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THE LYNN JOURNAL

Friday, September 4, 2026

Primary Perfection

City Clerk Jim Lamanna excels in his first Election Day test

By Cary Shuman

There is a famous baseball quote: “They expect an umpire to be perfect on Opening Day and to improve as the season goes on.”

And that was the impossible standard that Jim Lamanna was expected to achieve on State Primary Day 2026, the first election that he was overseeing in his new position as Lynn city clerk.

From all reports from voters and candidates alike, Lamanna and his team handled the responsibility flawlessly, carrying on the tradition of election operational excellence from his legendary predecessor, the late Janet Rowe.

The election process affects everyone in Lynn, one of the

largest cities in Massachusetts with a population of more than 110,000 residents. Out of 64,138 registered voters, a total of 8,595 residents cast ballots in the primary through early voting or at polling locations throughout the city, representing a total turnout of 13.40 percent (11.02 percent Democratic turnout and 2.39 percent Republican turnout).

“We had a turnout of 11.2 percent in the Democratic primary,” Lamanna reported. “It was much better than the municipal primary last year which was close to 3 percent. Between the crowded Sixth Congressional race, and the Moulton-Markey U.S. Senate race, there was some interest.”

Understandably, Lamanna had some anxious moments



Pictured at Lynn City Hall are Ana Morales, Emily Mercado, Mary Petrillo, Deb Rowe, Sarah Bullock, and City Clerk/Chief of Elections Jim Lamanna.

leading up to his first election since taking office on March 2, 2026.

“I had a sleepless night Monday night, I can tell you that,” Lamanna said candidly. “But I’m fortunate, I have a tremendous staff that has been through this before. Sadly, Janet Rowe passed away in May – she certainly would have been someone I had on speed dial. But she left me a great staff on the election side.”

Lamanna said once the

polls closed at 8 p.m., the ballot-counting process began in earnest.

“I learned a lot Tuesday night,” he said. “I have never been in the so-called ‘war room’ as the ballot tabulators come in, the ballot boxes are unlocked, the plastic strips on the ballots are cut to make sure the votes haven’t been tampered with – and the tabulation begins. I’ll be more prepared for November when there will be a much bigger turnout for

the final election.”

Voters across Lynn and eight of the ten precincts in Saugus, and four precincts in Wakefield delivered decisive outcomes in several contested primary contests on Tuesday night:

- U.S. Senate (Democrat): Incumbent Edward J. Markey carried Lynn with 4,272 votes (62.02%), defeating Seth Moulton, who received 2,616 votes (37.98%). Republican

See ELECTION Page 4

Adam Vinatieri to appear at Boys and Girls Club of Lynn’s 9th Annual Gala

By Cary Shuman

Adam Vinatieri, the former New England Patriots’ place-kicker who launched the team’s dynasty with the game-winning field goal on the last play of Super Bowl XXXVI (a 20-17 victory over the St. Louis Rams), will be the guest speaker at the Boys and Girls Club of Lynn’s 9th Annual Gala on Wednesday, Oct. 21, 2026, at the Danversport Yacht Club.

Vinatieri was the Patriots’



super-clutch kicker for the first three of the team’s Super

Bowl titles in the 2001, 2002, and 2004 seasons. He is widely considered the greatest kicker in NFL history and was inducted into the Hall of Fame in the Class of 2026.

Boys and Girls Club Executive Director Brian Theirrien said the club is excited to have Vinatieri on board for what has become the most anticipated event on Lynn’s social calendar.

“We’re looking forward to having Adam Vinatieri cele-

brating with us at the gala and our guests having the opportunity to meet him in person and listen to his remarks about his spectacular football career and what it takes to be a success in your chosen field,” said Their-

rien.

Theirrien has announced that State Rep. Dan Cahill will return as the master of ceremony.

See VINATIERI Page 6

OUR OFFICE WILL BE CLOSED
MONDAY, SEPT. 7
IN OBSERVANCE OF LABOR DAY

EDITORIAL

ENJOY THE GREAT WEATHER ON LABOR DAY WEEKEND

With the weatherman predicting a great Labor Day weekend from Friday through Monday, we hope that all of our readers will have a chance to make the most of the final weekend of the summer season.

The Summer of '26 overall has been just the way we like it -- hot and humid -- with just enough rainfall (until recently) that our gardens did very well. This has been a banner year for vegetables and flowers of all types -- we have had more tomatoes than we know what to do with, as well as lots of basil and cucumbers.

Our petunias, marigolds, sunflowers, and other annuals burst into a riotous display of color all summer-long, and both ours and our neighbors' hydrangeas gave us blooms that were profuse and stunning.

This summer also has been an unusually calm one. We belong to a rowing club on the South Shore that ventures a couple of miles out into the ocean beyond Minot's Light (our readers who are boaters no doubt are familiar with it, as are those who have taken the ferry to Provincetown, which passes close to it) and we experienced many "flat water" days for our early morning rows.

But the summer also has been great for sailors. The winds usually picked up in the late afternoons, just in time for the evening races hosted by the area yacht clubs.

The weekends were generally sunny, providing us with plenty of perfect summer days that created memories that will last a lifetime for our friends, families, and ourselves. The promise of a dry and sunny Labor Day weekend gives us one final opportunity to enjoy a last taste of summer.

However, as always, we urge our readers to do so safely, not only for ourselves, but also for our family members, friends, and loved ones, whether we are on land or on the water.

None of us wants to be a tragic statistic, and that means making sure that both we and those around us do not overindulge in alcohol. Yes, accidents do happen even under the best of circumstances, but generally speaking, no one ever becomes a victim if they are sober. It's when "a couple of beers" become four or more that the chances for a tragedy increase exponentially, whether behind the wheel of a car, at the helm of a boat, or riding a bicycle.

We wish all of our readers a happy -- and safe -- Labor Day weekend.

GUEST OP-ED

More than a check up: The vital role of annual well-child visits

By Dr. Ana Stankovic

As families prepare for the upcoming school year, many are focused on school supplies, schedules and getting back into routines. But one of the most important back-to-school steps happens before the first day of class: scheduling a well-child visit.

Because many pediatric and family practice schedules often fill quickly throughout the summer, now is an ideal time for parents to make appointments. These preventive visits help ensure children and adolescents are ready for the year ahead, not only academically, but physically, emotionally and developmentally.

What is a well-child visit?

Well-child visits are annual preventive appointments with a pediatrician or family medicine provider. Sometimes referred to as physicals, these visits help track a child's overall health and development, including:

- Growth and developmental milestones
- Immunizations and preventive screenings
- Vision and hearing checks
- Emotional and behavioral health

Beyond these clinical measures, well-child visits also give parents a chance to complete school or sports forms and raise any concerns before the school year begins. More importantly, they create dedicated time for families and providers to discuss a child's overall wellbeing, connecting

physical health with emotional wellness and any developmental concerns that may affect success in school and at home.

Mental health is part of overall health

The broader view of a check-up may be especially important when it comes to mental health. A child's emotional wellbeing may be closely linked to their physical health. According to the US Centers for Disease Control and Prevention (CDC), approximately 1 in 5 children ages 3 to 17 in the US has a diagnosable mental, emotional or behavioral disorder. Mental health needs can look different depending on age and stage of development.

Young children may experience separation anxiety or behavioral outbursts. School-age children may struggle with focus, stress or social challenges. Teens may show changes in mood, sleep or engagement. While many of these changes are a normal part of growing up, they can also signal when additional support may be needed.

The good news is that early conversations with a pediatrician can make a difference. A well-child visit is a natural time to check in and help children understand that it's okay to talk about how they're feeling. These conversations may also help normalize emotional health as an essential part of routine care.

To help support these conversations and preventive care

visits, families are encouraged to review their health plan benefits and available resources as many plans include behavioral health support and programs like Child & Family Behavioral Coaching, which may help families navigate everyday emotional and behavioral challenges.

The importance of dental and vision care

Don't forget to take advantage of vision and dental benefits to help make sure kiddos are ready to learn.

Vision benefits may include annual eye exams that can detect changes in eyesight that may affect learning in the classroom. More than 600,000 children and teens in the U.S. suffer from some form of vision loss.¹ School-based screenings are valuable but may not detect more complex issues. Annual comprehensive eye exams are recommended throughout the school years.

Dental benefits may include routine cleanings and exams that help catch concerns before they become more serious. Tooth decay, or cavities, is one of the most common chronic diseases among children and may contribute to missed days at school.¹ Help monitor teeth and gum health with dental exams twice a year. Ensure your children are brushing for 2 minutes twice a day and flossing daily.

See CHECK UP Page 3

SEND US YOUR NEWS

The Lynn Journal encourages residents to submit engagement, wedding and birth announcements, news releases, business and education briefs, sports stories and photos for publication. Items should be forwarded to our offices at 385 Broadway, Revere, MA 02151. We also encourage readers to e-mail news releases and photos to Cary@lynnjournal.com

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Text or attachments emailed to deb@thebostonsun.com are preferred.

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Gov. Healey observes International Overdose Awareness Day

Special to the Journal

Gov. Maura Healey, First Lady Joanna Lydgate, Lt. Gov. Kim Driscoll, other public officials, families and volunteers gathered Aug. 31 on Boston Common to plant more than 20,000 purple flags in memory of Massachusetts residents who have died from overdoses since 2013 in observance of International Overdose Awareness Day.

"Today, we remember the people we have lost to overdose and stand with the families and friends who carry that grief every day," said Gov. Healey. "Behind every flag is a life, a story and a community that still feels that loss. We will honor them by continuing to expand the proven services that prevent overdoses, support recovery and save lives."

