



BRINGING PEOPLE & PROPERTIES TOGETHER

Lou Markakis
781-558-8518

Rosa DeCastro
781-589-8527

Bernardo Sepulveda
857-523-9785

COMMERCIAL - RESIDENTIAL - SALES - LEASING

BOOK YOUR POST IT
Call Your Advertising Rep
(781) 485-0588

THE LYNN JOURNAL

Friday, November 22, 2024

Michael Terry, Robert Supinski take their oaths as new officers

By Cary Shuman

City Clerk Janet Rowe administered oaths to Lynn Police Officers Robert Supinski and Michael Terry during a brief and joyous ceremony at Lynn City Hall.

Both officers completed six months of training at the MPTC Randolph Police Academy.

Supinski is originally from Springfield (Mass.) and attended Chicopee High School where he was a 6-foot-8-inch basketball star. He served in the U.S. Marine Corps.

"I'm very excited and very eager to start working here in the city," said Supinski. "Being from Springfield, that was an attraction to Lynn because Lynn seems like a smaller Springfield with a beach."

Terry is a 2008 graduate of Winthrop High School where he was a 6-foot-4-inch starting offensive tackle for the Vikings' 2006 Super Bowl championship team. He previously worked at the Suffolk County Sheriff's office. Terry was the recipient of the

Please see OFFICERS Page 7



Lynn City Clerk Janet Rowe administers the oaths of office to Lynn Police Officers Michael Terry and Robert Supinski during the ceremony Nov. 18 at City Hall. Also pictured at the ceremony are Police Chief Christopher Reddy (left) and Mayor Jared Nicholson (right).



Revere Mayor Patrick and city officials join business owner Daybelis Paulino in cutting the ribbon at the grand opening of Tulum Taqueria, located at 425 Revere Beach Boulevard.

Lynn Classical graduate Paulino opens new restaurant in Revere

Special to the Journal

Daybelis Paulino, a 2011 graduate of Lynn Classical High School, has opened a new Mexican restaurant, Tulum Taqueria, at 425 Revere Beach Boulevard.

It is Paulino's second business venture. She is the owner of D&A Esthetics Medical Spa in Lynn.

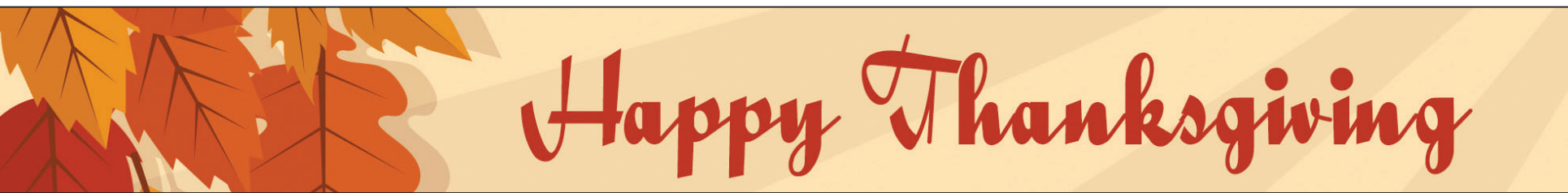
"We're an authentic Mexican, cafeteria-style restaurant," said Paulino at the ribbon-cutting ceremony Nov. 18. "Customers order what they want, they put in the ingredients in their food, and you should be able to be in and out within 4-5 minutes. Everything's fresh and homemade and we cook everything in small batches to guarantee freshness."

Paulino, 31, said that "Taco Tuesdays," at \$2.50 for one taco, have been an instant hit.

Paulino is joined by her husband, Manny Severino, in the operation of the restaurant. Daybelis is the daughter of Rosalba Paulino and Alberto Paulino, who is one of the head chefs at the restaurant. She has a sister, Carla Paulino. The family is originally from the Dominican Republic.

Paulino has fond memories of her educational and athletic career at Lynn Classical. She was a runner in the 50-meter dash and the 400-meter relay for the Rams' track team.

"And Mr. [Gene] Constantino was a great principal at the school," said Daybelis.



EDITORIAL

IS THE HOUSING PROBLEM SOLVABLE?

It is estimated that the U.S. presently is short of anywhere from four million to seven million housing units, including both rentals and single-family homes.

This is an astounding number that is growing larger every year. Housing production is lagging the demand that is being created by the family formation of the Gen Y (also known as Millennials) and Gen Z generations who are aging into adulthood.

The severe imbalance created by the increase in demand and the lack of supply -- which has been the trend in the U.S. for the past 15 years dating back to the financial crisis -- in turn has led to home and rental costs that far exceed a level of affordability for the majority of Americans.

We recently went on one of those real estate websites to look at our former family home in Chelsea which our parents purchased in 1965 for about \$20,000. The house, which is located in the Prattville section of the city, is a modest four-bedroom, 1700 sq. ft. home that last sold in 2011 for \$305,000. Today, that home has an estimated value of \$850,000.

To put those numbers in perspective, inflation from 1965-2024 increased 10-fold (\$1.00 in 1965 is worth \$10.00 today), but that home's value has increased by an astounding 42-fold. And from 2011 to today, inflation has increased by 40% -- but the value of that home has gone up by almost 300%.

Our parents' mortgage in 1965 came at a four percent interest rate and required a downpayment of \$4000. Their monthly mortgage payment (without taxes) was about \$100 per month. Today, a young couple would need a downpayment of \$170,000 in order to buy that home and their monthly mortgage payment would be about \$4000.

Our housing crisis today often is portrayed as an affordability crisis for those in the lower-income brackets. But as the numbers above demonstrate, purchasing a home today is affordable only for upper-income couples who also have families who are able to assist them with the large down payment that is necessary to obtain a conventional mortgage.

Young people also face the same lack of affordability for rental housing. Almost nobody graduating from college today, even if they have a well-paying job, can afford an apartment on their own in Greater Boston or any major city. Doubling and tripling-up is the norm for young people unless they have financial support from their families.

The last time that the U.S. faced a crisis of this magnitude came in the years immediately after WWII. Housing production during the war years had stopped and the millions of returning GIs who were forming families were in need of housing. The principal solution at that time was the construction of multi-unit housing developments -- known colloquially as "the projects" -- in almost every community in the country.

Private developers (assisted by low-rate mortgages backed by the Veterans Administration and Federal Housing Administration) also filled the need with large-scale, cookie-cutter developments in the suburbs, the most notable example being the "Levittowns."

However, today the high costs of land acquisition, materials, and infrastructure improvements (including the need to comply with modern environmental regulations) make it all but impossible for home-builders to construct "affordable" housing, whether single-family homes or multi-unit rentals.

Affordable housing advocates often cite restrictive zoning ordinances in many suburbs as a bar to the construction of affordable housing, but even if someone could take a magic wand and eliminate zoning restrictions, new home construction would barely budge. Massachusetts has had a law (c. 40B) for many years which allows developers to bypass local zoning regulations if a community's housing stock is deemed less than 10% "affordable." But that law has barely made a dent in the supply of housing. Similarly, the MBTA Communities law that has garnered so much attention in the past year figures to have a minimal impact on the housing crisis.

If it's any consolation, the housing shortage is not unique to the U.S. It's a worldwide phenomenon, from Europe to Australia, with much of the developed world facing a dire housing shortage.

Shelter is a basic human need. For millions of Americans, especially young people, the reality today is that both the public and private sectors are failing to address the ever-growing problem of our housing crisis -- and the inevitable result inevitably will have profound consequences for the future of the country.

