

DiDomenico hosts annual DiDomenico Foundation St. Patrick’s Day kick off roast on March 9

Special to the Independent

The top elected officials in Massachusetts will join host State Senator Sal DiDomenico (D-Everett) at the head table for the Annual DiDomenico Foundation St. Patrick’s Day Celebration on Thursday, March 9 beginning at 6:30pm at the Bunker Hill Knights of Columbus in Charlestown. This has become of the most anticipated events of the year.

In addition to Governor Maura Healey and Lieutenant Governor Kim Driscoll, over 75 federal, state, an elected officials have confirmed they will join State Senator Sal DiDomenico (D-Everett) at the head table at the annual political kick-off of the St. Patrick’s Day roast including: Attorney General Andrea Campbell, Massachusetts State Senate President Karen Spilka, Boston Mayor Michelle Wu, State Audi-

tor Diana DiZoglio, Middlesex County District Attorney Marian Ryan, Suffolk County Sheriff Steve Tompkins, Suffolk County District Attorney Kevin Hayden, Middlesex County Sheriff Peter Koutoujian, Middlesex County Clerk of Courts Michael Sullivan, Governor’s Councilor Terry Kennedy and more!

Rock & Roll, Vocal, and Grammy® Halls of Fame group, The Platters® (“Only You”, “The Great Pretender”, “Twilight Time”) will be flying in for a special performance, and two of Boston’s best comedians will enhance the political humor.

In addition to a traditional Irish dinner, the night will include live Irish music, bag pipers, and the annual presentation of the Golden Shamrock Award to a community leader. This year’s recipient is Liliana Patino of the Eliot Family Resource Center.

Liliana has been a leader supporting children and families in our region before and during the pandemic and has personally made it her mission to ensure that our youngest residents get the resources and services they deserve.

This event is one of the most popular St. Patrick’s Day traditions in the Greater Boston area and Senator Nick Collins (D-South Boston), the host of the Annual South Boston St. Patrick’s Day Breakfast, will also be at the event.

For tickets and event information, please call (617) 387-3327. Proceeds will go to The DiDomenico Foundation, which funds educational scholarships for graduating high school students, as well as a large toy drive during the holiday season for domestic violence and homeless shelters throughout the Greater Boston.

NEWS IN BRIEF

community since 1954 and has had such distinguished guests as then-Senator John F. Kennedy in 1958, as well as a wide array of governors, senators and other distinguished public servants.

For any questions or additional information, please contact everettfsosp@gmail.com.

CALENDAR OF EVENTS AT THE EVERETT PUBLIC LIBRARIES

Parlin Adult and Teens Yarn Club Parlin Fireplace Room. Tuesday, March 7th at 7pm. Come chit chat and stitch! Bring your crocheting, knitting, or any other yarn craft and sit and socialize with other members of the crafting community. Recommended for ages 14-109!

Bingo! Parlin Meeting Room. Wednesday, March 8th at 1:00 pm. Can’t get enough Bingo? Join us for our Bingo afternoon! Prizes awarded. We have space for 12 people. If you have any questions, call (617) 394 2300.

Connolly Center Book Group, Connolly Center Meeting Room. Thursday, March 9th at 12:00 pm. We will discuss Alex Michaelides’ The Silent Patient, a shocking psychological thriller of a woman’s act of violence against her husband - and of the therapist obsessed with uncovering her motive. See Kathleen for copies on her twice monthly visits, or call the Parlin (617) 394 2300 or Shute (617) 394 2308 libraries.

Parlin Childrens Crafts for Kids. Parlin Children’s Room. Tuesday, March 7th at 3pm. Let’s make a leprechaun! All kids ages 3 and up are welcome; please come and join the fun! Registration is required. Sign up online or at the Parlin Children’s desk.

Friday Family Movie Night! Parlin Meeting Room. Friday, March 10th at 3pm. Break out the popcorn! Come and watch Minions with your friends and family.

Shute Adult and Teens Resume Writing, Shute Adult Department. Do you need help sprucing up an old resume or creating a new one? Sign up for a thirty minute session at both the Parlin and Shute Libraries. By appointment only. Please call 617-394-2302 for the Parlin Library and 617-394-2308 for the Shute Library to register for an appointment.

