By MARK SARDELLA

WAKEFIELD — As she approaches the end of her first year as Administrator of Special Education and Student Services for Wakefield Public Schools, Rosemarie Galvin appeared before the School Committee last night to provide an update on the program and to talk about some of the insights that she has gained in her first year in Wakefield.

Galvin said that 17.6 percent of Wakefield students (about 640) qualify for special education services. Of that 17.6 percent, she noted, 77.6 percent experience what she called “full inclusion,” which means they are spending at least 80 percent of their school time in general education.

State rep. backs wind bill

BOSTON — In an effort to meet the Commonwealth’s climate goals of achieving net-zero emissions by 2050, State Representative Kate Lipper-Garabedian (D-Melrose) joined her colleagues in the House of Representatives to pass legislation to further develop the offshore wind industry in Massachusetts.

The legislation will also modernize Massachusetts’ electrical grid and energy storage infrastructure and create thousands of new jobs.

“I was glad to vote in favor of this bill, including as a member of the Telecommunications, Utilities, and Energy Committee,” said Representative Kate Lipper-Garabedian. “This bill not only represents a commitment to combating climate change and meeting our 2050 net zero obligation. It also signifies significant investment in workforce and economic development. I’m grateful to Speaker Mariano and Chair Roy for their tremendous work on and prioritization of the offshore wind bill.”

Latest GBSC offering a tip of the hat to Irish-Catholic community

By GAIL LOWE

STONEHAM—When choosing a play to bring to the Greater Boston Stage Company (GBSC) in Stoneham, Director Weylin Symes looks at times for something fun, something familiar, something akin to comfort food.

For Symes, Katie Forgette’s play “Incident at Our Lady of Perpetual Help” filled the bill.

The Seattle-based playwright grew up in a working class Roman Catholic family so she had plenty of material to work with when she wrote her story about a 1970s Irish-Catholic family struggling to keep a roof over their heads and food on the table, not to mention their good reputation.

Considered a memory play, “Incident at Our Lady of Perpetual Help” takes place in the O’Shea family’s 1973 living room as then 19-year-old Linda O’Shea (Autumn Blazon-Brown) takes front and center stage while narrating the details of what happened one day when the high and mighty parish priest Father Lovett overheard a conversation she and her kid sister Becky were having about puberty.

During the narration, the audience meets Linda’s mother Josephine “Jo” (Amy Barker), Aunt Theresa “Terri” Carmichael (Mau reen Keiller), father Mike (Barlow Adamson), Becky (Vin Vega) and a cranky, demanding grandmother the audience never sees. Adam son also takes on two additional parts: Father Lovett and the church’s busybody Betty Heckebach. For the latter role, Adamson appears on stage in drag.

On that fateful day, Linda’s mother had asked her to tell Becky about the birds and bees, and this led to the “incident.” What came next, Linda recalls, was a series of falling dominoes that threatened the family’s reputation. Her family’s story is likely to be familiar to those who’ve experienced “Catholic guilt, also known as Jewish guilt, Methodist guilt, Baptist guilt, Lutheran guilt and atheist guilt,” according to Linda.

In the telling of what happened, Linda’s family members have their own recollections of the “Saturday massacre,” and Aunt Terri is only too happy to share what she remembers with the audience.

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Looking Backward

By EILEEN WORTHLEY

In 1922 March 9 was a Thursday. The Wakefield Daily Item cost two cents. A Circulation Of 2500 A Day Means More Than 10,000 Readers.

"An important real estate transaction was effected yesterday when the Princess Theater, Inc., purchased the building on Main Street known generally as the old Armory building." Charles W. Hodgdon of Wakefield is a member of the Princess Theater, Inc., which controls moving picture houses in Wakefield, Worcester, and Middleborough. The entire building was bought as an investment. The bowling alleys, managed by Mr. Robert Godfrey, will continue in operation until summer, when the place will be closed for a short time for general repairs, refinishing, and remodeling. Besides the bowling alleys, the building also houses the headquarters of the Spanish War Veterans and the Red Men. Also having businesses there are C.F. Young, sign painter; the National Casket Co.; and N.W. Eaton, Sr. The old Armory building was burned in the big fire of July 6, 1911. The land was bought and the building replaced for a building situated further north on Main Street that had been "deemed unfit for use" by state building inspectors.

On the page following the announcement of the sale of the Armory, there appeared an amusing ad for The Ye Barnard Inn Cafe, owned, as mentioned above, by Quannapowitt Pool and Bowling Parlors co-owner Jacob H. Barnard. Sounds like of Jake Barnard wanted not only to monopolize the "off hours" of the town's gentiemen with bowling and billiards, but to fill their bellies, too.

A lead headline on page one announced, "81 Thousand Tons of Ice Harvested on Quannapowitt This Year." The article gave details: "All of the ice companies have practically filled their houses and the ice has been of unusual thickness and of good quality. In places where the ice was first cut, it has now frozen over again to a thickness of about six inches. During the harvesting season the Boston Ice Company stored away 42,000 tons, the Porter-Milton Co. put in 27,000 tons, the Wakefield Ice Co. 8,000 tons, and the Morrill-Atwood company about 4,000 tons. This has been one of the best ice seasons in many years and the ice companies have taken advantage of it."

Town Meeting was scheduled to begin in a few days, on March 13. The town warrant had been drawn up, and, though not yet printed in full, it was described on the front page of the item as containing 42 articles. "The 'copy' measures 7½ feet in length and the articles promise to furnish material for a lively session, featured by discussion of the proposal to sell the lighting plant. An appropriation to re-value taxable property, election of selectman in three-year terms you might recall if you rode the retrocraft last week that three-year terms for Selectmen was once again on the town warrant in 1932], establishment of a minimum wage for town laborers, and

action to relieve school crowding are some of the most important matters. The warrant will be published in legal form and reviewed in the news columns in tomorrow's Item."

