

# THE LYNN JOURNAL

Friday, January 13, 2023

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## POLAR PLUNGE FOR CAMP FIRE NORTH SHORE



This annual New Year's Day Freezin' for a Reason has raised over \$75,000 supporting local charitable causes since 2015. This event has grown immensely with hundreds of polar plungers taking a dip into the ocean each year at Short Beach in Nahant. Shown are Co-Chair George and Stephanie Sonia with the committee - Meghan Dowling, Erica, Dan, and Avery Richard, Mike and Tyler Sonia, Christine and Jim Lander, Laurie Hamill of Camp Fire North Shore, and Mary and Mike Cole. See Pages 6 and 7 for more photos.

## Shining at a showcase event

Former Lynn English star Jessica French impresses at Governor's inauguration party

By Cary Shuman

Perhaps it was fitting that the biggest moment in Jessica French's rising career as a Boston DJ came at the TD Garden during an event that had a distinctive basketball theme.

French, known professionally as DJ Frenchy, was tabbed by legendary event planner Bryan Rafanelli to provide music at the inaugural celebration for Governor Maura Healey and Lt. Governor Kim Driscoll Jan. 5 at the TD Garden.

French was part of an amazing star-studded event that featured a crowd-pleasing performance by singer and songwriter Brandi Carlile. The theme of the event

was "Moving The Ball Forward," a nod to the great basketball careers of Maura Healey, who was a captain at Harvard and played professionally, and Kim Driscoll, the Salem mayor who helped lead Salem State to a 29-1 record and the NCAA Division 3 national championship in 1986.

Jessica French played the game very well, too, scoring more than 750 points as a 6-foot center in Kathy Toups' Lynn English program.

### The DJ for an historic event

The inauguration of Maura Healey and Kim Driscoll was

Please see FRENCH Page 3

## Starbard says he'll stay involved in community after leaving office

By Cary Shuman

Ward 2 City Councilor Rick Starbard stunned the community when he wrote in his January newsletter that he would be stepping down at the end of 2023.

Starbard is in his sixth year as a city councilor. He served for six years on the Lynn School Committee and was an automobile collision teacher at Lynn Tech for close to 14 years.

A 1981 graduate of Lynn Tech where he is a Hall of Fame inductee and served as emcee of the 2022 dinner, Starbard founded Rick's Auto Collision in 1983, a business he still owns and operates.

Reflecting on his decision to retire from political life, Starbard said, "I just want to step back and spend more time with family and focus in on my business. Those were the reasons I had given up teaching back in 2010, but then I jumped into politics."



Ward 2 City Councilor Rick Starbard.

Starbard will not leave the spotlight entirely. "I'll still be involved in a lot of things at Lynn Tech and the Lynn Youth Street Outreach board, and the Chamber of Commerce, so I still have a lot on my plate," he said.

Starbard enjoyed the associations he made in city government. "I love the people that I worked with. I met a lot of great people and I am going to miss it."

Rick and his wife, Lois, have two daughters, Jessica and Stephanie.

### Praise from Councillor LaPierre

Starbard said he let his colleagues on the Council know about his decision before releasing it in his newsletter. He has received many positive messages from councillors and constituents.

Councillor-at-Large Brian LaPierre lauded Starbard's service to Lynn.

"I've known Rick for a lot of years, and he's a tremendous colleague," said LaPierre. "I have a lot of respect for Rick and his wife, Lois and their daughters, Jessica and Stephanie. I think he's one of the most generous council-

Please see STARBARD Page 3



Jessica French providing the musical entertainment during the pre-show and between guest appearances of the inauguration party of Gov. Maura Healey and Lt. Gov. Kim Driscoll at TD Garden.

The Independent Newspaper Group  
Offices will be **closed** on  
**MONDAY, JANUARY 16**  
in observation of  
**MARTIN LUTHER KING,  
JR. DAY**

The office will reopen on Tuesday, Jan. 17  
**Deadlines for ads & copy is Friday, Jan. 13.**



# EDITORIAL

## WE MUST NEVER FORGET THE LEGACY OF DR. MARTIN LUTHER KING JR.

For those of us of a certain age, it is hard to imagine that 2023 will mark 55 years since the assassination of Rev. Dr. Martin Luther King in Memphis while he was standing on the balcony of the Lorraine Motel on April 4, 1968. Recalling how we felt when he first heard the news of Dr. King's murder still brings chills and a deep sense of sadness that never has subsided.

