hinds are good friends who sit next to each other in the Senate Chambers. Crighton has endorsed Hinds' candidacy for lieutenant governor in the 2022 state election. Interestingly, both legislators attended prestigious New England Small College Athletic Conference (NES- CAC) schools. Crighton played football at Lynn Classical and Colby College. Hinds is a graduate of Wesleyan University.

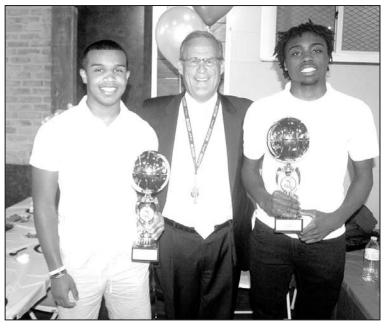
ST. MARY'S BOYS BASKETBALL PROGRAM CELEBRATES ITS STATE CHAMPIONSHIP SEASON



Boston Globe Super Teamer David Brown Jr., who has 918 career points, is pictured with his parents, St. Mary's head coach David Brown Sr. and Helen (Pedro) Brown, at the awards banquet.



Pope John XXIII High School's all-time leading basketball scorer David Sacco, with his son, Nick Sacco and daughter, Giana Sacco, at the St. Mary's awards banquet.



Dr. John Dolan, St. Mary's Head of School, congratulates All-Scholastic players David Brown Jr. (left) and Ali Barry (right) on being named the Co-Most Valuable Players of the St. Mary's 2022 state championship boys varsity basketball team.

The St. Mary's High School boys basketball program celebrated its 2021-22 state championship season at its awards banquet May 24 at Centerboard in Lynn.

St. Mary's, under the direction of head coach David Brown Sr., won the Division 3 state title with a phenomenal 27-1 record.

The St. Mary's cheerleading

man, at the awards banquet.

St. Mary's Offensive Player of the Year Award recipient Omri Merryman, with his father, Rob Merryman, his mother, Christy Merryman,

his brother, team videographer and 2021 Lynn Little League Home

Run Derby champion Rowan Merryman, and his sister, Bobbi Merry-

team, led by head coach Cortney Carey, was also honored at the banquet.

Head of School Dr. John Dolan congratulated the student-athletes for their achievements at the banquet.

Brett Henry Catering of Nahant served a delicious buffet dinner at the event.



Graduating senior Ryan Fraher, with his father, Jay Fraher, at the St. Mary's awards banquet.



St. Mary's Student Athlete Award recipient Anthony D'Itria, with his father, assistant coach Mike D'Itria, at the awards banquet.



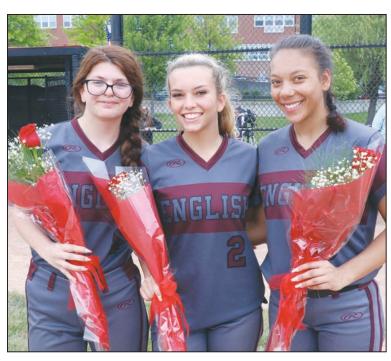
The St. Mary's High School boys basketball team's players and coaches are pictured at the awards banquet where they celebrated their state championship season.

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LEHS SOFTBALL HONORS SENIORS



Head Coach of the Lynn English Varsity Softball Team Ashley Aldred and Asst. Coach Madison Molea with the 2022 LEHS Varsity Softball Team.



Senior Emily McKeever, Senior Captain Kelsey McNeil and Senior Captain Janessa Lopez received flowers from the EHS Crimson Tide last Saturday morning at Glendale Park in Everett.

The seniors on the Lynn English High school softball team were honored by the Everett High softball program before their game at Glendale Park in Everett.

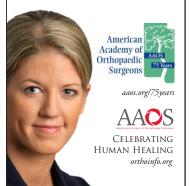
It was Everett Senior Day and the Crimson Tide graciously included the members of English's Class of 2022 – Emily McKeever, Kelsey McNeil, and Janessa Lopez in the pre-game recognition ceremony.

A short story about a
MOTORCYCLE.
And a sudden turn.

