

THE LYNN JOURNAL

Thursday, August 25, 2022

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15TH ANNUAL LIFESCENE FAMILY FUN DAY



Family Fun Day draws hundreds of families for an afternoon of entertainment and community connections for youth and families. Shown, Safari target throw station with volunteers, Sury and Cliff, helping the children. See page 3 for more photos

Shea Newhall named to Babe Ruth World Series All-Tournament Team

By Cary Shuman

When the Greater Lynn Babe Ruth needed a key hit in the Babe Ruth World Series in Virginia, Shea Newhall delivered.

Newhall hit a sizzling .500 in the tournament to lead all players from the 11 regional championship teams and the host Stafford team. A left-handed hitter and first baseman, Newhall had seven hits in 14-at-bats. He drove in two runs and scored three.

“Shea was dialed in,” said Lynn Coach Rich Avery. “Whenever he got up and we needed a big hit, he just seemed to put the ball where someone wasn’t and got on base.”

Newhall’s memorable performance earned him a spot on the prestigious 2022 Babe Ruth World Series All-Tournament Team.

Appropriately enough, Newhall, who is sophomore at St. Mary’s High School, received an elegantly designed baseball bat which may require a separate space on the talented Newhall family’s ever-expanding trophy shelf.

The Lynn team, led by Man-



Shea Newhall (right) receives his award from a Babe Ruth World Series official for being selected to the World Series All-Tournament Team.

ager Leon Elwell, won its first three games in pool play before losing to Torrance, California in the final game before the single-elimination round. Interestingly, Torrance’s pitching coach, Harrison Mingham, had played against Greater Lynn Babe Ruth in the 2015 Babe Ruth World Series. Mingham went on to play college baseball for Marymount

Please see NEWHALL Page 4

City Clerk Rowe talks early voting during visit to Lynn Senior Center

Special to the Journal

City Clerk Janet Rowe, along with Election Coordinator Sarah Bullock and Bilingual Clerk Wendy Prudencio, visited the new City of Lynn Senior Center on Friend Street for a “Coffee with the City Clerk” session.

Rowe discussed vote by mail, early voting, and new precincts in the city.

Council on Aging Chair Dianna Chakoutis (who is also the Ward 5 councilor) and Senior Center Director Chris Gomez were also on hand for the presentation.

Rowe also announced the following information for the Sept. State Primary.

Early Voting will be held in



Lynn City Clerk Janet Rowe visited the Senior Center to talk about voting in the Sept. 6 Primary. Pictured at the Center are, from left, Senior Center Director Chris Gomez, Janet Rowe, Bilingual Clerk Wendy Prudencio, Election Coordinator Sarah Bullock and Council on Aging Chair Dianna Chakoutis.

Please see VOTING Page 2

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For the latest news in Lynn that you need to know, go to **lynnjournal.com**

EDITORIAL

THE MWRA IS DOING A GREAT JOB

Residents in our newspapers' circulation area in Greater Boston probably are unaware that most of the communities in Massachusetts are enduring drought conditions that have resulted in the imposition of severe water-use restrictions.

But here in Greater Boston, there is not even the mention of a drought or restrictions of any kind.

That's because the Quabbin Reservoir, which provides us with our water, is at an astonishing (given the drought) level of 92 percent capacity.

The MWRA has been around for more than 30 years and is best-known for its massive sewage treatment plant on Deer Island that has turned Boston Harbor from the most-polluted harbor in America into a jewel of an environmental resource that contributes hundreds of millions of dollars annually to the Mass. economy. We recall that as youngsters growing up on Pt. Shirley in Winthrop in the 1960s, we were warned that we could not swim in Winthrop Harbor because of the "pollution." The algae that flourished on the mudflats at low tide was so foul that it literally peeled the paint off the homes along the Winthrop harbor shoreline. When we had a sailboat in the 1980s, the water was so gross throughout Boston Harbor and the islands that we did not want to jump in for a swim even in the Outer Harbor.

But the other, unsung "job" of the MWRA is to provide water to its 40 or so communities from the Quabbin, and in that regard, the MWRA also has performed in exemplary fashion.

We'll be the first to admit that we know nothing about water systems. To be sure, innovations such as low-flow toilets, as well as the high cost of water, no doubt have contributed to the per capita reduction in water usage in the Boston area from when the MWRA took over the system from the MDC back in the 1980s.

Unquestionably, aggressive leak-detection and other programs, spearheaded by dedicated public servants, have been the key ingredients in the secret sauce, so to speak, of the MWRA's outstanding water management program since its inception.

Our late grandmother, Zita Quigley, (whom we loved dearly, but who was a master at playing the martyr role, if you know what we mean), used to say (after we would compliment her for something or other), "Oh, thank you -- because you know, even a dog likes a pat on the head every once in a while."

So consider this our "pat on the head" to the folks at the MWRA for their excellent management of our water system. Thanks to them, we who live in the MWRA's cities and towns literally are an oasis amongst the drought-stricken communities who are not within the MWRA district.

ROBERT KRAFT BELONGS IN THE HALL OF FAME

As we are writing this early in the week, the Pro Football Hall of Fame's Coach/Contributor Committee is getting ready to meet to select one of 12 nominees for inclusion in the Pro Football Hall of Fame in the Class of 2023. That nominee then must go to the full selection committee for a final vote for inclusion.

Among the nominees is our own Robert Kraft, the owner of the New England Patriots.

With all due respect to the other 11 nominees (for the record, they are Rooney Arledge, Don Coryell, Mike Holmgren, Frank "Bucko" Kilroy, Art Modell, Buddy Parker, Dan Reeves, Art Rooney Jr., Mike Shanahan, Clark Shaughnessy and John Wooten), there is no one affiliated with the NFL who deserves inclusion in the Hall of Fame more than Mr. Kraft.

We formerly were Patriot season ticket-holders (we have not been for almost 30 years) from the time the franchise began in 1960. We attended games at Braves Field, Fenway Park, and Harvard Stadium before the Pats finally moved to their own stadium in Foxboro in 1972, the much-maligned Schaefer Stadium, which was built on the cheap and was outdated within a decade of its construction.

But what many present-day Patriots' fans may not realize is that the franchise was on the verge of moving to St. Louis -- which was offering a sweet deal on a new, state-of-the art, domed stadium -- until Mr. Kraft (who himself had been a Pats' fan from the beginning) stepped in to purchase the team in 1994 in order to keep it in New England.

Mr. Kraft not only totally changed the culture of the Patriots' organization, but he constructed Gillette Stadium with no public funding. He assumed the entire risk not only of buying a moribund franchise, but also of constructing a \$325 million stadium.

Over the course of the ensuing 28 years, the New England Patriots have been one of the most successful sports franchises, not only in pro football, but in the entire world, under Mr. Kraft's leadership.

But beyond all of their Super Bowl titles, the Patriots and the Kraft family also have set the standard for what it means to be a good corporate citizen. Among their endeavors with which we directly are familiar through our sister newspaper in Chelsea is the Jordan Boys and Girls Club in Chelsea, of which Josh Kraft is the CEO, and for which the Krafts were among the major donors for the \$11 million complex. And we all recall that during the darkest days of the pandemic, the Krafts used the Patriots' team jet and set up the logistics to bring 1.2 million desperately-needed face masks to this area from China.

So we fervently hope that the Hall of Fame committees see their way to nominate and name Mr. Kraft for enshrinement in Canton, Ohio. Together with his beloved, late wife Myra, who typically sat side-by-side with each other at every Patriots' game, Bob Kraft has set the standard of excellence not only for football, but for ownership of sports teams the world over.

We may be living in a cynical world, but Bob Kraft has brought more joy to our area than anyone we can think of -- and isn't that what sports are all about?

Voting CONTINUED FROM PAGE 1

City Hall on the following dates:
Saturday and Sunday, August 27, 28th, from 8 a.m. to 2 p.m.

Monday-Friday, August 29 - September 2, during regular business hours:

Mon. Wed. Thurs: 8:30 a.m. to 4 p.m., Tues. 8:30 a.m. to 8:00pm and Friday 8:30 a.m. to 12:30 p.m.

Votes will be cast for: Gover-

nor, Lt. Governor, Attorney General, Secretary of State, Treasurer, Auditor, Rep. in Congress, Councillor, Senator in General Court, Reps. in General Court for District 8, 9, 10, and 11, District Attorney, and Sheriff. Sample ballots for all wards and precincts are available on the City website and in the Election office for public viewing.

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.

We also encourage readers to e-mail news releases and photos to Cary@lynnjournal.com

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15TH ANNUAL LIFESCENE FAMILY FUN DAY



Delicious Hot Dogs for the families – Chloe Whitfield, Justin Hackett, and Denise Viscio with Maria Chimuquez ready to be served.

