

THE LYNN JOURNAL

Thursday, September 8, 2022

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Tucker defeats O'Shea in Essex County DA race

By Cary Shuman

State Rep. Paul Tucker of Salem defeated former Lynn resident James O'Shea in the race for Essex County District Attorney in Tuesday's election.

Tucker, former chief of the Salem Police Department, won with approximately 55 percent of the vote in the race that was one of the most hotly contested on the ballot.

Essex County Sheriff Kevin Coppingier won his race with 53 percent of all votes cast, defeating Virginia Leigh.

Jennifer Armini won the crowded Eighth Essex Democratic primary for state representative with 2,309 votes. The district includes a small portion of Lynn. Tristan Smith finished second with 2,001 votes, followed by Douglas Thompson (1,549 votes), Polly Titcomb (969),

Theresa Tauro (965 votes), and Diann Baylis (562).

Armini's path to victory was paved by her strong, first-place finish in her hometown of Marblehead.

Former state representative Leah Allen was victorious in the Republican Primary for lieutenant governor. Allen will join Republican gubernatorial nominee Geoff Diehl as they face off against Democratic gubernatorial nominee Maura Healey, the state's attorney general, and lieutenant gubernatorial nominee Kim Driscoll, the mayor of Salem, in the Nov. 8 general election.

Allen and Driscoll each finished first in impressive fashion in their respective races in Lynn.

State Sen. Brendan Crighton and State Reps. Dan Cahill, Peter Capano, and Donald Wong were unopposed in Tuesday's election.



Candidate Tristan Smith for State Representative with supporters at a polling station



Sandra Titcomb, mother, holds sign for Polly Titcomb with Ann Koshivas.



Candidate Terri Tauro for State Representative Eighth Essex with Julie Fitzpatrick.



Paul Tucker for District Attorney with Dylsn Payne, Meghan Tucker, Ann Tucker, State Senator Brendon Crighton, and Julie Rose.



Caren Jenkin-Reichel supports Diann Slavitt Baylis for State Representative of Eighth Essex.



Paul Tucker speaks to supporters at his post-election gathering. Tucker won the Democratic Primary for Essex County District Attorney Tuesday.

Protecting Seniors

Provisions in Inflation Reduction Act significantly reduces health care costs

Special to the Journal

Assistant Speaker of the U.S. House of Representatives Katherine Clark (MA-5), Senator Elizabeth Warren (D-MA) and U.S. Secretary of Health and Human Services Xavier Becerra joined AARP advocates, patients, and community providers for a roundtable discussion at the Waltham Senior Center on the Inflation Reduction Act. Their conversation highlighted how this legislation significantly reduces health care costs and puts money back into the pockets of older Americans.

“With the Inflation Reduction Act, seniors won’t have to choose between putting food on the table and paying for lifesaving prescriptions. More families will be able to afford health care, and fewer Americans will be uninsured,” said Assistant Speaker Clark. “This cost-cutting new law is a win for American seniors and will help working families get by and get behind.”

“Starting this year, Americans will save about \$800 a year. What else? If a drug manufacturer tries to increase the price of their drug above the inflation rate, they have to return to the Medicare program the difference between the inflation rate and what they’re charging. As a result, they don’t make a prof-

it above what they should, and you don’t have to pay more,” said Secretary Becerra. “To Assistant Speaker Clark and the Senator: thank you for having the foresight to do big things for Americans, but more importantly, to everyone here, thank you for having the foresight to elect them.”

The Inflation Reduction Act is a game changer for American seniors. In Massachusetts, it will not only bring down costs but make it possible for seniors to age with the dignity they deserve by:

- Capping Medicare Part D Out-of-Pocket Costs at \$2,000
- Allowing Medicare to Negotiate Prices for High-Cost Drugs
- Capping Insulin Copays at \$35 per Month
- Expanding Eligibility for Part D Low-Income Subsidies
- Expanding No Cost Vaccine Coverage for Medicare Beneficiaries

Clark has long been a champion for lowering health care costs and ensuring seniors can age with the dignity they deserve. She voted for critical legislation to provide older Americans with much-needed support, including capping the price of insulin at \$35 a month and expanding health insurance coverage for seniors.

MSBA approves Lynn school grant

State Treasurer Deborah B. Goldberg, Chair of the Massachusetts School Building Authority (“MSBA”), and MSBA Executive Director/Deputy CEO John K. McCarthy, announced today that the MSBA Board of Directors has approved up to \$11,205,988 for Accelerated Repair Projects for schools in six districts.