When she was a young college student, Elisabeth Marra had a serious motorcycle accident that ultimately changed her life. Two years after the crash, her painful open fractures had failed to heal. Then she heard about a new and complex surgery pioneered by a surgeon who used a patient's own stem cells to concentrate the healing process. This time, her surgery and subsequent therapy were successful.

Elisabeth's experience caused her to redirect her own career aspirations. Inspired by the medical professionals who helped her reclaim her active lifestyle, she changed her major to study physical therapy—a profession where her own experience could help other patients prevail through difficult recoveries.

We tell Elisabeth Marra's story here to illustrate two of the most profound messages we know. Don't give up, and remember to give back. If reading it inspires just one more person to achieve something special, then its telling here has been well worth while.



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- Your booster does not need to be the same vaccine brand as your original COVID-19 vaccination.



Recommended booster doses vary by age and health status.



Check with your doctor or visit mass.gov/CovidVaccine



THE LYNN JOURNAL

GANNON MEMORIAL DAY CEREMONY

A beautiful warm sunny morning hovered over Gannon Golf Course for families to remember their loved ones. The annual Memorial Day Remembrance of former members who passed were announced respectfully as "Absent for Tee Time."

Coordinating this event was Funeral Director David Solimine; he has conducted this service for many years organizing this program along with assistance from his secretarial and funeral staff.

"This is an honor to remember these wonderful people that we will miss dearly," noted David. "This is not easy with a loss anytime at any age; we hope today, during this period of time, this remembrance will help the families".

The Gannon golfing community demonstrated respect during the ceremony while golfers who are on the course paused during the entire ceremony before resuming play. The Lynn English MC ROTC JR honor guard presented the colors and Lynn English Concert Choral sang The National Anthem and America the Beautiful. Leading the Pledge of Allegiance was Ward 3 Councilor Coco Alinsug. Deacon Richard Field of St. Mary's Sacred Heart Parish spoke about "The Words of Wisdom" for reassurance.

Golf Pro David Sibley expressed how important it is for families to turnout for this service. "This is great to have everyone here, we are very grateful and happy to do this."



David Solimine (right) greets Mayor Jared Nicholson.

Mayor Jared Nicholson expressed his thanks to the Gannon team for hosting this service, the Solimine Family, and Lynn English students. "This is a moment to reflect and remember the ones we lost this year. Gannon is an important place, especially for the moments that your loved ones shared here with you and with friends. It is this environment that Gannon creates, to honor, and to remember. It is important to have these moments by coming together and by sharing memories," said Mayor Nicholson.

Michael Phelps announced Absent Golfers for Tee Time as follows: Larry Gannon, Brian Chambers, Gladys Kalapinski, Tim Toomey, Donald T. Cross, Jr., Bobby Waitt, Thomas Halligan, Richard Lougee, James Phelan, Michael Barry, Jan Jones, Jack Hollow, Ken Killion, Dianne Reppucci, and Jo-Anne T. Erelli.



Gannon Golf Pro David Sibley addresses the audience.



Jo-Ann T. Erelli Family – John, Robin, and Michael.



Family members stand for the Pledge of Allegiance.



Lynn Dignitaries – Councilor-at-Large Brian Field, Deacon Richard Field, Ward 5 Councilor Dianna Chakoutis, Ward 3 Councilor Coco Alinsug, Ward 1 Councilor Wayne Lozzi, LEHS Music Director Jorge Ibanez, and Ceremony Coordinator David Solimine Sr.



Funeral Director Mike Phelps, Councilor-at-Large Buzzy Barton, Coordinator David Solimine Sr., Ward 3 Councilor Coco Alinsug, and Funeral Director Joel Solimine.

GANNON MEMORIAL DAY CEREMONY



Lynn English Concert Choir singers – Sherlyn Gonzalez, Jennifer Lopez, Jariah Sutson, Emman Faris-Howes, & Emely Robles with Choir Director Jorge Ibanez.



Ken Killion Family – (F) Tristan, Annabella and Crystal Joyce with Diane and Aubriel Killion: (B) Paul Joyce and Ken Killion Jr.