Each year, Family Fun Day draws hundreds of families for an afternoon of entertainment and community connections for youth and families. This year, the event featured free food, trackless train rides, free raffles for prizes and entertainment by DJ Francis known as Mr. Dee according to Stefanie Smith of Family and Children’s Services. Community Leadership Awards were presented to Stephen Hirsch of Hirsch Landscaping of Lynn and to Nahant Woman’s Club of the North Shore at opening ceremonies.



Registration Table – LifeScene Staff Marianna Monquez and Ive Gonzalez with Arabelly Lara and her son, Jeibi.



Stephen Hirsch received the Mayor’s Citation for his dedicated support to LifeScene and a plaque from LifeScene – Mayor Jared Nicholson, Stephen Hirsch with LifeScene Ex. Director Selvin Chambers, and staff.

Executive Director of LifeScene, Selvin Chambers says, “We are so excited to be hosting our 15th Annual Family Fun Day. This gathering allows more engagement for families who are looking to connect to new or unknown community resources outside of LifeScene.”



Free English Classes for Adults offered at Catholic Charities – Ana Stipanovic and Trish Kennedy.



Lynn Police Officers, Taylor Haberek and Tom Morley, with Christopher.

KEVIN F. COPPINGER for Sheriff

Trusted Leader. Experienced Administrator. Proven Problem Solver.



Atty. Gen. Maura Healey
“Sherif Kevin Coppinger has been

in the forefront of developing programs to increase inmate success re-entering their communities. Improving inmate substance use disorder treatment, expanding medical and mental health care services and re-entry preparation has made a difference.

He has earned re-election and the chance to continue his innovative efforts that have changed the Essex County Sheriff’s Department for the better.”

State Sen. Brendan Crighton
City of Lynn

“Sheriff Kevin Coppinger has the administrative ability that is essential in managing this complex operation. He’s been in the forefront of bringing needed changes to our state’s correctional facilities.

The programs he has instituted in mental health, clinical services, and vocational training are becoming models for reducing recidivism.”



Kevin Coppinger is a true Lynner. He loves his city and it shows. He has made his city proud as our former Police Chief and as the innovative and determined Sheriff who has brought real change to the Essex County Sheriff’s Department.



Help keep positive change happening at the Sheriff’s Department!

**DEMOCRATIC
PRIMARY ELECTION**

VOTE! TUESDAY, SEPT. 6

NEWS IN BRIEF

WIC BREASTFEEDING AWARD OF EXCELLENCE WINNERS ANNOUNCED

At a virtual awards ceremony this morning, the Northeast Regional Office of the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) announced its Breastfeeding Award of Excellence winners. Lynn Community Health Center - North Shore WIC Program, in Lynn New achieved a Gold Award.

Almost 100 awards were given across the country, including 11 to WIC clinics in New York, New Hampshire and Massachusetts. A major goal of WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) is to improve the health of babies and mothers through breastfeeding. "The awards program was established to recognize local WIC agencies that have provided exemplary breastfeeding promotion and activities," said USDA FNS Northeast Regional Administrator Lizbeth Silbermann. "The intent is to provide models and motivate other local agencies to strengthen their breastfeeding promotion and support activities and ultimately increase breastfeeding initiation and duration rates among WIC participants."

Lynn Community Health Center - North Shore WIC Program, in Lynn

"Massachusetts WIC is proud of the North Shore WIC program for receiving the USDA's WIC Breastfeeding Award of Excellence," said Rachel Colchamiro, Massachusetts State WIC Director. "North Shore WIC staff are committed to providing families a variety of breastfeeding services. Throughout the pandemic, nutrition staff and peer counselors provided remote counseling and virtual Baby Café groups. Peer counselors have recently resumed visiting families at Salem Hospital. We applaud North Shore WIC for its commitment to providing high-quality breastfeeding support to families and appreciate USDA's recognition of their work."

"As a WIC Breastfeeding Peer Counselor, I am honored to be part of this award recognition. Working with moms and babies to overcome any situation with breastfeeding and reaching their goals is very rewarding. I am truly thankful to everyone who is part of the North Shore WIC program, for the support of every idea we have and to put it into

action. I am truly grateful to be part of this award." Rosa Barreto, WIC Breastfeeding Peer Counselor CLC CHBE

"We are happy to be receiving the Gold Breastfeeding Award. Our program staff has worked diligently throughout the pandemic and formula shortage to promote breastfeeding and our moms are thriving!" Leanne Davis-Ickes, WIC Nutritionist, Breastfeeding Coordinator CLC

The following WIC Clinics are the northeast regional recipients of the 2022 Premiere and Gold Awards:

Premiere Award Winner
New York
The Society for the Protection and Care of Children WIC, Rochester

Gold Award Winners
Massachusetts
Lynn Community Health Center - North Shore WIC Program, Lynn

New Hampshire
Community Action Program Belknap-Merrimack Counties, Inc., Concord

New York
Monroe County WIC, West Rochester

Cattaraugus County, Albany
Clinton County WIC Office, Plattsburgh

Livingston-Wyoming WIC, Mt. Morris

Long Island Federal Qualified Health Center Inc., Long Island
Mount Vernon Neighborhood Health Center, Mount Vernon

Tioga Opportunities, Inc. WIC, Owego

WIC of Columbia/Greene - Catholic Charities, Hudson

August is Breastfeeding Month and each year celebrations are held throughout the month highlighting the importance of breastfeeding as the best source of nutrition for a baby's first year of life. WIC serves about half of all babies born in the country and is uniquely positioned to help moms successfully breastfeed. In support of this awareness month, USDA FNS announces its Breastfeeding Award of Excellence winners.

WIC serves to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating including breastfeeding promotion and support, and referrals to health care. More information about WIC can be found at www.fns.usda.gov/WIC.

McGrath Realty to sell former Porthole Restaurant site as development opportunity

McGrath Realty has announced that the former location of the beloved Porthole Restaurant is for sale, to be sold with the approvals for a market rate development opportunity. The proposed mixed-use condominium project, branded and marketed by The Synergy Group as Harbor98, would consist of 80 luxury units, 156 parking spaces, a cinema and business center. The one, two, and three bedroom luxury condos would feature private balconies with ocean views.

Located between Seaport Landing Marina and Volunteer Yacht Club in Lynn Harbor, Harbor98 would be a key addition to this newly developed and highly desirable neighborhood in Lynn. This waterfront property is located less than 10 miles from Boston and Logan airport, minutes from Route 1, and less than a mile from The Lynn MBTA Station, as well as multiple bus stops. Harbor98 is also just minutes from the local beaches (Nahant, Long, and Lynn Beach), Lynn Heritage State Park, North Shore Community College, Lynn Vocational Technical Institution, and the brand new Lynn YMCA branch.

"The proposed development we designed for Harbor98 is the perfect addition to Lynn Harbor," says Patrick McGrath, owner and founder of McGrath Realty. "After four years of working with the city of Lynn and the state of Mass. to get this project approved, working with the engineers and architects to come up with the plans, and razing the previous property, the timing is no longer right for me and my team to build this development, but we're optimistic that we can find a developer who will be the perfect fit."

Along with the 161,747 square foot lot and to be approved development plans, the sale of Har-

bor98 will also include all of the marketing collateral created by exclusive sales and marketing team, The Synergy Group. Based in Winchester MA, The Synergy Group is a full-service real estate brokerage who specialize in the sale and marketing of new construction, residential and large-scale commercial real estate.

"Harbor98 is the full package," says Paul Cirignano, Founder and Broker/Owner of The Synergy Group. "Not only do buyers have the opportunity to build/invest in an incredible development, but they already have a leg up with the approvals, the architectural plans, and a full marketing package complete with logos, a color palette, the website domain, full access to the google business account, and more." Previous to the announcement by McGrath Realty to sell the project, The Synergy Group had been working on pre-marketing the units to potential buyers who were able to pre-register for information on the available units. The next owner will have access to this valuable list of buyers.

McGrath Realty is an intricate part of the Lynn community and has been one of the key factors in rejuvenating and enhancing the city. This past March, McGrath Realty and The Synergy Group worked together to market and sell Cove164, the newly constructed, 72-unit apartment complex in Lynn, for \$24 million. Cove164 was developed by McGrath Realty, and The Synergy Group procured the buyer, a joint venture of The Dolben Company and MINCO Development.