On an inner page on this day was a reprint from an article that had appeared in the Journal of the American Medical Association in response to the passage of the Sheppard-Towner Act, which had been passed on November 23, 1921. Also called the "Promotion of the Welfare and Hygiene of Maternity and Infancy Act," it provided federal funding for maternity and childcare. "It was the first venture of the federal government into social security legislation and the first major legislation that came to exist after the full enfranchisement of women. This marked the political and economic power of women's issues since the bill was passed due to the organization and influence of the Children's Bureau and the newly formed Women's Joint Congressional Committee. The act played an important role in the medicalization of pregnancy and childbirth, the decrease in infant mortality rates, and the expansion of federal welfare legislation in the twentieth century United States." (wikipedia.org/wiki/Sheppard-Towner_Act). There had been controversy surrounding the bill before its passage, as you can imagine, and afterward as well—as evidenced by the article reprinted in the Item: "The Sheppard-Towner bill was passed not for public health reasons but on account of political exigencies. Women had just been given the vote. No one knew how they would use it. Nearly every congressman had a distinct sense of faintness at the thought of having all the women in his district against him. Male opposition he was used to, but the women's vote! Awful! The idea was impressed on the minds of the women of the country that the Sheppard-Towner bill was a wonderful measure, that in some miraculous fashion it would save thousands of lives of mothers and babies now being lost, that it was the one bill all women must support. At the same time all members of Congress were told again and again that the women of the country demanded the measure and that each congressman's future depended on his vote on this bill. Members of Congress of years' experience say that the lobby in favor of the bill was the most powerful and persistent that had ever invaded Washington." Power to the women's vote, yes? Well, not entirely. The bill was administrated through eight years of conflict, opposition by the AMA and other groups, and various cases testing its constitutionality in the Supreme Court. The AMA was critical of women as lay leaders in the Children's Bureau, believing that mother and infant health, like all other health issues, should fall under the province of the male-led Public Health Service. There was also a group of opponents who believed the act was a communist plot. By far, the most egregious declaration, expressed during a filibuster in the Senate in 1927, was "by Utah Senator William H. King arguing that the bill was championed by 'neurotic women, ... social workers who obtained pathological satisfaction in interfering with the affairs of other people, ... and Bolsheviks who did not care for the family and its perpetuity'"(ibid). The Sheppard-Towner Act expired on June 30, 1929.
Experts offer tips on common consumer scams at virtual forum

BOSTON — Undersecretary Edward A. Palleschi of the Office of Consumer Affairs and Business Regulation (OCABR) will host the annual National Consumer Protection Week virtual forum on Thursday, March 10 at 2 p.m.

Free and open to the public, participants will hear from the experts themselves about the most common scams currently targeting consumers such as: COVID-related scams, Social Security scams, phone scams, phishing scams, unemployment benefits scams, and details related to the up-and-coming trend of cryptocurrency scams.

In addition, they will learn how to avoid being scammed, what to do if they become a victim of fraud, and ways to prevent identity theft.

This year’s panel will include field experts from the American Association of Retired Persons (AARP), Better Business Bureau (BBB), Federal Trade Commission (FTC), and Internal Revenue Service (IRS).

Panelists include:
- Edward A. Palleschi, Undersecretary, OCABR
- Danielle Bass, Manager of Communications, BBB Serving Eastern Mass., Maine, R.I., and Vermont
- Nancy B. Cahalen, President, BBB Serving Central and Western Mass., and Northeasteren Conn.
- Michael E. Festa, State Director, Massachusetts AARP
- Robin Eichen, Consumer Protection Attorney, FTC
- Glenn Gizzie, Senior Stakeholder Liaison

To sign up for Thursday’s virtual forum register online at: https://bit.ly/3Cnd2iZ or contact Jennifer Hubert, Deputy Director of Communications at Jennifer.Hubert@mass.gov.

Wakefield Daily Item, Wednesday, March 9, 2022
Prepare for some politics of the pump. Our reliance on oil and gasoline has created openings for a lot of influential people in the state, William Galvin being one of them.

The Secretary of the Commonwealth will not sit idly by, he says, as the average price of a gallon of regular closes in on $4.30. Those of us who heat our homes with oil could be looking at a bill based on $6 a gallon.

According to WBZ NewsRadio, Galvin is calling on the state to investigate the recent rise in gas and oil prices in Massachusetts, citing possible price gouging.

Massachusetts is seeing record-high gas prices, as the average price for a gallon of regular gas in the Commonwealth is at $4.24, according to AAA. This price is seven cents higher than the national average and up nearly 60 cents from just a week ago. Galvin told WBZ NewsRadio he’s skeptical of the motivation behind the rising prices.

“The rapidity in which the prices have increased and the lack of explanation of why they’ve increased, when in fact it has no direct relation to Russian supplies, needs to be examined,” Galvin said. “If they have nothing to hide then we will know that, but I think it is urgent that we do something about this.”

Gas prices have been rising across the country since the new year began, with concerns over inflation and the war in Ukraine causing prices to jump. President Biden announced new year began, with concerns over inflation and the war in Ukraine causing prices to jump. President Biden announced

According to State House News Service, the political fall-out has led to increasing calls from Republicans for a suspension of the state’s gas tax to help offset at least a small portion of the higher price. For the second day in a row on Tuesday, Republican gubernatorial candidate Chris Doughty said residents “need relief from skyrocketing prices across the board.”

Focus on Faith

By REV. GLENN MORTIMER
Pastor Wakefield/Lynnfield United Methodist Church

A season of reflection

On Wednesday, March 2 a large part of the Christian world began the penitential season of Lent. I say large part of the Christian world because for our Orthodox Christian neighbor’s their Lent began on March 7. Regardless of the date that Lent began it is a season of preparation. Like Advent which precedes the 12 days of Christmas; Lent is a season of preparation prior to Holy Week and Easter.

We are called to spend the 40 days of Lent (not counting Sunday’s) as a time for us to examine ourselves and our relationship with God. It is a time to reflect on the many times we have followed to much the way of the world, and not the path that God has laid before us.

The Lenten season starts this year in a world where the COVID pandemic seems to be starting to trail off. We pray that this will last and that there may be some glimmer of hope for life returning to what ever normal may be. Perhaps more in the forefront of our minds this Lent is the unrest in our world.