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Bobby Waitt Family – (F) Dee-Ann Graczyk, Koleen Sampson, Carole Ahearn, Debbie Hannus, & Dale Sampson: (B) Dick Hannus, Doug Waitt, Donald Ahearn, & Dave Sampson



Gannon Ladies Inner Club remembers Gladys Kalapinski, Jan Jones, Dianne Reppucci, and Jo-Anne Erelli .

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CLARK STREET PARK CLEAN-UP

The Keep Lynn Clean program continues to show tremendous success. Ward 3 Councilor Coco Alinsug was very elated to have a large neighborhood group of volunteers coming together cleaning up Clark Street Park. Coco was so thankful that the City of Lynn Anti-Litter Committee selected Kiley and Clark Park to be included in the city-wide program.

Organizing the Anti-Litter campaign was Councilor at Large Brian Field and Ward 5 Councilor Dianna Chatkoutis. Councilor Field was so happy to see so many volunteers at city-wide clean-ups.

"This is amazing how Coco has brought out his Ward 3 supporters who take a deep pride to

The Keep Lynn Clean program ntinues to show tremendous ccess. Ward 3 Councilor Coco linsug was very elated to have a rge neighborhood group of volteers coming together cleaning

> The Anti-Litter Committee has four more scheduled clean ups through June before the Community Development clean-up summer program begins. The city clean-up program will pick up in the fall until winter sets in and it will resume the following year.

> The success of the program is based on the number of volunteers. Councilors Field and Chatkoutis extend a sincere thank you to all the volunteers making the Anti-Litter campaign a success.



Volunteers cleaning up Clark Street Playground



Children volunteers received a Community Service Certificate.



McGrath Enterprises Cleaning up Grounds at Clark Park – Edgar, Julio, Esvin, Jim Connors of McGrath Enterprises with daughter, Olivia, and Wilson.



City officials helping with clean-up at Clark Park – DPW Buddy Alfonsi, Ward 3 Councilor Coco Alinsug, Councilor at Large Brian Field, Ward 5 Councilor Dianna Chatkoutis, Personnel Director Drew Russo, and Mayor Chief of Staff Jon Thibault



LYNN

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Free kayaking program returning to Lynn

Kayak and Sail Lynn (KASL), a local group that works to get Lynn residents "on the water" is returning to the City for its second year.

KASL will be hosting their Summer Kick-Off event on June 11th from 9 AM to Noon at the Blossom Street Extension Ramp (398 Blossom Street, Lynn, MA 01905). Around 20 children (ages 5-18) will have the opportunity to kayak and paddleboard at no charge.

Registration was on a firstcome, first served basis and is now closed. The group says that they had to close sign-ups within hours of sharing the event on social media and ultimately had to create a waitlist for future events due to the extremely high demand.

However, Director Frank Grealish said that he hopes that even those who are not participating in the water activities are still able to come by and have some fun.

"Besides the kayaking, we want this to be a true community event that celebrates the potential and beauty of Lynn's unique harbor, said Grealish. "There will be music, activities, and food."

He said that they will also be starting the initial stages of painting KASL's new, onsite equipment storage container. Frank thanked the City, specifically the EDIC team, for being such amazing partners and allowing them to utilize the space for the storage. He also expressed his appreciation for artist Alison Miller and her team for agreeing to take the lead on painting the container.

KASL was launched in August of 2021 by Frank and three of his former Lynn Classical students Sean Reid (President), Eric Rondeau (Vice President), and DeJolie Tchoumi (Treasurer). Frank came up with the basic idea many years ago, but recently the team worked out the details and turned it into a reality.

"Historically, one of Lynn's greatest resources has been quite underused," said Tchoumi. "Few Lynn resident have been on the water, despite so many living just minutes from it and we wanted to help change this."

"When we looked around, so many other coastal cities and towns had some type of access to water activities, but Lynn had next to none," said Reid. "We just thought with all the momentum in Lynn, the time to take action was now.'

KASL held a pair of events last season (one for youth and another for veterans), that they said were only possible because of their partnership with Salem's Coast to Coast Paddle. The group provided the equipment and instruction to the paddlers. KASL will continue to partner with them this season.