For those who are too young to have been alive in that era of American history, there are a few things that everyone should know about Dr. King that should provide inspiration to all of us.

First, Dr. King was fearless. He knew from the inception of his rise to prominence of the civil rights movement that he would become a target for those who opposed change. Yet, even though he often told others that he believed his death would be imminent, he did not relent in his fight to continue his work in the civil rights movement.

Second, Dr. King stood for the rights of all Americans, not merely those of color. Indeed, he was in Memphis working with striking sanitation workers whose pay and working conditions he was seeking to help improve. He was an outspoken critic of the Vietnam War because he knew it to be an unjust war, not only for poor Americans who could not get a college deferment for the draft, but also for the people of Vietnam, whose homeland was being bombed into oblivion at great profit for the American military-industrial complex.

To be sure, Dr. Martin Luther King Jr. was not perfect. No person is or ever has been. Dr. King was just like any of us; he had his strengths and he had his weaknesses.

If Dr. King were alive in the present era, there is no doubt that he would have been in the forefront of the Black Lives Matter movement that highlighted the ongoing racism and economic inequality that oppresses Americans of all races today.

By any measure, Dr. Martin Luther King was a great man. His speeches ring as true today as they did two generations ago; indeed, his "I Have A Dream" and "I've Been to the Mountaintop" speeches are among the most powerful not only in American history, but in all of Western civilization.

All of us should realize from the example set by Dr. King that in each of us is the power to change the world. We may not be as gifted as Dr. King was with his oratory, but each of us has the capacity to inspire others, whether through our words or deeds, whether on a small or large scale, to make the world a better place.

Many of our fellow citizens have followed the path set by Dr. King and many more will do so in the years ahead. So as we celebrate Martin Luther King Day, let us recall not only his memory and the many things he accomplished, but the great things that his legacy is continuing to bring about more than two generations after his death.

## "THAT WOULD NEVER HAPPEN HERE...." "OH WAIT -- IT DID!"

For those of us who have been around for a while, the spectacle that unfolded this past weekend in Brazil, where thousands of the fascist followers of former President Jair Bolsonaro stormed that nation's capitol buildings in a violent attempt to overthrow the government of the recently-elected President, Luiz Inácio Lula da Silva, was the sort of news that we regularly watched with indifference.

"Well, that's just one of those countries," we would think to ourselves self-assuredly, secure in the belief that something like that NEVER could happen in the United States. To be sure, we had Watergate, but that never even approximated the realm of a military junta or some other group forcibly seizing power from a democratically-elected government -- though we should note, the U.S. government often was behind that sort of thing.

But as all of us know all too well, the violence that took place in Brazil was virtually a replay of exactly what happened at our Capitol two years ago on January 6, 2021, when a few thousand of our fellow Americans, urged on by an American president who similarly had just lost an election, stormed our Capitol building in an effort to thwart the counting of the Electoral College and the peaceful transfer of the Office of President.

The political pundits continue to debate whether what happened on 1/6 was an anomaly or whether it will be the new normal. We can only hope that the democratic principles upon which our nation was founded will make it through what promises to be more turbulent days ahead.

## GUEST OP-ED

## Kevin McCarthy, President Joe Biden and Congress must work to solve problems

Dr. Glenn Mollette

Recently, in a Mexican restaurant in Houston, Texas, a patron shot and killed a man who was robbing other patrons. The robber was masked and brandishing what appeared to be a pistol. If the man who shot the robber is charged with murder for protecting himself and others from a potentially lethal threat, then we have a serious problem.

We have another problem. Millions of undocumented people have crossed our border from El Paso to San Diego and in between. America is being invaded. We do not have enough free housing, welfare and food stamps to support all these people.

Biden wants to mobilize 85,000 IRS agents who will find every dollar they can to support the millions of undocumented people roaming our nation. How many more dollars can the IRS squeeze out of your pocket? Do you have property that they can seize and sell for a few dollars? 85,000 agents will need to find something to do and most likely they will be checking up on everyone.

