Non-Essential Businesses Closed Until May 4

The Baker-Polito Administration Tuesday announced several updates related to the COVID-19 outbreak including extending the non-essential business emergency order and guidance for Executive Branch employees until May 4.

The Department of Public Health’s Stay-At-Home Advisory remains in effect. The Administration also updated the “COVID-19 Essential Services” categories for businesses and other organizations that provide essential services and workplaces related to COVID-19 that are permitted to operate brick and mortar facilities during the emergency.

Essential Services Order: Governor Charlie Baker’s emergency order requiring that all businesses and organizations that do not provide “COVID-19 Essential Services” close their physical workplaces and facilities to workers, customers, and the public will be extended until May 4. Businesses and organizations not on the list of essential services are encouraged to continue operations through remote means that do not require workers, customers, or the public to enter or appear at the brick-and-mortar premises closed by the order. This order also prohibits its gatherings of more than 10 people until May 4th.

The Administration updated the “COVID-19 Essential Services” list Tuesday, which is based on federal guidance that was updated earlier this week. The new list went into effect Wednesday (April 1), at noon. While these businesses are designated as essential, they are urged to follow social distancing protocols for workers in accordance with guidance from the Department of Public Health (DPH).

Some of the updates to the essential services list include:

• Adding health care providers like chiropractors and optometrists
• Expanding the types of workers providing disinfectant and sanitation services

Hotel/Motel Guidance: As part of the essential business list, DPH issued new guidance today regarding hotels, motels, and short-term rentals which may only be used for efforts related to fighting COVID-19, like front line health workers or individuals, or for Massachusetts residents who have been otherwise displaced from their residences.

Stay at Home Advisory: Last week, Governor Charlie Baker directed DPH to issue a stay-at-home advisory, and the Governor announced today that the advisory will remain in effect.

Residents are advised to stay home and avoid unnecessary travel and other unnecessary person to person contact.

Due Date For 4th Quarter Property Taxes Extended To June 1

By ROBERT ROSWORTH

Seven residents have passed away from complications due to the COVID-19 virus and the number of presumptive and confirmed cases surpassed the 100 mark on Tuesday with 105 presumptive and confirmed.

The city also reported Tuesday that 28 residents with symptoms of COVID-19 have recovered from the virus.

Statewide, there have been 89 deaths attributed to COVID-19 and 6,620 cases as of Tuesday. The death toll from the virus increased by 33 in one day according to the state.

Counties with the highest number of reported coronavirus cases are Suffolk which includes the City of Boston with 1,373, Middlesex (1,340) and Norfolk (738).

DA Morrissey Responds To COVID-19 Threat

Norfolk District Attorney Michael W. Morrissey has been actively working to decrease the number of people being taken into custody and releasing medically fragile defendants in response to the threat of COVID-19 transmission in penal institutions.

“The first thing I did was reach out to my 27 police chiefs to ask that, wherever possible, they avoid arresting on new charges and instead summons defendants to court at a future date when the threat of transmission has abated,” Morrissey said. “The result has been a marked decrease in the matters being brought in for arraignment, and I am very thankful to the chiefs for their cooperation.”

Morrissey has also been asking defense attorneys with clients who are being held on bail for non-violent crimes to bring those cases forward for review — particularly if the defendant has an underlying medical issue or age related risk factor. “We have been able to agree to more than 70% of the cases brought forward,” Morrissey said. “We have seen slaughtering matters and cases where there would be an unacceptable threat to a victim, and those we have asked the court to consider more closely.”

Morrissey said he has been disappointed in the slow pace of cases being brought forward.

“We have the judges and assistant district attorneys in place in our courthouses to be handling at least two or three times as many petitions as we are seeing per day,” Morrissey said. “To that end, we have established a hotline number and email address and sent it out to all of the relevant bar associations asking them to bring these matters forward.”

The high degree of communicability of COVID-19 plus the necessarily close quarters in p

7 Deaths, 105 Cases Here

Photo Courtesy Joshua Wolfsun

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The Massachusetts State Treasurer’s Office consists of several agencies and departments that serve people across the Commonwealth every day. With the uncertainty of COVID-19, our colleagues in the Legislature, Treasurer Deborah Goldberg and her nearly 750 Treasury employees are working hard to provide critical services remotely, without compromising the important work of the office.

The Treasury has taken action to reduce the risk of COVID-19 to our employees and the public,” said State Treasurer Deborah Goldberg. “The steps and procedures that have been put into place have allowed our employees to work remotely while still being able to assist the public with any Treasury needs they may have.

For information on specific departments, please reference the department updates and contact information listed below. For any general Treasury related matters, please visit mass.gov/treasury or call 617-367-9333 ext. 243.

Alcohol Beverage Control Commission (ABC):
The ABC is working to assist alcoholic beverage licensees across the state with a variety of needs they are facing at this time. The ABC has temporarily postponed all public meetings.

As a result of challenges posed by COVID-19, the ABC has issued an order granting hardship relief for all sec. 12 licensees on invoices issued on or after January 18, 2020, extending the delinquency reporting period from (30) days to a total of ninety (90) days.

For more information on COVID-19 ABC Advisory Information, please visit: https://www.mass.gov/service- requests/alcohol-beverage-control-commission

To contact the ABC, please call (617) 727-3040.

State Lottery:
All Lottery claims centers will be closed to the public until further notice. Claim forms are now available on their website.

For more information on Lottery claims, please visit: https://www.mass.gov/service- requests/state-lottery

To search a name, check the status of a claim and general information, please visit: findmassmoney.com or call 1-800-722-6106.

To reach the MSBA, please email information@masssba.org

The Massachusetts State Retirement Board (MSRB):
The State Retirement Board staff continues to ensure that all pension benefits are paid in a timely manner and are all set to pay out the March pension payments on 3/31.

The MSRB posted an alert on their website with information you can view it here: https://www.mass.gov/alarms/msrb-special-announcement-update-32020feb

To reach the MSRB Main (Call center team), please call 617-773-7620 or 1-800-773-7620.

To reach Communications, please email: MSRBCommunications@tre.state.ma.us

To reach Survivor Benefits, please visit: survivorbenefits@tre.state.ma.us

To reach Buyback (Service Purchases): Buyback@tre.state.ma.us

Massachusetts School Building Authority (MSBA):
The MSBA continues to serve communities, school districts, and contractors throughout the state.

The MSBA has recently moved the deadline for the Core Statement of Interest applications to May 6, 2020.

Public meetings going forward will be held remotely.

To reach MSBA, please email information@massschoolbuildings.org.

Massachusetts CORE/SMART Plans:
The CORE/SMART Plans continue to assist participants and state and municipal employees.

For the SMART Plan, due to safety concerns regarding the coronavirus, all SMART Plan office locations in Waltham, Worcester, Springfield, and in Boston at the Massachusetts State Retirement Board, will be closed to visitors in accordance with the governor’s stay-at-home advisory emergency order.

For the SMART Plan: SMART Plan advisors are still available to assist participants at any time over the phone at 1-844-510-CORE (2673). Participants can now view their regional map to find their local Retirement Plan Advisor.

For the CORE Plan: Participant services representative are available Monday-Friday, 8 a.m. to 5 p.m. eastern time and Saturday 9 a.m. to 5 p.m. eastern time. CORE Plan participants can view their account information 24 hours a day, seven days a week via the website at www.ma-core.com or by calling the CORE Plan Service Center at 844-365-CORE (2675).

The Commonwealth is working to ensure the continued viability of the Commonwealth’s public health systems and ensuring the financial well-being of the Commonwealth.

The Commonwealth is working to prevent the unnecessary loss of life and to support the Commonwealth’s public health systems.

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Lynch Supports CARES Act, COVID-19 Relief

Cong. Stephen F. Lynch said earlier this week to pass H.R. 748, the Coronavirus Aid, Relief, and Economic Security (CARES) Act to help protect medical equipment to first responders and healthcare workers and financial relief to individuals, families and small businesses across the country.

“America is currently facing a grave health emergency with a serious impact on our economy,” Lynch said. “This latest piece of legislation is an important step in our ongoing effort to protect the American people and ensure workers and families have the resources they need throughout this unprecedented crisis.”

Here are some of the initiatives in the CARES Act that will benefit the residents of Massachusetts:

• A $150 Billion State and Local Coronavirus Relief Fund: Creates a $150 billion State and Local Coronavirus Relief Fund to provide states and localities resources to address the coronavirus pandemic. It is estimated that Massachusetts will receive approximately $2.673 billion.

• $260 Billion in Expanded Unemployment Benefits: Includes numerous provisions to improve unemployment benefits including an additional $600 per week for the next four months, providing an additional 13 weeks of federal funding benefits, and expanding eligibility to workers in the gig economy and self-employed workers.

• Direct Cash Payments to Lower and Middle-Income Americans: Provides for a direct cash payment to lower-and middle-income Americans of $1,200 for each adult and $500 for each child, beginning to phase out at an annual income of $75,000 for individuals and $150,000 for a married couple.

• More Than $375 Billion in Small Business Relief: Provides more than $375 billion in small business relief, including $349 billion for forgivable loans to small businesses to pay their employees and keep them on the payroll; $17 billion for debt relief for current and new SBA borrowers; and $10 billion in immediate disaster grants.