GUEST OP-ED

Logan Airport and Hanscom Field: A Tale of Two Environmental Reports

By Corinne Doud & Valinda Chan

During October, the Secretary of Energy and Environmental Affairs for the state of Massachusetts, Rebecca Tepper, approved two very important Massport assessment reports for New England's top two busiest airports: Boston Logan International Airport and Hanscom Field general aviation airport (not Hanscom Air Force Base). Environmental Status and Planning Reports (ESPRs) are prepared by Massport every five years and provide annual updates and long-range analysis of projected operations, passengers, and cumulative impacts of overall airport activity. Logan International Airport and Hanscom Field were both due for ESPR reports in 2022, but the multi-year process means that reports don't receive approval or denial until years after their submission, rendering them more retroactive than planning reports. Both Logan and Hanscom are currently facing community pushback for expansion efforts.

In autumn of 2023, Logan Airport

quietly opened the expansion of its international terminal, a move criticized by Logan-Area residents as a misuse of resources during a major air pollution crisis in the area. At a rally on the airport's 100th anniversary, Chris Marchi, the long-time Vice President of the nonprofit Airport Impact Relief, Inc (AIR Inc) addressed the crowd saying, "We should not congratulate this airport while it poisons environmental justice communities. We should be avowing to change. Massachusetts needs to stop excusing environmental destruction for pet projects. When will this state's leaders finally disown claims that we need to accept environmental sacrifices for the survival of our economy?"

Air pollution, including pollution caused by aircraft emissions, is scientifically linked to major health problems in communities where exposure is high. A Logan Airport Health study found that children in East Boston are four times more likely to exhibit signs of asthma

Please see LOGAN Page 3

THE LYNN JOURNAL

PRESIDENT: Stephen Quigley **EDITOR IN CHIEF:** Cary Shuman

cary@lynnjournal.com

PHONE 781-485-0588

EMAIL: EDITOR@LYNNJOURNAL.COM

WEB SITE: WWW.LYNNJOURNAL.COM

DIRECTORY

Advertising & Marketing

Director of Marketing

Debra DiGregorio

(deb@reverejournal.com)

Asst. Marketing Director

Maureen DiBella

Legal Advertising

Ellen Bertino

Business Accounts Exec.

Judy Russi

Page Design, Copy Editing

Scott Yates

Reporting Staff

Cary Shuman

Printer

Gannett

Lynn area firefighters invited to free skin cancer screenings

Volunteer dermatologists are scheduled to screen Lynn area firefighters for skin cancer this month, and State Fire Marshal Jon M. Davine is inviting active and retired firefighters in these regions to take advantage of the opportunity at no cost to them or their departments.

“Cancer is the leading cause of death in the fire service,” said State Fire Marshal Davine. “Melanoma and other skin cancers are the second-leading type of cancer among male and female firefighters. Awareness,

prevention, and early detection screenings like these are crucial to successful outcomes for firefighters and their families. Whether you’re a career firefighter, on a call/volunteer department, or retired – please, come out and get screened at one of these free sessions.”

On Dec. 2, 2024, staff from the Massachusetts Firefighting Academy and Dr. Christine Kannler will set up shop at St. Mary’s High School in Lynn from 4:30 to 7:30 pm. Dr. Kannler lost her firefighter brother, Peter, to occupational cancer

when he was just 37 years old.

“On behalf of the Lynn Fire Department, I want to urge all our brother and sister firefighters in the area to come out and get screened,” said Lynn Fire Chief Daniel Sullivan. “We’re especially encouraging retirees to attend. Do it for yourself, do it for your family, but just do it – the worst cancer diagnosis is a late one.”

The World Health Organization’s International Agency for Research on Cancer has designated firefighting as a Group 1 occupation, meaning that

it is carcinogenic to humans. The International Association of Fire Fighters reported that 72% of member deaths in 2023 were due to occupational cancer. Firefighters are more likely to develop cancer than the public they protect, more likely to develop it earlier in life, and more likely to die as a result.

To address this serious occupational hazard, the Department of Fire Services works with volunteers and contracted vendors to provide cancer screenings for Massachusetts

firefighters. In addition to the skin cancer screenings, firefighters may also be eligible for free chest CT scans, PSA blood tests, mammograms, and ultrasounds. More information is available on the DFS web site.

“These screenings are in place to protect firefighters from a serious occupational hazard,” said State Fire Marshal Davine. “Don’t take a chance with cancer. Take advantage of our program today.”

Logan / CONTINUED FROM PAGE 2

compared with children in other areas. In addition, the study found that adults who have chronic obstructive pulmonary disease (COPD) are more likely to have lived in areas of high exposure to pollutants for long periods of time, such as near Logan Airport. The East Boston neighborhood next to Logan is a “hotspot” for many different types of cancer, suggesting environmental causes for these illnesses.

On top of exposure to harmful pollutants, East Boston has the lowest tree canopy coverage in the city, largely because of the infrastructure built for Logan Airport. This contributes to the urban heat island effect, or hotter temperatures. East Boston near Logan experiences the urban heat island effect worse than most other neighborhoods in the region on average. Because of the increase in temperature and worsening of heatwaves caused by urban heat islands, they often lead to an increase in heat stroke, heat exhaustion, and even heart attacks in affected communities according to MIT. As a result of all of this, community members in East Boston are far more likely to fall ill as a result of living near Logan Airport.

Meanwhile, Hanscom Field is facing a proposed expansion of private jet infrastructure to benefit the ultra-wealthy. The proposed Hanscom Field expansion would allegedly clear-cut about 20 acres of mature woods. According to an independent analysis by

Industrial Economics Inc, it would add approximately 6,000 additional private jet flights annually, and about 150,000 tons of carbon emissions each year – essentially to benefit a privileged few. If the expansion proceeds, private jet emissions from Hanscom alone would cancel nearly 70% of all solar PV ever installed in Massachusetts. Advocates from Boston to the Berkshires and beyond decry this expansion for fueling the climate crisis.

Stop Private Jet Expansion at Hanscom or Anywhere, a coalition of over 95 organizations, is widely known for their work to halt the proposed expansion of Hanscom Field. Last fall they submitted a petition to Governor Healey urging her to halt the massive fossil fuel development, delivering over 10,000 signatures (now 14,000).

Recently, the coalition helped generate over 1,500 public comments to MEPA (Office of MA Environmental Policy Act) on the Hanscom developers’ Draft Environmental Impact Report (DEIR) from individuals and organizations, as well as government officials. These comments were overwhelmingly in opposition to the proposed expansion, many of them arguing that the proposed development was antithetical to state and federal climate goals for 2050. In June, EEA Secretary Rebecca Tepper rejected the Hanscom developers’ DEIR and instructed them to

file a supplementary report that more fully and accurately reported the expected environmental and climate costs of their project.

Secretary Tepper approved the Hanscom and Logan ESPRs, respectively on October 11 and October 18, stating that each report adequately complied with the Massachusetts Environmental Policy Act. However, she included strong caveats with each approval.

Pointing to rising passenger levels and pollution at Logan Airport, the Secretary issued a strong directive to Massport to improve its environmental performance there. The Secretary also ordered Massport to plan additional pollution reduction strategies to address the growth of environmental impacts if passenger or flights outpace forecasts. This idea answers community requests for Massport to stop using inaccurate planning forecasts. She also asked Massport to address the health, air quality, and community impacts of Logan’s operations, and required that the Port Authority create a working group with the community to identify ways to reduce Logan’s public health impacts, develop air quality monitoring and pollution reduction programs, form partnerships to distribute air filters, create an idling reduction plan, and simplify and improve the pollution reporting process.

Logan Community Clean Air Coalition members are cautiously optimistic about

this certificate. Chris Marchi said, “We are eager to work with the Secretary’s staff to help Massport implement the full slate of the Secretary’s requirements.”

