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THE LYNN JOURNAL

Friday, May 3, 2024



Seated are Lisa Palombi, Katie Hayward, and Francis Previna. Standing are Roy Sermeno, Tyler Marshall, Schuyler Hogan, Isabella Suarez, and Judge Ina Howard-Hogan.

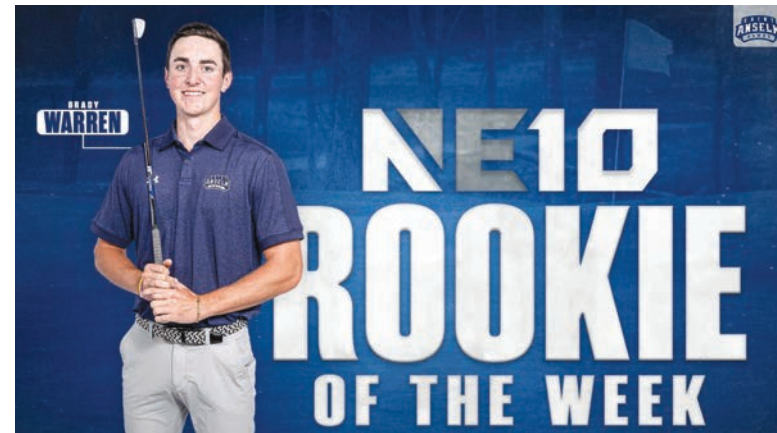
Saint Anselm's Brady Warren named NE-10 Rookie of the Week

By Cary Shuman

Saint Anselm freshman Brady Warren of Lynn has been named the Northeast-10 Conference's "Rookie of the Week" for his performance at the Hawks Spring Invitational April 18 at the Oaks Golf Links in New Hampshire.

Warren tied for sixth place on the individual leaderboard after carding an eight-over 150 for the Hawks. He fired an opening-round 77 and bounced back in the second round, shooting a two-over 73 which featured four

Please see WARREN Page 10



COURTESY PHOTO

Saint Anselm freshman Brady Warren.

Lynn Youth Street Outreach Advocacy holds Annual Gala

By Cary Shuman

Lynn Youth Street Outreach Advocacy, Inc., under the leadership of Antonio Gutierrez and Teresa DiGregorio held its Fourth Annual Gala April 4 at the Marriott Hotel in Peabody.

Highlighting the evening was the presentation of the Above and Beyond Awards to the Honorable James LaMothe and Lynn Classical junior varsity girls basketball coach and community leader Rob Smith.

A graduate of Colgate University and Boston College Law School Judge LaMothe served as a district court judge from 2006 until his retirement in July, 2023. For more than ten years, he presided over the Lynn Recovery Court, a program designed to help court-involved people re-



Antonio Gutierrez and Teresa DiGregorio present the Above and Beyond Award to Rob Smith at the LYSOA Fourth Annual Gala.

Please see LYNN GALA Page 3

The City of Lynn to name a Poet Laureate

By Nicole McClain

As a Lynn City Councilor, educator, and resident who understands that the arts strengthen community bonds, create meaningful community connections, and educate us about the world we live in. I am happy to announce that my advocacy to name a Poet Laureate for the City of Lynn is moving forward with the support of Mayor Nicholson's office.

This initiative was well received by Council President Walsh and Mayor Nicholson.

Lynn is a city full of creative minds. Our city is bursting at the seams with the work of musicians, dancers, artisans, and of course poets. Celebrating and giving a voice to our creative community is a priority of my platform and I believe Lynn's official poet laureate will inspire our residents with edifying words at city events. Our Poet Laureate will be an ambassador, creating spaces for self expression, promoting literacy, and the written word.

Please see POET Page 10

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

EDITORIAL

COLLEGE PROTESTERS SHOULD EMBRACE BEING ARRESTED

Acts of civil disobedience by definition imply that a person knowingly is breaking the law and is willing to accept the legal consequences.

When Rosa Parks took a seat at the front of that bus in Alabama and was arrested in 1955, she set off a legal battle -- which eventually resulted in the striking down of the segregationist law as unconstitutional -- that ignited the modern civil rights movement.

Photos of Parks being fingerprinted at the police station galvanized Americans everywhere (well, except in the Deep South) and made her an icon of the struggle for justice and equality.

Just a few years ago, the 1960s peace activist Jane Fonda, now in her 80s, was at it again, being arrested on the steps of the Capitol building weekly, this time to protest the lack of action by the government to tackle climate change.

Being arrested has been a badge of honor by protesters for whom being placed into handcuffs represents the ultimate act of defiance of those in power.

But the students today who are occupying college campuses in violation of university policies want to have it both ways: They want to defy the authorities, but feel that they are entitled to have carte blanche to do so without any consequences.