For more information on Harbor98, go to: <https://www.harbor98.com>

About The Synergy Group
The Synergy Group is a unique hybrid residential/commercial real estate firm with over 35 years of experience serving

the Greater Boston area. On the residential side, Synergy brings a deep understanding of the local towns, cities, and neighborhoods they serve, ready to skillfully guide clients every step of the way in buying and selling homes and condominiums. The Synergy Group is also highly regarded by many local builders and developers for their expertise in marketing and selling luxury new construction and multi-unit developments from 1 to over 100 units, assisting in the process from acquisition and pro-forma analytics, through sales, marketing, and post-sale management. For more information, go to: <https://www.thesynergygroup.com/>

About McGrath Realty
With over 40 years in business, McGrath Realty has taken great pride in delivering consistent high quality, dependable work. As a family run company, they have earned the reputation as one of the region's top companies in all of its services including new construction, excavation, demolition, water and sewer, concrete work and more. McGrath Realty is licensed and insured to serve all commercial, municipal and residential customers and provide a highly skilled and trained team focused on safety. Their goal is to build long lasting relationships with their customers. McGrath Realty is an intricate part of the Lynn community. The relationships they have with corporate, local business, contractors, property management customers and homeowners are a result of their dedication to quality, customer service, and safety. They take great pride in their reputation and maintain the utmost in quality and customer service in all aspects of their company. For more information, go to: <https://www.mcgrathenterprises-ma.com>.

Newhall CONTINUED FROM PAGE 1

California University.

Lynn was ousted from the tournament by Rapid City, South Dakota. Pitt County, a powerhouse from Greenville, North Carolina, defeated Torrance, 10-7, to win the world championship.

The competition was really tough at the World Series," said Avery. "Obviously when you

get to that point, all the teams are regional champions. Even the host team (Stafford, Virginia) was very good. The whole tournament was an awesome experience for the players and the coaches."

Lynn third baseman Jared Paone and catcher Kyle Cummings were named to the Babe

Ruth World Series All-Defensive Team. Each player received a "Gold Glove" award from Babe Ruth officials.

Lynn officials expressed their appreciation to team parents and fundraisers Jill Avery, Yasmene Driscoll, Lysa Newhall, and Joanne Marks.

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Baker signs bill implementing a women's rights history trail in Commonwealth

Governor Charlie Baker and Lt. Governor Karyn Polito, joined by legislators participated in a ceremonial bill signing of H. 4555, An Act relative to the creation of a women's rights history trail. The Governor previously signed this bill into law in late May. It is now codified as Chapter 76 of the Acts of 2022.

The legislation directs the Executive Director of the Massachusetts Office of Travel and Tourism (MOTT), in conjunction with the Secretary of Transportation, to develop and implement a women's rights history trail program that will include properties and sites that are associated with the fight for women's rights and suffrage in the Commonwealth. The legislation establishes a women's rights history trail task force to research, solicit public input, and make recommendations for sites, properties, and attractions to be included in the trail program, and calls for MOTT to create related educational materials and vacation itineraries. Governor Baker and Lt. Governor Polito were joined by bill sponsors Senator Joan Lovely (D-Salem) and Representative Hannah Kane (R-Shrewsbury) and several other members of the Legislature, including the Massachusetts Caucus of Women Legislators, for the ceremonial bill signing at Mechanics Hall in Worcester.

"I am pleased to sign this legislation that will help Massachusetts better honor and preserve

the legacies of women throughout the Commonwealth's history who have made our state a better place," said Governor Charlie Baker. "I am deeply grateful for the work of so many legislators other partners who worked hard to pass this bill, and our administration looks forward to working with the new commission to make this history trail a reality."

"This bill is the product of significant work and collaboration by many key players and we are grateful to see it become law," said Lt. Governor Karyn Polito. "The new Women's Rights History Trail will cover important historical milestones and landmarks across the Commonwealth and will help our residents better understand these crucially important historical figures."

"This legislation adds to the important work the Massachusetts Office of Travel and Tourism does educating residents and visitors about our unique state by creating a new avenue for exploring sites related to significant women throughout our history," said Housing and Economic Development Secretary Mike Kennealy. "With tourism playing a big role in Massachusetts' recovery from COVID-19, our cultural sector and local economies will benefit from this coordinated effort to increase visibility and access to historic sites in our communities."

"With the creation of a Women's Rights History Trail, Massa-



Governor Charlie Baker and Lt. Governor Karyn Polito, joined by legislators participated in a ceremonial bill signing of H. 4555, An Act relative to the creation of a women's rights history trail. The Governor previously signed this bill into law in late May. It is now codified as Chapter 76 of the Acts of 2022.

chusetts is acting to memorialize the struggle for women's rights in the Commonwealth," said House Speaker Ronald J. Mariano. "I want to thank my colleagues in the House and Senate, as well as Governor Baker, for working to ensure

that the suffrage movement, and all that it achieved, will be celebrated through the highlighting of these landmarks."

"Women in Massachusetts have played a pivotal role at every step in the Commonwealth's history,

yet their contributions are too often overlooked," said Senate President Karen E. Spilka. "The Women's Rights History Trail will serve as a visible monument to the history of

Please see BAKER Page 14

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GRECIAN FESTIVAL 2022 Lynn, MA



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Authentic Greek Dancers

Continuous Traditional & New Greek Music - KEFI Sound



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2ND Prize \$2,000 * 3RD Prize \$1,000

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Drawing Sunday, September 4th

Like us on Facebook – St. George Greek Festival – Lynn, MA

Friday, September 2
5 – 10 p.m.

Music – 5 p.m.
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Traditional & New Greek
Music

Saturday, September 3
Noon – 11 p.m.

Music 6 p.m. – orfeas
Dance Performance by
Sons & Daughters of
Alexander the Great

Sunday, September 4
Noon – 11 p.m.

Music 6 p.m. – ENOSIS
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LOCAL STUDENTS IN THE NEWS

LASELL UNIVERSITY STUDENTS DESIGN FOR, PRODUCE ANNUAL RUNWAY SHOWS

Reimagined, was recently held at Lasell University. The shows featured original design work from more than 70 students and a production team of more than 150 behind-the-scenes student leaders.

Dylan Mullen of Lynn was one of RUNWAY's scene managers.

Kelly Russell of Lynn was a RUNWAY model.

RUNWAY 2022: Reimagined featured 70 student designers and 150 behind-the-scenes personnel. This marked the first year since 2019 that RUNWAY was held fully in-person, though the show was also made available virtually through a livestream.

"Putting on four shows in two nights (live and virtual) was no small feat," said senior co-director Madison Cormier. "It was important for us to run a show that aligned with the fashion industry while still allowing room for our team's creativity. As a director, I wanted to make sure that the fashion designers were showcased in the best way possible."

On May 6, undergraduate student designers showcased their work in ten distinct categories: sweater knits, swimwear, athleisure, menswear, lifestyle separates, evening wear, tailoring, cocktail, special occasion, and non-textile.

The following evening featured Lasell's senior fashion design and production majors, who each presented a full clothing line that was conceptualized and developed over the course of the year.

RUNWAY is held annually

and showcases the work of Lasell University students studying fashion design and production, fashion merchandising and management, and fashion media and marketing; as well as students from a variety of majors at the University who provide business, production, marketing, and modeling support. Students design and produce a two-night event, transforming the University's athletic center into a fashion runway and hosting over 1,200 guests for evenings full of innovative fashion design.

MOLEA GRADUATES FROM ASSUMPTION UNIVERSITY

Meagan Molea, of Lynn, was one of nearly 400 graduates to receive a bachelor's degree during Assumption University's 105th Commencement exercises on Sunday, May 8, at the DCU

Center in downtown Worcester. Larry Lucchino, Boston Red Sox Hall of Famer and chairman and principal owner of the Worcester Red Sox, delivered the commencement address, thanking the University for its partnership with the Worcester Red Sox and imparting upon the Class of 2022 advice gleaned over five decades in baseball and in law.

For more information about Assumption University, please visit www.assumption.edu.

LOCAL STUDENTS NAMED TO FOURTH QUARTER HONOR ROLL AT BC HIGH

The following students have been named to the Fourth Quarter Honor Roll at Boston College High School

Cristian Erazo, High Honors (Class of 2025)

Alpha Barry, Honors (Class of 2023)

Rodrigo Guizar, Honors (Class of 2025)

For High Honors a Sophomore and Junior must have at least a 3.80 quality point average and all grades "C+" or higher. Freshmen need a 3.6 quality point average and all grades "C+" or higher.

For Honors a Sophomore and Junior must have at least a 3.20 quality point average and all grades "C-" or higher. Freshmen need a 3.165 quality point average and all grades "C-" or higher.

About Boston College High School: Boston College High School is a Jesuit, Catholic, college-preparatory school for young men in grades 7 to 12. Founded in 1863, the school enrolls approximately 1,500 students from more than 140 communities in eastern Massachusetts. For more information please visit bchigh.edu.

