

THE LYNN JOURNAL

Thursday, December 8, 2022

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Brown, Crown

St. Mary's defeats Stoneham, 29-6, to claim Mass. State Championship

By Cary Shuman

A season of high expectations ended in the best way possible. The St. Mary's High School football team, who many expected to contend for a state title, completed its mission with a 29-6 victory over Stoneham Saturday in the Division 6 Super Bowl at Gillette Stadium in Foxboro.

Senior running back David Brown Jr. rushed for 195 yards and three touchdowns and caught a 12-yard touchdown pass from quarterback Tyler Guy to lead the Spartans to their twelfth victory of the season. Brown's final touchdown run, in which he simply jetted away from Stoneham's secondary, was a fitting game-sealer for one of the state's best all-around athletes.

Stoneham has been a Middlesex League and divisional powerhouse the past few years, but Head Coach Sean Driscoll and his staff put together a great game plan and the players executed it very well on the sport's biggest stage.

Brown was in a word, awesome, directly benefitting from another stellar effort by the offensive line consisting of Graham Richman, Tommy Falasca, Carlos De La Rosa, Adrian Lule, and Chris Marks.

"If you saw how David competed during the practices, you just knew he was going to shine on the big stage," said Coach

Please see ST. MARY'S Page 3



The St. Mary's High School football team is pictured after winning the Division 6 Super Bowl Saturday at Gillette Stadium.

Finalists chosen for Lynn Superintendent of Schools position

Special to the Journal

The Superintendent Search Screening Committee has chosen three finalists for the superintendent of schools position and will recommend them to the School Committee at its meeting Thursday night.

The finalists are: Dr. Evonne Alvarez, chief academic officer of Providence (R.I.) Public Schools; Molly Cohen, interim deputy superintendent of Lynn Public Schools (LPS); and Kevin McCaskill, assistant superintendent of Boston Public Schools (BPS).

The next steps are for the School Committee to vote to accept the finalists and schedule site visits and public interviews. The original timeline called for a superintendent to be named in December and that is on schedule.

"I'm thrilled with the finalists and the way the search process has been conducted," said Mayor Jared C. Nicholson, chair of the School Committee who served in the same capacity on the search committee, which has worked in conjunction with the Massa-

chusetts Association of School Committees. "I'm grateful for the hard work and thoroughness of the committee members."

Alvarez worked in the Miami-Dade school district in Florida for 27 years as a teacher, principal, district director and administrative director. She came to Providence earlier this year as redesign and innovation officer before being named chief academic officer.

Alvarez earned a bache-

Please see FINALISTS Page 3

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lynnjournal.com

EDITORIAL

FREEDOM ISN'T FREE: PEARL HARBOR WAS 81 YEARS AGO

It was 81 years ago this week that the nation of Japan launched its attack on the United States at Pearl Harbor in Hawaii on December 7, 1941.

The very next day, President Franklin D. Roosevelt convened a joint session of Congress in which he famously declared the attack as, "A day that will live in infamy," and asked Congress for a Declaration of War against Japan. Germany and Italy, allies of the Japanese who collectively were known as the Axis, then declared war on the U.S., setting the stage for what would become the largest conflagration in world history.

Hundreds of thousands of Americans would die in battlefronts stretching from the European continent to the jungle islands of the Pacific over the next three and one-half years before the German and Japanese war machines finally were subdued.

For more than two years prior to the attack, America had stayed out of the war that already had engulfed most of the rest of the world in the aftermath of the German invasion of Poland on September 1, 1939. By the time of the Japanese attack on Pearl Harbor, Hitler's Nazis had conquered all of continental Europe and much of Africa, while the Japanese had invaded almost all of Asia, save for the U.S. outposts in the Philippines and other small islands in the Pacific.

Americans clung to the belief that our isolation, separated from the rest of the world by two oceans, would keep us out of the war. Americans had no appetite for re-engaging in another conflict just 23 years removed from the memories of World War I that still were fresh in our nation's psyche.

But after Pearl Harbor, we no longer could keep our heads buried in the sand. Although America had re-instituted the draft some months prior to Pearl Harbor and had ramped up our military production capabilities, the suddenness of the Japanese attack still came as a shock to every American.

Americans realized that thanks to the capabilities of modern armaments such as Japanese aircraft carriers and German U-boats, even the continental United States was not insulated from attack by a foreign enemy. Citizens on the West Coast braced for a Japanese invasion in the aftermath of Pearl Harbor and curfews were instituted on the Eastern Seaboard.

Thanks to the countless number of documentaries and movies over the past 20 years that have told the stories of the brave Americans who fought in WWII, we are fortunate to have a living history of the sacrifices made by The Greatest Generation.

The lessons of Pearl Harbor are many, but chief among them is that freedom isn't free -- and that we always must be vigilant to recognize the forces of evil that seek to destroy our way of life.

GUEST OP-ED

Christmas rest and peace

Dr. Glenn Mollette

Christmas is a good time to catch up on your pumpkin pie eating. Pecan pie seems readily available so this too is a good option. Try to drink one glass of eggnog during the season of joy. Eggnog does have some calories and fat grams but one glass won't hurt you too bad. I don't recommend drinking a gallon.

If you had turkey and ham for Thanksgiving, you may have it again for Christmas. There is nothing wrong with repeating the Thanksgiving meal especially if it was good. If it was bad then you might consider something else. The only time of the year that I eat much turkey or country ham is during the Thanksgiving and Christmas seasons. Be careful eating too much of that smoked Turkey and ham because they can be a bit salty. You don't want to swell up like a balloon on Christmas.

Christmas should be a relaxing time. If you believe Santa Claus is coming then let him take care of the work. Surely, he will show up. Just ask him to bring dinner when he comes. Make sure he comes in the front door. I don't know about bringing broccoli casserole down the chimney.

If you are putting up lights, now is the time to do so. You want to have time to enjoy the lights and the more you string together and cover your house the more electricity you are using. This in turn creates a big electric bill but you are keeping the paychecks going for the utility people.

The main thing is don't go crazy this Christmas. You don't have to buy everything. The stores love for you to max out your credit cards but you won't love it in February and March when you are paying it back. Use commonsense when it comes to the entire season. Eat a piece of pie but don't eat the pie. Eat a slice of turkey but don't eat the turkey. Decorate if you wish but you don't have to spend a week putting up lights. They all have to come back down you know. Spend only what you can afford. If you can't afford much then don't press yourself to do what you cannot do.

Christmas is the birthday of Jesus but we often make it a day of bedlam. The birth of Jesus was in Bethlehem. His parents were poor. They had gone to an out of the way town to pay their taxes. There was no place for them to sleep. They slept in a barn and

Jesus was born while they were there. Mary laid him in a cow's trough. They were poor, tired and life was not very easy for Mary, Joseph and Jesus.