“The Accelerated Repair Program allows us to make critical repairs to more schools in less time,” said Treasurer Deborah B. Goldberg. “By improving the learning environment for our children, the Program also makes schools more energy efficient and generates significant cost savings.”

The main goals of the Accelerated Repair Program are to improve learning environments for children and teachers, reduce en-

ergy use, and generate cost savings for districts. The program provides funding for the repair or replacement of roofs, windows, and boilers in schools that are otherwise structurally, functionally, and educationally sound.

“The MSBA continues to partner with Massachusetts communities in the ongoing work of upgrading their public schools,” Executive Director/Deputy CEO McCarthy said. “These improvements to school facilities can only enhance students’ ability to excel in the classroom.”

A new roof at the Captain William Shoemaker Elementary School was approved for the Accelerated Repair Program grant at the Board meeting. The roof will cost a total of \$3,372,500 and the state grant that was received will total \$2,357,088.



Sen. Elizabeth Warren and Asst. Speaker Catherine Clark shown discussing the benefits for seniors in the Inflation Reduction Act at a roundtable discussion in Waltham last week.

Baker proclaims September as Emergency Preparedness Month

Special to The Journal

Governor Charlie Baker has proclaimed September 2022 as Emergency Preparedness Month in Massachusetts. The proclamation, part of a month-long National Preparedness Month campaign, encourages residents, families, and organizations to take time to prepare for emergencies and disasters in our communities and the Commonwealth.

“It is important that families and communities throughout the Commonwealth are prepared and equipped to handle emergencies as they arise,” said Governor Charlie Baker. “Emergency Preparedness Month is an opportunity for each of us to ensure that appropriate planning is in place to minimize the impacts of an emergency or disaster.”

As part of Emergency Preparedness Month, the Massachusetts Emergency Management Agency (MEMA) promotes simple preparedness tips throughout September. The Agency also provides flyers with tips in multiple languages and a social media toolkit in both English and Spanish.

Visitors to Emergency Preparedness Month webpage can access the complete list of materials, view general preparedness tips, and learn how to prepare for specific threats and hazards.

“Each year, Emergency Preparedness Month allows families to evaluate of how well they are

prepared for an emergency,” said Lt. Governor Karyn Polito. “Our administration is grateful to MEMA and state and local agencies for their continued work to strengthen our state’s preparedness and provide families with critical resources.”

“Preparedness is fundamental to resilience. National Preparedness Month offers an important reminder that emergency planning protects your loved ones and strengthens community resiliency. We encourage residents to review MEMA’s planning guides and take proactive steps to ensure disaster readiness,” said Public Safety and Security Secretary Terrence Reidy. “I also commend our many local, state, and federal partners for their deep commitment to emergency preparedness planning, a collaborative effort recognized during this advocacy month but happening every day throughout the year.”

“Preparing for every possible emergency may seem like a daunting task, but even a little preparation beforehand can make a big difference during and after an emergency,” said MEMA Acting Director Dawn Brantley. “Taking small, consistent steps over time can ensure that you, your family, and your community are better prepared to withstand the effects of a disaster. We encourage you to complete one task daily throughout September, so that you’ll be more prepared by the end of the month.”

Throughout

the

month, MEMA will share information on its social media accounts about emergency preparedness topics, including emergency planning, building an emergency kit, preparing for disasters, and getting involved in community preparedness.

About MEMA

MEMA is the state agency charged with ensuring the state is prepared to withstand, respond to, and recover from all types of emergencies and disasters, including natural hazards, accidents, deliberate attacks, and technological and infrastructure failures. MEMA’s staff of professional planners, communications specialists, and operations and support personnel is committed to an all-hazards approach to emergency management. By building and sustaining effective partnerships with federal, state, and local government agencies and with the private sector - individuals, families, non-profits, and businesses - MEMA ensures the Commonwealth’s ability to rapidly recover from large and small disasters by assessing and mitigating threats and hazards, enhancing preparedness, providing effective response, and strengthening our capacity to rebuild and recover. For additional information about MEMA and Emergency Preparedness, go to www.mass.gov/mema.

11TH ANNUAL LITERACY DAY CELEBRATION

Photos by Pat Gecoya

Excellence in Literacy Award Recognition was held at the Lynn Museum. 2022 Leadership Award recipients were The Real Program Director Jan Plourde, Princess Guwar-Vanyeegar, and Cynthia McCleary. Untold Stories Award recipient was Adriana Paz. These award recipients “demonstrated excellence by going above and beyond to improve, promote, and increase access to literacy” according to Chairperson Diana Moreno.