War and the talk of nuclear weapons reminds us that our world is fragile. It also reminds us that as people of faith there is much to be done to help the people of the world to love their neighbor. I am sure for many people around the world Lent comes at the right moment. It reminds them that even when you are hiding in a bomb shelter and your children are clinging to you in fear that you are not alone. Jesus is right there with you in the shelter, the street or on the road out of harms way. Lent reminds us that God is not removed from our plight. God knows well all the difficulties of this world. If God didn’t then Lent wouldn’t be necessary. God understands the fear, anger, violence and perilous nature of our world. God saw it all unfold in the life, death and resurrection of his Son Jesus Christ. God knows well about pain, suffering, human tragedy.

We approach this Lenten season thinking to ourselves that we have seen enough death and illness, we have seen enough hurt and devastation, we are seeing enough human suffering on our TV screens, are we really in any mood to enter a season where we are reminded of our own mortality?

Perhaps God is calling us from within our current situation to re-frame our journey this Lent. Remember we do not take this journey alone, but together as we seek to better understand who we are as the body of Christ. We should ask ourselves several questions as we contemplate and reflect on how we will take this journey. What if we supported one another in our individual quest to know God better, to love him more deeply and to see him more clearly. What if we don’t tell anyone what we might give up or take on during Lent, but we only tell God.

What if we understand this journey through the words of John 3: 16-18; For God so loved the world, that he gave his only Son, that whoever believes in him shall have eternal life. What if every one of us begins this Lent with kindness and compassion as we reflect on the words of John 3: 16-18.

Despite nation’s polarization, we should all agree on government transparency

By JUSTIN SILVERMAN
We live in contentious times. According to a 2020 study by the National Bureau of Economic Research, political polarization among Americans has grown rapidly during the last 40 years.

“There’s evidence that within the U.S., the two major political parties have become more homogeneous in certain ways, including ideologically and socially,” said Jesse Shapiro, a co-author of the study and a professor of political economy at Brown University. “So when you identify with a certain party and you’re looking across the aisle, the people you’re looking at are more different from you than they were a few decades ago.”

Given the degradation of political discourse in our country and the growing list of hot-button issues pitting us against friends and neighbors, it’s easy to see the divide. But as Sunshine Week begins this year, let’s remember that no matter where we stand on a particular topic, we all need accurate information to shape our opinions and best advocate for ourselves.

The mission of Sunshine Week — March 13-19 this year with relevant events occurring throughout the month — is to promote a dialogue about the importance of open government and freedom of information. The sunshine reference is attributed to U.S. Supreme Court Justice Louis D. Brandeis who famously wrote that “sunlight is said to be the best of disinfectants.” In other words, an informed citizenry is the best check against government corruption.

This is the idea behind state public record and open meeting laws, as well as our federal Freedom of Information Act. Government transparency is a non-partisan principle that transcends who’s in office or which political party is in control. Freedom of information or “sunshine” laws open up government and empower people through information.

The University of Southern California Annenberg School for Communication and Journalism published a report last fall analyzing the polarization in our country. The report identified the most contentious issues which included gun legislation, policing and vaccines. As Americans, we may have starkly different opinions about these issues. But consider the common ground we can find when looking at them relative to government transparency.

To have an informed debate about gun legislation, for example, it may be helpful to know basic datapoints like how many firearms are being manufactured in the country or the number of gun-related deaths each year. We may need to determine where it’s most difficult to obtain a firearms license.

Commentary

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**DEP settlement leads to reduced Covanta emissions**

BOSTON – The Massachusetts Department of Environmental Protection (MassDEP) has reached a settlement with the waste-to-energy company Covanta to resolve issues raised by the company at their Haverhill and Rochester facilities in response to Emission Control Plan (ECP) permits issued by MassDEP. The settlement will result in the installation of significant additional emissions controls that will reduce emissions from the plants and improve air quality.

Under the settlement and revised permits, Covanta has committed to reducing NOx emissions by more than 20 percent below the MassDEP regulatory limit and has agreed to reduce emissions of metals and dioxin to almost half of MassDEP’s emission limits for these pollutants. In addition, Covanta has agreed to install monitors to measure ammonia emissions on each waste combustor at the Haverhill and Rochester facilities. Ammonia emissions can contribute to the formation of fine particulate matter (PM2.5). Ammonia monitors will ensure that Covanta will achieve and maintain the lowest ammonia emissions possible from the Haverhill and Rochester facilities and reduce PM2.5 emissions.

“The Commonwealth’s stringent Emission Control Plan Approvals were implemented to ensure that waste-to-energy facilities are properly addressing their emissions and reducing toxic pollutants that can impact the health of our communities,” said Eric Worrall, Director of MassDEP’s Northeast Regional Office in Wilmington. “I am pleased that, under this settlement, Covanta has voluntarily agreed to make significant emissions reductions that will have a real impact on protecting public health in Haverhill and Rochester, and in communities across the state.”

In March of 2018, MassDEP issued new regulations and subsequently issued permits to reflect these new regulatory limits for waste-to-energy facilities, also known as municipal waste combustors (MWC), in the Commonwealth. These regulations established more stringent emission limits of several air pollutants, including nitrogen oxides (NOx), metals and dioxin, and provided more options for monitoring pollutant emissions. NOx emissions are lung irritants and may pose severe risks to public health, including their contribution to the formation of harmful ground level ozone, or smog, which can increase susceptibility to and exacerbate respiratory ailments and illnesses such as asthma.

Additionally, these facilities are in Environmental Justice (EJ) communities. EJ communities have historically experienced disparate impact from air pollution and these commitments from Covanta are an important step toward assuring clean air for area residents.

MassDEP’s mission is to protect and enhance the Commonwealth’s natural resources – air, water and land – to provide for the health, safety and welfare of all people, and a clean and safe environment for future generations. In carrying out this mission, MassDEP commits to address and advance environmental justice and equity for all people of the Commonwealth, provide meaningful, inclusive opportunities for people to participate in agency decisions that affect their lives and ensure a diverse workforce that reflects the communities served by the agency.

**The Women’s Guild of the Most Blessed Sacrament next meeting**

WAKEFIELD — The Women’s Guild of the Most Blessed Sacrament Parish will hold its next meeting Tuesday, March 15, 2022 at the Parish Center on Main Street in Wakefield. A Mass will be celebrated at the Church at 7 p.m. and the meeting will be held immediately after the Mass. This will be followed by a short business meeting with refreshments to follow. The O’Shea-Chapin Academy of Irish Dance will perform modern traditional reels and jigs to celebrate Saint Patrick’s Day. All the women of the Parish are invited. Hope you can join for a fun evening.