Do not lose sleep worrying about insomnia

There's nothing quite as frustrating as not being able to get to sleep and stay asleep. Insomnia happens to most people at one time or another in their life but is

more common in older adults. Insomnia is the most prevalent type of sleeping problem in elders. With insomnia, people have trouble falling asleep and staying

asleep. Some issues that lead to insomnia include worrying about certain things that makes your mind rave or taking any new medication (over the counter or prescription) that may be causing side effects. Sleep apnea is another issue. When an individual suffers from sleep apnea, he or she stops breathing momentarily while sleeping and subsequently wakes up after each cessation. Movement disorders, such as Restless Leg Syndrome and Periodic Limb Movement Disorder, are other causes of sleeplessness. Such conditions cause uncomfortable feelings in the legs that can lead to unsettled sleep.

The National Sleep Foundation states elderly people may also experience insomnia because of a change to their circadian rhythm. Our body has internal clock that gives us signals when it is time to go to bed. As we age, these circadian signals become less efficient which result in elderly people going to bed earlier and waking up earlier.

According to a publication by the National Institute on Aging, "A Good Night's Sleep," older adults should get 7-9 hours of sleep per night. Unfortunately, many elders don't get enough sleep for many reasons. People

function better with the appropriate amount of sleep but when they go without sleep, they may be irritable, forgetful, depressed, and be more likely to have falls.

There are some steps older adults can take to help sleep better. Follow a regular schedule, going to bed at the same time each evening and waking at the same time each morning. Create a bedtime routine and follow it each night 30 minutes prior to going to bed. By doing a routine regularly, your body will begin to know when it's time to sleep. Also, make sure the pillows and mattress are comfortable, exercise frequently, but avoid exercise three hours before bedtime, and be aware of when you eat. Eating a large meal close to bedtime can prevent you from sleeping well.

Most importantly, talk with a primary care physician to rule out any physical problems that may be causing the restless sleep patterns. Only a physician can diagnose some of the more serious causes of sleep disorders.

With a little work on your part and help from your doctor, you should be able to get a good night's sleep without counting sheep.

The first line of defense when

it comes to how to treat insomnia in elderly adults is behavioral changes. This includes things such as:

- Limiting fluids up to 3 hours before bed
- Avoiding caffeine and/or tobacco
- Not having a large meal before bedtime
- Keeping your bedroom as dark as possible
- Only use your bed to sleep instead of laying on it to watch tv
- Doing what you can to reduce noise
- Being as active as possible during the day

Located in Malden, Mass., Mystic Valley Elder Services is a non-profit agency that provides essential home- and community-based care and resources to older adults, people living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop. Agency services include coordination of home care, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit www.mves.org.

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Award-winning UMass grad Corey Stein helps promote businesses through video

By Cary Shuman

After graduating from Marblehead High School in 2015, Corey Stein earned the title “award-winning filmmaker” while majoring in Communications with a minor in Film Studies at the University of Massachusetts Amherst.

Stein, 25, made films throughout his college career and performed video work for different organizations such as the SGA (Student Government Association) and the Film Studies Department while at UMass.

Stein produced three short films early on, and as a senior he struck cinematic gold when his 20-minute short film, Twenty Years To Say Hello for his senior thesis won “Best in Competition” among all graduating students.

“The film was about a father and son reconnecting after 20 years,” said Corey. “It wasn’t autobiographical.”

Many people in Revere will in fact remember Corey’s father, Todd Stein, a 1980 Revere High School graduate with a charismatic personality, who spent a lot of his childhood enjoying sports



Corey Stein, owner of Corey Stein Films, which is based on the North Shore.

and activities at the former Revere JCC on Nahant Avenue.

“My father always tells me how much he loves Revere,” said Stein. “I always said I wanted to do a documentary video one day on Revere Beach, but there is so much history there, it would be a lot of work.”

Operating his own filmmaking company

Since graduating college, Stein has worked on a couple of

made-in-Massachusetts films as Adam Sandler’s Hubie Halloween.

Stein, who is a filmmaker, cinematographer, and editor, now owns Corey Stein Films, which is based on the North Shore.

“We produce cinematic promotional-style videos for businesses,” explained Stein. “The videos are heavily scripted, heavily produced customized videos.”

There’s a lot of work that goes into each video. “We offer a pre-production stage where we go over the entire project, learn about the business owner, and get a sense of who they and what they need,” said Stein.

Other prospective services offered by Corey Stein Films are custom voice-over work, scriptwriting, and original music composition.

Stein has brought on board to his company two former UMass students who do the scriptwriting and the composing of music for the videos.

In a nod to modern technology, Stein also works with licensed drone operators when the

videos require aerial scenes.

Stein said his company is meticulous in its production of each video.

“We take a heavy, cinematic, filmmaking approach, so there’s beautiful cinematography, beautifully timed sound designs, and in editing, we create this highly produced, custom video for people,” he said proudly.

His company has produced videos for all types of industries. “You name it. If you have a product or service – real estate, architecture, retail, restaurant - we can work with you,” boasts Stein. “The main places where the videos go are on social media - Facebook, Instagram, LinkedIn – and on the company’s website. Some of our clients put their videos on display at their actual venue or in local television commercials.”

Stein said his company’s goal in each promotional video is “to gain exposure, sales, and revenue” for its clients.

“By putting out this marketing video and showcasing the business through amazing filmmaking, storytelling and narrative, we’re showing their business

in the best, possible way,” said Stein. “We treat every project with a lot of care and quality.”

An early entrance into the art of filmmaking

Stein took an elective in video production at Marblehead High School and began making short films.

“I’ve always been into movies, TV, and production,” said Stein, naming Steven Spielberg’s classic 1975 film, Jaws, as his favorite movie of all time. “I think it is the perfect movie in terms of filmmaking and execution in the way it tells its story either through sound or no dialogue or less dialogue. It’s a great movie to watch if you want to learn and get into filmmaking.”

Perhaps those in Revere who have chronicled the history of the nation’s first public beach will call on Corey Stein for that much-anticipated documentary.

Corey Stein would certainly cherish that assignment to tell the story through film of Revere Beach and the Bandstand where his father, Todd, spent many, happy summer days in his youth.

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BACK TO SCHOOL

Perfecting Her Craft

Donna Estes has been teaching dance to students in Lynn for a half century

By Cary Shuman

Donna Estes doesn't have a long walk to work. Her famed Donna's Dance Studio – which has been a second home to thousands of students for decades - is adjacent to her home on Bessom Street in Lynn.

In September, Estes will begin her 50th consecutive season as owner and dance teacher extraordinaire.

"It's hard to believe it's been a business for 50 years," said Donna. "I know it feels like quite the accomplishment. I keep thinking back when I was 18 and nervous

starting out – who would have ever thought that we'd go to 50 years?"

Estes launched her dream after graduating from Lynn English High School in 1973. Her studio was in Swampscott for 14 years before moving to its current location in Lynn, where it has been for the last 36 years.

It has been a challenging couple of years. The COVID-19 pandemic forced her to close the doors in March, 2020, but the following year she re-opened, and the individual care and professionalism that she had shown to her students and their parents through the years was rewarded with an enrollment that has re-

turned to what Donna said were "amazing" numbers, pre-pandemic.

"I'm absolutely proud of my studio," said Donna with the enthusiasm and joy that you'd expect from the legendary dance instructor. "It's been a lot of hard work. But you know what, you don't have benefits when you own a dance studio, but one thing you do have: my bennies are all the happy memories and the generations of people that I've been teaching."

Donna, whose mother, Grace Derby Moholland, was a professional performer in the arts at the Capitol Theater in Lynn, is married to Ken Estes, a retired Lynn



Donna Estes is pictured outside Donna's Dance Studio in Lynn.

Police officer. They have two daughters, Gracelyn and Delaine, who grew up dancing at their mother's studio. The Esteses are looking forward to a family wedding in October. To say the least, there'll be some terrific dancing going on at the wedding recep-

tion, none better at it than Donna Estes, who has dedicated her career to the profession of dance.

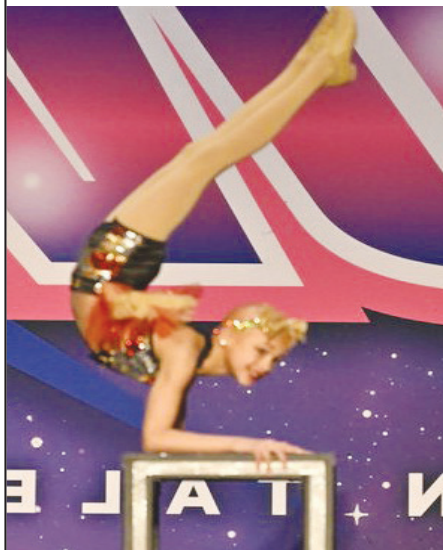
And the people have responded to Donna's brilliant tutorship with a full dance studio that has brimmed with love and warmth each year for the past fifty.