• Approximately $200 Billion for Hospitals, Health Care Workers, and Health Research: Provides an investment of about $200 billion in our hospitals, health systems, and health research, including expanding funding for the personal protective equipment desperately needed by our health care workers, including ventilators, n95 masks, gowns, gloves, etc.

• More Than $100 Billion in Additional Emergency Appropriations: Including the following:

  o Transit Agencies: Provides $25 billion for transit agencies, which have seen a drastic drop in revenues. This funding is to be used to protect the jobs of the employees of the transit agencies, funding their paychecks during this public health emergency. Massachusetts will receive $1,044,023,423 under this program.

  o HUD Emergency Solution Grants: Provides $2 billion for HUD Emergency Solution Grants to states that will be distributed by formula. These grants are designed to address the impact of the coronavirus among individuals and families who are homeless or at risk of homelessness, and to support additional homelessness assistance, prevention, and eviction prevention assistance. Of this $2 billion, Massachusetts will receive $60.8 million.

DA Morrissey Responds To COVID-19 Threat

Cont’d From Page 1

DA Morrissey Responds To COVID-19 Threat

Access the equity in your home or free up cash monthly

Here’s how...

DA Morrissey Responds To COVID-19 Threat

Access the equity in your home or free up cash monthly

Before the current move to decrease the population at the Norfolk County Correctional Complex in Dedham, the facility was at roughly 77% of design capacity, and every Department of Correction facility in the state is below its design capacity, according to state officials. “We are not starting from the kind of overcrowded and unsanitary conditions that made other institutions even less safe during this time, but we are still working to do more,” Morrissey said.

Maybe you’d love to access the equity in your home but you’re nervous about taking out an adjustable home equity line with interest rates rising. Or maybe you went with a shorter term and that monthly payment has become a burden. This is something that could work for you – refinance into a new 30-year mortgage. With 30-year rates still so low, lower than fixed-rate equity loans, it’s definitely a home equity loan/line alternative. And also a way to free up cash monthly and make your life easier: Would a new 30-year loan be right for you? It’s easy to find out. Apply online or call Angela Blanchard at 617-471-0750. Colonial Federal, a bank with ideas.

DA Morrissey Responds To COVID-19 Threat

Quincy Police officers were dispatched to 125 Sea St. for a report of an unresponsive female in a vehicle. Officer Donnelly, who was at Southern Artery responded and arrived first on scene. The victim’s grandson was with the victim and started chest compressions. Officer Donnelly extricated the victim from the vehicle and then started CPR while the grandchild provided rescue breathing. Officer Leuchte arrived on location with an AED and attached it to the victim. A shock was advised and given to the victim. Officer Donnelly and the grandchild continued CPR. Officers Michael McNell and Tom Gaeta arrived on location and coordinated getting the ambulance and Fire Department personnel to the scene. Once the ambulance arrived the victim was turned over to the Paramedics, who reported that the victim had regained a pulse and was transported to the hospital. Nice Work! Submitted by Quincy Police Crime Prevention Officer Lt. Dau Minton. More police news on Page 10.
Baker: Non-Essential Businesses Closed Until May 4

By MIKE FESTA
AARP Massachusetts State Director

Caregiving In The Age Of Coronavirus

MIKE FESTA
AARP Massachusetts State Director

A copy of the following letter was submitted via email for publication in The Quincy Sun:

Dear Quincy Pride Community,

Our primary concern is always to be the wellbeing of the community. That’s why we have been closely following the latest developments surrounding COVID-19. We are deeply grateful to the public health officials and community leaders who have been working tirelessly to provide guidance on how to be healthy and stay safe.

In light of recent advisories from Governor Baker and the CDC, Quincy Pride is officially postponing all scheduled events and activities until further notice.

Though the future is uncertain, we are determined to bring the spirit of Pride to Quincy in one way or another. Through commitment and creativity, we will press on, and we hope to do so with your help. If you are interested and able, we will still be collecting online donations at https://bit.ly/gpide2020. These donations will be used to support the health care needs of a sick friend or family member.

Thank you all for your kind support and stay healthy and stay safe.

Your Friends at Quincy Pride

Sheila Babin, President
Richard Ash, Vice President
Rafael Pinedo, Treasurer
Amy LaPlume, Clerk
Frank Rubino, Director-At-Large
Genevieve Santilli, Fundraising Director
Lia Cohen-Oladiaga, Communications Director
David Svenson, IT Director
Nolan O’Brien, Social Media Director

Baker: Non-Essential Businesses Closed Until May 4

Early Thursday morning, Governor Charlie Baker signed an updated order extending the state of emergency in Massachusetts until May 4. The move includes a stay-at-home order, which was initially set to expire on April 20.

The new order also closes all non-essential businesses, limiting personal gatherings to three people, and requires face coverings in all public settings. Essential businesses include those involved in the food supply chain, healthcare providers, and those involved in the repair, construction, and manufacturing of personal protective equipment.

The governor noted that the state’s efforts to contain the spread of COVID-19 have been successful, but stressed that the work is not yet done.

Eisenhower, strategic

Manhattan, 1945

The explosion that kills 63 people, including 17 Americans. The United States. President Dwight Eisenhower, how to prevent the Soviets from capturing them.

The Manhattan Project

no weapons to the

Inside the Manhattan Project

in an effort to prevent the Soviets from developing an A-

Even in ordinary times, the $400 of unpaid family caregivers in Massachusetts face a daunting set of daily tasks. Oftentimes with little or no training, they may be respon-

The Quincy Sun

Baker-Polito Administration has extended the stay-at-home order to May 4.

The order also includes guidelines for non-essential businesses, including

Mental Health Station

its the United States. President Dwight Eisenhower, how to prevent the Soviets from capturing them.

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For the care of patients in the community, the

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The Quincy Sun

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The order also includes guidelines for non-essential businesses, including

Mental Health Station

its the United States. President Dwight Eisenhower, how to prevent the Soviets from capturing them.

opportunities for wound care, tube feedings, dressing, manag-
Gasoline prices in Massachusetts are down eleven cents this week, according to AAA Northeast. AAA Northeast’s March 30 survey of prices in Massachusetts finds self-serve, regular unleaded averaging $2.05 per gallon. Massachusetts’s price is four cents above the national average of $2.01. A year ago at this time, the average price in Massachusetts was 48 cents higher at $2.53 per gallon. “This week, the national gas price will drop below $2 per gallon for the first time in four years and it won’t stop there as demand for gasoline diminishes as Americans stay home,” said Mary Magazine director, Public and Legislative Affairs. “Crude oil continues to price low - in the $20 per barrel range - as U.S. gasoline demand decreases to numbers typically seen during the winter driving season.” The range in prices in the latest AAA survey for unleaded regular is $1.03, from a low of $1.72 to a high of $2.75. AAA advises motorists to shop around for the best prices in their area. Remember to slow down and move over for any emergency vehicles on the side of the road.

AAA Survey: Gasoline Prices Down 11 Cents

Streets are quite, very few cars are seen moving. Doors are closed, people are scared of meeting. Looking out of the window one feels that the world is mourning, I can’t knock at my neighbor’s door to check how she’s doing. The only thing I hear is her dog barking and her cat meowing.

Coronavirus, you taught us what life is.

I still wake up to get ready to go to work every morning, Then I realize everything is closed and go back to bed yawning.

Schools are closed, we are training our kids for home schooling. Kids are missing their teachers and tell parents “You’re Overruling”.

Before we got overwhelmed with the homework that our kids were given.

Today we are asking for worksheets from our teachers for revision.

Coronavirus, you taught us what life is.

We always took family, friendships and relationships for granted, Never had time for our kids or to look at the seeds they planted.

Today we have a lot of time to spend with our kids, We are playing board games and teaching them about grids.

We would always grumble to go to the church or meet our parents, Today we are praying at home, waiting to see them and do their errands.

We are missing going out with our friends and socializing. Henceforth we will cherish every moment and not waste time criticizing.

We have learned to respect our colleagues and every

one’s work.

We will treat them all well whether they are cashier or a clerk.

There was anger towards doctors for the bills they were charging, Today they are the ones who are saving our lives and fighting.

Coronavirus, you taught us what life is.

Before we always complained we had no time to take care of ourselves, Today we are going through old pictures and cleaning our shelves.

You made us realize that our nature is what we were harming, Today we are suffering the consequences of global warming.

We never thought of reducing, reusing and recycling, Today paper toilet is also what we are saving.

We never thought twice before spending money on drinking, Today we are filing unemployment to afford grocery shopping.

Coronavirus, you taught us what life is.

After you are gone, we will realize what we were missing.

Family hugs, goodbyes, hugging and kissing, Today we are waiting for the longest weekend to end, Our kids want to go to school to meet their best friend.

We will remember to pray to God each and every day, Will wait for Monday and never be so happy on Friday.

Coronavirus we have learned our lesson on what true life is. Please leave us, we will value everything in future we Promise.

By MONIKA TECKCHANDANI

A Poem: Coronavirus, You Taught Us What Life Is

Memorial Service For Former President Eisenhower

Quincy’s Yesterday

An ecumenical memorial service for former President Dwight D. Eisenhower was held at Quincy’s historic United First Parish Church. Participating clergy members included Rev. Bradford E. Gale, Rev. Dean E. Benedict, Rabbi David J. Jacobs, Rev. Richard J. Hawko, Rev. Demeticus Michaelides and Rev. Stephen W. Brown.