Admission to a prestigious school does not entitle a person to special treatment when it comes to laws that apply to everybody. Yes, the students have a right to protest. But school officials also have the obligation to keep their campuses open and safe for all students. When these protesting students break the law and the rules of their campuses, they should be willing -- with defiant joy -- to accept the consequences.

Unless these students are willing to have some skin in the game, so to speak, their moral outrage amounts to nothing more than a frivolous exercise.

OPPONENTS OF AID TO UKRAINE SHOULD WATCH FRANKLIN

Here's the plot-line: A world superpower, led by a ruler-for-life who does not tolerate dissent, invades a young sovereign nation, which at one time had been part of the superpower, with a large military force in order to restore the young nation to its sphere of influence. The young nation seeks the aid of another superpower in the world in order to fight off the invading force and to assert its claim to independence and freedom.

This very well could describe the situation today among Ukraine, Russia, and the United States, but that's also the scenario that unfolded 250 years ago when the United States proclaimed its independence from England and needed military assistance from France in order to fight back against the might of the British Empire.

The new Apple TV+ series, Franklin, chronicles the effort by Benjamin Franklin (who is played superbly by Michael Douglas) to enlist the aid of France in our fight against King George, who invaded America with a vastly-superior army and navy to squash our quest for freedom and democracy.

The Americans lacked everything -- uniforms, muskets, artillery, ships -- that they needed to fight off the British. Without Franklin's diplomacy that persuaded the French to provide America with the means to defend itself, we never could have won the Revolutionary War, which lasted a long eight years from the firing of the first shots at Concord in April, 1775, to the Treaty of Paris in September, 1783.

Prior to the French government formally declaring its alliance with the United States, French citizens who sympathized with the Americans, most notably the Marquis de Lafayette, defied their country's official policy and fought with the Americans, providing both moral support to our army and highlighting the justice of our cause to everyone around the world.

Those who oppose our aid to Ukraine (which Congress finally approved after a delay of six months) in order to help the Ukrainians repel the barbarous invasion by Vladimir Putin would do well to watch the Franklin mini-series on Apple TV+.

They would be reminded that the lesson of history is plain: Freedom isn't free and, to paraphrase Martin Luther King, tyranny anywhere is tyranny everywhere.

LYNN MAN INDICTED FOR THEFT FROM REVERE POST OFFICE

A former United States Postal Service employee from Lynn has been indicted by a federal grand jury of theft of mail and theft of government funds from post offices in Revere and Melrose.

Michael Murray, 36, of Lynn, was indicted on one count of theft of mail matter by an employee and one count of theft of government money. Murray was arrested last week.

Lynn and Revere men plead guilty to drug trafficking charges

Two North Shore men pleaded guilty in federal court in Boston this week to their roles in a North Shore-based drug trafficking organization that distributed tens of thousands of counterfeit prescription pills containing fentanyl and methamphetamine.

Nelson Mora, 31, of Lynn, and Christopher Nagle, 30, of Revere, pleaded guilty to one count each of conspiring to distribute and to possess with intent to distribute controlled substances. Christopher Nagle also pleaded guilty to possession with intent to distribute more than 500 grams of methamphetamine. U.S. District Court Chief Judge F. Dennis Saylor IV scheduled sentencing for Aug. 5 and Aug. 13, respectively.

According to court documents from the U.S. Attorney's office, Christopher Nagle and allegedly his brother Lawrence Michael Nagle were identified as leaders of a drug trafficking organization distributing various controlled substances throughout the North Shore. It is alleged that the Nagle organization distributed significant quantities of various controlled substances, including Adderall (both pharmaceutical-grade pills and counterfeit pills containing methamphetamine), methamphetamine, Xanax, Oxycodone (both pharmaceutical-grade and counterfeit pills containing fentanyl), cocaine and marijuana, among others.

Christopher Nagle's brother, Lawrence Michael Nagle,

NEWS BRIEFS

According to the indictment, from around September 2022 through July 2023, Murray worked as a USPS postal clerk at the Beach Street Post Office in Revere and the Melrose Post Office. From around April 2023 through July 2023, Murray allegedly used his official position to steal the contents of hundreds of pieces of mail entrusted to him, including gift cards, cash and checks totaling approximately \$3,422, according to the U.S. Attorney's office. It is further alleged that, during the same time period, Murray stole and fraudulently negotiated USPS money orders by generating them for postal customers for

his own use totaling approximately \$5,131.

The charge of theft of mail by employee provides a sentence of up to five years in prison, three of supervised release and a fine of up to \$250,000. The charge of theft of government funds valuing over \$1,000 provides for a sentence of up to 10 years in prison, three of supervised release and a fine of up to \$250,000. Sentences are imposed by a federal district court judge based upon the U.S. Sentencing Guidelines and statutes which govern the determination of a sentence in a criminal case.

allegedly distributed controlled substances to a small network of individuals who would then redistribute the drugs to other traffickers, including Mora, who also had access to a pill press machine which he used to create counterfeit pills.