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Bringing Out Their Best

For 40 years, Beverly Richards has been instilling joy and self-confidence in students at her popular dance studio

By Cary Shuman

Beverly Richards, who grew up in East Boston and has devoted her entire life to promoting the positive lifelong advantages of dance, is excited.

The start of the new dance season is fast approaching and she's preparing another fun-filled year of dance instruction and performances for her students, just as she's done for the past four decades as the owner of the legendary Beverly Richards Dance Center on Bennington Street.

From the Heights to the Patriots

Beverly Richards lived in Orient Heights during her childhood. She attended St. Lazarus School in East Boston and Saint Rose High School in Chelsea. She received her degree in Physical Education and Performing Arts as graduate of the first class following the merger of Boston State College and UMass Boston in 1982.

"I was a cheerleader for Saint Dominic Savio High School and when the school went coed, I was their cheerleading coach," recalled Richards, further establishing her roots in East Boston. "I was the choreographer for the Boston College dance team from 1994 to 1997 and choreographed their performance for the Macy's Thanksgiving Day Parade [in New York City]. Then I became the cheerleading coach at St. Mary's (Lynn)."

But any story about Beverly Richards' phenomenal career in the field of dance and secondary education must include her pioneering days as a member of the New England Patriots cheerleading team.

A star athlete on the gymnastics team at Boston State College,

Richards earned a spot on the New England Patriots cheerleading team, known then as the Patriotettes and later the Spirits. At the age of 18, she was one of the National Football League's youngest professional cheerleaders and would perform with the Patriots team for five seasons.

In a story that appeared in the East Boston Times-Free Press, Susan Shannon, director of the Patriots Cheerleaders from 1979 to 1985, said that Beverly Richards Buckley was "an amazing cheerleader" during her career with the New England Patriots. "Whenever you needed someone to go to an event and volunteer for a charity, she was always front and center ready to help out," said Shannon. "Beverly was a beautiful talent, an incredible dancer, and always a bright sunshine. And her family was phenomenal, too."

How It All Began

Beverly Richards was teaching in dance programs in five different communities when Proposition 2 ½ force officials to cut the program from their budgets.

"I had a group of East Boston students who used to sit on the front steps of my house where I grew up," recalled Richards. "They would wait for me to come home from college to teach dance to them at Noyes Park. So, my parents (James and Marion Richards) said, 'Why don't we just find a place?' And I said, 'Okay, no problem' – and that's how it all started."

"One of those original students was Gayle Moran Norcross, who helped out at my show this year," related Richards.

Today, Beverly Richards can proudly claim that she has introduced and taught dance to hundreds of local girls and boys.



Beverly Richards is shown performing at a show during her first season as the director of the Dance Center in East Boston in 1982.



Beverly Richards, owner of the Beverly Richards Dance Center in East Boston, is pictured with her granddaughter, Emma Buckley, who is a student at Dance Center.

One of her students was her son, James, who was also a talented singer and multi-sport athlete who would sing the National Anthem in uniform before St. Mary's High School football games. James helped St. Mary's win a Super Bowl in 2005.

What has helped her set the foundation to 40 years of excellence in her profession?

"I love dancing," said Beverly. "I love the rapport with the kids. I love watching them grow and their education enhance. I think a reason why I'm still around, is that we do a lot of community service. Our dancers performed at the Fishermen's Feast Friday and at Eastie Pride Day Saturday."

The next generation in the Richards/Buckley family has taken the stage. Beverly's grand-

daughter, 4-year-old Emma Buckley, daughter of James and Katie Buckley, has been a student at the Dance Center since the age of two. She also has a one-year-old grandson, Tanner Buckley.

This week Beverly will celebrate 35 years of marriage to her husband, Michael Buckley, a professional singer and retired band

director at Melrose High School.

And come the week of September 12, Beverly Richards will begin anew – continuing her legacy of making East Boston kids' futures brighter and better, gifted with a combination of confidence, self-esteem, and teamwork that comes through dancing and performing.

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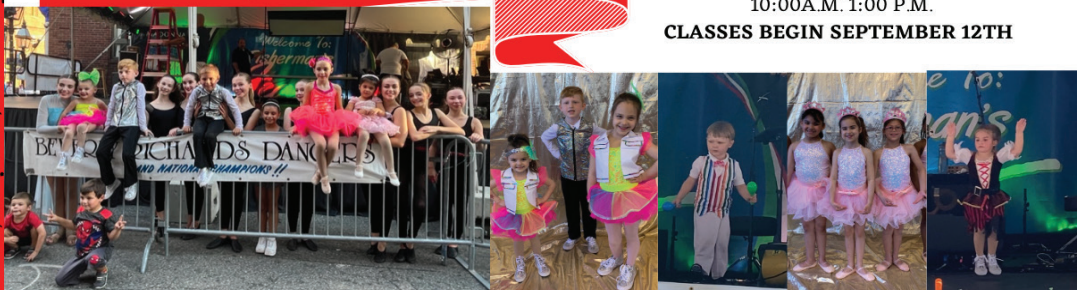
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Shop smart and spend less this back-to-school season

(StatePoint) As summer nights shorten and the school year approaches, you may be looking for ways to reduce the stress and costs of back-to-school preparations and ease into a new routine.

Thankfully, the experts at Dollar General are offering families suggestions for an easy and affordable return to classes.

School Supplies

Start by separating and categorizing students' supplies lists and compare to items that may be left over from the previous school year.

To pick up needs in one easy stop, visit a local Dollar General to purchase school supplies that are colorful and cost-effective, with over 100 back-to-school items priced at \$1 or less. School and classroom essentials may include notebooks, coloring supplies, backpacks, a reusable water bottle and more. Additionally, a variety of hand sanitizers starting at \$1 can be easily placed into lunchboxes, desks, pencil cases or given to school staff to help stop the spread of germs.

For teachers who want to save big in 2022, sign up for a DG account and get verified for 30% off qualified items on up to four shopping trips through September 9, 2022. Additionally customers can save \$3 on qualifying \$15 or more supply purchases in the stationery, cleaning and paper, and household categories through September 9, 2022. All offers are available through DG Digital Coupons online and in the DG App, where customers can load coupons and rewards on an easy-to-use platform and redeem them at checkout.

Healthier Eating

Back-to-school also means after school activities such as clubs and athletics. While juggling practices, rehearsals and club meetings, consider packing healthier snacks to support a busy schedule. Meal prep



(C) LIUDMYLA YAREMENKO / ISTOCK VIA GETTY IMAGES PLUS

A healthy lunch helps to keep focused.

can also be helpful on busy days, and Dollar General's DG Easy Meals provides access to simple recipes with affordable ingredients to make breakfast, lunch, snacks and dinner easy and stress-free. Entrees like Pecan-Crusted Salmon or Buffalo Chicken Pizza can be made ahead and stored in the fridge or freezer until ready to eat. Dollar General also offers Better For You recipes that provide healthier meal options featuring ingredients available at DG stores.

Organization Necessities

As the school year begins and schedules fill up, some find it harder to stay organized. Use a customizable planner or calendar to remind

you of pick-up times, parent-teacher conferences and other important appointments. These tools are also great for high school or college students managing a new class schedule. Write out chores on a dry erase board, which can be secured to the side of the fridge, to keep track of daily duties. Finally, if your surfaces tend to collect clutter, a large canvas storage container can be a great way to keep items together for a quick cleanup.

With these back-to-school tips and tricks, you can send students of all ages to their classes prepared with everything on the list, all while saving time and money in the process.

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SIMPLE SOLUTIONS HOLDS GRAND OPENING

A Grand Opening was held at the Lewis Building at 583 Chestnut Street in Lynn. Executive Director of The North Shore Latino Business Associations, Frances Martinez, helped orchestrate the traditional Red Ribbon Cutting ceremony. Simple Solutions Manager Yovanny Fana was very grateful for everyone attending this opening. She stated, "I am ready to service the Lynn community along with my business partners."

Simple Solutions offer three different business plans for customers. One can choose from Integrated Marketing Solutions with Greysi Rodriguez. Construction Supervisor Hector Gomez will consult on home remodeling, improvement, and structural repairs while Yovanny Fana will work on immigration services, translations, and interpretations.

Mayor Jared Nicholson presented the official Mayor's Citation to Yovanny Fana of Simple Solutions as he expressed his sincere congratulations recognizing this new business. He continued to say, "I am so excited for you to share your skills with the community and to provide services with the expertise and training you and your associates have to offer, especially bringing family values to this business will benefit the community."

