



Please call us! Wéne here for You!

17-387-7466 Rocco Longo ALL TYPES OF INSURANCE! • AUTO • HOME • RENTAL • FLOOD • BUSINESS • COMMERCIAL 617-387-7466 564 Broadway, Everett sabatino-ins.com

Everett Independent Newspaper Co.



Wednesday, May 11, 2022



Pictured (left to right) Everett Firefighters Eric Crafts, Robert Crafts, Marc Concannon, Daniel Concannon, Robert Colameta, Shayne Mahoney, and Dylan D'Ambrosio being sworn in at the City Council meeting.

PROMOTIONS AND APPOINTMENTS OF EVERETT FIREFIGHTERS

Firefighters Everett Shayne Mahoney, Marc Concannon, Eric Crafts, Dylan D'Ambrosio, Robert Colameta, Daniel Concannon, and Robert Crafts were appointed at the Ev-

on May.

SABATINO

INSURANCE AGENCY

During the same meeting, Everett Firefighter Lieutenant Michael Baldwin was promoted to Captain and Firefighter

erett City Council meeting Private Craig Hardy was promoted to Lieutenant.

> "I'd like to congratulate all the firefighters who were appointed at the City Council meeting. I'd also like to congratulate Cap

tain Baldwin and Lieutenant Hardy on their promotions. I wish them all the best of luck for a long, safe, and successful career serving our community."



Captain Baldwin pictured with his family.



Lieutenant Hardy pictured with his family.

DEMARIA WELCOMES IMMIGRANT FAMILY SERVICES INSTITUTE



Lack of councilors postpones approval for school borrowing

By Stephen Quigley

Recently a week does not pass that the overcrowding in the Everett public schools has not been heard by a city board, and this week proved no exception.

City Councilors at Monday night's meeting heard from Assistant Superintendent of Schools Charles Obremski, who requested the bonding of \$765,000 to finance work for additional smaller classroom space, to be created out of present storage areas, at Everett High School, the Keverian School, and the Lafayette School.

"We need immediate relief for next year," Obremski told the council.

However, because the City Council lacked the eight members necessary to approve the borrowing, the order was postponed until the next meeting on May 23. Also appearing before the council on this matter was the city's Chief Financial Officer, Eric Demas.

Obremski outlined the pressing need for extra smaller classroom space that the three projects would create.

"These three items need to be funded immediately since the faster they are approved, the faster the projects get done," Obremski

Councilor Stephanie Martins asked Demas why the expense should be bonded. Demas explained that when dealing with buildings that have a long life span, it is a better financial decision to bond the projects.

Councilor Stephanie Smith asked about the storage areas that will be lost and where the materials that are in there now will g0.

Obremski noted that a lot of the school material that is in these storage closets are either old textbooks that are no longer used in the current curriculum or supplies that also are no longer used.

Councilor Alfred Lattanzi asked why there is a need to create smaller Obremsclassrooms. ki noted that some of the students who fell behind grade level because of COVID-19 need extra attention and smaller classrooms of 8-10 students are better for learning.

"Students in these programs work best in smaller classrooms," Obremski said.

Councilor Michael Marchese rhetorically asked if there was a better way and pointed to using the old Pope John XXIII

See BORROWING Page 3

Crimson Tide Pop Warner plans for its 2022 season

Above, everyone was happy to welcome the Immigrant Family Services Institute to the community.

Right, everyone met at the United Church of God to welcome the Immigrant Family Services Institute to Everett.

Special to the Independent

I am delighted to welcome the Immigrant Family Services Institute (IFSI) to our Everett community at their office's grand opening at 1935 Revere



Beach Parkway!

In collaboration with United Church of God, the IFSI help immigrants integrate into our community by connecting them with resources they need in areas such as education,

housing, healthcare, career opportunities, and more.

Coming from a different country and settling in a new one can be extremely challenging. That's why I'm very excited to welcome IFSI because they offer these crucial services to newly arrived immigrants, and will now be helping those who live in Everett!

Please join me in welcoming them to our community!

By Cary Shuman

If Crimson Tide Pop Warner is not the most successful Pop Warner organization in Massachusetts - in terms of championships, high participation rates, graduates advancing to high school and college programs, and support by the community - it's certainly near the top of the list.

Every year, the Crimson Tide Pop Warner youth football and cheerleading teams contend for league, regional, and national championships in every age division. Last year, two of its cheerleading teams, the 'A' and 'C' teams, took home the second and fifth place trophies from nationals. Everett's U-8 football team was a New England regional semifinalist.

As for Crimson Tide alumni, virtually every Everett High quarterback, from Matt Nuzzo to Jonathan DiBiaso to Jake Willcox, has played Pop Warner football in Everett.

Lewis Cine, who was just selected in the 2022 National Football League

draft, is a Pop Warner graduate, as is Michigan's Mike Sainristil, who will be holding an upcoming football clinic at Everett Memorial Stadium.

The organization has thrived under the leadership of Brian Dimond, who has served as president for the past 20 years. Dimond has been supported by an outstanding team of volunteers on the board of directors.

Dimond said the league is planning for its 2022 season, with registration clinics set for tonight (May 11) and next Wednesday (May 18), 5:30 to 7:30 p.m., at the Village Bar and Grill on Norman Street. Boys and girls, ages 6 to 15, are eligible to participate on the teams who begin practice at Sacramone Park in August.

Dimond said he recalls Lewis Cine wearing the always-sharp Crimson Tide Pop Warner uniform.

"We're very proud of Lewis," said Dimond. "I remember him as a little kid. He did his whole Pop

See POP WARNER Page 3



For the latest news in Everett that you need to know, check everettindependent.com

Massport, elected officials, tourism partners celebrate the return of cruising in Boston

The Massachusetts Port Authority (Massport), local elected officials and leaders of the state and region tourism bureaus celebrated the start of the 2022 Cruise Season in Boston, the first full season in two years. The return of cruising to Flynn Cruiseport Boston supports the tourism recovery for the City of Boston and the Commonwealth, generating \$135.5 million in annual economic impact and supports 2,200 jobs. The facility was renamed Flynn Cruiseport Boston in 2017 in honor of former Mayor of Boston and United States Ambassador to the Vatican Ray Flynn.

Massport will welcome 125 ships from 19 cruise lines supporting the local travel and tourism industries. The season includes established routes to Bermuda and Canada/ New England, as well as new ships and itineraries as the cruise lines look to attract new audiences to cruising. The Cruiseport will welcome 12 maiden calls, and for the first time, will have four cruise lines offering five homeport ships and voyages:

· Norwegian Cruise Line: Norwegian Pearl starts April 4th

 Holland America: Zaandam starts May 15 and Nieuw Statendam starts August 3

• Celebrity Cruises: Celebrity Summit starts August 31

• Royal Caribbean International: Voyager of the Seas starts September 18

"Cruising plays an important role in the visitor economy and we are delighted to welcome



Pictured (L to R back row) Captain Kaloyan Nedyalkov, Norwegian Pearl, MOTT Executive Director Keiko Matsudo Orrall, State Representative David Biele, City Councilor Michael Flaherty, and City Council President Ed Flynn. L to R front row GBCVB President and CEO Martha Sheridan, ACD Vice President George McEvoy, Massport CEO Lisa Wieland, Congressman Stephen F. Lynch, Massport Acting Port Director Joe Morris, and Lauren Gleason Massport Deputy Port Director.

our cruise partners back to Boston to support the recovery of travel and tourism for the city and the Commonwealth," said Massport CEO Lisa Wieland.

Congressman Stephen F. Lynch, who represents the MA 8th Congressional District including South Boston, was honored with this year's Maritime Champion award. Congressman Lynch, a former iron worker was part of crew that installed the cranes at Conley Terminal more than 30 years ago. Congressman Lynch has been a steadfast partner to the working port and Massport, helping the Authority secure federal funding for the Boston Harbor Dredging project, which benefits all ships navigating Boston Harbor and allows the port to re-

main competitive. Congressman Lynch has also supported major improvements at Conley Terminal, enhancements at Flynn Cruiseport Boston, and the growth of seafood processing in South Boston.

"It's an honor to receive Massport's second Maritime Champion award," said U.S. Rep. Stephen F. Lynch. "Both my grandfathers worked in the Port of Boston, so when I ended up working at Conley Terminal, it seemed like a family tradition. Over the years, I've witnessed firsthand Massport's efforts to make the Port of Boston more efficient and more attractive to new businesses. And it has been a pleasure for me to work with Lisa Wieland-she has been a maritime champion in her own right. I am grateful

for this award, and I look forward to continuing to work on behalf of our longshoremen, fishermen, shipfitters, masters, mates, and pilots, and all the import/export businesses that rely upon Massport and the Port of Boston."

Flynn Cruiseport Boston served a record 402,346 passengers on 138 ships in 2019. Generating more than \$130 million and supporting more than 2,000 jobs annually, cruising supports hundreds of businesses large and small throughout the region, from transportation providers and restaurants, to tourist attractions, airlines and hotels, souvenir shops, and provisioning companies that supply the ship. In regard to shore excursions, cruise lines have traditionally focused on main tourist attractions, giving Boston high passenger reviews. More recently, cruise line shore excursion teams are looking to expand their offerings to include more culturally-diverse experiences and destinations, unique and curated attractions, and opportunities to welcome demographics of all ages from Millennials to baby boomers.

"The economic impact of cruising is critical to the overall vitality of the visitor economy," said Mar-tha Sheridan, President and CEO of the Greater Boston Convention and Visitors Bureau. "The influx of cruise passengers and the injection of their spending during the summer months - and also through our shoulder seasons - creates a consistent flow of visitors that our destination depends on. This market segment was sorely missed during the pandemic and we are thrilled to see cruising return to Boston!"

