

THE LYNN JOURNAL

Friday, November 7, 2025

NORTH SHORE LATINO BUSINESS ASSOCIATION GALA



The North Shore Latino Business Association held its 14th Annual Gala Sept. 28 at Danversport. Shown are NSLBA CEO Frances Martinez, with award recipients, Fred Hogan, Socrates Trinidad, Alejandro Perez Cleto, and Ana De Los Santos. See Pages 8 and 9 for more photos.

Mark Steven Dancewicz Jr. makes his way from Lynn to Hollywood

By Cary Shuman

Mark Steven Dancewicz Jr. is part of a well-known Lynn family. Mark's grandfather's brother, was Francis "Boley" Dancewicz, who quarter-backed Lynn Classical to back-to-back state championships in 1940-41, was an All-American player at Notre Dame and the first overall pick by the Boston Yanks in the 1946 NFL Draft.

"Every year, my uncle, Ed, hosted a Fourth of July party at his house, and my dad [Mark Dancewicz Sr.] remembers one year, "Boley" did the 'high knees' over to where the grilling was happening. My dad said he had never seen anything like it. He said the reason they called him "Boley" was that he could bowl anybody



Mark Dancewicz (right) doing stunt training for the film, "Aftermath," which became the No. 1-rated movie on Netflix.

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Election Results

Tristan J. Smith tops the ticket in School Committee election

Staff Report

Tristan J. Smith topped the ticket in the Lynn School Committee race in Tuesday's election.

Smith, a 30-year-old attorney and track coach at St. Mary's High School, received 3,609 votes to claim first place in a field of nine candidates vying for six seats.

"I think it [topping the ticket] says a lot about our campaign's ability to really articulate a vision that included all of Lynn," said Smith, son of Jim Smith and Abbe Smith, and an alumnus of Salem State and Suffolk Law School. "We got our message out to the voters, and it really validated all the



Tristan J. Smith

work that our campaign put in. I'm honored to be elected to the School Committee."

Brenda Ortiz McGrath was

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Avery, Paez win seats; Net, LaPierre, McClain, Field re-elected councillors-at-large

Staff Report

Jordan Avery was elected to the Ward 7 seat while Cardeliz Paez was elected to the Ward 5 seat in Lynn City Council elections Tuesday.

Avery defeated former Lynn Classical athletic director Billy Devin Jr., 686 votes to 585 votes, in unofficial results.

Paez defeated Josh Polonsky, 500 votes to 431 votes.

Councilor-Elect Jordan Avery issued the following state-

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Jordan Avery

EDITORIAL

GIVE THANKS TO OUR VETERANS

This coming Tuesday, November 11, our nation will celebrate the 107th observance of Veterans Day, a day of solemnity and reverence that honors those who have served in our nation’s military.

Veteran’s Day initially was known as Armistice Day when it was enacted in 1919 to commemorate the first anniversary of the end of World War I, which occurred on the 11th hour of the 11th day of the 11th month in 1918.

World War I was marked by trench warfare in which neither side (the German-allied nations of Germany, Austria-Hungary, and the Ottoman Empire vs. the alliance among Great Britain, France, Russia, and the United States) accomplished anything. Historians to this day cannot even pinpoint a rational reason for why the war began.

The trench lines did not meaningfully shift for the entire four-year period of the war. In the meantime, the European continent was ravaged, with 10 million soldiers and another 10 million civilians losing their lives.

More significantly, the “war to end all wars” only set the stage for an even bloodier world-wide conflagration 21 years later with the onset of WWII on September 1, 1939.

Even the roots of today’s conflict in the Middle East can be traced to the shift in control of that part of the world in the aftermath of WWI from the Ottoman Empire (Turkey) to England, which eventually led to the so-called British Mandate for Palestine after WWII.

In the aftermath of the Korean War in 1954, Armistice Day officially became known as Veterans Day to recognize all of our nation’s veterans.

There are many ways that each of us can honor our vets, including attending parades and ceremonies in our communities, visiting veterans’ memorials and cemeteries, volunteering with veterans’ organizations, donating to veterans’ causes, flying the U.S. flag, thanking a veteran for their service, or simply taking a moment to reflect on the sacrifices made by so many who have put their lives on the line to ensure that all of us can enjoy the freedoms that we enjoy as Americans today.

If nothing else, Veterans Day should remind us that freedom isn’t free and that maintaining our freedom since our nation’s founding has required the personal sacrifice of millions of our fellow Americans.

Nicholson re-elected to second term

Mayor Jared Nicholson was re-elected to a second four-year term in Tuesday’s municipal election.

Nicholson, 39, a graduate of Princeton University and Harvard Law School, received 5,851 votes.

“I want to thank Lynn for all the support,” said Mayor Nicholson.

“I am so excited for a second term. Congratulations to all the candidates on a great campaign and thank you to all the voters who came out, our terrific campaign volunteers, and all the poll workers and team members who make Election Day and our democracy happen.”



Mayor Jared Nicholson

COUNCIL (from pg. 1)

ment thanking the residents of Ward 7:

“This wasn’t just a win for me – this was a win for Ward 7, and a win for our community’s voice, our values, and our vision for a better Lynn.

First and foremost, I want to thank my family. Running for public office is not easy on anyone, and I am forever grateful for their support, their love, and for standing by me every step of the way.

I also want to thank my supporters, my friends, my volunteers, and every single person I met on the doors and out in the community. Every conver-

sation mattered. Every moment mattered. Every single vote mattered.

To every candidate who ran in this election – win or lose – congratulations. It takes courage to step into public service, and it takes commitment to put your name on a ballot. I respect anyone who put themselves out there for the people.

Today is only the beginning. Now the real work begins. And I intend to work hard every single day for the residents of Ward 7 and the City of Lynn.”

In Ward 1, incumbent Councilor Dr. Peter Meaney defeated Paul Gouthro, 1,482 votes to

910 votes.

Ward 2 Councilor Obed A. Matul, Ward 3 Councilor Coco Alinsug, Ward 4 Councilor Natasha Megie-Maddrey, and Ward 6 Councilor Fred Hogan were unopposed in their successful bids for re-election.

In the councilor-at-large races, incumbent Councilors-at-Large Hong Net, Brian LaPierre, Nicole D. McClain, and Brian M. Field, were re-elected.

Jean Michael Fana finished fifth in the councilor-at-large race.

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also elected to the School Committee. Incumbents Lorraine Gately, Andrea L. Satterwhite, Brian K. Castellanos, and Len-

ny Pena were re-elected.

Incumbent Eric C. Dugan finished in seventh place, one spot shy of being re-elected, fol-

lowed by Stacy Bryant-Brown and Julie Pyram Dorsey.

The Salvation Army Massachusetts Division calls for Red Kettle volunteers

With the holiday season approaching, The Salvation Army Massachusetts Division is kicking off its annual Red Kettle Campaign across the Commonwealth, and volunteers are urgently needed in nearly every region.

As more families across Massachusetts face economic hardship, inflation and housing costs heading into the holidays, the need for The Salvation Army’s services continues to grow. The organization serves as a critical safety net, providing Christmas gifts and food, offering emergency assistance with bills, and providing shelter to those without a home. All Red Kettle proceeds support The Salvation Army’s work with individuals and families right in the communities where donations are collected.

On average, volunteer bell ringers raise enough money to provide nearly 250 meals to children and families in their respective towns. The theme of this year’s campaign is “Give With JOY.”

“Each act of generosity, large or small, helps The Salvation Army make the season brighter for families across Massachusetts,” said Major Elijah Kahn, General Secretary of The Salvation Army Massachusetts Division. “Our volunteers and donors embody the spirit of the holidays and make it possible for us to bring joy where it’s needed most.”