Arizona has been patching holes in their border with containers which has been working. Biden ordered that the containers be removed. Over one million undocumented people have crossed into America through Arizona during Biden's Presidency.

Can you imagine being a farmer or just living on the Southern Border? This is 24-hour a day nightmare for these landowners. Do you think anyone wants to buy their property? These same people are coming to your community. They are looking for jobs and housing. They need money and food. Do you have plenty of affordable housing in your community? Do you have big free food banks to feed these people? If you need a reasonably priced apartment, I would suggest you snatch it fast because people are coming who need that apartment and they may have more help from the government than you

do to underwrite the costs.

McCarthy, Biden, and Congress must bring back every job we have outsourced to China. We can no longer do business with China. The people who have been living in America the last few years need jobs and millions of new undocumented workers need jobs. By the way, do you remember when the United States Census was a once every ten-year job? Now, Census workers have to work year-round chasing down people who will not complete U.S. Government Census information. How many full-time census workers will it take to chase down all of these undocumented people?

If Biden, McCarthy, and Congress do not protect Social Security your town will probably have to close up. Over 70 million Americans count on Social Security income. Social Security is all or over half of all this number receives each month. As the buying power of the retired population suffers, each community suffers. The government collects social security taxes from people to subsidize us in our old age. Americans will be back into abject poverty if they don't keep Social Security strong.

Affordable housing, medical insurance and jobs that pay over \$15 an hour must also be McCarthy and Biden commitments. We must be able to buy health insur-

ance across state lines. State governments need to make it easier for working poor to have health insurance. We need real people to answer the telephones in the state and local governments. Websites need to be simple and seamless. Working poor Americans feel like their local states aren't that interested in helping them.

Making medical care more affordable will solve problems for everyone including the insurance companies. Publicly listing the cost of services and surgeries was a good idea that most medical providers don't seem to be following. Making pharmacy purchases from Canada easier is imperative for struggling Americans.

We have some problems in America. Biden, McCarthy and Congress have a lot to do. Name calling, and aggressive behavior in the House only makes for a few seconds of television stupidity. America has some problems. We need for McCarthy and Biden and Congress to step up and help us solve them.

*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.*

## THE LYNN JOURNAL

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French CONTINUED FROM PAGE 1

historic as they became the first women to serve together as a team in the top two constitutional offices. More than 6,000 people attended the inaugural party.

Jessica said she was humbled to be contacted for the job as DJ by Rafanelli, who has planned mega-events such as the weddings of Chelsea Clinton and Naomi Biden.

“I got recommended for the job, and Bryan’s event planning team reached out to me,” said Jessica. “Everything worked out great. The inaugural party was my biggest gig ever. I set many goals for myself and playing music at the TD Garden was at the end of my list, because it seemed so far-fetched. I’ll be playing at the House of Blues, so it’s a little surreal for me.”

Jessica said her role was to provide the musical entertainment for the pre-show and between appearances by Todd Angilly of Lynnfield, the Springfield Sci-Tech and Everett High bands, the Boston Arts Academy, Abilities Dance Company, Witch Pitch, OOMPA, and the Boston Gay Men’s Chorus.

Jessica said she also enjoyed the event as a resident of Massachusetts, appreciating the in-



Legendary event planner Bryan Rafanelli and Jessica French, known professionally as DJ Frenchy.

spiring speeches made by Gov. Healey and Lt. Gov. Driscoll.

“I love the things that she wants to do as governor,” said Jessica. “I love how she has integrated what she learned in basketball into her life and her goals as governor. She has tremendous energy. She has a lot of courage and I look up to that.”

Her start as a disc jockey

Jessica French began performing as a DJ at Fran’s Place

in Lynn. “I was part of the event promoting team and I was asked for some input, and I suggested hiring a new DJ,” recalled French. “The lead promoter let me be the DJ. I was not great then, but I’ve definitely come a long way since then.”

Now 35 years old, Jessica is in high demand as a DJ on the Boston club scene. She is the resident DJ at two clubs in Boston.

“Just playing music and seeing people dance brings me a lot of joy,” said Jessica. “I’m super grateful to be where I am today, to have the residencies and the status in the community that I have. I worked so hard for this.”

She also works at a solar company in Billerica.

