

THE LYNN JOURNAL

Friday, April 5, 2024

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GREATER LYNN CHAMBER OF COMMERCE BUSINESS EXCELLENCE AWARDS



CARY SHUMAN PHOTO

The Greater Lynn Chamber of Commerce award recipients are pictured at the annual dinner held at the Danversport Yacht Club. See more photos on Pages 6-8.

A Crucial Element

PACE Center on Market Street provides indispensable daily care to Lynn's seniors

By Cary Shuman

Lynn resident Barbara Pramataris says it firmly and with considerable emotion in her voice: "I wouldn't be alive today without the people here [at Element Care PACE Center on Market Street]."

In 2020, Pramataris experienced "a really severe case" of COVID-19. "The doctors here ran some tests and discovered that I had four blood clots in my lungs," recalled Pramataris. "I was so fortunate that Dr. [Tao] Liu came to my house. I had never had a doctor come to my house and do a house call. Dr. Liu said to me, 'I really need you to go in the ambulance.' She stayed with me. It turned out that I was laid up for six months. The doctors put me on all kinds of medications for breathing. I was on oxygen for six months."

Pramataris said she's very

grateful to the staff at Element Care PACE for going above and beyond and for the daily health care and medical guidance she is receiving from the team of professionals at Element Care.

"I really need to thank Dr. Liu and Nadiya Rutman and everyone at the Center for all they've done for me," said Pramataris. "I'm actually blessed."

Pramataris, 64, continues to receive care from a team of healthcare professionals, both during her visits to the Center on Market Street and at her home.

"Kristen and Amber came out and worked on my physical therapy," said Pramataris. "I'm doing amazing now. I feel strong and vibrant."

Barbara Pramataris represents a success story at Element Care,

Please see ELEMENT CARE Page 4



Element Care Pace Center Manager Mary Anne McGuirk is pictured in front of the adult daily healthcare center on Market Street in Lynn.

Girls Inc. of Boston and Lynn's annual celebration luncheon set

Special to the Journal

Girls Inc. of Boston and Lynn's 36th Annual Celebration will be held at the Hilton DoubleTree in Danvers on Thursday, April 11. "It is always exciting to announce the date of our Annual Celebration Luncheon as it is an opportunity to celebrate our girls along with being a harbinger of spring. This year's theme Building the New Generation of

Please see GIRLS INC. Page 4

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

EDITORIAL

NEWS BRIEFS

WATCH THE ECLIPSE SAFELY

With our area in the path of the solar eclipse this coming Monday (and with clear skies forecast), we urge any of our readers who are intent on watching the event to be sure to wear proper eyewear and to ensure that their children do as well.

A person can cause permanent damage to their eyes -- and even go blind (a condition known as solar retinopathy) -- if they do not use proper eye protection, such as eclipse glasses or a special solar filter. Regular sunglasses don't offer any protection and viewing the eclipse through your I-phone camera offers no protection for you and will damage your phone. (Photography experts say just pointing your smartphone camera at the eclipse could cause catastrophic damage to the phone if you don't have proper equipment.)

Individuals also have to be certain that the eyewear they are using is certified. There are reports that knock-offs that are being sold on-line are not legitimate.

One eye doctor, who was quoted in the New York Times, offered this advice: Don't look at the eclipse at all, even with proper eyewear.

But for those who are intent on watching this event, please do so safely.

RUSSIA IS OUR REAL ENEMY

Sunday's special report on the CBS news show 60 Minutes revealed that Russia has been the culprit in the hundreds of cases of debilitating neurological injuries that have struck American intelligence and law enforcement operatives around the world in the past few years.

The phenomenon has been dubbed "Havana Syndrome" because the problems first became apparent among a cluster of employees at the U.S. Embassy in Havana, Cuba. However, as the 60 Minutes report showed, these attacks on U.S. personnel (and their families), all of whom have worked with the CIA, the FBI, the military, the State Department, and the White House -- almost all of whom were working on areas of national security related to Russia -- have been occurring all over the world and even in our own country.

The "weapon" being used by the Russians is thought to be directed energy or microwaves fired from hidden devices that inflict serious and permanent injury on those who are targeted.

The 60 Minutes report makes it clear that Vladimir Putin is a monster who is using any means necessary to undermine our national interests. Our political leaders, especially the Republicans in Congress, must recognize the threat he poses and do whatever it takes to thwart him.

BIRD FLU IS NOT JUST FOR THE BIRDS

The second confirmed case of the bird flu infecting a human in this country (a Texas dairy farm worker who worked among infected cows) raises a red flag about the possibility of another pandemic ripping across the world.

The current bird flu outbreak not only has killed millions of wild and domesticated birds world-wide, but it also has killed many mammals across the globe, including the well-publicized devastation of an elephant seal population in Argentina.

Although the bird flu is not as fatal in cows as seals, it has sickened cows in states across the country, an indication that cows are infecting each other as they move around farms from state-to-state. The virus has been detected in the unpasteurized milk of these cows. More ominously, the detection of the virus in the dairy worker suggests that the bird flu can jump from one mammal species to others -- including ourselves.

The bird flu -- also known as H5N1 -- wreaked havoc in many parts of the world, especially in Asia, in 2006. The U.S. largely was spared the ill-effects of the outbreak thanks to efforts by our national health authorities who worked in these foreign countries to contain its spread.

However, this new variant of H5N1 is being brought to this country by wild bird populations, which obviously is something we cannot control. If cows have been infected, it stands to reason that other animals, including our house pets, could become infected and spread the virus.