Computer Basics 101, Shute Adult Department. Not familiar with the computer? Learn the basics: how to start up and shut down a computer, perform mouse and keyboard functions, use applications, learn Microsoft Word, navigate the Internet, set up an email account, and more! By appointment only. Please call 617-394-2302 for the Parlin Library and 617-394-2308 for the Shute Library to register.

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EVERETT ART ASSOCIATION SPRING ART SESSION BEGINS MARCH 7

The Everett Arts Association spring session classes will be held on Tuesdays from 12 noon to 3pm, beginning March 7 for 10 weeks ending in May 9. at The Connolly Center, 90 Chelsea Street. There will be an instructor on hand to guide you using your preferred medium. There is a nominal fee to participate in the classes. Classes are drop-in, pay as you go, or you can commit to the full ten weeks. For more information, please call Ann LaConte at 617-387-7797. Students are required to bring their own materials.

GROOVES FOR GOOD FUNDRAISER AT AERONAUT CANNERY

SATURDAY, March 4 get your GROOVE on!

Join Aeronaut Cannery and DJ DONUTS for a night of great music and silly dance moves with proceeds to benefit Art Lab Everett, an organization in Everett, MA that offers low-cost and free arts programming for residents and surrounding community members. With classes and workshops for all ages, monthly open houses, and open studio and gallery space, Art Lab EVERETT is fostering the growth and development of the arts in Everett!

Aeronaut Cannery is located at 199 Ashland St. More info and tickets available here: <https://bit.ly/3MZXW7c> or visit [Artforeverett.org](https://www.artforeverett.org).

AFTER SCHOOL ART CLASSES AT ART LAB EVERETT

Visit [Artforeverett.org](https://www.artforeverett.org) to learn about after school art classes for students in grades 1-5.

Next session begins March 7. They also have evening classes for adults.

Email a4e@artlabeverett.org for more information

LOCAL STUDENTS IN THE NEWS

LOESCH NAMED TO HUSSON UNIVERSITY’S DEAN’S LIST

Everett resident, Carrissa Loesch, has been named to Husson University’s Dean’s List for the Fall 2022 semester.

During the fall semester, Loesch was enrolled in Husson’s Master of Science in occupational therapy/Bachelor of Science in healthcare administration and public health program.

Students who make the Dean’s List must be enrolled as an undergraduate student, carry a full-time load of 12 credit hours, complete all attempted

courses in the time allotted for the semester, and achieve a 3.60 to 3.79 semester grade-point average. Credits from pass/fail classes do not qualify toward meeting the minimum credit hour requirement.

For nearly 125 years, Husson University has shown its adaptability and strength in delivering educational programs that prepare future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees. With a commitment to delivering affordable classroom, online and experiential learning opportunities, Husson University has

come to represent a superior value in higher education. The hallmarks of a Husson education include advanced knowledge delivered through quality educational programs in business; health and education; pharmacy studies; science and humanities; as well as communication. According to an analysis of tuition and fees by U.S. News & World Report, Husson University is one of the most affordable private colleges in New England. For more information about educational opportunities that can lead to personal and professional success, visit husson.edu.

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- LEGAL NOTICE -
CITY OF EVERETT



**BOARD OF HEALTH
PUBLIC HEARING NOTICE**

In accordance with the provisions of the City of Everett Board of Health Regulations, the Board of Health will conduct a Public Hearing:

When: Monday, March 6, 2023

Time: 6:00PM

Where: City Hall, Mayor’s Conference Room, # 35
484 Broadway
Everett, MA 02149


Subject: Proposed Amendment to The City of Everett, MA, Everett Board of Health Rules and Regulations for Tobacco, Section Q(1)(a)


The existing language is as follows:
Section Q (Violations)
1. It shall be the responsibility of the establishment, permit holder and/or his or her business agent to ensure compliance with all sections of this regulation. The violator shall receive:
a. In the case of a first violation, a fine of one thousand dollars (\$1000.00) and the Tobacco Product Sales Permit shall be suspended for three (3) consecutive business days.

The Proposed amendment is as follows: To [decrease] the number of suspension days from [three (3) Days] to [one (1) Day]

All persons interested in or wishing to be heard on the proposal may attend and participate in person. This proposed amendment can be found on the posted Agenda at the following link: <http://www.cityofeverett.com/AgendaCenter>. Questions and comments can be directed in advance of the public hearing to Caitlin Norden of the Department of Health and Human Services at Caitlin.Norden@ci.everett.ma.us or 617-394-2255.