A solid career at Lynn English

French began playing “serious basketball” as a member of the Boys and Girls Club of Lynn.

“Jeff [Hill] and Amy [Croce] taught me the fundamentals and put the fire under me to want to get more into basketball,” said Jessica.

As a freshman at Lynn English, French split her season between junior varsity and varsity. She said Kathy Toups was a big

influence in her wanting to improve her skills.

“Her coaching style definitely drove me to want to be a better player,” recalled Jessica.

French tore the ACL in her left knee before her sophomore season at English, causing her to miss several games. “It happened two weeks before the season, and when I returned, I played with a brace on my knee.”

French became an All-Star player in the Northeastern Conference in her junior and senior seasons, averaging 18 points and 11 rebounds per game.

With confidence, she says, “I’m pretty sure I would have reached 1,000 points if I didn’t hurt my knee and miss half my sophomore season,” said French, who played alongside such teammates as Melinda Kidney, Tiara Bingham, and Renee Hamilton.

“We won some games, but back then the competition was not easy. Lynn Classical had Monique Lee, Paula McGinn, and Takeya Faison. Gloucester and Swampscott were strong.”

French said she still gets nervous when she remembers her battles at center with Classical’s Monique Lee, an All-Scholastic player under Coach Gene Con-

stantino who went on to excel at Quinnipiac.

“I still remember the days that I would be tense, knowing that I was going to have to cover Monique,” said French. “I played AAU on the Mass Thundercats with Monique and traveled to D.C. with the team. I learned so much basketball from [coaches] Marvin Avery and Jim Ridley and being teammates with those girls.”

French was also a starting infielder for the Lynn English softball team led by head coach Alisa Fila.

She played two seasons at Bunker Hill Community College, earning All-Region honors while leading the team to the regional semifinals.

“I played guard at Bunker Hill,” said French. “Everyone was really good in basketball in college.”

Jessica said she is grateful for support from her partner and her family, including her son, Jeremiah, and her father, Ernie French, her stepmother, Amy Durant.

“I just want to remain humble and be grateful for where I am today in my life,” said Jessica.

Starbard CONTINUED FROM PAGE 1

ors to ever be elected in the City of Lynn for not only what he does volunteering across the city, but he’s also very generous with donations to organizations. He really steps up.

LaPierre said he’s enjoyed working with Starbard for the past three terms. “Knowing him from the School Department many years prior to serving with him on the Council, Rick’s just a heck of of a guy, and he’s going to be sorely missed because he brings a very level-headed perspective that’s very common-sense driven. We need to replace that mindset with someone who gets back to constituents in a timely manner, which is Rick’s hallmark, and has this broad sense of a small business mentality, coupled with an economic development lens on where we should be heading. His vision for the city has been unparalleled.”



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Dunkin Donut, 819 Western Ave.

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Eastern Bank, 156 Boston St.

Saint Jeans Credit Union, Chestnut St.

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Richdale, 149 Walnut St.

Lynn Liquor Mart, 825 Boston St.

Stop & Shop, 35 Washington St.

GLSS, 8 Silsbee St.

Edison Building, 85 Exchange St.

Mobile, 512 Chestnut St.

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# THE LYNN JOURNAL

# The Lynn Journal

## 2023 Publishing Calendar

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### JANUARY

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## POLAR PLUNGE FOR CAMP FIRE NORTH SHORE

This annual New Year's Day Freezin' for a Reason has raised over \$75,000 supporting local charitable causes since 2015. This event has grown immensely with hundreds of polar plungers taking a dip into the ocean each year at

Short Beach in Nahant.

Co-Chairmen George Sonia and Mario Capano are the leaders of the pack taking the initial plunge as participants quickly follow for a refreshing dip into the water. Having an above average temperature

this year brought out a large turnout of supporters.

According to a committee decision, George explained, "This year we decided to support Camp Fire North Shore. They do a tremendous job for all the young children

in Lynn and surrounding communities. We expect to reach our donation goal which will be great."

Executive Director Laurie Hamill of Camp Fire North Shore was so grateful to be 2023 beneficiary of this event. Laurie said, "All the

proceeds will go directly toward our summer camp, after school, and teen programs. This donation is a tremendous gift. We cannot do what we do with all the children that we serve each year without this support. This is amazing."