COVID-19 killed more than one million Americans. But as bad as the pandemic had been at its height, it was only killing about one percent of those who were infected, with substantially higher death rates among the elderly and those with prior-existing health conditions, including obesity.

However, the bird flu in humans is far deadlier, with death rates having been estimated at 50% during the 2006 pandemic in some countries. Even if the chances of a bird flu pandemic among humans are slim, the high mortality rate should be enough to raise the alarm bells among our public health officials.

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

BI-ANNUAL YOUTH COUNT SET FOR APRIL 16 AT LYNN YMCA

The bi-annual Massachusetts Youth Count is a statewide effort that surveys unaccompanied youth under the age of 25 for data collection that determines the needs throughout the state.

Any youth who qualifies for the survey will receive a one-time stipend of \$20.

In honor of the Youth Count, the Essex County Youth Action Board (YAB) will be hosting an event to raise awareness.

We will have free food, free merch, free raffles, and free giveaways, along with activities such as basketball, board games, and other side activities.

We will also have opportunities for youth to complete the survey on-site.

The event will be held at the Lynn YMCA (40 Neptune St in Lynn, MA) on April 16th between 4 pm and 6 pm. Come join us!

7TH COLLEGE FAIR FOR STUDENTS AND FAMILIES

Save the date for the 7th College Fair for Students & Families! This event will feature over twenty College Admissions Counselors who will be available to answer questions about financial aid, scholarships, and more.

When: Saturday, April 13th from 3:00pm to 5:30pm

Where: North Shore Community College, 300 Broad St.

Lynn, MA 01901

7MA. FERIA DE UNIVERSIDADES PARA ESTUDIANTES Y FAMILIAS - ¡SEPRE LA FECHA!

Un evento donde más de veinte consejeros de admisión universitaria podrán hablar con estudiantes y padres sobre ayuda financiera, becas, etc.

Cuándo: Sábado, 13 de abril de 3:00 pm a 5:30 pm

Dónde: North Shore Community College: 300 Broad St. Lynn, MA 01901

Familias Latinas recibirán gratis la "Guía Universitaria para Estudiantes y Padres Inmigrantes", escrita por la Dra. Mag-alie Torres-Rowe.

www.latinacentermaria.org & Lynn Latino Leadership Coalition sirviendo a las familias.

MCU CHARITABLE FOUNDATION NOW ACCEPTING APPLICATIONS FOR GRANT FUNDING

Metro Credit Union, the largest state-chartered credit union in Massachusetts, today announced that applications are now open for the next round of grant funding available through the Metro Credit Union Foundation. The Foundation awards grants twice a year to nonprofits whose initiatives and programs contribute to

Please see NEWS BRIEFS Page 3

THE LYNN JOURNAL

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Shuttle Buses to replace Blue Line for critical track work latter half of April

Evening Blue Line service also suspended between Bowdoin and Orient Heights each day from April 9-11

Special to the Journal

Following up on the previous announcement on March 15, the MBTA is today reminding riders that Blue Line service will be suspended between Maverick and Wonderland for three days from April 17-19 and between Airport and Wonderland for nine days from April 20-28. Evening Blue Line service will also be suspended between Bowdoin and Orient Heights each day from April 9-11.

As previously announced, this service change is in place to allow crews to perform critical work to upgrade infrastructure as part of the Track Improvement Program, which will improve reliability and

provide a safer ride. Work crews will also maximize this service change by upgrading the overhead catenary wire system between Orient Heights and Wood Island stations.

As previously announced, Blue Line service will be suspended between Bowdoin and Orient Heights stations beginning at approximately 8 PM through the end of service each day from April 9-11. Free and accessible shuttle buses will make stops between Government Center and Orient Heights. Riders should note that shuttle buses will not stop at Bowdoin station. Riders can instead utilize shuttle buses at Government Center, which is about a quarter mile

away (or about a four-minute walk). State and Aquarium stations will only be serviced by inbound shuttles to Government Center. Accessible vans will also be available to riders.

As previously announced, Blue Line service will be suspended between Maverick and Wonderland for three days from April 17-19 and between Airport and Wonderland for nine days from April 20-28. Free and accessible shuttle buses will make stops at all stations. Accessible vans will also be available to riders.

Information is available at mbta.com/alerts. Riders can also learn more at mbta.com/TrackProgram.

The important work accom-

plished during this Blue Line service suspension means riders will experience a more reliable trip with fewer unplanned service disruptions related to older tracks, older infrastructure, signal issues, or power problems. Riders will also be provided with a safer ride as a result of this state of good repair work.

The MBTA understands how these service changes affect riders' daily travels during this period, but we are committed to improving your travels long term with more reliable, timely, and safe service. We thank riders for their patience as we deliver this important work and for continuing to ride our system.

More information is also

available through in-station signage and public announcements. Transit Ambassadors and MBTA staff will be available on-site to offer information and assistance during these service changes. Riders are encouraged to subscribe to T-Alerts or to follow the MBTA on X (the site formerly known as Twitter) @MBTA for up-to-date service information.

For more information, please visit mbta.com/Track-Program or connect with the T on X (the site formerly known as Twitter) @MBTA and @MBTA_CR, Facebook /TheMBTA, Instagram @theMBTA, Threads @thembta, or TikTok @thembta.

News Briefs / CONTINUED FROM PAGE 1

the economic and social well-being of local communities.

Applications are now open at Foundation.MetroCU.org. The deadline to apply is May 19, 2024, at midnight. Award recipients will be announced in June.

The Metro Foundation will award grants to organizations with a focus on:

- Community Development — creating vibrant and equitable neighborhoods.
- Securing Safe & Affordable

Housing — providing opportunities for affordable housing and home ownership with down-payment assistance and homebuyer education programs.