Keep in mind that Jesus came to save us from our sins. He came to give us peace. The Bible calls him the Prince of Peace. Most people need some peace and one way to have more peace is to focus on the baby of Christmas. Christ is comfort and peace.

You don't always find your peace at church. The church isn't Jesus. If your church is stressing you out, harping about money every Sunday, and pulling you in ten different directions then you might consider taking a step back and reevaluating.

The season of joy is here. Don't depend on others to create joy for you. Get alone with God every day and focus on him. You'll discover a peace and a rest that only He can provide.

Glenn Mollette is the publisher of Newburgh Press, Liberty Torch and various other publishing imprints; a national columnist – American Issues and Common Sense opinions, analysis, stories and features appear each week in over 500 newspapers, websites and blogs across the United States.

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Finalists CONTINUED FROM PAGE 1

lor's degree at the University of Maryland, a master's from Nova Southeastern University in Florida and a doctorate from the College of William and Mary in Virginia. She lives in Revere.

Cohen started her teaching career in Chile 25 years ago. When she returned to the U.S., she worked a sheltered English immersion teacher at Salem High and Lynn Vocational Technical Institute (LVTI). She then served as a bilingual guidance counselor at Lynn English High School, assistant principal at Breed Middle School, and principal of Thurgood Marshall Middle School from 2015-22. She was named interim deputy superintendent in August.

Cohen earned a bachelor's degree from the University of Vermont and master's degrees from Simmons University and Salem State University. She lives in Marblehead.

McCaskill worked in Springfield Public Schools for 22 years as a teacher and administrator, including six years as principal of Roger L. Putnam Vocational Technical Academy. After serving as director of secondary schools and operations for Hartford Public Schools from 2010-15, McCaskill moved to BPS as executive director of Madison Park Vocational High School. In 2021, he was named chief academic officer for high schools, a

position recognized as assistant superintendent.

McCaskill earned a bachelor's degree from Western New England University in Springfield, a master's from Westfield State University and an education specialist certificate from UMass Amherst. He lives in Boston.

There were 16 applicants for the superintendent position, nine of whom were selected for a 75-minute interview, with three advancing as finalists.

Debra Ruggiero has been serving as interim superintendent since August, after the resignation of Dr. Patrick Tutwiler. She was not an applicant for the permanent position.

In addition to Nicholson, search committee members include: LPS parent Amy Butterworth; School Committee member Donna Coppola; Diversity, Equity and Inclusion Officer Faustina Cuevas; Lynn English High School teacher Lisa Escalera; Washington Elementary School Principal Anthony Frye; LVTI Principal Fred Gallo; North Shore Community College President Dr. William Heineman; LPS parent Quendia Martinez; LPS parent Tanisha Soo Miller; Lynn Teachers Union President Sheila O'Neil; School Committee member Lennin Pena; and Shoemaker Elementary School teacher Julie Potter.

St. Mary's/ CONTINUED FROM PAGE 1

Driscoll. "Tommy Falasca and Derick Coulanges played phenomenally. Jack Marks, Nick Sacco – you couldn't ask for a better group of competitors as a senior group."

Driscoll noted that Jack Marks' third-down catch of a pass on St. Mary's first possession (after Stoneham had taken an 8-0 lead), resulting in a first down, was one of the key plays of the day.

"Stoneham had just scored, and they were going to get us three-and-out, and the pass from Tyler Guy to Jack Marks was a big part of the football game and why we had success," said Driscoll.

Coulanges produced a huge second-half kickoff return to set up the Spartans in the red zone.

"Derick and David were a ter-

rific 1-2 punch this year," said Driscoll. "They both rushed for more than 1,200 yards. It's quite the accomplishment to have that on a football team."

Junior inside linebacker Joel Maggs led a ferocious stop-the-run effort that held the other Spartans (Stoneham) scoreless following the opening drive of the game. Sophomore quarterback and safety Tyler Guy excelled on both sides of the football.

Sean Driscoll has been a successful football player and coach. He is beloved in Winthrop as the town's parks and recreation director and was recently inducted into the Winthrop High School Hall of Fame. But Driscoll put Saturday's Super Bowl at the top of his list of memories.

"This was one of the better

days in my 30 years of coaching," said Driscoll.

The fifth-year St. Mary's head coach credited defensive coordinator Timmy Phelps and assistant coaches, Eric Mack, Dylan Driscoll, Todd Collier, Bob Logue, and Jonathan Kazadi, for their important contributions to the program. St. Mary's is 23-3 in the past two seasons.

"You set goals every year going into the season," said Driscoll. "To see the players cash in on their ultimate goal was pretty satisfying. Playing at Fenway Park (a 34-21 win over Austin Prep) and looking at the glow in their eyes at that game and getting the thrill of playing at two great venues (Fenway and Gillette), you couldn't ask for a better end of the year."

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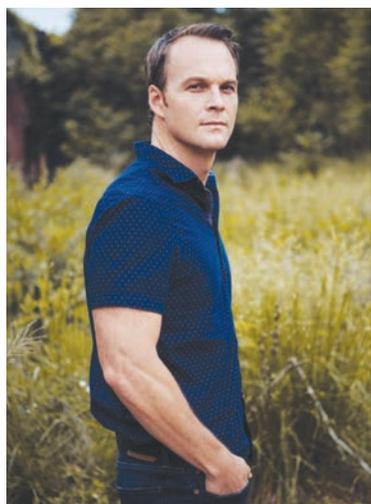
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Boston Lyric Opera's 2022-23 mid-season casting and ticket announcement

Casting and production announcements for Boston Lyric Opera's (BLO) spring 2023 performances are being released today, including performers in BLO's premiere production of Bluebeard's Castle/Four Songs in March 2023 and the New England premiere of Rhiannon Giddens and Michael Abels' new opera, Omar in May 2023. Public tickets for both performances are on sale December 1.