Boston is well-known in the cruise industry for having one of the best airport-to-cruiseport proximities in the U.S. The Cruiseport will serve several new itineraries that either start or end in Boston throughout the 2022 season. In October, Celebrity Summit is offering a 12-day one-way cruise from Boston to the Caribbean and ending in Miami, FL. Vantage Cruise Line's Ocean Explorer will depart Boston on Oct 29th for a 10-day cruise along the East Coast and ending in Nassau, Bahamas. Royal Caribbean's Voyager of the Seas is offering a 14-day "Arctic Crossing"

cruise that starts in Copenhagen, Denmark and ends in Boston on September 18th.

"The revitalized, expansive cruise ship season will have a viable economic impact on tourism destinations all across the Commonwealth, as intrepid travelers stepping off in Boston realize what cultural, culinary and scenic treasures await them here in the Bay State," said Executive Director Keiko Matsudo Orrall of the Massachusetts Office of Travel & Tourism. "Flynn Cruiseport is fast becoming a gateway for new visitor adventures in Massachusetts and New England."

"Every time a ship visits Boston as a port of call, the passengers and crew are supporting local businesses and jobs," said State Senator Nick Collins. "The Flynn Cruiseport is more than just a stop or a starting point for a cruise – it is an economic engine that provides significant employment opportunities for the people of South Boston and beyond."

For the full cruise schedule and additional information, visit FlynnCruiseportBoston.com and follow @FlynnCruiseport on Twitter.

The Massachusetts Port Authority (Massport) owns and operates Boston Logan International Airport, public terminals in the Port of Boston, Hanscom Field and Worcester Regional Airport. For more information, please visit www. massport.com.

State Treasurer's Veterans' Bonus Division extends eligibility period

The State Treasurer's Veterans' Bonus Division announced that the eligibility period for the Massachusetts COVID-19 Bonus for National Guard members has been extended past its initial end date of June 15, 2021. National Guard members activated for additional deployments at any point after March 10, 2020 are eligible to receive a subsequent bonus. "When we launched the COVID-19 Bonus in April 2020, our goal was to thank Massachusetts National Guard members for their service during a time of great uncertainty," said State Treasurer Deborah B. Goldberg. "By extending the eligibility period,

we are able to support our servicemembers as the pandemic has required their continuing commitment, efforts and focus."

In response to the COVID-19 pandemic, Treasurer Goldberg and the Veterans' Bonus Division created the Massachusetts COVID-19 Bonus for National Guard members in 2020. National Guard members are eligible to receive a \$500 bonus for their first-time activation and a \$250 subsequent bonus for any additional activations. setts-covid-19-bonus-formass-national-guard

In addition to the bonus extension, the Veterans' Bonus Division has partnered with Unite Us, a national social and health networking platform, to streamline its inquiry system and connect veterans to local veteran-serving organizations. "Partnering with Unite Us allows us to track inquires better and respond to veterans quickly," said Steven Croteau, Veterans' Bonus Program Manager. "With the platform's robust network of veteran-serving organizations, our team is able to better serve our veterans by connecting them to the groups and resources that they

need."

Veterans, service members, or their families can inquire about any of the bonuses offered by the Veterans' Bonus Division by following this link: https://www.mass. gov/service-details/veterang bonus inquiry. **LOCAL STUDENTS** EARN ACADEMIC HONORS

DHESI STARTS COLLEGE EARLY

It's not every day that students start college early, but this Everett resident is no ordinary student. This year, James Dhesi joined the spring 2022 class at Bard College at Simon's Rock in Great Barrington, Massachusetts, the nation's first early college. Dhesi's academic and achievements personal stood out, securing James a spot at Simon's Rock this spring. The college is home to about 400 students who engage in a rigorous liberal arts and sciences curriculum and graduate from college one or two years ahead of their peers. About Bard College at Simon's Rock

Bard College at Simon's Rock, founded in 1966 and nestled in the bucolic Berkshires, is the only college in the country specifically designed for highly motivated students ready to enter college early, usually after the 10th or 11th grade. Simon's Rock offers a challenging program in the liberal arts and sciences, taught in small seminars by supportive, highly-trained faculty. The Princeton Review's Best 382 Colleges rates academics at Simon's Rock higher than Harvard and Princeton. For more information, visit simons-rock. edu. Bard College at Simon's Rock, founded in 1966 and nestled in the bucolic Berkshires, is the only college in the country specifically designed for highly motivated students ready to enter college early, usually after the 10th or 11th grade. Simon's Rock offers a challenging program in the liberal arts and sciences, taught in small seminars by supportive, highly-trained faculty. The Princeton Review's Best 382 Colleges rates academics at Simon's Rock higher than Harvard and Princeton. For more information, visit simons-rock. edu.

National Guard members can follow this link to apply for a first-time or subsequent bonus: https:// www.mass.gov/how-to/ apply-for-a-massachuans-bonus-inquiry

Through its program, the Veterans' Bonus Division serve Veterans of the Commonwealth and their families by providing financial assistance when eligible. The Veterans' Bonus Division distributes bonuses for eligible active duty, discharged, and deceased Massachusetts Veterans who served during various conflicts in single or multiple deployments.

> THINK OF IT AS AN OWNER'S MANUAL FOR YOUR MONEY.



The free Consumer Action Handbook. It's in print and online at ConsumerAction.gov. Order your free copy online at ConsumerAction.gov or write to Handbook, Pueblo, CO 81009.



keepmercuryfromrising.org

VISIT EVERETTINDEPENDENT.COM

implemented the depart-

ment's policies, goals, ob-

jectives, and performance

measures, including the

recruitment and retention

of a diverse workforce,

ment, employee relations

and engagement, and

oversight of grant, local,

state, and federal funding

opportunities. He also ex-

panded the department's

focus to better emphasize

behavioral health, equity,

accessibility, and commu-

Mr. Kress held several

public administrator roles

in Minnesota, including

director of development

services for the City of

Minneapolis and policy

aide for a Minneapolis

City Council member. He

holds a master's degree in

education from the Uni-

versity of Minnesota and

a master's in public policy

enced and driven leader

who deeply understands

shares our commitment to

improve the health of our

communities, and we are

thrilled he is joining our

team," said CHA's CEO

Assaad Sayah, MD.

organization

and

"Doug is an experi-

from Tufts University.

our

Prior to that position,

nity engagement.

manage-

performance

CHA names Doug Kress new chief community officer

Cambridge Health Alliance (CHA), a community health system serving Cambridge, Somerville and Boston's metro-north communities, has named Doug Kress as its new chief community officer. He most recently served as the director of health and human services for the City of Somerville (Mass.).

At CHA, Mr. Kress will build partnerships with community-based nonprofit groups, local governments, and state and regional agencies to advance the health system's clinical, research, and policy initiatives. He will oversee CHA's Department of Community Health Improvement, which leads efforts to improve access and health status outcomes in the communities we serve, and link its resources to strategic priorities. He will also strengthen lines of communication throughout all of CHA's communities to identify potential collaborations and develop community-based programs that respond to the needs of its patients and local residents.

Mr. Kress comes to



Doug Kress, new chief community officer at Cambridge Health Alliance.

CHA with more than 20 years of experience in municipal leadership, policy development, and community organizing. He has a proven track record in developing multi-sector collaborations, building public/private partnerships, navigating local regulations, and employing data analysis to drive results and engage communities.

During his tenure with the City of Somerville, Mr. Kress successfully reorganized and expanded the Department of Health and Human Services, overseeing areas including public and school health, prevention, emergency preparedness, the Council on Aging, and veterans' services. Managing a staff of 65, he developed and

Pop Warner / CONTINUED FROM PAGE 1

Borrowing/ CONTINUED FROM PAGE 1

mentioned

High School, which is to the end of their predict-

Warner career with us. I believe Lewis played on Dennis Willcox's national championship team. It's a great thing when our kids play at the college level, and then if they make it to the pros, it's even that much sweeter knowing they came through the City of Everett and our or-

ganization to get there." Dimond added that that Crimson Tide Pop Warner has been in contact with Raymonde Sainristil, mother of Mike Sainristil, about Mike's plans to host a youth football clinic.

"She [Raymonde] is a great lady and our secretary, Lisa Sylvester, has

ed life and are included in

the Capital Improvement

Plan (CIP) that the School

Committee previously has

approved.

' been conversing with her hat about helping Mike with ar- the clinic," related Diact mond.

> Meanwhile, it's full steam ahead for Crimson Tide Pop Warner, a model for youth football and cheerleading organizations nationwide.

credit for the parks, but tax dollars are being wasted."

Former Ward 1 Councilor Fred Capone, who was a mayoral candidate in the recent city election, of-

News in Brief

MAYOR DEMARIA AND COUNCIL ON AGING OFFERING FREE CLINICAL PHARMACIST VISIT

Mayor Carlo DeMaria and The Council on Aging, in collaboration with the Cambridge Health Alliance, are pleased to offer a free blood pressure check and medication review to seniors who sign up. This will take place on Monday, May 23, from 10:00am to 12:00pm at the Connolly Senior Center at 90 Chelsea Street in Everett.

We encourage Everett seniors to take advantage of this opportunity to ensure you are healthy. Checking your blood pressure and reviewing the medication you take is crucial to ensuring you are living a healthy lifestyle and not at an increased risk for a serious health problem. Please call 774-360-7521 to sign up. Face masks are required while visiting.

BIKE TO THE SEA/MINUTEMAN BIKEWAY

All are welcome to come to a meeting of Bike to the Sea to hear about plans to connect the Northern Strand Community Trail to the Minuteman Bikeway.

