

City Nurse sees encouraging news in rate of positive cases

By Seth Daniel

The percentages of residents testing positive for COVID-19 continues to go down in Everett, and Public Health Nurse Sabrina Firicano said she is taking that as very good news.

While the numbers of cases is on the rise and will likely show greater increases, Firicano said that is a result of much more testing being done and being available to residents – particularly with the drive-thru testing site open to all at the CHA Malden health center. That, along with extensive testing in nursing homes and senior citizen buildings, will likely drive up the case count, but it is another statistic that is good news to Firicano.

That stat is the percentage of residents that test positive, and that number is steadily dropping.

“We’re continuing to monitor all the numbers,” she said. “One thing that has stuck out over the past 10 days is the positivity rate of the numbers of people tested has been dropping. As of Monday, when the state issued its report, our positivity rate was 10 percent. It hasn’t been that low since March 24.”

The rate of positive tests compared to total tests has been higher in various communities. Places like East Boston have seen a positivity rate of nearly 50 percent, while other places see somewhere between 25 and 30 percent. Everett’s number has been around 15 percent, then went up to 19 percent, and on Sunday was down to 12 percent.

The state report confirmed a lower rate of 10 percent positivity.

That number is a key stat to watch, she said, rather

than the numbers of cases, which as of Tuesday were 1,178 positive cases. There had been 201 people who recovered by Tuesday, and 19 had passed away from COVID-19.

“We will see an increase in numbers coming up because we have greater access to testing,” she said. “More people can be tested...and we are seeing a lot of people take that up. It gives everybody the opportunity to be tested if they want to be tested.”

Right now, at the CHA Malden facility, any Everett resident can be tested whether they have symptoms or not. Results are usually available quickly and it gives people peace of mind to have the information, Firicano said. That effort came with the collaboration of Mayor Carlo DeMaria and CHA as they announced the drive-thru last week.

Meanwhile, there is likely to be an increase in overall numbers of cases because the state has come in to assist by testing everyone at nursing homes in the city. They have already tested the Everett Nursing and Rehabilitation facility and are waiting on results. They will also test all the senior citizen buildings in the city as well, but those tests are not mandatory and will be available only to those who consent.

“We could have a big spike in numbers, but that could be only because we have one facility that has tested and there are a lot of cases,” she said.

•WEAR A MASK
Gov. Charlie Baker has required that all people wear a mask when outside their homes starting today, May 6, and Firicano suggests that is a good idea as well.

She said most people are following that advice already, but some find it difficult when exercising.

“I know if people are walking or running, it can be difficult to breathe with a mask on,” she said. “As long as you have it around and can lift it up a little to get air and put it back on, that’s ok. You should always have it available on you so if you come across people you can lift it up. It doesn’t have to be an N95 respirator, but a covering, even fabric.”

•SUMMER ACTIVITIES IN FLUX

As the better weather begins, there are questions about youth sports – like Little League and summer softball – as well as Independence Day celebrations.

No one is quite sure what will happen, but Firicano said it probably isn’t a good idea to have things like Little League and other large gatherings this summer.

“While kids may not get sick as often, they can be carriers,” she said. “With Little League and youth sports, you have parents and grandparents coming to watch. You have to worry about who is touching the ball...As much as it can be great to get back to some normalcy, we have to consider we don’t know yet the long-term effects of the virus. It could put us at a disadvantage if we get everyone together cheering on a child at Little League.”

While that seems to be the awful reality of the summer ahead, City officials are trying to think about things like Independence Day celebrations and movie nights as well. All of it, Firicano said, will require considering the public health risks before planning any sorts of celebrations.

RCN extends COVID-19 response policies to June 30

Staff Report

RCN, an award-winning and leading provider of fiber and broadband services, announced it will extend its commitments through June 30 to ensure business and residential customers remain connected to the internet during the COVID-19 crisis.

Originally announced on April 6, the company made the following commitments that will now be extended through June 30, 2020:

•RCN is offering free internet and Wi-Fi for 60 days to all qualifying low-income households, especially students in low income households who do not already subscribe to the company’s internet service and who enroll in the Internet First program.

*The Internet First program is affordable internet designed to help families and students in low-income households to have reliable access to the internet. It will enable them to home school, do homework, and access educational resources and more. RCN is partnering with school districts to ensure local communities are aware of the program’s extension and the

tools to help students learn remotely.

*The Internet First program includes 25Mbps high-speed internet service at \$9.95 per month and is available to all eligible new residential customers who do not currently have RCN service. Installation fees will be waived for eligible students and new customers.

*More information on Internet First is available at rcn.com/internet-first.

•RCN will not terminate service to any residential or business customer because of their inability to pay their bills due to disruptions caused by COVID-19. Customers can reach out to make special arrangements to keep services active.

•RCN will waive any late fees that any residential or small business customer might normally incur because of their economic circumstance related to COVID-19.

RCN continues to see excellent performance of their network with engineers, field technicians, and operations centers on point 24/7 to meet shifts in usage patterns and increased traffic. While many are still working, learning and connecting from home, the

company remains vigilant in monitoring all network and support systems to ensure customers receive the fastest and most reliable connections and service.

“Now, more than ever, keeping people connected is a critical priority,” said Chris Fenger, Chief Operating Officer of RCN. “In extending these measures, RCN will continue to help ensure that customers are able to continue to work, learn, and stay informed from the safety of their own homes. We are committed and ready to do our part in supporting our employees and our customers during this time.”

In addition, RCN is supporting the broader communities it services with its newly launched Everyday Hero program. Residents are invited to nominate a local hero in their community via the website here. In the coming weeks, the company will launch its partnership with Feeding America to donate 10% of installation fees for 30 days.

For details on all RCN programs and additional updates on the company’s response to COVID-19, please visit rcn.com/we-care.

CHA // CONTINUED FROM PAGE 1

CHA Everett was full, those procedures were to be done at the Cambridge Hospital, yet – it too – was full and the post-surgical recovery room had been converted to an ICU for COVID-19 patients. There just simply were not beds or places for the patients, but this week she said that kind of situation has eased up.

“It just feels like that is the kind of thing we’ve been doing for so long,” she said. “It’s been like a game of Tetris where the...shift manager was investing so much time and effort in completely maximizing every resource we have. Then suddenly on Tuesday (last week) it was like night and day. Suddenly every admitted patient had a bed. The ICU’s are still entirely beyond capacity, but there was good work being done there...We have our rhythm down. For the past six days now we’re at a place where we don’t need to do these acrobatics to squeeze every patient into every spot and slot. That’s been nice.”

With more of a silver lining on things – and a detectable uplift in the spirit and voices of those working in the ER at CHA Everett this week – there has been a new protocol established. With more people now coming off ventilators and more people recovering from COVID-19, the hospital needed some music.

“We now have a patient discharge song,” said Lai Becker. “When a patient is discharged, we play ‘Here Comes the Sun’ over the loudspeaker. Last Friday was the first time we all got to hear it.”

That has been a welcome break for those working in the ER at the Everett hospital, as they have also noticed that they are treating things other than just COVID-19 cases.

“For a long time, it seemed like there was no way anyone could show up here with anything other than symptoms of COVID,” she said. “I worked over the weekend and for the first time in six weeks, I felt like I actually had a couple of patients that really were just having back pain. Or there was someone with simple abdominal pain and it had nothing to do with COVID-19. That’s a good thing to report.”

The slowdown for the last several days has been a wonderful and necessary relief, said Lai-Becker. She said it will give their supply chain time to get sorted out so they can potentially get in new supplies.

The hospital has been out of the small size of N95 masks for weeks, and they have had to refill cartridges of hand sanitizer in the wall dispensers. While they have plenty of sanitizer, they have run out of the cartridges – oddly enough. Yet, they have innovated by simply re-filling the old cartridges – which would normally be thrown out – and placing them back in the wall units. They also have run out of disinfectant wipes, which they have overcome by using a clean cloth and disinfectant. The wipes, she said, are more of a convenience issue.

“It’s like diaper wipes,” she said. “They’re easier, but you can always use a wet cloth.”



COURTESY PHOTO

CHA Physical Therapy Assistant Christine Hopkins snapped this image while working at CHA Everett Hospital last week. Christine, like many others at CHA, is stepping up and was redeployed in order to care for patients and the community during COVID-19. With the Boston skyline in the background, the homes in Everett are a striking background to her reflection in the windows of the hospital.

Yet, at the same time, it doesn’t mean they are in any sort of safe zone, or that people should relax their restrictions in the community. Still, Lai-Becker said they will suddenly have two hours during a shift that are absolutely off the wall.

“There will be a steady stream of patients for most of the day and then we’ll have two hours where everything happens,” she said. “We’ll all the sudden have two or three critically ill patients in the ER, but then we’ll admit them, or move them or get them to the ICU. Then it’s back to a very steady inflow. The thing is no one has any idea when those two hours will come.”

•THANKS TO THE COMMUNITY

An ongoing joke among doctors and health care workers over the last six weeks is that they will have to remember how to go out and get lunch or dinner when the COVID-19 pandemic is abated, as so many in the communities have stepped up to feed them and bring food to the hospitals during the crisis.

It is no different at CHA Everett, where staff and personnel are tremendously grateful to the community for feeding them, and for adhering so greatly to the restrictions put in place.

“The community restaurants have been so generous and so many have been sending us food,” she said. “Some, if not all, have even gone to the painstaking lengths of making sure each meal is individually packaged. It’s practically every day...The generosity is amazing.”

Also, she said by the communities adhering to social distancing and quarantines, it has given them the time they needed not to be overwhelmed, and continuing those measures only gives them more time to make sure the hospital doesn’t experience another surge.

“I give props to the community for flattening the curve and buying us time to develop a vaccine and plan for a re-opening that will continue to preserve our capacity to help as many people

as possible,” she said. “We’re at a moment where we can say we don’t have to invoke measures to decide who gets a ventilator.”