BLUEBEARD'S CASTLE/FOUR SONGS

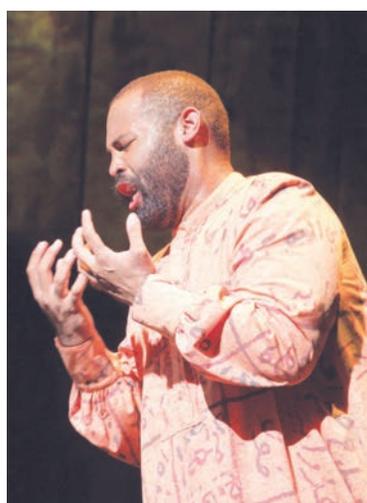
Bass-baritone Ryan McKinny stars as the fictional, fairytale character Bluebeard in Béla Bartók's one-act psychological thriller Bluebeard's Castle that will be paired with the dramatic song cycle Four Songs (Vier Lieder) by composer Alma Mahler (wife of Gustav). The highly anticipated production is directed by Anne Bogart, whose 2019 version of The Handmaid's Tale for BLO received universal acclaim and was one of BLO's best-selling shows. Naomi Louisa O'Connell sings the role of Judith, the bride who realizes



JIYANG CHEN PHOTO

Ryan McKinny.

she's gotten herself into a much different post-nuptial situation than she envisioned. O'Connell also performs Mahler's "Four Songs." BLO Music Director David Angus conducts. Bluebeard's Castle/Four Songs will play March 22-26, 2023 in an immersive, multi-genre experience that includes a salon-like atmosphere, dance and more installed at The Terminal @ Flynn



LEIGH WEBBER PHOTO

Jamez McCorkle.

Cruiseport in South Boston.

OMAR

Tenor Jamez McCorkle stars in Omar, the title role he premiered at the Spoleto Festival last spring and brought to LA Opera this fall. Omar is the story of Omar Ibn Said, a prominent scholar of the Islamic faith and many other subjects, who was born to a wealthy West African family. Enslaved in South Carolina at 37

years old, Ibn Said escaped his first place of enslavement and headed to North Carolina where he lived as a slave until his death in 1864. His is the only known autobiographical essay written in Arabic by a Muslim man enslaved in America.

Grammy winner Rhiannon Giddens wrote the libretto and composed the music in partnership with film and orchestral composer Michael Abels for a production conceived by Kaneza Schaal. Classical Voice San Francisco called the production "a profoundly moving spectacle," and lauded McCorkle's performance as "a career-defining role." Michael Ellis Ingram conducts the BLO Orchestra and Chorus.

Additional casting announced for Omar includes Cierra Byrd in the role of Fatima, Omar's Mother and Daniel Okulitch playing the dual roles of enslavers James Owen / Johnson. BLO Emerging Artists (current and alumni) in principal roles include: Neal Ferreira as Auctioneer / Taylor; Emma Sorenson as Eliza, Little

Daughter; Nicholas LaGesse as Abdul, Omar's Brother / Abe; and Fred C. VanNess Jr. as Amadou-Renty. Catherine Daniel plays Katie Ellen/The Caller. Omar plays May 4-7, 2023 at the Emerson Cutler Majestic Theater.

Omar is co-commissioned by Spoleto Festival USA, Carolina Performing Arts, L.A. Opera, Boston Lyric Opera, Lyric Opera of Chicago and San Francisco Opera. It is inspired by Dr. Ala Alryyes's translation of Omar Ibn Said's autobiography in his book A Muslim American Slave: The Life of Omar Ibn Said.

TICKETS ON SALE

Individual tickets for BLO's Spring 2023 performances of Bluebeard's Castle/Four Songs and Omar are on sale December 1. Two-show subscriptions, also available now, offer a 10% discount over individual tickets.

Subscriptions and individual tickets can be purchased online at blo.org, by phone at 617.542.6772 or by email at boxoffice@blo.org.

Girl Scouts in eastern Mass. are now selling Girl Scout Cookies

Girl Scouts of Eastern Massachusetts kicks-off the 2023 Girl Scout Cookie season as Girl Scouts and their troops rally the community to support the world's largest entrepreneurial program for girls. The annual cookie program will run through Friday, March 10th.

Consumers can support their local Girl Scouts by purchasing their favorite varieties including Thin Mints®, Caramel deLites®, Peanut Butter Patties®, Adventurefuls™, Peanut Butter Sandwich, Lemonades™, Trefoil®, Caramel Chocolate Chip Cookie (gluten-free and peanut-free) and Toast-Yay!™.

In addition to everyone's quintessential favorites, Girl Scouts has a new, online exclusive cookie, Raspberry Rally, which is a thin crispy cookie infused with raspberry flavor and dipped in the same delicious chocolaty coating as the beloved Thin Mints cookies. This new cookie will be the first in the Girl Scout Cookie lineup to be exclusively offered for online sale and direct shipment only, enhancing girls' e-commerce sales and en-

trepreneurial skills.

"The Girl Scouts Cookie Program is iconic in developing future women entrepreneurs. I have heard many times from women that their first experience in sales was through Girl Scouts," stated Girl Scouts of Eastern Massachusetts CEO Barbara Fortier. "As we enter what I think is the greatest time of year, I encourage people to remember that when you are purchasing a box of cookies, they are not only delicious but you are supporting a future entrepreneur."

The Girl Scout Cookie Program is the world's largest entrepreneurial program for girls. Girl Scouts' newly updated Financial Literacy badges offer entrepreneurial playbooks for every age level. From the Cookie Goal Setter badge earned as a Daisy to the Entrepreneur Accelerator for girls in high school, the Girl Scout Cookie Program teaches girls financial literacy, planning, budgeting, teamwork, innovative thinking, and confident decision making.

Girl Scout Cookies are \$5 per package. There are many ways

to support the Girl Scout Cookie program this season:

- If you don't know a Girl Scout, visit gsema.org/buycookies to find a cookie booth (pop-up shop) near you to purchase cookies from a local Girl Scout troop, or to connect with a local troop's online cookie shop to purchase cookies for a donation or shipment.

- If you know a registered Girl Scout, reach out to them to find out how they're selling cookies.

- Customers can make a purchase in-person or online and designate their purchase for donation to Cookies for a Cause to benefit first responders and healthcare professionals, the military and veterans' services organizations, local food pantries, and more.

- Visit www.gsema.org to have Girl Scout cookies shipped directly to your door. GSEMA will cover 50% of customers' shipping costs for all online Direct Ship orders of nine packages or more from February 1 – March 10.

Girls in grades K-12 can join Girl Scouts any time during the year to begin their Girl Scout

journey. As girls grow with Girl Scouts, they learn hands-on leadership skills they'll use to make their mark through the Gold Award and beyond. To join or volunteer, visit www.gsema.org.

For more information on Girl Scouts of Eastern Massachusetts, please visit www.gsema.org, or follow their social media channels, Instagram, Facebook, and LinkedIn, for the latest updates on the organization.

Girl Scouts of Eastern Massachusetts (GSEMA) is 30,000 strong, with 20,000 girls and 10,000 volunteers in 178 communities in eastern Massachusetts, building girl scouts of courage, confidence, and character, who make the world a better place. GSEMA is the largest girl serving organization in Massachusetts and the 10th largest Girl Scout council in the United States. Girl Scouts is the preeminent leadership development organization for girls. To volunteer, reconnect, donate, join, or learn more, visit gsema.org.