Approved just a week before the Logan report, the Hanscom Field report came with a requirement: a supplemental ESPR, to be filed before the 2027 ESPR report is due. According to the Secretary’s certificate, this supplemental ESPR must include, “updated forecasts of aviation activity and associated air quality and noise impacts which take into account the proposed design of North Airfield Development project (EEA# 16654), which is currently under MEPA review. The Supplemental ESPR should also provide additional data on the energy use of terminals, hangars, and other buildings at Hanscom Field. As noted below, future ESPRs should also expand on environmental justice and public health outreach and analysis, and consider Massport’s obligation under MEPA to avoid or minimize, and, where appropriate, to mitigate, environmental impacts, and, under recently promulgated rules and regulations, to consider environmental justice principles through MEPA reviews.”

What does this mean? It means that both the prospective Hanscom developers and Massport itself are now required by the EEA Secretary to provide substantial additional information, in the instance of

the Hanscom developers, they will need to produce a Supplemental DEIR report for their proposed expansion. Separately Massport must submit both a Supplemental ESPR report for Hanscom and do extensive supplemental work for the Logan ESPR. These directives are considered interim wins by climate and public health activists who are working to rein in and mitigate the harms of Massport’s Logan and Hanscom expansions.

Public efforts to hold Massport accountable to the myriad environmental and health costs, and climate impacts, of its operations is a classic David and Goliath tale, where the public stands against forces that threaten their future. As climate and clean-air activists across the state await the passage of a comprehensive Climate Bill at the State House, MEPA’s response to Massport’s ESPR reports provides another slingshot to carry into the ring.

Valinda Chan is Team Co-Coordinator and Corinne Doud is Leader of the Bedford Chapter Campaign to Stop Private Jet Expansion at Hanscom or Anywhere.

Corinne Doud of Mothers Out Front Bedford and Valinda Chan of Mothers Out Front East Boston. Mothers Out Front is a national organization of mothers and others working toward a livable climate and an equitable future for all children.

MBTA announces return of subway line managers

The Massachusetts Bay Transportation Authority (MBTA) announced the return of Subway Line Managers as part of a comprehensive effort to maintain the visual appearance and upkeep of subway stations systemwide. With a renewed focus on providing the best in-station experience for the public, the MBTA's Subway Line Managers provide hands-on management of station conditions, ensuring that facilities are clean, safe, and welcoming for all riders.

"Stations are the gateway to our system and they are integral to the communities that we serve. With the hiring of these new Subway Line Managers, we're taking significant steps in demonstrating our commitment toward transforming the rider experience," said MBTA General Manager and CEO Phillip Eng. "In just over a year, we've maximized our efforts while performing track work, making our stations cleaner, safer, and more welcoming. I hope riders see and feel that improvements are happening, and our team members, under Dennis Varley's leadership, want every rider to take pride in their public transit system right here in Massachusetts.

So, I welcome Amanda Bright, Mike Brunache, Alexander Soto, and Jaleesa Turner for being on the team and taking on this challenge."

Elevating Station Management Under the Chief of Stations Brought back at the direction of General Manager Eng and MBTA Chief of Stations Dennis Varley, the Subway Line Manager position furthers the MBTA's efforts to build a dynamic stations and facilities team that can proactively tackle in-station challenges. The Subway Line Managers report to the MBTA's Deputy Chief of Stations within the Transit Facilities Management team led by Varley. These new managers – Amanda Bright on the Red Line, Mike Brunache on the Orange Line, Alexander Soto on the Blue Line, and Jaleesa Turner on the Green Line – will ensure that the MBTA's transit stations are maintained to meet the needs of the community. They will report directly to Varley's team, providing continuous feedback and facilitating improvements based on real-time assessments of station conditions.

Subway Line Managers Key Responsibilities

Focused on the rider experience, Subway Line Managers will be responsible for the following on each of their respective subway lines:

- **Oversee station appearance:** Ensure safety and visual appeal and conduct regular inspections.
- **Report and address issues:** Identify and report station conditions, make necessary adjustments as needed in order to improve rider experience, and coordinate maintenance, repairs, and cleaning with relevant departments as needed
- **Escalate concerns:** Facilitate repairs and promptly escalate any safety-related issues.

"I'm looking forward to all of the great work we'll accomplish together," said Chief of Stations Varley. "Stations are supposed to be inviting and efficient spaces for our riding public and we look forward to working together to ensure they meet the public's expectations."

More about the Subway Line Managers

Red Line Subway Manager Amanda Bright:

A veteran MBTA employee of 17 years, Amanda Bright joined the MBTA in 2007, holding various roles on the Revenue,

Vendor Management, and Automated Fare Collection teams. Bright holds extensive experience in coordinating closely with the MBTA's Maintenance Control Center, serving as a leading inter-departmental liaison, and successfully implementing projects and assignments. She holds a Bachelor of Arts in Business Management from Southern New Hampshire University.

Orange Line Subway Manager Mike Brunache:

With strong leadership, program management, and rider communication experience, Mike Brunache joins the MBTA from Keolis Commuter Services (Keolis) where he served as a Commuter Rail Conductor for the last decade, assisting passengers, providing riders with information, and answering questions from the public. He holds a Bachelor of Science in Business Management from Newbury College.

Blue Line Subway Manager Alexander Soto:

Alexander Soto comes to the MBTA with 15 years of facilities leadership and satisfaction experience in the academic and healthcare sectors, most recently working as an Assistant Director

of Building Services and Event Support at Babson College since 2020 where he ensured the service of all on-campus buildings and facilities. He holds a Bachelor of Arts in Communications from Southern New Hampshire University.

Green Line Subway Manager Jaleesa Turner:

With over a decade in customer service roles, Jaleesa Turner also comes to the MBTA most recently from Keolis where she first served as an Assistant Conductor in 2018 before becoming a Manager of Terminal Operations in 2020, working collaboratively with internal employees and departments to ensure effective rail operations. She holds a Master of Business Administration from Southern New Hampshire University and a Bachelor of Science in Communications from Salem State University.

For more information, visit mbta.com or connect with the T on X @MBTA, Facebook / TheMBTA, Instagram @theMBTA, Threads @thembta, or TikTok @thembta.

DCR's Universal Access Program announces winter 2024-2025 program schedule

DCR's Universal Access Program is dedicated to providing outdoor recreation opportunities in Massachusetts state parks for visitors of all abilities. Accessibility is achieved through site improvements, specialized adaptive recreation equipment, and accessible recreation programs.

The Universal Access Program (UAP) offers adaptive, accessible programming seasonally at state parks, pools, and rinks. We partner throughout the year with All Out Adventures, Easterseals Massachusetts, Holyoke Rows, and Waypoint Adventure to provide programs statewide.

Our structured programs feature adaptive equipment, professional staff, and instruction and support. Friends, family members, and companions are encouraged to take part in our programs alongside participants with disabilities.

Our Spring Program season

runs from April through May, our Summer Program season runs from June through August, our Fall Program season runs from September through October, and our Winter Program season runs from November through March.

Check out mass.gov/dcr/access to keep up to date with our activities! If you would like to get on our mailing list to be notified of upcoming events and activities, please contact us.

Release Forms & Pre-Registration

A current release form is required for all our programs, and you must pre-register with the organization running the program. To pre-register, cancel, or check-in about inclement weather, please contact the providing organization listed for each program.

Essential Eligibility Criteria & Program Attendance Guidelines

You must also meet the essen-

tial eligibility criteria and follow our program attendance guidelines (PAG) for the activity. Essential eligibility criteria (EEC) help you understand the skills you need to participate in our programs. For risk management considerations, everyone who attends our programs must complete a release form and meet these EEC, including caregivers and group staff. You can meet the EEC independently, or with the help of a caregiver (family member, friend, or PCA). Visit us at mass.gov/uap/eec to learn more.

If you have concerns about your ability to meet the EEC or PAG, please speak with the organization leading the activity. If you have general questions or concerns, please contact us by email DCR.UniversalAccess@mass.gov or phone at (413) 461-7126.