This is a significant program to celebrate literacy said Past Chairperson Saritin Rizzuto who has been involved with Literacy Day since it was organized. She continued to say, “We want to have an awareness about the importance of Reading and access to higher education. We highlight and raise awareness of these non-profit organizations in Lynn. We recognize these local grass-root organizations and the ded-



Friends, Supporters, and Staff at 11th Annual Literacy Day Celebration.

icated work of individuals who give time to improve literacy to the youth.”

Mayor Jared Nicholson said, “I am so grateful to learn more

about the wonderful Leadership recipients. Their effort and achievements happen all the time throughout the year and all over the city. Your work creates mo-

ments like we have this evening giving inspiration to the community.”

Master of Ceremony Gina O’Toole stated it right as she

said, “Reading opens the world for everyone.”



Keynote Speaker Dr. William Heineman of North Shore Community College with School Committee members Lenny Pena and Eric Dugan and Essex County Sheriff Kevin Coppinger.



Host Level Sponsor St. Jeans Credit Union of Lynn – Debra and David Surface, Donna Infantino, Jessica Westbrook, Bill and Kathy Donahue, and Lila Konj.



2022 Literacy Day Planning Committee – Mikki Wilson, Danielle Sonia, Natasha Megie-Maddrey, Past Chair Saritin Rizzuto, Chair Diana Moreno, Wendy Joseph, and Emcee Gina O’Toole.



2022 Award Recipients – Past Literacy Chair Saritin Rizzuto with Samuel Guwor representing his sister, Princess Guwar-Vanyeegar, Real Program Director Jan Plourde, Adriana Paz, Cynthia McCleary with Literacy Chair Diana Moreno.

EDITORIAL

CLIMATE CHANGE IS EVERYWHERE, ALL AT ONCE

About a dozen years ago, the New York Times columnist and Pulitzer Prize-winning author Tom Friedman wrote a column in which he explained that "global warming" was a misnomer for the coming changes to the earth's environment. He quoted some climate scientists who suggested that the more-appropriate way to think about the coming changes in our weather pattern is to call it "global weirding."

That's because, wrote Friedman, the effects of spewing fossil fuels into the environment will not become manifest in something as benign-sounding as "global warming." After all, if the planet gets a little bit warmer, the term "global warming" suggests that we only need to crank up the AC in the summer and we can turn down our thermostats in the winter. No big deal, right?

But by using the term "global weirding," the scientists were telling us that extreme weather events, fueled by a warming atmosphere, would become the norm in every part of the globe.

Consider that in this summer alone, the American West is facing a drought that appears to be the worst in 1200 years and the northeast is also now experiencing drought conditions.

Yet at the same time, record rainfalls have brought about floods that have overwhelmed St. Louis, Kentucky, Yellowstone National Park, Dallas, Mississippi, and Georgia.

Boise, Idaho just experienced its hottest August and has seen the most days over 100 degrees (already at 22) in a year since the city's record-keeping began in 1875.

Some parts of China are experiencing their longest sustained heat wave since record-keeping began in 1961, according to China's National Climate Center, leading to manufacturing shutdowns owing to a lack of hydropower because of dried-up rivers.

Yet there also has been dramatic flooding in other parts of the country where the highest-ever water levels in history have been recorded on some rivers.

Parts of Japan are in extreme drought and that country recently endured its hottest June since record-keeping began in 1874.

In Europe, the drought affecting Spain, Portugal, France, and Italy is on track to be the worst in 500 years.

Yet two weeks ago, torrential rains once again drenched England, turning London's streets into rivers and flooding the underground train system. Oh, and London earlier this summer recorded its hottest day on record that precipitated wildfires in the city's outskirts.

A dozen years after Mr. Friedman's column, the term "global warming" has been retired and we now use the more-accurate term of climate change.

On the other hand, given how crazy the weather has been all across the planet these past few weeks, "global weirding" does have a better ring of truth to it.

But whatever we want to call it, it is clear that there is no escaping the inevitable effects of our warming planet -- and about the only thing we can say for sure is that things are going to get a lot worse.

While we certainly applaud the recently-passed bill (the so-called Inflation Reduction Act) by Congress that will set the U.S. on a world-leading path to reducing fossil fuel emissions, we can't help but think that it is too little, too late.