•CHA GETS ABBOTT TESTING MACHINE

The CHA network has also taken delivery of the now-famous Abbott rapid testing machine, which can give the results of a swab test in 15 minutes. It was an innovation that came at the outset of the surge, but the demand for the machine to process the swabs was so great that there was a giant waiting list. In the last week, CHA’s number has come up on that list.

Right now, the one machine in the network is being kept at Cambridge, but can be used by patients throughout the network for a quick result.

“That’s a really big deal for a community hospital to have access to that,” said Lai-Becker.

•OPEN FOR NON-COVID VISITS TOO

There is no evidence that patients with other conditions are not reporting to the hospital for things like heart attacks, chest pains and strokes – though some hospitals have reported that is happening. With COVID-19 so prevalent in the treatment triage at most hospitals, some are wanting to avoid hospitals at great risk to their health.

Dr. Lai-Becker said she usually sends three or four patients for treatment of chest pains per week, but has not done so for the last six weeks. She said that doesn’t mean they are putting off care, but the ER will be looking at EMS data for the last seven weeks to see if there are reports in the field of such issues.

“It’s very possible, and anecdotally I can concur with those observations that there is a mystery as to where all those patients have gone,” she said.

She said they encourage people to come to the ER if they are having chest pains or have medical concerns. Though they are treating COVID-19 in large part, they are available to treat all medical concerns.

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Ortez, Justiniano G	Flaherty Leo M Est	30 Central Ave	\$442,000
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City Hall // CONTINUED FROM PAGE 1

ward everything you can do in the building, you can also do on the computer,” said the mayor.

When he made his speech in January, saying “Technology advancements have enabled us to become more efficient and more responsive to our residents,” he could have never imagined the City could achieve many of his goals by May.

Yet it is what has happened.

Already, with the collaboration of the IT Department there have been very successful regular Planning Board, Zoning Board and School Committee meetings via Zoom or other online platforms – with votes and public participation happening. Likewise, Mayor DeMaria hosted a successful Town Hall online in early April. It has brought a new light as to what community engagement might mean post-COVID.

“There will always be a presence of a building for City Hall to have meetings, but we are also having record numbers in attendance at our Planning Board and Zoning Board meetings online,” he said. “We’ll always have spaces for our meetings but as we now know and see because of the pandemic, people can be engaged online and there is an efficiency with that. People don’t want to go to City Hall after work. They want to tap into their phone or iPad and see what’s going on. They can be involved in that way.”

Planning Director Tony

Sousa said having live online Zoom and Facebook meetings have been eye opening. Like the mayor, he noted that they have had lots of viewers at their meetings of late, and the format is something that many developers, architects and engineers were already doing in the industry.

“From the applicants end, we hear from attorneys, architects and engineers – they’ve done virtual meetings prior,” said Sousa. “It’s not foreign to them. They’ve been able to participate, provide the necessary documents to show and on that I think we’ve done a good job... Things we’re looking at now is how to adapt this to long-term use. This is all consistent with the Virtual City Hall concept, and it’s something we’ve been talking about for a while. We’ve now done it by fire, but it has been in our mindset already. Some cities and towns have lagged, but we’ve been able to keep up.”

Sousa said they could very easily accept online testimony from applicants and even from those in the public who cannot make a meeting. He said there have been times when developers fly in from the West Coast for a meeting, only to encounter a snowstorm or the lack of a quorum. All that could be solved with simply incorporating the Zoom online format into an in-person meeting.

Within his office, he said they have streamlined ac-

tivities, such as meetings with consultants, and will continue that afterward too.

Building Inspector Jim Soper said they have had online permitting for some time, but they have learned how to make their operations even more streamlined and quick. In the past, he said they would have meetings around the conference table with 10 people. That, he said he’s learned, isn’t necessary.

“It’s more efficient to set up a Zoom meeting and it’s done safely, efficiently and easily,” he said. “Everyone around the conference table, that’s the old way – bricks and mortar. I can do that with a big expanded screen to see plans and we can talk. I always thought we were a very permitting-friendly community here. However, this pandemic has required government to find ways to skip over the troubles and get to the part of success with people. It’s streamlined.”

For those trying to use City government, that’s also gotten easier, he said. While permitting is down because of construction bans, the work that is being done is permitted more and more electronically. Likewise, many inspections – especially electrical inspections – are being done remotely with video. An experienced electrician looking for a routine inspection can easily show an inspector what needs to be seen for a sign off, though harder jobs would still need an in-person inspection.

“Sometimes we get in our own way in doing things the same way year after year,” he said. “Sometimes it’s not as efficient to go around to all these communities to get permits in person. As a contractor, once you see it work a couple of times and it’s successful and the City is responsive, you probably won’t ever leave the job site to come get a permit in person again.”

Soper said they hope to be able to create an app for ISD permitting in Everett, so that it can be even easier to file permits, talk online via Facetime with an Inspector or get documents that are needed.

“It’s a new way of doing business and it’s good,” he said. “It forced us to be even more efficient – and it’s made everyone more efficient.”

At the 3-1-1 offices, Director Chad Luongo said he sees all kinds of possibilities he hadn’t thought of before the pandemic. Their service has gone from getting several hundred calls a week mostly for potholes and tree trimming to getting 800 calls a week on things like health care and virus testing.

And most of the work is being done from home.

In the post-COVID world, both Luongo and Mayor DeMaria see the

3-1-1 operations being moved outside of City Hall, with workers only coming in on certain days and, thus, freeing up space for other things.

Luongo had started doing virtual parking ticket hearings before the pandemic, and did about 10 a week. While ticketing has slowed down, and so have all hearings, he expects them to really move online after COVID due to more people being familiar with technology. In fact, in-person parking hearings might not return, he said.

“The virtual hearings have slowed down, but once things have opened, I expect all parking hearings are going to be done virtually because we can’t have 30 people waiting in the lobby for a parking hearing. An in-person parking hearing may be a thing of the past.”

The bottom line is that City departments had expected to move to a virtual service, but nowhere near this quickly. Most all said the pandemic has taught them that they can move faster and the public will respond with using the technology if it works. In Everett, which has prided itself on being a leader in the realm of trying new things, creating a new City Hall has endless possibilities.

That’s where DeMaria

said his vision only starts. He said they had just started drawing up ideas for a re-design of City Hall before the pandemic, and that will continue, but at a faster pace.

By using more remote activity, it could free up space in City Hall, whereby they could cross-train employees to perform several tasks in one location. Then, City Hall could take on a whole new role.

DeMaria said he sees it as a place where social service organizations can locate, maybe retail if possible and even temporary housing for people in between eviction and other housing options – potentially even homeless high school students.

“I’ve always seen this building as an energy eater providing one service when it could be a space for 50 services,” he said. “The building will always be open. However, being the City Hall traditional space is to be determined. This can be a place with large community spaces, function spaces and social service agency spaces. These social service agencies are going to have a hard time paying rent after this is over. You may see City Hall be a space for these agencies too.”

EHS // CONTINUED FROM PAGE 1

going a slightly different route where we want to make sure they are doing something where the students can get together and be together even while social distancing,” she said. “So we’re exploring several different options, including a drive-thru or drive-in graduation. It will seem to be like a drive-in movie theatre. That seems to be the one most popular at this point.”

The idea would be to have cars come to a large parking lot at a location in Everett. People would park at a specified distance and there would be large screens for all to see and speakers set up so all could hear. That would permit a graduation with guest speakers and some traditional activities at a distance.

The drive-in graduation, however, is just something to mark the time, she said. A real graduation and prom has been promised at some point.

“One thing I will say is whatever we do for graduation is simply a placeholder because we are committed to have a real ceremony when we can do that,” she said. “We think it’s really important to recognize this time for them now because we will have several students who will leave and may not come back for a postponed graduation ceremony. That’s why we’ll do both. We’ll do this one now and we will, once safe, commit to making sure they have a real graduation and prom.”

There is no date yet for the drive-in graduation, but dates will be shared as the time gets closer. Online celebrations and banquets will be announced soon.

•ONLINE LEARNING

The EPS has rolled out a remote learning plan for students in all grades, which started this week. There are new expectations for grading at all levels, and for some structure to the day. Each school has come up with a plan that accommodates learning.

Already, last week, the schools delivered 500

ChromeBooks to homes, and plan to deliver at least 425 more this week to make sure students have devices to access remote learning during the school year, as well as a robust summer learning program that is being planned.

School Committee members were concerned that some students may not have internet access, and Supt. Tahiliani said that is a concern.

“We do have several students we found without internet and that will probably be a request we put in at the next meeting,” she said. “All students get two months free. However, even that can be a process to get.”

She said they are compiling numbers of students affected, and have worked out a program with an internet provider to offer low-cost service for some students without a connection. The administration will be presenting a potential plan at the next School Committee meeting.

“We do think with the opportunities that would be coming up in the summer, it would be a good investment to make so our students have access now and though the end of the summer,” she said.

When it comes to calculating grades for upcoming valedictorians and salutatorians, Tahiliani said they have decided to only use the first three quarters of this school term in calculating the grade point averages in the future. She said they would likely also move to maybe recognizing more students at the salutatorian level – perhaps a Top 5 in

the class. Without the full four years to calculate, it makes things difficult in declaring a clear-cut winner.

•GETTING STUFF

Supt. Tahiliani said they are now beginning to work with students and parents about getting access to the buildings to retrieve belongings. Many students left school on March 12 not knowing they would never return to the buildings. So, students left behind classwork, supplies and personal items that have remained there since.

Students and parents are encouraged to begin making appointments with school staff to get a time to access the building to get belongings.

•SCHOOL ENROLLMENT

The school registration process began as usual on May 1, with parents able to pre-register their students for next school term. The forms and documents are available on the school website and the parent information center has begun processing things received online. Supt. Tahiliani encouraged parents registering children to go forward with the process.