"Each purple flag represents a person who was deeply loved and a family or community forever changed by their loss," said Lt. Gov. Kim Driscoll. "Today, we honor their lives and send a clear message that substance use disorder is not a moral failing. Help is available, recovery is possible and no one should ever feel ashamed to ask for support."

The flag planting event is a collaboration between the Massachusetts Department of Public Health (DPH), Boston Public Health Commission, and Boston Medical Center. It is one of many observances taking place across Massachusetts and the country to raise awareness about overdose and its devastating impact on families and communities.

Following a moment of silence, Governor Healey, Secretary of Health and Human Services Kiame Mahaniah, MD, MBA, State Rep. Kate Donahue, Commissioner of Public Health Robbie Goldstein, MD, PhD, Boston Public Health Commissioner Bisola Ojikutu, MD, MPH, and DPH's Bureau of Substance Addiction Services (BSAS) Director Deirdre Calvert, MSW, LICSW, delivered remarks about the importance of expanding access to harm reduction, treatment and recovery services.

Since 2022, Aug. 31 has been officially proclaimed as Overdose Awareness Day in Massachusetts. Gov. Healey presented this year's proclamation to Nichol Brewer-Lowry, Deputy Director of Native American LifeLines in Boston, an Urban Indian Health Ser-

vices Program.

"Lives lost to overdose leave devastating impacts on our families and in our communities. In Massachusetts, we have worked hard to reduce the stigma associated with drug use through a collaborative public health response rooted in science and compassion that has had a direct impact in reducing fatal overdoses," said Secretary Mahaniah. "Data show us that providing harm reduction measures, treatment options, and supportive peer communities to build community and belonging can reduce overdose rates. We remain committed to supporting and expanding access to these tools and services."

The purple flags represent the 971 residents who died from opioid-related overdoses in 2025, the first time in over a decade that the state recorded fewer than 1,000 opioid-related overdose deaths in a single year and a nearly 60 percent decline from the record high of 2,364 deaths in 2022.

"I recognize the grief carried every day by so many families in Massachusetts who lost a loved one to overdose. Behind every single one of these commemorative flags is a life – a

son, a daughter, a mother, a father, a brother, a sister, a friend, a neighbor, a colleague," said Commissioner Goldstein. "Last year, the number of opioid overdose deaths in our state fell below 1,000. This trend is heartening. And it is also a call to action. Continued support of and expanded access to the public health tools that prevent overdose, reduce harm, and promote dignity for those who use substances is how we will get to zero overdose deaths."

Since 2023, Gov. Healey has invested more than \$1 billion in prevention, intervention, harm reduction, treatment and recovery programs.

In fiscal year 2025 (FY25), these investments supported six comprehensive mobile addiction treatment programs, the distribution of more than 150,000 naloxone kits to community organizations, nearly 400,000 fentanyl strips for community use, and SafeSpot, a virtual overdose detection hotline that has detected 48 overdoses as of July 2025. The administration also supports access to residential, outpatient, and other forms of treatment, including more than 500 treatment programs, access to low-threshold housing, and 39

peer recovery support centers serving more than 13,000 people statewide.

"Stigma around substance use can prevent people from reaching out for help, but we can all play a role in combating this by bringing care and compassion to the words that we use and our programs and services," said BSAS Director Calvert. "We are incredibly grateful that Massachusetts overdose deaths are down, and we must continue to build on that momentum. These declines show us that when we make investments in evidence-based, public health approaches that promote the health, safety, and dignity of those who use substances, it works."

The commemorative flags and resource tables offering harm reduction, prevention, and recovery information, will remain on Boston Common through Sept. 4.

International Overdose Awareness Day is followed by National Recovery Month in September, which celebrates people in recovery and highlights the importance of evidence-based treatment and support.

Soundscape Visions presents KAZKY, a video art, electro-acoustic music, and visual storytelling event

Special to the Journal

The contemporary music and visual arts ensemble Soundscape Visions launches "KAZKY," a new multi-part collaboration with Aza Nizi Maza, an extraordinary youth art studio in Kharkiv, Ukraine. Titled "KAZKY: The Fairytales of Ukrainian Children," the free inaugural performance transforms monumental art works created by young people near the front lines of the war-

torn country into immersive live experiences that combine electro-acoustic music, video art and visual storytelling.

The series premieres Saturday, September 26, 7:30 pm, at Washington Street Baptist Church, 256 Washington Street in Lynn. This inaugural performance is free; RSVPs are requested at soundscapevisions.org/kazky-event.

At the heart of the series premiere is original electro-acoustic music and video art based

on a collection of large-scale drawings from Aza Nizi Maza's evocative "Lost Fairytales" and "Underground Garden" collections. Filled with fantastical imagery and intricate details, the works are fantastical in their subject matter yet palpable in depicting real-world hopes, dreams and realities. [Note: Kazky is the Ukrainian word for "fairytales."] Earlier Soundscape Visions pieces and an improvisational piano work also appear on the program.

CHECK UP (from pg. 2)

Don't forget a healthy diet

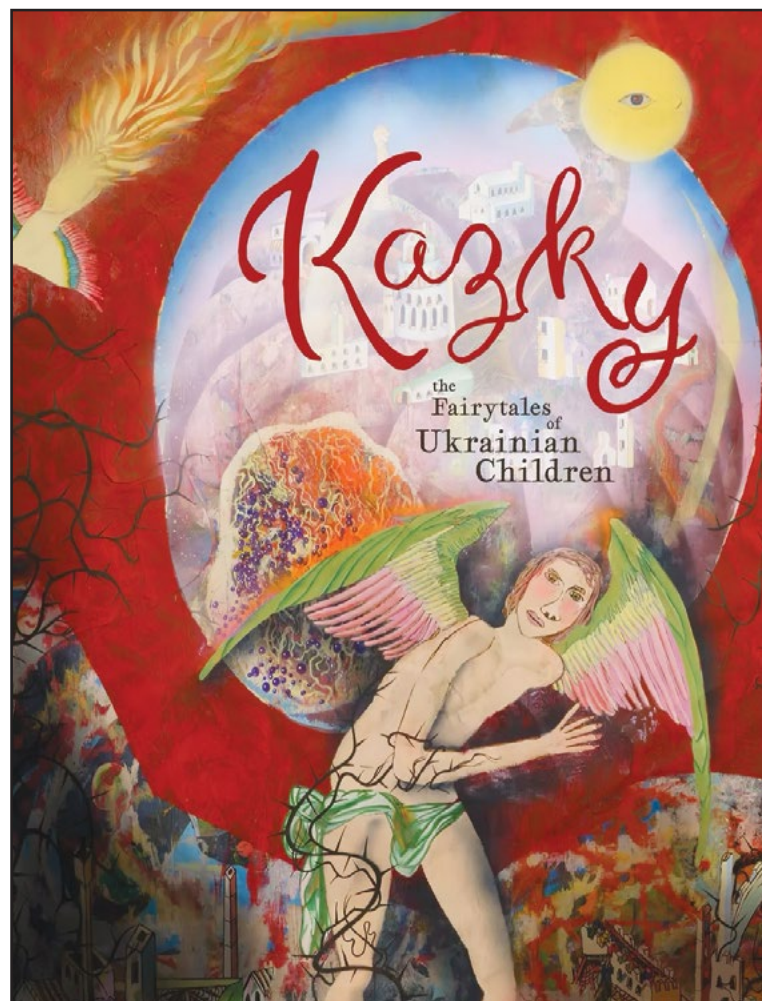
Proper nutrition is essential when it comes to supporting your child's physical and emotional health, plus their growth and development.¹ That includes meals with a variety of

vegetables, whole fruits, grains, dairy and proteins. It's best to avoid foods high in added sugars, saturated fats and sodium.

Scheduling a well-child visit is a simple but important step that gives families the oppor-

tunity to address concerns support a child's overall wellbeing throughout the year.

Dr. Ana Stankovic, chief medical officer, UnitedHealthcare of New England



NEWS IN BRIEF

MICAH JONES CHALLENGES DAN KOH TO THREE DEBATES

US Army veteran, attorney, husband, father, and candidate for Congress Micah Jones chal-

lenged Sixth District Democrat nominee Dan Koh to a minimum of three debates across the district. Koh earned their party's nomination last evening garnering just 41% of the vote.

"With the primary behind us and voters turning their attention to the November Election, candidates have an obligation to clearly articulate their positive vision for the future of the

North Shore and Merrimack Valley – including demonstrating to voters through head-to-head debates why they are deserving of their votes," said Jones. "Confidence in the institution of Congress is at an all-time low, and that is a troubling reality for our country. Our neighbors deserve the ability to make an informed decision, which is why I am asking Dan Koh to join me for a minimum of three debates."

Jones has already agreed to a debate to be hosted at Endicott College on September 17.

5TH ANNUAL LYNN SIDE OUT FESTIVAL SET FOR SEPTEMBER 12

Mayor Jared Nicholson is turning City Hall "Lynnside Out" for the 5th annual Lynnside Out Festival, inviting residents to connect directly with city departments on upcoming

initiatives and projects that matter most to the community.

The event will be held on Saturday, September 12, from 11 a.m. to 3 p.m. at Frederick Douglass Memorial Park. The community festival will feature a variety of entertainment and offerings, including:

- Live music and performances
- Arts & crafts
- Family-friendly activities
- Food

Please be advised that event exhibition is restricted to City departments, and outside organizations may only participate by invitation. Residents looking to learn more can visit LynnMA.gov.