Porrazzo Memorial Rink – Adaptive Ice Skating 199 Coleridge St, East Boston

Join the Universal Access Program and Spaulding Adaptive Sports Centers for accessible skating, socializing, and fun in East Boston.

Use your wheelchair, an ice sled, a skate walker, ice grippers, or conventional skates on the ice. Spin, slide and play gently competitive games! There will be pucks and colorful balls to shoot around, obstacle courses, races, and a tower of blocks to crash down!

The rink is cold, so please dress warmly and bring your winter coat, gloves or mittens, and a hat!

This event is for people with disabilities, their families, support staff, and friends. All are encouraged to join on the ice to help support! Yaktrax (ice grip-

pers) are available in the lobby for those that can't skate.

Space is limited and pre-registration is required. Sign up for a timeslot to enter the ice and skate for one hour. You must request to register by 12 p.m. two days before the program.

Groups: Maximum group size is 15, including staff. Large school groups should register by individual classroom to minimize group size. All groups must submit a complete sign-in sheet and release forms one week in advance.

Wednesdays, 11 a.m.–1:30 p.m.

- December 11
- January 8
- February 5
- March 5

Cost: FREE (entry & equipment are free-of-charge)

Questions & To Register: Email DCR.UniversalAccess@mass.gov or call (413) 461-7126.

FORMER GOVERNOR BAKER HONORED AT LA COLABORATIVA IN CHELSEA



Former Massachusetts governor and current NCAA President Charlie Baker of Swampscott was honored during a Nov. 9 ceremony at La Colaborativa Survival Center in Chelsea for his outstanding support and community partnership with the organization. La Colaborativa officials named its outdoor space the Governor Baker La Placita at the newly opened Survival Center headquarters. In the photo above, Charlie Baker enters the space and is visibly touched by the honor bestowed upon him, while his wife, Lauren Baker (left) reacts with joy at the dedication ceremony.



Former Gov. Charlie Baker stands in the outdoor space at La Colaborativa Survival Center in Chelsea that was named in his honor. Also pictured, from left, are Executive Vice President Dinanyilli Paulino, Executive Director Gladys Vega, former Mass. First Lady Lauren Baker, and Chief Operating Officer Alex Train.

NEWS BRIEFS

CELEBRATE THE HOLIDAYS ON BOSTON'S HISTORIC FREEDOM TRAIL

The Freedom Trail® Foundation invites revelers to celebrate this holiday season on the annual Historic Holiday Strolls. The festive atmosphere of the city, set against the unique backdrop of Boston's historic sites and centuries of history, makes these merry 60-minute tours a perfect way to celebrate the holidays. Walk the Freedom Trail and discover how Boston's holiday traditions evolved on the Strolls offered select Fridays and Saturdays at 3:30 p.m. from November 22 through December 28.

Led by 19th-century Dickensian costumed guides departing from the Boston Common Visitor Information Center, the Strolls are complete with a tour of holiday lights and Christmas trees along the Freedom Trail. Following the Strolls, guests receive discounts off museum store purchases at Freedom Trail sites, including the Old South Meeting House, Old State House, Paul Revere House, and Old North Church's Heritage and Gift Shops (valid with any Historic Holiday Stroll receipt from November through December).

Tickets are \$20 for adults and \$10 for children, and reservations

can be made online; tickets may also be purchased in-person at the Boston Common Visitor Information Center. The Freedom Trail Historic Holiday Strolls may also be scheduled for a group tour by calling (617) 357-8300. The Freedom Trail Foundation continues to offer daily public Walk Into History® Tours throughout the season and during the winter months. For tour tickets and more information please visit HYPERLINK "<http://www.thefreedomtrail.org>" www.thefreedomtrail.org.

\$26,000 ENVIRONMENTAL LEADERSHIP SCHOLARSHIPS FOR MASSACHUSETTS HS SENIORS

The Henry David Thoreau Foundation awards collegiate scholarships of up to \$26K to eight to ten students graduating from public or private high schools in Massachusetts. As Henry David Thoreau Scholars, these select high school seniors may enroll in any college and university in the world while they major or minor in an environmentally related field.

The Henry David Thoreau Scholarships are up to \$26,000

four-year scholarships awarded to eight students graduating from public or private high schools in Massachusetts. High school seniors awarded the Henry David Thoreau Scholarships can enroll in any college and university in the world while they major or minor in an environmentally related field. Henry David Thoreau Scholars are encouraged to enroll in internships or study abroad to broaden their awareness and understanding of environmental issues.

Henry David Thoreau Scholars have studied a wide variety

of environmentally related areas, including biology, epidemiology, oceanography, international affairs, and environmental law, and upon completing their undergraduate degrees, they became members of the Henry David Thoreau Society.

The Henry David Thoreau Foundation further assists its scholarship winners by identifying environmentally related internships, offering internship stipends, and providing networking opportunities. Upon graduation from college, Henry David Thoreau Scholars are inducted

into the Henry David Thoreau Society. A sign of success of the Henry David Thoreau Foundation's mission to foster environmental leadership is the support past scholarship winners provide to present scholarship winners.

To learn more about the Henry David Thoreau Foundation and the Henry David Thoreau Scholarships, please visit thoreauscholar.org. Students have until February 1, 2025, to apply.

Do You Want To Sell Your Home?



**Our Advertisers
have clients
waiting to buy!**

List your property with one of the fine realtors who advertise regularly in the...



Published by the Independent Newspaper Group
THE Lynn
JOURNAL

GREATER LYNN SENIOR SERVICES HOLDS VETERANS DAY LUNCHEON

Greater Lynn Senior Services hosted a Veterans Day Luncheon Nov. 7 at the senior center.

Kathryn Burns, CEO, welcomed the veterans and guests to the luncheon.

Mayor Jared Nicholson delivered remarks, thanking the veterans for their service to the United States of America.

Michael Sweeney, Lynn Veterans Service Officer, lauded GLSS for its generosity and support in honoring the veterans with an outstanding luncheon.

The Lynn English High School ROTC Honor Guard participated in the program.



Mayor Jared Nicholson visited each table in a gesture of honor to the veterans. Above, Mayor Nicholson greets U.S. Navy veteran Milton Taub.



Pictured at the Veterans Day Luncheon at GLSS are Lynn VSO Michael Sweeney, Mayor Jared Nicholson, GLSS Chief Executive Officer Kathryn Burns, Rep. Jenny Armini, Phoenix Outreach Coordinator Marilyn Long, and Nahant VSO Jon Lazar, head coach of the 1991 Lynn English state championship swim team.



GLSS Director of Marketing Margaret Gilligan (right) welcomes honored guests and veterans Marty Robichaud, Duncan Maitland, and Douglas Maitland to the Veterans Day Luncheon.



Members of the Lynn English High school ROTC Honor Guard, Jimmy Macario, Francois Froadler, Maria Roqueme, and Yeirelin Mercedes, and Jackie Sarcia (front row) of the Lynn Public School join United States Navy veteran Philip Walsh (back row, center) for a photo at the luncheon.



In a fine display of community service, Lynn English High School seniors Emily Mateo, Jackson Gatlin, Imani DeJesus, and Mariannah Pagaiw helped in the culinary operations at the event.

Introducing



Get a great 30-year fixed-rate **MORTGAGE NOW**, and if rates drop, **JUST TRIM™ IT LATER** with **NO FEE!**



msic.website/TRIM-it | TRIM@msic.org

Participating credit unions are NMLS Approved Lenders and Equal Housing Lenders



Officers / CONTINUED FROM PAGE 1

Physical Fitness Award in his graduating class at the police academy.

“I’m excited to begin serving as an officer and in the Lynn Police Department,” said Terry.

Police Chief Christopher Reddy offered personal congratulations to the new officers at the ceremony and thanked the families of the two officers.