•DELEGATES CHOSEN

The delegates to the Massachusetts Association of School Committees (MASC) were chosen by the Committee as voting members at the convention for the Everett School Committee.

Member Frank Parker was chosen as the delegate and Member Marcony Almeida-Barros was chosen as the alternate. Both were chosen in a unanimous vote.

Rep. McGonagle, Councilor McLaughlin qualify for September Primary ballot

By Seth Daniel

Two elected officials will be going head-to-head in September to decide who will be the next state representative for Everett, with the Secretary of State confirming that both State Rep. Joe McGonagle and City Councilor Michael McLaughlin have qualified to be on the Primary Election ballot.

The deadline to submit papers locally to the Election Department was Tuesday, and by press time, only McGonagle and McLaugh-

lin had filed signatures – with both also turning them in at the State House as well. Both are Democrats and will be on the Democratic Primary ballot on the day after Labor Day this September.

With no Republican submitting papers, the decision will be made in the Primary this September, and not in the final election in November. Despite it being right after Labor Day, a heavy turnout is expected for the Primary because of the U.S. Senate race between Senator Ed Markey and Congressman Joe Ken-

nedy III.

Both had announced their intentions to run for the seat earlier this year.

In the State Senate race, Sen. Sal DiDomenico and former Chelsea Councilor Joe Perlatonda had been the only ones by press time to pull Nomination Papers for the seat. Perlatonda, though, indicated months ago he did not intend to follow through on running for the seat.

That leaves Sen. DiDomenico at the moment as the lone candidate for the seat.

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THIS SUNDAY IS MOTHER'S DAY

During this time of unprecedented upheaval because of the novel coronavirus pandemic, the rituals that most of us traditionally follow either have been eliminated or drastically changed because of the need to practice physical distancing.

So too, the manner in which we observe Mother's Day, which is this Sunday, May 10, will be different from all others before it. The traditional family get-togethers that we usually observe will be cancelled or modified to a great extent because of the situation in which we find ourselves.

However, it often is said that necessity is the mother of invention (no pun intended) and in that spirit we're sure that all of our readers will find a way to honor their mothers in some fashion, whether it be something as simple as a phone call or by a family gathering via Zoom.

Oftentimes, the smallest of gestures can mean the most.

We hope too, that Mother's Day this year will serve as a way for all of us to think about what is most important in our lives -- our family, friends, and loved ones -- as we struggle to make sense of these turbulent times amidst a pandemic.

We know we join with all of our readers in wishing all of our moms a happy Mother's Day.

THIS IS NO TIME FOR HOOVERISM

Herbert Hoover had been President for about seven months when the stock market crashed in October, 1929. Although there have been many causes attributed to the onset of the Great Depression, the crash generally is viewed as the trigger point for what still rates as the greatest economic downturn in our nation's history.

However, even as the economy continued to sink in the aftermath of the crash, Hoover adopted a hands-off policy toward the economy. Although Herbert Hoover was a good man with lots of government experience prior to becoming president, he refused to take action of any kind, held back by a combination of a lack of imagination and his rigid, free-market view of the U.S. economy.

Hoover failed to recognize the severity of the situation or leverage the power of the federal government to address it. He was widely viewed as callous and insensitive toward the suffering of millions of desperate Americans.

By the time Hoover left office in early 1933, unemployment in the U.S. had reached 25% and millions of Americans literally were starving. The iconic photos from that era of Americans lined up for handouts from the soup kitchens that were operated by private charities still are seared into our collective memory even today.

What brought to mind the inaction of Herbert Hoover during the Great Depression were comments made this past Sunday by Lawrence Kudlow, the former TV personality who now is one of the chief economic advisers to President Trump.

Basically, Kudlow said the Trump administration is taking a wait-and-see approach before committing to more federal support for Americans as the United States continues to weather the coronavirus crisis and the accompanying economic damage.

"Well, I don't want to get too far ahead of the story, Jake," Kudlow said to CNN's Jake Tapper. "There may well be additional legislation. There's a kind of pause period right now."

But "getting ahead" of this crisis precisely is what policymakers need to do. While it certainly is true that the federal government has spent trillions of dollars in various ways to assist Americans, it also is true that the degree of economic assistance -- as well as a coordinated plan -- that will be necessary simply to keep Americans fed during the ongoing crisis will require additional trillions of dollars as the economy plunges into free-fall without a parachute in the months ahead.

The lesson of the Great Depression is that a national government cannot be a passive bystander during a time of economic collapse. Speedy, forceful, and creative action is required today to prevent an already-calamitous situation from becoming worse tomorrow.

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deb@reverejournal.com

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(seth@reverejournal.com)
Cary Shuman
(cary@lynnjournal.com)

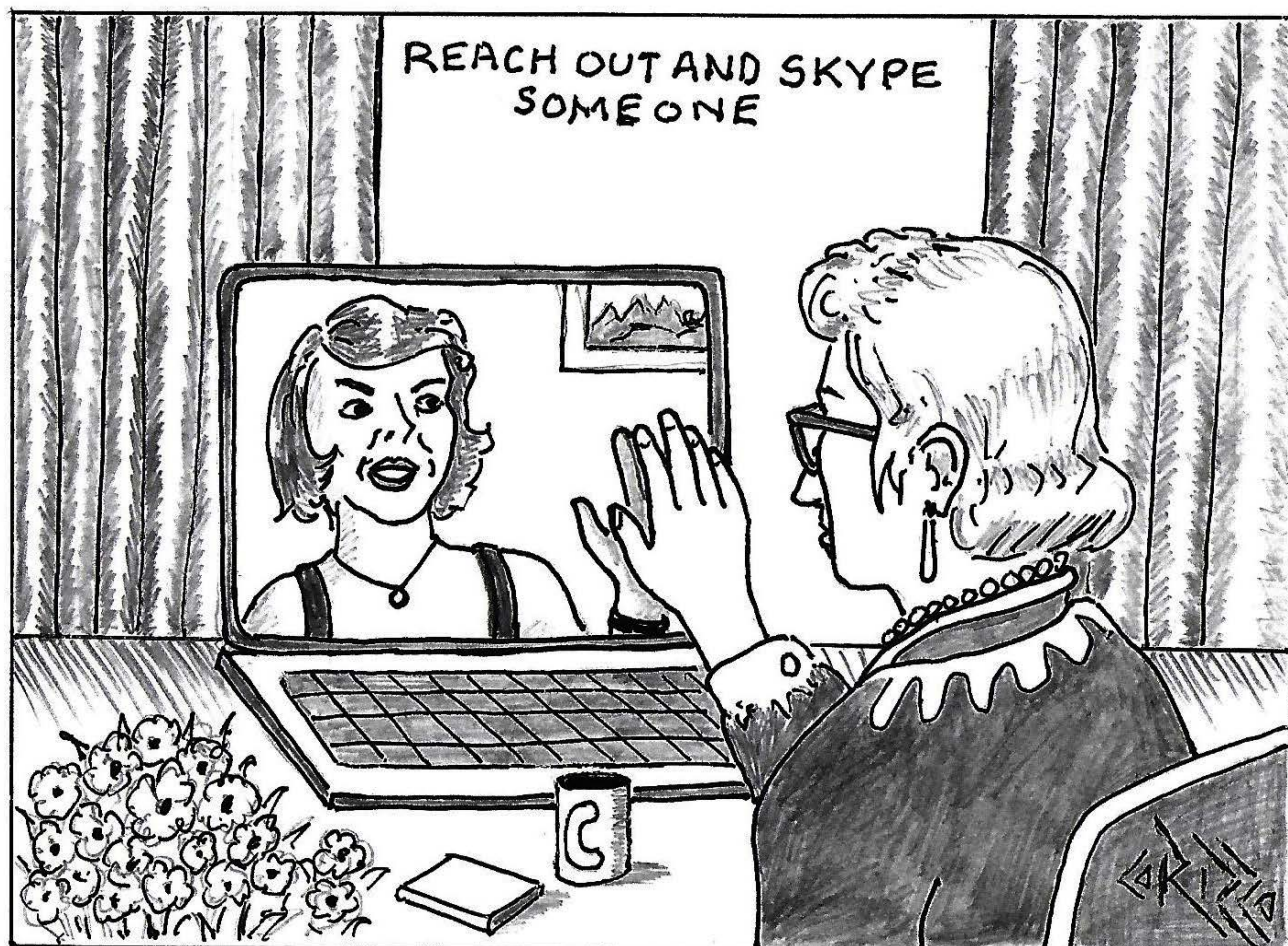
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PHONE: 781-485-0588 • FAX: 781-485-1403

E-MAIL: EDITOR@EVERETTINDEPENDENT.COM

Independent Forum



HAPPY MOTHER'S DAY... MAY 10.

GUEST OP-ED

Assisting our small business community

By Senator Sal DiDomenico

As a State Senator, one of my greatest sources of pride has always been my district's small business community. I grew up in a small business, living above my parents' flower shop as a kid. My entire life, I witnessed the hard work and dedication it takes to run a small business, and the struggles that so many owners face. I have always understood that the backbone of our economy is our small business community, and today I have an intimate understanding of how

much that community is hurting due to the fallout of the COVID-19 emergency.

Every day, I hear from family-owned businesses, restaurant owners, and small shops about the enormous toll this pandemic has had on their businesses and employees. While federal small business relief programs, like the Paycheck Protection Program, Economic Injury Disaster Loans, Express Bridge Loans, and Small Business Association Debt Relief have been made available to help our nation's small businesses, I also know that

accessing these relief options has not been easy.