A search of Christopher Nagle's apartment recovered more than 74,000 counterfeit Adderall pills containing methamphetamine, weighing more than 24 kilograms.

Mora and Nagle are the 10th and 11th defendants to plead guilty in this case.

The charge of conspiracy to possess with intent to distribute and to distribute con-

trolled substances provides for a sentence of up to 20 years in prison, at least three years of supervised release and fine of up to \$1 million. The charge of possession with intent to distribute more than 500 grams of methamphetamine provides for a sentence of at least 10 years and up to life in prison, at least five years and up to a lifetime of supervised release and a fine of up to \$10 million. Sentences are imposed by a federal district court judge based upon the U.S. Sentencing Guidelines and statutes which govern the determination of a sentence in a criminal case.

THE LYNN JOURNAL

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Gala / CONTINUED FROM PAGE 1

cover from their addictions.

A lifelong resident of Lynn and 1982 graduate of Lynn Classical, Rob Smith enlisted into the U.S. Army, serving his country for three years.

Smith continues his lifelong work with youth as a campus monitor in the Lynn Public Schools. He has distinguished himself as an assistant on head coach Tom Sawyer's staff in the Lynn Classical girls basketball program and as the former coach of the Lynn Classical Powder Puff team. He is also an original co-founder of the Stop The Violence Lynn program.

"My love for the city of Lynn and the youth is why I do this," said Smith.

LYOSA participants Jadhriel Perez and Tyler Marshall delivered emotional speeches praising LYOSA for the positive impact that the organization has had in their lives and hoping that their success stories will inspire other youths to follow their paths.

The mission of Lynn Youth Street Outreach Advocay is to empower the highest-risk youth in the community to reach a positive purpose in life. Judging by Perez and Marshall's powerful, uplifting speeches of respect and gratitude, LYOSA leaders Antonio Gutierrez and Teresa DiGregorio and mentors Ashley Braswell and Rebecca Herman are impacting the lives of youth in a big way every day.



Sheriff of Essex County Kevin Coppinger LYOSA Co-Founder and Program Director Antonio Gutierrez, and Lynn Police Chief Chris Reddy.



Seated are Dawn Gigante-Masterson, Sharyn Lubas, Mary Alice Doyle, Peter Baglioni, and Maureen Wilson-Leal. Standing are James Gubitose, Jessica Strasnick, Essex County District Attorney Paul Tucker, and Rep. Dan Cahill.



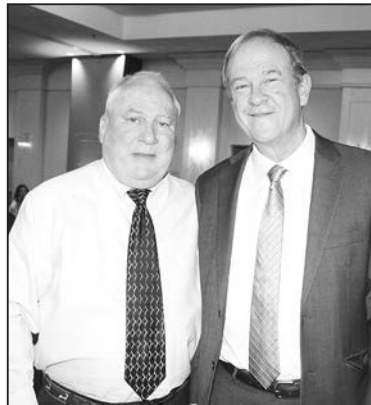
Lynn Youth Street Outreach Advocacy (LYOSA) held its Fourth Annual Gala April 4 honoring Coach Robert Smith and the Honorable Judge James LaMothe. Pictured at the gala at the Peabody Marriott Hotel are (front row, from left) Teresa DiGregorio (Co-Founder and Executive Director) Brian Anderson, Michael Contant, and Ashley Braswell (Outreach Advocate). Back row, from left, are Rebecca Hermann (Lead Outreach Advocate), Amy Sixt, Deidre Foley, Todd Siegel, Robert Reynolds, Rick Starbard, and Antonio Gutierrez (Co-Founder and Program Director).



President of the Greater Lynn Bar Association Mary Ann Calnan and Attorney Mario Capano.



Ward 3 Councilor Coco Alinsug, Rep. Dan Cahill, Maribel Matul, Ward 2 Councilor Obed Matul, and Ward 4 Councilor Natasha Megie-Mad-drey.



The Honorable Justice Albert Conlon (right) congratulates his former judicial colleague, the Honorable Justice James LaMothe on receiving the Above and Beyond Award in recognition of his outstanding work in the court system and presiding over Lynn Recovery Court.



Above and Beyond Award recipient the Honorable Justice James LaMothe, with his daughter, Sara Bailey (left) and son, Matt LaMothe(right). Also pictured (back row) are Judge Lamothe's sister, Jean LaMothe and his son, John LaMothe.



Mary McCarriston, Skylar McCarriston, and Peter McCarriston.



Antonio Gutierrez and Teresa DiGregorio present the Above and Beyond Award to the Honorable Justice James LaMothe at the LYOSA Fourth Annual Gala.

LYNN CLASSICAL HIGH SCHOOL GIRLS BASKETBALL TEAM HONORED

Lynn Classical girls' Basketball players were honored at the annual banquet. Family, coaches, and

friends celebrated the team's back to back Greater Boston League Championships. Three senior play-

ers recognized for their leadership and dedication to the program were Lauren Wilson, Linda Jallow, and

Kaleigh Bullock. Chatter among returning players seemed to focus for a three-peat next season.