- Financial Wellness & Advancement — promoting financial competency by providing knowledge and skills.

Guidelines for grant applications include the following:

- The Metro Foundation will accept applications from quali-

fied, tax-exempt 501(c)(3) non-profit organizations.

- The Foundation will fund programs that serve a majority of low- to moderate-income populations.

• Grant awards will be made directly to recipients.

- An application is required and must be submitted by the

deadline.

- Organizations may receive one grant per calendar year and are not eligible to apply during the following calendar year.

Each year, Metro gives back to local communities through a number of philanthropic initiatives, partnerships, scholarships, and volunteer programs. Metro

has been recognized for its charitable contributions with the Boston Business Journal Corporate Citizenship Award for the past four years. For more information about the Foundation and the application process, please contact Charlene Bauer at CBauer@MetroCU.org.

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Element Care / CONTINUED FROM PAGE 1

but as PACE Center Manager Mary Ann McGuirk said proudly, "There are many success stories."

A non-profit, healthcare organization, PACE is the acronym for Program Of All-Inclusive Care for the Elderly. And Lynn seniors speak with reverence about that all-inclusive care and how Element Care PACE – just as its own description of its goal states - "has helped them live safely and comfortably in their homes and communities for as long as they can, keeping their stays in hospitals and nursing facilities as minimal as possible."

McGuirk said sometimes that noble mission can be challenging. "We just sent someone home from the Center. The social worker has arranged for more homecare for him. The nurse got him more nursing care. The doctor is visiting him at home. And even though maybe we feel

like the best place for him to be would be a nursing home – he doesn't want to be in a nursing home, and we're going to respect his wishes. We're going to help him stay at home for as long as it's possible and safe, that's real-



Element Care PACE participant Barbara Pramataris (left) thanks Center Manager Mary Ann McGuirk (right) and her staff for their outstanding healthcare.

ly the mission to get everybody cared for."

PACE's record of helping seniors maintain active lives is well documented. According to its website, "PACE participants have up to 43 percent fewer hospitalizations and 93 percent of PACE participants say they would recommend the program to a friend or relative."

Each participant at PACE has daily access to highly personalized care that is administered by a staff of doctors, nurses, home health aides, physical and occupational therapists, behavioral health clinicians, social workers, recreational specialists, and other professionals.

Among the much-utilized facilities at the Center is a rehabilitation gym.

McGuirk said she meets with her staff each day to evaluate participants' immediate needs. That interdisciplinary (IDP)



Element Care PACE healthcare professionals, nurses Maria Mancini and Michelle Barry, and Center Manager Mary Ann McGuirk.

team includes a physician, nurse practitioner, nurse, nursing assistant, social worker, dietician, physical therapist, occupational therapist, medical secretary, office receptionist, and activity person. A speech therapist and a psychotherapist are also part of the team.

"Every morning at 8 o'clock we sit down as a team and we talk about the cases that are really urgent or bubbling to the surface," said McGuirk. "For example, for the past month we've been talking about a participant

who almost lost her housing. We're getting her back there today, and we're getting her furniture and other items. That's the other piece of support. My team loaded up their cars and drove to her house and delivered stuff to her."

It's truly highly personalized care – "a soup to nuts" range of services, as one staff member aptly termed it.

McGuirk lauded her staff for the success at Element Care Pace Center, stating simply, "I have a fabulous team."

Girls Inc. / CONTINUED FROM PAGE 1

Leaders illuminates the inspiring spirit of the event that galvanizes the community and showcases the essence of our mission to empower girls to be strong, smart, and bold," says executive director Deb Ansourlian.

Highlights of the afternoon include the presentation of the 2024 Smart, Bold, and Strong Award to PricewaterhouseCoopers LLP.

and 2024 Girl Hero Awards and the recognition of the Girls Inc. National Scholar recipients. This year's Alumna Speaker is Aryana Richardson, (need title). The event will be emceed by Emmy Award-winning anchor on NBC 10 Boston Latoyia Edwards.

Sponsors to date include Annual: United Way of Mass Bay and Merrimack Valley and Girls

Inc., Strong: EBSCO Smart: GE Aerospace, HP Hood, Nick and Chris Meninno, and TQM Wealth Partners and Bold: Comcast If you would like sponsorship information, contact Donna Crotty at dcrotty@girlsinclynn.org or 781.592.9744, x243 or visit <https://girlsinclynn.org/ways-to-give/special-events/> to register and learn more.

GIRLS INC. OF BOSTON AND LYNN CELEBRATES OUTGOING EXECUTIVE DEB ANSOURLIAN AND STAFF APPRECIATION DAY



Girls Inc celebrated staff appreciation day as well as outgoing director Deb Ansourlian, and were visited by local delegation Sen. Brendan Crighton, Mayor Jared Nicholson, Rep. Jenny Armini, and Rep. Dan Cahill, who presented Deb with citations from the City of Lynn for her work in the community and with the girls.

McGuirk brings experience, compassion to her leadership position at Element Care

By Cary Shuman

Take a tour through the Element Care PACE Center on Market Street in Lynn and you will see how vital the efforts of Mary Anne McGurk and her staff are to their patients and how much those efforts are appreciated.

During our tour, McGuirk was greeted warmly by the many seniors who have entrusted their daily healthcare in her and her staff of healthcare professionals at Element Care.

"I'm so proud of our staff," McGuirk said proudly.

McGuirk has been the manager of the Center since 2020. She began her association with Element Care as a social worker at Element Care PACE at the Cummings Center in Beverly. She continued her work in the non-profit healthcare organization at Element Care Nevins in Methuen as an assistant director. She oversaw the Element Care PACE program on Friend Street in Lynn for one year before the

Center's operations were moved to its current site on Market Street.