The first local Red Kettle campaigns of 2025 kick off across the state in November. Areas with upcoming campaign launches that are in need of volunteers and support include: the Merrimack

Valley, Cape Cod and Southeastern Massachusetts (Hyannis, Fall River, and New Bedford), the North Shore (Newburyport, Salem, and Lynn), MetroWest, Mass Bay/Boston, the Route 2 area (Athol, Greenfield, and Fitchburg), as well as Western (Springfield and Pittsfield) and Central Massachusetts (Milford and Worcester).

The Salvation Army Massachusetts Division is working to raise more than \$2.3 million through this year’s Red Kettle Campaign to support critical year-round social services. Donations can be made in person at a Red Kettle or virtually.

To volunteer at a Red Kettle or donate online, visit salvationarmyma.org/redkettle.

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NEW Health announces new cosmetic services

Special to the Independent

Licensed and certified dentists provide Botox and dermal filler treatments designed to refresh appearance and enhance natural beauty. With advanced training and an expert understanding of facial aesthetics, they bring both artistry and precision to every treatment for natural-looking results in a trusted health care environment.

NEW Health dentists, Dr. Elodia Kore and Dr. Erika Omansky, are highly trained to deliver these cosmetic services with expertise and compassion.

Patients can soften fine lines and wrinkles in common areas such as the forehead, frown lines and crow's feet, revitalize tired features, or restore youthful volume and contour with these



Dr. Elodia Kore

quick, non-surgical treatments, with little to no downtime.

"We tell patients that you can experience the perfect blend of medical expertise and personalized care in a welcoming, professional setting you already know and trust at NEW Health," said Dr. Omansky. "We are excited to expand our offerings



Dr. Erika Omansky

with these services that are highly in demand."

The services are open to all — those who are interested do not need to be primary care or dental care patients at NEW Health. Services are available at out-of-pocket costs, but at competitive prices. Free consultations at the North End location (332 Ha-

nover Street in Boston) can be scheduled by calling (617) 643-8070.

As a federally qualified health center and an affiliate of Massachusetts General Hospital and Boston Medical Center, North End Waterfront Health (NEW Health) extends its world-renowned healthcare services to people who live and work in and around Boston's North End, Waterfront and Charlestown neighborhoods. NEW Health is committed to improving the quality of health and life for those it serves by providing high quality health care that is consumer oriented, culturally appropriate, neighborhood-based, affordable, and produces positive outcomes. NEW Health is a 2023 Health Center Quality Leader (HCQL), the only Massachusetts health

center to receive a Gold badge from the Health Resources and Services Administration, among the top 10% of health centers nationwide.

NEW Health has been serving the North End of Boston and the surrounding community since 1971. In addition to primary care services for all patients, many specialty services are also offered including dental, vision, behavioral health, obstetrics, gynecology, laboratory services and x-ray services. NEW Health is a private, non-profit corporation that is governed by a community-based Board of Directors and licensed by the Department of Public Health. More information at www.newhealthcenter.org, on Facebook, Instagram and Twitter.

Catholic Charities Boston launches Holiday Giving Drive with M&T Bank to support food for families

M&T Bank is joining Catholic Charities Boston (CCAB) in providing Hope for the Holidays to those in need. M&T Bank is collecting non-perishable food items at all Greater Boston branch locations beginning next week through the end of November. The donations will benefit Catholic Charities Boston's food pantries, which served 69,441 people across Eastern Massachusetts this past year.

This holiday season, the need for donations is dire as policy changes, funding cuts, and high grocery costs further strain struggling households. One in three Massachusetts families faces food insecurity. One in six Massachusetts families rely on SNAP benefits to feed their families. Catholic Charities Boston operates four food pantries in Dorchester, Brockton, Lynn and Lowell, distributing approximately 2.4 million meals annually. The agency is a key provider of meals to those in need at Thanksgiving and other holidays, assists families with applying for SNAP benefits, and provides assistance for those struggling with high food costs.

"We are distributing bags of

groceries at our pantries faster than we can pack them, and for many families, one bag of food per week is simply not enough," said Kelley Tuthill, President and CEO of Catholic Charities Boston. "Many of the clients we serve tell us they don't know how they would feed their families if they did not have our food pantries as a resource. We are incredibly grateful to M&T Bank for their support in helping us ensure that our most vulnerable community members don't go hungry."

"M&T Bank is proud to support Catholic Charities Boston in its Hope for the Holidays food drive — an initiative that helps stock local food pantries and ensures families across Massachusetts have nourishing meals during this critical time. As more families face food insecurity, we believe no child or parent should have to worry about their next meal," said Jeff Carpenter, M&T Bank's Interim Regional President in Massachusetts.

"Our commitment to community runs deep. Through collaborations like this, we strive to break down barriers and meet essential needs—bringing comfort, stability, and hope to

the communities we serve."

Donations can be brought to M&T branches and placed in designated cardboard boxes. The most urgent items needed are canned protein (tuna, chicken), canned vegetables, grains (pasta, mac & cheese, etc.) and canned soup. Items will be distributed at Catholic Charities Boston's pantries in Eastern Massachusetts. On Giving Tuesday, Dec. 2, M&T employee volunteers will stock shelves at the Catholic Charities Lynn Food Pantry. Last year, the M&T Charitable Foundation, the philanthropic arm of M&T Bank, presented Catholic Charities Boston with a \$20,000 grant to fight food insecurity.

For more information visit: <https://www.ccab.org>

For over a century, Catholic Charities Boston has served vulnerable individuals and families of all faiths and backgrounds. One of the most comprehensive non-profit providers of social services in Massachusetts, we offer programs across more than 20 locations throughout Greater Boston, with 450 employees serving thousands of individuals and families annually within the four core areas of Basic Needs, Family & Youth

Services, Refugee & Immigrant Services, and Adult Education & Workforce Development. Rooted in our faith mission, we address critical social justice issues with compassion and aim to break the cycles of poverty in our communities by providing life's necessities, education, and advocacy to move families toward self-sufficiency.

M&T Bank Corporation is a financial holding company headquartered in Buffalo, New

York. M&T's principal banking subsidiary, M&T Bank, provides banking products and services in 12 states across the eastern U.S. from Maine to Virginia and Washington, D.C. Trust-related services are provided in select markets in the U.S. and abroad by M&T's Wilmington Trust-affiliated companies and by M&T Bank. For more information on M&T Bank, visit www.mtb.com.

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HOLLYWOOD (from pg. 1)

over. Everywhere I would go when I was younger, people would ask, 'Are you related to Boley?' ”

Mark revealed that “Boley was actually all set to go to Yale and the week before, Notre Dame called him, and he went to college there.”

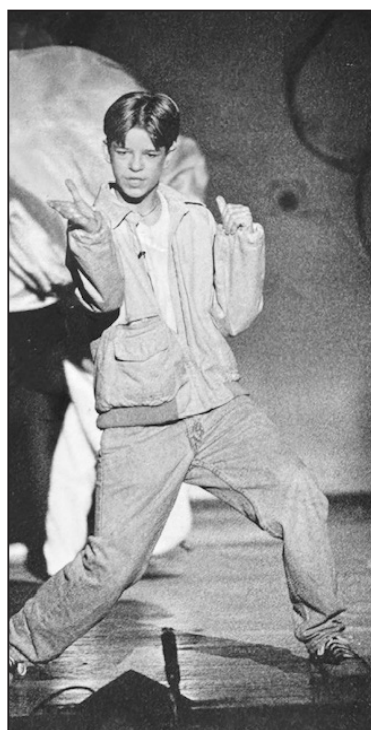
Mark Dancewicz, 46, has been gaining fame in his own right as an actor, having appeared in “Aftermath,” the No. 1-rated movie on Netflix, following success on Broadway and in television guest roles.

From Lynn to Broadway to Hollywood

Born in Lynn, Mark attended St. Pius School through eighth grade before enrolling at Bishop Fenwick High School in Peabody, graduating in 1997.