To my local small business community: please know I hear your concerns. I know that these are exceptionally challenging and frustrating times as you navigate your federal relief options. However, I want you to know that you do not need to face these difficult times alone. There are a number of technical assistance resources out there to help small business owners apply for and access relief, and I wanted to highlight a few that may be particularly helpful. Additionally, my

office is always available to connect you with these programs that are assisting our small businesses.

First and foremost, the United States Small Business Administration's Boston District Office is available to provide financial and technical assistance to small business owners. The SBA works with a number of local partners to counsel, mentor, and train small businesses, and they can connect you with support provided by their Resource Partners, such as

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LETTERS to the Editor

ACT WITH URGENCY

(The following letter was sent recently to Senate President Karen Spilka and House Speaker Bob DeLeo by a group of mayors around the Commonwealth, including Mayor Carlo DeMaria)

Dear Senate President Spilka and Speaker DeLeo,

Voting is a fundamental right and is guaranteed in the U.S. Constitution.

In the midst of a highly contagious infectious disease, we implore you to ensure safe and healthy ballot access in 2020.

We ask the state legislature to act with urgency in reviewing and passing a vote-by-mail program in Massachusetts for this election cycle.

Our constituents deserve the opportunity to exercise their right to vote without risk of exposure to a deadly virus. Every voter in the Commonwealth deserves a safe chance at participating in the democratic process, even through this extremely challenging time for our country.

In recent years with many safeguards available, vote by mail has become the gold standard for voter access and participation. There are many excellent programs across the country in states including Colorado, Utah, Oregon, Washington, and Hawaii. In response to COVID-19, more states have stepped forward, including New York, New Hampshire and Maryland, to ensure ballot access.

Massachusetts has always been a leader during challenging times for our

country. The Commonwealth with the leadership of the Senate and House must lead again with ensuring safe, healthy, widely available ballot access by passing a vote by mail program.

In this time of pandemic, no one should be forced to choose between their health and their right to vote. Even Dr. Fauci is uncertain when this current surge will subside, with experts projecting possible recurrence in the fall just as voters head to the polls for the statewide September 1 primary and the November 3 general election.

As Mayors serving 22 cities we see Vote by Mail as the best chance our constituents and Commonwealth have to protect the integrity of our 2020 elections and the health of our voters. Thank you for your urgent consideration of this request.

Mayor Carlo DeMaria Jr., Everett

Mayor Thomas McGee, Lynn

Mayor Ruthanne Fuller, Newton

Mayor Sefatia Romeo Theken, Gloucester

Mayor Kim Driscoll, Salem

Mayor John J Leahy, Lowell

Mayor Joseph M. Petty, Worcester

Mayor Nicole LaChapelle, Easthampton

Mayor Paul Brodeur, Melrose

Mayor William Reichelt, West Springfield

Mayor David Narkewicz, Northampton

Mayor Daniel Rivera, Lawrence

Mayor Yvonne Spicer,

Framingham

Mayor Donna Holaday, Newburyport

Mayor Jon Mitchell, New Bedford

Mayor Neil Perry, Methuen

Mayor Roxann Wedegartner, Greenfield

Mayor Thomas Bernard, North Adams

Mayor Paul Coogan, Fall River

Mayor Sumbul Siddiqui, Cambridge

Mayor Cassandra Gove, Amesbury

Mayor Linda Tyer, Pittsfield

of the Everett Police Department and volunteers deliver approximately 150 bags of groceries from our pantry as well as the Grace Food Pantry.

Our volunteers also distribute food to the various senior buildings, including 40 at Golden Age Circle, 60 at Whitney Lorenti house, by Gerri Miranda and Clare Ellyn Nee.

Finally, 120 bags of groceries get delivered by staff and volunteers to Whitter Drive Housing Complex, and Glendale Towers per request.

The Inspectional Services Department has been delivering 450 meals to seniors each day. Hats off to Jim Frank, Lou and the entire crew for in many instances, going the extra mile to make sure our seniors are safe. Lunch delivery serves many purposes, first and foremost to provide at least one nutritious meal to our seniors each day. It also serves as a wellness check and in some cases a little bit of social interaction that our seniors would otherwise not have at this, or any other time.

Of course, our guys at the City Services make sure our excess trash, boxes and recyclables are picked up in a timely manner and are ready to lend a hand as requested.

I would like to also add, I have received a tremendous amount of positive responses on The Senior Exercise classes airing on ECTV.

Here are just a few examples below:

"Thank you for the classes. They are keeping me sane"

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Birthday // CONTINUED FROM PAGE 1

in her free time and giving them to hospitals and first-responders since the COVID-19 outbreak began in March.

However, once her birthday rolled around, and her party had to be cancelled, she decided to help others as a celebration of her big day. Putting a banner sign out in her yard, she asked everyone passing by to help her celebrate her 40th birthday by giving a donation of food in exchange for a home-made mask. Additionally, she spread the word to family and friends and neighbors too, and what she got was a great birthday surprise.

“I always celebrate my birthday really big and being my 40th, I planned to do this one really big and have a party and friends over,” she said. “I found out I couldn’t do that so I decided to celebrate by helping people...So many people dropped off food and others gave donations to get food. My friends came to my house and did a car parade and honked their horns for my birthday. Then they all dropped off baskets of food as my present. It’s awesome. I feel blessed to be able to help others as I celebrate.”

Councilor Michael McLaughlin had seen the sign, and said he also dropped by to wish Sousa a happy birthday and to contribute to the food basket drive.



Councilor Michael McLaughlin stopped by on Saturday to help the effort with a food donation.

“On Saturday it was a true honor to stop and thank a true community hero,” he said. “The dedication Karina showed by putting the needs of others first truly showed the selfless acts done during these unthinkable times. A lot is said about individuals that do things when no one is paying attention rather than when the lights are on. This is a great way to celebrate a milestone.”

Sousa, who said she is originally from Brazil, said she has seen so many friends and family members who have lost their jobs. She knows people with kids who are no longer working and struggling to put food on their tables.

With that motivation, she prepared about 65 baskets of food two weeks ago for those in need, and she still has more if others would need the help.

But on her birthday last Sunday, she was able to distribute 70 baskets of food to those in need, and she still has more if others would need the help.

“Everything is so scary,” she said. “We don’t know what is going to happen the next day. I know a lot of friends without work and they have kids too. I felt so bad I had to do something. I needed to do something good and it helped teach my kids that doing something good was more important.”

Malden Catholic HS offers spring and summer education recovery classes for high school students

Since the onset of COVID-19, Malden Catholic High School seamlessly shifted to an exceptional Distance Learning model with interactive, academically challenging classes taught by veteran teachers on a secured Zoom platform. MC students have had the benefit of a full curriculum for the past two semesters with assigned letters grades.

In an effort to provide supplemental coursework for high school students in the Greater Boston area who may have lost time and learning due to the crisis, Malden Catholic will offer remote Education Recovery enrichment classes this spring and summer. These classes are designed to provide students grades 7 – 11 with the important coursework and studies they may have missed in Math, Science, English, Social Studies, Foreign Language, STEM and other electives to ensure they are prepared for college applications and the 2020 - 2021 school year.

The MC Education Re-

covery spring courses will run from May 11 to June 12, Monday - Friday from 2:30 - 3:30 PM and 4:15 - 5:15 PM on an interactive Zoom platform for \$395/class. Summer classes will be held from June 29 to July 31. Class selection options include the following: Math, Science, English, Social Studies, Foreign Language, STEM: Engineering Everywhere, SAT Prep, College Application 101, Probability and Statistics, Create Your Own Website, The Fundamentals of Music Theory, Humanities and the Arts, Public Speaking and Workplace Skills, 3D Printing – Behind the Scenes, Philosophy, Bible Study and Weather.

Class selection and registration are on the Malden Catholic website at <https://www.maldencatholic.org/academics/spring-enrichment-classes>

Since 1932, Malden Catholic High School has shaped emerging leaders in our community, claiming a Nobel Laureate, a Senator, two ambassadors

and countless community and business heads among its alumni. Annually, graduates attend some of the nation’s most renown universities including Harvard, Georgetown, Brown, Cornell, Tufts, Georgia Tech, Boston College and Amherst College. Foundational to student success is Malden Catholic’s codivisional model which offers the best of both worlds, single-gender academics during the day and integrated social and extracurricular opportunities after school. Malden Catholic is known in the community for its rigorous academics, SFX Scholars Program and award-winning STEM program (Science, Technology, Engineering and Math) with electives such as Robotics and Engineering Design. Malden Catholic curriculum is designed to improve individual growth mindset, leadership principles, success outcomes along with integrating the Xaverian values of trust, humility, compassion, simplicity and zeal.

Middlesex Sheriff’s office population has dropped 25% since March 12

Staff Report

Middlesex Sheriff Peter J. Koutoujian announced the population currently under supervision has dropped to below 600 individuals – a nearly 25 percent drop since mid-March.

“On March 12, we had 787 people either sentenced or awaiting trial,” said Sheriff Koutoujian. “Today, we have 594. This is a result of multiple processes we began back in early March to reduce our population in a safe and precise manner. We have taken action – by tripling the number of individuals on electronic monitoring and by collaborating with Dis-

trict Attorney Marian Ryan to conduct bail reviews – to balance the public safety and public health needs of this unique moment.”

The drop in population has also been aided by a decline in new arrestees, scheduled releases for sentenced individuals, and the recent Massachusetts Supreme Judicial Court ruling allowing pretrial individuals being held on certain charges to have their bail revisited.

As a result of this decline, the Middlesex Sheriff’s Office has also announced the temporary closure of a fourth dormitory-style housing unit. On April 10 – following an initial 15 per-

cent reduction in population – the MSO announced the temporary closure of three dormitory-style units.

The drop in population and closure of the dorms, combined with other steps modifying movement within the facility has allowed for an enhancement of social distancing practices within the Middlesex Jail & House of Correction.