SERENA WILLIAMS IS AN INSPIRATION FOR EVERYBODY

We wish to add our voice to the universal acclaim for tennis star Serena Williams, who played her last match this past week at the U.S. Open.

The life story of Serena and her sister Venus, as depicted in the movie King Richard (named after their father), would be too fantastical even for Hollywood if it were not true.

Their rise from the hard-scrabble asphalt courts of Compton, California, to the pinnacle of tennis greatness, in which they overcame the obstacles of overt racism and near-poverty, serves as an inspiration for all of us. Their success is a testament to the virtues of hard work, dedication, and perseverance in the face of adversity.

We congratulate Serena Williams on her success as the greatest female athlete of all time and wish her the best of luck in her life off the court in the years ahead.

GUEST OP-ED

Make this next season of life a great one

Dr. Glenn Mollette

Enjoyable weather is coming soon. For many parts of the country September through November offers many pleasant days. Don't waste them by spending all your time staring at the television or Facebook. You still have some life to live. Spending four or five hours a day watching what everyone else is doing is a waste of your time.

There are programs you enjoy and news events that grab our attention. There are a few people you enjoy keeping up with via social media. After this, get a life. Do you want to spend the rest of your life with your head bent down staring at a tablet or a cell phone? You might get to a point where all you can do is sit in your chair and stare at the television. I've seen many good people who at the end of their lives who could do nothing but watch television or stare into space. Often our bodies get to where that's all we can do. Is this all you can do now? Consider your daily options.

Stop throwing your life away doing nothing. Have verbal conversations with people on the telephone. You can overdo this as

well but it's at least human interaction. Keep moving, stretching and exerting yourself. Plan your meals and eat as healthy as possible and don't overeat. Save some for your next meal. You'll live till the next one.

Go somewhere when you can. Going someplace is better than no place. A change of pace and being outdoors is mentally good for you. Your travel may be across the street but the key is to move and get out.

You will get depressed if all you are doing is eating, staring at your cell phone and flipping television channels. If you are physically able, work ten to twenty hours a week. Somebody will hire you.

Everyone needs something to do, someone to talk to and something to look forward to doing. You also need someone to love and first you always have God. God loves you now and if you'll open your heart, he will fill your life with his love. There are people to love. Love your family, love friends, love people at work and church. Love the people with whom you socially gather. Some people aren't easy to love and some are impossible. Keep in mind that all things with God are possible. Keep your heart filled

with God's love. Love yourself. You can't love others very well if you don't love yourself. Forgive and take care of yourself. You'll then have something you can give others, love and kindness.

It's sad to be around bitter people who have never resolved life's issues and embraced their own lives. Everyone has potential to excel and achieve. Too often people get bogged down with failures and are totally destroyed. Some failures are just events in your life in which you will learn about you and others. You can use failure to grow, reposition and redevelop your life.

You know what the political candidates are saying. You don't have to spend hours watching political ads, unless you are bored stiff.

Enjoy the season. Make this next one a great one.

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.

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

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LYNN COMMUNITY BUILDS A NEW PLAYGROUND AT COOK STREET PARK



Lisa Nerich and Lynn Police Detective Jen Cash, pictured at the community-build event for the new playground at Cook Street Park.

Photos by Cary Shuman

Mayor Jared Nicholson and Ward 2 Councilor Rick Starbard joined residents, volunteers, Carmax employees, and Kaboom! representatives for the opening of the new playground at Cook Street Park.

Local organizations and community leaders, including Police Chief Christopher Reddy, assisted in the playground-building effort.



Maria Flores, Ward 2 Councilor Rick Starbard, Parks and Recreation Director Lisa Nerich, Lynn Classical art teacher Erin Sutton, and Sydney Field of Lynn Parks and Recreation.



Among those pictured are Jared Costa of Carmax Danvers, Parks and Recreation Director Lisa Nerich, Katy Davis of Kaboom!, Ward 2 Councilor Rick Starbard, Derrick Dixon of Kaboom!, and Philip Fagan, vice president of Beyond Walls.



Mayor Jared Nicholson cuts the ribbon at the ceremony for the newly built playground at Cook Street Park.



Mayor Jared Nicholson and Parks and Recreation Director Lisa Ne-whall are ready to cut the ribbon for the new playground at Cook Street Park.