The Richard Family – Jay's 10th Year Plunge with his wife, Colleen and son, Jarrod, and grandchildren, JJ, and KK.



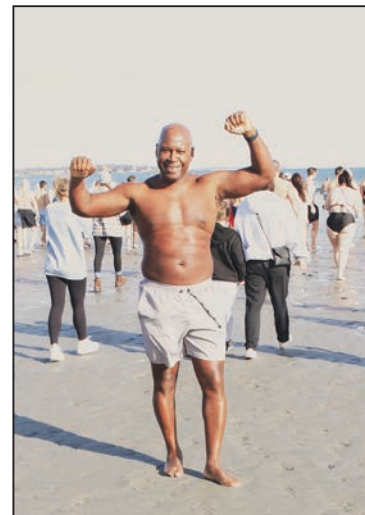
Ready, Set, and Go Polar Plungers.



The All-Star Crew Plungers - Kelly, Bill, Alex, Kim and Joanne Ekstrom with Shea Dunnigan, Courtney and Karl Cassidy, and Dave and Denise Farala.



Taking a Charitable Plunge - Councilor-at-Large Brian Field with his son, Tyler, State Senator Brendan Crighton with his son, Nate.



One and Only Mr. Lynn – Tyrone Brown



Everyone is eager to Plunge.



## POLAR PLUNGE FOR CAMP FIRE NORTH SHORE



The Capano Family – Patti, Jonathan, Co-Chair Mario, Bobby, and Nick.



Lynn Woods Mom Pack - Erica Richard, April Reed, Kristan Valerie, Mackenzie Shanahan, Cara and Nicole Lopez with children, Avery, Anthony, Lily, Aaron, and Aston.



Cold but fun to Plunge – Vicki, Rick and Victoria Malatesta with Luke Helming.



The Elite Valley Plungers – Alexis Williamson, Erica Campbell, Zoe Corbett, KK Sherbar, Jay Bartlett, Brian Doherty, and Bob and Cara Duprey.



The Bresnahan 16 Crew Plunge for Charity.

Boy! That water was chilly.



# THE LADY RAMS OF LYNN CLASSICAL DEFEAT THE CRIMSON TIDE IN EVERETT 46-38



Linda Jallow and her teammates played a tough Crimson Tide Team, but their perseverance on defense and a solid team play on offense defeated the EHS Crimson Tide in Everett last week.



Solid team work on defense, a strong passing game on offense gave the Lynn Classical Lady Rams a huge win last Thursday night in Everett, defeating the Tide 46-38.



Linda Jallow fights for a rebound.

Last Thursday evening the Lynn Classical Girls basketball Team traveled to Everett to battle the Crimson Tide in their home court.

Everett took an early lead, but the Rams battled back and the lead changed many time over the course of 3 ½ periods. At that point the Lynn Classical Rams inched their lead to the game winning 8 points. Tough defense throughout the game was a key factor in the win and a solid passing game allowed the girls to take the lead late in the game.



Keisha Perez holds on tight to the rebound, keeping the tide away from a second scoring chance.



Ava Thurman brings the ball into play.



Head Coach Tom Sawyer talk strategy during a second period timeout.



## NEWS BRIEFS

## ANNUAL DR. MARTIN LUTHER KING, JR. BREAKFAST

In commemoration of the birthday of our great civil rights leader, Reverend Dr. Martin Luther King, Jr., the Community Minority Cultural Center, Inc., (CMCC) will hold its 37th Annual Dr. Martin Luther King, Jr. Breakfast. Please join us on Monday, January 16, 2023.

This year's event will be held at Knights of Columbus, 177 Lynnfield Street, Lynn Mass, from 09:00am to 12:00pm. The program will feature performances from different ethnic groups representing the rainbow of culture of the city of Lynn. We are honored to have Dr. Theodore Hickman Maynard, Associate Pastor of Bethel AME Church, as our keynote speaker.

Contributions will be accepted in the form of purchasing tickets,

table, program ads and donations. Please place your ad in our program book, and/or make a donation payable to CMCC.