The meeting is being held on Wednesday, May 11 from 7 p.m. to 9 p.m. at Three Amigos Bar and Restaurant, 375 Main St., in Malden Square.

Bike to the Sea board member Patrick Bibbins will talk about connecting the trails north and west of Boston.

The Minuteman Bikeway runs from the Cambridge/Arlington line to Bedford. The Northern Strand Community Trail runs from Everett, through Malden, Revere, Saugus and Lynn.

For more information or to RSVP email Jay Co-

program. There's growing wevidence that this minder body practice has value e in treating or preventing d many health problems. c Our practice is gentle, requiring a small range of p

motion. Registration is free, but required. To register, please call today as class size is limited: 781-438-1157.

MALDEN GAMING DISTRICT CELEBRATES FESTIVALS AND GAMING

The City of Malden is pleased to announce that the 2022 Malden Summer Festivals will be taking place 12-4PM on Saturday, June 4th, Saturday, July 16th, and Saturday, August 13th. Pleasant Street will be transformed into an open-air market that will feature artists and artisans, vintage clothing stores, and much more!

Located next to the Malden Center MBTA Orange Line station, the area is also home to Malden's Gaming District. This is the place to go if you want to quest at Boda Borg, conduct a science experiment that is a lot like mini-golf, play and stock up on Magic cards, shoot some billiards, try a racing simulator or sing your heart out at Karaoke. Visit www.MaldenGamingDistrict.com for even more options.

In addition, the Summer Festivals will feature a live music stage—set on the corner of Washington and Pleasant Streets that will always feature a musically diverse mix of bands.

The line-up for June 4th is:

12:00PM The Mark Cataldo Quartet

1:00PM The Discompany Band

2:00PM The Eric German Latin Sextet

3:00PM Borderline

with special needs, isolated, marginalized, LGBT elders and those who are disadvantaged by racial, cultural and/or linguistic barriers; health promotion programs that focus on evidence-based programs for older adults; transportation; housing insecurity; social insecurity/isolation; health and wellness, including physical and behavioral health; and economic insecurity.

Funding is available by MVES through the Older American Act and is subject to availability of federal funding. The project begins October 1, 2022 and end on September 30, 2023.

MVES is requesting Letters of Intent from organizations wishing to apply for funding to support individuals age 60 and older in MVES' service area, which includes Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop. The Letter of Intent, not to exceed two pages, should include:

• Purpose of the program

• Which of the AAA funding priorities the program will address

• The estimated amount of Title III funding the applicant will request

• Anticipated number of older adults the program expects to serve

• Cities and towns the program plans to serve

Letters of Intent should be sent electronically to lreid@mves.org by 4:00 p.m. on Friday, June 10, 2022. They will be reviewed and prospective applicants will be notified no later than close of business on Wednesday, June 15, 2022 regarding their eligibility to complete the full application for Title III funding which will be due on Wednesday, July 6, 2022, at 4:00 p.m.

If you have questions please contact Lauren Reid, MVES Director of Community Programs, atlreid@mves.org or 781-388-2382.

Mayor Carlo DeMaria, have met and are having ongoing conversations about the need to create more classroom space. The Pope John site and the old Everett High School are being discussed as possible solutions, as are other potential options.

owned by the city, to ease

that school officials and

city officials, including

the overcrowding.

Obremski

Obremski outlined the plans as follows:

-- The storage areas at the high school are targeted to create smaller classroom space and the old print shop area will be reutilized for storage and computer needs. This has an estimated cost of \$400,000;

-- The health center space at the Keverian will be reutilized as smaller classroom space with an estimated cost of \$300,000; and

-- Part of the library at the Lafayette School will be reconfigured at a cost of \$65,000.

Right now, Obremski said, classrooms that were built to hold 25-30 students are now being used to teach 8-10 students. By placing these smaller-sized classes into the proposed newly-created spaces, this will free up the larger classrooms to ease the overcrowding that exists in classroom space presently.

Obremski noted that many of these buildings, such as the Kerverian and Lafayette Schools, are more than 20 years old, while Everett High School is the newest school and was opened in 2007. He noted normal repairs such as roofs will need to be addressed as they are coming The CIP includes renovations over the next several years at the Parlin Junior High, as well as at other schools such as the Madeline English.

PUBLIC PARTICIPATION

At Monday's night meeting, councilors tried to figure a better way to accommodate the increased need for public participation. Councilors Stephanie Smith, Jimmy Tri Le, and Michael Marchese suggested extending the allotted time for public participation from 10 minutes to 20 minutes.

When the 20 minute time limit has been reached, the council would return to the city business that many viewers at home want to hear and then at the end of the agenda for that meeting, to allow the rest of the speakers, if any, to address the council.

There was a test run on Monday night to see how it might go. With the 20-minute time limit exceeded, the councilors allowed the three remaining speakers to address their concerns afterward, bringing the total public participation time to under 30 minutes.

Among the speakers on Monday night were two former councilors.

Sal Sachetta, former Ward 6 Councilor, said, "I love this city," and he then spoke of issues facing the city, including the longevity pay for the office of mayor. At the end of his remarks, he added, "Give fered his thoughts on public participation. Capone suggested that the allotted time should be 30 minutes, saying to councilors, "The people do not work for you, you work for them."

He also brought up what he termed the council's "silence on racial slurs" and mentioned the issue of the longevity pay for the mayor, stating that in his opinion, Mayor Carlo DeMaria should return his longevity pay, which has been a source of contention in the city in recent months.

Local businessperson Sandy Juliano called on Councilor Anthony DiPierro to resign. DiPierro forwarded racist memes on his Instagram account, for which he has apologized.

"After nine meetings, nothing is resolved," Juliano said, referring to the lack of formal action taken by the council on the controversial matter.

A resident of Ferry Street asked councilors to look into the nighttime construction hours and noted that a loose manhole cover makes it difficult to sleep. "There is a 'bangbang,' 24 hours a day," said the resident, and questioned how one will get billed for water usage as "the water is not running through the water meter."

The last speaker was Martha Chason-Sokol from the Everett Cultural Council who invited residents to attend the picnic at Swan Street Park on Saturday from 11:30 am to 3 pm. bau at jay@biketothesea. org or text/call: 339-224-2448.

MVES TO HOLD FREE WORKSHOP

Mystic Valley Elder Services will present a free workshop series— Dr. Paul Lam's Tai Chi For Health —on Fridays, June 3 -- July 22, 10:30 to 11:30 AM at the Stoneham Senior Center, 136 Elm Street, Stoneham.

Find pain relief, reduced stiffness, and a better quality of life through tai chi. Tai chi is often described as "meditation in motion," harmonizing body and mind by practicing slow continuous movement accompanied by deep breathing. The class will cover the basic movements in Dr. Paul Lam's CDC approved

Easily accessible by Orange Line, but FREE Parking is available at both of the City's garages at 170 Centre Street or 7 Jackson Street. Please visit www.CityOfMalden. org/SummerFestivals to learn more.

MVES ISSUES RFP FOR OLDER ADULT PROGRAMS

Mystic Valley Elder Services (MVES) has issued a Request for Proposals (RFP) to fund innovative programs that promote the health, well-being, and independence of older adults and to complement or supplement the support activities of primary caregivers.

Areas of focus include: family caregiver issues and services; special populations such as elders

Celebrating 45 Years of giving older adults their independence, Mystic Valley Elder Services is a non-profit agency located in Malden, Mass., that provides essential homecommunity-based and care and resources to older adults, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop, regardless of their income level. Agency services include coordination of home care, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit www. mves.org.



For Advertising Rates, Call 617-884-2416

Everett Independent

President: Stephen Quigley

Editor in Chief: Cary Shuman

MICHAEL MATARAZZO WILL BE MISSED

The Everett community recently lost one of its alltime leading citizens with the passing last week of Michael G. "Marty" Matarazzo.

Mr. Matarazzo, who was only 68, truly was a man of many talents and abilities.

He served on the Everett City Council for 22 years before taking on the posts of Assistant City Clerk, City Clerk, and then, after his retirement, as a member of the Everett Retirement Board.

In his non-public persona, Mr. Matarazzo wrote two books about the history of his beloved City of Everett, with an emphasis on the great Everett tradition in football. His late son, Michael J., was a running back on the EHS Super Bowl teams from 2001-2003.

He was in demand as a toastmaster and speaker at civic events because of his wit and his unsurpassed knowledge of all things Everett and Crimson Tide. In addition, Mr. Matarazzo was an accomplished vocalist who sang with many bands.

Mr. Matarazzo was a true Renaissance Man in so many respects, but his first and greatest love was reserved for his wife Denise and their family.

We know we join with all of our fellow residents of the city in offering our condolences to Denise, their son Matthew and daughter Gina, his grandchildren, and his extended family members upon the passing of this wonderful man who truly is irreplaceable in the Everett community.

May he rest in peace.

AN ILL WIND.....

The unrelenting easterly seabreeze that has been blowing at 20-30 miles per hour 24/7 for the past five days has reminded us that "spring" is an ephemeral term for those of us who live along the Massachusetts coastline

The temperature has refused to climb beyond 50 degrees -- thanks to a water temperature of 48 degrees in Boston Harbor -- and the strong on-shore wind has made it feel closer to 40 degrees with the wind-chill factored in.

As usual, temperatures a little bit to our west are 10 degrees warmer. But for us, winter coats, hats, hoodies, and gloves are still the norm for any outside activity, whether it's walking along the beach or the Charles, or attending our children's soccer or baseball games, or enjoying a lunch at Kelly's on Revere Beach.