“The decisions we are making and the steps we are taking are focused on ensuring the safety of those in our custody, our staff and the communities we serve,” said Koutoujian. “We will not waiver from our commitment to meeting those objectives.”

Op-Ed // CONTINUED FROM PAGE 4

SCORE offices, Women’s Business Centers, Small Business Development Centers and Veterans Business Outreach Centers. All of that information on assistance can be accessed on the SBA’s website.

On a local level, the Massachusetts Growth Capital Corporation (MGCC) COVID-19 Small Business Stabilization Network is offering small business support, including lending, financial education, and business coaching. This network consists of 48 Small Business Technical Assistance grantees and nonprofit organizations brought together by MGCC. Together, this network covers the whole state. Additionally, MGCC is supporting Massachusetts’s small business owners by providing multilingual application assistance for the SBA’s Paycheck Protection Programs. Small

business owners interested in receiving help from the MGCC and the COVID-19 Small Business Stabilization Network should visit the MGCC website for details.

Another important resource that is available, especially for our district, is the Massachusetts Equitable Paycheck Protection Program (PPP) Access Initiative. This initiative is committed to providing timely access to the Small Business Association PPP for underbanked businesses and historically disadvantaged demographic groups, including people of color and women. A coalition of banks is committing to making PPP loans directly and a network of Community Development Financial Institutions (CDFIs) are providing technical assistance with loan applications. If you are a minority-owned business, you

are encouraged to apply as soon as possible.

Of course, these are only just a few highlights of technical assistance options that are available. The www.mass.gov website has a comprehensive list of COVID-19 resources and guidance for businesses that I encourage you to explore for a full overview.

Finally, please know that my office and the Massachusetts Senate are hard at work exploring all the options we can take to support our small business community. While we face a long road to recovery, I am fully committed to supporting the small businesses that have always made my district so vibrant over the years. I will continue advocating for our small businesses, and my office is always here to provide any assistance or guidance that they may need.



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Parents of infants:
You are focused
on keeping your
baby safe right now.
We are too.



We know you are worried, but it is important to bring your baby to the health center for regular vaccines. Vaccines are more important now than ever, and without them, your baby is at risk for serious and sometimes fatal diseases. **We are safely seeing babies in a separate building that is only being used for healthy babies.** These visits are limited to one healthy infant and one healthy parent or caregiver. If you are unwell, please do not come to the health center yourself. If you have questions, please call us at 617-569-5800.



www.ebnhc.org

AG Healey and staff bring help to the frontlines in Everett, Chelsea

By Seth Daniel

There are no shortage of laws and protections that state government and local leaders have put in place to protect residents, but the law on paper and the reality on the street sometimes don't match up.

That's why Attorney General Maura Healey and her staff, including Everett School Committeeman Marcony Almeida Barros, had thousands of fliers printed up with good, concise information about eviction protections, price gouging, unemployment benefits, sick time and health insurance. Those fliers were translated into 10 languages and last weekend, AG Healey kicked-off an information and assistance tour in Chelsea and Everett – two of the hardest hit locales in the state.

In Everett, they visited the Grace Food Pantry on Sunday and spoke with people waiting in line to distribute information to them. On Saturday, they visited the Chelsea Collaborative to hand out the fliers to those coming for

hygiene items and food.

What they found was exactly what they suspected – that many were having their rights violated despite the protections that have been put in place.

“We heard that a number of times from people in line, people complained of landlords harassing them and saying if they didn't pay rent now, they would change the locks on them,” she said. “These are evictions that landlords cannot pursue. We even asked them to give us their landlord's number right there and we had staff call them and talk to the landlord about it. We had a number of people we were able to get numbers from who were waiting in line and we're following up on them. That's important because we don't need people thrown out in the streets. That's why it's great and important to be out and on the ground.”

Healey said they knew at the outset that many communities of color, low-income communities and those with large populations of essential workers



Marcony Almeida Barros hands out fliers from the AG's office to a resident at the Grace Food Pantry distribution on Sunday.



Councilor Stephanie Martins helping out AG Maura Healey hand out fliers to those in line for the Grace Food Pantry.



AG Maura Healey (right) and staffer Marcony Almeida Barros (as an Everett School Committeeman) offering one of their fliers to a resident on Sunday.

would be hit hard by the virus and by the economic implications. With a lack of good information available, Healey said she and her staff felt they could be a great conduit to produce and distribute reliable information.

“They need to know they are protected from evictions and debt collection right now,” she said. “We've already intervened several times to stop evictions and given lots of information about worker safety. We're delivering PPE to workers in western Massachusetts.

Our job as an agency is to be a resource. We are the people's law firm.”

Barros, who has worked for Healey for many years as chief of the Community Engagement Division, said they compiled the information as fast as they could, and had the idea they needed to be on the ground distributing them across the state.

“We translated them into 10 different languages and wanted to distribute them to 'hot spot' communities,” he said. “We printed 20,000 and sent them to communi-

ty organizations, churches and food pantries...When we went out last weekend, people were telling AG Healey what we knew was happening from our hotline. People are not only hungry for food, but also they are hungry for information that is reliable. We heard that in Chelsea and Everett. The issues are the same – landlords and tenant issues are a hot topic. People may

not speak English, but they need information right now and they have rights. It's intense, but important work.”

AG Healey reported that Partners Healthcare has requested 12,000 copies of the fliers from her office. They intend to place them in wellness packets that will be distributed to patients at their health care facilities.

We want to see you....
at home!

Telemedicine allows health care professionals to evaluate, diagnose, and treat patients at a distance using telecommunications technology, such as a smart phone or computer. Telemedicine allows us to continue to provide high-quality care to our patients during the COVID-19 pandemic while minimizing exposures.

Telemedicine appointments are being scheduled in Pediatrics, Adult Medicine, Family Medicine, Women's Health (OB/GYN), Behavioral Health, Neighborhood PACE, and other departments. We use certified medical interpreters during telemedicine appointments for languages other than English.

Do you need to schedule a telemedicine appointment with your primary care provider? Did you miss an appointment that needs to be rescheduled? If so, call 617-569-5800 to schedule a telemedicine appointment. This is especially important if you have a chronic or a behavioral health condition. You should be treated if needed, especially during this public health crisis. We're here to keep you healthy!

www.ebnhc.org •

Helping feed the people food, and feed them information – AG Maura Healey and staffer Marcony Almeida Barros were at the Grace Food Pantry Sunday.

Letters // CONTINUED FROM PAGE 4

“It's good to see a friendly face on ECTV.”

“Everett cares for us seniors.”

I am pleased with the way the community has banded together to help our most at-risk residents. I would like to thank everyone for the help, the compassion and willingness to go above and beyond.

Regards & Stay Safe,

Dale Palma
Council on Aging
Coordinator

REACH OUT TO ME

Dear Editor,

I want to take this time and write to you and your family. Let me start by introducing myself. For those that don't know me, I am

Michael J. McLaughlin, a life-long Everett resident and currently YOUR Ward Six City Councilor representing all of Everett.

I wanted to reach out and send positive thoughts, in the face of the coronavirus. We have seen unprecedented changes in our community overnight unfortunately. I want you to know, one thing that has not changed is my commitment to serve the general public as a whole. The majority of my life I have spent trying to help my neighbors, and in this time it only offers a greater opportunity to do so. I hope that this letter finds you and your family healthy and safe. We all need to continue following social distancing and practicing staying at home as often as possible, which brings me to my letter today. I wanted to reach out to offer any support and help that I can give during these uncharted times that we are living in, as we all battle together to overcome one of the worst pandemics our country has ever faced. As a member of the Everett City Council, I am fully committed to working together with all stakeholders involved to ensure that our city will come out of this stronger and more resilient than ever after this pandemic has come to a close.

This being said I want you to know and be informed that if I can be of any service to you and your family during this time, or a need arises where I can help resolve a matter to keep your family safe while keeping you at home, please don't hesitate to reach out to me directly, as I have been receiving calls for assistance with grocery shopping, prescription pick-up and other day-to-day errands. Please do not believe any issue is too big or too small to call on a friend. I will absolutely do all that I can to ensure that your need is addressed immediately. I want you to know you have a friend in me.

Michael J. McLaughlin
Ward 6 Councilor

hey, Landlords!

WE'VE GONE VIRTUAL

At Broadway RE, we're doing everything we can to keep your apartment rented effectively. We're busy with potential renters for May! Get in touch with us and ask about:

- FREE Virtual Tours**
- Online Applications**
- FREE Credit Checks & Reference Verifications**
- No broker's fee!**

EMAIL INFO@BROADWAYRE.COM OR CALL THE OFFICE AT 617-294-2619

Everett Community Care Fund

Massachusetts Bay and Merrimack Valley

“In the City of Everett, we are doing all we can to help local families and individuals who are being profoundly impacted by the COVID-19 virus. This includes working with United Way to raise and quickly deploy funds directly to people in our community who have lost income due to job loss or reduced work hours. These funds will be used to support food pantries, supplement rent payments, provide childcare and pay utility costs. For many Everett families and individuals, this fund will help prevent a health crisis from becoming a financial crisis. Please help us keep these families afloat with a donation to the Everett COVID-19 Care Fund. All proceeds (less credit card processing fees) will go directly to helping Everett families and individuals in need.”

Sincerely, Mayor Carlo DeMaria

To donate please go to: unitedwaymassbay.org/covid-19/local-funds/everett

You can also send a check to the following address:

United Way of Massachusetts Bay, PO Box 51381, Boston, MA 02205-1381.

Please make checks out to United Way of Massachusetts Bay and include “Everett Covid-19 Care Fund” in the memo of your check.

1456 NORTH SHORE RD., REVERE • 781-289-1300

Volunteers clean Everett's waterfront

This past April, the Mystic River Watershed Association created a network of determined volunteers, who have been working clean up both shores of the Malden River.