“I know they’ll represent the Lynn Police Department really well and we’re proud of both officers,” said Reddy. “I know that six months of training at the Police Academy is a grind, and it takes a lot of effort and mental commitment, and they don’t do alone. We know in our career that families, friends, and loved ones are critical in supporting our officers and helping them to do the job that is so important to our community. I want to congratulate the two officers for their efforts they put it to this point, and we look forward to the good work that you’re going to do in our community in the days ahead.”

Mayor Jared Nicholson officially welcomed the two officers to the city.

“On behalf of the City of Lynn, it is my absolute honor to congratulate both officers on joining the Lynn Police force. We’re so excited to have you on board. I wish you the best.”



Pictured at the oath-taking ceremony in the Mayor’s Office are, from left, Deputy Chief Mike Vail, Chief Christopher Reddy, newly inaugurated Lynn Police Officers Michael Terry and Robert Supinski, and Mayor Jared Nicholson.



From left, Police Chief Christopher Reddy, Ward 3 Councilor Coco Alinsug, Ward 2 Councilor Obed Matul, Ward 4 Councilor Natasha Megie-Madrey, Lynn Police Officer Michael Terry, Lynn Police Officer Robert Supinski, and Mayor Jared Nicholson.

For Advertising Rates, Please Call 781-485-0588

DPH reminds patients and providers of alternatives to discontinued asthma medication

As Massachusetts enters fall and winter respiratory virus season, the Department of Public Health is sharing resources to help patients, families, providers and pharmacists identify and access the best options for timely and effective asthma care, particularly in the wake of the discontinuation of two commonly used inhaled treatments—Flovent® HFA and Flovent® Diskus by manufacturer GlaxoSmith-Kline (GSK).

The fall and winter season typically brings an increase in asthma exacerbations in Mas-

sachusetts.

During this time, circulating respiratory illnesses, such as flu, RSV, and COVID increase, can potentially trigger asthma symptoms or make ongoing symptoms worse.

Key Information For Patients and Caregivers:

- A generic version of Flovent® (fluticasone propionate) and other clinically appropriate alternative medications do exist.

- You may be prescribed a medication that you are not familiar with. The medication may be a different dose or a

different inhaler device from what you are used to – talk with your provider if you have questions or concerns.

For Providers:

- Reach out to your patients to be sure they are aware of any medication changes and discuss the clinically appropriate alternatives that are available. Provide culturally informed asthma education to patients, especially related to new medications and delivery devices.

- Learn more on this 2020 Focused Updates to the Asthma Management

Guidelines: Clinician's Guide (nih.gov).

For Pharmacists:

- Depending on patient insurance status and insurance type, out-of-pocket costs for clinically appropriate alternative medications can vary widely.

This includes wide variability in costs of brand and generic medications (i.e., Symbicort®, Breyna®, and generic budesonide/formoterol, which are therapeutically identical.)

- Work with providers to navigate the complexities of insurance benefits to support patients in accessing affordable and effective asthma medications.

- Communicate with health-care providers if patients face barriers to filling prescriptions for asthma controller medications, particularly if the cost of these medications is difficult for patients to afford.

For more information on the Flovent discontinuation and alternate medications, view the attached fact sheet on What to Know About Flovent Discontinuation.

Continued Impact of Flovent Discontinuation

The discontinuation of Flovent has led to ongoing shortages of alternative medications. The situation has been made worse by variable prescription drug coverage and

steep out-of-pocket patient copays for some alternative medications. Disruptions in the availability of affordable asthma controller medications more broadly are impacting many patients and families, especially among communities with already existing barriers to accessing care.

To build toward an equitable system and effectively respond to the current system, providers, pharmacists, caregivers, and patients with asthma need to be informed about this situation and work together to support those with asthma and their families so they can access asthma medications and manage their asthma. In response, MassHealth has also continued to adapt to this challenging situation with expanded coverage to support patients.

“When there are large shifts in availability of key asthma medications, like we have seen surrounding the discontinuation of Flovent products, many families are impacted. This is especially true for Black and Brown communities, which already experience a higher burden of asthma,” said DPH Commissioner Robbie Goldstein, MD, PhD. “With the respiratory virus season approaching, it is important for communities to come together to promote vaccination and prevent disease.”

Gov. Healey signs breast cancer screening bill

Governor Maura Healey signed An Act Relative to Medically Necessary Breast Screenings and Exams for Equity and Early Detection. This comprehensive legislation will ensure that patients have access to follow-up breast cancer screenings and exams, while also preventing any increase in patient cost-sharing by 2026.

“We know that early detection of breast cancer saves lives. This legislation will help ensure that cost is not a barrier for women to get the screenings and care they need,” said Governor Healey. “I’m grateful to the Legislature for their leadership on this bill, and to the patients, providers and advocates who made their voices heard in support of more affordable and accessible care for Massachusetts residents.”

“Preventative care is essential. It helps save countless of lives and now, because of this legislation, patients across Massachusetts will have access to the necessary care they need at a lower cost,” said Lieutenant Governor Kim Driscoll. “We know that this legislation will improve cancer outcomes for so many people across the state.”

This legislation would, starting in 2026, require insurers to cover diagnostic exams for breast cancer, digital breast tomosynthesis screening, and medically necessary and appropriate screening with breast MRIs and ultrasounds. This legislation would also prevent any increase in patient cost-sharing, thus removing cost barriers for patients who need more rigorous screenings due to dense breast tissue or abnormalities seen in their initial preventive screening mammograms.

“Today we tear down a barrier to accessing breast cancer screenings and empower our residents to stay ahead of a cancer that takes far too many lives,” said Senate President Karen E. Spilka (D-Ashland). “I am grateful to Governor Healey for her signature, Senator Lovely and Senator Rush for their leadership, our partners in the House, and every advocate who has used the power of their voice to get this issue across the finish line.”

“Ensuring that all residents in Massachusetts have access to early detection treatments for breast cancer, regardless of income, is a critical facet of catching cancer early and saving lives. That’s why I’m incredibly proud of this legislation, as it will help to prevent vulnerable residents from being denied the care that they need,” said House Speaker Ronald J. Mariano (D-Quincy). “I want to thank Governor Healey for signing this bill into law, along with my colleagues in the Legislature for working hard to move this critical bill through the legislative process.”

“We know that in the fight against cancer, early detection is absolutely vital for the long-term success of the patients. We also know that for one out of every ten women, initial mammogram screenings are not sufficient to detect possible indicators of breast cancer. This legislation signed into law by Governor Healey today ensures that all women in the Commonwealth have access to the digital breast tomosynthesis and MRI screening they need to catch cancer early, without facing financial barriers. I’m grateful to the Governor, Senator Lovely and Chairman Murphy, and Division Leader Balsler for

championing this issue with me, and to my legislative colleagues, particularly President Spilka and Speaker Mariano for their support. Finally, I thank the dozens of advocates and patients who shared their stories and pushed tirelessly to support women in the fight against breast cancer,” said Senator Mike Rush (D-West Roxbury).

“This bill will save lives,” said Representative James Murphy (D-Weymouth). “Breast cancer is a major cause of cancer related deaths among women and everything must be done to change this. This groundbreaking legislation will provide life saving health care for women throughout our Commonwealth.”

“Today is the culmination of work I have done for nearly a decade to ensure that all women have access to necessary, and possibly lifesaving, breast cancer screenings,” said Senator Joan Lovely (D-Salem). “Early detection of breast cancer saves lives. This legislation makes those diagnostic exams used for early detection accessible and affordable, giving women the vital resources needed to catch breast cancer in its earliest stages. Thank you to Governor Healey for signing this bill into law and bolstering the Commonwealth’s commitment to providing higher quality, more equitable, and more accessible healthcare for women.”