On the other hand, for those of us fortunate enough to be close to the ocean, the pounding surf on the shoreline with white caps extending to the horizon have created a seascape that is mesmerizing.

The smell, sight, and sound of the churning sea consumes our senses. It never grows old.

Still, our spring along the coast has followed the usual, frustrating pattern of, "One step forward, three steps back."

Mother Nature is a tease at this time of year. For each day of warmth that she bestows upon us, we must endure four or five days of chill, as if she's daring us to plant our summer vegetable garden under the threat of a frost or a wind gust that might snap the tender shoots. We can't help but think that it would be nice to reserve some of these sea-breezy days for mid-July and early-August when the water temperature will be warm enough for us to enjoy the churning surf.

Independent Forum

GUEST OP-ED

I am angry but determined to protect Roe

By Elizabeth Warren

Roe v. Wade has protected the right to a safe and legal abortion for nearly half a century. Over and over again, conservative Supreme Court nominees proclaimed Roe "settled law," signaling to the American people that, on their watch, Roe would not be overturned. But now a draft opinion reveals that five justices believe this is their moment to strike down this "settled law," permitting states to criminalize anyone who seeks an abortion, performs an abortion, helps someone find an abortion, or even has a miscarriage.

Yes, I'm angry. I'm angry at the justices who deliberately deceived the American people. I'm angry at the Republicans in Congress who stole two Supreme Court seats to get us to this day. And I'm angry at the cruelty of the anti-abortion politicians who will impose enormous pain, suffering, and possible death on people who have the fewest resources to fight back.

The minute Roe is officially gone, more than half the states in this country are poised to outlaw abortion or severely limit abortion access. If abortion is outlawed, the impact won't fall equally on everyone. Wealthy women will still get safe, legal abortions by flying to another state or even traveling to another country. But the world will be

very different for those who have the least power: low-income women, young women, women of color, victims of incest and abuse, moms already working two jobs to support their children. This far-right, extremist Supreme Court doesn't care if Americans suffer; they are hellbent on imposing their views on all of us.

For me, this isn't about politics; this is personal. I have lived in a world where abortion was illegal. I learned early on that when the law bans all abortions, only safe and legal abortions will be banned. I lived in a world in which women bled to death from back alley abortions. A world in which infections and other complications destroyed women's futures. A world in which some women took their own lives rather than continuing with a pregnancy they could not bear. For decades, expanded access to abortion has allowed people to make decisions about their own bodies and lives, promoting equity and access to life-changing opportunities. But these extremist justices on the Supreme Court want to send us back to those dark days and take away women's rights to control their own futures.

Changes in abortion laws will have dire conse-

quences. In Texas, a young woman was charged with murder for an alleged self-induced abortion. (The charges were later dropped.) In Oklahoma, a new law would force a 12-year-old survivor of rape to bear the child of her predator. In Louisiana, Republicans are pushing for the most extreme bill yet, which would classify abortion as a homicide and could even criminalize using certain forms of birth control. And Republican politicians won't stop at criminalizing abortion. They have already signaled that a Republican-controlled Senate would pursue a nation-

wide ban on abortion care. Let me be crystal clear: Republicans in Congress are planning to restrict abortion access and reproductive health care everywhere, endangering all Americans, whether they live in red, blue, or purple states. And it is equally clear that the Supreme Court is opening the door to banning birth control, outlawing marriage equality, and even making interracial marriage illegal.

American freedoms and the Constitution itself are under attack. The Republicans have planned long and hard for this day, and we can't wait a second longer to fight back. We need action.

The Supreme Court does not get the last word. The American people-

Congress-can and must take action. Congress has the power to make Roe the law of the entire nation. The House has already passed legislation to shield abortion rights, and the Senate will take up the bill this week. We should debate that bill on the floor and then vote on it-because every American should know exactly where we stand and hold us accountable. But to get that vote and protect Roe, we must end the filibuster. This November, Americans will decide the future of Roe, and voters everywhere must bring their fury to the voting booth.

through their leaders in

Yes, I'm angry that a group of unelected ideologues on the Supreme Court think they can turn current law upside down and dictate to tens of millions of people across this country the terms of their pregnancies and their lives.

I will use my anger to do everything I can to keep an extremist Supreme Court from having the last word on the right to a safe and legal abortion. In a democracy, that power is in the hands of the people. We need to use our anger to make real change. We're not going back-never.

Elizabeth Warren is the senior United States senator from Massachusetts.

GUEST OP-ED

Naomi Judd, suicide and life's appointment

Dr. Glenn Mollette

We've all heard of peo-

to survive or escape the it as proven by Judd. She to dealing with depression darkness. We have been shocked by other personalities who reportedly took their lives such as comedian Robin Williams and Anthony Bourdain who traveled the world tasting and showing various lifestyles and cuisines. Mental illness comes in various forms and affects people in different ways and on different levels. Everyone has down days, the blahs and feelings of unhappiness. The weather affects us. Rainy or snowy days may eventually get to us. Too many bills and not enough money to pay them can work on our minds. A sick or troubled family member may worry us or make us feel bad. Our own personal health battles can make us feel down. Too much to do is troubling. Terminal illness that is rapidly getting worse puts us in a state of desperation to escape the outcome sooner rather than later. There is more to depression than snapping

they are emotionally able our fingers to get out of and find coping solutions openly talked about her and mental illness. Men-

But the bottom line is that, to paraphrase the Bill Belichick cliche, the spring season along our coast, "Ain't what it ain't." It's always a mere chimera that taunts us.

Everett Independent

Published by the Independent Newspaper Group

DIRECTORY

President Stephen Quigle stephen.quigley@reverejournal.com

Advertising & Marketing Director of Marketing

Debra DiGregorio deb@reverejournal.com Assistant Marketing Director Maureen DiBella mdibella@winthroptranscript.com Senior Sales Associates Kathleen Bright kbright@reverejournal.com Sioux Gerow charlestownads@hotmail.com Legal Advertising Ellen Bertino ebertino@eastietimes.com

Business Accounts Executive Judy Russi jrussi@eastietimes.com

Editorial

Page Design, Copy Editing Scott Yates Scott@chelsearecord.com Kane DiMasso-Scott kdscott@thebostonsun.com **Reporting Staff** Cary Shuman (cary@lynnjournal.com) John Lynds

john@eastietimes.com

Printer Gannet Publishing

PHONE: 781-485-0588 • FAX: 781-485-1403 E-MAIL: EDITOR@EVERETTINDEPENDENT.COM

ple who have taken their lives by suicide. We typically wonder why? We wonder what was so bad about their lives that they could not cope another day?

We were shocked by the sudden death of Naomi Judd. She was a country music star and legend. She and her daughter Wynonna had racked up 14 number one hits. They had five Grammy awards and twenty million plus album sales. A new tour was planned for this Fall and the day after her death an induction ceremony was scheduled for the Country Music Hall of Fame. She apparently had it all. She had a long term 30year marriage, successful daughters and fame and fortune. What more could a human being want? Apparently, something was still wrong.

Depression and mental illness apparently can become a hole so deep and so dark that once someone is in it, they don't feel

illness. She wrote a book about it and reportedly had spent years medically dealing with her diseases. Severe mental illness can end sadly end tragically.

Reviewing her life, it seems there would be a counter argument for everything we are supposed to do. Get help. Take medication. Have a good doctor and a good counselor. Talk about the disease. Find meaningful things to do. Have hobbies. Stay busy. Pursue life. Be involved in meaningful relationships, have faith in God, etc. Judd appeared to do all of this and more.

Does this mean we have no hope if we have mental illness? We always have hope but we must be very aware of the seriousness of depression. Our mental state is serious and can be terminal.

Keep in mind that people successfully deal with mental illness every day. It does not have to be the end. People seek counsel, medical help, faith in God

tal illness does not have to end badly.

Try to think of those left behind. Try to think about the spouse, the children and the loved ones who are left to go on. I have known people who were so physically sick that I understood their pain and desire to escape their bodies. Try to keep in mind that God made us and we all have an appointment with death. We don't have to push the appointment. It's coming to us all. Try to find a way to find purpose and peace with the brief life God has given to you. It will end soon enough.

Glenn Mollette is the publisher of Newburgh Press, Liberty Torch and various other publishing imprints; a national columnist – American Issues and Common Sense opinions, analysis, stories and features appear each week In over 500 newspapers, websites and blogs across the United States.

Your opinions, please

The Everett Independent welcomes letters to the editor. Our mailing address is 385 Broadway, Revere, MA 02151. Our fax number is 781-485-1403. Letters may also be e-mailed to

editor@everettindependent.com.

Letters must be signed. We reserve the right to edit for length and content.

EVERETT HIGH SCHOOL IN VOLLEYBALL ACTION AGAINST CHELSEA

The Crimson Tide rolled over Chelsea, 3-0, in volleyball Monday, May 2 at Everett High.







Caio Santos.



Marcelio Melo.



Henrique Franca.



Brandon Ho.

EHS GIRLS TRACK RUNS PAST CLASSICAL

The Everett High girls outdoor track and field team won its fourth straight meet with an 86-48 victory at Lynn Classical last Tuesday.

"The girls had a great meet," said EHS head coach Jehu Cimea.

Senior captain Lakisha Kirnon led the way for the Lady Crimson Tide with three first-place finishes to score 15 points on the day. Lakisha captured the 110 high hurdles in a clocking of 18.9 seconds, the high jump with a leap of 4'-4", and the long jump with a flight of 14'-3".