In an effort to keep the Malden River clean and trash-free, President of the Friends of the Malden River and project manager of Trash Free Malden River, Karen Buck organized a group of Malden residents to clean up Everett's new waterfront park, Rivergreen.

"I want to thank the Friends of the Malden River for going above and beyond during this time to tend to the environment, specifically Everett's Rivergreen Park. Having a clean waterfront not only makes our city look better, but it's also essential to the health of Everett residents," Mayor Carlo DeMaria said.

The Mystic River Watershed Association joined the #trashtagchallenge by creating an April Earth Month. While volunteers worked to clean up the shoreline, they also picked up street litter to prevent trash flowing through storm water street drains into the Malden River.

To date, volunteers have collected 29 bags of trash out of the Rivergreen riverbanks.

Trash bags included,



Volunteers hold the "Friends of the Malden River" banner.

approximately 1817 single use plastic bottles, ten bags of degraded plastic. The also collected a TV, cooler, and soda CO2 dispenser. On the opposite shore (River's Edge), volunteers collected 15 bags of trash that was all plastic and Styrofoam, including approximately 2,074 single use plastic bottles.

"We all share the responsibility of respect and care for our Malden River and our environment. We

improve our lives through caring for our environment. Come to the Malden River and enjoy the nature it provides. Make a small change in your lifestyle that will make a huge difference for the world," Karen Buck said.

Contact the Friends of the Malden River at heMaldenRiver@gmail.com to learn more about how to prevent plastics from destroying the water, food, and air.



Many bags were filled with trash along the waterfront.

LUMA distribution of funds to qualified residents

The Everett Community Care Fund had its first distribution of funds to qualifying residents on Thursday afternoon at LUMA on Ferry Street. After launching just two weeks ago with seek money from the United Way, the fund is seeking donations from the community and will distribute the money through five local partners – including LUMA, Mystic Valley Elder Services, La Comunidad, Everett Haitian Community Center and Eliot Community Human Services. Each organization was given grants of \$20,000 to distribute to members of

the community who were in greatest need. All beneficiaries had to live in Everett, and had to demonstrate great need.

At LUMA on Thursday, 100 families lined up to get \$200 grants that went directly to pay utility companies, rent or phone bills. Checks were made out directly to those entities.

Director Lucy Pineda said it was a great service to the residents, and so many were grateful and in need.

The drive continues and more donations are needed to help people who need to pay bills, make rent payments or absorb other ex-

penses.

All gifts are tax-deductible and 100 percent of the proceeds (net credit card fees) will go to individuals seeking assistance via nonprofits already working in Everett. Donations can be made by credit card or through a donor advised fund online or by sending a check to United Way of Massachusetts Bay, PO Box 51381, Boston, MA 02205-1381. Please make checks out to "United Way of Massachusetts Bay" and include "Everett Covid-19 Care Fund" in the memo of the check.

LEGAL NOTICES

LEGAL NOTICE

PUBLIC NOTICE

On April 29, 2020, an application was filed with the Federal Communications Commission in Washington, D.C. requesting its consent to the assignment of license of

Station WKOX(AM), Everett, Massachusetts (1430 kHz), from the Ocean Station Trust II LLC to Delmarva Educational Association. The sole member of the Assignor, the Ocean Station Trust II LLC, is Digital Drake LLC. The sole member of

Digital Drake LLC is Barry Drake. The officers and directors of the Proposed Assignee, the Delmarva Educational Association, are Nancy A. Epperson, Stuart W. Epperson, Jr., Kristine E. Pringle, Beatrice Ward,

Pamela Davis, Mark Gunn, Karen June Deneur, John Fonville, and Roger Stark. A copy of this application is available on the Internet at <https://publicfiles.fcc.gov>. 5/6/20, 5/13/20, 5/20/20, 5/27/20 EV



COURTESY PHOTOS

A worker at LUMA prepares a payment for a recipient.




A line of residents stretched down Ferry Street on Thursday waiting to get Everett Community Care Fund distributions. Families had to prove their need and prove residency in Everett.



LUMA Director Lucy Pineda hand out a check to a recipient in line on Thursday.



LUMA Director Lucy Pineda answers questions about the fund at her office on Ferry Street.



Everett Health & Wellness Center's Virtual Online Class Schedule

May 3 - May 31, 2020

Time	SUN	MON	TUE	WED	THU	FRI	SAT
9AM		Barre with Lexi Meeting ID# 196 929 546	HIIT with Keri Meeting ID# 471 945 4797	HIIT with Lexi Meeting ID# 205 775 327	Body Blast with Kahlea Meeting ID# 542 213 6066	Adult Yoga with Jacquael Meeting ID# 391 835 9180	Rock Bottom with Lucy Meeting ID# 932 448 0028
9:30AM	Adult Zumba with Lauren Meeting ID# 683 496 3720						
10AM							Youth Soccer Conditioning with Coach John Meeting ID# 722 4368 5560
11AM	Kid Fit with Keri Meeting ID# 471 945 4797						Strong with Tonya Meeting ID# 308 933 360
12PM		Youth Soccer Conditioning with Coach John Meeting ID# 793 8856 0190	Kid Fit with Keri Meeting ID# 471 945 4797	Kid Yoga with Jacquael Meeting ID# 391 835 9180	Kid Fit with Keri Meeting ID# 471 945 4797	Kid Yoga with Jacquael Meeting ID# 391 835 9180	
4PM				Kids Art Class with Elizabeth Meeting ID# 520 827 3423		Kids Art Class with Elizabeth Meeting ID# 520 827 3423	
5:30PM		Kids Zumba with Lauren Meeting ID# 683 496 3720					
6PM		Strong with Tonya Meeting ID# 308 933 360	Step It Up with Kahlea Meeting ID# 542 213 6066	Adult Yoga with Jacquael Meeting ID# 391 835 9180	Top It Off with Keri Meeting ID# 471 945 4797	Core & More with Lucy Meeting ID# 932 448 0028	

Adult Classes: Barre: This class will lead you through a workout that combines the best elements of ballet barre, pilates, functional training and stretching.

Body Blast: A calorie burning workout that incorporates interval cardio and body sculpting. A total-body workout targeting muscles from head to toe to build strength & endurance while improving flexibility. This class will help shape and tone refining body alignment and posture.

Core & More: A 30 min class targeting your entire torso, including back and core muscles. A strong core leads to strong, fit body that will be less prone to injury. This class is a wonderful complement to all group classes.

HIIT: High Intensity Interval training also know as Tabata, or Burst Training, takes an interval style approach. This workout is designed to train the total body and is super intense. This class is 30 minutes of nonstop Core / Cardio training.

Step It Up: this class combines the classic, medium to high intensity, step cardio workout with basic step aerobics choreographed routine. But takes standard hi/lo aerobics moves and gives them a bit of an upbeat style. Set to the latest music, this class will give you a work-out.

Strong: STRONG is a high intensity training workout driven by the science of Synced Music Motivation. STRONG crafts and reverse engineers the songs to match every move, driving the intensity and provides a total body workout. STRONG incorporates body weight, kick boxing, and boot camp style movements throughout the class.

Top It Off: A 45 min nonstop free wight workout catering to your upper body. Shape your arms, shoulders and back and helping your upper body get stronger.

Rock Bottom: a 45 min intense workout zoning in to target your lower half. Work on leaning and strengthening thighs and calves while lifting and toning y our bottom.

Yoga All Levels: yoga at a faster paced, and the postures are linked together in a series of movements from one pose to another, gives you an added cardiovascular benefit. The practice of yoga can increase muscle strength, endurance and flexibility, and reduce levels of stress.

Kids Art Class: Miss Elizabeth will teach you how to draw objects around the house with materials you use everyday. it is an interesting way to learn new & creative ways to have fun with everyday things around you.


KidFit: This class will get your kids active. Ms. Keri will do some basic at home exercise moves to some music. It is fun & it will get your ids moving.

Kids Yoga: Hop on your yoga mat and join Ms. Jacqui for a fun kids yoga class. You will explore the basics of yoga.

Kids Zumba: Join Ms. Lauren for a dance fitness class. Just like adult Zumba, but with age-appropriate music and moves, and an emphasis on "feeling fearless on the dance floor."

Youth Soccer Conditioning: Join Coach John for a soccer conditioning class that will show you to perfect a complete soccer at home workout using a soccer ball, agility skills, calisthenics, and plyometric exercises. He will help you how to stay active while at home.

All our virtual classes will be done through ZOOM app. This app is FREE and can be downloaded on any computer and on IPHONES & Anroid. Once you have downloaded ZOOM, it is time to create an account by adding your personal information. Once that is set up, go to "Join a meeting" at the designated class time, and put in your MEETING ID NUMBER listed on the schedule. If you do NOT want your camera to record you during the meeting, you can disable it, but still be able to see the instructor. Once the class is over, simply "leave the meeting."



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NURSE DAY IS MAY 6TH! THANK A NURSE IN YOUR LIFE

Thank you essential heros at the Cambridge Health Alliance in Everett for getting us through these difficult times.



Denise Anderson RN, Kerry Marchese RN and Sam Yang, respiratory therapist in the ICU.



Steven Colas RN and Bikrant Sharma RN working in the ICU.



Denis Dauphinee, Surgical Technician, with Tricia Lopolla RN, both hard at work in the ICU.



Chad Salarino, Respiratory Therapist in the ICU.



Kendall McHose RN in the ICU.



On the front lines at CHA Everett, from front to back: Tammy Desimone RN, Denise Anderson RN, and Denis Dauphinee, surgical tech and author.

A SHORT STORY ABOUT GROWING UP WITH AN UNFAIR ADVANTAGE.

POLIO.

As one of the last American children to contract polio, Jeffrey Galpin grew up in a world of iron lungs and body casts, alone with his imagination. His story would be dramatic enough if it was just about his battle with this dreaded disease.