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GRAND OPENING AT DIANA C. FRIAS PHOTOGRAPHY



Diana C. Frias Photography officially is open with the cutting of the ribbon. Among those attending are Mayor Jared Nicholson, State Rep. Peter Capano and Diana Frias with NSLBA Executive Director Frances Martinez.

Congratulations to Diana C. Frias Photography Studio in Lynn at 319 Lynnway

Photography can be a skillful creation. The photographer works to create a positive expression by capturing a moment in time.

A new photography studio has opened in Lynn at 319 Lynnway. Photographer Diana Frias has a warm and inviting studio offering a variety of setups. Diana's main focus is with newborn children and maternity photography as well family and portrait pictures.

"I always wanted to be a photographer ever since childhood," said Diana. As one enters her studio, you will see some of her beautiful works mounted for display. Diana's talent will produce memories for life.



Mayor Jared Nicholson presents the City Citation to Diana Frias (center) with NSLBA Executive Director Frances Martinez(left).

'Tis the Season to share your family's Christmas photos



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GREATER LYNN CHAMBER OF COMMERCE HOLDS A FESTIVAL OF LIGHTS

It's always an exciting time in Central Square at the Festival of Lights hosted by the Greater Lynn Chamber of Commerce each year. So many youngsters really enjoyed meeting Santa Claus as he mingled among the crowd.

GLCC Director Colin Codner felt excited for the 2022 lighting of the Christmas Tree and the Menorah as he said, "We are go-

ing to have a wonderful year. As I look around to see all the energy with the start of the Christmas season, this shows how joyful everyone feels."

He continued to say, "Before the official lighting we will see performances by North Shore Christian School, St. Mary's Choir, Boys and Girls Club Dancing Team, and the All-Lynn Marching Band as all gets

everyone into the holiday spirit. Also, RAW Arts is showing children how to do ornament making, so they can bring home ornaments and hang it on a tree. Our business sponsors handed out refreshments and snacks to the children. Thanks to the Lynn Electrical Department who prepared the lighting for the Festival of Lights."



Mayor Jared Nicholson's son, Henry, lights the Christmas Tree and the Menorah at the Festival of Trees with Santa Claus, Tom McGee, Ward 2 Councilor Rick Starbard, Ward 4 Councilor Rich Colucci, Katherine Rushfirth, and Deb Ruggiero.



One Happy Mom - Aisha with her children, Paris, Genie, and Egypt.



Raw Arts Works Artist in America - Kaitlyn Famer with Elisha, Nayeli, Sam, and Catherine.



Greater Lynn Chamber of Commerce Festival of Trees Lighting.



St. Mary's Choir under the direction of Brandon Mayes - Gabriel Martinez, Zack Perry, Jared Thomas, Chance Bonfanti, Alanna Bowen, Julia Liuzza, Diana Ribeiro, Haleligh Newton.

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GREATER LYNN CHAMBER OF COMMERCE HOLDS A FESTIVAL OF LIGHTS



North Shore Christian School in Lynn with Director Sharon Kim and Accompanist Hana Pak direct the chorus.



Boys and Girls Club of Lynn Dancing Team.



Greater Lynn Chamber of Commerce Festival of Trees Lighting.



The Nicholson Family – Mayor Jared Nicholson, Henry, Katherine, Benjamin with Grandparents, Terry and Sue Rushfirth.



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Public program honors Pearl Harbor Remembrance Day at Charlestown Navy Yard

National Parks of Boston hosted a commemorative service and a wreath-laying ceremony at the USS Constitution Museum and on the World War II-era destroyer USS Cassin Young to remember and honor those who perished in the attack on the U.S. Naval Base at Pearl Harbor, Hawaii. The free three-part public program on Wednesday, December 7, was held in Charlestown Navy Yard, followed by an outdoor ceremony beside USS Cassin Young, and a return to the Museum for refreshments, generously sponsored by the Mayor's Office of Veterans' Services.

Participating in the ceremony was National Parks of Boston Superintendent Michael Creasey, USS Constitution Museum President & CEO Anne Grimes Rand, USS Constitution Commander Billie J. Farrell, USN, Massachusetts Secretary of Veterans Affairs Cheryl Poppe, Boston Commissioner of Veterans' Services Robert Santiago,

and other special guests including Kay Van Valkenburgh, great grandson of Captain Franklin Van Valkenburgh of USS Arizona. The program will include the USN Color Guard and rifle and cannon salutes from both Cassin Young and Constitution. The public will also be invited to participate in the Museum's "50,000 Letters of Gratitude" initiative to send letters of appreciation to veterans, active service members, and their families.

USS Cassin Young was named for U.S. Navy Commander Cassin Young, recipient of the Medal of Honor for his distinguished and heroic actions during the attack on Pearl Harbor, which initiated the United States' entry into World War II. As commanding officer of USS Vestal, which was moored to USS Arizona, Comdr. Young took personal command of his ship's three-inch anti-aircraft gun at the beginning of the attack. When the forward magazine of Arizona was hit, Cmdr.

Young was thrown overboard and incredibly swam back to his ship amidst burning oil on the water between the two ships. Despite the subsequent bombing of Vestal, Comdr. Young moved his ship away from Arizona to save the ship and countless lives.

Cassin Young has similarly served the country with distinction. It was built in San Pedro, California, typical of the many Fletcher-class destroyers constructed in the Charlestown Navy Yard during World War II. The ship was commissioned at the end of 1943 and first saw action in the Pacific Theatre in 1944. It took part in the landings in the Philippines, rescued survivors from the stricken carrier USS Princeton, screened the American force that sank four Japanese carriers in the battle of Cape Engano, and survived two separate kamikaze hits, one of which killed 21 crew members. No stranger to Charlestown, the ship was recalled to service in 1951 and underwent modernization at the shipyard on several occasions during the next decade before finally hauling down her commissioning pennant in 1960. "It is fitting that we remember this day aside Cassin Young at Charlestown Navy Yard, one of the first of six Navy Yards in the country," said National Parks of Boston Superintendent Michael Creasey. "The National

Park Service protects the Cassin Young and provides a home base for USS Constitution, to honor the service people of the United States Navy past and present, and provide current and future generations the opportunity to forge meaningful connections to these national treasures and iconic cornerstones of the American story."