**Opera Club meeting on March 26**

WAKEFIELD — Come and join the Opera Club in celebration Men of the Theatre - Verdi and Shakespeare with an overview of Macbeth on Saturday, March 26 at the Beebe Library. The first three operas were written by Verdi and based on plays by Shakespeare. The other two are Otello and Falstaff (The Merry Wives of Windsor and King Henry IV. Come and join the Opera Club as they investigate the similarities between the play by Shakespeare and the opera composed by Verdi. The meeting will take place in the lecture hall of the library from 2 to 3:30 p.m. It is no longer necessary to register to attend Opera Club meetings.
About 12 percent are in “partial inclusion” (at least 50 percent of their day is in general education classrooms) and about 5.6 percent receive instruction in settings that are substantially separate from the general education classrooms, Galvin reported.

The vast majority of Wakefield special education students receive services within the district, Galvin said, with a small number placed in out-of-district programs.

Galvin discussed the specific special education offerings at each elementary school, how each program is staffed and how services to students are continued as they advance to the Galvin Middle School and then to the high school.

Galvin said that she learned early in her tenure in Wakefield that the district has a strong special education foundation and strong teams. She observed that those qualities served the district well during COVID.

She noted that the number of students on Individualized Education Programs (IEPs) has remained consistent over the last five years and the number of students requiring out-of-district placement is low (4.6 percent) compared to other districts, which tend to be in the 7 to 8 percent range.

Galvin said that her goal is to continue to capitalize on the strong systems and teams already in place and to continue to expand and develop programs to support all learners.

She also discussed the highly individualized professional development program that she has developed for staff members, focusing on supporting programs and developing, writing and implementing high-quality IEPs.

Galvin noted that Wakefield is coming up on a special education audit by the state. She explained that the three-step process includes an initial self-assessment (due in May of this year) and an on-site monitoring next year followed by continuous review.

She also talked about the Wakefield Special Education Parent Advisory Council (SE-PAC). The purpose of SE-PAC is to provide parents of special education students the opportunity to talk about common interests and to advise the School Committee about the education and well-being of students. SE-PAC educates and promotes awareness of special education services provided to all eligible students in the school system.

According to the Wakefield Public Schools website, “The mission of the Special Education Department is to help students understand their learning differences and develop skills and compensatory strategies in order to become independent learners. We strive to bring together cooperative relationships, respect for individual differences, and the maintenance of a purposeful and rigorous academic program into all aspects of our services. We want our students to gain an understanding of their own learning style so that they can learn to advocate for themselves. Special Education staff work in a collaborative manner to develop ways to modify curriculum and assessment practices while maintaining high expectations. The goal is to present each student with challenging but attainable expectations and develop appropriate ways of assessing what students have learned.”

**WIND Continued from Page 1**

zation of this issue.”

“I’m immensely proud of the steps that the House took today to ensure Massachusetts remains at the forefront of renewable energy development,” said House Speaker Ronald J. Mariano (D-Quincy).

“Not only will this legislation help us reduce our carbon emissions and combat climate change, it will also spur economic development, modernize our energy infrastructure, and create thousands of new jobs in the process. I want to thank Chairman Roy for his hard work in advancing this legislation, as its passage today was undoubtedly a critical step in the right direction.”

“I am thrilled that today the House passed legislation crucial to the development of a strong offshore wind industry in Massachusetts,” said Representative Jeffrey N. Roy (D-Franklin), House Chair of the Joint Committee on Telecommunications, Utilities, and Energy.

“Massachusetts waters have the greatest offshore wind potential out of the contiguous U.S., and this legislation will ensure that the Commonwealth is prepared to harness that energy while also creating a just and robust local economy, educational opportunities for our residents, and critical upgrades to our energy infrastructure without causing undue harm to our coastal habitats or maritime industries.”

“An Act advancing offshore wind and clean energy” (H.4515):
- Makes the Massachusetts offshore wind bidding process more competitive by removing a current price cap that requires bids to be less expensive than previous procurements that has deterred companies from participating in the procurement process. Future procurements would now include economic development, employment, and environmental and fisheries mitigation benefits.
- Invests hundreds of millions of dollars over the next decade in infrastructure, innovation, job training, supply chain capacity, and transmission upgrades. The legislation consists of tax incentives, grants, loans, and other investments.
- Requires utility companies to proactively upgrade the transmission and distribution grid to improve reliability and resilience and accommodate the anticipated significant shift to renewable forms of energy.
- Provides thousands of good-paying jobs with a focus on ensuring access and opportunity for everyone.
- Creates a DESE high school offshore wind credential training pilot program through which DESE would reimburse school districts for each student that obtains the credential.

The legislation creates parity between electric and natural gas, imposing a charge for natural gas consumers to support renewable energy. By diversifying Massachusetts’ energy portfolio, Massachusetts will become more energy independent and less reliant on imported natural gas that is susceptible to volatile price spikes, thereby helping to stabilize ratepayer bills in the long term.

“An Act advancing offshore wind and clean energy” (H.4515) passed the House of Representatives 144-12. It now goes to the Senate for its consideration.
MVES receives grant to promote COVID-19 booster vaccinations

MALDEN — Metro Boston Aging and Disability Resource Consortium (ADRC), in which Mystic Valley Elder Services is a member, was recently awarded a grant from the Administration for Community Living to promote COVID-19 booster vaccinations to the populations they serve. The Metro Boston ADRC comprises of community organizations that support older adults, persons with disabilities, and their caregivers: Mystic Valley Elder Services, Boston Center for Independent Living, Minuteman Senior Services, Somerville Cambridge Elder Services and Springwell.

“The Metro Boston Aging and Disability Resource Consortium agencies have been at the forefront of supporting communities through the pandemic and view the opportunity to promote vaccine participation as an extension of our ongoing work,” said Hilary Viola, Metro Boston ADRC Coordinator. “Boosters are a critical tool to help mitigate the risk of COVID transmission and serious illness.”