LOCAL STUDENTS EARN ACADEMIC HONORS

LOCAL RESIDENTS NAMED TO SIMMONS UNIVERSITY DEAN'S LIST

The following local residents were named to the 2023 fall semester dean's list at Simmons University in Boston.

- Carla Bamaca Lopez
- Eimy Carela Urbaz
- Natalie Mclaughlin
- Nuvia Merida
- Kiersten Stewart

To qualify for dean's list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the letter grade system.

Located in the heart of Boston, Simmons is a respected private university offering nearly 50 majors and programs for undergraduate women and graduate programs open to all on campus, in blended formats, or entirely online in nursing and health sciences, liberal arts, business, communications, social work, public health, and library and information science. Founded in 1899, Simmons has established a model of higher education that other colleges and universities are only recently beginning to adapt: the combination of education for leadership in high-demand professional fields with the intellectual foundation of the liberal arts. The result is a Simmons graduate prepared not only to work, but to lead in professional, civic, and personal life - a vision of empowerment that Simmons calls preparation for life's work. Follow Simmons on Twitter at @SimmonsUniv, and on LinkedIn at <https://www.linkedin.com/school/simmons-university/>.

LOCAL MC STUDENTS ACHIEVE HONOR ROLL FOR SECOND AND THIRD QUARTER

Malden Catholic students have completed the coursework required for the second and third quarter of the 2023-2024 school year. The school has three categories for outstanding academic performance honors: President's List (90 - 100 in all classes), First Honors (85 to 89 in all classes), and Second Honors (80 to 84 in



PAT GECOYA PHOTO

Lynn Classical Girls Basketball Team: Varsity – Lauren Wilson, Kaleigh Bullock, Linda Jallow, Keisha Perez, Savannah Tang, Nevaeh Eth, Mea Papazoglou, Deleisha Perez, Jada Tejada, Eri'Chelle Lluveres, and Divine Egbuta; Junior Varsity – Molly Kheal, Ylianna Clark, Yarilenny Ruiz, Gianna Laft, Jayda Gonzalez, Jen Ramos, Savannah Heing, Juliany Perez, and Jayliana Wesley.

LYNN CLASSICAL ATHLETES SIGN LETTERS OF INTENT

Five Lynn Classical High School Athletes signed Letters of Intent. Each one will continue their athletic careers next year at the college level.

Four outstanding football players are quarterback Brian

Vaughan Jr will attend Western Connecticut State University; Wide Receiver John Nasky Jr. is going to Pace University; and Linebacker Kymani Phipps will play at Anna Maria College. Almani Gerardo will be at

Franklin Pierce playing baseball. Absent during the photo session was defensive end Robert "RJ" Faessler who will attend Southern Connecticut University.

Each student/athlete excelled academically and athletically.

This is a remarkable achievement for each player and for their families. Lynn Classical is a member of the Greater Boston League.



PAT GECOYA PHOTO

Family members, LCHS Athletic Director William Devin, Jr, and Football Coach Brian Vaughn with student/athletes – Almani Gerardo, Brian Vaughn Jr, John Nasky Jr, and Kymani Phipps.

HONG NET RUNS FOR STATE REPRESENTATIVE SEAT

PAT GECOYA PHOTOS

Campaign kickoff for Hong Net to be elected for State Representative was held at the Brickyard 50 Club. A large group of followers applauded and cheered when his daughter and campaign manager, Anna, introduced her dad. She said, "I watched my dad in action for many years while Councilor-at-Large. I know for sure he will bring that same commitment to the 11th District Essex County."

Hong Net has the qualifications. He noted, "I can bring a fresh perspective to the State House. I can represent Lynn and Nahant since I have the experience of being Councilor-at-Large for twelve years. Everyday I am involved with residents and community leaders identifying the issues that face our community. I am ready to work along with our local state house delegation to benefit the district."

As a city At-Large official, Hong had written the first Lynn Human Rights Commission program to ensure equal treatment for everyone. While he was employed at the Department of Revenue for 30 years, Hong assisted economic support for children and families. He also helped create the Lynn Public Arts Commission. Hong encouraged businesses to invest in Lynn; Taxicab monopolization



Hong Net's Family – Anna, Thavra, Hong, Father-in-law Vichet Vong, and William.

ended under Hong's leadership. Through his effort he helped craft a new development zoning ordinance for downtown and waterfront areas. Hong organized the first business forum providing loans to businesses. During his tenure as Ways and Means Chairperson, he distributed funds in a fair proper approach.

Issues in Lynn and Nahant are slightly different. However, Hong sees educational and public safety funding is essential for both communities. There is a need in both communities for affordable housing and veterans' needs. Other concerns are overhead airplane

noise, wild animal control, sea wall maintenance, illegal dumping into the ocean, and improved transportation. Hong will fight for the resources to help each community.