“I ran track at Fenwick, but I was big into theatre, which is how it all started for me,” said Dancewicz. “My brother [Craig Dancewicz] and I also did shows at North Shore Music Theatre in Beverly. We started with Lynn Community Theatre at the Lynn Boys and Club where Kevin Buchanan was the theater director. We then went on to Optimistic Youth Theatre, where they staged “West Side Story.”

“When I was 15 years old, I played Riff in “West Side Story,” and it was at the Lynn City Hall Auditorium. They invited all the schools in the area to see it,” said Dancewicz, whose dance teacher was Tracy Tedesco. “I get stabbed in the



At the age of 15, Mark Dancewicz performs in West Side Story at the Lynn City Hall Auditorium.



Mark Dancewicz.

play, and whole crowd went crazy. After the play, I had all these kids coming up to me and asking for my autograph. At a young age, I was hooked. I was even asked to appear in plays at other high schools such as Lynn Classical, where they did “Bye Bye Birdie.”

Mark studied theater for one year at Salem State College, where he won an acting award. He also trained under the tutelage of a voice coach, Todd Gordon.

He then transferred to Emerson College, Boston, where he studied theater and appeared in multiple productions at the Majestic Theatre, receiving his B.F.A. degree in Music Theatre.

“Right after that, I moved to New York and I started acting,” related Dancewicz. “I was traveling the whole world performing in plays. I performed in The Who’s “Tommy,” in Europe and Japan. I came back and did a residency in Las Vegas for a year-and-a-half in “Mamma Mia!” After that I was on Broadway (New York City) in “Mamma Mia!” for seven years. Being on stage in a Broadway show was living out my dream. I remember getting the call after the audition. I was sitting on my couch, and the casting director said, ‘I just want to congratulate you – you’re going to be on Broadway.’ I called my parents, and they were so excited. They used to take me as a teenager to see plays like the “Phantom of the Opera” and “Grease,” and I knew this was what I wanted to do.”

Movie and TV roles follow

Dancewicz took a break

from musical theatre and embarked on a new chapter in his career doing television and film work.

Dancewicz has appeared in television acting roles on “Blue Bloods,” “FBI,” “Equalizer,” and “High Potential,” which is currently a No. 1-rated drama on ABC-TV.

His movie credits include “The Instigators” with Matt Damon and Casey Affleck that was shot in Boston, and “Aftermath,” which was also filmed in the Boston area.

“For “Aftermath,” we shot the movie in an airplane hangar where they had completely reconstructed the Tobin Bridge,” said Dancewicz. “When I walked in on set for a costume fitting, I opened these doors and I see the Tobin Bridge, and I said, ‘this is crazy.’”

Among the actors with whom Dancewicz appeared in “Aftermath” were Dylan Sprouse, Mason Gooding (son of Oscar-winning actor Cuba Gooding Jr.), and Dichen Lachman (Severance).

What was his reaction when “Aftermath” became the No. 1-rated movie on Netflix?

“It was very exciting because we shot that movie two years before it came out,” said Dancewicz. “We shot the movie right in the middle of Covid-19, so I had to test for Covid every single day. When they released the movie into theaters, I did get to go see it which was pretty cool. When the movie rose to No. 1 on Netflix, everyone was like, ‘wow, this is incredible.’”

As “Aftermath” was exploding among Netflix fans, Dancewicz was appearing in an off-Broadway play with Neil Patrick Harris, Debra Messing, and Jane Krakowski.

Dancewicz said he is represented in New York by Take 3 Talent where his agent is Michelle Cavallero (“She’s fantastic,” credits Mark). His agent at Model Club Inc., Boston, is Tim Ayers.

Owning a personal training business

In addition to his continuing pursuits on stage and in film, Mark Dancewicz started his own personal training business, Strengthmate Fitness [Strengthmatefitness.com] in New York City.

“I always knew that I wanted to have my own business,”



Mark Dancewicz performs on Broadway at the Winter Garden Theatre in Mamma Mia! With Judy McLane.

said Mark. “My mother [Terri Dancewicz] owns a hair salon, Newbury Salon, in Peabody. My uncle, Greg Belleville, owns K & B Plumbing and Heating.”

Dancewicz has owned and operated Strengthmate Fitness for ten years. “It’s all private, one-on-one training, and I love it being very different from the acting in television and film where you are the product, and it’s all about you. I love being able to have this other part of my life, where I’m helping people and changing their lives for the better. My whole philosophy in personal training is if you learn how to do it once properly, you’ll have it for the rest of your life.”

Dancewicz maintains a healthy lifestyle himself.

“I work out six times a week – strength training, high intensity training, running, swimming,” he said.

And his own vigorous training regimen has helped him land roles in his acting career.

“In a lot of the action movies I’m doing, I play more of the

physical roles like police officers,” said Dancewicz.

Carrying on the family name

Mark Dancewicz said he “very proudly” carries on the family name, a tradition of excellence that began with the great “Boley” Dancewicz at Manning Bowl in Lynn. The late Gary Dancewicz, son of Boley and Audrey Dancewicz and a 1966 Lynn English graduate, was a prominent college football official for 40 years.

“My grandmother, Marion Dancewicz, is the matriarch of the family at this point, and I was happy to attend her 90th surprise party,” said Mark. “The whole Dancewicz family was there [at Old Tyme Italian Cuisine]. We dined in the back function room, and my grandmother was really surprised. It was my grandmother who put my brother and me in theater at a very young age.”

And today the future is exceedingly bright for the handsome actor and fitness guru, who will always have Lynn in his heart.

Lynn's James "Pitbull" Perkins will fight at Encore Boston Harbor Nov. 15

Special to the Independent

By day, pro boxer James "Pitbull" Perkins digs graves for a living but at night, he rigorously trains at the new Broadway Boxing Club in Saugus, where he's been preparing for his throwdown with fellow super middleweight Ryan Clark less than a mile away at Encore Boston Harbor on Saturday night, November 15.

Perkins vs. Clark is a scheduled 6-round bout on "Boston Harbor Fight Night," presented by Granite Chin Promotions and CES Boxing. This will be only the third pro boxing event held at Encore Boston Harbor, the first since August 23, 2019, when Perkins won his pro debut there.

The 33-year-old Perkins (14-3-1, 9 KOs), fighting out of Lynn, MA, is the reigning World Boxing Council (WBC) USA Silver Light Heavyweight Champion, although this fight will be contested at super middleweight.

On Nov. 15, Perkins will be one of only two prize fighters to fight twice at Encore Boston Harbor, joining Boston light-



weight Jonathan de Pina (14-2, 7 KOs), who also made his pro debut there the same evening. Perkins fought to a 4-round majority draw with Aaron Trececell Smith. East Providence's Elijah Peixoto (4-0-1, 2 KOs) is matched with de Pina, who stopped Robbie Thomas in the third round, in a 6-round bout.

"Making my pro debut at

Encore was awesome," Perkins said. "I thought it would be a spot where I'd frequently fight. It was my first time fighting in that atmosphere. Fighting there again is a great opportunity for me. I train in Saugus and live close by in Lynn."

Six days a week, Perkins digs graves at Holy Cross Cemetery in nearby Malden, followed by

training and sparring at night. A former hockey player at St. Mary High School in Lynn, Perkins has been a gravedigger for four years, the first three working at St. Joseph's Cemetery in Lynn.

Perkins credits his job for his unusually powerful body, particularly his torso, saying: "I have a physically labor-intensive job, and then my training," Perkins explained. "I do both 6 days a week, digging and jumping in and out of graves and then a full boxing workout on top of that."

The fight between Perkins and Clark (5-7-1, 2 KOs), who lives in Barrington, NH, could be fought in the proverbial "boxing phone booth," because neither fighter takes a step back and both are willing to take a few punches to land an effective shot.

"Clark is a tough guy," Perkins concluded. "We've fought a lot on the same shows (6 times). I won't have to chase him. We'll go head-to-head, toe-to-toe."

Undefeated Weymouth, MA middleweight prospect Francis "Frank The Tank" Hogan (20-

0, 17 KOs) headlines against upset-specialist Antonio "Primo" Todd (17-13, 9 KOs), of Atlanta, in the 10-round main event.