Another citation was presented by State Representative Pete Capano from the Massachusetts State House as he said, "When I spoke with Hector, I learned of the different variety of services to be provided. I can see how the name Simple Solutions aptly fits with this business model. Peter continued to say, "The House of Representatives offer their sincerest congratulations to Simple Solutions in recognition of the Grand Opening with the hope of good fortune and success."

Friends and family from Mission Baptist Church congratulate Hector Gomez and Greysi Rodriguez.



Friends and Family from Mission Baptist Church congratulate Hector Gomez and Greysi Rodriguez.



Simple Solutions Partners – Graphic Designer Greysi Rodriguez, Managing Member Yovanny Fana, Construction Supervisor Hector Gomez, and Fresh Homes Broker Suanne Osborne.



Official Red Ribbon Cutting Grand Opening Ceremony.



Officials and Simple Solutions Staff: Domingo Dominquez, Mayor Jared Nicholson, Yovanny Fana, Hector Gomez, Greysi Rodriguez, State Rep. Peter Capano, Ex. Dir. Frances Martinez, Rosa Feliz, and Jose Reyes.



NSLBA Executive Director Frances Martinez along with Simple Solutions Manager Yovanny Fana, her son Jean Michael Fana, family and friends of Simple Solutions.



583 Chestnut Street, Suite 1, Lynn MA 01904



Yovanny Fana

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Hector Gomez

CONSTRUCTION SUPERVISOR

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hectorgomez0185@gmail.com

NEWS FROM AROUND THE REGION

FIVE ALARM FIRE IN CHELSEA

CHELSEA - A five-alarm fire early Wednesday at a Cottage Street triple-decker duplex sent four residents and two firefighters to the hospital.

The six people taken to local hospitals are expected to be okay, according to officials.

Chelsea firefighters responded to the three-story, wood-framed building at 32-34 Cottage St. just after midnight to find heavy fire on all three floors. In addition to causing major damage to this structure, the fire also caused less serious damage to residential buildings on the left and right sides.

Firefighters rescued one person from a third-floor window using a ground ladder and assisted others out of the building on foot. More than 30 people were displaced and are being assisted by the Red Cross. Four residents and two firefighters were transported from the scene for medical care at a local hospital.

"It was a very labor intensive fire, five alarms worth of companies, all of our mutual aid partners," Chelsea Fire Chief Leonard Albanese told WCVB News from the scene of the fire. "Our first arriving company here did a tremendous job and very strong work to contain it to the building."

Video from the scene showed intense flames coming from the back of the large duplex structure, destroying the back porches and causing a partial collapse.

Mutual aid companies from Boston, Cambridge, Everett, Lynn, Malden, Medford, Melrose, Revere, Saugus, Somerville, and Winthrop, assisted at the scene. Companies from Belmont, Boston, Cambridge, Everett, Lynn, Malden, Medford, Melrose, Revere, Somerville, and Wakefield provided station coverage. The exact cause of the fire remains under investigation by the Chelsea Fire Department and the State Police Fire & Explosion Investigation Unit assigned to the State Fire Marshal's office.

The cause of the fire is under investigation by the state Fire Marshal's office.

COX SWORN IN AS POLICE COMMISSIONER

EAST BOSTON - Surrounded by his family, Michael Cox was sworn in as the Boston Police Department's (BPD) 44th com-

missioner on August 15 on City Hall Plaza.

On July 13, Mayor Michelle Wu announced that Cox, a Boston native, was selected to be the next BPD commissioner. Cox had served for 30 years on the BPD before becoming the Chief of Police in Ann Arbor, Michigan.

Retired BPD Superintendent Lisa Holmes hosted the swearing-in ceremony, and an invocation was provided by Pastor Arthur T. Gerald, Jr. The benediction was provided by Father John Connolly.

Wu began her remarks by talking about her first conversation with Cox, which she said she does not recall. It was during her first City Council campaign on a softball field in West Roxbury, where Cox was "just a dad watching his kid's softball game," Wu said.

"The first real conversation that we had, that I remember, was during the interview for this job, and immediately, I had a feeling settle in my chest that we might have done the impossible."

Wu said that she had been told it was "impossible" to find a commissioner that had everything the community and the selection committee was looking for.

"But at the end of the day, Michael Cox is used to proving that more is possible," she said.

She continued, "I am proud that today, a boy from Roxbury is going to serve as the commissioner of the Boston Police Department; first and finest in the country."

Wu said that during her nine months in office, she has "already seen the incredible range of what our BPD officers are called to do day in and day out," and that the goal is to ensure all Boston communities are included.

During his remarks, Cox praised Wu and her leadership, as well as her "commitment" to the city's residents. He also thanked former police commissioners and his family.

"To come home and be able to lead in this department in this city, to come to a place where I grew up, where I was raised, where I was an officer, where I raised my family; this is an incredible opportunity," he said. "And with all great opportunities comes great responsibility, and I look forward to making sure I live up to that responsibility."

He continued, "Those in law enforcement enter policing to serve the community, but we have

CELEBRATING 126 YEARS OF REVERE BEACH



The Chelsea Carter Trio opened the entertainment on Revere Beach last Saturday during the celebration of 126 years of Revere Beach, the nation's first public beach. Shown below, The Revere Beach Partnership was part of the Revere Beach celebration, Haley Rosenblatt Adrienne Maguire, Zach Swales and Kyle Stone.



to reimagine how we do that in the world we're living in today. We have to actively engage with the community, because in order for us to be successful, that's the path to get there."

When Cox was announced as the new commissioner last month, he spoke of community inclusion and getting feedback from the community in his remarks. He said he feels it's important to listen to the residents of Boston and what they need from the police department.

On Monday, he reiterated that sentiment and said that the department aims to support its officers and other members of the department by providing the tools they require "to be successful and safe."

Additionally, he said that the BPD will "hold each member of the department accountable for what we ask them to do. Most importantly, we will support

them as they meet the community where they are."

Cox said that during the selection process when the city held community listening sessions, the majority of feedback indicated that residents want "transparency, accountability, procedural justice, [and] equity and inclusion."

He said, "in our path forward, these will be the heart of everything that we're going to try to do with the police department."

As one of the oldest cities in the country, Cox said that Boston's police department "has, from time to time, failed..." but has gotten back up and looked for ways to move ahead.

"We are in a different time right now, and I'm quite confident that we will meet the challenge ahead of us," Cox said.

In July, Cox said that he was a "victim of unconstitutional policing" in 1995, but still re-

mained a member of the police force because he wanted to make a difference.

The Associated Press reported that in 1995, Cox was working undercover as a plainclothes officer in the BPD's gang unit. Cox was about to grab a shooting suspect, the article reports, when he was "struck from behind." The article continues, "he was kicked and punched by fellow officers, suffering head injuries and kidney damage."

The article also said that an injury report states that Cox slipped on ice, "causing him to fall and crack his head."

Cox said, "I worked to change policing since that incident occurred, and I will continue to do all I can do to make sure that no Black or Brown person, or any individual, no matter what their gender identity or race, is a victim of any kind of unconstitu-

Region / CONTINUED FROM PAGE 12

tional policing.”

He praised the work of BPD officers and said that “this is a day full of hope. We’re going to try to reimagine the police. We’re going to be better, we’re going to be stronger, we’re going to build off the strengths of every individual that works there, both sworn and civilian.”

Cox was optimistic in his remarks and expressed his belief in the department and in the City of Boston.

“As we move forward, we promise that we’re going to try to be truly equitable and inclusive,” he said. “We’ll work to ensure that the department looks like the communities we serve, so we can always police in a community-friendly way.”

EVERETT FOOTBALL STARTS SEPTEMBER 9

EVERETT - Everett Stadium will be the place to be on Sept. 9 as the Everett High football team hosts Xaverian in a dream matchup at Everett Veterans Memorial Stadium.

But the Crimson Tide’s 2022 season opener is still three weeks away as head coach Rob DiLoreto and his staff will welcome their team to preseason practices that get underway Friday.

“We’re expecting 85-90 players,” said DiLoreto. “We have a healthy number of freshmen and that number will increase when students return to school. We already have more than 20 committed freshmen who were lifting weights and getting in shape this summer, and we’re very excited about that.”

Pre-season schedule announced

Everett will have an intra-squad scrimmage on Saturday, Aug. 27 at 4 p.m. at Everett Stadium.

The following Tuesday, Aug. 30, Everett will travel to Mansfield for a scrimmage at 4 p.m. The Tide will wrap up their pre-season schedule with a simulated game-scrimmage on the road against former GBL opponent Peabody on Friday, Sept 2.

“Mansfield is always a well-coached, disciplined team and that will be a challenge for us,” said DiLoreto. “Peabody is a very good program, and they will be a title contender in their conference [Northeastern] this season.”