Hong has a vision, "I want to ensure opportunities of tomorrow benefit everyone in Lynn and Nahant." He will be a strong representative ensuring that everyone will have the chance to build a better future.

Vote on September 3rd for Hong Net as your next State Representative 11th District Essex County – quality, experience, and commitment.



Attending Kickoff campaign - Donald Castle, Hong Net, Local Brickyard Resident Robert Fiocoprile, and Ward 2 Councilor Obed Matul.



Patrick Smith, Hong Net, Richard Colucci, and Merritt Kenney.



Friends of Hong Net – Max Hanlon, Dr. Nick Sarantopoulos of Community Credit Union, Hong Net, Lynn Track Coach Tristan Smith, and School Committee Member Lenny Pena.



Hong Net with City Councilors – Ward 1 Dr. Peter Meaney, Ward 4 Nata-sha Megie-Maddrey, and Ward 3 Coco Alinsug.

VOTE HONG NET FOR STATE REPRESENTATIVE

A STRONG VOICE FOR THE 11TH ESSEX DISTRICT



votehong.net

WYOMA LITTLE LEAGUE OPENING DAY

PAT GECOYA PHOTOS

Wyoma Little League had Opening Day under a warm and sunny morning to begin the season. President Makenzie Shannahan was so happy to have a wonderful day for the Little Leaguers. She continued to say, "Managers, players, and volunteers do an excellent job on field maintenance. I appreciate the parents as well for being so helpful."

Local officials participated in the Open Day ceremony along with players, friends, and families. The season began in late April and ends in mid-June.



Wyoma Little League Board of Directors, President Makenzie Shannahan, and local Officials attending Opening Day Ceremony - At-Large Brian Field and Nicole McClain, Ward 1 Dr. Perer Meaney, Schools Eric Dugan, State Rep. Dan Cahill, and Jonathan Thibault from the mayor's office.



Major Rays and Red Sox players with coaches ready to play ball.

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WYOMA LITTLE LEAGUE OPENING DAY

PAT GEKOVA PHOTOS



Megan Shannahan sings the National Anthem as parents watch.



Minor League Red Sox players excited on Open Day.



Major League softball players are ready for the 2024 season.



Wyoma Little League Tee-Ball Red Sox players with their parents.

Students /

CONTINUED FROM PAGE 4

all classes).

Malden Catholic Honors – QUARTER TWO 2024

President's List (90 to 100 in all classes)

- Evelyn Luna
- Botao Mo

- Lena Rodriguez Aguila
- Henry Saldivar Salgado

First Honors (85 to 89 in all classes)

- Precious Kamara
- Helen Nguyen
- Lesly Soto
- Janeale Suello Smith
- Yolandy Vargas-Ventura

Second Honors (80 to 84 in all classes)

- Austin Argant
- Richard Avery
- Ariana Benedith
- Destiny Fotabong
- Yuyong Gu
- Sabrina Sildivar Salgado
- Jovanny Vargas-Ventura

Malden Catholic Honors – QUARTER THREE 2024

President's List (90 to 100 in all classes)

- Janeale Suello Smith

First Honors (85 to 89 in all classes)

- Destiny Fotabong
- Botao Mo
- Lena Rodriguez Aquila
- Henry Saldivar Salgado
- Lesly Soto

Second Honors (80 to 84 in all classes)

- Austin Argant
- Ariana Benedith
- Yuyong Gu
- Kerbens Lubin
- Helen Nguyen

Since 1932, Malden Catholic High School has shaped emerging leaders in our community, claiming a Nobel Laureate, a Senator, two ambassadors and countless community and business heads among its alumni. Annually, graduates attend some of the nation's most renowned universities including Harvard, Dartmouth, Georgetown, Brown, Cornell, Tufts, Duke, Georgia Tech, Boston College, Northeastern, Boston University and Amherst College. Foundational to student success is Malden Catholic's co-divisional model which offers the best of both worlds, single-gender academics during the day and integrated social and extracurricular opportunities after school. Malden Catholic is known in the community for its rigorous academics, SFX Scholars Program and award-winning STEM program (Science, Technology, Engineering and Math) with electives such as Robotics. <https://www.maldencatholic.org>.

GREATEST HITS CANNABIS CO. HOLDS OPEN HOUSE

As one enters Greatest Hits Cannabis Co. retail store, music is playing to set a cannabis appeal through environmental absorption. This new form of experience engages the client in an emotional journey to obtain what one would need to purchase.

CEO & Co-Founder Joe Viilatico explained that the Greatest Hits mission is to bring music and cannabis together. He continued to say, "We wanted to collaborate both, music and cannabis, so we can give an experiential experience to consumers in addition to purchasing. The client will learn and understand exactly what they need from our educated inhouse team."