RESOURCE FAIR

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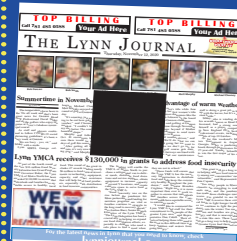
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ST. GEORGE'S GREEK FESTIVAL

Photos by Pat Gecoya

The traditional Labor Day Greek Festival Weekend is always an entertaining event for everyone to enjoy at St. George's outside Community Center in Lynn. Visitors were able to dine on authentic Greek Cuisine and taste delicious pastries, order specialized Loukoumades or have a smooth Frappe. The festi-

val included games and rides for children, sparkling jewelry boutiques for women, and authentic Greek music for one's listening pleasure along with Greek dancers displaying their skills and techniques.

After a two-year absence, Parish Council President Arthur Argeros expressed his joy as he stated, "We are happy to see so many people join us in celebrat-

ing our customs, heritage, and of course, ordering entrees, salads, and sides at the food court. Arthur continues to say, "Our festival will take the visitors on a journey through our colorful and rich Hellenic culture. Our volunteers worked countless hours preparing for this event. I thank the sponsors who donated to our festival."



Chef and Parish President Arthur Argeros with his staff at the Loukoumades Table.



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Ladies Night Out Greek Style -Maureen Kidney, Pat Maksey, Kathy Savage, June Ancillo, Kerri and Ethan Wong, Kathy Alukonis, and Tracy Clement.



Attending the Greek Festival – Dale and WCVB Channel 5 Maria Stephanos with Nicki and Davie Kieser.



Tom Demakes of Old Neighborhood Foods with Bob Stilian of Old Tyme Italian Cuisine.

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ST. GEORGE'S GREEK FESTIVAL



Serving Ellen and Ann Carroll were Virginia DiVirgilio, Zoe Haskell, and Anita Rassias.



Enjoying Frappes and Ice Cream – Christopher and Jessica with baby, Charlotte.

First Day At School

The First Day at School can be a very happy & special day for both parents, grandparents & children.



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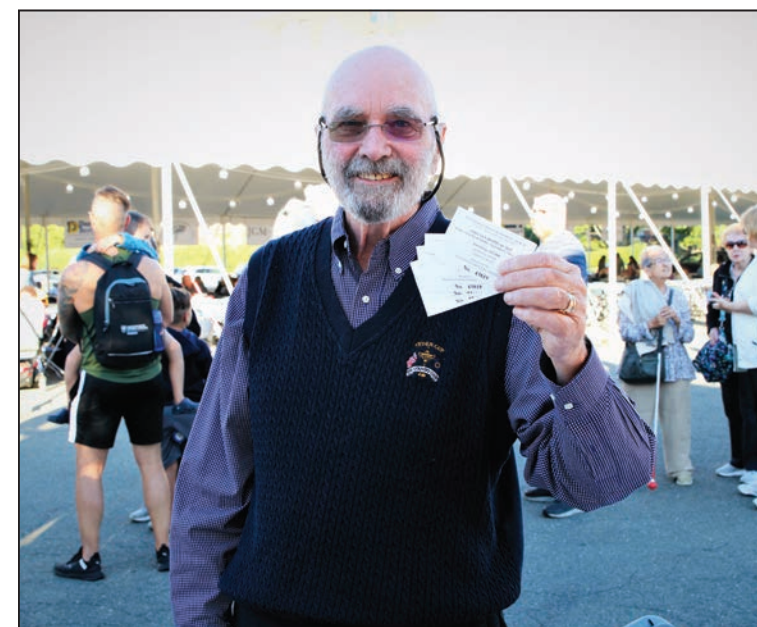
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Friends being together – Elaine Nikolaros, Johanna Lekkakos, Thero-dora Roumeliotis, Paula Papalambros, Jamie Kapelens, Stella Avra-midis, and Angela Zaharopoulos.



Kevin Gainey looking for some Irish luck.

Dept. of Veterans Affairs to begin providing abortion care

Special to the Journal

U.S. Senators Elizabeth Warren (D-Mass.) and Mazie Hirono (D-Hawaii) applauded the Department of Veterans Affairs' (VA) announcement that it will begin offering abortion services in certain circumstances. In July, Senators Warren and Hirono led 23 of their colleagues to call on VA to immediately begin offering abortion services after the far-right Supreme Court's disastrous Dobbs decision overturn-

ing *Roe v. Wade*. Because of the Dobbs decision, over 800,000—or half of women veterans in this country—live in states that are certain or likely to ban abortions.