Lakisha is having an incredible final season and it is amazing to see how far she has come," said Cimea. Sophomore Malaica Guillaume was a double-winner for Everett, topping the field in the 400 hurdles in 1:26.4 and the triple jump with a final landing of 28'-11". Additional first-place finishers for the Lady Crimson Tide were: -- Senior Alyssa Hurley with a javelin throw of 65'-0". Alyssa also scored three points with a second-place in the shot-put with a toss of 24'-11.25"; -- Sophomore Layla Betancur-Cardona with a personal record (PR) shotput toss of 25'-11.25"; -- Sophomore Darrynn Desrameuax with a PR spin of the discus of 65'-2.50"; -- Senior Rejeana Guillaume in the 200 dash with a sprint of 28.5. Rejeana also grabbed second place in the high jump with a leap of 4'-4" and third place in the long jump with a flight of 13'-10"; and -- The 4 x 100 relay quartet of junior Ida Bittaye, junior Nyla Crowder, junior Jessica Desouza, and senior Gigi Boyce with a clocking of 56.7, which was 1.7 seconds faster than their Classical counterparts. Adding three points to the Everett scoresheet with second-place finishes were: sophomore Suzanne Maharjan in the two-mile run (18:01.6); senior Elysse Datchene in the 100

EHS Roundup

dash (13.7); Bittaye in the 110 hurdles (20.9); sophomore Laneya Smith in the 400 dash (1:13.1); senior Nataly Anaya in the 800 (3:00.5); sophomore Nicole Brandao in the long jump (14'-0"); and junior Jessica DeSouza in the discus (59'-8").

Contributing single points with third-place efforts were: Crowder in the 100 dash (14.2) and the high jump; freshman Jossycah Emmanuel in the 110 high hurdles (21.7); freshman Alisha Lafontant in the 400 dash (1:14.8); Boyce in the 200 dash (31.2); Crowder in the high jump; sophomore Taisha Alexandre in the shot-put (24'-7.75"); and sophomore Victoria Macao in the javelin (60'-2''). Cimea and his crew will take host Somerville this coming Tuesday and then will entertain Lynn English next Thursday.

Matth Telson in the 800 with a clocking of 1:22.1; senior Joseph Murillo with a shot-put toss of 40'-3" (Joseph also took third place in the discus); senior Donovan Gaskins in the discus with a spin of 102'-9.5"; and senior Seth Sylvain in the javelin with a throw of 106'-2".

Adding three points to the Everett side of the scoresheet with second-place performances were: Jareld Celestin in the discus (93'-9"); Luc-Hashmer Paul in the high jump (5'-0"); senior Darryl Monvil in the 200 dash in 25.4; junior Fludjy Moises in the 400 dash (58.1); junior Shinay Aristhene in the 110 hurdles (19.4) and the 400 hurdles (1:07.7); junior Samuel Desir-Mafouana in the mile (5:31.9); and junior Anthony Cooper in the two-mile (13:05.3). Contributing single points to the Crimson Tide column with thirdplace efforts were: Hector Guevara in the shot-put (34'-11.75"); junior Aadit Manandhar in the 800 in 2:51.8; freshman David Huezo-Erazo in the twomile (13:47); and junior Adam Penaflor in the 400 hurdles (1:09.3). "The team is looking to get some rest as we prepare for a challenging end of the season schedule with three meets in seven days, starting with Somerville on the 17th, Lynn English on the 19th and the GBL Championship Meet on the 23rd," said Cimea.



EHS BOYS TRACK OUTCLASSES THE RAMS

The Everett High boys outdoor track and field team won eight of the 14 individual events to come away with a 78-56 victory over Greater Boston League (GBL) foe Lynn Classical last week.

The Crimson Tide were bolstered by the return to action of defending GBL champion Richard Malloy after an absence of two months.

Malloy, who is a senior, sprinted to victory in the 100 meter dash with a clocking of 11.6 seconds.

"It was great having Richard back on the track and running again," said EHS head coach Jehu Cimea.

Senior Lilian Pochot was a double-winner for Everett. Lilian captured the 200 dash with a sprint of 25.0 and the long jump with a flight of 18'-11". He also took second spot in the 100 dash in 11.9 to lead Everett in the scoring column with 13 points on the day.

Also powering Everett to the victory with firstplace performances were: junior Owen Beauvil in the 400 hurdles in a time of 1:06.3 (Owen also grabbed third place in the 200 dash in 26.0); junior

EHS BOYS VOLLEYBALL DEFEATS CHELSEA, PIONEER

The first three matches in May last week brought some firsts for the Everett High boys volleyball team.

In contrast to their contests in March and April, all of which went to a fifth set, Everett's first match of the new month ended with their first 3-0 victory in a rematch against Chelsea.

The Tide then traveled to Somerville, where they dropped their second

See ROUNDUP Page 7

MBTA Seeks Rider Input on Bus Routes + Service Proposals

We want to hear from you.

The MBTA's Bus Network Redesign is a once-in-a-generation opportunity to make bold improvements to the MBTA's bus network for the people that depend on it most.

Please join us at a virtual public meeting where we will present the draft network, answer your questions about it, and listen to your feedback.

This is the first in a series of meetings about the draft network that will be held in May, June, and July.



 Massachusetts Bay Transportation Authority

Accommodations:

The public meetings are accessible to people with disabilities and those with limited proficiency in English. Accessibility accommodations and language services will be provided free of charge, upon request, as available. Such services include documents in alternate formats, translated documents, closed captioning, and interpreters. For more information or to request a reasonable accommodation and/or language services, please email <u>BetterBusProject@MBTA.com</u> or call (617) 651-1363. **Requests should be made at least ten business days before a meeting.**

Join us at a virtual or in-person community meeting to learn more about the draft network map and let us know what you think.

WHEN: Thursday, May 19, 2022 6:00 - 7:30 PM

LOCATION: Virtual Public Meeting (Zoom)

PRE-REGISTER USING THIS LINK: MBTA.com/BNRDmeeting

PROJECT WEBSITE: MBTA.com/BNRD



Malden Catholic's Leading Beyond Gala raises over \$1,000,000

Malden Catholic held its 16th Annual Gala on Thursday, April 28, 2022 in the Doherty Gymnasium and celebrated the school's 90th Anniversary along with honoring longtime benefactors, Dr. Daniel J. McCarthy '50 and Mrs. Margaret T. (Noonan) McCarthy GC 50, with the distinguished Plus Ultra Award. Over 360 parents, alumni, faculty, staff and friends attended the live event which raised over \$1,000,000 for Malden Catholic student scholarships.

According to John K. Thornburg, MC President, "This has been a momentous year for Malden Catholic - we are celebrating our 90th anniversary and the first class of Girls Division students to graduate in May 2022 along with the Boys Division. Malden Catholic is leading beyond all expectations, by fostering nine generations of extraordinary young adults who continue to flourish from the education provided by this outstanding institution.'

In the tradition of Malden Catholic's Annual



Shown seated are honorees Dr.Daniel McCarthy and his wife Margaret. Standing are James Donovan, Chair of the Board (standing left) and John K. Thornburg, MC President

Gala, the school celebrated a couple who personifies the pillars of character, leadership and success - Dr. Daniel J. McCarthy '50 and Mrs. Margaret T. (Noonan) McCarthy GC '50 as the Plus Ultra Honorees. Dr. McCarthy, Emeritus University Distinguished Professor and McKim-D'Amore Distinguished Professor of

Global Management and Innovation, ranks as the #1 most published author (tied) in the Journal of World Business from 1993-2003, and has been ranked in the top 5 percent of all authors worldwide who published in the leading international business journals from 1996 to 2005, according to a Michigan State University study. He is also one of the top three scholars internationally in business and management in Russia and Central and Eastern Europe, based on a Journal of International Business Studies article analyzing publications in 13 leading journals from 1986-2003. Mrs. McCarthy GC '50 was a nurse and long-time realtor on

the North Shore. Dr. and Mrs. McCarthy MC & GC 1950 have established scholarship funds for Malden Catholic Girls and Boys Divisions as well as a fund in memory of Margaret's cousin Margaret M. Dunphy 1961. They are also members of the Malden Catholic's Plus Ultra and the Saint Francis Xavier Societies.

"We are most grateful to Margaret and Dan McCarthy for their tremendous dedication and commitment to Malden Catholic," stated Thornburg. "The 2022 Leading Beyond Gala is the highest grossing Gala in our history and our entire community has been very generous in supporting our students!"

Malden Catholic Gala proceeds will benefit student scholarships and help ensure that qualified young men and women who want to attend MC are able to do so, regardless of family finances.

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, Dartmouth, Georgetown, Brown, Cornell, Tufts, Georgia Tech, Boston College, Northeastern 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. https://www. maldencatholic.org.

Savings Bank Charitable Foundation presents financial award program

The Savings Bank Foundation Charitable recently presented a financial award of \$3,000 to Mystic Valley Elder Services' Money Management Program as part of the Foundation's 25th distribution of funds.

The Money Management Program offers a variety of services ranging from complete oversight of a consumer's finances to assistance with balancing a checkbook, all free of charge. Without the program, many individuals would face food insecurity, financial exploitation, eviction, and premature institutionalization.

Mystic Valley Elder

Services was one of several local nonprofit organizations that received a financial award from The Savings Bank Charitable Foundation. The foundation, established in 1997 through an initial endowment of \$550,000 from The Savings Bank, presented a total of \$65,975 to 18 nonprofit organizations during the 25th distribution of funds. Over the past 25 years, the Foundation has made donations in excess of \$823,447 to organizations in local communities.

According to the foundation, 20 organizations presented applications totaling more than \$92,475. Awards were granted

based on a number of factors, including intended use of the funds by the organization and the organization's status as a publicly supported charity. Organizations that received an award were located in the areas served by The Savings Bank, with a focus on those organizations serving the residents of Wakefield, Lynnfield, Andover, North Reading, and Methuen.