“This legislation will ensure that women have access to essential breast cancer screenings and diagnostic evaluations by eliminating significant financial barriers. Once again, Massachusetts has stepped up to ensure that women’s health care needs are met,” said Representative Ruth Balsler (D-Newton).

Extend your Business's reach
with Online Advertising!

Clients and Customers
are just a click away!

\$300⁰⁰ per month
per site



THE
INDEPENDENT
NEWSPAPERS

REVEREJOURNAL.COM • WINTHROPTRANSCRIPT.COM
LYNNJOURNAL.COM • EVERETTINDEPENDENT.COM
EASTIETIMES.COM • CHELSEA RECORD.COM
CHARLESTOWNBRIDGE.COM • BEACONHILLTIMES.COM
NORTHERNDREGIONALREVIEW.COM • THEBOSTONSUN.COM
JAMAICAPLAINGAZETTE.COM • MISSIONHILLGAZETTE.COM

Combo Rates available!
Buy any 3 sites, get 4th FREE

Call 781-485-0588 to get started!

AD SIZE

in pixels
W: 160px
H: 600px

please send
in "png"
format

NICK MENINNO ATTENDS CAMPAIGN RECEPTION



Nick Meninno (far right), owner of Meninno Construction in Lynn, attended a campaign reception for Everett Mayor Carlo DeMaria (far left) at the Encore Boston Harbor Resort. Also pictured in the photo are Mayor DeMaria's wife, Stacy DeMaria, and Bob Rotondi.

LEZENSKI KEEPING BUSY IN THE WORLD OF SPORTS

CARY SHUMAN PHOTOS



Lynn native Dave Lezenski (right) was the official clock operator at the Northeast Commonwealth Youth Football League (NCYFL) Super Bowls played Nov. 17 at Victory Field in Watertown. In the photo above, Lezenski, the former athletic director at Lowell High School, greets former Lowell High hockey coach Bill Donahue, who was one of the football referees in the seventh-and-eight grade championship game. Lezenski said he is currently working as a referee review official for the National Hockey League.

Eversource bringing smart meters to Massachusetts starting next year

As part of Eversource's continued investment in modernizing the power grid to enhance electric reliability and improve service for customers, the energy company will begin transitioning homes and business across the Commonwealth to smart meters in 2025. Smart meters offer several new capabilities that will provide customers with detailed information about their energy use and enable Eversource to proactively address issues on the electric system before power outages occur. The new technology will also deliver automatic, real-time information to Eversource that will eliminate the need for customers to report an outage and help speed power restoration outside major storms.

"Upgrading to smart meters is like replacing an old flip phone with a smart phone," said Eversource Senior Vice President of Customer Operations, Digital Strategy and Chief Customer Officer Jared Lawrence. "In addition to providing our team with information that we can use to reduce the length of power outages for our customers, smart meters will enable our customers to

monitor their energy use in near real time—including how they use power, how much they use and peak times of use during the day—empowering them to take steps to reduce their energy consumption and bill."

Eversource will begin replacing all electric meters with smart meters in the second half of 2025 starting in western Massachusetts. A smart meter is a digital electric meter with wireless communication capabilities. Network devices receive data from the smart meters and transmit it to Eversource's systems, allowing the energy company to communicate with the equipment. This modern, smart tech will provide customers with enhanced, real-time power outage alerts and enable Eversource to start or end a customers' service remotely, eliminating the time they wait for a crew to come out.

The transition to smart meters for all Eversource's Massachusetts electric customers is expected to take approximately three years to complete. Customers will be notified several times in advance of work to install their new smart meter. Learn more

about Eversource's transition to the modern power grid of the future.

Eversource (NYSE: ES), celebrated as a national leader for its corporate citizenship, is the #1 energy company in Newsweek's list of America's Most Responsible Companies for 2023 and recognized as one of America's Most JUST Companies. Celebrated as a national leader for its corporate citizenship, Eversource transmits and delivers electricity to 1.28 million customers in 149

cities and towns, provides natural gas to 251,000 customers in 74 communities, and supplies water to approximately 217,000 customers in 59 communities across Connecticut. Eversource harnesses the commitment of approximately 9,900 employees across three states to build a single, united company around the mission of safely delivering reliable energy and water with superior customer service. The #1 energy efficiency provider in the nation, the company is empower-

ing a clean energy future in the Northeast, with nationally-recognized energy efficiency solutions and successful programs to integrate new clean energy resources like solar, offshore wind, electric vehicles and battery storage, into the electric system. For more information, please visit Eversource.com, and follow us on X, Facebook, Instagram, and LinkedIn. For more information on our water services, visit aquarionwater.com.

4 GENERATIONS OF OWNED AND OPERATED BY THE DIGREGORIO FAMILY SINCE 1947

CAR CARE & REPAIR



BROADWAY



MOTOR SERVICE

TOM DIGREGORIO | JOHN DIGREGORIO | PAUL FLORIO

- ✓ Inspection Station
- ✓ Auto Repair
- ✓ Tires

NOW OFFERING CAR DETAILING CALL JOHN

88 BROADWAY, REVERE | (617) 996-8371

Project Bread receives \$10,000 grant from BJ's Charitable Foundation to support families facing food insecurity

Special to the Journal

Project Bread, the leading statewide food security organization in Massachusetts, was selected to receive a \$10,000 grant by BJ's Wholesale Club Inc. (NYSE: BJ) as part of the company's Give 40 for 40 campaign. The campaign celebrates BJ's 40 years of operations by awarding a total of \$1 million in grants to local charities

Funding through BJ's Charitable Foundation will support Project Bread's work in schools, providing training and support for school nutrition staff. Participants in Project Bread's School Food Fellowship engage in monthly professional development trainings and onsite meetings with Project Bread's Chef Educators, including the development of new staff-led and student-tested recipes that cater to local food sources and USDA nutrition standards. This is just one key example of how Project Bread is working to ensure nutritious, delicious school meals are available at no cost and free of stigma for every student in a state where 1 in 5 households with children are facing food insecurity.

"Healthy, delicious, free school meals are essential for all children, and Project Bread's Chef Educators are committed to partnering with schools statewide to improve the school meal experience and ensure everybody eats well," says Shannon Healey, Director of Institutional Giving at Project Bread. "We are proud to partner with BJ's Charitable Foundation to support the tremendous growth in school meal participation through strong kitchen management, inclusive menu preparation, and robust staff engagement. Our strategy ensures that children can thrive in the classroom today and for the future."

As part of its Give 40 for 40 charitable campaign, BJ's Wholesale Club announced grants to 70 community organizations that were nominated by its team members. Recipients were chosen for their local impact in areas of hunger relief, education and health and wellness. Since its inception, the BJ's Charitable Foundation has awarded over \$37 million to non-profit organizations and schools, providing vital support in BJ's communities.

"BJ's has a deep commitment to support families in the

communities where we live and work," said Kirk Saville, Head of Corporate Communications, BJ's Wholesale Club. "We are honored to celebrate our 40th anniversary by supporting the organizations our team members care about most and to live our purpose of taking care of the families who depend on us."

For over 20 years, Project Bread has partnered with the Department of Elementary and Secondary Education (DESE) to support critical meals for students such as implementing and expanding school breakfast after the bell programs, improving school lunch meal quality, supporting school nutrition staff with resources and training year-round, and bolstering Summer Eats program promotion and access across the Commonwealth. This past year, the Project Bread team provided 1,073 school nutrition staff professional development hours, distributed over \$73,000 in school breakfast grants and outreach materials, visited 69 Summer Eats community meal sites, and distributed over \$636,000 in Summer Eats meal sponsor grants, outreach materials, and promotional advertising to keep kids fed when schools are closed.