A graduate of Malden High School ("I was a singer in high school," she recalled) and Emmanuel College, McGuirk began her career in the healthcare industry in 1981 as a nursing assistant working with older adults. She became an activity assistant and activities director.

At the age of 44 while working in the nursing home industry, McGuirk decided to return to college to pursue a graduate degree in Social Work from Salem State University.

"One of my goals in getting my graduate degree was to be able to expand beyond nursing homes," said McGuirk. "I always say that [Element Care PACE] is like having all of the same kind of people who would live in the nursing home, but they're in a community and the team here is so strong. You never have to feel like you're totally responsible for everything or you're alone."

Blue Line Closures.

What You Need to Know.

The MBTA is currently undertaking an ambitious Track Improvement Plan (TIP) to remove 191 speed restrictions across the system.

Upcoming work on the Blue Line will allow employees access to address 16 of the 18 speed restrictions in the corridor.

The MBTA will take advantage of the closure to perform additional work at each of the impacted stations including lighting repairs, painting and deep cleaning.



Blue Line Shuttles

April 9 -11 after 8:00 p.m.

Free shuttles replace Blue Line service between **Government Center** and **Orient Heights**.

April 17-19

Free shuttles replace Blue Line service between **Maverick** and **Wonderland**.

April 20-28

Free shuttles replace Blue Line service between **Airport** and **Wonderland**.



East Boston Ferry Service

Ferry service runs between **East Boston at Lewis Mall Wharf** and downtown Boston at Long Wharf (North).

Departs approximately every 30 minutes from 6:00 am to 7:00 pm.

[MBTA.com/EastBoston](https://www.mbta.com/EastBoston)



Alternative Bus Routes

Route 116 & 117

Serving **Wonderland - Maverick**

Route 121

in East Boston between **Shelby St.** and **Maverick**

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[MBTA.com/alerts](https://www.mbta.com/alerts)



GREATER LYNN CHAMBER OF COMMERCE BUSINESS EXCELLENCE AWARDS AND ANNUAL MEETING



Representing the Boys and Girls Club of Lynn, Grace Duran, Yadiris Gonzalez, Erica Sousa, Darby Connolly, Anaima Piccirillo, and Executive Director Brian Theirrien.

Photos by Cary Shuman

The Greater Lynn Chamber

of Commerce held its Business Excellence Awards and Annual Meeting March 28 at the Danversport Yacht Club.



GLCC Director of Operations Christine Neals and Jaelyn Keighley of Flowers By Lorraine.



Former Lynn Mayor Judith Flanagan Kennedy and former Chief of Staff Jamie Cerulli.



Steve Hirsch, Adriana Moschella, and Greg Giacomelli.



Sean McCarthy and Tyrone Brown.



Chairman's Award recipient Alexis Kievning (center), with Dave Pierce and John McCarron.



Debbie Surface, St. Jean's Credit Union CEO C. David Surface, Debra Lee Surface, and John Kingston.



Mike Sonia, Tyler Sonia, Sue Mageary, Dick Mageary, award recipient George Sonia, Stephanie Sonia, Chris Lander, and James Lander.

GREATER LYNN CHAMBER OF COMMERCE BUSINESS EXCELLENCE AWARDS AND ANNUAL MEETING



Saugus Selectman Anthony Cogliano and Jack Walsh.



Award presenter David Solimine Sr. and award recipient George Sonia, with friends and family at the GLCC Business Excellence Awards Dinner.



GLCC Chair Eileen Jonah presents flowers to Christine Pierce in appreciation of her service as chair of the organization.



Lynn Economic Development and Industrial Corporation Executive Director Jim Cowdell, whose agency was the recipient of the Lynn City Pride Award, with award presenter Marilyn DeSimone.



Antonio Gutierrez (left) and Teresa DiGregorio (right) of Lynn Youth Street Outreach Advocacy accept the Lynn Pride Award. Making the presentation is Marilyn DeSimone.



Attorney Brendan Ward, with Senior Vice President and Director of Marketing and Community Development Shanna Cahalane, and Vice President and Community Development Officer Kerry Ranieri of Reading Cooperative Bank.



GLCC Chair Eileen Jonah presents the Nahant Town Pride Award to Brett Henry.



David Solimine Sr. presents the Solimine Family Community Service Award to Joshua Walsh and Katie Walsh.



David Solimine Sr. presents the David Solimine Sr. Family Community Service Award to Todd Flannery, pictured with his wife, Kristyn Flannery.



Kerri Ranieri of Reading Cooperative Bank accepts the Employee of the Year Award. Making the presentation are Eileen Jonah and C. David Surface.



GLCC Chair Eileen Jonah presents the Nahant Town Pride Award to Gennaro Angiulo.



Brendan Ward presented the Hall of Fame Award to George Sonia, owner of Lancelot Janitorial and Paper Products.



Meaghen Hamill of Lynn Community Health Center presents the Non-Profit Recognition Award to Dianne Kuzia-Hills, Executive Director of My Brother's Table.



Eileen Jonah and Christine Pierce present the Large Business of the Year Award to Suzanne Iovanna, CEO and President of Pride Motor Group.



Bob Stilian (left) of Old Tyme Italian Cuisine receives the Businessman of the Year Award from Patrick Delulis, a past recipient of the award.

GREATER LYNN CHAMBER OF COMMERCE BUSINESS EXCELLENCE AWARDS AND ANNUAL MEETING



Outgoing GLCC Chair Christine Pierce and Interim Executive Director Ryan Newhall present a special award to GLCC Operations Manager Christine Neals in recognition of her ten years of outstanding work at the organization.