LYNN POLICE DEPT. HIRING CROSSING GUARDS

The City of Lynn Police

See NEWS IN BRIEF Page 5

ELECTION (from pg. 1)

John Deaton received 1,279 votes in his primary.

• Sixth Congressional District (Democrat): Dan Koh led the crowded six-candidate field in Lynn, receiving 2,827 votes (41.70%). Following Koh were Tram T. Nguyen with 1,452 votes (21.42%), John A. Beccia, III with 1,118 votes (16.49%), Jamie M. Bel-sito with 595 votes (8.78%), Mariah L. Lancaster with 452 votes (6.67%), and Bethany Andres-Beck with 335 votes (4.94%). Micah Quinney Jones secured 1,099 votes in the Republican primary.

• Governor (Republican): Michael Roger Minogue won the Republican primary in Lynn with 1,176 votes (78.40%), surpassing Brian Shortsleeve, who took 324 votes (21.60%). Incumbent Democratic Gov. Maura Healey drew 5,961 votes in her uncontested primary.

• Ninth Essex House District (Democrat): Dr. Peter Meaney won the local primary contest with 619 votes (61.59%) against Zosia Jean VanMeter's 386 votes (38.41%). Meaney will face Republican incumbent Donald H. Wong, who received 248 votes in his primary, in November.

• Sixth Councillor District (Democrat): Terrence W.

Kennedy secured 4,013 votes (65.21%) in Lynn to defeat challenger Diann Mary Baylis, who gathered 2,141 votes (34.79%).

Lamanna expects the upcoming gubernatorial matchup between Gov. Healey and Republican nominee Minogue, alongside the Sixth Congressional District battle between Koh and Jones, to be major draws for the city in the fall.

"There are also nine ballot questions, including one about the elimination of recreational marijuana sales," said Lamanna. "There are some important issues to be decided by the voters statewide in November."

Lamanna, who proudly holds the titles of chief of elections and chair of the Election Commission, credited the assistance of "our three excellent commissioners, Paul Amirault, Sue Lang, and Arthur Richard, who were with me all day on Tuesday."

Early Wednesday morning, Lamanna was back at his desk knowing that his team had delivered the goods on Election Day.

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Healey awards nearly \$7 million to support local farms, fisheries and food banks

Special to the Journal

The Healey-Driscoll Administration today announced nearly \$7 million in grants to 72 farms, fisheries, food banks and other community organizations across Massachusetts to help strengthen the state’s local food system and pay for equipment and facility improvements that help produce, store and deliver food.

Nearly \$3 million will support food banks and other organizations working to get food to residents experiencing hunger. Other awards will help Massachusetts farmers and fishers purchase equipment, expand production and reach more customers.

“No family should have to worry about where their next meal is coming from. Local food banks and community organizations are on the front lines of fighting hunger, and they are seeing more people asking for help,” said Governor Maura Healey. “These grants will help them purchase the refrigerators, kitchen equipment and delivery

vehicles they need to get more fresh, healthy food to families across Massachusetts.”

“Our local food system represents so much of what makes Massachusetts special, from our cranberry growers and fisheries to our dairy farms, maple producers, and fruit and vegetable growers,” said Lieutenant Governor Kim Driscoll. “Investing in these producers strengthens local businesses, supports jobs, and keeps more of our food dollars here in Massachusetts.”

The grants are awarded through the Food Security Infrastructure Grant Program, administered by the Massachusetts Department of Agricultural Resources. Awards range from approximately \$10,000 to \$500,000 and will fund projects including farm and fishing equipment, cold storage, commercial kitchens, food-processing equipment, and delivery vehicles.

“A strong local food system needs the right infrastructure to get fresh food from our farms and fisheries to people’s tables,” said Energy and Environmental

Affairs Secretary Rebecca Tupper. “Cold storage, processing equipment, and other investments may not be the most visible parts of our food system, but they are essential to making it work. These investments help reduce food waste, expand access to locally produced food, and support healthier communities and a healthier environment.”

“The Food Security Infrastructure Grant program is a critical bright spot that empowers our farmers, fishers, and local food organizations to build robust, long-term, and resilient supply chains,” said MDAR Commissioner Ashley Randle. “We are especially proud that 60 percent of this year’s awardees are first-time grant recipients, representing a diverse cross-section of the food system and ensuring that these grants reach deeper into our communities to bolster food security while supporting local producers.”

Established in 2020, the Food Security Infrastructure Grant Program supports the equipment and facilities needed

to grow, harvest, process, store, and distribute food across Massachusetts.

These awards are the latest in Governor Healey’s efforts to strengthen every part of Massachusetts’ food system – from helping families afford healthy food to supporting the farms and food businesses that produce it. The administration has worked to protect access to SNAP and strengthened the Healthy Incentives Program (HIP), which helps SNAP households purchase local fresh fruits and vegetables while supporting Massachusetts farmers. The Governor’s latest state budget included a provision establishing a tax credit of up to \$5,000 annually for Massachusetts farmers who donate food to non-profit food distribution organizations, food banks, and pantries. The Governor’s Anti-Hunger Task Force has also identified additional actions to address food insecurity, while the Mass Ready Act invests in farms, food infrastructure, and the long-term resilience of food production across Massachusetts.

“Delighted to cheer the steadfast partnership between the Healey/Driscoll Administration — especially the Massachusetts Department of Agricultural Resources — and the Legislature which continues to invest in building and strengthening food and farm security infrastructure,” said State Senator and Co-Chair of the Massachusetts Legislature’s Food System Caucus Jo Comerford (D-Northampton). “The transformative FSIG grants are lifelines for farms and organizations across western and north central Massachusetts. A shared commitment to FSIG means stronger farms, more resilient supply chains, and a future where everyone in Massachusetts has access to nutritious, local food.”

The following are the Lynn FSIG grant recipients for Fiscal Year 2027:

Boys & Girls Club of Lynn received \$196,656 for commercial kitchen equipment.

Gregg Neighborhood House received \$226,358 for commercial kitchen.

NEWS IN BRIEF *(from pg. 4)*

Department is currently hiring crossing guards for 10 hours a week at a starting salary of \$18 per hour. Crossing guards report directly to their assigned crossing stations and play a vital role in ensuring children use proper crossing locations while keeping them out of the street when traffic is moving.

Applications are currently being reviewed on a rolling basis. To learn more about the position’s full duties and requirements, or to submit an application, visit lynnma.gov/city_government/departments/personnel/current_job_postings

DEPUTY CHIEF CHRISTOPHER KELLY NAMED NEXT POLICE CHIEF

Mayor Jared C. Nicholson has announced the upcoming appointment of Deputy Chief Christopher Kelly as Lynn’s next police chief. Kelly will step into the top leadership role to guide the city’s law enforcement efforts and oversee department operations. The announcement marks a significant transition for the Lynn Police

Department as it continues to focus on community policing and public safety initiatives.

STATE GRANT TO FUND NEW NONPROFIT KITCHEN

A recent state grant totaling \$226,358 has been awarded to help equip a new commercial kitchen and nutrition center in Lynn. The funding will provide crucial support for local nonprofit efforts aimed at addressing food insecurity and expanding access to healthy, community-based meals. Officials expect the state-funded facility to serve as a vital resource for residents once completed.

FORMER PORTHOLE RESTAURANT SITE HITS MARKET FOR \$7 MILLION

The former site of the iconic Porthole Restaurant is officially on the market with an asking price of \$7 million. Eight years after the beloved local establishment closed its doors, the prime real estate is being offered to prospective buyers.

The sale presents a major redevelopment opportunity along the Lynn waterfront, offering expansive views of the Boston skyline.

CYCLIST STRUCK AND KILLED IN DOWNTOWN CRASH

A tragic accident claimed the life of a 30-year-old cyclist in downtown Lynn earlier this week. The incident occurred on Broad Street on Aug. 31. First responders arrived at the scene but the victim succumbed to their injuries. The crash remains under investigation by the Lynn Police Department and the Massachusetts State Police. Officials are urging drivers to exercise caution and remain vigilant while sharing the road with cyclists and pedestrians.

HEALTH OFFICIALS ANNOUNCE SEASON’S FIRST EEE-POSITIVE MOSQUITO SAMPLES

The Massachusetts Department of Public Health (DPH) today announced that Eastern equine encephalitis (EEE) virus

has been detected in mosquitoes in Massachusetts for the first time this year. The presence of EEE was confirmed in mosquito samples collected on August 17 in the town of Kingston in Plymouth County. No human or animal cases of EEE have been detected so far this year.

Today’s finding increases the risk level of EEE to moderate in the communities of Carver, Halifax, Kingston, and Plympton.

“The last EEE outbreak in Massachusetts occurred in 2024 and, since then, there have been no human cases of EEE reported in the state,” said Public Health Commissioner Robbie Goldstein, MD, PhD. “Today’s finding alerts us to the presence of EEE in Massachusetts this year. While this is late in the season for the first detection of EEE in mosquitoes, when combined with all the evidence of West Nile virus in mosquitoes in Massachusetts, we are asking everyone in Massachusetts to take the necessary precautions to prevent mosquito bites. The Department of Public Health recommends that people use mosquito repellent when they are spending time

outdoors so they can enjoy the rest of the summer and decrease their risk of being bitten.”

EEE is a rare but serious and potentially fatal disease that can affect people of all ages. EEE is generally spread to humans through the bite of an infected mosquito. There were 12 human cases of EEE in Massachusetts in 2019 with six deaths; in 2020, there were five human cases and one death. In 2024, there were four human cases with one death. There were no human cases of EEE in Massachusetts in 2021, 2022, 2023, or 2025.