About Project Bread

Project Bread is the leading statewide food security organization in Massachusetts with a radical approach to solving hunger. Beginning in 1969 with the first Walk for Hunger, the non-profit focuses on driving systemic change to ensure people of all ages have reliable access to healthy food. Project Bread works collaboratively across sectors to create innovative solutions to end hunger and improve lives across the Commonwealth. For more information, visit: www.projectbread.org.

BJ's Wholesale Club Holdings, Inc. (NYSE: BJ) is a leading operator of membership warehouse clubs focused on delivering significant value to its members and serving a shared purpose: "We take care of the families who depend on us." The company provides a wide assortment of fresh foods, produce, a full-service deli, fresh bakery, household essentials and gas. In addition, BJ's offers the latest technology, home decor, small appliances, apparel, seasonal items and more to deliver unbeatable value to smart-saving families. Headquartered in Marlborough, Massachu-

setts, the company pioneered the warehouse club model in New England in 1984 and operates clubs and BJ's Gas® locations in 20 states. For more information, please visit us at www.BJs.com or on Facebook or Instagram.

About BJ's

Charitable Foundation

Established in 2004 by BJ's Wholesale Club, the BJ's Charitable Foundation provides essential needs to families in the local communities BJ's members and team members live and work. Through local and national non-profit partnerships, the Foundation focuses its giving efforts on three main pillars: hunger relief, education and health and wellness.

Project Bread Chef Educator Sherry Hughes serving up sandwich samples at a Professional Development Day in Milton. Courtesy of Project Bread.

Project Bread Receives \$10,000 Grant from BJ's Charitable Foundation to Support Families Facing Food Insecurity

Funds will provide support for the nonprofit's work with school nutrition staff statewide

[Boston, MA] (Nov. 6) – Project Bread, the leading statewide food security organization in Massachusetts, was selected to receive a \$10,000 grant by BJ's Wholesale Club Inc. (NYSE: BJ) as part of the company's Give 40 for 40 campaign. The campaign celebrates BJ's 40 years of operations by awarding a total of \$1 million in grants to local charities

Funding through BJ's Charitable Foundation will support Project Bread's work in schools, providing training and support for school nutrition staff. Participants in Project Bread's School Food Fellowship engage in monthly professional development trainings and onsite meetings with Project Bread's Chef Educators, including the development of new staff-led and student-tested recipes that cater to local food sources and USDA nutrition standards. This is just one key example of how Project Bread is working to ensure nutritious, delicious school meals are available at no cost and free of stigma for every student in a state where 1 in 5 households with children are facing food insecurity.

"Healthy, delicious, free school meals are essential for all children, and Project Bread's Chef Educators are committed to partnering with schools state-

wide to improve the school meal experience and ensure everybody eats well," says Shannon Healey, Director of Institutional Giving at Project Bread. "We are proud to partner with BJ's Charitable Foundation to support the tremendous growth in school meal participation through strong kitchen management, inclusive menu preparation, and robust staff engagement. Our strategy ensures that children can thrive in the classroom today and for the future."

As part of its Give 40 for 40 charitable campaign, BJ's Wholesale Club announced grants to 70 community organizations that were nominated by its team members. Recipients were chosen for their local impact in areas of hunger relief, education and health and wellness. Since its inception, the BJ's Charitable Foundation has awarded over \$37 million to non-profit organizations and schools, providing vital support in BJ's communities.

"BJ's has a deep commitment to support families in the communities where we live and work," said Kirk Saville, Head of Corporate Communications, BJ's Wholesale Club. "We are honored to celebrate our 40th anniversary by supporting the organizations our team members care about most and to live our purpose of taking care of the families who depend on us."

For over 20 years, Project Bread has partnered with the Department of Elementary and Secondary Education (DESE) to support critical meals for students such as implementing and expanding school breakfast after the bell programs, improving school lunch meal quality, supporting school nutrition staff with resources and training year-round, and bolstering Summer Eats program promotion and access across the Commonwealth. This past year, the Project Bread team provided 1,073 school nutrition staff professional development hours, distributed over \$73,000 in school breakfast grants and outreach materials, visited 69 Summer Eats community meal sites, and distributed over \$636,000 in Summer Eats meal sponsor grants, outreach materials, and promotional advertising to keep kids fed when schools are closed.

Project Bread is the leading statewide food security organization in Massachusetts with a radical approach to solving hun-



Project Bread Chef Educator Sherry Hughes serving up sandwich samples at a Professional Development Day in Milton. Courtesy of Project Bread.

ger. Beginning in 1969 with the first Walk for Hunger, the non-profit focuses on driving systemic change to ensure people of all ages have reliable access to healthy food. Project Bread works collaboratively across sectors to create innovative solutions to end hunger and improve lives across the Commonwealth. For more information, visit: www.projectbread.org.

BJ's Wholesale Club Holdings, Inc. (NYSE: BJ) is a leading operator of membership warehouse clubs focused on delivering significant value to its members and serving a shared purpose: "We take care of the families who depend on us." The company provides a wide assortment of fresh foods, produce, a full-service deli, fresh bakery, household essentials and gas. In addition, BJ's offers the latest technology, home decor, small appliances, apparel, seasonal items and more to deliver unbeatable value to smart-saving families. Headquartered in Marlborough, Massachusetts, the company pioneered the warehouse club model in New England in 1984 and operates clubs and BJ's Gas® locations in 20 states. For more information, please visit us at www.BJs.com or on Facebook or Instagram.

Established in 2004 by BJ's Wholesale Club, the BJ's Charitable Foundation provides essential needs to families in the local communities BJ's members and team members live and work. Through local and national non-profit partnerships, the Foundation focuses its giving efforts on three main pillars: hunger relief, education and health and wellness.

Eversource release guide to landscaping with New England's native plants

Autumn can be a great time to plant, and as part of its commitment to environmental stewardship while ensuring electric reliability for customers, Eversource has released a new planting guide for property owners. Nature's Natives highlights a variety of plant species that not only thrive in New England but are also utility compatible - helping customers make informed choices when planting near power lines.

"This new resource is the brainchild of our dedicated arborists, who are deeply passionate about plants and the positive impact they have on the environment," said Eversource Manager of Vegetation Coordination, Strategy and Innovation Bob Allen. "Native plants play a vital role in the overall health of our ecosystems by supporting wildlife habitats, pollinators and helping to conserve water and soil since they're

better adapted to the local climate. Another significant benefit - the species in this guide can grow near power lines without posing a risk to the safety and reliability of the electric system. By supporting our natural neighbors, we can cultivate a vibrant, healthy, and sustainable landscape for all to enjoy."

New England is the most heavily forested region in the country, and while trees of all types and sizes are a treasured part of the landscape, they can also cause problems when they grow too close to power lines. Every year, tree limbs and branches come in contact with the thousands of miles of power lines that Eversource maintains across its three-state service territory - causing outages, damaging equipment, and creating potential public safety hazards such as blocked roads. The company's robust and thoughtful vegetation

management programs are designed to balance the important benefits that trees and plants provide with the need for safe, reliable power.

Recently recognized as a Tree Line USA utility by the Arbor Day Foundation for its thoughtful vegetation management programs that balance aesthetics with the need for electric reliability, Eversource's arborists also share their knowledge through educational partnerships that teach municipalities and the public about the importance of native vegetation in the region and how to plan before they plant.

Since the release of the Nature's Natives planting guide, Eversource has distributed the brochure to more than 500 municipalities and 1,200 garden centers across the company's service territory to assist with selecting the right plants for the right place.