The National Parks of Boston is a collection of three National Park Service sites – Boston National Historical Park, Boston African American National Historic Site, and Boston Harbor Islands National and State Park. Established by individual legislation and for designated purposes, the three units have come together under a unified organizational umbrella to collaborate in ways that celebrate our cultural heritage, reconnect people to history and nature, and provide outdoor recreation opportunities on land and on the water. For more information, visit: nps.gov/bost, nps.gov/boaf, and boston-harborislands.org.

The USS Constitution Museum serves as the memory and educational voice of USS Constitution by offering award-winning exhibits where all ages can have fun while learning and exploring history together. The Museum's mission is to engage visitors in the story of Constitution to spark excitement about maritime

heritage, naval service, and the American experience. The Museum is open seven days a week with a pay-what-you-wish admission policy, and the Virtual Museum is open 24/7. The USS Constitution Museum is a 2022 winner in USA Today's 10Best Readers' Choice in the "Best History Museum" category and Boston Parents Paper's Family Favorites in the "Historic Sites & Tours" and "Museums & Attractions" categories. For more information, visit ussem.org.

USS Constitution, America's Ship of State, is the world's oldest commissioned warship afloat and played a crucial role in the Barbary Wars and the War of 1812, actively defending sea lanes from 1797 to 1855. USS Constitution was undefeated in battle and destroyed or captured 33 opponents. The ship earned the nickname of Old Ironsides during the War of 1812 when British cannonballs were seen bouncing off the ship's wooden hull. The active-duty Sailors stationed aboard USS Constitution provide free tours and offer public visitation as they support the ship's mission of promoting the Navy's history and maritime heritage and raising awareness of the importance of a sustained naval presence. For information, visit www.navy.mil/uss-constitution/.

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Goldberg receives the Freda Johnson Award

Northeast Women in Public Finance (NEWPF) along with the Bond Buyer will present State Treasurer Deborah B. Goldberg with the Freda Johnson Award at the Bond Buyer's Annual Deal of the Year Awards ceremony in New York City on December 6, 2022.

The Freda Johnson Award has been created in honor of NEWPF Founding Board Member Freda Johnson, whose highly successful career in public finance has been an inspiration to many people, particularly women in the industry.

The award recognizes a woman serving or who has served in a position for a public or non-profit issuer who exemplifies the qualities that Johnson brought to the financial industry as a trailblazer, leader, innovator, and mentor.

"Treasurer Deborah Goldberg is dedicated to improving the lives of the citizens of Massachusetts through both her public position and her non-profit

work," said Freda Johnson. "She is a dynamo, a role model, and an outstanding mentor to women."

Since taking office in 2015, Treasurer Goldberg has brought an innovative leadership style, and an unwavering commitment to create opportunities for every Massachusetts resident. Her initiatives and programs have supported and advocated for policies that advance effective strategies and foster long-term, sustained growth and stability for everyone.

"The Treasurer has demonstrated a commitment not only to public finance, but also to the women within it," said Vivian Altman, Managing Director of Northeast Women in Public Finance. "For her pioneering work and a highly accomplished career in public finance, for her unwavering dedication to diversity and supporting, promoting, and developing women in the industry, Massachusetts Treasurer Deborah Goldberg embodies all the

qualities of the Freda Johnson Award. It is with the greatest esteem that we award her the 2022 Freda Johnson Public Sector Award."

In 2016, the Treasurer started the Women + Finance Fellowship, the first fellowship of its kind sponsored by a government organization. Understanding the importance of building a network and pipeline, the Treasurer wanted to identify and foster diverse talent for the financial industry, and advocate for the placement of women and non-binary people in leadership roles.

"To receive an award named after someone who was a tremendous trailblazer and overcame incredible barriers is an unbelievable honor," said State Treasurer Deborah B. Goldberg. "Freda exemplifies everything about staying the course, persevering, hanging in there, and then succeeding. So being awarded the Freda Johnson award is thrilling."

National Grid recommends home preparations ahead of winter

With colder weather and storm season approaching, including the likelihood of rain and strong winds later today, National Grid is encouraging customers to proactively prepare their homes and businesses for the weeks and months ahead.

Every day, National Grid works to ensure that customers receive the safest and most reliable energy service possible. National Grid has secured sufficient natural gas supplies to keep customers warm this winter, and is continuously inspecting, investing in, and upgrading critical infrastructure, performing vegetation management services to keep power lines clear of obstructions, and preparing our crews to respond to major weather events.

In 2021, National Grid made more than \$800 million in infrastructure and related investments across Massachusetts, including work that upgraded and secured critical facilities that help power and heat homes and businesses. These investments along with other efforts have resulted in National Grid having strong system performance so far in 2022, with our electric network operating at 99.995 availability -- a nearly 7 percent improvement over 2021 -- providing customers with reliable electric service day-in and day-out.

"As we head into the late fall

and begin winter, the chance for inclement weather to potentially impact our customers in Massachusetts is greatly increased," said Tanya Moniz-Witten, Vice President of New England Electric Operations. "Ahead of storm season, we recommend all our customers make sure they are prepared in case of outages in their area. National Grid takes steps throughout the year to make our system more resilient, but major storms can cause significant damage. In the event of a power outage, our crews and support teams will be ready and working for as long as needed to safely restore service as quickly as possible."

Winter will also mean higher electric and gas bills. National Grid recognizes increased bills will pose challenges for many customers. In September, the company launched its Winter Customer Savings Initiative, which is designed to help customers reduce their energy use and lower energy costs, manage their energy bills and payments, and help them secure available energy assistance if they need it. More information about the initiative can be found at ngrid.com/heretohelp.

Before inclement weather brings challenges to the region, National Grid is offering customers the following tips and reminders:

Stay Safe:

- People who depend on electric-powered life support equipment, such as a respirator, should let National Grid know. To register as a life support customer, call the company's Customer Service Center at 1-800-322-3223. News Release

National Grid Recommends Home Preparations Ahead of Winter

National Grid is offering customers tips to make sure they are prepared for storm season

Prepare your home:

- Customers with generators are encouraged to conduct regular maintenance checks to ensure the generator is operating safely.

- If applicable, schedule a home's furnace tune-up to ensure it is in proper working order, and ensure it and any water heaters are properly vented.

- Test smoke and carbon monoxide detectors and change the batteries every year.

- Remove dead or rotting branches on trees.

- Schedule a free Mass Save home energy assessment to learn ways to reduce winter energy use. Call 888-774-3167 to schedule an appointment.

Prepare a winter emergency kit in the event of a major storm with the following items:

- Water – The American Red Cross recommends one gallon of water per person per day.

- Food – at least a three-day supply of non-perishable food, plus a can opener.

- Battery-powered or hand crank radio.

- Flashlight and extra batteries.