“EEE activity in Massachusetts tends to occur in outbreak cycles,” said State Epidemiologist Dr. Catherine M. Brown. “When EEE is found in mosquitoes later in the season like this, there is less opportunity for the risk to increase to very high levels. But anytime EEE virus is in mosquitoes, it can be spread to people. We rely on our mosquito surveillance program to monitor for the presence of virus to let people know when and where the risk is occurring so they can take steps to protect themselves.”

FRESH AND LOCAL

Semi-Homemade Meals

By Penny & Ed Cherubino

If you're responsible for providing food for your home dining table, you have three levels of work to consider. The easiest level is ordering or bringing home takeout food prepared elsewhere; the next level is homemade food from scratch; and the middle level is semi-homemade.

Rotisserie Chickens

The best example of this practice is demonstrated by the millions of rotisserie chickens sold each year in this country.

Costco alone sold 157.4 million rotisserie chickens at \$4.99 in 2025.

In an interview with The New York Times, reported, "For consumers, the draw of a whole rotisserie chicken has long been that it's 'a cost-efficient meal,' said Johnny Novokmet, 29, who rates and reviews grocery-store and fast-casual rotisserie chickens on social media. A rotisserie chicken with a side of rice, he said, can be as low as \$10 and stretch across multiple meals."

We're rotisserie chicken fans, but we seldom serve it on the

bone. Hand stripping the meat is easier when it's warm. Often we make chicken stock from the bones, skin, and stray bits.

Depending on how we plan to use the meat, Penny often leaves the white meat in whole pieces because it slices better when it's cold. The dark meat is reduced into bite-sized bits that are perfect for salads, tacos, or as a protein addition to many other meals.

A favorite semi-homemade meal is a curried chicken salad that includes chopped apple, celery, scallions, fennel, shredded carrots, chicken chunks, and a big handful of raisins. We dress it with olive oil, vinegar, curry powder, and Aleppo pepper.

nước chấm as a dressing. You top it with fried shallots and chopped peanuts.

Once, this took a lot of preparation. It would begin by slicing and frying shallots to crispy perfection. Today you can buy a perfectly good version for toppings or snacking. Next, you would poach the chicken unless you already have a deboned rotisserie chicken on hand. Finally, shred the cabbage and carrots, then chop the herbs and onion. Whatever shortcuts you use, mix the nước chấm yourself and let it sit for a few minutes to meld.

certain foods creates too much mess or odor in your kitchen, and opt to add something like salmon to your meal, using a cooked takeout piece or a canned version from your pantry.

Today, more high-quality foods are available in cans, and in many cases they are prepared in a variety of flavors, making them the centerpiece of your meal when served over rice or grains with a side salad.

The next time you're trying to decide what's for dinner and the idea of making a big mess or doing a lot of cleanup is pushing you away from your choices, think about which part of the meal you can easily delegate by visiting a store, restaurant, or your own pantry.

What to Make and What to Buy

We all have factors that influence whether we buy or make a dish. You may love homemade pizza but hate making the dough. You can purchase pizza dough in many places today.

You may feel that cooking

More Choices These Days

Another favorite salad is Gỏi Gá, a crunchy Vietnamese chicken salad. It consists of shredded chicken, cabbage, carrots, red onion, herbs, and

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

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Many semi-homemade meals begin with a rotisserie chicken.

VINATIERI (from pg. 1)

nies for the event. Cahill was superb in that role a year ago and will again moderate an interview with Vinatieri following the full-course dinner.

Vinatieri's appearance follows the club's 2025 sold-out gala in which former Patriots' receiver Jordan Edelman was the guest speaker.

The success of the annual galas has mirrored the Boys and Girls Club of Lynn's ascen-

sion under Theirrien's as one of the most impactful organizations serving youths in the City of Lynn. A former outstanding student-athlete himself, Theirrien and his staff recognize the vital need of having productive and well-supervised programs for youth during the crucial after-school hours.

The Lynn club is currently undergoing a \$28 million expansion project that will add

a wing to the current building and include a new indoor swimming pool, a new gymnasium, and a new kitchen and full cafeteria, among other amazing additions.

A tremendous turnout of Boys and Girls Club of Lynn's friends and supporters is expected at the gala.

Tickets sales will begin on Sept. 8.

GREATER LYNN CHAMBER OF COMMERCE GOLF TOURNAMENT



Pictured at the Greater Lynn Chamber of Commerce Golf Tournament (from left) are Gina Gonzales, The Dugout, LLC, John Kingston, St. Jean's Credit Union, Christine Neals, GLCC Operations Manager,Ryan Newhall, GLCC Interim Executive Director, Christine Pierce, Columbia Insurance, Dianna Chakoutis, Old Tyme Italian Cuisine, and Suzanne Iovanna, Pride Motor Group.

Cary Shuman Photos

The annual Greater Lynn Chamber of Commerce Golf Tournament was held Aug. 24 at Gannon Municipal Golf Course, Lynn.

GLCC members and guests enjoyed a round of golf on a beautiful summer day, followed by a luncheon in the Gannon function room.



Page Driscoll of Commonwealth Payroll and HR and Lisa O'Neill of Cambridge Savings Bank.



Brian Keefe of Commonwealth Payroll and HR, Tom Pappas of CLA, and Jeff Plakans of Commonwealth Payroll and HR.



The Columbia Insurance Agency team, from left, John Olson, Dave Olson, Bob Marquis, and Dave Pierce.



Christine Neals, Dianna Chakoutis, and Pat Newhall welcoming golfers to the annual GLCC Golf Tournament at Gannon.

The Independent Newspaper Group reserves the right to edit letters for space and clarity. The Independent Newspaper Group publishes columns, viewpoints and letters to the editor as a forum for readers to express their opinions and to encourage debate. Please note that the opinions expressed are not necessarily those of The Independent Newspaper Group. Text or attachments emailed to deb@reverejournal.com are preferred.

GREATER LYNN CHAMBER OF COMMERCE GOLF TOURNAMENT



Dr. Dan Dill, Jim Dill, Estelle Dill, and Tom Dill.



The Cataldo Ambulance team, from left, Mariah Mulcahy, Dennis Cataldo, Ryan Cataldo, and Lauren Simmons.



The McGrath Construction and Boys and Girls Club of Lynn delegation, from left, Chris Hanlon, Evan Shea, Joe Scianatico, Andy Pitzen, Jimmy Connors, Brian Theirrien, Adriana Moschella, and Rep. Dan Cahill.



Getting ready for a round of golf are Santiago Aguilar of King Movers and Storage and his daughter, Tessa Aguilar.

GREATER LYNN CHAMBER OF COMMERCE
GOLF TOURNAMENT



The Groom Construction team, from left, Kevin Pessolano, David Groom, Principal, Graeme Poole, and Mike Allen.



The Hancock Associates team, Bob Irzyk, Mike Parrella, Wayne Jalbert, and Rick Bartram.



Shown at left, all set for a round of golf at Gannon are Greater Lynn Babe Ruth stalwart Dave Raymond and Lynn Community Facilities Manager Rich Avery.

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Kowloon set to host an 'End Of Summer Dance Party' starring Tavares; concert set for September 12

Special to the Journal

Grammy Award-winning Tavares is set to perform at Kowloon, the landmark restaurant and entertainment complex at 948 Broadway, Route 1 North, Saugus, in what is being billed as An End Of Summer Dance Party set for September 12 at 8:00 pm.

The concert celebrates 50 years of the R&B soul group's hit, 'Heaven Must Be Missing an Angel.'

Bobby Wong, owner of Kowloon, says, "We are thrilled to host Tavares, the legendary American R&B, funk, and soul group, at Kowloon for our 'End-of-Summer Concert.'

Tavares will perform their up-tempo R&B hits including the million-selling single, "Heaven Must Be Missing an Angel," "More Than a Woman," "Whodunit," and "Don't Take Away The Music."

Tavares topped the charts

with eight Billboard Top 40 singles, 12 R&B Top 10 singles—including three No. 1s—and a GRAMMY connected to Saturday Night Fever.

Special Guest for the evening: Angelena & The Unit.
Showtime: 8:00 PM

Ticket Options:
Tickets: \$50 per person - general admission
Special Tables of 4: \$160

Doors Open: 6:30 PM
\$75 per person Reserved Seating & Light Buffet
*Special Tables of 4: \$260
Doors Open: 5:00 PM

Tickets available by:
Order Online at Kowloon-restaurant.com
Front Desk or Charge-By-Phone: 781-233-0077

For tickets, call Kowloon at (781) 233-0077.

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MEET AND GREET WITH GOV. MAURA HEALEY

Cary Shuman Photos

A Meet and Greet was held with Gov. Maura Healey at

the home of Saritin Rizzuto in Wakefield.

Lynn residents and officials attended the reception.



Pictured with Gov. Maura Healey are Claudia Diaz, Diana Moreno, and Eric Moreno.



Lynn School Committeewoman Brenda Ortiz McGrath, Gov. Maura Healey, School Committeeman Lennin Pena, and Ward 4 Councilor Natasha Megie-Maddrey.

North Shore Veterans and First Responders Parade is Sept. 20

The City of Lynn, in coordination with the Lynn Veterans Council, will hold the North Shore Veterans and First Responders Parade in the city on

Sunday, Sept. 20 at 1 p.m.

Lynn Veterans Council President Wayne Johnson, Vice President Charlie Griffin, Secretary Sgt. Major Ken Oswald, Treasur-

er Dr. Peter Meaney, and Board Member David Solimine Sr. are the co-chairpersons of the parade.