The Savings Bank has eight offices located in the communities of Wakefield, Lynnfield, Andover, Methuen and North Reading.

information Further about The Savings Bank, or The Savings Bank can be obtained by con- 357 Main Street,



Taking part in the award presentation were (from left to right) The Savings Bank Charitable Foundation Director Therese Jarmusik, Mystic Valley Elder Services Development Coordinator Lisa McGovern, and Bob DiBella, President and Chief Executive Officer, The Savings Bank.

Charitable Foundation, tacting The Foundation at

P.O. Box 30, Wakefield, MA 01880.

MCGONAGLE VISITS EVERETT GURUDWARA



Rep. Joe McGonagle's makes a visit to the Everett Gurudwara to meet with members of the Sikh community and celebrate their faith. McGonagle participated in the over 550 year old Langar tradition with them (below), while presenting a resolution for Sikh Awareness and Appreciation (above).



VISIT EVERETTINDEPENDENT.COM



Call 781-485-0588 to get started!

NFPA offers safe grilling tips and recommendations to help reduce fires and injury

Often considered the unofficial kick-off to summer, Memorial Day weekend typically includes lots of celebrations and cookouts, often with grilling as a focal point. As the holiday, and summer months, grow closer, the National Fire Protection Association (NFPA) reminds everyone of basic safety tips to grill and celebrate safely.

Fire departments responded to an average of 10,600 home fires annually involving grills, hibachis, or barbecues according to NFPA's research from 2014-2018. This includes 4,900 structure fires and 5,700 outside or unclassified fires. These fires resulted in an annual average of 10 civilian deaths, 160 civilian injuries, and \$149 million in direct property damage.

The peak months for grilling fires are July (18 percent), June (15 percent), May (13 percent), and August (12 percent), though grill fires occur year-round. Leading causes of grill fires include failing to clean the grill, the heat source being located too close to combustible materials, leaving equipment unattended, and leaks or breaks in the grill or fuel source.

"As grilling season approaches, it is important to review basic safety tips especially if the grill hasn't been used over the winter," said Lorraine Carli, vice president of Outreach and Advocacy at NFPA. "Establishing a firesafe location for using your grill is also crucial, to make sure it is a safe distance from your home and other items that can burn."

A yearly average of 19,700 patients per year went to emergency rooms because of injuries involving grills. Nearly half (9,500 or 48 percent) of the injuries were thermal burns, including both burns from fire and from contact with hot objects; 5,200 thermal burns per year were caused by such contact or other non-fire events.

Children under five accounted for an average of 2,000, or 39 percent, of the contact-type burns per year. These burns typically occurred when someone, often a child, bumped into, touched, or fell on the grill, grill part, or hot coals. NFPA offers these tips

and recommendations for enjoying a fire-safe grilling season: • For propane grills,

check the gas tank for leaks before use in the months ahead. (Watch NFPA's video on how to check for leaks.)

• Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.

• Place the grill well away from the home, deck railings, and out from under eaves and overhanging branches.

• Always make sure your gas grill lid is open before lighting it.

• Keep children and pets at least three feet away from the grilling area.

• If you use starter flu-

id when charcoal grilling, only use charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire. When you have or are finished grilling, let the coals cool completely before disposing in a metal container.

• Never leave your grill unattended when in use.

For this release and other announcements about NFPA initiatives, research and more, please visit the NFPA press room.

NFPA: 125 Years of Protecting People and Property

The National Fire Protection Association® (NFPA®) is a global self-funded nonprofit organization devoted to eliminating death, injury, property, and economic loss due to fire, electrical, and related hazards. The association began its work to solve the fire problem in a young, industrialized nation in 1896 and has since become a global force known for advancing safety worldwide. NFPA delivers information and knowledge through more than 325 consensus codes and standards, research, training, education, outreach, and advocacy, and by partnering with others who share an interest in furthering the NFPA mission. NFPA will formally celebrate its 125th anniversary at its Conference & Expo in Boston on June 6 – 9, 2022. For more information or to view NFPA codes and standards for free, visit www.nfpa. org.

Roundup / CONTINUED FROM PAGE 5

match of the season, again falling to the Highlanders, 16-14, in the deciding fifth set.

However, coach Mike Fineran's crew bounced back at home on Friday, closing out their first three-match week with a 3-1 win over Pioneer.

Everett's season record sits at 5-2 with three games remaining in the season.

The Crimson Tide's performance in last Monday's match against Chelsea was nearly perfect, according to Fineran.

"We played strong from start to finish," Fineran said. "Our passes were on target, our hitters were aggressive, and we didn't let any of their servers get into a rhythm."

Everett cruised to a 25-11 win in the first set behind strong serving from junior Dimitar Dimitrov and senior co-captain Caio Santos, who aced three of four serves to close the set. Caio also added a kill and assisted on four kills by senior Marcilio Melo and three by freshman er, Somerville roared back to steal the set, 25-21, and they kept the momentum going, racing out to a 10-0 lead in the fourth set.

But six serves from Santos early, and four from Soares DeCasto, helped Everett take a 15-14 lead. Melo had two blocks, and he and Ho had two kills each.

Dimitrov had a kill, as did Santos, who served six in a row (three aces) to push Everett's lead to 23-17. Ho served to close out the set, 25-18.

In the fifth set, Everett had plenty of chances, as three aces from Ho gave the Tide a 5-3 edge in the race to 15 points.

Santos served with a 12-11 lead, and Ho served with the match tied 14-14, but Somerville's defense stifled the Tide attack and took the match.

"We had some bad luck, but we never gave up," said Fineran. "This was an important lesson for our team, because you can't assume that everything's going to go your way, like it did for us earlier in the Santos served five in a row as Everett put Pioneer away, 25-15.

Ho had four kills in the set, Melo had two and a block, and Germain and Santos added one apiece.

"It was truly a total team effort," said Fineran. "We needed people to step up and everyone did."

Everett traveled to Medford yesterday (Tuesday) and will host Chelsea Friday. Seniors will be honored before the last home game of the season next Tuesday (May 17) at 4 p.m. when the Crimson Tide will entertain Greater Boston League foe Medford.

EHS SOFTBALL TEAM CRUISES PAST CHELSEA

The Everett High softball team earned a 19-0 victory over Chelsea in its only contest of the past week.

Lady Crimson Tide ace pitcher Celeste Fuccillo almost came away with her fourth shutout of the season, limiting the Lady Red Devils to just one hit, while fanning 12 and walking only one.



Henrique Franca.

In the second set, Everett's other co-captain, Brandon Ho, led the way with three kills and seven serves (three aces) that put the Tide up 11-1.

Junior Roberto Brizuela served six in a row with an ace in Everett's 25-6 win.

In the third set Ho, Melo, and Franca each had a pair of kills and sophomore Hyan Soares DeCasto had a kill and an ace as Everett pulled away in the end, 25-18.

"We showed our potential and played a complete game," said Fineran. "I'm proud of the way they played."

Everett ran into trouble on the road Wednesday against Somerville, missing their first three serves as the Highlanders jumped out to a 9-2 lead and won the first set, 25-18.

"Four of our six servers hit one out in the set and we only managed three kills," noted Fineran. "That's not a recipe for success."

The second set began the same way, with Somerville getting the first seven points, but two kills from Ho and Franca and three more by Melo, helped bridge the gap.

Three aces by Santos, two by Franca, and one by Dimitrov helped Everett take the set, 25-22.

The third set was a reverse of the second, as Everett built an early lead behind three kills apiece by Ho and Melo. Howevweek. If we want to win, we have to fight to make it happen."

The Tide didn't have to wait long for that fight, as they hosted Pioneer Charter School of Science on Friday, a rematch of Everett's first match of the season. It was clear early on that this would be another tightly-contested bout between two evenly-matched teams.

In the first set, the rivals traded kills and blocks and neither team could pull away. Pioneer took set one, 25-22.

Between sets, Fineran tweaked his line-up, moving Dimitrov to right side hitter and giving sophomore Dawens Germain a chance at middle. Germain responded with two kills and a block in the set, as did Franca. Melo had four kills and Ho had two aces and a kill as Everett won, 25-19.

"I don't think we did anything much differently in the second set," said Fineran. "We just played a little cleaner and kept taking swings."

Two more kills from Germain in the third set, plus three from Ho and two blocks from Melo, gave Everett a 19-16 lead. Franca served the last two points, including an ace to ice the set, 25-19.

In the fourth set, freshman Dantae Bauer earned his first kill of the season on a back row attack, senior David Gutierrez had a kill and two serves, and Everett jumped out quickly, scoring nine runs in the opening inning.

Kristi Skane led the Lady Crimson Tide attack with two base hits. Gianna Masucci doubled home two runs, as did Fuccillo. Kayley Rossi delivered a two-RBI base hit and Bryanna Mason also singled.

Everett doubled its advantage with nine more markers in the second frame.

Rossi belted a three-run homer in the rally. Alexa Uga, Jayla Davila, Skane (one RBI), and Arabela Cvitkusic all hit the ball hard for base hits.

The Lady Crimson Tide added their final tally in the third on base hits by Davila and Emma Longmore, who scored the EHS run.

Coach Stacy Poste and her crew were scheduled to make the long trek to Rockport yesterday (Tuesday) and will make the shorter trip to Revere on Friday. They will play at Latin Academy next Tuesday and will host Medford next Wednesday at Glendale Park at 4:00.

EHS BASEBALL OVERWHELMS CHELSEA

The Everett High baseball team earned a 17-1 victory over Greater Boston League (GBL) rival Chelsea last week.