Advertisement dates: Weeks of Wednesday, February 22, 2023 & Wednesday, March 1, 2023.

**- LEGAL NOTICE -**
CITY OF EVERETT



**ZONING BOARD OF APPEALS
484 BROADWAY
EVERETT, MASSACHUSETTS 02149
PHONE 617-394-2498 FAX 617-394-2433**

To Whom It May Concern:

This notice is to inform you that a public hearing will be held on Monday March 20, 2023 at 6:00 PM, Everett City Hall, 3rd Floor George Keverian Hearing Room. All interested parties may attend and opinions will be heard regarding the following petition.

Whereas a petition has been presented by:

**Property Address: 23 Gledhill Ave.
Map/Lot: N0-05-000171
Person Requesting: Ms. Rosemonde Paulo
244 Rumney Road
Revere, MA 02151**

REASON FOR DENIAL:

The applicant seeks to convert the existing 2 family residence built approximately in 1894 into a three (3) Family

Permit was denied in accordance with the City of Everett Zoning Ordinance Appendix A as follows:

Violations and Zoning:

- The Everett Zoning Ordinance, Section 4(B) (2)b, requires 7,000 s.f. of lot area for a two-family dwelling. Accordingly, the 3,693 s.f. lot is currently nonconforming as to area. The lot is also nonconforming as to frontage. The addition of a third dwelling unit will increase these nonconformities¹. A special permit is required, pursuant to Section 3(F) of the Zoning Ordinance.
- Pursuant to Section 17.A.1 of the Zoning Ordinance, the existing two-unit residential use would require four (4) parking spaces, but the lot contains only two (2) parking spaces. Therefore, the property is nonconforming as to parking requirements, and your proposal will increase this nonconformity, because six (6) spaces would be required for the proposed three-unit structure. You may either seek a special permit from the Zoning Board of Appeals to increase the parking nonconformity, pursuant to Section 3(F) of the Zoning Ordinance, or participate in the Transportation Demand Management Program under Section 35 of the Zoning Ordinance.

¹The existing structure is also nonconforming as to front setback. However, I do not find that the purely interior renovation of the structure will increase this nonconformity.

**MARY GERACE – Chairman
Board of Appeals
Roberta Suppa - Clerk
March 1, 2023
March 8, 2023**

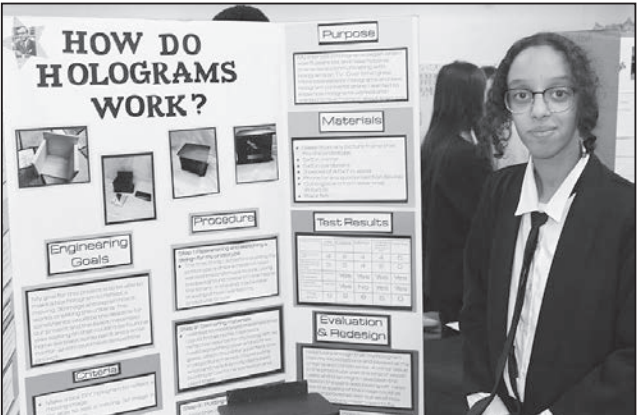
PCSS HOSTS 16TH ANNUAL SCIENCE AND ENGINEERING FAIR

Earlier this month, the Pioneer Charter School of Science (PCSS)’s campuses in Everett (PCSS-I), Beverly, and Saugus (PCSS2) hosted the 16th Annual Science and Engineering Fair. This year’s theme was “Reimagining Your Daily Life,” a concept celebrated by nearly 300 student participants. All of PCSS’ 6-12th

grade students participate in a preliminary event in December, and then students are selected to participate in the fair. Judges for the fair were recruited from the STEM community in the Boston area, including MIT, MIT Lincoln Labs, New England Biolabs, Omega Pharmaceuticals, BU, and Northeastern.



PCSSI twelfth graders Mehak (L) and Nikicha (R) from Everett are interested in helping people identify if they are anemic. They created a symptom-checker app that helps users determine if they might be experiencing anemia and tested the app using public databases.