Greatest Hits invited Greater Lynn Chamber of Commerce (GLCC) and City Councilors to attend an open house. Ward 3 Councilor Coco Alinsug said, "All of us want to know more about the business, observe the area, ask questions, and see client business transactions. Today was a learning experience to understand the cannabis industry, and we welcome Greatest Hits Cannabis Co. to Lynn."

"We are excited to offer Lynn our unique music infused shop-



Mayor Nicholson's Chief of Staff, John Thibault, presented City of Lynn Citations to CEO & Co-Founder Joe Viilatico and Chief Operating Officer Lucas Baier.

ping experience when cannabis and music intertwine seamlessly," according to Joe Viilatico. He continues to state, "We want to impact the community in a very positive way and develop very good relationships."

Greatest Hits Cannabis Co. is located at 100 Ford Street on the corner of Boston Street and Ford.



PAT GECOYA PHOTOS

Staff members and friends at Greatest Hits Cannabis Co. Official Ribbon Cutting Ceremony.



Greater Lynn Chamber of Commerce members attend Greatest Hits Open House – Dick Newhall, GLCC Interim Executive Director Ryan Newhall, CEO Joe Viilatico, COO Lucas Baier, and Susan Comfort



Greatest Hits staff greet Lynn Officials at Open House: Eddie Gaurdiola, Ward 4 Natasha Megie-Maddrey, Ward 3 Coco Alinsug, Councilor-at-large Nicole McClain, GLCC Donald Castle, COO Lucas Baier, Ollie Fichera, CEO & Co- Founder Joe Viilatico, and Alya Grosse.

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FRESH AND LOCAL

Asian noodles

By Penny & Ed Cherubino

Do you find yourself eating more noodle dishes both at home and away? We know we've expanded our noodle consumption over the past few years. As we explored more Asian cuisines and shopped more often in Chinatown, the selection of noodles in our pantry has grown.

Penny has studied Vietnamese and Thai cooking and learned that many of our favorite restaurant dishes are relatively easy to prepare at home once we purchase the appropriate noodles.

Asian Noodle Varieties

Our copy of "The Deluxe Food Lover's Companion" contains a separate entry for Asian noodles. It explains, "Though some Asian-style noodles are wheat-based, many others are made from ingredients such as rice flour, potato flour, buckwheat flour, cornstarch, and bean, yam, or soybean starch. Among the more popular are China's cellophane noodles (made from mung-bean starch), egg noodles (usually wheat-based), rice noodles, and Japan's Harusame (made with soybean, rice or potato flour), ramen (wheat-based egg noodles), and soba (which contain buckwheat flour)."

The noodle aisles offer a wealth of options for those with dietary restrictions. One of our favorite ramen noodles contains millet and brown rice. We have an excellent option for a quick meal in a stock of fully cooked Udon noodles that we use in cold dishes, heated in the microwave, or tossed straight from the package into stir-fries.

If you grew up with flash-fried ramen noodles, try the newer air-dried versions. These noodles have only three ingredients:

flour, water, and salt. The traditional versions are fried in canola, cottonseed, or palm oil and may contain 18% saturated fat. We enjoy the air-dried, bouncy texture and quick cooking and appreciate that they have zero saturated fat.

Preparing Asian Noodles

Ramen noodle soups transitioned from China to Japan around the turn of the 20th Century. Wikipedia notes that in 1958, Momofuku Ando of Nissin Foods invented instant noodles. For many of us, his "Cup of Noodles" was our introduction to preparing Asian noodles. Even that, we were doing wrong. It was not until 2023 that Nissin announced they had changed their packaging, and it was now safe to microwave the product.

With so many different Asian noodles, both fresh and dried, it took some study and expert advice for us to master preparing them. We turned to a few food vloggers we trusted to show us the way. We suggest you go to YouTube and search for Marion's Kitchen's "Preparing Asian Noodles," Pailin's Kitchen's "Never Cook Mushy, Broken Rice Noodles Again!," or Woks of Life's "How to Cook Lo Mein Noodles." All three videos are full of tips and demonstrations from experts who are also good teachers. You might also like America's Test Kitchen's "Asian Noodles 101: Ramen, Soba, Udon, Lo Mein, Rice Stick" for a basic overview.

Read the package instructions and see if they make sense, but remember that learning how these noodles are prepared in their countries of origin may be more helpful. Some are best soaked, others boiled, some need a cold rinse after cooking, and others should be tossed with oil



Here's our version of a quick supper created with stock from our freezer, leftovers, and a pile of delicious noodles for slurping.

while they wait for the next step.

The good news is that Asian noodles are inexpensive and add something good to your meal, whether overcooked or undercooked. Start with a favor-

ite noodle in a dish you know, and master the preparation that makes that noodle perfect for you. Then, choose another noodle and another until you have a range of noodle options to create

quick and healthy meals.