GLCC Chair Eileen Jonah and Salem State Vice President of Success Nate Bryant present the Lynnfield Pride Award to Lynnfield High teacher and coach Patrick Lamusta.



Roger Garcia of April's Restaurant Pub accepts the Bill Terlecky Rookie of the Year Award. Making the presentation are Eileen Jonah and Brian Theirrien.



Ryan Newhall and Drew Yeager present the Small Business of the Year Award to Heather Hannon (center), accepting on behalf of Essex Apothecary.



Eileen Jonah and Christine Pierce present the Businesswoman of the Year Award to Lauren Bateman (center) of LB Music School.



Salem State University Vice President of Student Success Nate Bryant (far right) and guests representing Salem State University at the GLCC Business Excellence Awards Dinner.



David Zeller, North Shore Latino Business Association President Frances Martinez, Ginger Zeller, and Scott Kasper.

2024 Lynn All City Track Meet
May 28
 Looking for sponsors to support the kids!
 Please reach out to Tristan Smith at CoachSmithSMH@gmail.com for details




Eileen Jonah and Christine Pierce present the Chairman's Award to Alexis Kievning, Communications Specialist at GE Aerospace in recognition of her outstanding service to the Greater Lynn Chamber of Commerce.

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Bob Bolognese
Owner

North Shore Music Theatre's expanded 2024 musical season to include an encore performance of 'Jersey Boys' and an extended 3-week run of 'Disney's Frozen!'

Special to the Journal

Bill Hanney's award-winning North Shore Music Theatre (NSMT) is set to return for an expanded season of exceptional musical entertainment for North Shore audiences. The season includes an Encore Production of "Jersey Boys", an extended premiere production of Disney's "Frozen", and the 35th Anniversary Production of "A Christmas Carol". The box office is open, and all tickets and discount packages are available to purchase online at www.nsmat.org, by phone (978) 232-7200 or at the Box Office located at 54 Dunham Road in Beverly, MA.

"I'm very excited to be working with the North Shore Music Theatre team to create an extra-long season for our audiences this year. We are working hard to surpass their high expectations and give them a full season of original productions unlike any they have ever seen," said Bill Hanney, NSMT's owner and producer. "With the recent news about many theatres struggling to bounce back from the pandemic, I recognize how fortunate we are to have audiences returning in pre-pandemic numbers and a steady subscription base who continue to believe that we are their home for entertainment."

North Shore Music Theatre's 2024 Musical Season begins early with a special encore of the smash hit 2019 production

of "Jersey Boys" playing May 7 thru May 19. Winner of the 2006 Tony® Award for "Best Musical," "Jersey Boys" is the compelling story of Frankie Valli and the Four Seasons featuring the legendary top ten hits Sherry, Big Girls Don't Cry, Walk Like A Man, Can't Take My Eyes Off You and December, 1963 (Oh What A Night). "Jersey Boys" is presented through special arrangement with Theatrical Rights Worldwide.

From June 4 thru June 16, audiences can celebrate life, love laughter and tradition, with the 60th anniversary production of "Fiddler on the Roof", the story of milkman Tevye's search for husbands for his daughters to uphold his family's religious and cultural traditions in their small pre-revolutionary Russian village. The classic Tony® and Oscar®-winning musical with a book by Joseph Stein, music by Jerry Bock, and lyrics by Sheldon Harnick features the classic songs "Tradition," "If I Were a Rich Man," "Sunrise, Sunset" and "Matchmaker, Matchmaker." "Fiddler on the Roof" is presented through special arrangement with Music Theatre International.

When the heat is on in July, family audiences will melt for the New England regional premiere of Disney's "Frozen" playing a special extended 3-week run from July 9 thru July 28. This Broadway musical, based on the 2013 Acade-

my Award-winning animated film following the story of royal sisters Elsa and Anna, who are torn apart by Elsa's mysterious icy powers. Disney's "Frozen", the worldwide sensation, with a book by Jennifer Lee and music and lyrics by double Emmy®, Grammy®, Oscar®, and Tony® Award-Winners Kristen Anderson-Lopez & Robert Lopez, features the hit songs "Let It Go" and "Do You Want To Build A Snowman." North Shore Music Theatre's immersive production of Disney's "Frozen" will feature newly re-imagined staging & musical numbers, along with original sets and costumes being designed and created just for this production. Disney's "Frozen" is presented through special arrangement with Music Theatre International.

The summer ends with an uproarious production of "Tootsie" playing from August 13 thru August 25. "Tootsie" is the laugh-out-loud love letter to the theatre telling the story of Michael Dorsey, a talented but difficult actor who struggles to find work until one show-stopping act of desperation lands him the role of a lifetime. Featuring a hilarious Tony® Award-winning book by Robert Horn Book and an outrageously clever score by David Yazbeck, "Tootsie" is a joyful show so packed with punchlines, it should be called a "jokebox" musical. "Tootsie" is presented through special arrangement with Music Theatre International.

al.

The NSMT stage will rock this fall when the Tony® Award-winning "Million Dollar Quartet" plays from September 24 thru October 6. Set on December 4, 1956, an extraordinary twist of fate brings Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together at Sun Records in Memphis for one of the greatest jam sessions ever. Audiences will relive the golden era of rock 'n' roll with hit songs including "Blue Suede Shoes," "Fever," "Walk the Line," "Sixteen Tons," "Who Do You Love?," "Great Balls of Fire," "Hound Dog," and more. "Million Dollar Quartet" is presented through special arrangement with Theatrical Rights Worldwide.