The group is already thinking about next steps.

"We are still in awe about the overwhelming support and interest that we have received from the community, local leaders and on social media," said Rondeau. "Moving forward we want to expand and become more of a fulltime program to meet the overwhelming demand."

The KASL team says that they plan to keep this program free and so they heavily rely on donations to keep the program running and will need more funding to continually grow. To donate, learn more, or get in touch please visit www.KayakAndSail.com.

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King's Beach in Lynn posts six year low on water quality report card

By John Lynds

On Memorial Day King's Beach in Lynn was packed with swimmers and sunbathers for the unofficial start of summer.

From here on in as the weather warms to summer temperatures residents and visitors to King's Beach are sure to enjoy months of fun-filled beach activities.

However, Save the Harbor/ Save the Bay administrators are hoping the water quality is better this year than it was last summer.

Save the Harbor/Save the Bay released its annual Metropolitan Beaches Water Quality Report Card on the 2021 beach season and Lynn's only beach posted a six year low for water quality during 2021.

According to Save the Harbor/ Save the Bay's Annual Beach Water Report Card, King's Beach scored only a 68, the beach's lowest score in six years.

It seems water quality at King's Beach is becoming more and more of an issue each year with the beach's score dropping 26 percent since posting its best score of 92 percent back in 2017.

King's Beach scored a 68 percent last summer after posting a 70 percent in 2020. In 2019 King's Beach scored a 79 percent; a 75 percent in 2018; a 92 percent in 2017; and a 83 percent in 2016.

Overall King's Beach's six year average for water quality is 78 percent.

Save the Harbor/Save the Bay's Executive Director Chris Mancini said rainfall had a significant impact on the water quality at King's Beach as well as other Metropolitan Beaches.

The report released showed that in 2021 there were far more rain events in the region than in 2020, with 19 storms exceeding a half-inch of rain, 12 of which exceeded one inch of rainfall.

The report points out that 2020 was a relatively dry year, with only a few large summer storms and relatively fewer wet weather impacts, hence the higher score for King's Beach that year.

"Considering the wet weather, most of the region's beaches scored quite well, earning A's and B's" said Mancini. "Sadly the Department of Public Health's beach posting and flagging protocols failed to make the grade again this year."

According to Save the Harbor's Director of Strategy & Communications Bruce Berman working with the DPH Save the Harbor/Save the Bay can provide more accessible, timely and accurate water quality data to beachgoers, improving public access to the beach and better protecting the public's health.

"On many beaches, simply installing an accurate and accessible rain gauge and making the information available online in real time with a QR code would provide better information," he said. "We can – and should – do better than the current system, which relies on yesterday's results and is a terrible predictor of today's water quality."

Alumni and Friends of LCHS launch Buy-A-Brick fundraiser

The Alumni and Friends of Lynn Classical High School recently launched their "Buy-A-Brick for Scholarships" fundraising campaign.

Interested donors can buy bricks online with engraved text and images. The bricks will be installed on Classical's outside walkway near the main entrance.

A 4-by-8-inch brick is \$100, an 8-by-8-inch brick is \$200, and a business brick (which allows you to engrave your own custom logo) is \$300.

All proceeds will directly benefit the group's scholarship program to graduating LCHS Seniors. Since 1996 they have given out over \$1.2 million in scholarship and in 2022 alone, they will award 117 scholarships, totaling over \$117,000.

Gene Constantino, the Alumni and Friends' President and former LCHS principal, believes this fundraiser has massive potential.

"We always want donors to know how important their contributions are," said Constantino. "In this case, we are able to provide them with a tangible, long-lasting token of appreciation."