"We have assembled a great contingent of marching bands,

organizations, and school groups for the parade and we'll be honoring our first responders – police, fire, and ambulance – and all veterans," said Solimi-

ne. "The preparations are going very well, and we expect a large turnout for the parade."

The rain date is Sunday, Sept. 27.

NSCC announces innovative food service partnership with Salem nonprofit Root

Collaboration to launch in fall 2026, bringing enhanced dining options, workforce training, and community-focused impact to campus communities

Special to the Journal

North Shore Community College (NSCC) today announced an exciting new partnership with Root, a Salem-based nonprofit, to serve as the college's official food service and catering partner. The collaboration will be fully operational beginning in the fall 2026 semester, serving students and employees in campus cafeterias from 8 AM to 6 PM Monday through Thursday and 8 AM to 2 PM on Friday.

Root addresses two interconnected challenges: youth unemployment and food insecurity. Root empowers young adults ages 16 to 26 facing barriers to success to build pathways to independence through culinary training and employment.

Through its Culinary Training Program and Alumni Employment Program, Root equips young adults with industry-recognized credentials, life skills, and sustained career support post graduation, positioning them for meaningful work that nourishes their community. Root's Community Catering Program produces meals for local distribution partners, which addresses food insecurity while supporting local farms and creating sustainable employment for Root alumni.

For nearly 10 years, Root has built the infrastructure, partnerships, and operational expertise required to deliver high-quality job training, run a robust catering business, and produce and distribute tens of thousands of meals annually to communities facing food insecurity.

"We are incredibly excited to welcome Root to the NSCC family," said NSCC President William Heineman. "Through this partnership, NSCC is investing in a local organization that shares our fundamental commitment to education, opportunity, and community

well-being. Together, we are building a collaboration that supports our students, strengthens our community, and creates meaningful workforce development opportunities right here on the North Shore."

Root's success has been built on strong partnerships and collaboration. By stepping into this new role at NSCC, Root becomes more than a traditional food vendor; the partnership represents a deep alignment of values, a shared commitment to regional equity and education, and deepens Root's core mission of training and employing young adults and nourishing the community.

NSCC's partnership to Root marks a new chapter for campus dining, introducing enhanced options and modern conveniences for students, faculty, and staff. Key features of the new service will include:

Dual-campus operations: Dining services will be available at both the Lynn and Danvers campuses.

Modern convenience: The rollout will feature streamlined digital amenities, including on-

line ordering and advance pick-up options.

Expanded career pathways: The partnership will create 15-20 new employment opportunities for Root graduates, including roles with room to grow into higher-responsibility positions, and introduction and access to certificate and degree programs at NSCC

Community integration: Menus and culinary programs will tie back to Root's core mission of "Feeding Opportunity and Community."

"Root is thrilled to partner with North Shore Community College to bring fresh, scratch-made food to the Lynn and Danvers campuses," said Nate Berkowitz, executive director of Root. "We opened our doors in Salem in 2017 to train young adults who have too often been overlooked or underestimated for good, stable culinary careers. This partnership lets us do that work on an even bigger stage-nourishing NSCC students and staff while creating new jobs for our graduates, some of whom are already taking classes on these very cam-

puses."

For more information about North Shore Community College, visit northshore.edu. To learn more about Root's mission, visit rootns.org.

Celebrating 60+ years of learning, service, and impact, North Shore Community College (NSCC) proudly serves 26+ cities and towns across Massachusetts' North Shore with campuses in Lynn and Danvers. Founded in 1965, NSCC delivers high-quality, affordable, and accessible education to more than 7,000 students in more than 40 unique degree and 30+ certificate programs each year, along with thousands of noncredit learners. The College also supports lifelong learning for more than 640,000 residents through workforce training, professional development, cultural enrichment, and community partnerships-demonstrating the enduring value of community college in transforming lives and strengthening the regional economy.

MEET AND GREET WITH
GOV. MAURA HEALEY



Event host Saritin Rizzuto welcomes Gov. Maura Healey to the reception.



Rosario Ubiera-Minaya, Gov. Maura Healey, and Ruben Ubiera.

Healey, New England Governors sound
alarm over proposed energy merger

Special to the Journal

Governor Maura Healey joined other New England states in raising serious concerns about NextEra Energy’s proposed acquisition of Dominion Energy and its impact on costs. If approved, the merger would give the company significant control over energy resources in New England and across the country. In New England, the combined company would own the region’s two remaining nuclear power plants that supply nearly a quarter of New England’s electricity.

The states, through the New England States Committee on Electricity (NESCOE), are calling for careful federal review of the merger and its potential impacts on electricity costs, competition, and reliability.

“I have serious concerns about the impacts of the NextEra-Dominion merger on families and businesses that are already paying too much for energy,” said Governor Healey. “NextEra has a troubling record of driving up energy bills and preventing Massachusetts

from building the energy infrastructure we need to power our communities. This merger would give this company tremendous leverage over our energy future. Federal regulators need to closely scrutinize what this would mean for customer bills, competition, and the reliability of our energy system. My administration will be intervening at the federal level to defend our communities from higher energy bills.”

In the joint statement, New England states called out both companies for past actions that drove up energy costs in the region. NextEra spent \$20 million to block the New England Clean Energy Connect transmission line, delaying the project for years. The Maine Ethics Commission ultimately fined two opposition groups for failing to disclose NextEra’s financial backing. Further, a NextEra subsidiary was ordered to refund millions after charging ratepayers for a proposed transmission project that was never built. Additionally, Dominion Energy pressured Connecticut

to enter into a long-term agreement after threatening to close Millstone Power Station.

The Massachusetts Department of Public Utilities (DPU) and the Attorney General’s Office have both filed motions to intervene in the Federal Energy Regulatory Commission (FERC) proceeding overseeing the merger. The Healey-Driscoll Administration is working with NESCOE on next steps.

“On behalf of Massachusetts ratepayers, my office is closely reviewing this proposed merger and evaluating its potential impact on retail ratemaking, resource adequacy, and wholesale market operations,” said Attorney General Andrea Joy Campbell. “The size and scope of these companies’ existing portfolios, along with their historical business practices, raise significant questions. My office intends to participate in the open FERC proceeding and continue to advocate before federal regulators to protect the interests of Massachusetts residents.”

PCSS I ranked #27 in Public High Schools by U.S. News & World Report

Special to the Journal

Pioneer Charter School of Science (PCSS I) is proud to announce its ranking as the #27 public high school in Massachusetts by U.S. News & World Report in its recently released 2026-2027 Best Massachusetts High School rankings. This places PCSS I among the top performing high schools in the state, #23 in the Boston Metro Area, and #114 among charter schools nationally.

The U.S. News & World Report rankings are a highly respected measure of schools’ performance, taking into account factors such as college readiness, state assessment proficiency and performance, college curriculum, underserved student performance, and graduation rates.

PCSS I, located in Everett, was one of eight charter public schools that ranked among the top 30 high schools in Massa-

chusetts, including its sister school in Saugus - PCSS II. This year, 108 seniors from both PCSS campuses were accepted to 140 distinct colleges, including Yale, Northeastern, Massachusetts Institute of Technology and Boston University, and received more than \$20 million in total scholarships.

“At Pioneer, our goal is to prepare our students for the highest education and career success,” said Sanela Jonuz, Executive Director of PCSS I. “Seeing our team of staff, students, and families’ hard work pay off is rewarding, and we are honored to be listed in the top 30 public high schools in Massachusetts.”

PCSS I students returned to school this Monday, August 17th, for their 2026-2027 academic year. Enrollment information can be found online at Enroll - Pioneer Charter School Of Science 1.

PCSS is a rigorous college preparatory charter school that aims to prepare educationally under-resourced students

for today’s competitive world. PCSS I, located in Everett, serves students in Grades K through 12 from several communities North of Boston, including Everett, Chelsea, and Revere. PCSS II, located in Saugus, serves students in Grades K through 12 from Saugus, Salem, Peabody, Lynn, and Danvers.

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Healey-Driscoll Administration expands joint active shooter response training statewide

Special to the Journal

More than 1,000 police, fire and EMS professionals have completed joint active shooter response training across Massachusetts this year as the Healey-Driscoll Administration expands efforts to prepare first responders to act quickly and work together during a crisis.

One of the latest Active Attack Integrated Response courses brought approximately three dozen first responders to Tufts University for two days of classroom instruction, hands-on exercises, and realistic scenarios. Participants included personnel from the Massachusetts State Police, Arlington Police, Lexington Police, Lexington Fire, Medford

Fire, Somerville Fire, Somerville Police, Stoughton Fire, Cataldo Ambulance, and the police departments of North Shore Community College, Tufts University, and Worcester State University.

“Massachusetts was the first in the nation to adopt an internationally recognized framework for consistent, statewide active shooter response training,” said Public Safety and Security Secretary Gina K. Kwon. “Our law enforcement, fire service, EMS, telecommunicator, and emergency management personnel are training together in courses like this one so they can work together in a real-world crisis.”

The Active Attack Integrated Response (AAIR) course was coordinated by the Massachusetts Department of Fire Services, the Municipal Police Training Committee, and the Advanced Law Enforcement Rapid Response Training Center, with support from the Executive Office of Public Safety and Security.

The course was held August 18–19 in partnership with Tufts University and the Tufts University Police Department. Tufts also hosted AAIR courses in June and July.

“We significantly ramped up AAIR deliveries to meet increased demand after last winter’s active shooter event at Brown University,” said State Fire Marshal Jon M. Davine. “So far this year, we’ve delivered 35 classes for first responders across Massachusetts, from Provincetown to North Adams. That’s more than 1,000 police, fire, and EMS professionals ready to stop the killing and stop the dying.”