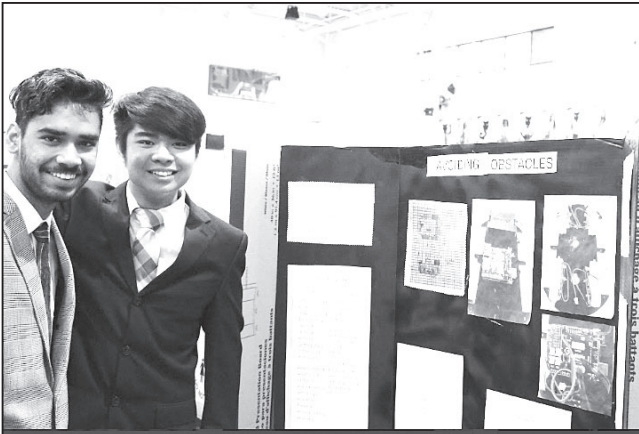
PCSS2 seventh grader Manal from Revere is interested in holograms, so she created a hologram illusion using the “Pepper’s Ghost” technique to make stage holograms and amusement park ride effects. Testing showed her device to be successful in creating a hologram-type image.



PCSS2 eighth graders Grace from Saugus (L), Lianna from Everett (R), and Yurie from Chelsea (not pictured) are trying to solve the problem of single-use plastic waste from water bottles by creating a solar water distillation system to provide safe drinking water when none is otherwise available.



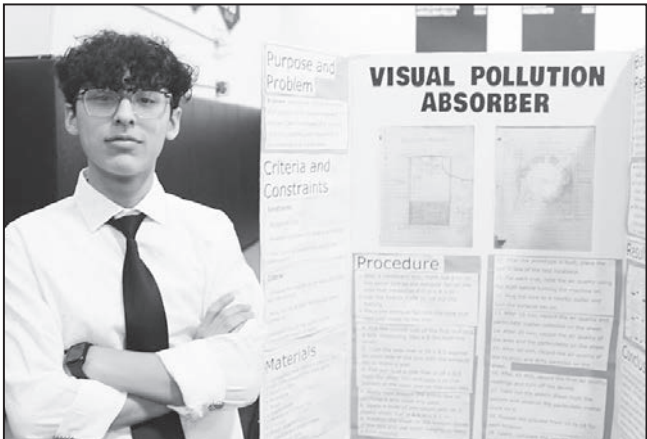
PCSS2 eighth grader William from Salem is tackling the challenge of climate change by exploring tidal energy as a viable renewable energy technology. He created a floating water-wheel-based device that successfully generated electricity when tested in a controlled environment and the North River.



PCSS2 eleventh graders Shresth (L) from Lynn and Devlin (R) from Malden created a robot that traverses tight spaces to reduce human casualties in mining accidents and cave rescues. The robot navigates tight spaces using ultrasonic detectors and successfully navigated cramped areas in trials.



PCSSI’s seventh graders Altamash, Ajah (L), and Anthony (R) of Revere engineered a train that operates via a magnetic field to explore eco-friendly mass transportation alternatives.



PCSSI eighth grader Lucas from Revere is creating cleaner air by creating a device that targets particulate air pollution. A fan moves air over a sticky surface to trap even tiny particulates, thus cleaning the air. Tests showed that the device successfully trapped particles, improving local air quality.



PCSSI tenth graders Kristina (L) from Revere and Gabriela (R) from Chelsea are exploring chemical engineering to find an environmentally friendly, cost-effective strategy to clean up crude oil spills. They used a series of chemical reactions to alter the properties of cotton to make it repel water and attract and retain oil.



PCSSI tenth grader Moses from Everett is trying to create an autonomous, cost-effective device to help clean our oceans. He designed his prototype using a pendulum-based rotating mass wave energy converter and tested it in local waterways.

Council / CONTINUED FROM PAGE 1

well-intentioned question. “We decreased the value of the power plant approximately \$250 million,” said Devereux. “We decreased the value of the Distrigas facility approximately \$15 million for a total of \$265 million. We look at the cash flows, and that’s nearly \$7 million

that we lost from those two taxpayers – that has to be made up by the rest of the taxpayers in the City across the board. And the residents bear 72 percent of the tax levy in Everett in Fiscal ’23. That’s the most significant contributing factor to the increase in the tax rate.”

Parking / CONTINUED FROM PAGE 1

the authority to do some of the things that we’re mentioned in here tonight.” The Council voted to schedule a meeting with the Traffic Commission after conducting its own

research on residential parking programs and determining what plan would work most beneficially for the City of Everett and its residents.