- First-aid kit.

- Moist towelettes, garbage bags and plastic ties for personal sanitation.

- Personal hygiene supplies.

- Extra cash.

- Cell phone with chargers.

- Emergency contact numbers.

Other items to consider may be found on the National Grid website here.

Customers Should Stay Connected:

- Report power outages at www.nationalgridus.com or call 1-800-465-1212.

- Use a mobile device to track outage information and storm-related safety tips through National Grid's mobile site accessible at www.ngrid.com/mobile.

- Like National Grid on Facebook and follow on Twitter and Instagram; National Grid posts all the latest storm and restoration updates.

- Track outages and estimated restoration times at www.nationalgridus.com/outage-central.

- Make sure National Grid has updated email addresses and phone numbers on file. Update contact information at ngrid.com. Click on sign in/register.

- To stay connected during storms and outages, text to 64743 using any of the below commands.

- o REG to sign up for text alerts
- o OUT to report an outage

- o SUM followed by your town, county, or state to get a summary of outages in your area
- o HELP for the full list of commands

Additional safety information may be found at <https://www.nationalgridus.com/MA-Home/Storm-Safety/>

About National Grid About National Grid: National Grid (NYSE: NNG) is an electricity, natural gas, and clean energy delivery company serving more than 20 million people through our networks in New York and Massachusetts. National Grid is focused on building a path to a more affordable, reliable clean energy future through our fossil-free vision. National Grid is transforming our electricity and natural gas networks with smarter, cleaner, and more resilient energy solutions to meet the goal of reducing greenhouse gas emissions.

For more information, please visit our website, follow us on Twitter, watch us on YouTube, like us on Facebook and find our photos on Instagram

Postal Service changes delivery times for holiday season

The Postal Service is keeping up the pace as the hustle and bustle of the holiday season gains momentum. To ensure customers get their holiday packages on time, our letter carriers will be delivering as early as 6:00 a.m. in many major metro locations across the country. So, if you hear the sounds of an early morning package delivery, please know it's our way of helping Santa get an early start.

This month, our carriers will be out delivering in the early mornings in many communities. To help keep your letter carrier safe, we ask you to keep your porch light on, especially if you notice mail has not yet been delivered.

We have prepared all year to deliver certainty and continuity this holiday, and that means starting early in the morning.

Tips for a successful holiday mailing and shipping season:

- Use free Priority Mail Flat Rate boxes. They are available at Post Office locations or online at

usps.com/freeboxes.

- Make it easy with the Click-N-Ship feature. You can create shipping labels and pay for postage online at usps.com/ship.

- Schedule a free Package Pickup when the carrier delivers your mail. It's free, regardless of the number of packages. Pickups can be scheduled at usps.com/pickup.

- Mail and packages that weigh more than 10 ounces or are more than a half-inch thick and use stamps as postage cannot be dropped into a collection box or left for a carrier to pick up. Instead, take them to a local Post Office.

- Sign up for Informed Delivery. Keep an eye on your deliveries by registering at informed-delivery.usps.com to see what packages are enroute and to receive daily emails showing what mail will be delivered.

- Monitor your front door. If you have a home security camera system, ensure it captures and saves activity at your front

door and mailbox. If you catch any mail thieves in the act, save the video and alert your local Postal Inspectors. Video surveillance goes a long way in preventing crimes and catching the bad guys. You can reach the U.S. Postal Inspection Service at 877-876-2455.

- Don't leave delivered mail and packages unattended. Just as wallets and purses shouldn't be left on the front seat of an unlocked car overnight, mail and packages shouldn't be left uncollected in mailboxes or on front porches for any length of time.

2022 Holiday Shipping Deadlines

The Postal Service recommends the following mailing and shipping deadlines for expected delivery by Dec. 25 to domestic addresses and Air/Army Post Office/Fleet Post Office/Diplomatic Post Office (APO/FPO/DPO) addresses*:

- Dec. 9 — APO/FPO/DPO (all ZIP Codes) Priority Mail and First-Class Mail

- Dec. 16 — APO/FPO/DPO (except ZIP Code 093) USPS Priority Mail Express Military service

- Dec. 17 — USPS Retail Ground service

- Dec. 17 — First-Class Mail service (including greeting cards)

- Dec. 17 — First-Class packages (up to 15.99 ounces)

- Dec. 19 — Priority Mail service

- Dec. 23 — Priority Mail Express* service

Additional news and information, including all domestic, international and military mailing and shipping deadlines, and tips to keep mail safe can be found on the Postal Service Holiday Newsroom at usps.com/holiday-news.

The Postal Service receives no tax dollars for operating expenses and relies on the sale of postage, products and services to fund its operations.

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NEWS FROM AROUND THE REGION

FAIR HOUSING PLAN BEGINS

CHELSEA - A new fair housing plan in the city aims to address housing discrimination and help identify needs and barriers to fair and affordable housing, and establish goals and strategies to break down those barriers.

The city's Department of Housing and Community Development is spearheading the effort, with funding from the Massachusetts Department of Housing and Community Development's Community Development Block Grant Program and the Metropolitan Area Planning Council. The community development department will work in collaboration with residents, housing agencies, and community based organizations to make the plan a reality.

Housing discrimination and affordability has been a major priority for many city departments and organizations over the past several years, and an equitable fair housing plan was set as a major priority of the Chelsea Young Adult Alliance and Chelsea Black Community.

"We are pleased to announce the Fair Housing Plan, the results of an invaluable partnership with the Chelsea Young Adult Alliance and Chelsea Black Community," said Alex Train, Direc-

tor of Housing and Community Development. "Against a backdrop of a housing crisis affecting residents across the community, the city is committed to ardently defending against discrimination of protected classes, to ensure all Chelsea residents have access to affordable and safe housing."

Train added that the plan will encompass substantial community input and help guide investments in affordable housing, community development, housing stability, and social services.

An advisory committee of residents, local housing specialists, and community based organizations held its first meeting earlier this month and will meet again in December. Additional focus groups, interviews, events, and meetings will be part of the community process

"Community engagement is fundamental in this project," said Housing and Community Development Manager Erica McCarthy. "New and long-standing residents experience various housing realities. Folks with disabilities, seniors, children, teens, and families have unique housing needs."

Once complete the Fair Housing Plan will offer a roadmap for the city and partner agencies to tackle entrenched barriers to fair housing.

"While we as a society have

collectively navigated our way through a pandemic, one of the emerging impacts has been an even wider economic disparity in our communities," said Candace Perez, the city's Diversity, Equity, and Inclusion officer. "The insecurity of our economy is felt in all levels of our society, and this disparity is even more apparent in the space of housing and equitable opportunities for a safe, affordable place to live. The City's Fair Housing Plan Initiative is focused on not only identifying the mitigating factors of housing inequality, but also advocating for the substantial allotment of quality housing developments in Chelsea and in our communities beyond."