Other New England fighters scheduled to be in action include Boston welterweight Eric "The Gladiator" Goff (8-0, 6 KOs) vs. Springfield's Derrick Whitley, Jr. (9-5-2, 2 KOs), Londonderry, NH welterweight Jaydell "The Pazmanian Devil" Pazmino (8-0, 7 KOs), Milton, MA junior featherweight Jennifer Perella (3-1, 1 KO), South Boston cruiserweight Charlie "The City Point Sicilian" Lograsso (2-0, 2 KOs), and Nashua, NH bantamweight Christian Moura (1-0, 1 KO).

Card subject to change.

Tickets prices range between \$200.00 and \$60.00 and are on sale and available for purchase online at <https://www.tickettree.us/fan/events/3b79ff85-75db-4cdc-86e8-f174da9e09ab/c2362884-6ba6-492e-9612-44d16cc95d90>.

Doors open at 6 p.m. ET, first bout at 7 p.m. ET.

Facebook.com/GraniteChin-Promotions-GCP.

State health officials announce ninth human case of West Nile Virus in Massachusetts

The Massachusetts Department of Public Health (DPH) today announced the season's ninth human case of West Nile virus (WNV) diagnosed in a man in his 50s with exposure in Middlesex County.

No risk level increases are indicated at this time of year. At the end of October, municipalities at high risk for WNV will be reduced to moderate until there is a hard frost.

"This case is a reminder that WNV infections can occur even in the fall, and we should remain vigilant," said Public Health Commissioner Robbie Goldstein, MD, PhD. "We are now past the peak season for West Nile virus in Massachusetts, but some risk will continue until the first hard frost, and we are still reminding everyone to continue to take steps to protect themselves from mosquito bites."

The first WNV-positive mosquitoes in the state this year were announced on June 17. There were a total of 451 mosquito samples that tested positive for WNV this season from Barnstable, Berkshire,

Bristol, Dukes, Essex, Franklin, Hampden, Middlesex, Norfolk, Plymouth, Suffolk, and Worcester counties. There was also one animal case of WNV this year in a goat.

In addition to WNV, Eastern equine encephalitis (EEE) was detected in mosquitoes in Massachusetts this year. There were 23 EEE-positive mosquito samples and no human or animal cases.

Surveillance information, including case updates, will continue to be updated as needed

and posted online at the Massachusetts Arbovirus Update.

People have an important role to play in protecting themselves and their loved ones from illnesses caused by mosquitoes.

Avoid Mosquito Bites

Apply Insect Repellent when Outdoors. Use a repellent with an EPA-registered ingredient, such as DEET (N,N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), or oil of lemon eucalyptus

(p-menthane-3,8-diol (PMD) or IR3535) according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30 percent or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age.

Be Aware of Peak Mosquito Hours. The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities

that occur during the evening or early morning in areas of high risk.

Clothing Can Help Reduce Mosquito Bites. Wearing long sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.

Mosquito-Proof Your Home

Drain Standing Water. Mosquitoes lay their eggs in standing water. Limit the number of

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BOYS AND GIRLS CLUB OF LYNN 8TH ANNUAL GALA

CARY SHUMAN PHOTOS

The Boys and Girls Club of Lynn held its 8th Annual Gala Oct. 16 at Danversport.

More than 575 guests enjoyed a spectacular evening of food and fun, all highlighted by the celebrity guest appearance of Super Bowl MVP Julian Edelman of the New England Patriots.

Rep. Dan Cahill did an outstanding job as master of ceremonies.

BGCL Executive Director Brian Thierrien thanked the many sponsors and guests for their tremendous support of the organization. The event raised more than \$300,000 for the Boys and Girls Club.

Edelman was a huge hit, graciously obliging all photo and autograph requests and delivering an inspiring message during an excellently orchestrated question-and-answer session on stage.

From the enthusiastic welcoming by BGCL members



Commitment To Youth Award recipient Magnolia Contreras and guest speaker, Julian Edelman of the New England Patriots.



Board Chair Adriana Moschella presents the BGCL 15-Year Achievement Award to Jodi Furlong.



Commitment To Youth Award recipient Brendan Award and Super Bowl MVP Julian Edelman.



Joel Solimine and his wife, Deena Cole.

to guests upon arrival to the thoughtful “thank you” notes upon departure, the gala was a truly magnificent event and the anticipation for next year’s gala has already begun.



The Boys and Girls Club Dance Team, pictured with guest speaker, NFL great Julian Edelman.



The Moscone Law Team.



BGCL Board Chair Adriana Moschella and her colleagues from Eastern Bank.



The Dunkin' Team.

BOYS AND GIRLS CLUB OF LYNN 8TH ANNUAL GALA

CARY SHUMAN PHOTOS



Al DiVirgilio Jr. and the DiVirgilio Homes Team.



Lynn dignitaries and Community Credit Union greet Julian Edelman.



Accepting the Commitment To Youth Award on behalf of the late John Pavia are members of his family.



The Boys and Girls Club of Lynn Board of Directors.



The Delulis Construction Team, Patrick Delulis, Julian Edelman, Pat Delulis, Will Delulis, and Cindy Phelan.



Executive Director Brian Thierrien (right) and the staff of the Boys and Girls Club of Lynn.

NORTH SHORE LATINO BUSINESS ASSOCIATION 14TH ANNUAL GALA

The North Shore Latino Business Association, under the direction of Founder and CEO Frances Martinez, held its 14th Annual Gala Sept. 28 at Danversport.

Chair Sergio Espinoza joined CEO Frances Martinez in welcoming the hundreds of NSLBA members and guests to the spectacular event.

Mayor Jared Nicholson, who received a warm ovation from the audience, brought the official greetings of Lynn and congratulated Martinez on the success of the NSLBA, which has grown to more than 900 members.

James M. Cowdell, Executive Director of Lynn EDIC, was the Keynote Speaker.

State Rep. Dan Cahill and Lynn DEI Officer Faustina Cuevas were the co-masters of ceremonies for the program

Frances Martinez administered the oaths of office to the incoming Board of Directors that will be led by Chair Diana Moreno, vice president of Metro Credit Union.

Martinez presented special

awards to Ana De Los Santos (Business of the Year), Alejandro Perez Cleto (Business Man of the Year), Elizabeth Rosa Castro (Business Woman of the Year), Socrates Trinidad (Non-Profit Organization of the Year, Salem Summer Jam), and Fred Hogan (Community Leader of the Year).

Ward 2 Councilor Obed Matul was the recipient of an Appreciation Award.



NSLBA CEO Frances Martinez presents the Non-Profit Organization of the Year Award to Socrates Trinidad of Salem Summer Jam Inc.



Rep. Dan Cahill, who once again excelled as master of ceremonies, pictured with Laisa Sarita, Yissel Angeles, and Dayeli Bautista, at the NSBLA 14th Annual Gala Sept. 28 at Danversport.



NSLBA Founder and CEO Frances Martinez presents a special award to Lynn EDIC Executive Director James M. Cowdell, Keynote Speaker for the NSLBA Gala.



NSLBA CEO Frances Martinez presents the Community Leader of the Year Award to Ward 6 Councilor Fred Hogan.



Doing a great job as the masters of ceremonies, Rep. Dan Cahill and Lynn DEI Officer Faustina Cuevas.



NSLBA CEO Frances Martinez presents the Business of the Year Award to Ana De Los Santos, owner of Ana's Skin Care.



Sen. Brendan Crighton and Mayor Jared Nicholson congratulate NSLBA Community Leader of the Year Award recipient, Ward 6 Councilor Fred Hogan, at the 14th Annual NSLBA Gala.



Business of the Year Award recipient Ana De Los Santos, with her husband, Joan Mariano, and their children, Joanny Mariano and Justin Mariano.