The grant-funded campaign “Get Boosted Boston” includes direct mail, print advertisements, and online resources through a comprehensive website, GetBoosted-Boston.org, all of which provide multiple options on how to make vaccine booster appointments. The information is available in multiple languages and provides links to find local appointments via Vaxfinder and pop-up mobile clinics online. If access to the internet is a problem, there is the phone alternative of calling 2-1-1, and if someone is unable to leave their home, they may call (833) 983-0485 to arrange an in-home booster.

The Massachusetts Executive Office of Elder Affairs has praised the Metro Boston ADRC and their partners in helping older adults gain access to vaccines and boosters, stating that their efforts “propelled Massachusetts to be amongst the highest vaccinated states in the country.” Now that almost 1.4 million adults aged 60 and above in the Commonwealth are eligible for a COVID-19 vaccination booster, the Metro Boston ADRC’s work in promoting and facilitating access to COVID-19 vaccination and booster doses is vital to protect those they serve, as well as the overall population.

Learn more about Mystic Valley’s Elder Services’ programs by contacting us at 781-324-7705 or visiting mves.org.

COMMENTARY Continued from Page 4

or to read emails among govern ment officials looking to curtail Second Amendment rights.

Before we discuss whether a police department should be defunded, we should first determine how much funding that agency receives. How is money spent within local, state and county law enforcement agencies? For us to have a conversation about police officers using force against citi zens, we need to know the policies within each department and under what circumstances lethal or non-lethal force can be used.

More than two years into the COVID-19 pandemic, debate still rages about vaccine efficacy and government mandates. Fueling that debate is a steady flow of misinformation that can be counteracted by federal data on vaccine trials, statistics on state resident vaccinations, local school district vaccine requirements for teachers and students, and other vaccine-related records.

While sunshine laws vary from state to state, all this information should be available to us through public record statutes and federal FOIA. Wherever we ultimately land on the issues, these laws exist to provide us a way to learn about government and better support our positions.

But despite the mandated sun shine, shadows persist. Public re cord request deadlines are often ignored. Inadequate staffing and request backlogs result in delays. Documents are excessively redacted. Citizens are shut out of public meetings. The flow of information can be slowed to a glacial pace.

This is a reality that should concern us all. Every American should be waving the banner for government transparency. The consequences of secrecy affect not just our ability to have good-faith debates about the issues that matter most, but they also limit our ability to oversee government and the work it does on our behalf. When it comes to transparency, we’re all stakeholders.

So, here are a few things we can do to honor Sunshine Week:

* Contact your state representative to discuss strengthening your respective public records and open meeting laws. For example, many states are now considering changes to allow remote participation during government meetings. Be a part of the effort to make access to government easier and more equitable for all Americans.

* Support your local newsroom. Journalists are often the most frequent fliers of public records requests. They are typically at the frontlines of obtaining government information despite newsroom budget cuts and inadequate resources. Subscribe to your news source of choice and be kind to those seeking out information on your behalf.

* Make a public records request. Not sure how? Visit nefac.org/guide for video tutorials. Take advantage of your right to know by requesting information about issues that mean the most to you. Then take that information and engage in fact-based conversations with those in your community.

“Thoughtful debate about serious issues is central to our democracy,” wrote the authors of the Annenberg study. “But solving real problems is impossible when every issue is viewed through a distorted lens that is often informed by sources who create their own facts to further their own power.”

Sunshine laws are integral to thoughtful debate. They can provide us the knowledge needed to form opinions about what’s best for this country and how well our government is leading the way. But those laws need to be protected and strengthened. That’s something we can all agree on.

Justin Silverman is executive director of the New England First Amendment Coalition. Learn more about the coalition’s work at nefac.org.
**5 Steps for Mastering Family Meal Planning**

Recipe courtesy of Healthy Family Project’s Mission for Nutrition

1/2 sweet onion, diced
1 jalapeno, diced
1 Envy or Jazz apple, diced
2 cups cooked shredded chicken
8 flour tortillas
6 ounces shredded Mexican blend cheese, divided
1 can red enchilada sauce
cilantro (optional)

Chicken Apple Enchiladas

Heat oven to 350 F.
In skillet, cook onions until translucent. Add jalapeno and apple; sauté 2-3 minutes. Add cooked chicken and mix well. Remove from heat.

Lay out tortillas and sprinkle cheese on each. Add chicken mixture and roll. Place in baking dish and cover with enchilada sauce.
Bake 20 minutes, or until heated throughout.

Greek Chicken Bowls

Recipe courtesy of Healthy Family Project’s Mission for Nutrition

1 cup cooked white or brown rice
1 grilled chicken breast, sliced
1 RealSweet onion, sliced
1 cup cherry tomatoes
1 cucumber, cut into quarters
1/2 cup black olives
1 tablespoon feta cheese
2 tablespoons tzatziki sauce

Place cooked rice and chicken in bowls.
Top each bowl with sweet onions, tomatoes, cucumbers and black olives. Sprinkle each with feta cheese. Drizzle each with tzatziki sauce.

(Family Features) As you and your family embark on a mission to create delicious, nutritious meals all while saving money, it’s key to remember meal planning is essential for success. From tracking a list of ingredients you’ll need to noting your loved ones’ favorite foods, there are some easy steps you can take to make dinners at home enjoyable and budget friendly.

Getting on track with your own plan can start with these tips from Healthy Family Project’s Mission for Nutrition, which aims to help families find weekly meal success with an internationally inspired e-cookbook including grocery lists, recipe ideas and cooking hacks.

Work together. Before heading to the store or heating up the oven, sit down with your loved ones and make a list of easy-to-make recipes you all enjoy. Each time you discover a new favorite, add it to the list so you’ll have a reference guide when it’s time to plan a week’s worth of meals.

Stick to a schedule. Set a day and time each week your family can meet and plan out dinners. This also offers an opportunity to bring to light any newfound favorites or fresh ideas while bringing everyone to the same room for quality time together.

Plan time-saving processes. Think ahead while planning meals and consider the equipment you’ll need. Saving time while cooking can be as easy as sticking to recipes that call for hands-off appliances like a slow cooker or pressure cooker and using a food processor rather than a knife and cutting board.

Schedule a “leftovers night.” When you prep dinners that call for crossover ingredients, it’s easier to turn one meal into two. For example, buying sweet onions and chicken breast to make Chicken Apple Enchiladas means you’ll have those ingredients on hand for Greek Chicken Bowls later in the week.