"Titanic" The Musical sets sail on stage for what is sure to be the theatrical event of the fall

from October 29 thru November 10. The stirring and unforgettable account of the first and last days of the "ship of dreams" is an epic musical featuring the real stories of people aboard the most legendary ship in the world - from the Third-Class immigrants dreaming of a better tomorrow to the First-Class passengers living a life of privilege. "Titanic" The Musical won five 1997 Tony® Awards, including Best Musical, features music & lyrics by Maury Yeston, and a book by Peter Stone. "Titanic" The Musical is produced thru special arrangement with Concord Theatricals.

All tickets, discount packages, and gift cards & e-Certificates are available to purchase online (www.nsmat.org), by phone (978) 232-7200 or at the North Shore Music Theatre Box Office located at 54 Dunham Road in Beverly, MA.

Local author Paul M Markis hosts book signing event

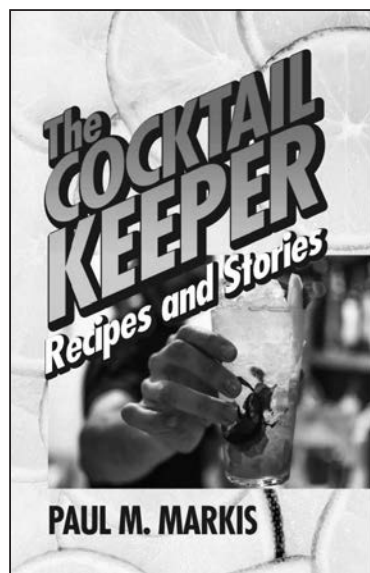
Staff Report

Join local author Paul M Markis for a book signing event on Saturday, April 13th, from 11 am to 1 pm at the Winthrop Book Depot located at 11 Somerset Street, Winthrop, MA.

Markis, a resident of Winthrop for the past 20 years, was raised in East Boston. Many may remember him from his 25-year tenure as a bartender at Jeveli's Restaurant.

Attendees are encouraged to bring their own copy of Markis's book, "The Cocktail Keeper: Recipes and Stories," or purchase one at the event to receive a personalized handwritten message from the author.

"The Cocktail Keeper" is a



collection of recipes, stories, anecdotes, and more, aimed at entertaining the reader. The book

provides insights into successful bartending techniques, along with recipes for unique cocktails explained in simple terms. Markis also shares humorous stories from his forty years in the hospitality industry.

The 134-page paperback, priced at \$15.00 (eBook \$10.00), features a variety of cocktail recipes, famous toasts, medicinal cures, cocktail-making techniques, quips, fun facts, trivia, and real-life stories, making it a valuable addition to any home bar.

Don't miss this opportunity to meet the author and get a signed copy of "The Cocktail Keeper: Recipes and Stories." Follow "The Cocktail Keeper" on Facebook or Instagram for a preview of what's inside.

LYNN PUBLIC LIBRARY PROGRAMS

April
2024

ADULT PROGRAMS

Book Clubs

"Movie Night" Book Club
Monday 4/8 6:30pm
"The Martian"

Adult Book Club
Wed. 4/24 6:30pm
"The Gardner Heist"

Adult Crafts

Adult Color/ Paint Time:
Fri 4/5 & 4/19 2:30pm

Adult Crafternoon: Sat 4/6 2:30pm
Mini Decoupage Flower Pots:
Mon. 4/29 6:30pm

Cooking with Scraps (Virtual)

Wednesday 4/17 7pm

Visit our website to register for this virtual program. Learn how we can make use of scraps, keep them out of landfills, and still have enough left-over for our compost pile!

Tours

*To register for a tour, please call 781-595-0567

Learn your Library Tour
Wednesday 4/10 6:30pm

Historical Tour
Saturday 4/13 10:30am

Intro to Microfilm

**Thursday 4/4 11am
& Thursday 4/18 3pm**

During our Intro to Microfilm sessions, patrons will learn how to load, search and print/email from our machines! To register, please call our Reference Dept at 781-595-0567 ext 102

Isabella Stewart Gardner presented by the Delvena Theatre Company

Wednesday 4/17 6:30pm

Step back in time and meet Isabella Stewart Gardner, the famed founder of the eponymous Museum in Boston. Learn about her life, charm, friends and acquaintances, travels, stylish taste and unconventional behavior.

Annual Friends of the Lynn

Public Library Meeting
Saturday 4/27 10:30am

The Lynn Public Library will be closed on Monday, April 15th.
Lynn Public Library 5 North Common St. Lynn, MA 01902 LynnPublicLibrary.org

LOCAL STUDENTS EARN ACADEMIC HONORS

DIFILIPPO EARNED DEAN'S LIST HONORS

John DiFilippo, of Lynn, earned dean's list honors at The University of Tampa for the Fall 2023 semester. DiFilippo is a Senior majoring in Entrepreneurship BS. Students must maintain a GPA of 3.75 or higher to be eligible for the dean's list.

The University of Tampa is a private, comprehensive university located on 110 acres on the riverfront in downtown Tampa. Known for academic excellence, personal attention and real-world experience in its undergraduate and graduate programs, the Uni-

versity has about 200 programs of study and serves more than 11,000 students from 50 states and most of the world's countries.

HOLY CROSS ANNOUNCES FALL 2023 DEAN'S LIST

More than 1,600 students were named to the College of the Holy Cross' Dean's List for outstanding academic achievement during the Fall semester of the 2023-24 academic year. The following local students made the list:

Matthew Bushway, Class of

2026

Ackiara Chhim, Class of 2024
Jael Cruz, Class of 2027

Ararat Gebreyesus, Class of 2026

Aura Polanco Concepcion), Class of 2027

Jackson Wang (Class of 2026

To qualify for the Dean's List, students must pass four or more letter-graded courses with no failing grades during the semester and earn a GPA of 3.5 or higher.