“As the far-right Supreme Court and right-wing legislators work to eliminate the fundamental right to abortion, the federal government, including the VA, must do more to protect abortion access. That’s why we led our colleagues in calling on the VA to provide abortion care to the veterans it serves, millions of whom

now live in states where abortion access has been restricted.

“We’re glad to see the VA quickly heeding our calls to begin offering abortion services in instances of rape, incest, and the life of a mother. This is an important first step. The VA must go further and provide these services to all veterans, regardless of circumstances. It’s critical that women are trusted and free to make decisions about their bodies,” said Senators Warren and Hirono.

In addition to Senators Warren and Hirono, the July 28 letter was also signed by Senators Tammy Baldwin (D-Wis.), Michael Bennet (D-Colo.), Richard Blumenthal (D-Conn.), Cory Booker (D-N.J.), Catherine Cortez Masto (D-Nev.), Tammy Duckworth (D-Ill.), Richard Durbin (D-Ill.), Dianne Feinstein (D-Calif.), Kirsten Gillibrand (D-N.Y.), John Hickenlooper (D-Colo.), Angus King (I-Maine), Amy Klobuchar (D-Minn.), Edward J. Markey (D-Mass.), Patty Murray

(D-Wash.), Alex Padilla (D-Calif.), Jack Reed (D-R.I.), Jacky Rosen (D-Nev.), Bernie Sanders (I-Vt.), Tina Smith (D-Minn.), Chris Van Hollen (D-Md.), Raphael Warnock (D-Ga.), Sheldon Whitehouse (D-R.I.), and Ron Wyden (D-Ore.). As access to abortion care and health care is under attack by the extremist Supreme Court and Republican state legislatures, Senator Warren has called on the government to use every tool to expand and protect reproductive care.

The Smithsonian is coming to the Town of Essex with unique programming through October 22

“The Town of Essex, its rich history and present-day way of life will take center stage as The Smithsonian Museum on Main Street, in cooperation with Mass Humanities, rolls into the Essex Historical Society and Shipbuilding Museum (EHSSM) and Essex Town Hall from Sept. 10 through Oct. 22.

Essex, once home to prosperous shipbuilding and clamming trades, has grown leaps and bounds since its incorporation in 1819. Over the last several months, EHSSM has worked hand-in-hand with the Smithsonian, Mass Humanities and local partners to create additional exhibitions and programming that ties Essex to the major theme, “Crossroads: Changes in Rural America”.

Throughout the exhibit the “Crossroads” theme will connect the town’s land, community, identity, persistence, and change to evaluate Essex’s past, present and future. Some of the local partners participating include: The Town of Essex, Town of Essex & City of Gloucester Shellfish Constables, Slow River Studio, Manchester Essex Regional High School students, Burnham Boat Building, Maritime Heritage Charters, The Great Marsh Coalition and Salem State University professors and grad students.

“This is such a unique opportunity for us to not only showcase the deep history of our community that many people do not know, but also the immense sense of pride of place we locals have for Essex,” said Executive Director for The Essex Historical Society and Shipbuilding Museum KD Montgomery. “While we may be small, a single voice can make a huge impact on the rest of the community. Whether you’re a regular tourist or are visiting for the first time, our goal is to inspire and educate our guests on

just how special Essex was and is currently.”

The Essex Historical Society and Shipbuilding Museum will receive extensive training from the staff of the Smithsonian along with a \$10,000 grant from Mass Humanities to develop public events during the exhibit, which will be on display for six weeks. Organizations located in towns with populations of 12,000 or less were eligible to apply.

“It’s been such an eye-opening experience working with the amazing team at The Essex Historical Society and Shipbuilding Museum and we are excited to see the town’s history take on a new life as part of this programming,” said Executive Director of Mass Humanities Brian Boyles. “It has never been more important to embrace and support each and every small community in Massachusetts. We hope with The Smithsonian Museum on Main Street making its rounds, more people will fall in love with these rural outposts like Essex, just as we have.”

From Dungeons & Dragons to clamming education and community conversations, EHSSM will shed light on town’s rich history during The Smithsonian Museum on Main Street Program.

This unique programming includes:

Saturday, Sept. 10: Launch Party – Join us in the Shipyard for a different kind of launch. Coffee, tea and light breakfast snacks provided, as we celebrate the Smithsonian’s debut Essex, MA. Meet program contributors and be the first to tour the exhibits!