The bell tolled sadly and solemn words were spoken in a farewell tribute to the late president.

The Rev. Stephen Brown, pastor of First United Presbyterian Church, Quincy, noted that “Dwight David Eisenhower is a symbol of that which is good and right and strong in our nation.

The nation’s 34th president died at his home in Gettysburg at age 78.

$112-$115 TAX RATE SEEN FOR 1969

Quincy taxpayers face a threatened $112-$115 tax rate following City Council approval of a record high $34,600,000 municipal budget for 1969.

Councillor John J. Quinn, chairman of the council’s finance committee, said the budget anticipated the loss of state revenue and other factors will mean a tax rate impact of between $14 and $17. The 1968 tax rate was $98.90.

Quinn’s predicted figure is about $1.40 under that forecasted earlier by Mayor James R. McIntyre.

QUINCY-SIMS

The Quincy Sun Sunbeams column reported that Edward Roberts would succeed John Schmock as Quincy’s Civil Defense Director. Schmock was appointed to the position of Superintendent of Fire Alarms… Mrs. James McGregor was installed as the president of the Quincy Emblem Club at the Club’s 45th annual installation held at the Elks Home, 1220 Hancock St… Mr. and Mrs. Joseph DeAngelis, 62 Shennen St., Houghs Neck, are the proud parents of a daughter both March 22… Quincy Atty. Richard J. McCormick was scheduled to be installed as Exalted Ruler of the Quincy Lodge of Elks April 12. McCormick succeeds Thomas M. Garriott… Hancock Tire and Appliance Company, 11 Franklin St., South Quincy, was offering “18-inch Portable TV’s for $128.88”… Two long-time public safety officials retired. Firefighter Daniel H. Kenley, retired after 21 years of service, and patrolman Ralph Lewis after 36 years of service… Dr. Edward S. Mann, president of Eastern Nazarene College, was elected to a two-year term on the Board of Directors of the Evangelistic Association of New England… Members of the Cyril P. Morissette American Legion Post were looking forward to celebrating the Post’s 40th anniversary in the fall. The charter endowing the Post was granted Oct. 18, 1929. The present membership of the Post is 1,117… The Burgess Studio, 4 Faxon Ave., Quincy, was holding its “Annual Clearance Sale, Save Up to 50% on Famous Name Jewelry”… Nancy Morrissey, daughter of Mr. and Mrs. Richard Morrissey, 80 Woodcliff Rd., West Quincy, won trophy honors in the Greater Boston Original Oratory Contest. Miss Morrissey is a junior at Sacred Heart School, Weymouth… Grand Knight Harold Esdale will be honored at a dinner-dance noting the 48th birthday of the North Quincy Knights of Columbus Saturday, April 1… Smyth’s Package Store, 66 Newbury Ave., North Quincy, was advertising “A Complete Line of Foreign and Domestic Liquors, Wine, Beer and Ale”… Gil- bert Crofts, long-time secretary of the Quincy YMCA, was honored by “Y” officials, city officials and family members, on an occasion… North Quincy’s Pete Varney who promises to be one of Harvard University’s all-time great athletes, will be the starting catcher for the Crimson’s baseball team, although only a sophomore… Mayor McIntyre appointed Edith A. Cameron, 19 Bennington St., South Quincy, to the Board of Historical Places… Shorebank President Robert L. Blair announced a five-cent increase in the quarterly dividend rate to 30 cents a share. Shorebank is a holding company for South Shore National Bank of Quincy… General Dynamics, Quincy Division, was advertising openings for many tradesmen, including electricians, plumbers, welders and shipbuilders.

Thursday, April 2, 2020 The Quincy Sun Page 5
YMCA Food Pantry Available To Quincy Residents

Last month, the South Shore YMCA temporarily closed several facilities for the safety of its members, staff and community as the Coronavirus (COVID-19) crisis began to unfold. The decision was made in order to protect the community in accordance with guidelines from state and local government, public health authorities and regional school closings.

As a charitable organization dedicated to opening doors and bringing people together to serve and strengthen communities, the decision to close a door is especially difficult for the Y. While closing its facilities was the correct move for the safety and protection of all, it meant the possibility that some local residents may not have access to the critical programs and services they depend on from the Y. Therefore, the YMCA will continue its Germantown Neighborhood Center Food Pantry services for as long as possible with help from the community.

Since 1892, the South Shore YMCA has been an organization the South Shore community has turned to in times of crisis. In the coming weeks, the need for food and services for seniors and children will increase exponentially. With social distancing in place, and perhaps stronger measures coming soon, there has never been a greater need for the Y’s Food Pantry services.

“As a community, we cannot permit children to go hungry or endanger the health of families by pausing critical services they rely on,” said South Shore YMCA President and CEO, Paul Gorman. “It is more important than ever to live our YMCA mission of serving and strengthening our community. I thank our staff, our members and supporters across the South Shore who are continuing to support these efforts in these unprecedented times. Together, we will get through this crisis. Take care of yourselves and your families, and consider supporting the most vulnerable residents of our community as well.”

The South Shore YMCA leadership team served more than 100 Quincy families on March 18 and expects to do so on Wednesdays and Fridays going forward. Their work was made possible by donations from many of our Y members and community leaders, the Greater Boston Food Bank, Trader Joe’s in Hingham, and Tufts Health Plan. Trader Joe’s also donated flowers, an unexpected source of smiles for all. The South Shore YMCA will register and serve all Quincy residents in need during this crisis. Visit the Germantown Neighborhood Center at 366 Palmer St. on Wednesdays or Fridays 8:30 a.m. to noon, with proof of Quincy residency or a South Shore YMCA membership key tag.

For information on ways to help the Germantown Neighborhood Center Food Pantry, visit the website at ssymca.org. The YMCA extends thanks to its many supporters who have generously donated to date and we greatly appreciate anyone else who can help ensure everyone has food during this difficult time.

Deadline April 22 For Houghs Neck Garden Club Scholarship Applications

Applications for the Houghs Neck Garden Club Scholarship are due by April 22.

In the event the coronavirus prohibits you from having your application signed by your school counselor call Carol Johnston at 617-842-0327 for further advice.

FOOD PANTRY LINE: More than 100 families were served at the South Shore YMCA’s Germantown Neighborhood Center Food Pantry on March 18.

EMPTY SHELVES: Community support is needed to keep food pantry shelves stocked.

TUFTS BAGS OF FOOD: Tufts Health Plan donated bags and goods to support the YMCA’s food pantry at the Germantown Neighborhood Center.

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The Bridge Home By Padma Venkatraman

‘The Fine Print’ Book Review

By LAURIE HIGGINS

Lucas knows the girl whom he adores is in a bad place. His fear.

I make housecalls!

Call Barbara at 617-921-6033

ministry in Quincy. Our members believe God is leading us, His church in

Quincy, and we are excited to see His plan for our fu-

Want to learn more from the Word? Join us Tuesdays at 6:30 p.m. (via Zoom) as Pastor Joy leads “Victory Over the Darkness” This Bible study shares how to:

Realize the power of your identity in Christ; (2) Free yourself from the bur-

dens of your past; (3) Stand against the spiritual forces of this world; (4) Win the battle for your mind; and (5) Become the spiritual person you want to be. Anyone is in-

terested is welcome to join. Union Congregational Church is a warm, friendly,

neighborhood church located on the corner of Beach Street and Rawson Road in Wollaston. All are welcome. Join us for worship.

For more information, call 617-479-6661, or email to UcWoll@gmail.com or visit the website at www.UnionCongWoll.org

Sparrow’s story is not mine or your story, but a story of the many children living in poverty and danger in India. It is a middle grade novel set in present day India. It is a harsh world for children. This story might sound like I am contradicting myself. How can the harsh reality of chil-
dren living in poverty and danger in India equate to a beautiful love story? That is the brilliance of Padma Venkatraman and the way she tells this story of two young sisters making their way alone. Venkatraman tells this story with hones-
ty, hope, faith, and yes, the beauty of love.

Viji has dreamed of be-
ing a teacher. However, she and her older sister Rukku live in a world that is filled with fear and danger.

One day Viji, out of des-

We know this. There are so many circumstances where we have no control over. We are shown through Spar-
row however, that although we may lack control, we do have choices. We have a voice. And our voice mat-

The Fine Print Book Review: ‘Sparrow’ – A Novel By Mary Cecelia Jackson

By BETH VACC

There are two kinds of people on the planet. Hunters and prey … you can’t escape who you are, what you’ve always been.” Quoted

from the prologue of “Sparrow” a novel by Mary Cecelia Jackson. A tragic story of innocence and childhood abuse.

I began reading this novel because I was drawn in by the athletic ballerina on the cover. I had no idea of the ride I was in for.

Savannah Darsey Rose, “Sparrow” to her friends, is a talented ballerina, a good friend and a keeper of secrets. She’s been taught from a young age. Never tell.

Hear the Sparrow’s mother dies she thinks she is finally safe. She’ll just bury her se-
crets. Her fear.

The cycle Sparrow learns that luring feelings doesn’t always work out the way we want. As Jack-

son quotes, “That’s the past is over. It’s not there anymore.” (The Tempest)

It turns out that Sparrow is still her mother’s daugh-
ter. An excellent secret keeper. Still prey. Still un-
able to escape.