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Everett Independent

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NOTICE OF ACTIVITY AND USE LIMITATION

7 PRESCOTT STREET, EVERETT, MASSACHUSETTS

RELEASE TRACKING NUMBER 3-0023814

A release of oil and/or hazardous materials has occurred at this location, which is a disposal site as defined by M.G.L. c. 21E, § 2 and the Massachusetts Contingency Plan, 310 CMR 40.0000. On February 6, 2023, 7 Prescott LLC recorded with the Southern Middlesex County Registry of Deeds a NOTICE OF ACTIVITY AND USE LIMITATION on the disposal site, pursuant to 310 CMR 40.1070 through 40.1080.

The NOTICE OF ACTIVITY AND USE LIMITATION will limit the following site activities and uses on the above property:

(i) The use of the Property for residential use, or as a children's school, daycare or nursery, or other uses of the Property that could be reasonably expected to result in a child's ingestion of existing soils during high frequency or high intensity activities as defined by the Massachusetts Contingency Plan;

(ii) The use of the Property for growing fruits, vegetables, or other produce intended for human consumption;

(iii) Subsurface activities that disturb soil greater than one foot below existing grade, except for short-term utility repair, unless the activities are managed in accordance with the Massachusetts Contingency Plan;

(iv) The construction of a structure intended for human occupancy without the prior evaluation of the vapor intrusion pathway and determination by a Licensed Site Professional to maintain a condition of No Significant Risk as defined by the Massachusetts Contingency Plan;

Any person interested in obtaining additional information about the NOTICE OF ACTIVITY AND USE LIMITATION may contact Franz Eberth of 7 Prescott LLC at 322 Main Street, Everett, MA 02149, 617-212-6788.

The NOTICE OF ACTIVITY AND USE LIMITATION and the disposal site file can be viewed at MassDEP website using Release Tracking Number (RTN) 3-0023814 at <https://eeaonline.eea.state.ma.us/portal#!/search/wastesite> or at the MassDEP Northeast Regional Office, 150 Presidential Way, Woburn MA 01801, 978-694-3200.

Please recycle this paper

LEGAL ANNOUNCEMENT

EVERETT PUBLIC SCHOOLS

PUBLIC HEARING ON THE FISCAL 2024 BUDGET

The Everett School Committee, in accordance with Massachusetts General Laws, Chapter 71, Section 38N, will hold a Public Hearing on the subject of the proposed Fiscal 2024 budget on Monday, March 20, 2023 at 6:00 p.m. in the Everett High School Library, 100 Elm Street. Budget information will be posted on the Everett Public Schools website, and hard copies will be available at the Central Office located at 121 Vine Street, beginning on Tuesday, March 14, 2023.

PUBLIC HEARING ON SCHOOL CHOICE

The Everett School Committee, in accordance with Massachusetts General Laws, Chapter 76, Section 12B, will hold a Public Hearing on the subject of School Choice on Monday, March 20, 2023, immediately following the Public Hearing on the Fiscal 2024 budget in the Everett High School Library, 100 Elm Street.

REGULAR SCHOOL COMMITTEE MEETING

The regular meeting of the Everett School Committee will be held on Monday, March 20, 2023, immediately following the Public hearing in the Fiscal Year 2024 Budget and the Public Hearing on School Choice, in the Everett High School Library, 100 Elm Street.

Everett

Independent

President: Stephen Quigley

Editor in Chief: Cary Shuman

THE PLANET IS SO MESSED UP

Our warm winter -- December was unseasonably warm and January was the warmest on record, while February had only a very, very brief cold snap, but also had many days of record-high warmth — is a classic good news/bad news situation.

The good news is that our heating bills, with oil prices near record-high levels because of the war in Ukraine, are much lower than they would have been. Europe similarly has had a record-warm winter, which has reduced its usage of natural gas, averting what could have been an economic disaster..

The mild winter also has been a boon for the budgets of cities and towns. The dearth of snow and ice has meant that relatively small amounts have been expended for snow removal (at least so far).

But the long-term effects of our mild winters are not good. The warm winter of 2023, coming on the heels of warm winters for the past few years, means that climate change has firmly taken root in New England. According to a recent analysis by the federal Environmental Protection Agency, winters in Massachusetts have warmed by 4.5 degrees since 1896, a rate that is faster than the national average.