In addition to Xaverian on the regular season schedule, Everett will play at BC High on Sept. 30. The GBL opponents are Somerville, Lynn English, Revere,

Medford, Malden, and Lynn Classical.

The Tide do not have a Thanksgiving game on their schedule at this point, though DiLoreto continues to seek an opponent. Last year’s Thanksgiving foe, St. John’s of Shrewsbury, decided to move on and play Malden Catholic on the holiday.

Christian Zamor commits to Boston College

Christian Zamor, a 6-foot-1-inch, 205-pound junior, has committed to Boston College. Zamor is one of the first players in the Class of 2024 to announce his decision to attend BC.

Christian’s brother, Ish Zamor, is a freshman wide receiver at Boston College. Christian will be a wide receiver and defensive player (linebacker/safety) for Everett this season.

Congratulations, Christian, on your decision to attend one of the nation’s most prestigious colleges.

Everett High’s coaching staff

Head coach Rob DiLoreto will be joined on the Everett High sidelines by an assistant coaching staff that consists of Chris Miller, John Capra, Greg Bluestein, Claudy St. Juste, Malik Love, Lubern Figaro, Angel Duarte, Frank Roche, Cory DiLoreto, Jay Holt, Lubens Figaro, and Mac Powell.

Corey DiLorero is the son of Rob DiLoreto. Corey was an All-Scholastic quarterback who led Reading High to back-to-back Super Bowl appearances. He went on to excel in Division 1 college baseball at Northeastern. Corey will be the Everett quarterbacks coach.

Captains ready to go

The captains of the 2022 Everett High football team are Karmarri Ellerbi, Nick Raymond, and Giacobbe Ward.

Isaiah Likely makes NFL pre-season debut

Former Everett High football star Isaiah Likely had four catches for 44 yards in his NFL pre-season debut for the Baltimore Ravens in their 23-10 victory over the Tennessee Titans.

SAFETY COMMUNITY FORUM PROVIDES VITAL INFORMATION AS NEW ACADEMIC YEAR BEGINS

REVERE - The Revere School Safety Community Forum, held Aug. 12 at the West Revere

School Complex, was an informative event that gave parents an in-depth look at how the City of Revere, Revere school officials, the Revere Police Department, and the Revere Fire Department are working as a team to keep the school community safe in the coming 2022-23 academic year.

Revere Police Chief David Callahan, in his initial remarks, addressed the serious topic that is on the minds of parents across the country.

“These are difficult conversations to have, but it’s reality,” said Callahan. “I understand the concern people have. Columbine [High School] was one of the first mass active shooter incidents that happened, and it changed a lot of things – how we looked at them, how we reacted, how the police trained to react to those situations, and we’ll continue to do that now.”

The forum had been advertised as 60 minutes in length, but it continued for 90 minutes, and the content was so well presented by the panel and moderated by Assistant Supt. of Schools Dr. Richard Gallucci, it really becomes a must-watch event for everyone associated with the schools considering the recent incidents in school districts nationally. Revere TV, led by Executive Director Bob Dunbar, videotaped the forum for broadcast.

Mayor Brian Arrigo opened the forum by thanking officials - School Committee members Susan Gravellese and Aisha Milbury-Ellis and City Councillors Patrick Keefe and Anthony Cogliandro for their attendance.

Arrigo said the city, schools and public safety leaders are taking a proactive, preventative approach to prevent critical incidents in the schools.

“Everyone understands that we’re being proactive – that’s a theme you’ll hear tonight,” said Arrigo, who as mayor is chair of the School Committee. “We have the best people in uniform who are in charge of public safety. We have unbelievable people who live and breathe making sure that we are all safe. And our school resource officers are the lifeblood of school safety.”

Supt. of Schools Dr. Dianne Kelly called the Revere Police and Fire Departments “incredible partners.”

“People often think that schools are institutions unto themselves, but the work that we do with this team is invaluable in making sure that our students and staff are all safe on a day-to-day basis, and we connect with them

regularly,” said Kelly. “Safety is one of our main priorities and we have an incredible team not only in the school resource officers, but also in our school security personnel.”

Fire Chief Christopher Bright said, “We’re here to let the community know that your public safety and your school people are on the ball with these issues. We’re here to ensure the community that we’re prepared, and we will act. Tonight’s message is going to be that everybody has our stake in our safety - the parents, the students, and I think this community does it better than most.”

“We’ve been working on these relationships for years with the school resource officers, Dr. Kelly and her staff, and police and fire,” added Bright. “I think our best chance is to head these things off before they become a major incident.”

Fire Capt. Mark Wolfgang told the audience that the department conducts four emergency drills in the schools each year.

Police Capt. Amy O’Hara, who oversees the three school resource officers – Officer Bryan Brenes, Officer Joseph Singer, and Sgt. Joseph Internicola, spoke about their key role in the schools.

“They’re committed to the safety of our students, and they care about our kids,” said O’Hara. “All three of the officers and myself are lifelong residents and proud graduates of Revere High School, so we have a real connection to this community. They are some of the most highly trained officers in the department, not only tactically, but in other areas like crisis intervention, trauma-training, bias training, race and equity training, and specialized training in bully prevention and social media risk.”

O’Hara later illuminated on the professional approach that the school resource officers take in preventing incidents at the schools. O’Hara said that “students are often the first to know of a planned attack.”

“Most of these incidents were averted because a student reported concerns to a trusted adult – a parent, a teacher, a police officers – about a student’s concerning behavior, and then action was taken,” said O’Hara, emphasizing that “if you see something, you have to say something.”

Sgt. Joseph Turner, who oversees the training division in the Revere Police Department, along with the special operations unit and the tactical patrol officers,

said, “It is our policy that we will respond to an active threat incident. When there is a threat to people in a public, populated place, our officers are taught to intervene. Our goal is to get in there and stop the potential loss or danger to human life or stop the act of taking of such.”

Turner assured the school community that the Revere Police Department “is definitely at the top, when it comes to the equipment and training side of the house, when it comes to active shooting.”

Turner concluded his remarks by thanking city and public safety officials for being very supportive of the department’s training efforts.

The forum concluded with a question-and-answer session.

TOWN COUNCIL CONSIDERS NEW FACILITY MANAGEMENT SOFTWARE

WINTHROP - A new computerized asset management system could help the town better track potential repairs across its nearly 600,000 square feet of public buildings and devise a long-term capital plan.

At Tuesday night’s Town Council meeting, the council heard from representatives from Brightly about its Software as a Service (SaaS) program for asset management. The council has yet to officially decide if it is going to enter into a contract with Brightly or another company for an asset management system for its public buildings.

“There are three main points to what is being proposed,” said Luke Anderson, an enterprise solutions consultant for Brightly. “We’ll have boots on the ground, we will have folks who will come through and walk through each building, identify what it is that you physically own, from the air conditioning to the electrical systems, the fire alarm systems, the security systems ... and essentially establish an inventory of what’s owned, what condition is it in today, and how much is it going to cost when it does need to be replaced.”

That information would then be put into an inventory for Town Manager Tony Marino and the public works team to maintain and take care of on a day-to-day basis, Anderson said.

With the Brightly system, there would be avenues for employees or residents to let the

SAFETY TIPS

Five-alarm Chelsea fire highlights importance of porch fire safety

A five-alarm fire in Chelsea overnight began on a rear porch, prompting a reminder from Chelsea Fire Chief Leonard Albanese and State Fire Marshal Peter Ostroskey to use caution with any open flame on porches, balconies, and decks.

“The cause of this fire is still under investigation, but it began on a rear porch,” said Chief Albanese. “Porch fires are especially dangerous because they can grow and spread to the rest of the building before anyone inside is aware of the danger. In a densely built area, they can also spread to nearby buildings and put many, many people at risk. It’s especially important to practice fire safety on your porch, balcony, or deck.”

Chief Albanese recommended the following porch safety steps:

- If you plan on grilling, do it on the ground outside. Grills should be at least 10 feet from the building away from any overhangs or branches and not on a porch, deck, or balcony.

- If you smoke or have guests who smoke, use a sturdy ashtray with water or sand and be sure to put it out, all the way, every time.

- Don’t stub out your cigarettes on a railing or drop them

in a planter or flick them over the railing. Cigarette butts and embers can ignite dry vegetation, mulch, and debris or cause a smoldering fire that bursts into flame after the smoker has gone indoors.

- A porch may be an escape route in an emergency. Keep it clear of clutter and unnecessary storage that could fuel a fire or block your escape.

“Residents of this building reported hearing smoke alarms and most residents were able to escape safely on their own,” said State Fire Marshal Ostroskey. “Others were rescued by firefighters or assisted out of the building, but they all made it out alive. Without working smoke alarms, this five-alarm fire in the middle of the night could have had been a devastating tragedy that claimed more than just property.”