Sparrow’s story is not a happy ending story. It is about fear, anger, hatred, un-
forgiveness and denial. Her

relationship, but she won’t talk. She never does. Lucas must deal with the guilt of having not spoken when he had the chance, with the injustice of the
guilt being not punished and the loss of a friendship. With the recent death of his father Lucas is filled with so much anger that he cannot control. He begins to lash out at those he loves most. He begins to self-destruct, and his family is afraid for his future.

Jackson’s novel highlights the dangers of secrets. The dangers in not dealing with our emotions and how our actions never only affect just ourselves. Jackson re-
minds us that “… you can’t be brave until you’ve freed-
ened out of your wits and still do the thing that needs doing.”

Leaning on family. Ask-

ing for help. Exposing our insecurities. Admitting our flaws. Acknowledging that our lives are messy. Un-
derstanding that “brave” doesn’t always look like what we might think. And seeing our unselish acts as not only benefiting others, but as a chance to grow. All things that need doing.

Jackson’s love for the arts shines through in her writ-

ing. Her love for the ballet, classical music and Shake-

spere woven throughout her novel brings together
tragedy and hope in such a way that has made me a fan who wants more.

Especially more Lucas. A talented, strong, mascul-
in and typically teased boy who unabashedly loves ballet. A boy who learns that forgiveness is for yourself and others. A boy who teaches me something about myself. A boy who understands that if you love someone it might mean let-
ting them go. A boy who un-

derstands what it means to be a friend.

explaining how her mother worked closely with orga-
nizations helping children. Venkatraman shares infor-
mation about the resources that are available to the children of India. She also encourages all to learn more about not only the sadness but also the beauty of her home country.

This story begins with Viji writing a letter on “paper remade from wilted, dirty, hopeless litter that had been rescued, scrubbed, clean, and reshaped.” Through her
time...
nor Charlie Baker extended a stay-at-home advisory and order for all non-essential businesses to extend closure through May 4th. The order does not apply to grocery stores, pharmacies, and other medical services deemed essential for a full list of essential services included in the Governor’s order, visit www.mass.gov.

• Governor Charlie Bak- er has issued an executive order to further extend the closure of all Massachusetts schools and all non-emer- gency child care programs until 4.

• A temporary emergency order has been issued that prohibits the use of reusable bags until further notice. Retailers will provide bags free of charge during this time.

• The Governor also re- duced the maximum num- ber of group assemblies to 10 people, down from 25. Additional guidance on that order, can be found at www. mass.gov.

• A Wollaston Elemen- tary School Grade 5 teacher, who was last in school on March 12, has tested posi- tive for COVID-19. In a letter to Grade 5 parents, Quincy School Supt. Rich- ard DeCristofaro asked that children in the class self- isolate in their home until March 26 as a precaution, based on the recommenda- tion from Health Commis- sioner Ruth Jones.

• All day-care facilities except Exempt Emergency Childcare Centers to serve family members of first-responders and other critical medical per- sonnel are closed.

• City offices are closed to the public. The City will still operate and offices will still be staffed, but residents will be required to conduct business via telephone, the Internet or through the mail. No emergency services will be impacted. A full list of department phone numbers and contact information appears on Page 18.

• All playgrounds in Quincy are closed, but park spaces are open.

• Schools will pick up “Grab and Go” meals at North Quincy High School, Quincy High, Squg Har- bor and Lincoln-Hancock.

• Meals will be available from 11 AM to noon. Additional details are available on QPS website.

• All restaurants and bars in Quincy are not allowed to serve food or beverages on site.

• Any gathering should maintain “social distancing” about 6 feet.

• All emergency vehicles and personnel are on standby.

• Many of the things you do to help prevent colds and the flu can help protect you against other respiratory vi- ruses such as Coronavirus.

• Avoid large gatherings.

• Wash your hands often with soap and warm water for at least 20 seconds.

• Cover your coughs and sneezes.

• Stay home if you are sick. If you are ill call your healthcare provider for instructions before going to a clinic, office or emergency room.

• There are currently no vaccines available to protect against this novel coro- navirus infection. It is not recommended to wear masks when they are used in public. Masks can be use- ful in some settings, such as using a -sneezing room, to prevent someone who has a respiratory illness from spreading it to others. There is no hard evidence that wearing a face mask would protect a wearer outside of the health- care setting.

• Don’t flush disinfect- ing wipes down the toilet, flushable wipes down your toilet. You can clog sewer lines and cause plumbing is- sues in your home.

• Mayor Koch will use his line

• There are currently no emer- gency orders in place. The City will continue to take necessary precautions in public. Municipal offices are open for business.

• Mayor’s Office of Con- stituent Services (617) 376-1500

• Coronavirus Information Page

• Mayor's Office of Con- stituent Services

• CDC COVID 19 Informa- tion.

• The Governor’s Office of Con- stituent Services

• Mayor’s Office of Con- stituent Services

• CDC COVID 19 Informa- tion.

• Mayor's Office of Con- stituent Services

• CDC COVID 19 Informa- tion.

• Mayor's Office of Con- stituent Services

• Massachusetts will have to receive $17,227,538 under this appropriation.

• CDC Coronavirus State, Local and Tribal Grants Minimum Awards to help agencies cope with the public health emergency. The minimum award for Massachusetts is $12,944,000. In addition, states can apply for ad- ditional funds above their minimum award, based on their needs.

• Election Assistance Program (EAP). Provides $12,944,000 for election assistance programs. Provides about $750 mil- lion in CDC state, local, and Tribal Grants Minimum Awards to help agencies cope with the public health emergency. The minimum award for Massachusetts is $12,944,000. In addition, states can apply for addi- tional funds above their minimum award, based on their needs.

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Sciatica: A Genuine Pain In The Butt
A Message From Ruth Jones, City Of Quincy Health Commissioner

Editor's note: due to the coronavirus outbreak and health emergency, Quincy Health Commissioner Ruth Jones is unable to submit new articles to The Quincy Sun. We are running some of her old health articles in the interim. The column below first appeared in The Sun two years ago.

By RUTH JONES MSPH, BSN, RN, BC, C-PFS

Sciatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg.

Characteristically, sciatica affects only one side of your body. Pain that radiates from your lower (lumbar) spine to your buttock and the back of your thigh and calf is particularly likely to pursue a pathway, but it’s particularly likely to pursue a path from your low back to your buttock and the back of your thigh and calf.

The pain can vary extensively, from a mild ache to severe, from a quick jolt or agonizing pain. Some people also exhibit numbness, tingling or muscle weakness in the affected leg or foot. It is possible to have pain in one part of your leg and numbness in another part.

Mild sciatica usually goes away over time. Although most people recover fully from sciatica, often without treatment, sciatica can potentially cause permanent nerve damage. Notify your doctor if self-care measures fail to ease your symptoms or if your pain lasts longer than a week, is severe or becomes progressively worse.

Get immediate medical care if: you have sudden, severe pain in your low back or leg and numbness or muscle weakness in your leg, the pain follows a violent injury, such as a traffic accident or you have trouble controlling your bowels or bladder.

Although sciatica usually occurs when the sciatic nerve becomes pinched, either by a herniated disk in your spine or by an overgrowth of bone (bone spur) on your vertebrae, more rarely, the nerve can be compressed by a tumor, such as a traffic accident or you have trouble controlling your bowels or bladder.

Although sciatica usually occurs when the sciatic nerve becomes pinched, either by a herniated disk in your spine or by an overgrowth of bone (bone spur) on your vertebrae, more rarely, the nerve can be compressed by a tumor, such as a traffic accident or you have trouble controlling your bowels or bladder.

- Exercise regularly. To keep your back strong, pay special attention to your back posture and alignment. Ask your healthcare provider to recommend specific activities.
- Maintain proper posture when you sit. Choose a seat with good lower back support, armrests and a swivel base. Consider placing a pillow or rolled towel in the small of your back to maintain its normal curve. Keep your knees and hips level.
- Use good body mechanics. If you stand for long periods, rest one foot on a stool or small box from time to time. When you lift something heavy, let your lower extremities do the work. Move straight up and down. Keep your back straight and bend only at the knees. Hold the object close to your body. Avoid lifting and twisting simultaneously. Find someone to assist you if the object is heavy or awkward.

Diagnosis begins with a physical exam; your healthcare provider may check your muscle strength and reflexes. You may be asked to walk on your toes or heels, rise from a squatting position and, while lying on your back, lift your legs one at a time. Pain that results from sciatica will usually exacerbate during these activities.

People have herniated disks or bone spurs that will show up on X-rays and other imaging tests such as an MRI or CT scan, but have no symptoms. Some doctors don’t typically order these tests unless your pain is severe, or it doesn’t improve within a few weeks. Electro- myography (EMG) a test measuring the electrical impulses produced by the nerves and the responses of your muscles, can confirm nerve compression caused by herniated disks or narrowing of your spinal canal (spinal stenosis).

Self-care treatments that might be useful are:

Cold packs - Initially, you might get relief from a cold pack placed on the painful area for up to 20 minutes several times a day. Use an ice pack or a package of frozen peas wrapped in a clean towel.

Hot packs - After two or three days; apply heat to the areas that hurt. Use hot packs, a heat lamp or a heating pad on the lowest setting. If you continue to have pain, try alternating warm and cold packs.