Part of the explanation for this may lie in another study recently released by scientists. According to their report, ocean heat content reached a new record high for the fourth year in a row, based on measurements of ocean heat accumulating down to a depth of more than a mile.

But here’s the really depressing part: According to the scientists’ findings, published in the journal *Advances in Atmospheric Science*, the warmth keeps working its way deeper into the ocean because greenhouse gases have trapped so much heat that the oceans’ deeper waters will continue to warm for centuries even after humans stop using fossil energy.

So while it may be true that governments and industry are turning “greener,” the bottom line is that it may not make any difference, and that’s especially true because even under the best-case scenarios, the world will not be carbon-neutral for decades.

The effects of our warming planet have been visible for years with the onslaught of droughts, wildfires, devastating floods, and Category 5 storms that have left no part of Earth untouched, with implications that only now we are beginning to understand.

We don’t mean to be the bearer of bad news, but the reality is this: As bad as things are today for the environment, they’re only going to get worse before they get better.

THE ECONOMISTS ARE STILL JUST GUESSING

If you’re like us, then no doubt you’ve been frustrated with the lack of consensus by economists and other so-called experts about the future of our economy. In the morning, we’ll hear a prediction of a full recession in the coming months; in the afternoon, someone else will predict a mild recession with a “soft landing”: and in the evening, another talking head will say that everything is fine for the indefinite future.

The combination of the COVID-19 pandemic, the ensuing supply-chain issues, and a land war in Europe for the first time since WWII has skewed everything for which there is no direct precedent in the modern era. Today’s economy is an amalgam of every economic era since WWII. We can draw some parallels to previous situations, but there are no direct analogies.

In addition, two factors are having a huge effect on the labor force, which in turn are affecting the overall economy.

The first is the retreat from the workforce of Baby Boomers, a trend that was accelerated by the pandemic. The Baby Boomer cohort has had an out-size effect on the economy and American life since they were born and they continue to do so today. In addition, Boomers are staying in their homes longer (which diminishes the supply of housing for Millennials) and, now that they have more leisure time, are traveling more (instead of buying stuff), and thus inflating the demand for service sector workers.

The other big factor accounting for the labor shortage is the trend of many younger workers both for remote work and to work fewer than 40 hours per week. These new realities are having ripple effects throughout the economy, particularly for the office real estate market and the small businesses in our major cities that depend on foot traffic from office workers.

The only thing that is clear to us is that none of the so-called experts have any idea what is going on with the economy and have even less of a clue about the future. To paraphrase Plato (quoting Socrates), the only thing they know is that they know nothing.

Independent Forum

GUEST OP-ED

America’s wars, who are the winners?

Dr. Glenn Mollette

America was involved in Vietnam for 20 years. Our presence started small but by 1965 had significantly escalated. 3.1 million troops saw combat and at least 58,300 were killed. We spent over \$120 billion from 1965 to 1973 which led to an oil crisis and rampant inflation. Are you better off today because America fought in Vietnam? Are you safer?

America spent over \$2 trillion fighting in Iraq and Afghanistan. Then, we hurried and pulled out of Afghanistan leaving hundreds of millions of dollars in vehicles, buildings, bases, and weapons to be used by the Taliban. The country is now in shambles. Girls are not allowed to go to school beyond the sixth grade. Women are treated horribly by the Taliban. What did we do to help Afghanistan? Are they better off now? Are we better off for our 13 years in that country?

We invaded Iraq. We

lost over 15,000 active service members and contractors in Iraq and Afghanistan. Take a look at Iraq and Afghanistan today. What did we accomplish?

We approved \$113 billion in aid to Ukraine in 2022 alone. Most Americans do not want Russia to succeed in conquering Ukraine. Efforts to help Ukraine have been supported by most Americans. How far do we go? How much can we afford? How long are we able to keep this up? Does this become another Afghanistan? American troops are not there, yet. When will this happen?

When do we start fighting in Taiwan? China wants to control Taiwan. Taiwan is rich in resources and technology. Like Russia wanting Ukraine because of its proximity and resources, China figures it just makes sense for them to control neighboring Taiwan.

China is reportedly on the verge, if not already sending military arms to

Russia. As America depletes our own defense stockpile of missiles, tanks and more, China knows we will have less to send to Taiwan. We have recently sent 200 soldiers to Taiwan and more will be going. It is scary to ponder how many more will be going in the next year or two.