But Jeffrey Galpin did more than survive polio. He went on to a list of achievements in medical research—including being the principal investigator in applying the first gene therapy for HIV/AIDS.

Dr. Galpin actually credits his own incurable condition for giving him the focus that made him so passionate in his research. His story leaves us with two of the most contagious messages we know. Don't give up, and remember to give back. If Dr. Galpin's story inspires just one more person to make a difference, then its telling here has been well worth while.

75 Years

aaos.org/75years

CELEBRATING HUMAN HEALING

Mayor DeMaria and the Entire City Government Announces Virtual City Hall on ECTV Channel 22

May 11 through May 17, 2020

Monday, May 11, 2020

Duration	Program
12:00 AM	Virtual City Hall Meeting
09:00 AM	Healthy Steps with Julie Kaufmann
10:00 AM	Movements to Music with Calvin Braxton
11:00 AM	Tai Chi with Bill Barron
11:30 AM	Country Western Line Dancing with Julie Kaufmann
12:30 PM	Glee Club with Diane Ellis
01:30 PM	Chair Yoga with Miguel Vargas
02:00 PM	Latin Heat with Miguel Vargas
03:00 PM	Latin Heat with Miguel Vargas
04:30 PM	Ways and Means Committee Meeting 4.1.20
05:04 PM	Committee of the Whole: 02/10/20
06:00 PM	Virtual City Hall Meeting
08:00 PM	Everett Planning Board Meeting April 14, 2020: Everett Planning Board Meeing April, 14 2020
10:30 PM	Glee Club with Diane Ellis
11:30 PM	Ways and Means Committee Meeting 4.1.20

Tuesday, May 12, 2020

Time	Program
12:00 AM	Virtual City Hall Meeting
09:00 AM	Movements to Music with Calvin Braxton
10:00 AM	Tai Chi with Bill Barron
10:30 AM	Country Western Line Dancing with Julie Kaufmann
11:30 AM	Glee Club with Diane Ellis
12:30 PM	Zumba with Calvin Braxton
01:30 PM	Healthy Steps with Julie Kaufmann
02:30 PM	Chair Yoga with Miguel Vargas
03:00 PM	Latin Heat with Miguel Vargas
03:30 PM	Wellness Center Soccer Conditioning April 27
04:30 PM	Ways and Means Committee Meeting 4.1.20
05:00 PM	Committee of the Whole: 02/10/20
06:00 PM	Virtual City Hall Meeting
08:00 PM	Everett Planning Board Meeting April 14, 2020: Everett Planning Board Meeing April, 14 2020
10:30 PM	Glee Club with Diane Ellis
11:30 PM	Ways and Means Committee Meeting 4.1.20

Wednesday, May 13, 2020

Time	Program
12:00 AM	Virtual City Hall Meeting
09:00 AM	Tai Chi with Bill Barron
09:30 AM	Country Western Line Dancing with Julie Kaufmann
10:30 AM	Glee Club with Diane Ellis
11:30 AM	Zumba with Calvin Braxton
12:30 PM	Healthy Steps with Julie Kaufmann
01:30 PM	Latin Heat with Miguel Vargas
02:30 PM	Chair Yoga with Miguel Vargas
03:00 PM	Movements to Music with Calvin Braxton
04:30 PM	Ways and Means Committee Meeting 4.1.20
05:04 PM	Committee of the Whole: 02/10/20
06:00 PM	Virtual City Hall Meeting
08:00 PM	Everett Planning Board Meeting April 14, 2020: Everett Planning Board Meeing April, 14 2020
10:30 PM	Movements to Music with Calvin Braxton
11:30 PM	Ways and Means Committee Meeting 4.1.20

Thursday, May 14, 2020

Time	Program
12:00 AM	Virtual City Hall Meeting
09:00 AM	Country Western Line Dancing with Julie Kaufmann
10:00 AM	Latin Heat with Miguel Vargas
11:00 AM	Zumba with Calvin Braxton
12:00 PM	Healthy Steps with Julie Kaufmann
01:00 PM	Movements to Music with Calvin Braxton
02:00 PM	Chair Yoga with Miguel Vargas
02:30 PM	Tai Chi with Bill Barron
03:00 PM	Glee Club with Diane Ellis
04:30 PM	Ways and Means Committee Meeting 4.1.20
05:04 PM	Committee of the Whole: 02/10/20
06:00 PM	Virtual City Hall Meeting
08:00 PM	Everett Planning Board Meeting April 14, 2020: Everett Planning Board Meeing April, 14 2020
10:30 PM	Tai Chi with Bill Barron
11:30 PM	Ways and Means Committee Meeting 4.1.20

Friday, May 15, 2020

Time	Program
12:00 AM	Virtual City Hall Meeting
09:00 AM	Glee Club with Diane Ellis
10:00 AM	Zumba with Calvin Braxton
11:00 AM	Healthy Steps with Julie Kaufmann
12:00 PM	Yoga Movements with Miguel Vargas
01:00 PM	Tai Chi with Bill Barron
01:30 PM	Country Western Line Dancing with Julie Kaufmann
02:30 PM	Latin Cardio with Miguel Vargas
03:30 PM	Movements to Music with Calvin Braxton
04:30 PM	Ways and Means Committee Meeting 4.1.20
05:04 PM	Committee of the Whole: 02/10/20
06:00 PM	Virtual City Hall Meeting
08:00 PM	Everett Planning Board April 28, 2020 (2)
11:30 PM	Ways and Means Committee Meeting 4.1.20

Saturday, May 16, 2020

Time	Program
12:00 AM	Virtual City Hall Meeting
09:00 AM	Latin Cardio with Miguel Vargas
10:00 AM	Healthy Steps with Julie Kaufmann
11:00 AM	Movements to Music with Calvin Braxton
12:00 PM	Yoga Movements with Miguel Vargas
01:00 PM	Glee Club with Diane Ellis
02:00 PM	Tai Chi with Bill Barron
02:30 PM	Zumba with Calvin Braxton
03:30 PM	Country Western Line Dancing with Julie Kaufmann
04:30 PM	Ways and Means Committee Meeting 4.1.20
05:04 PM	Committee of the Whole: 02/10/20
06:00 PM	Virtual City Hall Meeting
08:00 PM	Everett Planning Board April 28, 2020 (2)
11:30 PM	Ways and Means Committee Meeting 4.1.20

Sunday, May 17, 2020

Time	Program
12:00 AM	Virtual City Hall Meeting
09:00 AM	Tai Chi with Bill Barron
09:30 AM	Country Western Line Dancing with Julie Kaufmann
10:30 AM	Glee Club with Diane Ellis
11:30 AM	Latin Cardio with Miguel Vargas
12:30 PM	Yoga Movements with Miguel Vargas
01:30 PM	Zumba with Calvin Braxton
02:30 PM	Healthy Steps with Julie Kaufmann
03:30 PM	Movements to Music with Calvin Braxton
04:30 PM	Ways and Means Committee Meeting 4.1.20
05:04 PM	Committee of the Whole: 02/10/20
06:00 PM	Virtual City Hall Meeting
08:00 PM	Everett Planning Board April 28, 2020 (2)
11:30 PM	Ways and Means Committee Meeting 4.1.20

Visit www.cityofeverett.com for all updated information



OBITUARIES

Kathleen DiChiara

World War II English War Bride and woman of style, elegance and grace

Kathleen “Kay” (Davies) DiChiara of Revere died on April 30 at the age of 92.

Born in Liverpool, England to the late Daniel and Elizabeth (Hanratty) Davies, she was the beloved wife of the late Alfonse “Al” DiChiara, devoted mother of Sandra DeChristoforo and her late partner, Steve of Revere and the late Nicholas DiChiara of Westminster, CO; dear sister of the late Anne Matthews and Bette Machon of England; cherished grandmother of Gina Bassant and her late husband, Jay of Revere, Brenda Spinelli and her husband Jim of Port St. Lucie, FL and Johnna Wallace and her husband, Bruce of Port St. Lucie, FL; adored great grandmother of Cassandra, Nikolas, Caden and August. She is also survived by many loving nieces and nephews.

We lost a remarkable woman. A woman full of life, courage and determination. Throughout her exceptional life she endured many challenges but also enjoyed many incredible experiences. Growing up in England during World War II led her to meet a U.S. soldier and fall in love, and that love led her to move to the United States, to marry and start a new life and a family.

Kay was a devoted wife and an amazing mother, grandmother and great-grandmother (Nana). A woman of style, elegance



and grace. She was the family’s matriarch, historian and storyteller. She loved to travel the world and read everything she could. Her talents were endless; there wasn’t anything she couldn’t cook, sew, create or learn. Always there to lend a hand and always had a smile. And she was the best bargain shopper, especially at her beloved Filene’s.

There is so much that can be said about Kay and the way she lived life. She will be tremendously missed and remembered by all those who love her.

In accordance with the CDC’s current restrictions on gatherings due to Covid-19, all services will be held privately. Interment at Puritan Lawn Memorial Park. In lieu of flowers, donations may be made to the Alzheimer’s Association, 309 Waverley Oaks Rd, Waltham, MA 02452 or to a Cancer Charity of your choice in Kathleen’s name. For guest book please visit www.buonfiglio.com.

Marie Papasadora

Active in “Revere First” and an original board of directors of MGH Revere

Marie (Terrazzano) Papasadora, 88, of Revere entered into rest on May 1.

Earlier in life Marie was a bookkeeper for Electronic Fasteners located in Waltham and then for the Revere Housing Authority. Marie was on the original Board of Directors for MGH Revere one of the first volunteers with Representative William Reinstein’s “Revere First.” Marie loved to bake for her family, play bingo, enjoyed cards with her friends and will be sadly missed by all.