JJ Costa led the Crimson

Brandon Ho and Dimitor Dimitrov go for the ball during the Tide's game against Chelsea.

Tide both on the mound and at the plate. JJ picked up his first win of the season with a route-going effort in which he fanned 11 Red Devil hitters. He helped his own cause with his bat by racking up three base hits.

Frankie Velasquez, Nordeivy Santana, and Enrico Vega also had multiple-hit games for Everett.

The win improved the Tide's record to 6-4 on the season, but a pair of losses later in the week brought Everett back to the .500 mark.

In a 7-5 loss to nonleague foe Greater Lawrence Tech, Everett allowed GLT to take an early 5-1 lead thanks to some miscues in the field.

However, the Crimson Tide rebounded to bring the game back to level in dramatic fashion in the bottom of the seventh with a two-out rally.

Consecutive walks to Alex Lara and David Saia put two runners on. After both runners advanced to second and third on a wild pitch, Justin Longmore came through in the clutch, delivering a game-tying, two-run sin-

gle to force extra innings.

Unfortunately, the Tide could not maintain their momentum and surrendered two runs in the top of the eighth.

In the bottom half of the eighth, Everett had the tying run on base with one out, but failed to score.

Junior Matt Turilli tossed seven superb innings, allowing just two earned runs. Everett was led offensively by senior Frankie Velasquez, who had a monster day at the plate. Frankie went 3-for-3 with two doubles, a triple, and three runs scored.

In a 5-0 loss to Everett to GBL foe Lynn English this past Monday, the Tide could not get much going offensively for most of the game, although they had their chances to put up some runs on the scoreboard.

Trailing 1-0 for much of the game, Everett was able to get the lead-off runner on base in the first four innings, but was unable to do any damage. Offensive miscues such as not being able to get bunts down, getting picked off, and forgetting how many outs on the bases stifled any attempt to mount a comeback.

Everett's starting pitcher, junior Omar Marshall, deserved a better fate. Omar threw six strong innings, allowing just two earned runs in the loss.

"I was happier with the way that we played in our 11-1 loss earlier in the season vs. what I saw in this game," said EHS head coach Joel Levine. "Mistakes happen, offensively and defensively, throughout the course of a game These are young men, and that is expected. However, it's tough for us to win games when the mistakes pile up in an inning or throughout the game. If we want to make a push to qualify for the state tournament, we are going to have to play better baseball, plain and simple."

Levine and his crew have a busy week ahead. They have three successive home games against GBL rivals Lynn Classical tomorrow (Thursday), Somerville on Friday, and Revere on Monday. The opening pitch for all three of those encounters at Glendale Park is set for 4:00.

They will hit the road to Medford next Wednesday.

FRESH AND LOCAL Alternative stocks and broths

By Penny & Ed Cherubino

Chicken stock is the liquid base called for in most recipes. According to a report from Global News Wire, "Based on the product type segment, the global broth market includes vegetable broth, beef broth, poultry broth and bone broth. The poultry both dominated the market and held the largest market share of 39.86% in the year 2020."

Walk down the soup aisle in any grocery store these days, and you'll see a growing selection of alternative stocks and broths, starting with reasonably straightforward vegetable and mushroom stocks.

You'll also see boxes labeled "vegetarian no-chicken" stock. Reading the ingredients you'll find that these no-chicken stocks are nearly identical to the vegetable stocks. There are also more vegetarian and vegan bases and stock cubes available for those who don't want to prepare homemade versions.

Poultry stocks are also the ones we (and other home cooks) make the most. Homemade stocks allow you to determine what's in the recipe. We prefer lower sodium in our stocks and love to create international flavor profiles for different batches.

Homemade Alternatives

The last time you drained a pot of braised, boiled, or simmered vegetables, you may have sent a tasty homemade stock down the drain. The next time you are about to do this, taste that liquid and decide if it would make a great alternative to water in a vegetable soup.

We already use the vegetable cooking liquid from potatoes, carrots, or rutabagas to replace dairy products when we mash them. We can also enrich that liquid and add it to the stock supply in our freezer.

For example, if you

love carrot and ginger soup, you could remove the vegetables from the liquid, add some Asian flavors like ginger, scallion, star anise, clove, and simmer it for a while. When you reduce the broth, you intensify the flavor and save space in the refrigerator or freezer. Taste as you simmer and stop when you have the flavor you like. You can also sip these homemade stocks as you might a bone broth.

Make a Batch of Stock

Set aside some time to make a batch of vegetable or mushroom broth from scratch, just as you might make turkey stock after Thanksgiving. Recipes for vegetable and mushroom stocks are readily available on the web or in cookbooks. You might need to add a couple of umami-packed ingredients like nutritional yeast, miso, and dried mushrooms to your pantry for some of the best recipes we've found.



The next time you are about to send vegetable cooking liquid down the drain, taste it and ask if it would make a great alternative to water in a soup.

Andrea Nguyen, in her book, The Pho Cookbook, is a proponent of nutritional yeast for vegetable broths. In the headnote to her Vegetable Pho recipe, she writes, "The seasonings used here are the same as those employed for regular chicken pho. Celery adds a slightly earthy note while napa cabbage and carrot yield a golden-colored broth;

the vegetables add natural juices so less water is needed. Yellow-colored nutritional yeast, sold at natural foods stores in the bulk section or spice section, lends a chicken-like umami flavor; it turns the broth cloudy naturally so I dissolve it in hot water, let it settle, then harvest the liquid portion for pho."

That's an excellent tip from Andrea! You'll also find that your vegetarian or vegan friends will be happy to share ideas and resources for creating alternative stocks. You might even set up a stock swap to share your successes with one another!

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

Amtrak unveils summer schedule ahead of peak travel season

Bolstered by a demand for both business and leisure travel, Amtrak unveiled its summer schedule featuring the most Acela frequencies since the onset of the pandemic and Northeast Regional departures nearing 80% of pre-pandemic service levels. The new summer schedule also includes the restoration of four long distance trains to daily service. Expanded frequencies and service restoration was made possible by our talented, existing workforce and optimism for future hiring-an initiative that has led to more than 1,500 new employees this year. Committed to fostering an environment where diverse ideas, backgrounds and perspectives thrive, Amtrak aims to provide career growth and satisfaction through a wide range of professional and personal opportunities. Offering well-paying, rewarding work alongside hiring bonuses and relocation packages to fill our most critical positions, Amtrak is focused on attracting, hiring and training new employees.

"Thanks to our dedicated existing employees and newly-hired staff, we are thrilled to expand our scheduled service just in time to meet customers' rising demand for travel this summer," said Stephen Gardner, CEO at Amtrak. "We are recruiting and training additional employees nationwide to accelerate our recovery from the pandemic and to support service growth. There's never been a better time to come work at Amtrak.

• Representing 79% pre-pandemic levels, Northeast Regional offers expanded service between Washington, D.C. and Boston

• 13 roundtrips per weekday between Washington, D.C. and New York City

•9 roundtrips every Saturday between Washington, D.C. and New York City

• 14 roundtrips every Sunday between Washington, D.C. and New York City

• 8 roundtrips per weekday between Boston and New York City

• 8 roundtrips every Saturday between Boston and New York City

• 9 roundtrips every Sunday between Boston and New York City o Keystone Service offers expanded service between Harrisburg and New York City • 12 roundtrips per weekday between Philadelphia and Harrisburg

• 10 roundtrips per weekday between Philadelphia and New York City, including a new early morning departure arriving in New York City by 7:15 AM

o Amtrak Hartford Line between New Haven and Springfield is fully restored with 7 roundtrips per weekday.

• Effective May 23:

o Representing the most Acela frequencies since the beginning of the pandemic, Acela will offer expanded service between Washington, D.C. and Boston

10 roundtrips per weekday between Washington, D.C. and New York City
4 roundtrips every Saturday between Washington, D.C. and New York City • 6 roundtrips every Sunday between Washington, D.C. and New York City

• 9 roundtrips per weekday between Boston and New York City

• 3 roundtrips every Saturday between Boston and New York City

• 4 roundtrips every Sunday between Boston and New York City

The following long distance service will be offered effective May 23:

• Daily service: Auto Train, California Zephyr*, Capitol Limited, Coast Starlight, Empire Builder*, Lake Shore Limited*, Palmetto, Silver Star, Southwest Chief*, Texas Eagle

5 departures/week:
City of New Orleans,
Crescent
3 departures/week:
Cardinal, Sunset Limited
Silver Meteor: Interim service continues to be

provided daily via Silver Star, Palmetto, Carolinian and Northeast Regional

Amtrak anticipates the announcement of additional service for summer travel later this spring.