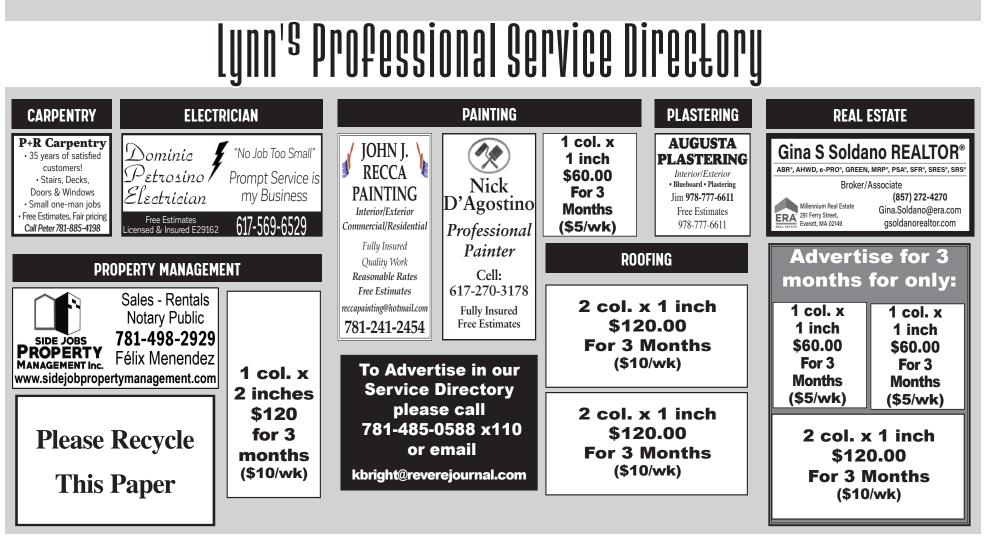
The group encourages anyone with a connection to Classical, or more generally Lynn, to consider purchasing a brick: alumni, families, staff, businesses, community groups, elected officials, etc.

They also say that they would like to see people collaborate and dedicate bricks to shared experiences: graduating classes, memorable sports teams or clubs, favorite teachers or classes, unforgettable school trips/ moments.

"We really want people to get creative," said Constantino.

Alumni & Friends of LCHS is a 501(c)(3) non-profit organization of volunteers dedicated to supporting and assisting LCHS students in achieving a higher education

For those interested in buying a brick or learning more, please visit: https://www.lynnclassicalalumni.org/buy-a-brick.



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CITY PAWS Dogs in cars

By Penny & Ed Cherubino

Summer brings more happy destinations to share with our furry companions. Some dogs quiver with excitement when their person says, "Car!" Others tremble and suffer carsickness. When dogs are along for the ride, we need to think of safety.

Car Training and Safety

To make driving safe for everyone requires some training. Start with short trips and work up to longer ones. Decide how you will secure your pet in the car and reward cooperation. If you need help with motion sickness, work with your veterinarian.

Back Seat Veterinarian Georgina Ushi Phillips wrote, "We seem to have a bit of a blind spot for canine seatbelts and car safety." She explained that in a 35-mile-perhour crash, inertia sends everything in a car flying, a 60-pound dog becomes a 2,700-pound projectile.

Airbags pose a fatal risk for dogs in the front seat. A backseat seat-belt-connected harness or secured crate keeps the animal from interfering with or distracting the driver and could save your dog in the event of an accident. The MSPCA reminds us, "In Massachusetts, it is against the law for an operator of a motor vehicle to allow anything in or on the vehicle that "may in-

Crated or Harnessed in the

terfere with or impede the proper operation of the vehicle...

A restrained animal will not be able to break free and run away the second the car door is opened. An unrestrained dog can slow care delivery by first responders in an accident or emergency.

Heat Kills

Never leave your dog in a hot car. The American Veterinary Association warns, "The temperature inside your vehicle can rise almost 20° F in just 10 minutes, and almost 30° F in 20 minutes. The longer you wait, the higher it goes. At one hour, your vehicle's inside temperature can be more than 40 degrees higher than the outside temperature at one hour. Even on a 70-degree day, that's 110 degrees inside your vehicle!" A dog can make the situation worse by jumping around and barking. This activity would further raise the animal's core body temperature.

Leaving a dog alone in a car can also risk damage to your vehicle by a good Samaritan or first responders trying to protect your animal.