Marie was born on Sept. 29, 1931 to the late Antonio and Mary Terrazzano . She was the beloved wife of the late Joseph Papasodora , loving mother of the late Revere Police Sgt. Peter Papasodora and his wife, Denise of Revere; the adored grandmother of Taylor, , John and Joseph Papasodora; cherished sister of Angelina and her husband, Domenic Bramante of Revere, the late Albert Terraz-



zano and his wife, Carmella of Amesbury and the dear sister to the late Irene Terrazzano of Revere . Marie is also survived by her nephew Albert Terrazzano and his wife, Cynthia, and her great nephew, Anthony of Amesbury. She also leaves many cousins, nieces and nephews. . In accordance with the CDC’s current restrictions on gatherings due to Covid-19, all services will be held privately. Interment Woodlawn Cemetery. For guest book please visit www.buonfiglio.com.

Paul Bard

He had a beautiful soul

 Paul G. Bard, a longtime resident of Chelsea, passed on April 30 after a period of declining health.

Born August 13, 1948 in Chelsea, Paul was a son of the late Thomas D. and Sylvia Perez Bard. He grew up in the Chelsea area, attended local schools and graduated from Chelsea High School. Paul was proud to be a US Marine Veteran and kept those memories close to his heart.

Paul had a beautiful soul. He brought smiles to all who loved him with his sharp wit and fun loving outlook on life. He will be deeply missed.

He leaves behind to cherish his memory his devoted wife, Lisa. He is survived by his loving son Paul J Bard (PJ) of Revere and his former spouse, Janis. In addition he leaves his sister Rhoda Burrows of Warrenton MO, brother, Thomas Bard, (MaryJo) of Boise, ID, sister Charlene Lombardi of Del Ray Beach, FL, brother, Dennis Bard (Karen) and sister, Susie Alfieri (Tony) of Old



Lyme, CT. He was predeceased by his sister, Robin Ann Bard. Paul is survived by many nieces and nephews along with lifelong friends, Kenny and Rita Flynn.

The family would like to extend a special thank you to the staff of the Covid Unit at MA General Hospital for the exceptional loving care and compassion shown to Paul during this difficult time. In accordance with the CDC’s current restrictions on gatherings due to Covid-19, all services will be held privately. Interment Woodlawn Cemetery. In lieu of flowers, please consider a donation to the Chelsea Soldiers Home, 91 Crest Ave, Chelsea, MA. For guest book please visit www.buonfiglio.com

Angelina Oliva

Her presence in Everett will be missed

Angelina L. (Catizone) Oliva of Everett passed away on Saturday, May 2 at The Residence at Pearl Street in Reading.

Born in 1929 in the city of Catanzaro in the region of Calabria in southern Italy, Angelina and her family immigrated to the US when she was six months old. She grew up in the North End and graduated from the Girls’ High School. Angelina was a seamstress for two years and then married George A. Oliva, her childhood sweetheart, and spent the rest of her life caring for her family. George and Angelina were married for 45 years until George’s death in 1993.

Angelina was the daughter of the late Eugenio and Maria (Catizone) Catizone. She was pre-deceased by her sister, Rosina (Catizone) Hansen and her brother, Peter D. Catizone. Angelina is survived by her daughter, Jean M. Walsh, and her husband, Richard, of Harvard, MA; her son, George A. Oliva, and his wife, Susan, of North Reading and her daughter, Cheryl A. Brooks, and her husband, Thomas, of Everett. She is also survived by six grandchildren and five great grandchildren: David A. Oliva and his wife, January, and their children Edie and Ivy of Boxford; Erin K. Suchecki and her husband, Daniel, and their children Jason and Eric of Harvard; Ryan J. Walsh and his wife, Nicole, and their son, Jackson, of Ayer; Michael G. Brooks, Patrick T. Brooks and Olivia C. Brooks, all of



Everett. Angelina is also survived by several nieces, nephews and cousins.

Although she spent the last two years of her life in Reading, Angelina’s heart was always in Everett where she lived for sixty-eight years. There she was active in the Council on Aging where she enjoyed many friendships, attending the exercise classes and various functions. She was a familiar face at many of the shops and eateries around town, especially her favorite café, the Ferry Street Grille. Angelina did not drive, but she was quite a walker, amassing miles-upon-miles wearing out a multitude of sneakers over the years. Her presence in Everett will be missed.

In light of the COVID-19 pandemic, all funeral services will be private. The family would like to thank the nurses and staff at The Residence at Pearl Street and the nurses and staff of Brookhaven Hospice for all of their care, support, dedication and kindness. Arrangement by Salvatore Rocco & Sons Funeral Home: www.roccofuneralhomes.com

Laura Josephine Fiorino

Past member of Women’s Auxiliary and American Legion Post 6, East Boston

Laura Josephine (Voci) Fiorino, a lifelong resident of East Boston, died on May 1 at the age of 94.

Laura was a past member of the Women’s Auxiliary and the American Legion Post 6 in East Boston. She will be sorely missed by all who knew her.

Born in Revere on August 2, 1925 to the late Joseph Voci Sr. and Amelia (Cataldo) Voci, she was the devoted mother of Vincent “Vinny” Fiorino and his wife, Lorraine of Revere and Philip Fiorino and his wife, Diana of Saugus; beloved sister of the late Grace Guerrero, Patricia Lavoine, Irene Coughlin, Albert Voci and Joseph Voci Jr.; cherished grandmother of Vincent, Michael, Stephen and Ava and adored great grandmother of Alessandra,



Craig, and Alyssa. She is also survived by many loving nieces and nephews.

In accordance with the CDC’s current restrictions on gatherings due to Covid-19, all services will be held privately. Interment Woodlawn Cemetery. In lieu of flowers, donations may be made to Lighthouse Nursing Care Center, 204 Proctor Ave, Revere, MA 02151. For guest book please visit www.buonfiglio.com

Alberto Cioffi

Family meant everything to him

 Alberto (Al) F. Cioffi, 95, most recently of Stoneham, ended his story on earth on April 11.

It began, once upon a time, in Italy when a dashing young carabinieri and the beautiful daughter of a prominent judge dared to fall in love, a love forbidden by the outraged judge. Paolo Cioffi and Julia Monetti were forced to make a daring escape to the USA where they would be free to love each other. They settled in Everett and thus began the legacy of these Cioffis.

They brought 11 children, including Al, into the world: Helen DeSimone of Tewksbury, Carmella Capuano of Everett and the late Guy, Alphonzo, Angelo, Paul and Carlo Cioffi, Mary DiGiacomo, Gloria Cioffi and Jean Farese. Now there are five generations of us here.

Al was charismatic and loved to make children laugh and to regale people with stories of his experiences, but the story of his parents was his favorite. His family meant everything to him, all five generations of siblings, in-laws, countless nieces, nephews, grandnieces, and grandnephews,

but most especially his own children and grandchildren: Clifford Cioffi of Malden, Carole (Cioffi) and Steve Sartor of Andover and their children, Rikki and her husband, Tom and Randy; Albert Cioffi Jr. of Derry, NH. and his daughter, Charlee; Cathy (Cioffi) Powers of Newburyport and their children, Taryn and Brendan. He also leaves behind his two sons from his second marriage, Eric Cioffi of Newburyport and Matthew Cioffi of Wakefield and their families.

Soon, the 6th generation will be here and so the legacy grows, and part of him continues.

Al, a World War II veteran, loved the USA almost as much as his family and in later years became increasingly conscious of the country’s Native Americans. Donations in Al’s memory to the: National Indian Child Care Association, PO Box 2146, Tahlequah OK 74465, (<https://www.nicca.us/>) would be sincerely appreciated.

Due to Covid-19, no services are permitted. However, Al loved food and gatherings with family and friends, so when possible, the best send-off will be a luncheon in his honor, TBD.

Anna Rose Oteri

Everett Assessor’s Office retiree

Anna Rose Oteri of Everett passed away on May 3 at the age of 90.

She was predeceased by her parents James and Josephine Oteri and her siblings: John, Diego, Placido, Agatha, Mary Oteri and Rose Pulpi.

Anna spent her entire life in the family’s Everett home, graduating from Everett High School and working in the assessor’s office at Everett City Hall until her retirement.

Her greatest joy was enjoying time with her multi-generational family, whether it was at her summer home in Falmouth or at various family members’ homes.

Anna was a devoted parishioner of St. Anthony Church in Everett and an active participant in church life by volunteering with the CCD, a member of the Children of Mary, and other church related activities. In her quiet unassuming way, Anna reached out and valiantly took care of her siblings and parents until their deaths and provided a



steadying presence during difficult times.

She is survived by her nephew, John Pulpi and his wife, Marlene of Melrose, her niece, Josephine Pulpi Felice and her husband, Patrick of Saugus and by many grand and great-grand nieces and nephews.

In light of the COVID-19 pandemic, all funeral services will be private. Donations in memory of Anna can be made to All are Hospice, 210 Market Street, Lynn, MA 01901. Arrangements by Salvatore Rocco & Sons Funeral Home: www.roccofuneralhomes.com.

To place a memoriam in the Independent, please call 617-387-9600

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OBITUARIES

All obituaries and death notices will be at a cost of \$100.00 per paper. That includes photo.

Please send to obits@reverejournal.com or call 781-485-0588

Remember, Mother's Day isn't cancelled in fact, the sentiment behind the holiday is more meaningful than ever before

Happy Mothers Day

Mayor
Carlo DeMafia & Family & the entire City Government



Mom's The Word Annual Mother's Day Drawings



*Happy Mothers Day Margie,
Love Marianne*



*Happy Mother's Day to Mamie,
Love Miranda and Mandy*



*Happy Mothers Day Mommy,
Love Tatum.*



*Happy Mother's Day to Mom Mandy,
Love Miranda.*

**Happy Mother's Day to
all the moms in Everett
and special love to my Mom**

Mike McLaughlin
Everett's Independent Voice