Stretching - Stretching exercises for your low back can help you feel better and might help relieve nerve root compression. Avoid jerking, bouncing or twisting during the stretch, and try to hold the stretch for at least 30 seconds.

Over-the-counter medications - Pain relievers such as ibuprofen (Advil, Motrin) and naproxen sodium (Aleve) are sometimes helpful for sciatica.

If your pain doesn’t improve with self-care measures, your doctor might suggest medications such as muscle relaxants or steroid injections, physical therapy, or in rare cases surgery if symptoms are severe or other treatment methods are unsuccessful. Some other alternative therapies commonly used to relieve pain and discomfort are acupuncture and chiropractic spinal adjustment.

Ruth Jones is the health commissioner for the City of Quincy.
On Tuesday, March 24, at approximately 11:53 a.m., Officer Goggins was dispatched to the Quincy Police Station lobby to meet with a female victim of domestic violence.

Upon arrival, the officer interviewed the victim, who was married and fearful of her husband, so much that she has been staying inside her bedroom for the past week and only comes out for food when her husband goes to work as an Uber driver. She added her husband was not keeping her in the bedroom and has not physically hurt her but has called her demeaning words and has frightened her with his anger.

She said her husband is very concerned for the well-being of his mother over the coronavirus because his mother lives so far away in California. She told the officer her husband is angry because she will not drive to California with him.

When asked about physical threats or violence, the victim said her husband has threatened to hit her by raising his hand at her and then close in but then does not make contact with her. She said she is afraid of him and related a story that happened five days ago.

She stated her husband told her, “I will beat you up and cut your tummy.” She denied being pregnant. She added he also hides money from her.

Based on the victim’s statements, Officers Goggins and Stanley responded to the Adams Shore address to arrest her 51-year-old husband on the charge of assault on an intimate partner. The officers then assisted the victim in obtaining an emergency restraining order and then served the husband in his cell. She was advised to call the police if her husband returns home or comes in contact with him.

Nice Work!

ANOTHER JOB WELL DONE

On Tuesday, March 23, at approximately 10 p.m., Officers Goldrick and Acevedo were dispatched to Faxon Commons on Southern Artery for a male with a red hat, dark clothes and a backpack trying to enter cars. Upon arrival, the officers met with the caller who led them to a black motor vehicle in a private road.

The officers’ attention was drawn to this vehicle because the dome light was on and there was a male wearing a red hat and dark clothing next to the driver’s door. There was also a tote bag next to the male’s feet.

The officers approached and placed the male into handcuffs. Officers Acevedo and Kaes stayed with the suspect while Officer Goldrick further investigated. Upon closer inspection, he observed that the vehicle’s interior appeared to have been disturbed and there were additional items on the driver’s seat. Based on the registration, attempts were made to contact the owner. On that note, a blue bag, in plain view, was a piece of mail addressed to the owner too.

The officer then spoke to the reporting party/witness who said he was outside utilizing the dumpster when he saw the male try to enter a parked car. Initially he didn’t think anything of this until the male moved onto another car eventually trying to open 4 to 5 cars. He was unsure if he was successful at entering these vehicles. When he saw the male suspect enter one of the vehicles, he called the police.

Officers Acevedo and Kaes determined the identity of the suspect and a default warrant out of Roxbury District Court for possession of a burglary instrument and larceny under $1,200 for him. The suspect, a 41-year-old Taunton resident, was placed under arrest for the warrant and breaking and entering into a motor vehicle in the nighttime felony.

During the booking process, the following items were located in the blue tote bag: 1) Two Garmin GPS units, 2) TCL cell phone, 3) Lollideal vacuum, 4) Tekton digital meter, 5) Mi.com battery device, 6) library card/Chuck E. Cheese card/Stop & Shop card. These items were placed into evidence.

Detectives will follow up in the case to possibly bring further charges and return stolen items to their rightful owners.

Nice Work!

QUINCY POLICE CRIME AWARENESS JOURNAL

March 20 – March 26

ARRESTS: 5

STOLEN VEHICLES: 2

FRIDAY, MARCH 20

LARCENY, 8:54 a.m., Copeland Street. Medication. Not a larceny case number provided.

LARCENY, 4:03 p.m., BJ’s, 200 Crown Colony Dr. Wallet stolen. Caller said she left her curt untended and someone stole her wallet. Meet caller at the front desk.

SATURDAY, MARCH 21

LARCENY, 1:25 p.m., Copeland Street. Reported break. State that the suspect recently that someone had broken into her residence at this address and stole an Apple Watch. States that she tracked the watch to the area of Smith Street and Arthur Street where she found three suspicious youths that ran when asked about the watch. Caller is waiting on the corner of Smith and Arthur. Caller states she believed that one of the possible suspects left their cell phone in the unit; caller doesn’t have the phone but states its still in the apartment. Two boys in orange hat and two girls went up Smith towards Prospect Hill St. Two possible suspects located on Smith Street at Prospect Hill St. Report submitted on a larceny, no break occurred.

BREAKING AND ENTERING/PROGRESS (business) 2:45 a.m., Kelly’s Cellar, 1546 Hancock St. Someone smashed the windows and broke into Kelly’s Cellar. Male and female both entered the building. Blonde female in all black, male party still inside. Two detained. Message left for the contact name on business; complaint for B&E nighttime. Property is now owned by City of Quincy. Will follow up.

VANDALISM/PROPERTY, 12:03 p.m., Billings Street, windshield. Windshield smashed no suspect info.

STOLEN MOTOR VEHICLES: 5:

SUNDAY, MARCH 22

LARCENY/MOTOR VEHICLE, 12:18 a.m., South Street. Report person states vehicle was stolen and then got to Dudley MBTA today and it was there in the parking lot, key still in it. Signed form filed. Incident closed.

VANDALISM/PROPERTY, 11:55 p.m., Franklin Street. Smashed car window. Reporting person states female is no longer on scene. Reporting person states that a female threw a rock through the window.

MONDAY, MARCH 23

LARCENY/ATTEMPT (false check), 11:59 a.m., All-town Check Cashing, 34 School St. For $500 check - customer in the lobby. Fraud to larceny/attempt.

WEDNESDAY, MARCH 25

LARCENY/MOTOR VEHICLE (possibly stolen), 11:23 p.m., Quincy Auto Auction, 196 Riccitelli Dr. Arrest made. Male took off in car up Riccitelli Drive in an unregistered car. Car is heading towards golf course. White male, jean jacket in a white pick up truck. Motor vehicle headed towards Willard Street high rate of speed. Arrest for larceny MV. Stolen vehicle turned over to auto auction security.

THURSDAY, MARCH 26

VANDALISM/PROPERTY (past), 8:40 a.m., 100 Coveney, Bredway in car.

LARCENY, 3:38 p.m., Boston textile Co., Inc., 254 Washington St. Hotel pillows. Caller states he had pillows stolen, but retrieved pillows from female. Reporting person gave case number and will call back if involved parties come back to business. Reported to be three males that were involved and he had dealing with the female that was holding bag with pillows in them. All six pillows are back in the reporting person’s possession.

If anyone has more information about any of the above mentioned incidents or would like more information, contact Quincy Police Detective Lieutenant Dan Minton at 617-745-5719.

STOLEN MOTOR VEHICLES: 6:

CAR BREAKS: 10 Copeland St., Gardiner Road, 100 Quay St., 350 Washington St., 1, Okdon St., 26 Moore St., 49 Arnold St., 1055 Southern Artery.

BREAKS AND ATTEMPTED BREAKS: None (many people now home due to coronavirus).

If you have information on the above crimes, drug activity or any crime, please call the Quincy Police Detective Bureau at 617-745-5764 or log onto the following website: http://tinyurl.com/y6td6d.

To report suspicious drug activity, call the Drug Hot Line at 617-328-4527. You will not be required to identify yourself but it could help. To make an appointment to view the Registered Sex Offenders book, call Detective James Dentremont at 617-745-5755.

To contact the Quincy Crime Prevention Officer for tips or comments, my direct line is 617-745-5719. My e-mail address is dminton@cityofquincy.us or Lt. Dan Minton.

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YMCA To Provide Extra Space, Support To Most Vulnerable During COVID-19 Crisis

SOUTH SHORE YMCA Branch on Coddington Street will open up its gymnasium April 1 to approximately 50 individuals currently staying at Father Bill’s Place, the emergency shelter operated by FBMS at 38 Broad Street. The temporary shelter will provide beds, meals, and supportive services to elders and individuals with underlying health conditions, who are among the most vulnerable to the coronavirus.

The City of Quincy’s Office of Emergency Management, at the direction of Mayor Thomas Koch, has provided the costs and logistical support needed to operate an emergency shelter. The City, South Shore YMCA and FBMS are working together to provide support staff and to ensure site security.

BY RUSSELL GLOOR
AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Dear Ryni: I tuned 63 August 12th, 2019. I will be 70 August 3rd. My Social Security benefit is made approximately $35,000 by then and am receiving seve-

rally are the answers and YES, says Jeff Szymanski, political analyst at the Association of Mature American Citizens [AMAC].