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

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Former St. Mary's ace Newhall leads Suffolk past Endicott, 4-2

By Cary Shuman

Lynn's Lily Newhall earned her ninth victory of the season for the Suffolk University softball team in a 4-2 decision over Endicott College Saturday on the Gulls' home field in Beverly.

With her parents, Jason Newhall and Lysa Newhall, in the stands, Lily allowed six hits, struck out four, and walked two in a strong, complete-game performance. Endicott threatened to overtake the Rams in the bottom of the seventh with runners on second and third and two outs, but Newhall emphatically struck out the final batter to secure the



PHOTOS COURTESY OF SUFFOLK UNIVERSITY
Lily Newhall.

victory.

Interestingly, Newhall faced off against former St. Mary's

player Christina Nowicki, who was celebrating Senior Day with the Gulls. While Newhall kept Nowicki (0-for-2, walk) out of the base-hit column in Game 1 of the doubleheader, Nowicki (.313 batting average) had two triples and a double in the nightcap against other Suffolk pitchers to power the Gulls to a 9-1 victory.

A sophomore transfer from Saint Anselm College, Newhall improved her record to 9-5. She has a 2.99 earned run for the Rams (17-21).

Newhall had a phenomenal career for the St. Mary's Spartans. She was a two-time All-Scholastic pitcher, posting a 57-9 record with 591 career strikeouts.

Poet / CONTINUED FROM PAGE 1

During the council meeting on the 9th of April, there was discussion around what a Poet Laureate is. To give the community some clarity, the poet serving in this role is an ambassador of the art form, literature, literacy, and storytelling. Not one councilor was in opposition. Naming a Poet Laureate for the City of Lynn passed unanimously. A committee will be formed to decide the length of term that will be served, duties, qualifications, and future plans for this position. I am very proud of this initiative. It is still National Poetry Month and what a way to celebrate!

The Council Order follows: ORDERED that pursuant to Massachusetts General Laws Chapter 44, Section 53A, the City of Lynn hereby accepts a monetary gift in the amount of five hundred (\$500.00) dollars from, John Andrews owner of Creative Collective, LLC for the purposes of paying a stipend to the newly created position as official Poet Laureate of the City of Lynn.

Further ordered that the Comp-

troller's Office is hereby authorized to establish a revolving fund in order to effectuate the purpose of said gift. The gift is sufficient to pay a stipend for year one only.

There are no promises of future stipends absent an appropriation.

Further Ordered that His Honor the Mayor is hereby authorized to execute all documents necessary to effectuate the purpose of this gift and to bind the City of Lynn to said purpose.

Further Ordered that there shall be a Selection Committee established to make recommendations for the Mayor for appointment of the City of Lynn's Poet Laureate.

The committee will consist of the City's Arts and Cultural Planner, a member of the Lynn City Council, a representative of the Lynn Public Library, a representative of the Lynn Cultural Council and a representative of the Lynn Public Art's Commission.

A huge thank you to John Andrews, owner of Creative Collective MA.

Warren / CONTINUED FROM PAGE 1

birdies. His two-day 150 and birdie-birdie finish helped Saint An-

selm earn a third-place finish in the eight-team field. This marks the first-ever NE-10 weekly award for the former Lynn Classical star as well as the first accolade for the men's golf team this season.

Warren's impressive performances during the team's Florida swing helped earn him a promotion to Saint Anselm's top five. He broke par for the first time in a tournament and finished tied for eighth.

This summer Warren will be competing in the Mass Open Mass-Am, and Public Links qualifiers, the Amateur Invitational, and the Wampanoag Classic. He will also be continuing in his job as a caddy at the Kernwood Country Club.

Brady is the son of Lynn Classical High School assistant principal Chris Warren and art teacher Leah Warren.

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Essex Probate And Family Court
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DIVORCE SUMMONS BY PUBLICATION

AND MAILING Docket No. ES23D1486DR
Juan F. Alfaro Plaintiff vs. Maria S. Perez de Alfaro Defendant
To the Defendant:

The Plaintiff has filed a Complaint for Divorce

requesting that the Court grant a divorce for Irretrievable Breakdown. The Complaint is on file at the Court. An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. SEE Supplemental Probate

Court Rule 411. You are hereby summoned and required to serve upon: Juan F. Alfaro 70 Library Street, Apt. 14 Chelsea, MA 02150 your answer, if any, on or before 06/10/2024. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer,

if any, in the office of the Register of this Court. WITNESS, Hon. Frances M. Giordano, First Justice of this Court.
Date: April 18, 2024
Pamela Casey O'Brien
Register of Probate

05/3/24

MARSHALL MIDDLE SCHOOL IMPLEMENTS SECLICKFIX



Marshall Students Recognized for Innovation- Lynn City Council, Mayor, and School Committee Eric Dugan with Marshall School – (front): Deputy Superintendent Molly Cohen, Francisco Quinilla, Layla Lao, Edwin Ventura, Dataree Brown, Shel Qutubzad, with Principal Stephanie Doucette and teacher Luke Maus.