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

Dean's List for the Fall 2023 semester. The requirement to make Dean's List is a grade point average of 3.7 or higher for that semester.

Cameron Hunt of Lynn, is majoring in Media Arts Production and is a member of the Class of 2026.

Oluwatimileyin Oladunjoye of Lynn is majoring in Political Communication and is a member of the Class of 2026.

Based in Boston, Massachusetts, opposite the historic Boston Common and in the heart of the city's Theatre District, Emerson College educates individuals who will solve problems and change the world through engaged leadership in communication and the arts, a mission informed by liberal learning. The College has approximately 4,161 undergraduates and 554 graduate students from across the United States and nearly 70 countries. Supported by state-of-the-art facilities and a renowned faculty, students participate in more than 90 student organizations and performance groups. Emerson is known for its experiential learning programs at Emerson Los Angeles, located in Hollywood, and at its 14th-century castle, in the Netherlands. Additionally, there are oppor-

tunities to study in Washington, DC, London, China, and the Czech Republic, Spain, Austria, Greece, France, Ireland, Mexico, Cuba, England, and South Africa. The College has an active network of 51,000+ alumni who hold leadership positions in communication and the arts.

CURRY COLLEGE FALL 2023 DEAN'S LIST

Curry College congratulates roughly 800 students who were named to the Fall 2023 Dean's List.

Noelle Cote of Lynn
Christina Eddows of Lynn
Michael Monbleau of Lynn
Maria Orfanos of Lynn
Taliah Scott of Lynn

Curry College, founded in Boston in 1879, is a private, co-educational, liberal arts-based institution located on 131 acres in Milton, Massachusetts. The College extends its educational programs to a continuing education branch campus in Plymouth. The College offers 90+ Majors, Minors, and Concentrations in specialized and liberal arts programs, as well as graduate degrees in accounting, business, education, criminal justice, and nursing to a combined enrollment of nearly 2,050 students.

LOCAL EMERSON COLLEGE STUDENTS EARN DEAN'S LIST FOR FALL 2023 SEMESTER

The following students are named to Emerson College's

LEGAL NOTICE

LEGAL NOTICE NOTICE OF ABANDONED VEHICLE

is 2ZFA65, VIN #5N1AT2M-V2JC754896. My telephone number is 978-729-5984. 3/21/24, 4/05/24

VEHICLE To the owner of 2017 FORD Fusion abandoned at 1071 Western Ave. B5, Lynn, MA 01905. Please contact City Line Auto Body, to claim the automobile. License plate is 9BL813, VIN #3FA6P0H74HR388293. My telephone number is 978-729-5984.

3/21/24, 4/05/24

abandoned at 1071 Western Ave. B5, Lynn, MA 01905. Please contact City Line Auto Body, to claim the automobile. License plate is 4AFR48, VIN #5NPD84LF7JH287973. My telephone number is 978-729-5984. 3/21/24, 4/05/24

LEGAL NOTICE NOTICE OF ABANDONED

VEHICLE To the owner of 2018 HYUNDAI Elantra

To the owner of 2018 NISSAN Rogue abandoned at 1071 Western Ave. B5, Lynn, MA 01905. Please contact City Line Auto Body, to claim the automobile. License plate

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LOCAL STUDENTS EARN ACADEMIC HONORS

LYNN RESIDENT NAMED TO CLARK UNIVERSITY'S FALL DEAN'S LIST

Brooke S. Langis, of Lynn, was named to first honors on the Clark University Dean's List. This selection marks outstanding academic achievement during the Fall 2023 semester.

Students must have a GPA of 3.8 or above for first honors or a GPA between 3.50 and 3.79 for second honors.

Founded in 1887, Clark University is a liberal arts-based research university that prepares its students to meet tomorrow's most daunting challenges and embrace its greatest opportunities. With more than 45 undergraduate majors and major tracks, more than 30 advanced degree programs, a growing number of professional certificate programs and nationally recognized community partnerships, Clark University fuses rigorous scholarship with authentic world and workplace experiences that empower our students to pursue lives and careers of meaning and consequence.

UMGC STUDENTS NAMED TO DEAN'S LIST

More than 11,900 University of Maryland Global Campus students were named to the Dean's List for the fall semester. To be eligible for the honor, a student must complete at least six credits during the term, earned a grade point average of at least 3.5 for the term, and maintained a cumulative GPA of 3.5 at UMGC.

The following students in the area were recognized:

- Courtney Spiller
- Peratat Pattarasiriradanan

University of Maryland Global Campus was founded more than 75 years ago specifically to serve the higher education needs of working adults and military servicemembers. Today, UMGC is the largest provider of postsecondary education in Maryland and continues its global tradition with online and hybrid courses, more than 175 classroom and service locations worldwide, and more than 125 degrees and certificates backed by the reputation of a state university and the University System of Maryland.

TOLENTINO,, NAMED TO ASSUMPTION

UNIVERSITY'S FALL 2023 DEAN'S LIST

Assumption University has announced that Emely Tolentino, of Lynn, Class of 2026, has been named to the University's Dean's List for the fall 2023 semester. Students named to the Dean's List must achieve a grade point average of 3.5 for a five-class, 15-credit semester to be included on the prestigious list, which is announced at the completion of the fall and spring semesters.