In the middle of all this, who is really profiting from America’s forever wars? The Military Industrial Complex will continue to make hundreds of millions of dollars with no end in sight. Manufacturers of mass weapons used in war have no end to their financial gains. Politicians who own stock in these massive companies only stand to get richer and richer. How many thousands of shares of stock in these companies do our long-term Senators and Representatives own? Stopping or slowing our military aggressions around the globe would mean their stock would go down and their massive financial fortunes

would be diminished.

Politicians should not be allowed to buy stock while in office. Before running for a political office they should be required to cash their stock out so they are not financially persuaded to promote the success of certain industries.

We don’t want Ukraine to fall to Russia or Taiwan to China. However, what will our country have left to fight with after we have spent billions of dollars defending them? If your livelihood comes from investments in the massive military weapon sales industries, then you are probably spending most of your time counting your money.

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.

EBNHC appoints Dr. Ryan Boxill Chief Operations Officer



Dr. Ryan Boxill, PhD MBA.

East Boston Neighborhood Health Center (EBNHC), the largest community-focused health system in Massachusetts and among the largest in the country, is pleased to announce that Dr. Ryan Boxill, PhD MBA, has been appointed executive vice president and chief operations officer (COO). Bringing more than 20 years of experience in the healthcare industry, Dr. Boxill’s clinical training, business expertise, and strategic vision will strengthen EBNHC’s ability to provide accessible, compassionate, high-quality care across their health system.

“As we grow to meet the needs of our community, we are thrilled to have a COO with a proven track record of expanding access to care and advancing clinical quality in a community setting. Dr. Boxill’s unique combination of behavioral health training and operational leadership will add valuable expertise to our organization’s diverse executive team, helping us to meet the complex demands of community health post pandemic,” said Greg Wilmot, president and chief executive officer of EBNHC. “We believe in care that goes beyond the clinic to address wellness where it starts: in the deeply interconnected lives of the people we serve. Dr. Boxill is the leader we need to advance this mission.”

Prior to joining EBNHC, Dr. Boxill served as the chief behavioral health officer for Boston Medical Center (BMC) Health System where he was responsible for leading behavioral health strategy and operations across the health system, including BMC Hospital, BMC’s WellSense Health Plan, and BMC’s Boston Accountable Care Organization (BACO). Notably, Dr. Boxill led the

strategic planning, design, and implementation of BMC’s recently launched Brockton-area Behavioral Health Center, regarded as one the most innovative, state-of-the art, and patient-centered behavioral health facilities in the country. His previous work as system vice president at Steward HealthCare drastically improved the overall performance of acute inpatient psychiatric and detox beds in his service line.

Dr. Boxill is a licensed clinical psychologist in New York and Massachusetts and holds a PhD in Cross Cultural Clinical Psychology from the California School of Professional Psychology in Fresno, CA. He completed his pre-doctoral training at the Hudson River Regional Psychology Internship Program at the New York State Office of Mental Health and his Harvard Medical School Postdoctoral Fellowship training at the MGH-OCD Institute at McLean Hospital. Dr. Boxill has an MBA from the University of Massachusetts with a specialization in Finance, and is a certified trainer in Diversity and Intercultural

Sensitivity.

“Healthcare is a basic human right and East Boston Neighborhood Health Center is taking actionable steps towards improving patient care, committing to the wellbeing of its patients and workforce, and providing equitable healthcare opportunities to those who need it,” said Dr. Ryan Boxill, executive vice president and chief operations officer of

EBNHC. “I am thrilled to join an institution with the compassion and drive to make impactful changes in fostering a healthier community in East Boston and beyond.”

East Boston Neighborhood Health Center (EBNHC) is one of the nation’s largest Federally Qualified Health Centers (FQHCs) and the largest community health center in Massachusetts, serving over 100,000 patients and recognized by the Health Resources and Services Administration (HRSA) as a Health Center Quality Leader. For more than 50 years, EBNHC has offered access to comprehensive care for the underserved populations of Chelsea, East Boston, Revere, Winthrop, Everett and Boston’s South End. EBNHC is dedicated to promoting and sustaining healthy communities, families, and individuals by providing accessible, person-centered, compassionate, and high-quality health care services to all who live and work in our service area. For more information, please visit www.ebnhc.org.