NORTH SHORE LATINO BUSINESS ASSOCIATION 14TH ANNUAL GALA

CARY SHUMAN PHOTOS



Mayor Jared Nicholson congratulates Diana Moreno on her new position as Chair of the North Shore Latino Business Association. Also pictured are Diana’s husband, Eric Moreno, and their daughter, Briana Moreno.



NSLBA CEO Frances Martinez presents the Business Woman of the Year Award to Elizabeth Rosa Castro of Imagination Station Learning Center.



Mayor Jared Nicholson (right) greets the contingent from Reading Cooperative Bank (from left) Kerry Ranieri, Pedro Rentas, Shanna Cahalane, Maureen Bernard, and Marianela Vasquez.



Jean Michael Fana, Mayor Jared Nicholson, and Annalise Olson-Fana.



Atty. Rick Vitale and Kathy Vitali.



NSLBA CEO Frances Martinez presents the Business Man of the Year Award to Alejandro Perez Cleto of Perez Auto Repair. Also pictured is Alejandro Perez Sr.



Rut Franco and her husband, Jose Vargas, from Gold Star Hair Design, Carolina Trujillo, and Cardeliz Paez (far right)..



NSLBA Chief Executive Officer Frances Martinez administers the oath of office to new board of directors for the 2025-2027 term.

Grab some popcorn: John Candy documentary delivers big insights

By Mia Hart

“John Candy was for everybody,” says Dan Pasternack as he welcomes the audience to the Shubert Theatre in Boston, Massachusetts. It’s the final stop of the month-long national tour celebrating the life and legacy of beloved Canadian actor and comedian John Candy, and everyone in attendance is fervent.

It’s just after 7 p.m., the lights dim, and a special screening of “John Candy: I Like Me” begins to play. Anticipation quickly gives way to laughter, reminiscence, and eventually, a few tears. The audience—a wonderful blend of viewers old and young, parents and children, friends and couples—is enraptured, united in their affection for the man on the screen. It’s clear that Pasternack’s words ring true: John Candy truly was for everyone.

A grand and golden man, Candy fills each frame with his sweet smile, boyish disposition,



John Candy

and sarcastic humor. Every single clip and interview – from Bill Murray to Tom Hanks to Dan Aykroyd – has a purpose, radiating nostalgia and fond remembrance of a man whose kindness and humility were just as defining as his talent.

Appearing in the documentary, talk show host Conan O’Brien specifically recalls inviting Candy to speak at Harvard while O’Brien was writing

for the Harvard Lampoon humor magazine. Candy’s unique charm—showing up at the airport with a camera around his neck like a tourist—was evident from the moment he stepped foot into Boston. And when O’Brien expressed how someday he’d like to “try” comedy, Candy gave him advice that stuck for life: “You don’t try it, kid. You either do it, or you don’t.”

As the credits come to a

close, Ryan Reynolds, executive producer of the film, takes the stage, along with Paul Myers (author of “John Candy: A Life in Comedy”) and Steven Page (singer-songwriter). Reynolds, who has filmed a number of his movies in Boston, spoke warmly of the city’s generosity and spirit, thanking the audience for making the tour’s final stop feel so special.

The conversation, part reflection, part celebration, was intimate, joyful, and in-part an ode to Canadian culture. Reynolds further shares his collaboration with Pasternack back in February 2025 about why they decided to take the film on the road: “We wanted to show it to real people,” he says.

Candy, who was often cast in roles that played off his size and humor, carried both the joys and burdens of fame. The film does not shy away from the pressures he faced—his struggles with mental and physical health, and the sense of “living on borrowed

time” after losing his father (Sidney James Candy) at 35 as John was turning five years old. Yet, the overwhelming sentiment of the film is one of admiration.

An audience member shares how deeply the film moved him. “The documentary was amazing,” said Nolan Dana of Millbury, Massachusetts. “It showed how great a person John Candy was... I’d recommend everyone to go see it.”

As the night wraps up, the audience gets out of their seats as the stage fills with song. Page performs, with Reynolds, Pasternack, and Myers joining alongside. It’s a fitting tribute to a man whose spirit brought people together, on screen, in life, and of course, in remembrance.

“John Candy: I Like Me” is more than just a documentary; it’s a love letter to a man so full of life and with a heart so big. As Candy once said, embrace who you are. Or, in his famous words from “Trains, Planes and Automobiles”: “I like me.”

For “Ride of the Valkyries!” BLO mashes up Wagner, other great arias, American musicals and more at the SoWa Power Station on Nov. 12

Boston Lyric Opera’s Ride of the Valkyries! – a loving send-up of Richard Wagner’s “The Ring Cycle” that marries a “Ziegfeld Follies”-inspired take on the classic German opus with opera’s greatest arias, American Songbook classics and more (plus voiceover narration by Emmy and Tony Award winner David Hyde Pierce) – premieres in a one-night-only performance Nov. 12 at the SoWa Power Station in Boston’s South End. Valkyries! is the humorous, horn-helmeted culmination of BLO’s Opera Gala 2025 event that honors Boston Pops conductor Keith Lockhart, The Boston Foundation President Lee M. Pelton, and philanthropists Jane and Steven Akin, the eponymous patrons of BLO’s Emerging Artists Initiative that celebrates its 15th year.

Written and directed by James Blaszkowski, with BLO Music Director David Angus conducting members of the BLO Orchestra, Valkyries! stars internationally acclaimed singers Christine Gorker (far l.) and Morris Robinson (l.) as well as seven current and former Emerging Artists Chelsea Basler, Josie Larsen, Mary Kray, Michelle Trainor, Omar

Najmi, Junhan Choi, and Zizhao Wang. Anchored by a slightly unhinged narration from David Hyde Pierce, Valkyries! reimagines moments of Wagner’s Ring Cycle storyline as a dazzling variety show, (the “Siegfried Follies”), where Rhinemaidens preside over a glittering nightclub, oversized martinis replace goblets of mead, fierce stallions become showponies, and sisterly relationships save the day. Unchanged? The power of some really good jewelry.

The 2025 edition of BLO’s annual fundraiser, The Opera Gala, raises money for the company’s community and education programs, celebrates the 15th anniversary of its Emerging Artists program, and honors three Boston-area leaders in culture, philanthropy and social change. Philanthropists Jane and Steven Akin, whose generosity helps underwrite the eponymous Jane & Steven Akin Emerging Artists Initiative, will be recognized as Leadership Honorees; internationally known musician and Boston Pops conductor Keith Lockhart, whose conducting work at BLO includes productions of Tosca, Madama Butterfly, Tales of Hoffman and Car-

men between 2004-2009, is the Artistic Honoree; and renowned education leader and President of The Boston Foundation Lee M. Pelton, who made his opera debut with BLO in last season’s Carousel, is the Community Honoree. The Gala will be emceed by Neal Ferreira, an artist familiar to Boston Lyric Opera audiences, and himself an alum of the inaugural class of Emerging Artists Initiative in BLO’s 2011/2012 Season.

In addition to the honorees, The Opera Gala will recognize Mary Kray, the 2025/26 Season recipient of BLO’s Stephen Shrestinian Award for Excellence. Named in memory of a beloved BLO Chorus member who died in 1996 at the age of 29, the Shrestinian Award supports the advancement of exceptional early career artists in the BLO Chorus. Funds may be used for career advancement activities such as coaching, classes, graduate school tuition or travel expenses.

“The Opera Gala is one of the most joyful nights of our year—not only because it brings our community together to celebrate opera, but because it directly fuels the programs that make our art form more accessible and

alive,” said Bradley Vernatter, BLO’s Stanford Calderwood General Director & CEO. “Ride of the Valkyries! promises to be an unforgettable mix of humor, virtuosity and heart—a reminder that opera can thrill and surprise us, and make us laugh out loud. As we honor remarkable leaders who share our commitment to the arts and education, we appreciate that every dollar raised helps us inspire the next generation of opera artists and audiences through public, educational and professional development programs.”