Wednesday, Sept. 14: The Color of the Tide – The people of Essex have been harvesting clams since long before the arrival of European Settlers. Through this lecture, guests will find out how the industry has been able to

sustain itself for so many years, through regulations and population management. Lessons will include Red Tide and rain closures from local scientists and fishermen and will be led by Rebecca Visnick and William Novak, Gloucester and Essex Shellfish Constables.

Sunday, Sept. 18 & Oct. 16: Sketching Through History – Registration Required. The scenic vistas of Essex have changed very little throughout the years. Guests will get the chance to take a tour through time with Slow River Studio taking historic photos, drawings, and paintings, and sketching them from the same perspective in the modern day. What has changed? What has stayed the same? What emotions are evoked by the historic references? How have those feelings changed? This activation will be led by Jessica Yurwitz.

Thursday, Sept. 22; Thursday, Oct. 6; and Thursday, Oct. 20 - Community Conversations – Registration Required. While it may be just a small town with a population of 3,504, a strong sense of community pulses through all 26 miles of this coastal destination. During these three separate, private focus groups, The Town of Essex will evaluate what cultural institutions mean to the community and how each organization can create a larger impact.

Sunday, Sept. 25: Essex Youth Dungeons & Dragons - For all the “Stranger Things” fans out there, this one may feel like a bit of an “upside down”. Manchester Essex Regional High School faculty will join students for a game of Dungeons and Dragons based on life in small town Essex. Students will explore the culture of Essex and the industries that defined it with a fantastical spin in this game of strategy and chance. The students will create a Game Book, one copy of which will

be kept in the town library and available for youth to play, and another copy will be kept in the EHSSM archives as a piece of history.

Tuesday, Sept. 26: A Legacy Continues, Shipbuilding in Essex – Like many coastal New England towns, Essex has always had its farming, manufacturing, and fishing businesses but shipbuilding was clearly the towns defining industry. While the shipbuilding industry no longer defines the town economically, culturally it is still important to the community to keep the tradition of wooden ship and boat building alive in Essex. Guests will join EHSSM for a conversation with the National Heritage Fellow Harold Burnham and a team of Essex shipwrights who have helped keep the tradition going and are hopeful for its future, which will be led by Harold Burnham, Brad Story, and Jeff Lane.

Saturday, Oct. 1: What the Hay? Four Centuries of Farming in Essex: Cogswell’s Grant has been a working coastal farm since 1636. During this walking tour, guests will join site manager Kristen Weiss through the fields and down to the salt marsh, learning about the evolving techniques and crops of the families who lived and farmed here over the centuries, and how Historic New England today balances historic agricultural practices with recreation and conservation.

Sunday, Oct. 2: Our Family Forest: Genealogy with EHSSM Historian Kurt Wilhelm - Kurt Wilhelm has collected genealogical information about Essex families for over 30 years. Through this hands-on discussion, guests will have the opportunity to look at the community of Essex through the lens of the families that have lived here, view primary source documents and add their family tree to the

forest of Essex.

Tuesday, Oct. 4: A Piece of Something Great, The Story of the Marsh - During this lecture, guests will learn about the Great Marsh and how this important ecosystem has impacted the Essex community throughout history into the present day. The main topic of conversation will be centered on what we can do to preserve this resource for the future and will be led by Peter Phippen, Essex town selectman and member of the Great Marsh Coalition.

Sunday, Oct. 9: Oral History with Dr. Beth Jay & Graduate Student Mary Larkin from Salem State University: Essex residents are invited to take part in contributing to an oral history project. During the panel that will consist of long standing Essex residents and historians, guests will learn how the residents of Essex work to maintain their rural community in the heart of busy Cape Ann and what life in a small town means to each resident.

Saturday, Oct. 22 -Wrap Party -Celebrate the end of “Crossroads” Essex. The story of our small town is too big to capture in six weeks of programming. We covered as much as possible but are excited to keep exploring. Join us in continuing this conversation into the future as we learn from our past and enjoy our present! Launched in 1994, Museum on Main Street (MoMS) is a Smithsonian outreach program that engages small town audiences and brings revitalized attention to underserved rural communities. The program partners with state humanities councils like Mass Humanities to bring traveling exhibitions, educational resources and programming to small towns across America.

For more information about each activation, including the times and locations of each, visit <https://www.essexshipbuilding.org/>.

FRESH AND LOCAL

Add a pinch of time

By Penny & Ed Cherubino

There's a difference between food that takes time to prepare and food that is time-consuming. Plenty of delicious recipes call for hours of preparation. However, they don't need your attention throughout the process. Sometimes adding a pinch of time means less work for the cook.