A new Mobile App has been created for Lynn residents to contact local government officials whenever excessive debris is left on streets. This is a new innovative program developed by Marshall Middle School eighth grade students with teacher Luke Maus.

According to Ward 3 Councilor Coco Alinsug who said, “The SeeClickFix App shows whenever something is dumped on a

street; one uses this App to begin the process of removal.” He continued to laud the students on their brilliant ability and said, “I want to share this technology to other officials in the City of Lynn.”

In the spring of 2022 Marshall students identified non-emergency issues, such as street littering and trash dumping as major problems in Lynn noted Luke Maus. This App informs city of-

officials how to address this need with a quick response.

The SeeClickFix can be downloaded from a Mobile App on a smartphone. If citizens notice a non-emergency issue, a picture can be uploaded with location and sent to local officials requesting removal. This innovative App connects Lynn residents with city officials. This is an excellent program to “Keep Lynn Clean.”



Mayor Jared Nicholson congratulates Marshall Middle School teacher, Luke Maus, for developing the SeeClickFix app for Lynn residents.

LYNN PUBLIC LIBRARY PROGRAMS

May 2024

ADULT PROGRAMS

Book Clubs

A Novel Bunch: Book Discussion Group
Wed. 5/8 6:30pm

“Movie Night” Book Club
Monday 5/13 6:30pm
“No Country for Old Men”

Adult Book Club
Wed. 5/29 6:30pm
“Vinegar Girl”

Stroke Awareness Presentation

Tuesday 5/28 6pm
Join us to learn the warning signs of a stroke and how to help prevent one from occurring by knowing the risk factors. A panel of experts will take you through the journey of a stroke and its recovery. To register, call 781-595-0567 or email the library at lynnopenet.org.

Adult Crafts

Adult Color/ Paint Time:
Fri 5/3 & 5/17 2:30pm
Adult Crafternoon
Sat 5/4 2:30pm
No registration required

Database Tutorials

Thursday 5/2 11am: Ancestry Databases
Thursday 5/9 11am: Mango Languages
Thursday 5/16 11am: Gale Resources
Call 781-595-0567 ext 102 to register

MassHire Career Center on the GO!

Wednesday 5/29 10am-2pm
Get assistance with resumes, job searches, resource referrals and more! No registration required.

TEEN PROGRAMS

For grades 6-12

Teen Tech Space

Thursday 5/2, 5/9, 5/16, 5/23 & 5/30 3-5pm

Our teen tech space features computers, xbox, iPads, and more for teens grade 6-12 to enjoy. No registration required.

Mini Canvas Art

Monday 5/6 3:30pm

Fandom Book Club

Tuesday 5/14 3:30pm

Our May pick is Dune: Academy. No Humans Allowed by Madeline Roux. We will be talking about the book and making a related craft! Snacks will be provided. The book is available at the main desk.

Video Game Club

Tuesday 5/7 & 5/21 3-5pm

Craft Hour

Wednesday 5/15 2:30pm

Bookmark Coloring

Wednesday 5/29 3pm

CHILDREN'S PROGRAMS

Birth-Grade 5

Messy Mornings Story Time and Craft

Wednesday 5/1, 5/8, 5/15, & 5/22 10am

Lego/MEGABLOKS Night

Tuesday 5/7 6pm

Pajama Story Time

Thursday 5/16 6pm
Call 781-595-0567 ext 110 to register

Children's Craft Time

Thursday 5/9 3pm: Water Bottle Suncatcher
Thursday 5/23 3pm: Painted Rocks
Call 781-595-0567 ext 110 to register

Family Game Night

Tuesday 5/21 6pm
Call 781-595-0567 ext 110 to register

The Lynn Public Library will be closed on Saturday 5/25 and Monday 5/27

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ST. MARY'S HIGH SCHOOL BOYS VARSITY BASKETBALL TEAM AWARDS BANQUET

PAT GECOYA PHOTOS

The St. Mary's High School boys varsity basketball team captured two championship titles during the 2023-2024 season. The team won the Catholic Central League and the City of Lynn Championships. Friends, coaches, and families celebrated the team's championship run with a banquet and award's presentation.



St. Mary's Boys Varsity Team received 2023-2024 Catholic Conference League and City Champions Spartan pullovers.



St. Mary's Boys Basketball Award Recipients – (Front): Student-Athlete Kyle Rush, Coaches Award Tyler Guy, Offensive Player Jake Fortier, Rookie Award Rowan Merryman, Coaches Award Marlon Estrella, Senior Award Brooklyn Barros, Senior Award Scotty Amin, Spartan Award Josiah Quintana; (Back): Defensive Award Donel Mutumbu, MVP Award JJ Martinez, and Sixth Man Award Devel Pamplin.

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