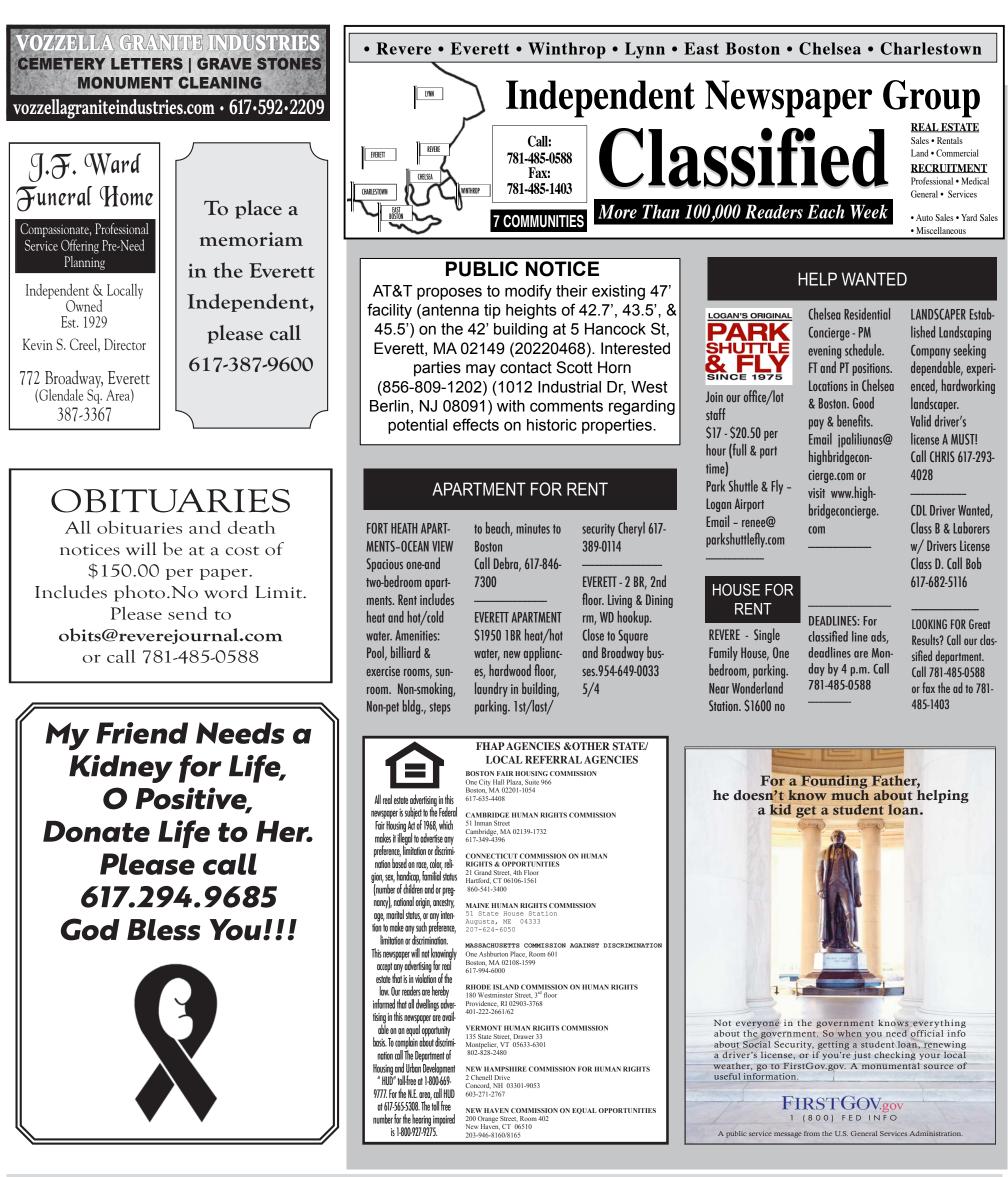
*Represents restoration of daily service

About Amtrak® For more than 50 years, Amtrak has connected America and modernized train travel. Offering a safe, environmentally efficient way to reach more than 500 destinations across 46 states and parts of Canada, Amtrak provides travelers with an experience that sets a new standard. Book travel, check train status, access your eTicket and more through the. Learn more at Amtrak.com and connect with us on Twitter, Instagram, Facebook and LinkedIn.

The following services will be available in the Northeast:

• Effective immediately:





Everett's Professional Service Directory



García invited by President Biden to attend Cinco de Mayo reception at the White House

representative State and sitting candidate Chelsea City Councilor Judith García attended the White House's official Cinco de Mayo reception last week. The event was hosted by President Biden and First Lady Jill Biden, who invited García to their celebration along with an intimate group of Latino leaders, and diplomats, including Mexico's first lady Beatriz Gutiérrez Mueller de López Obrador.

In her speech, Dr. Jill Biden acknowledged the origins of the holiday as a one-day battle during the Franco-Mexican War in which "a rag-tag group of soldiers, outnumbered 3 to 1" defeated Napoleon's army. "This holiday reminds us that the threads of our history and our heritage are woven together," she went on to say. She then recalled meeting a group of Latino activists at the National LULAC Conference who told her that "they didn't often feel



Chelsea City Councilor Judith García at the White House with President Biden and First Lady Dr. Jill Biden in the background.

seen or heard," a statement that "touched her heart. Don't we owe them better?" she asked.

President Biden gave a progress report on issues that face the Latino community in the United States – many of which are also high on Councilor García's agenda.

"Through the American Rescue Plan, our vaccination effort was centered on equity and ensured that Latinos were vaccinated at the same rate everyone else was. As a matter of fact, they're vaccinated at a slightly higher rate than everyone else was.

And to make sure relief checks were delivered to 1,400,000 spouses and nearly 3,700,000 children of mixed-status families where mom or dad is a citizen. Because every family deserves food on the table, a roof over their head, and a little breathing room.

We cut the Latino child poverty rate by an estimated 40 percent because of the Child Tax Credit.

And we surged funding to community health centers, which disproportionately serve Latino communities."

During her tenure on the Chelsea City Council, García has tackled many of these issues in her community. Invested in equal healthcare access, García spent time as a bilingual health counselor, helping Massachusetts residents and families secure free health insurance. García pushed for more affordable housing in Chelsea, creating a safer, more livable community. During the pandemic, she was on the frontlines advocating for more tests and pushing for emergency relief funds for homeowners and small businesses.

Of the event, García



Chelsea City Councilor Judith García was among a small group of Latino leaders and elected officials invited to celebrate Cinco de Mayo with President Biden and First Lady Dr. Jill Biden. García is pictured outside the White House before the event.

says she is "as humbled as ever to represent Chelsea and our Commonwealth. It was a surreal experience to know that a daughter of Chelsea from humble beginnings and a working-class family could come this far."

Learn more at electjudithgarcia.com.

Goldberg announces Interim Chairman for the Cannabis Control Commission

State Treasurer Deborah Goldberg announced that Sarah G. Kim was sworn in as Interim Chairman for the Cannabis Control Commission (Commission). Ms. Kim replaces Steven J. Hoffman who submitted his resignation as Chair in April after serving for several years to establish a successful new industry in Massachusetts. Ms. Kim is tasked with leading the Commission as the Treasurer continues the search process for a permanent Chairman.

"Sarah has extensive leadership experience and knowledge about the standards, goals, and operations of the Commission, as well as perspective on necessary steps as we progress in the implementation of good policies in Massachusetts, *said* State Treasurer Deborah B. Goldberg. "We are proud to appoint her as the Interim Chair, and strongly support her efforts in this new role." "I am grateful to the Treasurer for entrusting



Sarah G. Kim.

me with this opportunity to be the Interim Chair of the Cannabis Control Commission until a new Chair is appointed, and I look forward to working with agency staff, stakeholders, and commissioners to continue the important work of growing a successful, safe, and equitable industry in Massachusetts," said Sarah G. Kim, Interim Chairman

a Deputy Treasurer, Ms. Kim has general oversight of the Alcoholic Beverages Control Commission, and as General Counsel, she manages the team that provides support to the Treasury and its affiliated agencies on various legal issues, including open meetings, ethics, public records, and campaign finance laws. Ms. Kim also advises senior staff on strategic policy, procurement, employment, and litigation issues. She coled the Treasury's initial efforts to implement the provisions of the ballot initiative that decriminalized the adult use of recreational marijuana.

Before joining Treasury, Ms. Kim was an Assistant Attorney General in the Fraud and Financial Crimes Division under Attorney General Martha Coakley. Prior to that, she was a litigation attorney for ten years. Ms. Kim currently serves in leadership positions for several philanthropic organizations. She is a graduate of the Villanova University School of Law and Dartmouth College.

Headquartered in Worcester, the Commission was established in 2017 to foster the creation of a safely regulated industry to effectively implement and administer the laws enabling access to medical and adult-use marijuana in the Commonwealth. Leadership for the Commission includes five commissioners and an executive leadership team. A 25-person Cannabis Advisory Board composed of ex officio members and appointments by the Treasurer,

Governor, and Attorney General also studies and makes recommendations to the Commission regarding the regulation and taxation of marijuana in Massachusetts in accordance with state law.

"I am excited to welcome Sarah Kim to the Cannabis Control Commission," said Shawn Collins, Executive Director of the Commission. "Having previously worked alongside Sarah, I know she will instantly hit the ground running and add tremendous talent to our dynamic team. I'm grateful to Treasurer Goldberg for appointing such a skilled public servant."

The Office of the Massachusetts Treasurer and Receiver General is currently accepting applications for Chair of the Cannabis Commission for appointment by Treasurer Deborah B. Goldberg. The position requires experience in corporate management, finance, or securities. Completed applications in PDF form must be submitted via email to HR@tre.state. ma.us and received by June 4, 2022. Applications are available online at www.masstreasury.org.



of the Cannabis Control Commission.

Ms. Kim has worked for the Office of the Massachusetts State Treasurer & Receiver General since 2015 and currently serves as a Deputy Treasurer and General Counsel. As

CLINICAL PHARMACIST VISIT

Are you interested in talking to a Pharmacist about your medication and get your Blood Pressure check?

Monday May 23, 2022

10:00am -12:00pm

Free Blood Pressure Check & Medication Review

Connolly Senior Center 90 Chelsea Street. Everett

Face Masks Required



ECHA Cambridge Health Alliance Please sign up today! Sign up sheet on Camille's door or call 774-360-7521

EVERETT SPONSORED BY CAMBRIDGE HEALTH ALLIANCE, DEPARTMENT OF PUBLIC HEALTH, EVERETT FOUNDATION FOR THE AGED & THE EVERETT COUNCIL OF AGING WWW.REVEREBEACHPARTNERSHIP.COM