“The AAIR curriculum provides life-saving training to first responders at every level of experience,” said Captain Amy Fanikos (Ret.), Deputy Executive Director of the Municipal Police Training Committee. “From classroom instruction to hands-on exercises to increasingly complex scenarios, it builds the skills necessary for law enforcement and fire/rescue to work seamlessly together when every second can be the difference between life and death.”

“I received great feedback from the Somerville firefighters who took part in this course,” said Somerville Fire Chief

Charles J. Breen, Jr. “It builds on many of the emergency medical skills we already use, and it provides a strong foundation for working with our police partners. Trainings like this one could help save lives in a crisis most people don’t want to contemplate.”

“Massachusetts is doing some of the most aggressive AAIR training in the country,” said John Cantarella, Northeast Regional Manager for the Advanced Law Enforcement Rapid Response Training Center at Texas State University.

In 2022, Massachusetts became the first state to adopt NFPA 3000, Standard for an Active Shooter/Hostile Event Response Program, as a statewide framework for active shooter response training through the Massachusetts Firefighting Academy, Municipal Police Training Committee and State Police Academy.

Developed following the 2016 Pulse nightclub shooting in Orlando, Florida, NFPA 3000 emphasizes the importance of law enforcement, fire, EMS, and other public safety partners planning, training, and

coordinating before an emergency.

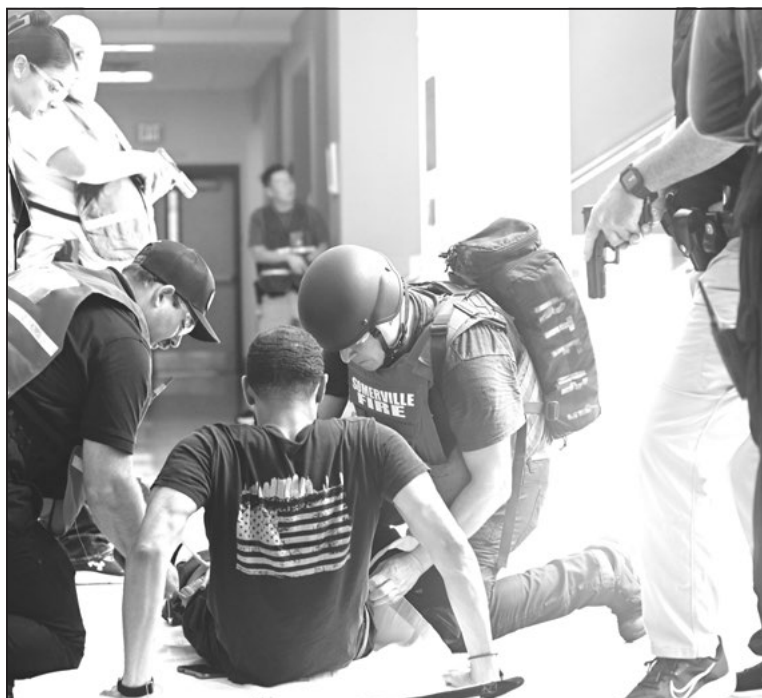
AAIR puts that framework into practice. The curriculum uses plain language and common terminology to help first responders establish command, stop an attacker, and reach injured people as quickly as possible. It also trains participants in the Rescue Task Force model, in which law enforcement protects fire and EMS personnel as they provide immediate medical care and evacuate patients.

The Department of Fire Services and Municipal Police Training Committee also offer Active Attack Incident Management, a course for chiefs and senior officers focused on command-level strategies, and Civilian Response to Active Shooter Events, which teaches civilians how to protect themselves and others until first responders arrive.

Together, these interagency training programs have reached more than 7,000 police officers, firefighters, EMS providers, public safety dispatchers, and other participants across Massachusetts.



Shown are scenes from the joint active shooter response training program.



PROFESSIONAL BOXING SHOW HELD AT ENCORE BOSTON HARBOR

Cary Shuman Photos

CES Boxing and Granite Chin Promotions hosted “Boston Harbor Fight Night 2” on

Saturday, Aug. 29 at Encore Boston Harbor in Everett.

A large crowd enjoyed the show that featured several exciting bouts.



Professional boxer Jefferson Almeida, former middleweight champion “Dangerous” Dana Rosenblatt, Elite Boxing Management co-founder Joe Lake, and David Rosenblatt, pictured after Almeida’s victory.



Pictured at the Granite Chin professional boxing show at Encore Boston Harbor are (from left) Joe Stella, DPW Clerk of the Works Joe Lake, Mayor Patrick Keefe, DPW Supt. Chris Ciaramella, Mark Hilton, and Nick Daher.

Bunker Hill Community College names Dr. Kiruba Murugaiah as Alumni Trustee

Special to the Journal

Bunker Hill Community College (BHCC) is pleased to announce the appointment of Kiruba Murugaiah, Ph.D., as Alumni Trustee on the BHCC Board of Trustees. A proud BHCC alumna, former faculty member, scholar, and international education leader, Dr. Murugaiah brings decades of experience in education, equity, and community service to the College’s governing board.

Dr. Murugaiah’s connection to BHCC spans every stage of her professional and personal journey. After studying Computer Science at BHCC, she earned a bachelor’s degree in Mathematics and Computer Science from Boston University, a master’s degree in Mathematics Education from Teachers College, Columbia University, an MBA from the University of Geneva, and a Ph.D. in Teaching, Curriculum, and Society from Boston College.

“Bunker Hill Community College opened doors that transformed my life, and I am honored to give back to the institution that has shaped me as a student, educator, and commu-

nity member,” said Dr. Murugaiah. “Community colleges create opportunities, expand possibilities, and strengthen communities. I look forward to working with my fellow trustees to ensure that BHCC continues to provide an accessible, equitable, and high-quality education for all students.”

Following her graduation from BHCC, Dr. Murugaiah returned to the College as a faculty member, serving nearly a decade on the mathematics faculty. During that time, she co-led a comprehensive reform of the College’s developmental mathematics curriculum, work that earned a Governor’s Citation from the Commonwealth of Massachusetts. She also led study abroad and service-learning programs, helping students gain global perspectives through experiences in Costa Rica and Senegal.

“Kiruba embodies the very best of what Bunker Hill Community College makes possible,” said BHCC President Pam Eddinger. “As a student, faculty member, scholar, and global education leader, she has devoted her career to expanding opportunity while never losing



Dr. Kiruba Murugaiah

sight of the community that helped launch her journey. Her deep commitment to educational equity, student success, and public service will make her an extraordinary voice on our Board of Trustees.”

Dr. Murugaiah’s commitment to BHCC extends beyond her academic contributions. In memory of her late sister, the Murugaiah family established a scholarship that is awarded annually to a motivated first-generation college student, reflecting her enduring belief in the transformative power of education.

Her career has spanned the

private, nonprofit, and international development sectors. After beginning her professional career as an IT Specialist with IBM Global Services, she served as a U.S. Peace Corps Volunteer in Guinea. She later worked as an Education Advisor with the International Rescue Committee, supporting educational opportunities for refugees and displaced populations across sub-Saharan Africa. Today, she serves as a consultant with Kalvi Advisors, providing guidance to nongovernmental and United Nations agencies on education programs in fragile, conflict-affected, and post-conflict settings.

“Kiruba brings an exceptional combination of lived experience, professional expertise, and unwavering commitment to Bunker Hill Community College,” said BHCC Board Chair Bill Walczak. “She understands firsthand the transformative power of a Bunker Hill education and has spent her career creating similar opportunities for others around the world. We are fortunate to welcome someone whose perspective, integrity, and dedica-

tion to students will strengthen the Board’s work for years to come.”

As Alumni Trustee, Dr. Murugaiah will bring her unique perspective as an alumna, educator, donor, and researcher to help advance the College’s mission of expanding access to higher education and supporting student success. She is particularly committed to ensuring that BHCC continues to serve first-generation college students, immigrants, and others seeking pathways to opportunity and economic mobility.

With more than 50 years of academic excellence, Bunker Hill Community College (BHCC) is one of Massachusetts’ largest community colleges, serving approximately 16,000 students annually. With campuses in Charlestown and Chelsea, BHCC offers a broad range of educational opportunities throughout Greater Boston. BHCC fosters a welcoming and supportive learning environment for students by offering associate degrees and certificates, early college and dual enrollment, community education, corporate training, and industry-specific programs.

Governor Maura Healey declares September College Fire Safety Month

Special to the Journal

Governor Maura Healey proclaimed September College Fire Safety Month in Massachusetts as thousands of students return to campus and move into dormitories, apartments, and other student housing.

Fire officials are offering guidance to help prevent fires and injuries during what is traditionally the leading month for fires in student housing.

“Massachusetts is proud to welcome thousands of students to our colleges each fall, and we want every one of them to have a safe and successful year,” said Governor Maura Healey. “Most fires in student housing can be prevented. Simple steps like staying in the kitchen while cooking, keeping exits clear and using batteries and chargers safely can save lives.”

“Move-in day comes with a long checklist, and fire safety needs to be on it,” said Lieutenant Governor Kim Driscoll. “Before families unpack the last box, check the smoke and

carbon monoxide alarms, identify two ways out and make sure everyone knows what to do if a fire starts.”

Massachusetts fire departments reported more than 2,500 fires in dormitories, fraternities, and sororities between 2021 and 2025. These fires caused six civilian injuries, 10 fire service injuries, and approximately \$2.7 million in damage.

Fire officials are also emphasizing the importance of safety in apartments and other off-campus housing. Two Massachusetts college students died in separate, unrelated off-campus fires in 2013.