Products Can Help

You'll find a good selection



A seat-belt-connected harness keeps your dog from interfering with or distracting the driver and could save a life in an accident.

of pet restraint harnesses at local pet supply stores and online. You want one that fits your dog comfortably and has a secure connection to the car's seat belt system.

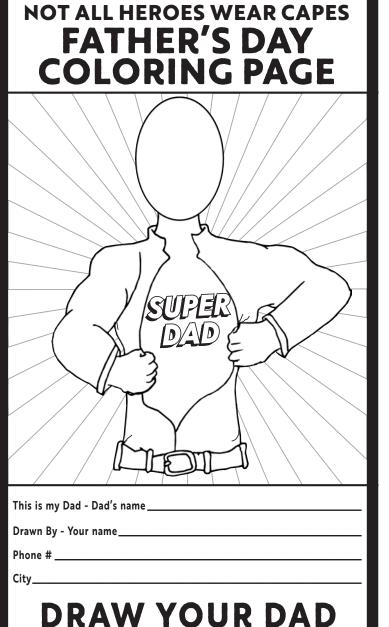
There are car seat carriers and crates of various designs that you can use to keep your dog safe. We prefer a crate that we secure to the seat belts in the back seat. This option adds a level of security by restricting our Poppy's movement. We find that she settles right in and goes to sleep once we are underway.

Thanks to the RV industry, we now have access to various heat alarm products with apps that alert by text or email if the temperature in your car or RV is too high. The website Go Pet Friendly did a review of these products listing the pros and cons, in their article,

"Pet Temperature Monitor Roundup - Keep Pets Safe from the Heat."

Loving our dogs, we want to do what's best for them. Sometimes that means more work and giving up some old ways of doing things. Protect your dog by securing them and keeping them safe every time they ride in a car.

Do you have a question or topic for City Paws? Send an email to Penny@BostonZest.com with your request.



Complete the picture by creating a picture of your father! PENS & MARKERS WORK BEST, use BOLD COLORS Please scan or take a photo and email or text to: promo@reverejournal.com

Deadline for entries will be Friday, June 10th. Entries will be published in the June 15th, & 16th issues of the Revere Journal, Chelsea Record, Everett Independent, East Boston Times, Winthrop Sun Transcript, and The Lynn Journal

CLASS OF 2022 RE YOUR GRADUATE WITH US ETTE AND WE WILL SHARE THEM WITH THEIR HOMETOW Send us a photo of your special graduate with a short message and we will publish it in the paper. If you have a yard-sign congratulating your grad, take a photo and send it in and we will print it in our publication during the second week of June. Cost is \$30.00



Photos and messages of graduates may be submitted by email to promo@reverejournal.com or mailed 385 Broadway, Ste 105, Revere MA, 02151

If you plan to mail in a graduate photo please include your name and number in addition to a message for your Graduate, in case we need to contact you for clarification.

a small message

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Calendario NSLBA de talleres, reunions, y reunions redes, y sociales NSLBA Calendar of workshops, meetings, Network, social meetings. Understanding Financial Statements Immigration Info Sesion **Business Workshop II** Presento por / "Eastern Bank" Junio/June 2022 Cambios importantes sobre las redes ed by: Immigration Attornies & sociales y como

le va a beneficial (Fecha para ser de- BA) terminada) /

Important changes about social net- campo laboral / works and how it will benefit you (TBD)

Presento por / Zanibel Melo "Higher Dreams" Wed/Thurs 06/28/2022 @ 3:00PM Sesion Informativa de Inmigración / Presentado por: (Abogados & Orga- NSLBA Annual Outing nizaciones de Inmigración miembros de la Asociación / Present-Organization members of the NSL-

Taller "Conozca Sus Derechos en el

Workshop: "Know you Rights" in 11th GALA the labor field

Presento por / Presented by: Abogada/Attoryney P. Andrea Coral - CORAL LAW PC Sunday/Domingo 07/17/2022 Pasadia Anual @ Salem Willows / Friday/Viernes 08/12/2022

Encuentro De Blanco (Vestimenta Blanca) /

NSLBA All White Party (White attire)

Sept.2022

GALA de la Asociación / NSLBA

(Date TBD/ Fecha Sera Anunciada)