State Fire Marshal Ostroskey offered these smoke alarm reminders:

- Smoke alarms should be on every floor of every home. If your alarms take alkaline batteries, replace the batteries twice a year. We recommend doing this when you change your clocks.

- Smoke alarms should be

replaced after 10 years. Alarm manufacturing dates are printed on the back of the device. If your alarm was made more than 10 years ago, replace it right away.

- When choosing a new smoke alarm, choose one that has a sealed, 10-year battery and a hush feature.

- Select alarms that are listed by a nationally recognized testing laboratory like UL or Intertek/ETL.

Chelsea firefighters responded to the three-story, wood-framed building at 32-34 Cottage St. just after midnight to find heavy fire on all three floors. In addition to causing major damage to this structure, the fire also caused less serious damage to residential buildings on the left and right sides.

Firefighters rescued one person from a third-floor window using a ground ladder and assisted others out of the building on foot. More than 30 people were displaced and are being assisted by the Red Cross. Four residents and two firefighters were transported from the scene for medical care at a local hospital.

Mutual aid companies from Boston, Cambridge, Everett, Lynn, Malden, Medford, Mel-



A five-alarm blaze at a multifamily on 32-34 Cottage Street left residents displaced. The cause of the fire is currently under investigation.

rose, Revere, Saugus, Somerville, and Winthrop, assisted at the scene. Companies from Belmont, Boston, Cambridge, Everett, Lynn, Malden, Medford, Melrose, Revere, Somerville, and Wakefield provided station

coverage. The exact cause of the fire remains under investigation by the Chelsea Fire Department and the State Police Fire & Explosion Investigation Unit assigned to the State Fire Marshal’s office.

Baker / CONTINUED FROM PAGE 5

women—and the women’s rights movement. Understanding this history gives us all a chance to reflect on where we have come from and what it means to leave a legacy that can uplift and inspire future generations. I am glad to see that this trail will give particular attention to the diverse backgrounds and perspectives of the women who have transformed Massachusetts. I would like to thank Senator Lovely and my colleagues in the Senate, as well as our partners in the House and Senate, for their work to make this a reality.”

“Our nation and our Commonwealth would not be what they are today, were it not for the contributions of women,” said Senator Joan B. Lovely. “Though as important as men to our country’s history, women have seldom received the recognition they rightly deserve. With this law, we stand to remove women from the annals of history and finally place them at the forefront. I would like to thank Senate President Karen Spilka, Governor

Baker and Lt. Governor Polito, House Co-sponsors Representative Hannah Kane and former Representative Carolyn Dykema, Caucus Co-Chair Representative Pat Haddad and Executive Director Nora Bent, for ensuring that women’s history will continue to be preserved and advanced for generations to come.”

“This legislation creating the Women’s Rights History Trail ensures that the many women from our Commonwealth who contributed to the fabric of our nation and democracy are recognized, and that their accomplishments are preserved in our state’s history, so that their legacies may serve as inspiration for future generations of young women,” said Representative Hannah Kane. “I am proud to have been a sponsor of this legislation, helping to carry out my late colleague Rep. Gailanne Cariddi’s vision, and I look forward to serving as a member of the Women’s Rights History Trail Task Force.”

RAM’s Lynn, Mass. clinic rescheduled for Oct. 2022

Remote Area Medical – RAM® – a major nonprofit provider of pop-up clinics delivering free, quality dental, vision and medical care to those in need – has rescheduled the Lynn, Mass. clinic to Oct. 29-30. The clinic was originally set for Aug. 27-28. RAM is still seeking volunteer medical, dental and vision professionals and general support staff to operate the clinic. The two-day clinic is to be held at KIPP Academy Lynn, located at 90 High Rock Street, Lynn, MA 01920. This clinic is in collaboration with Avid – an IHG Hotel.

RAM is also in need of general support volunteers to help set up and take down, as well as overnight parking staff to greet patients. Interpreters can also

volunteer to aid patients through the process, either in the parking lot or during clinic operations. If you or your organization would like to volunteer your time to help provide free healthcare services to the Lynn, Mass. community, please visit our website at www.ramusa.org or call us at 865-579-1530.

Additional Information:

- All RAM services are free, and no ID is required. Free dental, vision and medical services will be provided on a first-come, first-served basis.

- Services available at the RAM free clinic include dental cleanings, dental fillings, dental extractions, dental X-rays, eye exams, glaucoma testing, eyeglass prescriptions, eyeglasses made on-site, women’s health

exams and general medical exams. Free, take-home colon cancer screening test kits will also be available.

- About Remote Area Medical: RAM is a major nonprofit organization that operates pop-up clinics delivering free, quality dental, vision and medical services to individuals in need who do not have access to, or cannot afford, a doctor. Founded in 1985, RAM has treated more than 888,000 individuals with \$181.5 million worth of free healthcare and veterinary services. Since its foundation, nearly 183,000 volunteers – made up of licensed dental, vision, medical and veterinary professionals, as well as general support staff – have supported RAM’s mission.

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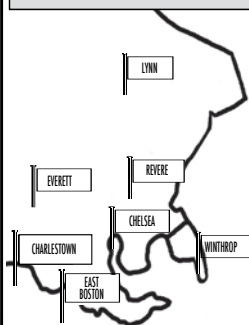
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860-541-3400

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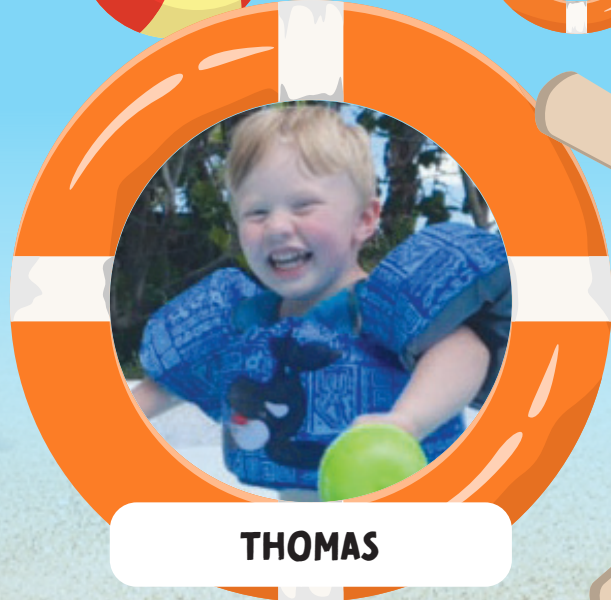
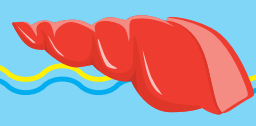
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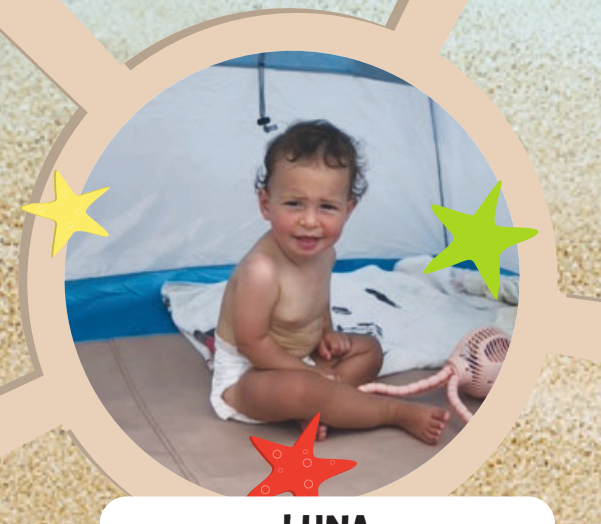
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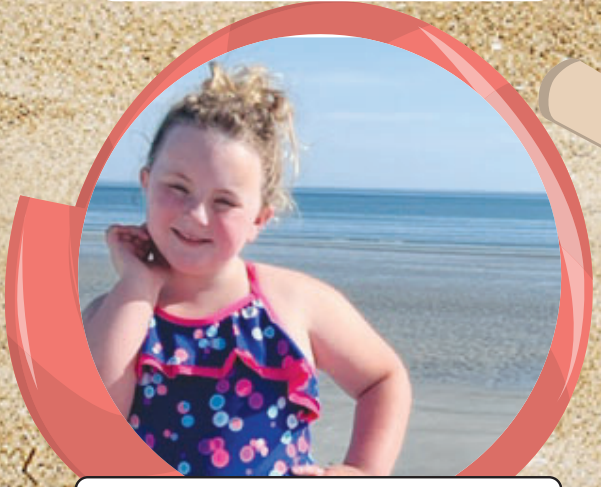
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