The “Coronavirus Aid, Relief, and Economic Security Act” (CARES Act) passed by Congress provides for substantial subsidies to individuals and families in the under-

prevalent medical crisis now sweeping the country. The Act provides critically needed funding in key areas like expanded unemployment benefits and specific aid to many business segments facing extraordinary disruption, along with other provisions aimed at protecting the elderly and other vulnerable populations.

BY RUSSELL GLOOR
AMAC Certified Social Security Advisor
Association Of Mature American Citizens

Social Security Matters

Retiring From Work; When Should I Claim Social Security?

Social Security Recipients Will Get Stimulus Checks

“...It’s the ONE question nearly all Social Security recipi-

ter on the West Coast, including those most impacted by the coronavirus in Washington state, we’re doing our best to help as many as we need to,” said South Shore Chief of Police Paul Gorman. “We have always had a strong rela-
tionship with the City and the mayor’s office and are happy to support the commu-

The City, South Shore YMCA and FBMS are working together to provide support staff and to ensure site security.

By opening up a second-

ary shelter, guests and staff at Father Bill’s Place will be able to practice the so-

of Social Security’s “earnings test” which could af-

fect your payment after your benefits start. When you claim, your Social Security benefit amount will depend on two things: your earnings in the year you’re reaching Full Retirement Age (FRA) which is determined from your highest earning 35 years (adjusted for inflation) over your lifetime, and the age at which you claim your SS benefit. By claiming at age 64 in August, your benefit will be reduced by 25% of what it would be if you wait to claim at your full retirement age (66 plus 4-

months). Your earnings for 2020 will not be applied to your SS record until after you file your 2020 taxes in 2021, so it won’t affect your benefits (if appropriate) until after that. If your 2020 earnings are more than any of those in the 35 years used to initially compute your benefit, your benefit will increase at that time. The day of the month you were born isn’t significant, only the month. So, if you apply to start benefits in August of 2020, your benefit cut will be as stated above because you’re claiming exactly 2 years and 4-

months early. If you wait longer you’ll gain another 59ths of 1% (5.56%) for each additional month you delay claiming. When you get to 70 your benefit will be higher.

Although you plan to retire from work, be aware that if you decide to return you’ll be subject to Social Security’s “earnings limit” once you are collecting benefits before your FRA, and that will be the case until you reach your full re-

Ryni: When should I claim Social Security? I’m 65 and my Social Security benefit is $3,000. I’m thinking of retiring in April next year. It’s a tough decision, I don’t want to leave my job just yet.

When Should I Claim Social Security?

Social Security is a pension program created by the Social Security Act in 1935 to provide retirement income for workers and their families. It is funded through payroll taxes, and payments to the federal government are used to pay benefits to current and former workers and their families. Social Security is not a pension or insurance plan, but rather a social insurance program designed to provide a minimum level of income to people who have worked during their working career.

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Fear of a government shutdown has kept Social Security payments flowing, but many Americans were worried about what would happen if a deal wasn’t reached. The temporary shelter will provide beds, meals, and supportive services to elders and individuals with underlying health conditions, who are among the most vulnerable to the coronavirus.

The City of Quincy’s Office of Emergency Management, at the direction of Mayor Thomas Koch, has provided the costs and logistical support needed to operate an emergency shelter. The City, South Shore YMCA and FBMS are working together to provide support staff and to ensure site security.

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tional month you delay claiming. When you get to 70 your benefit will be higher.

Although you plan to retire from work, be aware that if you decide to return you’ll be subject to Social Security’s “earnings limit” once you are collecting benefits before your FRA, and that will be the case until you reach your full re-

mium age if you go back to work after you start your SS and earn more than $1,250 in any remaining month of 2020, you’ll not be entitled to benefits for that month. Starting in 2021, you’ll be subject to an annual earnings limit of at least $19,800 (that’s $1,650 – limits for future years aren’t yet known but will be higher). Exceeding the annual limit will cause SS to withhold half of anything you earn over the limit. The limit is more, and the penalty is less in the year you reach your FRA and goes away once you have reached your full retirement age.

Finally, be sure to your answer, you can actually defer claiming SS until age 70 if you wish. After you reach your full retirement age, you’ll earn full retirement benefits at a rate indicated by the table that is added to your benefit when you finally claim it. That would give you a benefit which is 29% more at age 70 than it would be at your full retirement age.

benefits paid will be $1,200 for individuals, $2,400 for couples, and $500 per child, for in-

dividuals with incomes at or below $75,000 ($112,500 for families) and couples with income at or below $150,000. Individuals earning $99,000 and couples up to $198,000 will receive a reduced payment, prorated ac-

A temporary shelter in corner Massachusetts Shelter and Homelessness Report deal specifically with The CARES Act (Stimulus Bill), and those seeking more detailed information will find it a valuable resource.

But to reiterate, reports Szymanski, "Yes, Social Security recipients are eligible and need do nothing at all to receive their $1,200 per person relief payments due them. If you are required to file a tax form, it is likely that having done so already may speed up delivery of the payment."
Bernadeta B. Karosas
Bernadeta B. (Mingualdi) Karosas, of Quincy, died March 26. Bernadeta’s family and faith were the center of her heart and life. Holidays, celebrations, and family gatherings kept her close to the ones she loved. She also enjoyed shopping, gardening, and trips to Vermont.

Ethel Frances Merrigan
Ethel Frances Merrigan, of Quincy, formerly of Dorchester, died peacefully at her home on Tuesday, March 24, 2020. She was 93.

Born in Boston, she was raised in Dorchester and was the daughter of Edward J. (1971) and Ethel M. (Lane) Merrigan (1957). Ethel attended local schools and graduated from high school at Middlebury High School with the Class of 1945. After high school, Ethel went to work for John Hancock for 40 years as an office manager.

In her spare time, Ethel enjoyed quilting and playing rubber. She was a devoted mother, in the comfort of her loving family for many years. She was the devoted mother of Robert V. Merrigan, of Dorchester and Edward J. Merrigan of FL and the late George, New York where she retired after 40 years as an office manager. She taught her nieces, nephews, grandnieces and grandnephews the value of faith, family and the joy of being a selfless individual.

Her life lessons and example are her legacy that continues through her family.

Ethel was the loving aunt of Carol McGaughy of Weymouth, Susan Curran and her husband James, Edward Merrigan and his wife Anne Marie, all of Quincy, 2 grandchildren whom she met.

At Bob’s request, funeral services were private. In lieu of flowers, memorial contributions in Ethel’s name may be sent to the charitable organization of one’s choice.

Robert L. Patcha
Robert L. Patcha, age 81, of Quincy, formerly of Boston and Arlington, Virginia died peacefully, Sunday, March 22, 2020, at South Shore Hospital in Weymouth.

Robert was born in Downey, California and raised in Long Beach. He was a graduate of California State University, Long Beach, Class of 1961.

He had lived in Quincy for the past four years, pre-deceased by his parents, two sisters and his wife, and was a civilian employee of the Boston Harbor as a member of a choral group which also performed in Europe.

Bob was a son of the late Rudolph John and Rowena Josephine (Pence) Patcha.

Deborah of the late Pamela Sue Weidler.

Also survived by several of his nieces, nephews, and his best friends, Herb and Janice.

At Bob’s request, funeral services were private.

Donald K. Kennedy, 68
Donald K. Kennedy of Quincy passed away unexpectedly on March 27 at age 68.

A lifelong Quincy resident, he was a Vietnam veteran. U.S. Army and worked as a carpenter in the Carpenter’s Union. Don was the loving father of Donald Kennedy and his wife Michelle of Quincy; dear grandfather of Rory; beloved brother of Diane Campbell of FL, Debbie Shagley of MD, Darlene Claassen of NY, Dorene Rosen- bison of VT and David Kennedy of FL. Donald is also survived by many nieces and nephews.

In light of current events, burial services will be held at a future date.

Funeral arrangements were made by the Keohane Funeral Home, 785 Han- cock St., Quincy.

ETHEL M. MERRIGAN
Patricia Stein of Bridge- water and Karen Merrigan of Weymouth. She was the devoted mother of Arielle Quinn Mark and his part- ner Christine of Hanover, Brian of Yarmouth, ME, Stephen of Rockland, Col- imb of CT, and the late Joseph, formerly of Quincy. She was pre-deceased by her brother Edward J. Merrigan, Jr. (1966) and Pauline O. Merrigan (1986).

In keeping with current health concerns regarding the Covid-19 coronavirus, all services will be private.

Funeral arrangements were made by the Keohane Funeral Home, 785 Han-cock St., Quincy.

In lieu of flowers, memo- rial contributions in Ethel’s name may be sent to the charitable organization of one’s choice.

SEAN M. GRAHAM
Sean M. Graham, age 45, of Quincy, formerly of Dorchester, died peacefully, March 22, at Carney Hospital, in the comfort of his loving family. Bob was proud to have been a member of the Coast Guard Reserve for over twenty years, retiring in 2011.

Robert was born in Weymouth, Cape Cod, to the late Edward J. Merrigan, Jr. (1966) and Pauline O. Merrigan (1986). In retirement, he worked as a webmaster for several Boston organizations including the Newmarket Business Association.

Bob was an accomplished and talented singer, performing at Symphony Hall as a member of a choral group which also performed in Europe.

At Bob’s request, funeral services were private.

Painted by several of his nieces, nephews, and his best friends, Herb and Janice.