The cost of the tickets for the breakfast will be \$45.00 for adults and \$20.00 for children, 12 and under. Tables are \$450.00

## POSTAL EMPLOYEES WILL CELEBRATE MARTIN LUTHER KING JR. DAY

Post Offices across the commonwealth will be closed on Monday, January 16, as our employees pause to celebrate Martin Luther King Jr. Day. Street delivery on Monday will be limited to guaranteed overnight parcels and there will be no collection of mail.

Full retail and delivery operations will resume on Tuesday, January 17.

## NFPA encourages prompt removal of Christmas trees

One-third (around 33 percent) of U.S. home fires involving Christmas trees occur in January. With this post-holiday fire hazard in mind, the National Fire Protection Association® (NFPA®) strongly encourages everyone to keep the festive memories and remove the hazards by disposing of Christmas trees promptly after the holiday season.

"As much as we all enjoy the look and feel of Christmas trees in our homes, they're large combustible items that have the potential to result in serious fires," said Lorraine Carli, vice president of Outreach and Advocacy at. "The longer Christmas trees remain in homes, the longer they present a risk."

Carli notes that fresh Christmas trees, which continue to dry out and become more flammable over time, are involved in a much larger share of reported Christmas tree fires than artificial trees.

According to the latest Christmas Tree Fires report from NFPA,

160 home structure fires began with Christmas trees, resulting in two civilian deaths, 11 civilian injuries, and \$12 million in direct property damage, on average each year between 2016 and 2020. Overall, fires that begin with Christmas trees represent a very small but notable part of the U.S. fire problem, considering that they are generally in use for a short time each year.

To safely dispose of a Christmas tree, NFPA recommends using the local community's recycling program, if possible; trees should not be put in the garage or left outside. NFPA also offers these tips for safely removing lighting and decorations to ensure that they remain in good condition:

- Use the gripping area on the plug when unplugging electrical decorations. Never pull the cord to unplug any device from an electrical outlet, as this can harm the wire and insulation of the cord, increasing the risk for shock or electrical fire.

- As you pack up light strings, inspect each line for damage, throwing out any sets that have loose connections, broken sockets or cracked or bare wires.

- Wrap each set of lights and put them in individual plastic bags or wrap them around a piece of cardboard.

- Store electrical decorations in a dry place away from children and pets where they will not be

damaged by water or dampness.

For more information on home fire safety all winter long, visit "Put a Freeze on Winter Fires," a winter safety campaign NFPA promotes annually with the U.S. Fire Administration.

For this release and other announcements about NFPA initiatives, research, and resources, please visit the NFPA press room. NFPA: 125 Years of Protecting People and Property

The National Fire Protection Association® (NFPA®) is a global self-funded nonprofit organization devoted to eliminating death, injury, property, and economic loss due to fire, electrical, and related hazards. The association began its work to solve the fire problem in a young, industrialized nation in 1896 and has since become a global force known for advancing safety worldwide. NFPA delivers information and knowledge through more than 325 consensus codes and standards, research, training, education, outreach, and advocacy; and by partnering with others who share an interest in furthering the NFPA mission. In celebration of its 125th Anniversary, NFPA is hosting a Conference Series and other initiatives that reflect the association's steadfast commitment to advancing fire and life safety for the next 125 years and beyond. For more information or to view NFPA codes and standards for free, visit [www.nfpa.org](http://www.nfpa.org).



## Celebrate Catholic Schools Week 2023

January 29 - February 4

#CSW23

*This year's theme is "Catholic Schools: Faith. Excellence. Service." Catholic schools have a specific purpose to form students to be good citizens of the world, love God and neighbor and enrich society with the leaven of the gospel and by example of faith.*

*As communities of faith, Catholic schools instill in students their destiny to become saints.*

*Academic excellence is the hallmark of Catholic education intentionally directed to the growth of the whole person – mind, body and spirit. Finally, service is fundamental to Catholic education and the core of Catholic discipleship. Service is intended to help form people who are not only witnesses to Catholic social teaching, but also active participants through social learning.*

## Publishing January 25 &amp; 26

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3x5 or 2x8 Color \$750.00 4 Papers

3x5 or 2x8 Color \$1,000.00 8 Papers

The Revere Journal • The Winthrop Sun Transcript • Chelsea Record  
Everett Independent • East Boston Times Free Press • Lynn Journal  
Charlestown Patriot Bridge • North End Regional Review