The Boston Lyric Opera’s Opera Gala 2025 is co-chaired by Board Chair Alicia Cooney & Stephen Quigley and Ruma & Alexander Senchak, and supported by nearly two dozen Committee Members. The event begins at 5 PM with festive cocktails in an immersive, Ring Cycle-inspired space. A seated multi-course meal follows, punctuated by moments to celebrate Gala honorees, and live fundraising to support BLO’s community and education programs.

As 500 more audience members take their seats for the 8 PM performance, the celebration bursts into the evening’s brand-new operatic revue, Ride of the

Valkyries! “From the first toast to the final note,” Cooney says, “it’s a night of boldness, brilliance and community...all in support of making opera more open, joyful and accessible for everyone.”

Separate and combination tickets are available for The Opera Gala 2025 and the Valkyries! performance. (Valkyries! seating is included in the price of Gala tickets.)

- Performance-only tickets start at \$40 and are available online, by email at boxoffice@blo.org or by phone at 617.542.6772.

- Opera Gala tickets are \$2,000. Purchase information at donorservices@blo.org or 617-702-8975

In its 49th Season, Boston Lyric Opera (BLO) remains dedicated to creating compelling operatic experiences throughout Greater Boston that welcome new audiences, break new ground, and enrich community life. Since its founding in 1976, Boston Lyric Opera has produced world and U.S. premieres, Pulitzer Prize-winning operas, and notable commissions and coproductions, from live stage shows to films streamed worldwide. Details at BLO.org.

Music ‘From the New World’ highlights NSPO Fall Concert

Special to the Journal

Czech composer Antonin Dvorak’s famous Symphony No. 9, “From the New World” will be the featured work when Music Director Robert Lehmann conducts the North Shore Philharmonic Orchestra “Fall Concert” on Sunday, November 16, 3 p.m. at Swampscott High School.

The concert marks the start of the NSPO’s 77th season. Tickets can be purchased online at www.nspo.org, or at the door, \$35 for adults and \$30 for seniors and students. Admission is free for children 12 and under.

Also featured on the pro-



The North Shore Philharmonic Orchestra begins its 77th season Sunday, November 16, 3 p.m. at Swampscott High School with a program that includes Dvorak’s “New World” Symphony.



Music Director Robert Lehmann conducts the North Shore Philharmonic Orchestra in the NSPO’s Fall Concert Sunday, November 16, 3 p.m. at Swampscott High School, featuring music of Antonin Dvorak, Heitor Villa-Lobos, Amy Beach, and Heather Hastings.

gram will be the Massachusetts premiere of “The Golden Hour”, a contemplative piece that evokes the gentle texture of landscape bathed in golden light. The piece was composed by Maine native Heather Hastings. Ms. Hastings has written numerous works for band, chamber orchestra, and orchestra. Earlier this year she won the ‘Women Band Directors International Commission Competition.’

“Bachianas Brasuileiras No. 4” by Brazilian composer Heitor Villa-Lobos and the “Bal Masque for Orchestra” by American composer Amy Beach complete the concert program. Amy Beach, a native of New Hampshire, became the first female composer to have a symphony performed by a major orchestra when the Boston Symphony Orchestra performed her “Gaelic” Symphony in 1896.

Dvorak composed his “New

World Symphony” in 1893 after a journey to America, where he was influenced by Native American music and African-American spirituals. The Symphony No. 9 is considered one of the most popular of all classical symphonies.

The North Shore Philharmonic Orchestra, founded in 1948, is now in its 77th season providing affordable access to quality classical music. The Orchestra, staffed primarily by volunteers, strives to develop,

train, and provide opportunities for young musicians, while performing programs that span the full range of symphonic and Pops repertoire for a diverse public. Programs are funded in part by a grant from the Swampscott Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.

For full concert information and more about the NSPO, visit www.nspo.org or contact info@nspo.org.

Back-to-Back in Blue: The Dodgers that bring us home

By Mia Hart

When you step into Dodger Stadium, the first thing you will notice is blue—vivid, electric, and everywhere. It spills from the hats and jerseys to the stadium glow and the players on the field. But for fans, blue is more than just a color; it’s home.

It’s a feeling that stretches from childhood afternoons at the ballpark with your parents to the roar of the downtown parade after another World Series win. For lifelong fans like Chris Wei, Jim Rosten, and Jay Scheulman, this sense of belonging has never run deeper.

Chris recalls his favorite Dodger memory, Game 1 of

the 2024 World Series, when “Freddie Freeman hit a walk-off grand slam in extra innings to help the Dodgers win [against the] Yankees. The stadium shook, and I’ve never seen so many strangers hugging and high fiving each other.” For him, it’s moments like those that define what it means to be a Dodgers fan—strangers becoming family for every epic game.

That shared joy is what binds Los Angeles together. Baseball, Jim Rosten told me, has always been the city’s heartbeat, a place where “there’s no hatred as a Dodger fan, other than for the other team, but we

all come together for the exact same cause: to win.” It’s a kind of unity that cuts across backgrounds and neighborhoods, and one that can turn millions of people into one loud, hopeful family.

For Jay Scheulman, those moments span across decades. “Being a Dodgers fan has been a lifetime of unforgettable moments,” he told me, “each one reminding me why I bleed blue.” From watching Fernando Valenzuela’s no-hitter as a boy to now watching Ohtani’s towering home runs with his two sons, Jay describes our hometown team as proof that once the Dodgers have your

heart, they never really let it go.

And for a city that can often feel impossibly large, the Dodgers make it small again. We are a community stitched together by history, hope, and a team that never lets us down. Even from 3,000 miles away, I still wear my Dodger hoodie around campus and watch the games on my phone—because somehow, the sounds of the stadium through the small speakers still feels like home.

When longtime fan Chigo Chukwu told me Dodger Stadium feels like “Baseball Disneyland”, I couldn’t help but agree. Whether you’re biting into a Dodger Dog from the stands

or scooping out Dole Whip on the top deck, there’s truly a whimsical magic that lingers in the air. It’s a blend of nostalgia and joy that keeps fans coming back year after year.

And now, as the Dodgers celebrate their most recent World Series win, that magic feels brighter and sweeter than ever. Blue isn’t just a color we wear—it’s the pulse of Los Angeles, the rhythm of our memories, and the proof that no matter how far we go or how old we get, we always have a home at Dodger Stadium.

(Mia Hart is a student at Boston College and lives in the Los Angeles area).

Healey-Driscoll administration honors veterans and their families with dedication of Veterans Memorial Park and Gold Star Families Bridge

Special to the Journal

The Healey-Driscoll Administration today celebrated the rededication of Lynn Heritage State Park as Veterans Memorial Park and the installation of a new marker at the property's Massachusetts Gold Star Families Memorial Bridge. In honor of Veterans Day on Tuesday, November 11, the Department of Conservation and Recreation (DCR) will once again waive parking fees for all visitors to state parks. The agency

has also expanded the designated parking spaces it offers for veterans to 16 DCR properties across the state.

"For hundreds of years, Massachusetts heroes have sacrificed so that their communities would be safe and prosperous. In every town and city I travel to, I meet people of all ages who have answered this call," said Governor Maura Healey. "We're proud to dedicate this Veterans Memorial Park and Massachusetts Gold Star Families Memorial Bridge to honor



Gold Star Families at the dedication of the Gold Star Families Memorial Bridge in Lynn.



the view from Lynn's Veterans Memorial Park, which was recently renamed from Lynn Heritage State Park

the service and sacrifice of our veterans and their families."

"Growing up in a military family, you become very aware of the realities of public service. For some it is a long, rewarding career. For others, it is a tragically short experience," said Lieutenant Governor Kim Driscoll. "I hope this space and the meaning behind it provide some form of comfort to those whose lives have been touched by conflict and sacrifice, and that we all remember their stories."