At Bob’s request, funeral services were private.
Florence L. Steeves, 86

Florence L. (Martel) Steeves, 86, a longtime resident of Quincy, passed away peacefully and surrounded by her family at her home on March 27.

Born in Laconia, N.H., she was a daughter of the late Irene Martel and Yvonne (Sevigny). Proudly French-Canadian, Florence was raised in an entirely French-speaking household and learned English only upon entering first grade in 1939.

Florence was employed by the Stop & Shop Supermarket Co. in Quincy as a cashier for many years, a job she loved, retiring in 1997. Additionally she was a volunteer at the gift shop at Quincy Hospital, and Care One at Weymouth.

Florence was what some might call a sports fanatic, following all of the Boston sports teams including the Boston Red Sox, the New England Patriots, the Boston Celtics and the Boston Bruins. Flo rarely missed a game on television or an opportunity to tell you who one or another of the teams was doing wrong and how it could be corrected.

One of the greatest joys of her life was the Red Sox World Series victory in 2004 when her hooting and hollering from her living room during the last few games was later reported to have been heard from the International Space Station. At the time of her death, she remained disappointed in Tom Brady’s tragic decision to leave the Patriots.

Florence was the beloved wife of the late Eugene K. Steeves, and the devoted mother of Nancy M. McSteeves, and the devoted mother of eight.

With deep sorrow, the family announces the passing of Robert J. Merrill of San Diego, Calif., his beloved wife of 66 years, Reuland (Reilly) Reid of Norfolk, Va., and Debra M. Martin and her husband Philip of Beverly.

Devoted father of Robert J. Merrill of San Diego, Calif., Lynn Raymond and her husband Reid of Norfolk, Va., and Debra M. Martin and her husband Philip of Beverly.

In memory of Pa of Jeff, Amy, Kimberly, Philip, Andrew, Brian, Brenda, Shawn, and Kelly.

Cherished great-grandfather of eight.

One of three siblings, he was the dear brother of Mary E. Priscella of Brain- tree and the late Catherine E. Elliott.

Harry is also survived by many nieces, nephews, friends, and devoted neighbors who provided caring support for him over the past several years.

Born in Quincy, to the late Harold J. and Cath- erine L. (Roberts) Merrill, he was raised and educated in Quincy, and had lived in Braintree for the past sixty-three years.

Harry was a proud World War II veteran, serving honorably in the U.S. Army with the 355th Infantry Regiment. He participated in the Rhineland and Central Europe campaigns and received the World War II Victory Medal, Good Conduct Medal, American Service Medal, and the European-African-Middle Eastern Service Medal.

A founding member of the Adams Heights Men’s Club of Quincy, he served as a manager there for many years.

Harry made many dear friends over his lifetime. He will be remembered for his great sense of humor. He always knew how to make people laugh. Harry had a positive outlook on life and, sincerely appreciated all those who cared for him. He “loved all soooo

Harold J. “Harry” Merril, Jr., age 94, of Braintree, formerly of Quincy, passed away peacefully, March 29, at the John Bertram House in Salem, in the comfort of his loving family.

Beloved husband of the late Clara M. (Marcucci) Merrill.

Devoted father of Robert J. Merrill of San Diego, Calif., Lynn Raymond and her husband Reid of Norfolk, Va., and Debra M. Martin and her husband Philip of Beverly.

In memory of Pa of Jeff, Amy, Kimberly, Philip, Andrew, Brian, Brenda, Shawn, and Kelly.

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Donna LaPenna

Donna LaPenna (Iacovelli) passed away at her home after recent health issues March 30.

Donna was loved by so many. She loved to cook, sew, shop, take road trips, especially to Florida, watch crime shows with her dear family, particularly her grandchildren. She always looked forward to her lunch dates with her school friends. Donna was always the one who made you laugh and always knew the right thing to say. She was the best Mother and Nonnie.

She is survived by her husband Bob, her daughters Dawn LaPenna, Carrie LaPenna-Sullivan, Lauren LaPenna, Donna Peterson and her son Michael J. Sullivan. Her grandchildren the late Ian Anthony Sullivan and her granddaughter Sophia LaPenna. Also her sister’s Mary Ioannilli and Linda Grazierio her brother Johny Iacovelli and her many beloved nieces and nephews and cousins.

In lieu of flowers, donations in memory of Donna may be made to American Heart Association, P.O. Box 417005, Boston, MA 02241-7005.

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Normally, the funeral is an opportunity for the community to gather in support of one another. Although we cannot gather together with Donna’s family at this time, friends may still offer their support by visiting www.Keohane.com and sharing a special memory or message.

For those who cannot access the website, please call 1-800-KEOHANE to have your message added.

William E. ‘Ed’ Lambert, Jr., 78

William Edwin ‘Ed’ Lambert Jr., a life-long resident of Quincy, died peacefully at home on March 30. He was 78.

Born and raised in Quincy, he was the son of the late William E. and Mary A. (Pitts) Lambert. He was the beloved husband of Therese A. (Chetwynd) Lambert, with whom he shared 60 years of marriage. Ed was the devoted father of Kevin M. Lambert and his wife Patricia of Vermont, Donna L. Kenney and her husband Daniel of Bridgewater, Bryan A. Lambert of Bridgewater.

William Lambert, Jr.

Edward William Lambert, Jr., the late Paul A. Lambert, the late Edward W. Lambert, Sr., and the late William E. Lambert, III. He was the loving grandfather of nine and the loving great grandfather of seven.

Services will be held privately at a later date.

Arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

In lieu of flowers, memorial contributions may be sent in William’s name to St. Jude Children’s Research Hospital, 501 S. St. Jude Place, Memphis, TN 38105.

Although we cannot gather together with William’s family at this time, friends may still offer their support by visiting www.Keohane.com and sharing a special memory or message. For those who cannot access the website, please call 1-800-KEOHANE to have your message added.

Hamel-Lydon Chapel & Cremation Service of Massachusetts

Pre-Planning • Funerals • Cremations

“Every family has unique needs and preferences, and we are dedicated to helping you honor your loved one’s wishes and traditions. Our team is committed to providing compassionate, professional service to make your time with us as comfortable as possible.”

-Christopher P. Goulet & Michelle A. Lydon, Directors

Hamel-Lydon Chapel & Cremation Service of Massachusetts

401-472-5888
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Thursday, April 2, 2020

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The baby swan called?

mountains provides a boundary between common volcanic rock?

t egg roll on the White House lawn?

t dent and first lady hosted the first Eas-

to the Romans and Greeks?

original names of our moon, according to

has the most chapters?

Up”?

7. Ural Mountains

6. Basalt

5. Rutherford and Lucy

4. Josiah Bartlet

3. Luna to Romans, and Selene to Greeks

2. Psalms, 150

1. “Big”

MOVIES: Which 1980s hit movie was originally titled “When I Grow Up”?

BIBLE: Which book of the Bible did the character of Nick Carraway appear?

SCOTUS: How many justices currently serve on the Supreme Court?

TELEVISION: What was the name of the character of Selina Meyer?

U.S. PRESIDENTS: Which president and first

president in the TV drama

was the name of the character of

in the movie

MOVIES: Which director directed the movie

TELEVISION: Which was the name of the main character in the TV drama

MYTHOLOGY: What are the original names of our moon, according to the Romans and Greeks?

GEOGRAPHY: Which range of mountains provides a boundary between the continents of Europe and Asia?

ANIMAL KINGDOM: What is a baby swan called?

LITERATURE: In which century did the novel

TAURUS (April 20 to May 20) The Bovine’s fondness for tidiness pays off when you untangle a situation that seems hopelessly snarled. You might later be surprised to learn who will be expressing his or her gratitude.

GEMINI (May 21 to June 20) Although you can tackle your assignment the way you prefer, it might be a good idea to at least ask for suggestions. Who knows? One or two might even turn out to be helpful.

CANCER (June 21 to July 22) If you can set aside your cynicism and turn refreshed and ready to tackle it all with your usual finesse. But while you’re playing Dr. Phil, don’t neglect your career obligations.

AQUARIUS (January 20 to February 19) Someone has a sense of honesty that makes people believe and trust in you.

BORN THIS WEEK: (March 21 to April 19) You might be upset if you can set aside your cynicism and turn refreshed and ready to tackle it all with your usual finesse.

Sagittarius (November 21) Your suspicions might be on the mark, but unless you can prove what you assume, you need to exercise that Scorpio discretion and let events unfold with your assistance.

Sagittarius (November 21 to December 21) Be careful not to go over the top this week. Avoid overindulging in the wrong foods, or drinking too much, or working too hard. You can do it all, but in moderation.

Capricorn (December 22 to January 19) A family matter is given to you to resolve because you have the gift for bringing quarrelsome kinfolk together.

BORN THIS WEEK: (March 21 to April 19) You might be upset if you can set aside your cynicism and turn refreshed and ready to tackle it all with your usual finesse.

Scorpio (October 23 to November 21) Your suspicions might be on the mark, but unless you can prove what you assume, you need to exercise that Scorpio discretion and let events unfold with your assistance.

CryptoQuip

- This is a simple substitution cipher in which a word’s or sentence’s letters are replaced by another word or sentence. 
- The puzzle’s solution is accomplished by trial and error.