“College Fire Safety Month is an important reminder that keeping students safe is a shared responsibility,” said State Fire Marshal Jon M. Davine. “Colleges and universities, property owners, families, and students all have a role to play. As students return to campus and settle into new housing, we encourage everyone to review basic fire safety, make sure alarms are working, and know what to do in an emergency.”

Massachusetts law requires landlords to provide working smoke and carbon monoxide alarms. Students should test their alarms when they move in and immediately notify their landlord if an alarm is missing, damaged or not working.

Students should also check the manufacturing date printed on the back of each alarm. Smoke alarms should generally be replaced after 10 years. Carbon monoxide alarms should be replaced after five, seven or 10 years, depending on the make and model.

About 90 percent of fires in student housing are related to cooking, with unattended cooking the most common factor. Students should remain in the kitchen when using the stovetop, use a timer when cooking in the oven, and never cook while drowsy or impaired.

With September 1 marking the primary move-in date for students across Massachusetts, fire officials are also reminding students to keep escape routes clear. Boxes, furniture, bikes, and other belongings should not block windows, doorways,

hallways, or stairwells.

Students should know two ways out of their building and, when possible, two ways out of each room. If an alarm sounds, occupants should leave the building, stay outside, and call 9-1-1.

Students can also reduce the risk of fire by following these precautions:

- **Smoking:** There is no safe way to smoke, but if you must smoke then do it responsibly. Don't flick them on the ground, where they can smolder and ignite debris, or grind them out on porches or steps. Use a heavy ashtray on a sturdy surface and put it out, all the way, every time.

- **Electrical:** Always plug appliances like air conditioners and space heaters into wall sockets that can handle the current, not power strips or extension cords. Don't overload outlets with multiple devices.

- **Heating:** Turn space heaters off when leaving the room or going to sleep. Never leave a space heater unattended.

- **Cooking:** Stand by your pan! Don't leave pots and pans

unattended on a lit stovetop, and keep flammable items away from burners. In the event of a grease fire, smother the flames with a lid and then turn off the heat. Only cook when you're alert, not when you're drowsy or impaired.

- **Candles:** Never leave candles burning unattended. Extinguish them before leaving the room. Even better, switch to battery-powered candles.

- **Lithium-Ion Batteries:** Use the charging equipment provided by the manufacturer and disconnect it when the device is charged. Charge phones, laptops, e-cigarettes, e-bike batteries, and other devices on a hard and stable surface – never a bed, couch, or pillow. If you notice an unusual odor, change in color, change in shape, leaking, or odd noises, stop using the device right away. If you are able to do so safely, move it away from anything that can burn and call your local fire department.

For more fire safety tips for both on and off campus, visit www.mass.gov/dfs.

Aquarium documents 2,000 animals, including whale sharks, during aerial survey

Special to the Journal

Aerial survey observers with the New England Aquarium sighted more than 2,000 animals during a recent flight over the Northeast Canyons and Seamount Marine National Monument, showcasing the area's extraordinary biodiversity.

Scientists with the Aquarium's Anderson Cabot Center for Ocean Life flew over the Monument in their survey airplane on August 16 and sighted 15 different marine species. The team initially counted 1,800 dolphins across four species and later sighted a sperm whale, humpback whale, and an endangered fin whale mother and calf feeding in the area. The scientists were also excited to see 11 whale sharks plus manta rays, devil rays, Chilean devil rays, and hammerhead sharks, all warm-water species that highlight the biodiversity of the Monument, especially in the summer.

“The diversity of sightings

was truly remarkable and a testament to why the Monument is such a special habitat,” said Katherine McKenna, an associate research scientist in the Aquarium's Anderson Cabot Center. “From regular visitors like dolphins and sperm whales, to large baleen whales drawn by aggregations of zooplankton and whale sharks and manta rays following warm Gulf Stream waters, the Monument brings together an incredible variety of marine life.”

During the flight, the scientists also documented an endangered blue whale and a small group of endangered fin whales feeding just outside the Monument.

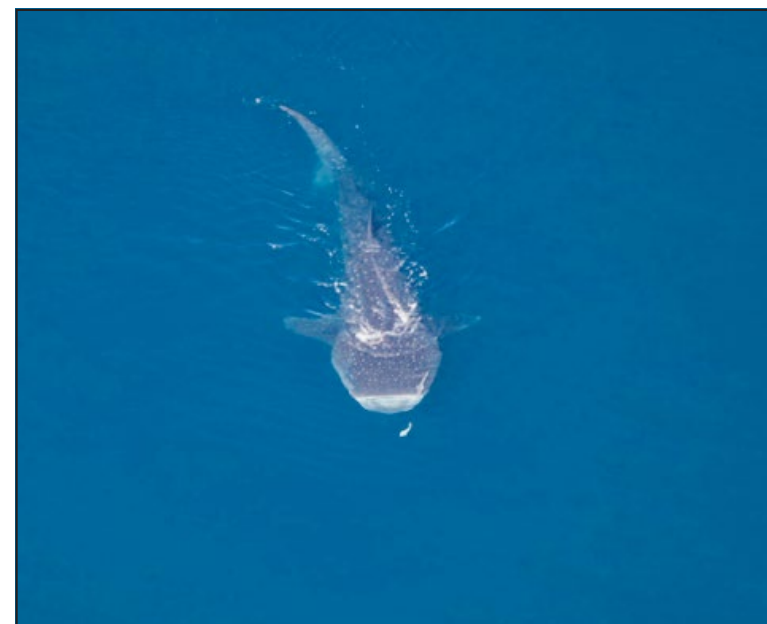
Created in 2016, the Monument is a nearly 5,000-square-mile underwater sanctuary that lies 130 miles southeast of Cape Cod. The habitat has four underwater seamounts (or underwater mountains) and three deep-sea canyons, where a vast array of species feed. In 2022, after observing the high num-

ber of marine animals, Anderson Cabot Center researchers published a study in Conservation Science and Practice using more than 180,000 sightings from U.S. East Coast waters to show that the Monument supports a diverse and unique marine mammal community. Earlier this year, the Trump Administration rolled back some protections for the Monument, allowing commercial fishing.

“Seeing a variety of threatened and endangered species actively feeding in the Monument was particularly memorable and underscores the importance of protecting this productive habitat,” McKenna said.

The Aquarium last flew over the Monument on July 13, 2026. During that flight, scientists identified nearly 650 animals, including over 600 dolphins, a group of four endangered sperm whales, 23 pilot whales, and a whale shark.

The New England Aquarium is a nonprofit research and



NEW ENGLAND AQUARIUM PHOTO

A whale shark sighted during a New England Aquarium aerial survey over the Northeast Canyons and Seamounts Marine National Monument on Aug. 16, 2026.

conservation organization that has protected and cared for our ocean and marine animals for more than 55 years. We provide science-based solutions and help shape policies that create

measurable change to address threats the ocean faces. We inspire action through discovery and help create engaged, resilient communities.

Project Bread taps in-house storyteller Nora Jerrett to help lead its communications strategy

Special to the Journal

Nora Jerrett, who has spent more than three years shaping Project Bread’s storytelling and the East Boston-based food security nonprofit’s annual The Walk for Hunger campaign, has been promoted to Assistant Director of Communications at the leading statewide food security organization.

In her new role, Jerrett will help oversee public relations strategy across Project Bread’s policy and advocacy work, federal nutrition programs and direct service programs, including major campaigns such as The Walk for Hunger and Summer Eats. She will also help manage media relations, develop press materials, and serve as a spokesperson for the organization.

Jerrett’s connection to Project Bread’s mission traces back to 2020, when a study abroad internship in Sydney was cut short by the pandemic and she spent that summer supporting seniors with daily needs, including grocery shopping, for a home health care company in Wakefield. Through that work, she saw firsthand how EBT benefits could fall short while clients waited for other assistance to arrive, an experience that later drew her to Project



Nora Jerrett

Bread.

“Over the past three years at Project Bread, and as our federal government has made it increasingly harder for my neighbors to keep food on the table, I’ve heard countless firsthand stories of how food insecurity holds families back,” says Jerrett. “But I’ve also seen the incredible things that happen when we share these stories, engage our community of partners and supporters, and use our voices to speak out against the systems that allow hunger to thrive. In this new role, I am excited and honored to uplift these stories, reduce the stigma around asking for or offering help, and continue working

toward a Massachusetts where everyone has the food they need to thrive.”

In her time at Project Bread, Jerrett has shown her passion and enthusiasm for the mission through her creative content campaigns, including her work to recruit and support thousands of participants for The Walk for Hunger. Jerrett’s emails, blogs, and social media posts have helped connect tens of thousands of Massachusetts residents to Project Bread’s FoodSource Hotline and other resources. Her innovative ideas and creative problem solving have supported Project Bread’s internal and external events and programs, securing her as the heart of the organization.

Jerrett’s joyful spirit and positive attitude resonates through her work, uplifting colleagues and community partners during difficult times. Beyond her efforts to uphold and expand Project Bread’s brand strategy, she consistently raises her hand to support others, whether it’s doing TV and radio interviews, pitching social media ideas, and even leading the group stretch at The Walk for Hunger.

“Nora has spent the last three years translating our policy work and Walk for Hunger campaigns into stories that move people to act, and that instinct for what makes an issue resonate is exactly what our communications strategy needs right now,” says Erin McAleer, Project Bread CEO. “As federal cuts put more pressure on families across Massachusetts, we need someone who can help the public understand what’s at stake and what Project Bread is doing about it. Nora has already proven she can do that.”