The Massachusetts Gold Star Family Memorial Bridge is a pedestrian footbridge spanning Route 1A that was designated in 2020 by the Massachusetts Legislature as the state's official bridge honoring Gold Star Families—one of the first of its kind in the nation. There have been 33,000 Gold Star Families in Massachusetts since World War II, with approximately 500 from Lynn. The renaming of Lynn Heritage State Park to Veterans Memorial Park was made possible by legislation passed in 2024.

"Gold Star Families remind us of what service and sacrifice truly mean. Thanks to them,

See BRIDGE Page 14



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Allan Rohan Crite (American, 1910–2007), *School's Out* (detail), 1936. Oil on canvas. Smithsonian American Art Museum, Transfer from General Services Administration. Courtesy of the Allan Rohan Crite Research Institute and Library



What is Veterans Day?

Veterans Day gives Americans the opportunity to celebrate the bravery and sacrifice of all U.S. veterans. However, most Americans confuse this holiday with Memorial Day, reports the Department of Veterans Affairs.

What’s more, some Americans don’t know why we commemorate our Veterans on Nov.11. It’s imperative that all Americans know the history of Veterans Day so that we can honor our former service members properly.

History of Veterans Day

Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of

World War I, which officially took place on November 11, 1918. In legislation that was passed in 1938, November 11 was “dedicated to the cause of world peace and to be hereafter celebrated and known as ‘Armistice Day.’” As such, this new legal holiday honored World War I veterans.

In 1954, after having been through both World War II and the Korean War, the 83rd U.S. Congress -- at the urging of the veterans service organizations -- amended the Act of 1938 by striking out the word “Armistice” and inserting the word “Veterans.” With the approval of this legislation on June 1, 1954, Nov. 11 became

a day to honor American veterans of all wars.

In 1968, the Uniforms Holiday Bill ensured three-day weekends for federal employees by celebrating four national holidays on Mondays: Washington’s Birthday, Memorial Day, Veterans Day, and Columbus Day. Under this bill, Veterans Day was moved to the fourth Monday of October. Many states did not agree with this decision and continued to celebrate the holiday on its original date. The first Veterans Day under the new law was observed with much confusion on Oct. 25, 1971.

Finally on September 20,

1975, President Gerald R. Ford signed a law which returned the annual observance of Veterans Day to its original date of Nov. 11, beginning in 1978. Since then, the Veterans Day holiday has been observed on Nov. 11.

Celebrating the Veterans Day Holiday

If the Nov. 11 holiday falls on a non-workday -- Saturday or Sunday -- the holiday is observed by the federal government on Monday (if the holiday falls on Sunday) or Friday (if the holiday falls on Saturday). Federal government closings are established by the U.S. Office of Personnel Management. State and

local government closings are determined locally, and non-government businesses can close or remain open as they see fit, regardless of federal, state or local government operation determinations.

United States Senate Resolution 143, which was passed on Aug. 4, 2001, designated the week of Nov. 11 through Nov. 17, 2001, as “National Veterans Awareness Week.” The resolution calls for educational efforts directed at elementary and secondary school students concerning the contributions and sacrifices of veterans.

WEST NILE (from pg. 5)

places around your home for mosquitoes to breed by draining or discarding items that hold water. Check rain gutters and drains. Empty unused flowerpots and wading pools and change the water in bird-baths frequently.

Install or Repair Screens. Keep mosquitoes outside by having tightly fitting

screens on all windows and doors.

Protect Your Animals

Animal owners should reduce potential mosquito breeding sites on their property by eliminating standing water from containers such as buckets, tires, and wading pools – especially after heavy rains.

Water troughs provide excellent mosquito breeding habitats and should be flushed out to reduce mosquitoes near paddock areas. Horse owners should keep horses in indoor stalls at night to reduce their risk of exposure to mosquitoes. Owners should also speak with their veterinarian about mosquito repellents approved for use in an-

imals and vaccinations to prevent West Nile virus (WNV) and EEE. If an animal is suspected of having WNV or EEE, owners are required to report to the Department of Agricultural Resources, Division of Animal Health by calling 617-626-1795, and to the Department of Public Health by calling 617-983-6800.

Learn more about mosquito-borne diseases, including all WNV- and EEE-positive results on DPH’s Arbovirus Surveillance Information page, which is updated daily, or by calling the DPH Division of Epidemiology at 617-983-6800.

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*Charles Gaeta, Executive Director | Board of Commissioners
Susan McGinnis-Lang, Steve Martin, Robert Muise,
Justin Anshewitz, & Kiara Palomares*

FRESH AND LOCAL

Follow this trend for the holidays

By Penny & Ed Cherubino

Last month, as we planned a visit with friends, they let us know they were doing “Sober October.” That was fine with us since we, like so many others, have significantly reduced our alcohol consumption over the past few years. This is a fast-moving trend among some groups in our culture.

Acenda Integrated Health has reported, “In 2024, more people are choosing not to drink alcohol, and it’s becoming a big thing. New words like “no-lo” and “sober-curios” are showing up. NielsenIQ says non-alcoholic drink sales went up by 20.6% from August 2021 to August 2022. This trend started in 2020 and is getting bigger.”

From our observations, many boomers are following this trend for their own reasons, including health conditions, medications, balance issues, and recognition that our ability to process alcohol diminishes as we age.

During our visit, our friends

mentioned how awkward it was to attend social gatherings when you opted out of alcohol. In line with our plans, they provided a great bottle of non-alcoholic sparkling wine, and we brought cans of Guinness Zero beer to go with our pizza lunch. If you’re hosting a holiday gathering, it would be a kindness to add a variety of non-alcoholic or low-alcohol beverages to your shopping list.

Wide Range of Options

These were friends we had explored the world of wine and whiskey with for years. We were all mindful of drinking quality, not quantity. We’ve now begun sharing our discoveries in the emerging field of non-alcohol options. We enjoyed the wine they offered so much that we ordered a supply as soon as we returned home.

You may need to turn to online resources to find a popular, high-quality de-alcoholized wine.

Remember, retailers don’t need a special license to sell these products. You’ll find them

in supermarkets, on major retail websites, on devoted zero-alcohol websites, and directly from the makers. Some liquor stores have added a supply of alternative beverages to their stock. In Boston’s South End and Central Square in Cambridge, you can find Dray shops with taglines like “It’s Booze-Free But Spirited.”

If beer is your choice, many breweries, such as Guinness, offer their own alternatives. The most popular brand devoted to non-alcoholic beers is Athletic Brewing Company. You’ll find their range of styles in supermarkets, directly from them, and on some bar and restaurant menus.

In the world of cocktails and mocktails, canned options have grown alongside one another. We see mocktail options on many area menus. What’s more, a new industry offering canned cocktails and mocktails has been growing fast.

Sticker Shock

You may face sticker shock as you shop for these specialty



On a recent visit, friends offered an excellent, non-alcoholic sparkling wine to toast our being together.

beverages. We know wine best and have researched the reasons for prices that are the same or higher than those of traditional wine. First, the manufacturer had to invest in the technology to remove the alcohol, then do all the work to make a great product from the best ingredients, and then remove the alcohol without destroying the wine.

If you offer a wide range of beverage options, you may have more takers than you think. Those avoiding booze

will undoubtedly appreciate your selection. However, some guests who have never considered trying an alcohol-free beverage will have the opportunity to do so. Even if we opted to have one glass of wine at a party, we would switch to an alternative thereafter.

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

BRIDGE (from Page 12)

places like Veterans Memorial Park stand for more than just beauty – they stand for courage and community,” said Energy and Environmental Affairs Secretary Rebecca Tepper. “With the dedication of this bridge and the renaming of this park, we honor that spirit and keep their stories alive for generations to come.”

“Across Massachusetts, we continue to honor the service of our veterans and the strength of their families,” said Veterans Services Secretary Jon Santiago. “The Gold Star Families Memorial Bridge and Veterans Memorial Park stand as living tributes to courage, sacrifice, and community. As we mark Veterans Day, may these spac-

es inspire each of us to serve with the same dedication and compassion that our veterans and their families show every day.”