Autumn and the holiday season bring busier schedules and may need food that you want to make in larger batches. Traditional recipes and warming comfort food can fit nicely into meal planning for a busy cook. The bonus is that many of these oldies-but-goodies need few ingredients and use common pantry items.

Recipe Guidance

We love it when a recipe points out the time you'll need to make it and breaks it down into understandable segments. For example, Marc Bittman's recipe for gravlax lets you know that it will take "at least 24 hours, largely unattended." A recipe for But-

ternut Squash with Orange Oil and Caramelized Honey in the book "Ottolenghi Test Kitchen Shelf Love" notes: "Prep time: 15 minutes, Cook time: 40 minutes, Infusion time: 20 minutes to 1 hour."

In addition, recipe developers often include suggestions for what you can prepare ahead. Even if they don't, as you hone your cooking skills, you'll learn that you can sauté aromatics and rewarm them as needed.

Make Your Own Timeline

You can also create a do-it-yourself assessment of how much of your attentive time a recipe will take. Let's take Mina Stone's recipe for Revithia sto Fourni (Oven Chickpeas) from "Lemon, Love & Olive Oil." It begins by soaking dried chickpeas overnight. Soaking means planning ahead, but it won't take much of your time.

Next day you put the chickpeas in an ovenproof dish with a lid, add fresh water, quartered

onions, unpeeled garlic cloves, bay leaves, salt and olive oil. That step only takes moments and pantry ingredients. You don't have to add shopping time to your day. Cover and bake for four hours.

Finally, add lemon juice, more olive oil, black pepper and correct the seasoning. With the addition of some cheese, bread, and olives you have a traditional Greek meal. You also have a pot of lovely chickpeas to use in other ways.

Again, this is a quick process for the cook. While this recipe in its printed form seems long and daunting and takes more than 16 hours to prepare, those are not contiguous hours and your engaged time between each step is brief.

Other Slow Cook Methods

Braise, roast, poach, smoke, soak, marinate, slow cooker, dutch oven, simmer, and even sous vide are cooking words that might alert you to a cookbook



A traditional beef stew requires some chopping of ingredients. However, once braising in the oven or simmering on a low burner, the cook is free to do other things.

or recipe where a pinch of time will result in a potful of flavor. Many of these cooking steps are for food that is easy to make in large or small batches and can be made ahead.

Plan Ahead to Slow Down Your Food

The second paragraph of The Slow Food international manifesto reads, "We are enslaved by speed and have all succumbed to the same insidious virus: Fast Life, which disrupts our hab-

its, pervades the privacy of our homes and forces us to eat Fast Foods."

As you plan meals, remember that you might be able to prepare a healthier, more delicious, and less expensive meal in line with the Slow Food philosophy by adopting recipes that take a long time to create but very little time away from other activities.

Do you have a question or topic for Fresh & Local? Send an email to Penny@BostonZest.com with your suggestion.

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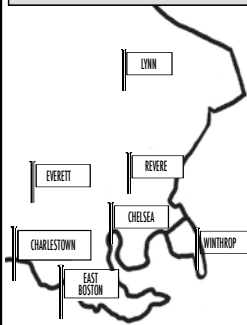
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EIGHTH (8TH) ESSEX DISTRICT & ESSEX COUNTY CANDIDATES FOR ELECTIVE OFFICE LYNN, SWAMPSCOTT, & MARBLEHEAD

Photos by Pat Gecoya

Primary Day is always an exciting event for candidates vying for political office. They have worked very diligently campaigning for several months either to continue in their current position or to become elected to a position. It is an

exhausting test of endurance and perseverance to run a campaign. Primary Day in September will have one candidate becoming victorious while others face the "agony of defeat". Overall, all the candidates proved to the public that they ran an upbeat and honorable campaign.

Primary Day was soggy and wet this



Incumbent Essex County Sheriff Kevin Coppinger with his wife, Beth, and his staff.



Candidate James O'Shea for District Attorney at Marshall Middle School with Terri Ward, Mike Schena, Queen Imorogbe, along with Tom Shea, Drew Russo, and Matt Veno.

year; holding umbrellas and wearing rain gear, candidates and volunteers kept moving forward until the last minute when the voting stations closed. This has been an exciting campaign year to watch six candidates eyeing the 8th Essex District State

Representative seat, two running for Essex County Sheriff with an incumbent and a challenger wanting to be the top police officer, and lastly, two seasoned lawyers running for the District Attorney seat in Essex County.

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