Prior to joining Project Bread as Copywriter & Content Manager in April 2023, Jerrett worked as a junior copywriter at the Boston advertising agency Connelly Partners, where she developed creative campaigns for clients across industries. She holds a bachelor’s degree in public relations, advertising and applied communication from Boston University’s College of Communication.

Nora Jerrett is a Medford resident.

People experiencing food insecurity should call Project Bread’s FoodSource Hotline (1-800-645-8333), which pro-

vides confidential, free assistance getting connected to a variety of food resources in 180 languages and for the hearing impaired. Counselors can pre-screen families and help them to apply for SNAP. Learn more at www.projectbread.org/get-help.

Project Bread connects people and communities in Massachusetts to reliable sources of food while advocating for policies that make food more accessible so that no one goes hungry. Summer Eats is one of the many nutrition programs they support. Any resident of Massachusetts struggling to afford food or worrying they might run out before they have money to buy more can call Project Bread’s FoodSource Hotline for help in 180+ languages (1-800-645-8333) or send a confidential chat on www.gettingsnap.com for compassionate, personalized assistance. Counselors are available Monday - Friday from 8 a.m. to 7 p.m. and Saturdays from 10 a.m. to 2 p.m. There is also a dedicated line available to those who are hearing impaired. For more information, visit: www.projectbread.org.

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CITY PAWS

At-home grooming

By Penny & Ed Cherubino

This month, we needed more home grooming for our dog, Poppy, because she had to go five weeks instead of four between professional grooming sessions. Part of our job as companion animal guardians is ensuring our animals receive the grooming they need.

Poppy has a regular morning grooming session with Ed, who cleans her feet, checks her ears, medicates specific areas as directed by her dermatologist, and brushes her teeth. She also has a nightly toothbrushing before bed.

Poppy has a Sunday appointment with Penny each week for a grooming check and brushing. If we keep up with her double coat, we avoid mats between professional spa days. Penny uses a stripping comb to keep her hard outer coat in good condition rather than have our groomer shave it. That coat protects her from rain and cold and makes it easier to remove dirt.

With the current tick situation in our area, we recommend a check for ticks after every walk. Ed found one tick in Poppy's ear this season while he was doing his morning checks.

Different Dog, Different Needs

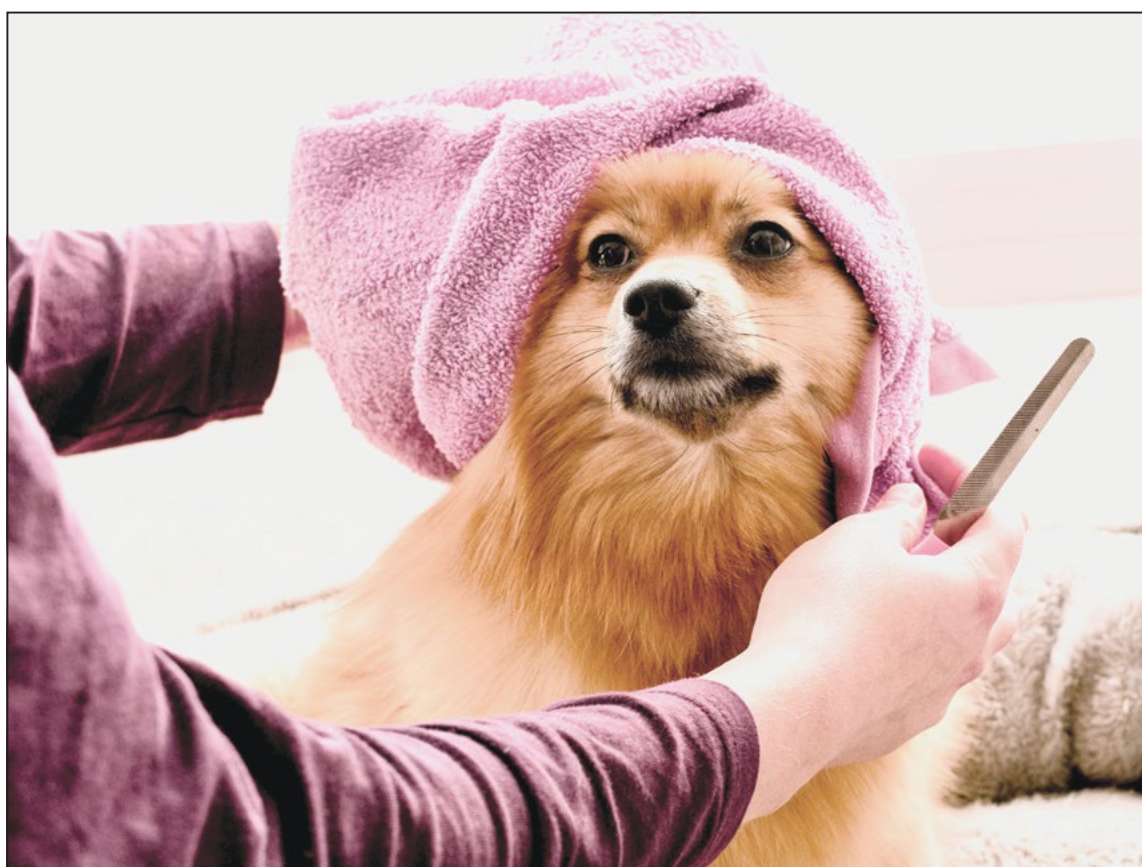
Grooming needs differ by breed. Long-haired dogs like Golden Retrievers, Sheepdogs, and Spaniels will take a bit more time to brush. We see people who do daily brushing in the park and watch birds that love to pick up dog hair to make nests.

Vizslas, Boxers, Labrador Retrievers, and other short-haired breeds may be touted as needing less coat maintenance. But a good routine of regular brushing will help control shedding and distribute the natural oils throughout the coat for that glow of good health.

When you groom at home, take steps that help your dog feel safe, secure, and less stressed while you work. Use a non-slip mat instead of a slippery surface to bring the pet to an easy working level. Consider offering a lick mat with a favorite treat like peanut butter or cheese to distract a stressed pup.

Baths

As long as your dog has not had an encounter with a skunk, rolled in goose poop, or dug up a mud puddle, most baths are done on a scheduled basis. Use dog shampoo and use as little as possible. We dilute our dog



Wash, rinse, rinse, rinse, then dry!

shampoo with warm water in a spray bottle to make it easy to cover each area with a light but ample supply of suds.

If you want to do this at home, consider purchasing a spray hose fill spout. This will make it easier for you to rinse, rinse, rinse.

In their step-by-step bathing instructions, Chewy asks, "Think your dog is completely rinsed? Go ahead and rinse them

some more. No, really. Dog fur is great at hiding pockets of soap, and if you don't rinse it off now, it could cause skin problems ranging from flakiness to irritation to infections. Use your hands to feel around your whole dog to find soapy spots you can't see, especially around the belly, under the armpits, and genitals."

Side Benefits to Grooming

Grooming activities can help you and your dog bond. If you make it a gentle, pleasant ex-

perience, it can relax you both. Methodically stroking, brushing, and combing a pet will not only improve their fur, but will also let you discover any lumps, bumps, or other abnormalities. You can check ears for debris and any off smells and give your pal a quick check-up.

Don't think of grooming as an hour-long task you dread, but rather as a part of the daily routine for you and your dog or cat.

Massachusetts fire departments achieve nation's fourth-highest emergency response reporting rate

Special to the Journal

The Department of Fire Services announced that Massachusetts fire departments have achieved the fourth-highest reporting rate in the country for the National Emergency Response Information System (NERIS). 90% of Massachusetts fire departments have reported more than 1.3 million apparatus responses to more than 788,000 incidents. This achievement reflects the state's commitment to leading the nation in public safety data collection and will help local and state officials make informed decisions about operations,

policies, fire prevention messaging, grant applications and budget proposals, and updates to fire and life safety codes.

A project of the U.S. Fire Administration and UL's Fire Safety Research Institute, NERIS provides unprecedented public access to incident response data through its newly launched public website. Unlike its 50-year-old predecessor, which required a lengthy data validation process, NERIS allows users to view near-real-time incident data from cities and towns across the country and conduct independent analysis using dozens of data fields.

"Adopting an entirely new

data reporting system was a seismic shift for fire departments across the country," said State Fire Marshal Jon M. Davine. "They have done a phenomenal job of adapting to NERIS and bringing Massachusetts to the nation's forefront. I also want to recognize our staff for helping to bring the state's fire service onboard in a matter of months. The data that local fire departments are reporting will support funding requests, effective resource allocation, community risk reduction efforts, and much more."

NERIS rolled out in geographic phases throughout 2025. Most Massachusetts fire

departments began transitioning to the new system in October and several volunteered to serve as early adopters, including Belchertown, Beverly, Bourne, Dudley, Gill, Greenfield, Huntington, Pittsfield, Sandisfield, Springfield, and Walpole.

The new system replaces the National Fire Incident Reporting System (NFIRS), and its Massachusetts-level system, the Massachusetts Fire Incident Reporting System (MFIRS). Under the former systems, it could take months to obtain reliable incident and response statistics.

NERIS will also help local,

state, and regional agencies understand the impact of large-scale events and prepare for increased emergency activity during major celebrations, disasters, and other incidents. This summer, NERIS implemented a "special incident modifier" to collect information about emergency responses related to World Cup matches, watch parties and other gatherings. During that event period, Massachusetts fire departments reported 65 related incidents across six cities and towns, including 31 medical calls, 25 service calls and two elevator rescues.

DO YOU NEED TO RUN A LEGAL NOTICE?

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