In the next few years, DCR will make additional improvements to the park, including a \$15 million effort to rebuild the boardwalk, reinforce seawalls, and add other features that will make the area more resilient to extreme weather and create a destination waterfront for the community.

“The Massachusetts Gold Star Families Memorial Bridge and Veterans Memorial Park are part of a network of DCR properties that honor the courage of those who have served – and the families who carry their

memory forward,” said DCR Commissioner Nicole LaChapelle. “DCR is proud to steward these important symbols of remembrance and bravery. As part of that commitment, we’re expanding designated veterans’ parking at properties across the state and we’re waiving parking fees for everyone on Veterans Day so more people can visit, reflect and experience these special places.”

In addition to today’s event, DCR will once again waive parking fees for visitors at all state parks, consistent with a National Park Service initiative that provides free admission to federal parks, nationwide, on Veterans Day. Vehicles with disabled veterans license plates from all states receive free parking year-round at all DCR parks. DCR has also expanded its program, installing designated veterans parking spaces at parks across Massachusetts. To find a location with designated veterans parking, visit the DCR website.

Massachusetts has a rich military history, reflected

across the state park system through many veterans’ memorials, military forts, and other historically important sites. These sites include Fort Independence at Castle Island in the City of Boston, which protected the city’s harbor; Fort Phoenix in the Town of Fairhaven, utilized during the American Revolution; and the Massachusetts Veterans War Memorial Tower at the summit of Mount Greylock in the Town of Adams, one of only 100 World War I Centennial Memorials in the nation. Additionally, DCR has hundreds of roadways, trails, markers, pools, skating rinks, and parks named after Massachusetts veterans or military campaigns. While at DCR parks, visitors can explore interpretive programming, self-guided walks, and hikes that showcase this important history.

“The decision to locate this Commonwealth wide tribute here in Lynn is an extraordinary honor,” said Lynn Mayor Jared Nicholson. “It recognizes that our city, historically a

place of service and resilience, is uniquely suited to be the keeper of this memory.”

“The dedication of the Massachusetts Gold Star Families Bridge is a profound and permanent statement by the Commonwealth,” said Executive Director & Army Wife of the Military Friends Foundation Sarah Sweeney. “It ensures that the ultimate sacrifice made by our fallen heroes, and the unending devotion of their families, will never fade into history. Military Friends Foundation is proud to partner with the state to raise recognition of the true cost of freedom.”

“This bridge is intended to be a source of strength, mirroring the strength we, as families, must find every morning,” said President of the Department of MA/RI American Gold Star Mothers Robin Abbott. “It is a place of remembrance where families can gather, share stories, sit and have lunch with our heroes, and feel the powerful bond that unites us. It is a physical embodiment of the phrase ‘We will never forget.’”

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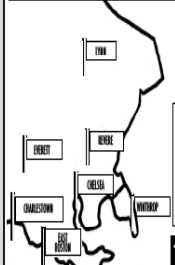
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NATIONAL GUARD YOU CAN

WHERE TO FIND THE JOURNAL?

Community Credit Union.....	1 Andrew Square	7 Eleven.....	50 Western Ave.	Tedeschi's.....	540 Summer Street
Kwik Stop.....	532 Lynnfield Street	Metro Credit Union.....	475 Western Ave	Walgreens.....	841 Western Ave.
Dunkin Donuts.....	42 Market St	CVS.....	509 Eastern Ave.	Corner Shop.....	70 Market Sq
St. Mary's.....	35 Tremont St	Sunshine Convenience.....	6 Washington Ave	Richdale's.....	149 Walnut Street
Union Hospital.....	500 Lynnfield Street	Osborne Pharmacy.....	252 Eastern Ave.	Tony Lena's.....	617 Boston Street
Walnut St Café.....	157 Walnut St	+ Medical Supplies.....		Little River.....	618 Boston Street
Boys and Girls Club.....	25 N Common St	Christopher's Cafe.....	2 Lewis Street	Lynn Liquor Mart.....	825 Boston Street
7 Eleven.....	3 Lynnfield Street	Tedeschi's.....	210 Lewis Street	City Hall.....	3 City Hall Square
Lynn Library.....	5 N. Common Street	Johnny's Market.....	Lynn Shore Drive	Stop & Shop.....	35 Washington Street
Mobil Mart.....	512 Chestnut St	Port Hole Pub.....	98 Lynnway	GLSS.....	8 Silsbee St
Walgreens.....	290 Broadway	Ocean Shore Apt. Bldg.....	50 Lynnway	Walgreens.....	290 Broadway
Richdale's.....	229 Broadway	Eastern Bank.....	195 Market Street	Silsbee Towers.....	67 Silsbee St
Equitable Bank.....	400 Broadway	Brothers Deli.....	41 Market Street	Edison Bldg.....	85 Exchange St
Riverworks Credit.....	947 Western Ave	Capitol Diner.....	431 Union Street	D&M.....	13 Broad St
All Day Convenience.....	548 Summer St	Three Yolks.....	1103 Lynn Marsh Road	Pick Up Modern.....	68 Exchange St
CVS.....	200 S. Common St	PF O'Sullivan.....	151 Central St	Charlies.....	65 Exchange St
Lynn Sewer/Water.....	400 Parkland Ave.	Cal News.....	53 Central Ave.	Mobile.....	512 Chestnut Street
CVS.....	65 Boston Street	Police Station.....	300 Washington St.	Lynn Art.....	25 Exchange St
Rite Aid.....	52 Boston St	Richadale.....	585 Essex St	Eastern Bank.....	195 Market St
Richdale's.....	573 Chestnut Street	Lynn Apt. Bldg.....	295 Lynn Shore	Lynn Museum.....	590 Washington St
Western Ave Mky.....	108 Western Ave	Lynn Court House.....	580 Essex Street	The Lazy Dog.....	Wyoma Square
John's Roast Beef.....	111 Western Ave.	Lynn Housing Authority.....	10 Church Street	Rollys.....	Wyoma Square
Convenience Plus.....	225 Western Ave	Lynn YMCA.....	20 Neptune Blvd.		
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²To earn \$500 incentive, you must open a new Metro Checking account by 12/31/25. One monthly recurring direct deposit required and sign up for e-Statements required within 60 days of account opening. The account must remain open and in good standing for 90 days. If new account is closed within first 90 days, there is a \$15 early closing fee. Account will be reviewed once during a 60-90 day period to qualify for incentive. Incentive will be credited to the checking account 60-90 days after opening. This is a limited time offer and Metro CU reserves the right to cancel the promotion without notice.

³To qualify for Metro Credit Union's bundle offer, you must open both a new Metro Checking account and a new 9-month Certificate of Deposit (CD) by 12/31/25. The checking account must be opened with enrollment in e-Statements and at least one monthly recurring direct deposit established within 60 days. The account must remain open and in good standing for at least 90 days; if closed within that period, a \$15 early closing fee applies. The account will be reviewed once during the 60-90 day window, and if eligible, the \$500 incentive will be credited to the checking account within that timeframe. The CD must be opened during the same promotional period with a minimum deposit of \$500 in new money not currently on deposit with Metro Credit Union. When both accounts are opened together, the CD earns a promotional 4.50% Annual Percentage Yield (APY); otherwise, the standard APY is 4.25%. Minimum \$0.01 is required to earn interest. APYs are accurate as of 11/06/25 and are subject to change prior to the end of the promotional term and upon renewal. At maturity, the CD will roll into a regular CD at a comparable term and the rate in effect at that time. Federal regulations require a substantial penalty for early withdrawals, which may reduce earnings. Fees may reduce earnings. This is a limited-time offer, non-transferable, and limited to one per member. Metro Credit Union reserves the right to modify or cancel the promotion at any time without notice. Offer available only to residents of Lynn and Peabody or members of Community Credit Union and must mention referral code ("Checking Offer", "CD Offer", or "Bundle Offer") at account opening.