Solution time: 25 mins.
The Walt Disney Company produced "Peter Pan and Wendy," with unknown actors Pete and Wendy as Peter and Wendy, respectively. In 1992, the 2015 Hugh Jackman film "Pan," which cost $150 million and grossed only $128 million, was a flop.

Blackball Box
As early as the 17th century in Washington, D.C., the names of fraternal clubs often voted at their meetings without paper ballots. Decisions often required a simple majority; sometimes there would be no unanimous vote. Just one "no" vote could scuttle a project. So, they used a blackball box instead of paper ballots. Each person was given a random number of black and white marbles. To vote no, a black marble was dropped onto a box that had a board that covered the voter’s hand and marble so that no one could see the vote. Each marble made a noise when it was dropped, so only one marble could be used. When the box was opened, it was easy for everyone to see the number of black and white marbles and if the project, motion or request for membership had passed or failed. It was impossible to tell who had used a black marble.

The term “blackballed” is still in use, and the box was saved as part of history. The rules are still in "Robert’s Rules of Order," a guide to parliamentary procedure, but there are few times when only one vote, no, not a majority, is needed. An old blackball box used by the Odd Fellows fraternal order was sold at a Garth’s auction recently for $500.00.

Q: I have a light bulb that I have identified as an 1885 Heiser-Bernstein incandescent lamp. Does it have any value? And if so, where would I find a buyer for such a bulb?

A: Antique and vintage light bulbs are classified as "early technology," an area of collecting that includes electrical appliances, advertising devices and medical instruments. Artificial light is significant, since its beginning in the 1880s marked the lengthening of the workday and changes in everyday life. Yes, there are collectors who hunt for early incandescent light bulbs, especially early carbon filaments once the 1880s to early 1900s with intact filaments, like yours. Early bulbs bring high prices; a few have sold for over $5,000.00. Charles Heiser and Alexander Bernstein both owned businesses in the 1880s and early 1900s that developed bulbs and lamps, and their work was influential in making electric lighting practical and popular. Look for an auction house that specializes in early technology or scientific instruments.

CURRENT PRICES
Stonehenge rolling pin, salt glazed, cobalt blue stenciled wildflowers, turned wood shaft & handles, 16 inches, $60.
Hooked rug, cat resting on striped cushion, flower & leaf border, American, 1860-1930, 30 x 52 inches, $150.
Sewing stand, oval cut, flat top, salt glazed, turned wood work compartment, removed fluted tray, England, 15 x 12 inches, $900.
TiFFANY & Co. sterling silver bowl, flared & flattened rim, openwork stylized flower & leaf handles, c. 1910, 2.5 x 11 inches, $370.
TIP: If your tea caddy or knife box has a silver or brass keyhole, don’t use a metal cleaner. The cleaner will damage the wood.

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Quincy Real Estate Transactions March 23 - March 27

Transactions are compiled by the Norfolk County Registry of Deeds

<table>
<thead>
<tr>
<th>BUYER</th>
<th>AMOUNT</th>
<th>ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yong Q. Zeng &amp; Xue Q. Zou</td>
<td>$1,080,000.00</td>
<td>66 Willow Street</td>
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<td>Alan Y.</td>
<td>$421,000.00</td>
<td>999 Hancock Street Unit 30B</td>
</tr>
<tr>
<td>Aliequa &amp; Majinda Milo</td>
<td>$290,000.00</td>
<td>121 Comdr. Shea Blvd. Unit 319</td>
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<tr>
<td>Evhen &amp; Zina Kondradtiuk</td>
<td>$460,000.00</td>
<td>46-48 Apthorp Street</td>
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<td>Mulgrew LLC</td>
<td>$906,000.00</td>
<td>43 Whitney Road</td>
</tr>
<tr>
<td>Gina Evans</td>
<td>$699,900.00</td>
<td>32 Samoset Avenue</td>
</tr>
<tr>
<td>David K. Wong &amp; Yiran Zhang</td>
<td>$550,000.00</td>
<td>150 Quincy Avenue Unit 3B</td>
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<tr>
<td>Riza Salazar</td>
<td>$515,000.00</td>
<td>232 Copeland Street Unit 1D</td>
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<tr>
<td>Manuel A. &amp; Marysusan Tavares</td>
<td>$410,000.00</td>
<td>308 Quincy Drive Unit C48</td>
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<td>William Mahoney &amp; Scott M. Morrison</td>
<td>$325,000.00</td>
<td>108 Franklin Avenue</td>
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<td>Charleen M. Tan &amp; Jingnan Shi</td>
<td>$555,000.00</td>
<td>96 Curtis Avenue Unit 96</td>
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<tr>
<td>Joan P. Casielli</td>
<td>$483,000.00</td>
<td>9 Lafayette Street</td>
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<td>William Griffin</td>
<td>$580,650.00</td>
<td>90 Quincy Drive Unit 710</td>
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<tr>
<td>Xia Zhong</td>
<td>$370,000.00</td>
<td>11 Dorchester Street Unit 11-3</td>
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<tr>
<td>Joan W. Gallagher</td>
<td>$385,000.00</td>
<td>100 Marina Drive Unit 406</td>
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Norfolk County Registry Of Deeds Building Closed To The Public

The Norfolk County Registry of Deeds Building has been closed to the public. Register of Deeds William Griffin announced March 20th. In a message emailed March 20, O’Donnell said:

“The various entities housed within the Registry of Deeds Building are operating with their own employees. The Registry of Deeds operations in-house continues. Documents are being recorded. We continue to strongly encourage that the electronic recording filing system available at the Norfolk Registry of Deeds be utilized by filers of real estate documents.

“Please note that documents that are going to be recorded as a ‘walk-in’ will be utilizing a drop off procedure. All of these procedures implemented by the Norfolk County Registry of Deeds are a result of dealing with the impacts of COVID-19 (coronavirus). The chief concern is the health, safety and welfare of our employees, their families and all those individuals and members of the public that intersect with the Registry of Deeds operations.

“This policy will continue as so as to make documents get recorded, thus carrying out an integral role the Registry of Deeds has in the real estate economy.

“Thank you for your understanding and patience as we all work through these extraordinary times,” O’Donnell added.

Ask Barbara Graceffa

Redefactoring Advice To Refresh Home

I am in dire need of a decorating diversion to refresh my home during the pandemic. Other than online shopping for new items, what advice can you offer to redecorate? Phyllis

This time of social distancing brings a new meaning to cabin fever, doesn’t it? Here are three no-cost tips on rearranging, repurposing, and changing photos and art around your home.

First, rearrange your existing furniture or swap items between rooms. Move items within the same room – try putting things on an angle if the room is large enough. Start with the rug and place the furniture accordingly. Remember to keep traffic patterns in mind and allow at least 24-36” wide paths for ease of movement. Or try swapping things between rooms. For example, swap rugs, curtains, lamps, art, mirrors, pillows and the other home décor you can easily move on your own or with the help of one other person. Don’t be afraid to think outside the box, too. Swap your end table and nightstand for a different look. Move your dining room Hutch into your kitchen or nearby living or family room or position your bed in the middle of an oversized bed for a different look.

Second, repurpose items for a second life. For example, to refresh a tired coffee table, put leftover tile or a mirror on top. Or replace it with a trunk, ottoman, or a child’s wooden table. Cut down the legs on an old dining table or place two nesting or end tables side by side to fashion a new coffee table. Move a short bureau or hope chest from a spare bedroom to become a new media stand. A bureau or desk could also become a new coffee table. Cut down the legs on an old dining table or place two nesting or end tables side by side to fashion a new coffee table. Move a short bureau or hope chest from a spare bedroom to become a new media stand. A bureau or desk could also become a new coffee table.

Finally, update family photographs by changing photos you have in existing frames. Or glue magnets to the back of photos to display on your refrigerator. If you have some craft paint or wrapping or scrapbook paper lying around, change the mats on your photos. If you have a glass top on your bureau or dining room table, create a nice display of family or travel photos by slipping pictures under the glass. In the same vein, you can change out art by framing theatre playbills, greeting cards, your grandmother’s recipe, calendar landscapes, maps, fabric, or old love letters.

Be creative. Be well. Be safe.

Do you have a decorating problem needing a professional solution? Send your questions to Secretary of the Interior at barbara@sec-interior.com.

Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy offering creative solutions at reasonable rates. For more information on her services, view her portfolio, and read testimonials about her work, visit www.sec-interior.com. Or you can reach her at 617-921-6033.
For Your Safety, All City Buildings Will Be Closed To The Public Beginning on Tuesday, March 17.

Business to be conducted online or via phone. Please find the phone numbers for city departments listed below.

<table>
<thead>
<tr>
<th>City Hall</th>
<th>Kennedy Center</th>
<th>Department of Natural Resources</th>
<th>Coddington Building</th>
<th>Thomas Crane Public Library</th>
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<tbody>
<tr>
<td>Mayor's Office: 617-376-1990</td>
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<td>Veterans' Services</td>
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<td>Phone: 617-376-1191</td>
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<tr>
<td>Emergency Management</td>
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<tr>
<td>Phone: 617-376-1105</td>
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<td>55 Sea Street</td>
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<td>Sewer Water Billing: 617-376-1910</td>
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<td>Inspectional Services: 617-376-1456</td>
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<td>Traffic &amp; Parking: 617-376-1478</td>
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Please visit www.QuincyMA.gov for more information or to email these departments.