LEGAL NOTICE

LEGAL NOTICE NOTICE OF PHASE I INITIAL SITE INVESTIGATION AND TIER I CLASSIFICATION

Breed Park
90 O'Callaghan Way
Lynn, Massachusetts
MassDEP RTN: 3-38482
A release of oil and/or hazardous materials has occurred at this location, which is a disposal site as defined by M.G.L. c. 21E, § 2 and the Massachusetts Contingency Plan, 310 CMR 40.0000 and identified as Release Tracking Number

(RTN) 3-38482. To evaluate the release, a Phase I Initial Site Investigation was performed pursuant to 310 CMR 40.0480. As a result of this investigation, the site has been classified as Tier I pursuant to 310 CMR 40.0520. On November 20, 2024, Woodard & Curran on behalf of the City of Lynn, the owner, filed a Phase I Initial Site Investigation (ISI) and Tier Classification Submittal with the Massachusetts Department of Environmental Protection (MassDEP). To obtain more information on this disposal site, please contact Jedd Steinglass, Licensed Site Professional (LSP) of

Woodard & Curran at 12 Mountfort Street, Portland, ME 04101, phone number (207) 558-3732. The Phase I ISI and Tier Classification Submittal, as well as the disposal site file, can be reviewed at MassDEP Northeast Region, 150 Presidential Way, Woburn, MA 01801, (978) 694-3200 or online at <https://eeaonline.eea.state.ma.us/portal/dep/wastesite/>. Additional public involvement opportunities are available under 310 CMR 40.1403(9) and 310 CMR 40.1404.

11/22/24
U

Lynn's Professional Service Directory

ELECTRICIAN



MOONEY ELECTRIC LLC
Residential & Commercial
Fully Licensed & Insured
KEVIN MOONEY
781-799-1862

LANDSCAPING

**1 col. x
2 inches
\$120.00
For 3
Months
(\$10 Per
Week)**

**1 col. x
2 inches
\$120.00
For 3
Months
(\$10 Per
Week)**

PAINTING



JOHN J. RECCA
PAINTING
Interior/Exterior
Commercial/Residential
Fully Insured
Quality Work
Reasonable Rates
Free Estimates
reccapainting@hotmail.com
781-241-2454



Nick D'Agostino
Professional Painter
Cell:
617-270-3178
Fully Insured
Free Estimates

PLASTERING

AUGUSTA PLASTERING
Interior/Exterior
Blueboard • Plastering
Jim 978-777-6611
Free Estimates
978-777-6611

REAL ESTATE

Gina S Soldano REALTOR®
ABR®, AHWD, e-PRO®, GREEN, MRP®, PSA®, SFR®, SRES®, SRS®
Broker/Associate
(857) 272-4270
Millennium Real Estate
291 Ferry Street,
Everett, MA 02149
GinaSSoldano@gmail.com
gsoldanorealtor.com

ROOFING

**BEAT
THE
SNOW**

Always the Best Value
**V.S.R.
ROOFING**
"Our goal is to provide our customers with the highest quality material and professional installations in the business."
-J.B.

**FALL
SPECIALS**

Gutters • Commercial **Free Estimates**
Flat, Rubber, & Shingle **781-520-1699**
Roof
Licensed & Insured • General Contractor

**TO ADVERTISE IN OUR SERVICE DIRECTORY PLEASE
CALL 781-485-0588 OR EMAIL DEB@REVEREJOURNAL.COM**

• Revere • Everett • Winthrop • Lynn • East Boston • Chelsea • Charlestown

Independent Newspaper Group

Classified

More Than 100,000 Readers Each Week

REAL ESTATE

Sales • Rentals
Land • Commercial
RECRUITMENT
Professional • Medical
General • Services

• Auto Sales • Yard Sales
• Miscellaneous

Call:
781-485-0588
Fax:
781-485-1403

7 COMMUNITIES

PCA WANTED

Personal Care Attendant needed in
EVERETT
Monday-Friday 9a.m. to 2 p.m.
Call Susan 617-389-6190
Hablo Español.
11/28

DEADLINES: For classified
line ads, deadlines are
Monday by 4 p.m.

SELLING YOUR AUTO? Call
for our 4 week special! Call
781-485-0588.

**For Advertising Rates,
Please Call 781-485-0588**

FRESH AND LOCAL

It's the cleanup!

By Penny & Ed Cherubino

Many home cooks enjoy the cooking aspect of preparing meals, but they don't want the cleanup. We've cooked in large, mico, and small kitchens, all of which have had cleanup issues.

History of Kitchen Cleanup

Once upon a time, a kitchen had a scullery, a room for messy kitchen work. Most had sinks for hot and cold water and were used for washing dishes, scrubbing pots, pans, and cooking equipment. Back then, there were also scullery maids who scrubbed their way to a higher station in the kitchen.

Penny remembers her Great-Aunt's pantry, which served the same purpose. While Aunt Sophie cooked a holiday meal in her large kitchen, helpers cleaned up after her in the pantry. Today, unless you have a large, well-de-

signed kitchen, your only helper is a volunteer dishwasher if there is space for one or a dishwashing appliance if you have one.

Less Cleanup Begins with Shopping

When you begin your shopping list for a meal, ask yourself if there are any ingredients you could substitute that would not require another pot, pan, or preparation step. Some minimally processed examples that we use are precooked rice and grains, cans or jars of beans and lentils, and punchy condiments like preserved lemon paste, harissa, tahini, and tapenade.

Our second shopping trick is to delegate some dishes that reheat well to one of our favorite take-out places. Once again this year, we've ordered a fully cooked turkey for Thanksgiving that we will portion and reheat in sous vide packets. Other food



It's not the cooking. It's the clean-up!

items made in advance will join the turkey in the sous vide pot.

Sous vide cooking requires minimal cleanup.

You can also use foil, parchment, and silicone for easy cleaning. Penny often covers a sheet pan with both foil and parchment. For the best fit with parchment, wet it and crinkle it up before you put it in place. It is easier to mold to your container and stays in place better. She always uses a silicone or parchment liner in our air fryer to keep the basket clean.

Use One Pan, Sheet Pan, or Casserole

Penny is always on the lookout for one-pan meals. Many cookbooks and recipes feature this time-saving and cleanup-saving theme. We also maximize the use of casseroles and sheet pans by ensuring they are filled each time we use them. When we want roasted potatoes for supper, we'll add squash, sweet potatoes, onions, and carrots. All of those reheat well for another meal. Making a double-size casserole is often as easy as making a smaller one, and you will have

a second meal or something to add to your freezer stash.

As you look at a recipe, consider if you have one pan you could use for each step with little or no cleaning between ingredients. When making a big batch of our favorite ground beef, mushroom, and lentil base for many meals, Penny cooked the mirepoix, removed it from the pan, cooked the ground beef, and removed it, then cooked the mushrooms and added canned lentils and the other cooked ingredients.

One final way to avoid having the cook do the clean-up is a combination of a cook who cleans a bit as they go and moving soiled items onto a tray and out of the kitchen. A volunteer can clean these items during a long pause in active cooking while something simmers or roasts or after the cook is finished with the cooking session.

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

12 WEEKS & 1 PRICE

ONE 2X2 AD → NOVEMBER - JANUARY ← ONLY \$180⁰⁰*

CHOOSE FROM SIX COMMUNITIES TO ADVERTISE IN! *\$180 PER PAPER

REVERE JOURNAL CHELSEA RECORD East Boston Times-Free Press Everett Independent THE LYNN JOURNAL WINTHROP SUN-TRANSCRIPT

2X2 CLASSIFIED AD SIZE SHOWN TO SCALE

12 WEEKS OF EYES ON YOUR AD

Welcome the new season with new customers

Our Winter Service Directory offers 12 weeks of exposure for one single payment

Leaves fall and Savings rise

Call the Office @ 781-485-0588

OR EMAIL YOUR REP

MDIBELLA@WINTHROPTTRANSCRIPT.COM
DEB@REVEREJOURNAL.COM
CHARLESTOWNADS@HOTMAIL.COM



For Advertising Rates, Please Call 781-485-0588