"Earning the right to be named to the Assumption University's Dean's List is an extraordinary accomplishment and we congratulate those students who demonstrated exemplary academic excellence this semester," said Assumption University President Greg Weiner, Ph.D. "These stu-

dents have demonstrated a deep commitment to the pursuit of truth in the company of friends that lies at the heart of the Catholic liberal education Assumption provides."

DEAN'S LIST HONORS ANNOUNCED AT TUFTS UNIVERSITY

Tufts University recently announced the dean's list for the Fall 2023 semester. Dean's list honors at Tufts University require a semester grade point average of 3.4 or greater.

- Hibi Carrillo , Class of 2025
- Eddinson Cespedes Alfonso , Class of 2024
- Rayya Chek Class of 2025
- Tallia Dudley , Class of 2024
- Shakib Idris , Class of 2025
- Adnan Jalal , Class of 2024

- Angelina Kim , Class of 2026
- Jasmairy Marte , Class of 2024
- Christopher Mendez Mendez), Class of 2026
- Alexa Santa Cruz , Class of 2027

STUDENTS EARN HONORS AT ST. JOHN'S PREP

St. John's Prep recently announced the names of students who earned academic honors for the second quarter of the 2023–2024 school year, which ended on March 24, 2023. Students who qualified for the Headmaster's List earned grades of A- or above in all courses; students who qualified for the Principal's List earned grades of B+ or above in all courses; and students who qualified for the Honor Roll

earned grades of B or above in all courses.

The following students were named to the academic honors list for the Second Quarter 2023–2024

- Head of School List
- William Bochnak '26
- Max Kuleszka '29
- Edward MacDougall '29
- Marcus Magloire '28
- Zachary Marino '28
- Denzel Ovando '26
- Anthony Smart '24

- Principal's List
- Anthony Sorrentino '27

- Honor Roll
- Echeme Emole '27
- Willem Hofeldt '24
- Mickey Kuleszka '27
- Thomas Marino '25

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FRESH & LOCAL

Iceberg Lettuce

By Penny & Ed Cherubino

Wikipedia divides the lettuce world into six cultivars: Leaf, Romaine/Cos, Iceberg/Crisphead, Butterhead, Celtuce/Stem, Red Leaf, and Oilseed, grown for its seed and made into cooking oil. Of these, Iceberg remains the most popular.

History

There is general agreement that W. Atlee Burpee & Company developed this lettuce in 1894 for growing in northern states.

There are two stories about why it's called Iceberg lettuce. The most often cited one attributes the name to the railcars full of ice that moved the crop across the country in the 1920s. The second is from an 1895 newspaper clipping. This version says the name comes from the look of the lettuce and the many small indentations that collect dew drops and give the heads a crystalline

appearance when the sun shines on the field.

Caesar Chavez's call for a boycott to protest the working conditions of California lettuce pickers in the 1970s was a blow to this crop's popularity. Some consumers who participated discovered new salad options they enjoyed more and have yet to return to regular Iceberg use.

Versatility in Meal Prep

Kristina Billan of the website Savory Suitcase wrote, "In addition to its use in salads, iceberg lettuce has also found its way into numerous recipes, adding a refreshing element to sandwiches, wraps, and tacos. Its ability to provide a satisfying crunch without overpowering other ingredients has made it a favorite choice for enhancing the texture and visual appeal of various dishes."

Iceberg Tips

Take your time when choos-

ing a head of Iceberg. We opt for a large, heavy head. Look for signs of damage from drops and bumps on the leafy part and the core end. Buy one with the least browning and no slime in the package.

You can remove the core with one quick tap when you need a whole head of Iceberg for a large salad or shredded for a tray of taco toppings. Hold the lettuce by the top in one hand and give the core a firm tap with the heel of your other hand. The core will free itself and come out in one piece. Penny has also tapped it on her cutting board.

If she's not using the whole head but shredding off some for our favorite Vietnamese noodle salad (Bun Thit Nuong), she'll select the best outer leaves she removed and trim off brown spots. She wraps those leaves over the cut end before she returns the head to a clean bag for storage. We find it protects the



Our love of tacos brought Iceberg Lettuce back into our kitchen.

cut end and keeps it fresher.

Nutrition

The medically reviewed Healthline website addressed the question of the nutritional value of Iceberg lettuce. "Despite its reputation for being a complete zero on the nutritional scale, iceberg lettuce provides significant amounts of vitamins A and K. It also has small amounts of many other healthy nutrients. Although it's low in fiber, it has a high water content, making it a refreshing choice during hot weather. It also provides calcium, potassium, vitamin C, and folate."

Crunch was a significant factor in putting Iceberg back on our shopping list. This lettuce is excellent for Ed's favorite "Salad Nonna" (the simple tossed salad his Italian grandmother and mother always made), toasted sandwiches, and wedge salads. Consider trying this long-time favorite on your next trip to a produce counter. It might win a place in your meal rotation.

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

Eagle Bank Scholarship

Attention

High School Seniors

Applications are now being accepted for the 2024-2025 Academic School Year

Primary Considerations

- + Field of Study: - Banking, Finance, Business, Accounting, or related field + Financial Need

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Eligibility Requirements

- + High School Seniors who have applied to an accredited 2- or 4-year college. + Applicants must have resided in one of the following communities for the past four consecutive years:

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All applications will be evaluated on an objective and non-discriminatory basis. Scholarship award amount will be subject to number of qualifying applications and Scholarship Committee discretion. All decisions are final.

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Join us while we raise awareness about youth homelessness and complete the online Youth Count survey for youth ages 18 - 24! Each person who fills out the survey will receive a \$20 stipend. The event will have a basketball game, free merch, free food, free raffles and free giveaways!

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