Make a list. Once you’ve decided on recipes for the week, create a list of all the ingredients you’ll need. While you’re at the store, stick to your plan and avoid impulse buys to help stay on track while getting in and out quicker.

Find more recipes and meal planning tips by downloading the free e-cookbook at healthyfamilyproject.com/mission-for-nutrition and join the conversation by following #missionfornutrition on social media.

#16119

Source: Healthy Family Project
PEMBROKE — In many ways, the 28th-ranked Wakefield High boys’ basketball team must have been wondering, “How do we top that?”

That was after they sent shock waves through the MIAA Div. 2 state bracket with a first round, 67-56 road win over 5th-ranked Pope Francis Prep on Friday night.

This morning, the Warriors might be asking themselves the same question.

Wakefield, playing against a talented 12th-ranked Titan team in front of a standing room only crowd at Pembroke High, certainly topped their first round win with a hard-earned 59-50 victory, punching their ticket to the state quarterfinals, a round that would previously be considered the sectional finals.

That’s a round Wakefield hasn’t reached in a decade, since Brad Simpson’s 2012 team, led by a freshman who currently plays for the Brooklyn Nets (Bruce Brown) made it to the North Finals against Brighton.

First-year head coach Colin Halpin certainly has his Warriors believing they can make it even further.

“I’m just so happy for the guys,” said Halpin. “I’ve just preached, ‘Continue to work. Trust the work you put in all season.’ They did that and it’s paying off for them so I’m just happy for our guys, it’s great.”

In the scoring department, the Warriors were led by junior Ethan Margolis (19 points, 5 rebounds, 2 assists).

In the hustle department, they were led by senior Matt Sellers (8 points, 8 rebounds, 4 assists).

In the defense department, they were led by senior captain Jeff DiFazio (11 points, 4 rebounds, 3 blocks) who had multiple clutch blocks and often took on the challenge of bodying up Pembroke’s talented and physical big man, Brady Spencer.

Of course, here’s the kicker and the key to state tournament success: every Warrior does all of those things at a high level, especially the hustling part.

As the team commemorated their win with a jubilant and plenty loud Wakefield faithful who made the trip down 93 South in rush hour, their jerseys drenched in sweat, celebrating on pure adrenaline alone, it was clear they left it all on the court.

“You just gotta lay it on the line every play because it could be your last,” summed up Sellers afterwards, the famous Warrior hard hat, which is given to Wakefield’s version of their player of the game, serving the senior well in protection from all the high-fives and hugs.

Of course, they had to leave it all out there for a game that featured 10 lead changes and six ties. Through each momentum swing, in an environment that was no doubt the toughest they’ve experienced, the Warriors never flinched, hitting clutch shot after clutch shot and battling on the defensive end to finally earn a victory that was surely an instant classic.

Wakefield’s mettle was tested throughout, none more-so than in the 4th quarter when Pembroke’s Devanti Perry connected on his fourth and-one of the game, followed closely by an and-one from Spencer.

With the Titans up 50-47 with 2:40 left and the gymnasium absolutely shaking, it finally, after 29 minutes of grit and grind, felt like the Warriors might come up short.

Instead, they went on a 12-0 run.

Margolis, also known around this time of year as “Playoff E,” started it up with a free throw line jumper. He hit three 3-pointers on the day but this two may have been the most important.

“Playoff E’s always clutch,” said Halpin.

By DAN PAWLOWSKI

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“Playoff E’s always clutch,” said Halpin.
As the defense went to work for the final two minutes, Sellers re-claimed the lead for good at 51-50 with an acrobatic scoop layup to avoid multiple shot blockers.

DiFazio, who also had three of Wakefield’s nine 3-pointers on the night, scored all 11 of his points in the second half, including a drive and two that created a 53-50 lead and forced a timeout.

After Berry finally missed at the hoop, Sellers grabbed the rebound and went to the line for a 1-and-1. He barely gave the fans a chance to get him rattled, calmly knocking down the front end and hitting the second for a five-point lead. The warriors went 6-for-6 from the stripe during their 12-0 run to seal the game, none bigger than those two from Sellers.

“He’s unbelievable, I love him,” said Halpin of Sellers. “We are going to miss him next year so much. He’s the unsung hero, he always brings it, he gets the guys going in the huddle, he’s vocal, he’s like having another coach on the floor.”

“All my brothers have my back and they were keeping me up the whole game,” said Sellers about coming up big in clutch time. “You just gotta keep working hard.”

That working hard thing is probably the main point Halpin has driven home all season in his first at the helm. It can be applied to almost anything in basketball to setting screens, cutting hard, rotating and closing out defensive- ly, boxing out and quite literally a hundred more. It can also be simplified: when in doubt, go all out.

The amount of those plays and extra efforts last night is impossible to summate, although the most exciting to the common, hustle-play fan was early in the 4th with Wakefield down 44-42. Sellers grabbed an offensive rebound and had it stripped but dove on the floor to get it back as junior Mike Wilkinson (11 points, 7 rebounds, 3 assist) also joined in the fray. Sellers somehow tipped it to Wilkinson who covered it up as Halpin and assistant coach Tom Leahy shouted for a timeout that Wakefield got and celebrated. It felt like a statement on who wanted it more.

Of course, it was anyone’s game throughout. The Warriors were up 13-9 after one quarter and down 26-22 at halftime.

Wakefield came back to win the wild 3rd quarter, 20-16, making it 42-42 after three. DiFazio, who was guarded closely in the first half, got loose for two triples in the frame, both reclaiming leads for the Warriors. Wilkinson hit a clutch 3 to tie it 40-40. Earlier, facing their largest deficit of the night with the score at 31-24, “Playoff E” connected on a long 3 to settle the nerves. It was a perfect example of the type of team effort it takes to win on this stage.

“It was a whole team effort,” agreed Halpin. “Jeff (DiFazio) was great, he stayed patient, made some big shots in the second half. Mike Wilkinson hit a big pull up, Andrew (Quinn, 6 points) and Sean (Russell) brought it like they always do. De’Ari (Burton) went in there and gave us a couple minutes, (Ian) Dixon got a bucket.”