She added that the Department of Diversity, Equity, and Inclusion is a collaborator and partner in this endeavor, ensuring that all residents - regardless of their socioeconomic status - have access to obtaining equitable, affordable housing.

It's anticipated that the plan will be completed by next summer. Anyone with input or questions can contact McCarthy at (617) 466-4197.

CONCERNS EXPRESSED ABOUT NEW DEVELOPMENT

EAST BOSTON - Residents

still have concerns about parking and safety regarding the proposed 9 McKay Place development as project representatives provided updated plans at the Gove Street Citizens Association (GSCA) meeting on Monday, Nov. 28.

The proposed development, comprised of five stories and 41 units, was initially presented to the GSCA in February of 2021 and since then has seen some updates.

One of the most significant updates comes from a partnership with a popular East Boston non-profit organization. The project would commit 1,200 square feet of the ground floor for Eastie Farm.

"We don't really have indoor space. We kind of walk around

with our laptops looking for a café or somewhere to sit and have our meetings - but it would be nice to have some indoor space which is offered here, so we appreciate that," said Eastie Farm Director Kannan Thiruvengadam.

Not only would this partnership benefit the non-profit, but it could also benefit the community as a whole, as Eastie Farm would have more space to store food that it gives out and be an area to teach residents about cooking and more.

Other updates include increasing parking spaces from 27 spaces to 36 as well as kicking back the fifth story of the building to alleviate the building's sense of

Please see REGION Page 11

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Region / CONTINUED FROM PAGE 10

size. Maneuvering the fifth story also allows room for a rooftop garden patio.

Although some who attended the GSCA meeting praised aspects of the project, some still maintained that parking is a huge issue.

Citing the addition of cars as more units come to areas like Cottage Street, Kaitlin Andryauskas explained that there are just not enough parking spots, especially if this project were to be approved.

She also mentioned it is a safety issue saying, "When I come home late at night, it starts getting unsafe when I have to park this far away from my house."

"I love the design, I love the partnership with Eastie Farm, but it's getting to the point – it's really problematic – the parking," said Andryauskas.

Alexandra Zuluaga also expressed her frustration explaining that her father needs to search for almost an hour nightly to find parking in the area.

"Honestly, I know that you increased the amount of parking spots by 30% – good job – for me, I mean, the minimum is a one-to-one ratio at this point. I mean, there's just no place else," said Zuluaga.

While parking is undoubtedly a significant issue, safety is another, considering the Donald McKay School is a direct abutter to the proposed development.

Jason Meland, the school's principal, outlined his concerns explaining that 90% of students live within one mile of the school, meaning many kids and their families walk to school.

Meland voiced that he wanted to hear plans for minimizing traffic disruption during potential construction in a high-traffic area with kids making their way to and from school.

He also mentioned apprehensions about dust production during construction as students spend a lot of time outside in a recess yard right behind the job site.

"As the school principal, my primary responsibility is the safety of our school, our students, and their families," said Meland.

Susan Huang, the Director of Operations at the Donald McKay School, echoed Meland's sentiment saying, "I do think the size and scope of the project raises safety concerns for our students and families, and I just hope that the developers will take these

points into consideration."

Overall, the project seems to have made some moves to quell concerns, but it is clear that residents are still worried about the issues it could cause.

However, Armindo Goncalves, who presented the updated plans, took all the feedback Monday and emphasized that this meeting is only the beginning of a community discussion.

"This is the beginning of a discussion and so let's start that today, and hopefully, we'll come up with something again we can all be proud of," said Goncalves.

The Boston Planning and Development Agency (BPDA) will hold a virtual public meeting to field more comments on the project Wednesday, Dec. 7, at 6 p.m. Further, the public comment period is open until Friday, Dec. 16.

To leave public comments and register for the upcoming public meeting, residents can visit <https://www.bostonplans.org/projects/development-projects/9-mckay-place>.

COUNCIL REMEMBERS RICHARD SASSO

EVERETT - The Everett City Council honored the late Richard Sasso with a moment of silence at Monday's Council meeting.

Mr. Sasso, who owned and operated the 8/10 Bar and Grille on Norwood Street for the past 16 years, died on Nov. 25. He was 62 years old.

"He was a wonderful man," said Councilor Wayne Matewsky. "Everybody knows what a great restaurant it is, with great food and great employees. And he was one nice guy."

Matewsky said that Mr. Sasso worked hard to build a successful business in Everett. "He opened a business here. He bought the building after opening the restaurant. His father, Attorney Joseph Sasso, is a former alderman in this city."

Councilor Al Lattanzi recalled his strong friendship with Richard Sasso.

"Richie and I were great friends – the last couple of years we got even closer when he had some issues with his health," said Lattanzi. "I used to call him all the time and check on him. My wife told me on Saturday morning that he had passed. I was in shock. Tears came to my eyes. He was such a nice guy. I'm going to miss him a lot. His dad and his mother are great people. I've been to their house.

"Richie had that wonderful restaurant on Norwood Street," continued Lattanzi. "It was a gathering place for most of the Council. His dad was a councilor in 1963-1964. Richie will be sorely missed. He was a great friend and I'm just broken hearted."

TAX BILLS TO REMAIN FLAT

REVERE - Revere homeowners will see their property tax bills stay fairly even in the next fiscal year.

The City Council approved the minimum residential tax factor, a vote that shifts the burden of property taxes to commercial property owners.

"That allows us to shift the tax rate 175 percent onto the commercial (property)," said Chief Assessor Dana Brangiforte. "Doing so allows us to adopt the lowest residential tax rate possible."

With the tax shift approved, the state's Department of Revenue still has to approve the project tax rate.

It's expected that the residential tax rate for FY23 will be \$9.51 per \$1,000 of valuation, while the commercial rate would be set at \$18.98.

Also taken into account in the amount residents will pay on their tax bill is the valuation of the properties.

"Single family homes, value wise, were up around 10 percent," said Brangiforte.

With the proposed tax rate, the average single-family homeowner in Revere will see an increase on their tax bill of \$33 for FY23. The average single-family home value in the city is about \$473,000.

"Some will pay more and some less, but on average, it is not a substantial increase," Brangiforte said.

Condominium owners can expect to see a decrease in their bills of about \$40 on average, and owners of two-family homes a decrease of about \$20. The average tax bill on three-family homes will increase by about \$90, according to Brangiforte.