Deadline: Thursday, January 19th

Email your rep. or call 781-485-0588

Deb DiGregorio - [deb@reverjournal.com](mailto:deb@reverjournal.com)Maureen DiBella - [mdibella@winthroptranscript.com](mailto:mdibella@winthroptranscript.com)Sioux Gerow - [charlestownads@hotmail.com](mailto:charlestownads@hotmail.com)

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# State Treasurer's office launches small business toolkit and resource map

Special to the Independent

Massachusetts State Treasurer, Deborah B. Goldberg, recently announced the launch of the Treasurer's Office's newly designed Small Business Resource Toolkit website. The toolkit provides access to comprehensive resources and materials for small business owners and future entrepreneurs in Massachusetts.

Under the direction of Treasurer Goldberg, the toolkit was designed to provide a range of relevant, important information, often needed, when facing the enormous challenge of starting a small business for the first time. Typically, it has been impossible to easily find the resources and advisors that can help lead to suc-

cess. This website offers valuable educational materials on how to plan, maintain, and grow a successful small business.

"By collecting relevant resources in one place online, we are providing an understandable road map for people as they begin to develop and open their own businesses," said State Treasurer Deborah B. Goldberg. "One of my top priorities has been to ensure that everyone has equal access to the tools and information they need to succeed. And by supporting the growth of independent small businesses, we not only positively impact their own development, but also our local communities and the state's economy, in many positive ways."

To help ensure that small busi-

nesses thrive, this toolkit provides additional information about banks, community development financial institutions (CDFIs), and community partners available across the Commonwealth.

"Successful small businesses are critical generators of wealth, they are the backbone of the economy," said State Senator Lydia Edwards (D-Boston). "I am so thankful to Treasurer Deborah Goldberg and her team for creating a website that serves as a one-stop-shop for small businesses new and old. I look forward to sharing this new resource with my constituents."

"The State of MA Treasurer's Office has taken yet another step to actively support economic empowerment for entrepreneurs and

small businesses throughout the Commonwealth," said Samilys Rodriguez, Director – Eastern Massachusetts Center for Women & Enterprise. "The Center for Women & Enterprise Women's Business Centers are just one of many business resources in the Treasurer's new Small Business Resource Toolkit, which can provide additional support and guidance for clients to achieve their next business milestones."

"Congratulations to the Office of the Treasurer's team for their hard work and dedication in creating a website that connects and provides resources for business owners in Massachusetts," said Aliessa J. Porcena, City of Boston Director of Office of Economic Opportunity & Inclu-

sion. "At the City of Boston, we are committed to working across agencies, to make sure business owners have the resources and tools to start, grow, and build a business in Boston. As we work to address the many hurdles that businesses face, and build a community of support for businesses, this tool is an effort in that direction."

There are several organizations and community partners across the state that help business owners with technical assistance and business counseling. The Treasurer's Office's website has identified these organizations and placed them by county and category on a Small Business Resource Map. This map will be updated on a regular basis.

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## KNIGHT OF THE YEAR AT THE KNIGHTS OF COLUMBUS



Knights of Columbus celebrates the annual Christmas Party that names the Knight of the Year.

Grand Knight Charlie Rowe selected Raoul Simard as the Knight of the Year. Raoul is a dedicated volunteer at Beano and the Council Degree Team. He also supports many functions

– Ladies and Clergy Night, Deceased Members MASS, Wake Team, monthly Rosary prayer service, and works with the food pickup program that provides staples for My Brothers Table

and the Salvation Army. Congratulations to Raoul Simard for his commitment to the Lynn Knights of Columbus.



Knight of the Year Raoul Simard accepts his award from GK Charlie Rowe along with his family members – Linda, Mary Beth, and Greg.

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## CITY PAWS

## Extrasensory dogs

By Penny &amp; Ed Cherubino

Do you ever suspect that your dog has some form of extrasensory or telepathic powers? When one of us is out, our Westie Poppy races to the door long before the sound of footsteps in the hall or a key in the lock should alert her to an arrival.

This “power” is so common that scientist Rupert Sheldrake wrote a book about it, “Dogs That Know When Their Owners Are Coming Home: And Other Unexplained Powers of Animals.”