The Wilkinson pull-up Halpin was referring to came in the 4th with the Warriors down 47-45. It was an elbow jumper that the Titans guarded well and often forced Wilkinson to pass out of, but this time the junior got the shot off which is always a good thing for Wakefield as it swished through to tie it once more. All of these clutch shots silenced a crowd and especially a student section who was incredibly loud all night.

“This was awesome,” said Halpin. “We came 45 minutes before the game and they already had a full student section chirping our guys. They said ‘coach, they’re already out there yelling at us.’ I said, ‘this is great, this is what high school sports is about.’ You gotta give them (Pembroke fans) credit they showed up, they were respectful but chanted hard – you can’t beat this.”

Through every twist and turn, Wakefield was ready.

“That’s a tribute to our league,” said Halpin. “I think the Middlesex League prepares us really well for these situations. We’ve kind of been in every type of game, high scoring, low-scoring games, rock fights, zones, mans so I really think we’ve seen about everything you can throw at us.”

What the 12th-ranked Sailors of Scituate will try to net the Warriors in is anyone’s guess. Wakefield will worry about that tonight and tomorrow. For now, they will celebrate one of the best state tournament runs in program history.

“I’ll tell the guys, ‘enjoy it tonight, we got practice at 6:30 tomorrow. It’s back to work,’” said Halpin. “We’re not gonna change the things that we do now, it’s just focus on things we need to tweak and get better at.”

“We just gotta stay by each other’s side when it get’s tough,” said Sellers when looking forward to the next round where Wakefield will once again try to top an exciting victory.

It’s certainly served the Warriors well so far.

Wakefield travels to Scituate High on Friday night at 6:30 p.m. A full story of Wakefield’s victory over Pope Francis will appear in Friday’s sports section.
**Public safety news**

**WAKEFIELD** — Following are some examples of calls handled by police yesterday and early this morning.

**TUESDAY**

At about 9:40 a.m., first responders assisted an elderly woman on Salem Street.

At 10:09 a.m., an alarm was accidentally activated by an employee of a business in the 300 block of Main Street in the Square.

Fire alarms went off inside a Wakefield Avenue building around 10:35 a.m. No smoke was reported. The Fire Department was notified.

The parking enforcement officer was notified of several vehicles in violation of the rules on Albion Street yesterday around 10:45 a.m.

Trucks blocking part of Audubon Road were moved following a 10:48 a.m. complaint.

A minor motor vehicle accident was reported in a parking lot in the 300 block of Lowell Street around 1 p.m.

A man described as being in some sort of mental distress on Tuttle Street around 1:35 p.m. may have boarded a commuter rail train because police could not locate him.

Someone on Foster Street told police at 2:13 p.m. that they lost their passport.

A woman in physical distress on Main Street was assisted by first responders around 2:15 p.m.

Police restored the peace following an argument on Crescent Street around 3:20 p.m.

First responders helped a woman on Salem Street who had physical ailments around 3:30 p.m.

On-going harassment was reported in the 300 block of Albion Street around 4:10 p.m.

**WEDNESDAY**

At 2:42 p.m., police were told that an erratic tractor trailer was being operated on Route 128 and had exited at the Route 129 Rotary. Police were unable to locate the vehicle and Reading Police were notified.

Loud noise was coming from a truck parked on Maple Street around 3 a.m. People were spoken to and sent on their way by police.

In the 24 hours ending around 9 a.m. today, firefighters went on 11 calls, nine of which were for medical aid.

**Obituaries**

**Lisa M. Jancsy, 51**

Loved the beach and taking car rides with her sons

**WAKEFIELD** — Lisa M. (Ronan) Jancsy, of Wakefield, died on March 5, 2022, at the age of 51. Lisa was born in Melrose on August 24, 1970, and was raised in Wakefield and graduated from Wakefield High School. Lisa loved the beach and taking car rides with her sons for an iced coffee. Spending time with her sons was what made her most happy. She had recently started a new job at Walgreens.

Lisa was the daughter of Donna Dixon of Wakefield and her late husband Mark and Tom Ronan and his wife, Janet, of N.H. Loving mother of Ryan Jancsy and his partner Katrina Fritz of Watertown and Alex Jancsy and his partner Caitlyn Letourneau of Wakefield. Sister of Stephanie and her daughter, Sabrina; Scott and his wife, Corinne; Aly and her partner, Andrew; Dan and his wife, Maria and Megan and her husband, Carlos. Lisa is also survived by five nieces and nephews, as well as many aunts, uncles, cousins and friends.

Visiting hours will be held at the Gately Funeral Home, 79 W. Foster St., Melrose, on Sunday, March 13, 2022, from 1 - 3 p.m. A Prayer service will be held immediately following the visitation at 3 p.m. at the funeral home. Relatives and friends are respectfully invited to attend. In lieu of flowers contributions may be made in Lisa’s memory to Elot Community Human Services at https://www.eliotchs.org/donate. To leave an online message of condolence please visit Gatelyfh.com.
### Universal Crossword

**Edited by David Steinberg March 9, 2022**

#### ACROSS

1. Very mean
2. Camp
3. Minimal difficulty
4. Eye-lid woes
5. Eyed woe
6. Insecticide banned in the U.S.
7. High card in a royal flush
8. Grayson
g 9. Solution on Page 17
10. Can more politely
11. Minimal difficulty
12. Camp
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#### SPOILERS WITHIN

**by John-Clark Levin**

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**Non-Sequitur**

Lennie Peterson

*It was his philosophy in life, then it became his faith in reincarnation.*

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**For Better or Worse**

Lynn Johnston

*You may want freedom to pursue what you love, but when the kids are all gone—It’s a real possibility.*

---

**Rose is Rose**

Pat Brady and Don Wimmer

*Where does she go in her dreams?* (1985)

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**Duplex**

Glenn McCoy

*The Pororo Timber Wolf is shown eating his Christmas lure.*

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**Garfield**

Jim Davis

*MoOO! MoOO! Oink! Baaa!* (1978)

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Dear Abby: Thirty-two years ago I was seeing two different men. I slept with each of them in the same week and became pregnant. I told them midway through the pregnancy that the baby might be theirs. One ditched me. I never heard from him again. The other is my husband of 31 years. We went on to have two more children. I have suspected all along that my oldest son, “Todd,” wasn’t my husband’s biological child. When Todd was 8, we did a DNA test, and I was right.