On the commercial side, he said property owners can expect to see a 14 percent increase in the tax bill, although he said that increase is more dependent on the size of the property, with owners of smaller businesses and properties likely not seeing as large of a hike.

Brangiforte also touched on

the total amount of money the city can raise through property taxes in FY23, noting there was about \$3 million of new growth, raising the levy limit from about \$102 million last year to \$107,656,000 in FY23. Under state law, the city can increase the levy limit by 2 1/2 percent per year, and then add in the new growth.

Growth is anything that is subject to new taxation for the first time, from new building to renovations.

There was about \$1 million in residential new growth for FY23, with the main drivers being development at 656 Ocean Ave., the old G&J towing site on Whittin Avenue, 257 Washington Ave., and the planned residential development at the Suffolk Downs property.

Commercial new growth nearly doubled the residential growth at about \$2 million, with the major parcels being the commercial development at Suffolk Downs, the new Amazon facility on Squire Road, and a new hotel at 400 Ocean Ave.

LETTERIE'S NOTES 20th ANNIVERSARY

WINTHROP - Letterie's Italian Market in Winthrop Center is celebrating its 20th anniversary under the ownership of Jim Letterie.

The current president of the Winthrop Town Council, Letterie spoke about the history of his store.

"The store's been in Winthrop since 1956 with the Abbatesa's (formerly Terrie's Food Mart)," noted Letterie. "I bought it in 2002 and we're celebrating the 20th anniversary this month. It's been an incredible opportunity for my family and me."

Letterie's has been a popular lunch-time destination for Winthrop families throughout the store's history.

"I think what I get the most enjoyment out of is to see a whole generation of kids come through the store," said Letterie. "Basically, when I started, they were just born and now they've graduated from college. To see a whole generation of children grow up, it's really special. Winthrop is a unique town and a special place. And as I like to tell everybody, it's just a great place to live, work, and raise a family."

Letterie's has a wide variety of specialties and submarine sandwiches, with the Italian and

"Figglesworth" subs topping the list of favorites. As the Letterie's Italian Market website proudly proclaims, the store is known for "its continued tradition of quality cold cuts sliced to order, its famous in-store roast beef, the tremendous line of subs, wraps and salads all made to order, and its increasingly popular catering business featuring Italian specialties, homemade calzones, and our signature wrap platters, along with custom-made subs up to eight feet in length."

Letterie has served in town government for 17 years. He is entering his second year as council president.

Jim's wife, Dawn Letterie, has been a Winthrop schoolteacher for 35 years. Their son, Jake, is a 2020 graduate of George Washington University and now lives and works in the nation's capital. Their daughter, Jenna Letterie, is a senior at Middlebury College, where she is the captain of the reigning NCAA Division 3 national championship women's ice hockey team. The team was undefeated in the 2021-22 season. "That was an incredible experience and she's now the captain of this year's team hoping to defend the title."

Letterie said he was grateful for the residents' support and patronage of his business over the past two decades.

"I can't thank the residents of Winthrop enough for their patronage over the past 20 years and all the employees who have worked at the store. I would be remiss if I did not mention the Abbatesas for their 40-plus years owning the former Terrie's and laying the foundation that I could build upon," said Letterie.

Rep. Turco offers his congratulations

State Rep. Jeff Turco is among the many residents who have stopped by the store to offer their congratulations to the business owner and long-time member of the Winthrop Chamber of Commerce.

"It is with great honor that I congratulate Letterie's Italian Market on their 20th Anniversary. They have graciously fed the people of Winthrop delectable Italian food for two decades. It is always a pleasure celebrating the success of small businesses in Winthrop. Congratulations and to many more years of achievement serving the great community of Winthrop," said Rep. Turco.

FRESH AND LOCAL

Canned Tuna: 101



For a quick lunch, it took minutes to pull the tab on a can of Sicilian Caponata with tuna and arrange it on a bowl of arugula.

By Penny & Ed Cherubino

Canned tuna options have changed over the past few years, so we've decided to review some of your choices in the canned fish aisle. Many of us keep cans or jars of tuna on hand. This pantry-stable product is an excellent source of protein and can add essential nutrients like omega-3 fatty acids to your diet.

What's in the Can or Jar?

There are several factors you should consider when choosing tuna. Start with a bit of label scrutiny. First, read the ingredients. We always like any processed food to have as few ingredients as possible. Our favorite canned tuna has just two ingredients: Skipjack tuna and salt. Other ingredients that might be in a can of tuna are olive oil, water, vegetable broth, vegetable oil, and soy.

Two ingredients may signify that the tuna was only cooked once and should contain all the original omega-3 fatty acids. The government requires pressure cooking in the container for safe preservation. Some brands cook the tuna twice, and you lose some nutrition in the liquid left behind in the first round. Our choice puts raw tuna in the can and cooks it

once. The fat and liquid in our can are all from the tuna.

We choose Skipjack for lower levels of mercury. The Environmental Defense Fund explains, "There are two main kinds of canned tuna: chunk light and solid or chunk white (albacore). All canned white tuna is albacore. Its mercury levels are almost three times higher than the smaller skipjack tuna, used in most canned light tuna products."

Finally, other words indicate that the tuna in the can is more sustainable and better for the environment. These are "pole or line caught," and "dolphin and turtle safe," "No Nets and No Long lines." You may see certification from the Marine Stewardship Council (MSC) or choose a brand on the Monterey Bay Aquarium's Seafood watch list.

Quick Meal Starters

Many tuna brands have added packets, cans, or jars of tuna with seasoning or vegetables to their lineups. These can turn a salad or a grain bowl into a meal in minutes. Since these are often single-serving sizes, you can try a few and add your favorites to your pantry.

At the end of a long day, you might reflect on what you ate and decide you didn't get enough pro-

tein. When this happens, we grab a can of Freshé Sicilian Caponata or Provence Niçoise. You can have it with good bread, on top of a salad, or mixed with grains, legumes, or beans. We've added a few cans of these products to our emergency meal stash since canned tuna usually has an extended best-by date. Our current supply has a date in 2026.

Zippy Ingredients

Flavored tunas can add zip to

favorite comfort foods like tuna salads, tuna noodle casseroles, tuna melts, tuna patties, pasta al tonno, and salade Niçoise. As with any processed food, read the nutrition and ingredient information to decide if the calorie count, sodium level, and percentage of saturated fat in these mixes are compatible with your family's dietary needs and limitations.

As we all learn more to take better control of the food we eat, decisions require a bit more re-

search. However, once you find a few products with flavor, nutrition, and sustainability standards that meet your own, you can keep buying them. And, when you see something new, you'll have a product that any new item will have to top to win a spot on your shopping list.

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