Penny read it years ago and reread it recently in light of all the current research on this topic. Sheldrake quickly explained when the information about dogs’ special powers was anecdotal stories vs. evidence and controlled studies.

In addition to knowing when you are coming home, Sheldrake also discussed emotional support and therapy dogs’ abilities to comfort people. He noted service dogs’ ability to alert people to seizures or drops in blood sugar. And discussed how sensitive animals might predict earthquakes and other disasters.

**Better Senses!**

Writing in *Psychology Today*, Jessica Pierce, Ph.D., explained,

“The sensory world of dogs overlaps with ours, but also extends well beyond ours in some areas. Smell is the most obvious sensory modality in which dogs excel, having a far more powerful nose and a much larger area of the brain dedicated to processing olfactory information than humans. Dogs can also hear sounds that we cannot hear and will pick up on different visual information than we do.”

This keen sense of smell enables service dogs to alert their humans to an oncoming seizure, change in blood sugar level, or an anxiety attack. They learn to differentiate between a person’s familiar scent and the change that precedes an episode.

**Animal-Human Bond**

Both scientists agree that some of what seems extrasensory is due to the strong bond between dogs and people. Dogs evolved to depend on and please people. They have special skills (and even a particular section of their brain) dedicated to reading our intentions, moods, and needs. Pierce writes, “...dogs are not psychic, but they might as well be. They have incredible skills when it comes to reading, predicting, and intuiting the feelings and intentions of their human companions.”



A keen sense of smell enables some service dogs to alert to an oncoming seizure, change in blood sugar level, or an anxiety attack. (Photo by: Ralph Kayden)

**Sensing Disaster!**

Dogs seem to sense the approach of thunderstorms and earthquakes. Scientists speculate that this may be due to a heightened sensitivity to changes in barometric pressure as a storm approaches. You may notice your dog’s agitation long before you hear thunder. As for earthquakes, most dog alerts have happened a short time before humans. This, again, might be more sensitive proprioceptors or sensory receptors in their joints.

**Dogs Pay Attention!**

Dogs have the advantage of having less on their minds than we do, with fewer distractions and responsibilities. Their approach to the world is more mindful. Mindfulness lets them use their senses better and react to what they perceive as a danger or a way to get what they need.

If you’ve ever watched a dog focus on a squirrel or a treat in someone’s hand, you have seen examples of single-minded at-

tention to one thing.

When was the last time you saw your dog try to multitask? Dogs can teach us to pay better attention to what our senses tell us. Perhaps we can repay our canines by learning to read their signals, communications, and, therefore, their needs and wants by paying the kind of attention to them that they do to us.

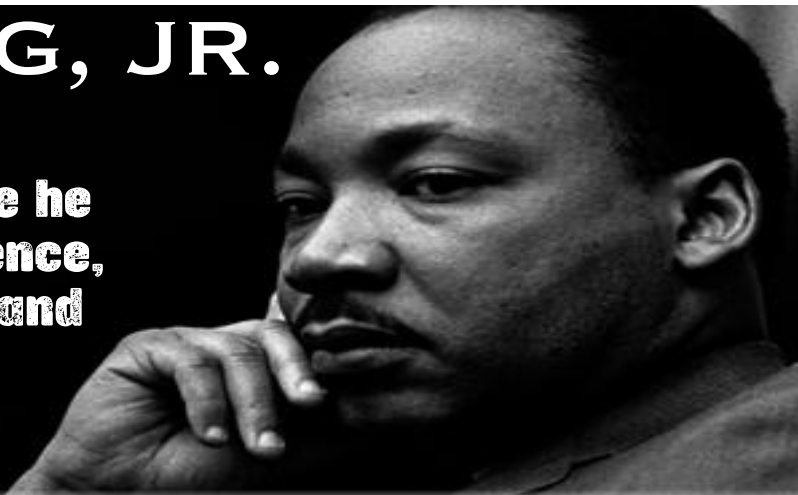
*Do you have a question or topic for City Paws? Send an email to Penny@BostonZest.com with your request.*

## MARTIN LUTHER KING, JR.

1929 — 1968

“The Ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

*Martin Luther King Jr.*



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