Todd was recently married. I asked him several times before the wedding to tell his future wife his birth story. Todd was adamant in his refusal. He has no interest in meeting his biological father or having a relationship with him. My husband’s his dad, period.

I feel guilty for not sharing the truth with Todd’s wife when she asks me questions. She knows Todd was born before my husband and I were married. Todd says it’s his decision and “it’s not a big deal.” I disagree. Should I tell her the truth? If I do, I risk upsetting my son and maybe their marriage. They will have kids in the future, and I think she should know. What do you think I should do?

-- KNOWS THE WHOLE STORY

Dear Knows: You have advised Todd, and he has refused. Respect his decision. Do NOT go behind his back and divulge this information to his wife or you may damage beyond repair the relationship you have with your son.

******

Dear Abby: I’m a 24-year-old male. I’ve been seeing this guy, “Kurt,” for four years. He moved to New York to be with me. He’s 17 years older than I am. At first, it was great. We were amazing together. Then we hit some rough patches.

When I went to meet his family in the Midwest, they treated me horribly. My dad was ill, so I came back home. Kurt let me drive the 18 hours by myself, which infuriated me. I want him back, and I’m also scared to be alone. I have talked to other men online and searched for the love and companionship I no longer have with Kurt. We don’t do anything together anymore, and our relationship has been failing for a long time.

How do I tell him I want out of the relationship and think we lost our spark a long time ago? How do I get out of the rut I’m in because I’m scared to end the relationship? -- LOST AND CONFUSED

Dear Lost and Confused: At 24, your chances of finding love again are probably better than your 40-year-old partner’s. I don’t know how long you have been living in the rut you described, but life is short. Do not waste more time than you already have on Kurt, who may be as relieved as you to see this romance come to an end.

Break the news by telling him calmly that you feel your relationship has been failing for a long time, the spark fizzled out a long time ago and you are calling it quits. Follow it up by saying you hope you will always be “friends,” and move on.

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Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbbey.com or PO Box 9440, Los Angeles, CA 90069.

Mother eager to reveal truth of son’s parentage

The Last Word in Astrology

by Eugenia Last

CELEBRITIES BORN ON THIS DAY: Bow Wow, 35; Brittany Snow, 36; Matthew Gray Gubler, 42; Juliette Binoche, 58.

Happy Birthday: Pay attention to those who can help you get what you want, and nurture relationships that encourage and support your beliefs and efforts. Stick to the facts, and refuse to let emotions stand between you and the truth. Distance yourself from those who weigh you down and hold you back. Put your energy into changes that make a difference. Your numbers are 5, 18, 24, 29, 36, 45, 47.

ARIES (March 21-April 19): Call on reliable people, and you’ll get things done quickly. Forming better relationships with individuals who share your concerns and work toward a similar goal will support more input and progress. Romance and self-improvement are featured. 4 stars

TAURUS (April 20-May 20): Keep your head down, avoid confrontations and put more effort into physical changes that can help you advance. Be secretive about your plans until you are confident you can reach your goal. Don’t let others’ decisions disrupt your plans. 3 stars

GEMINI (May 21-June 20): Work alone and avoid interference. Distance yourself from people wielding grandiose ideas with little to back the promises they make. Take a practical, intelligent approach to what you are trying to achieve, and you won’t be disappointed. Self-improvement is favored. 3 stars

CANCER (June 21-July 22): Do it yourself if you want something done. Don’t rely on others to come through for you. It’s up to you to gather information and physically take control of whatever situation you face. Be the one to make things happen. 3 stars

LEO (July 23-Aug. 22): Take care of meaningful relationships. Listen, respond with compassion and be willing to compromise when necessary. How you treat others reflects how you expect others to treat you. Choose peace and love over discord. Romance is encouraged. 4 stars

VIRGO (Aug. 23-Sept. 22): Refuse to let your emotions get in the way of a good decision. Don’t let uncertainty cause you to make an unnecessary move. Stand by and see what unfolds, and you’ll find a convenient path that helps you excel. 2 stars

LIBRA (Sept. 23-Oct. 22): Touch base with people who bring out the best in you and make you think. Network, socialize and discuss your intentions and plans. Personal and home improvements will brighten your day and encourage you to expand your interests and friendships. 5 stars

SCORPIO (Oct. 23-Nov. 21): Concentrate on something that motivates you to do things differently. Explore the possibilities, but stick to a budget you can afford. Emotional spending will set you back, but not help you reach your goal. Take better care of your relationships, health and finances. 3 stars

SAGITTARIUS (Nov. 22-Dec. 21): Disregard temptation. Discipline and practicality will take you where you want to go. Set your sights on personal goals and improvements that will lift your spirits. Share with someone you love, and turn your intentions into a reality. 3 stars

CAPRICORN (Dec. 22-Jan. 19): Don’t spend foolishly. You can’t buy love or impress people with lavishness. Focus on the best way to ensure that you look and feel in tip-top shape. Confusion and uncertainty will lead to mistakes. Gather facts, then decide. 3 stars

AQUARIUS (Jan. 20-Feb. 18): Spend more time with the ones you love in the comfort of your home. An upgrade will improve your lifestyle and encourage you to follow through with personal plans. Love and romance are on the rise. Share your intentions. 5 stars

PISCES (Feb. 19-March 20): Nature walks and getting back to basics will expand your mind and encourage success. Knowing what you want and understanding how best to achieve peace of mind will help you map out a path that takes you where you want to go. 2 stars

Birth Day Baby: You are outgoing, energetic and helpful. You are capricious and fun-loving. 1 star: Avoid conflicts; work behind the scenes. 2 stars: You can accomplish, but don’t rely on others. 3 stars: Focus and you’ll reach your goals. 4 stars: Aim high; start new projects. 5 stars: Nothing can stop you from reaching your goals.
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WAKEFIELD - Wonderful building set in an amazing downtown Wakefield location. Busineses, retail space, and mixed use building. Features 41 bedroom apartments and a 1,300 SF 1st floor retail space currently in use as an antique shop. All residential units have individual electric appliances and heat. The retail space is FHW by gas. There is parking for approximately 5 cars. $1,295,000

NEW LISTING

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