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Our Senior Life

Annual Wellness Exam is Key to

a Healthy Year for Older Adults

(StatePoint) You've selected your insurance plan for the year. Now, it's time to start using your benefits, beginning with an annual wellness exam.

An annual wellness exam with a health care provider is important for everyone, but especially for older adults. As we age, we are more likely to develop chronic health conditions, according to Dr. J.B. Sobel, chief medical officer for Cigna Medicare, which serves hundreds of thousands of older adults through its products. An annual wellness exam can help detect potential health issues early so they can be addressed before they worsen, he added.

"By meeting with your primary care provider early in the year, you can highlight the things that are important to you, and work together to develop a plan for your care for the year ahead," Sobel said. "This will ensure you live each day with vitality, happiness and improved health."

Many providers will reach out to schedule an annual wellness exam. If your provider doesn't contact you, make sure to call them.

A number of annual check-ups are available at no extra cost to those with Medicare. They include a "Welcome to Medicare"

visit for customers who have just reached Medicare eligibility and an "Annual Wellness Exam" for existing customers. Many Medicare Advantage (MA) plans offer more extensive annual visits at no extra cost. Some even offer incentives for completing a visit. Talk with your provider and Medicare insurer about your benefits.

Each annual exam may be a little different. Regardless of the type, Sobel offers the following tips to ensure you get the most from your visit.

Prepare. Before you go, write down any-



(c) PeopleImages / iStock via Getty Images Plus

thing you'd like to discuss with your health care provider, including changes to your health over the past year. Bring your prescription and over-the-counter medications with you. Ask plenty of questions and take notes. You might even want to take along a family member, trusted friend or caregiver to ensure you understand everything your provider has shared.

Be open and honest. It's tempting to make things look rosier than they are when talking to your health care provider, but minimizing what you are feeling can lead to an incorrect diagnosis or prescription. Speak openly about unhealthy habits, like smoking or lack of exercise. Your provider won't judge you. Being honest is the only way your health care provider can help you reach your goals.

Mind mental health. Your emotional health impacts your physical health. Many people think depression is a natural part of aging, but it doesn't have to be. Talk to your doctor if you are feeling sad, anxious or hopeless. Treatments, such as talk therapy, medication or both, may be covered by Medicare.

Monitor medications. Adults age 65 and older tend to take more medications than other age groups, increasing the risk for

adverse reactions, such as cognitive impairment and falls. It's a good idea to take your medications to your annual wellness exam and discuss any potential problems or side effects you're experiencing. Don't forget about over-the-counter drugs, vitamins or nutritional supplements you take.

Schedule screenings and get vaccines. There are a number of important health screenings and vaccines that you may need depending on your age and gender, such as colon cancer screening, bone density test, mammogram, flu shot or COVID-19 immunization. Ask your provider about the screenings and vaccines you've had already and schedule any you need as soon as possible. You may even be able to do that before you leave the office. Also, don't forget to visit your eye doctor and dentist. These visits are covered by many MA plans as well. Find out more at www.cignamedicare.com.

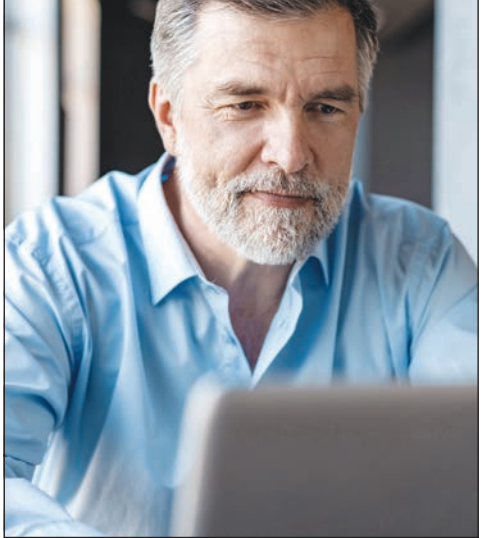
"You wouldn't drive your vehicle without proper preventive maintenance, so please don't ignore preventive maintenance for your most prized possession – your health," Sobel said. "An annual wellness exam is a great place to start!"

3 Ways to Protect Your Finances and Your Family

(StatePoint) To protect your finances and family in the long term, it's important to not only reevaluate your saving and spending, but also commit to creating a more holistic financial plan.

Consumers are seeking stability and preparedness in today's uncertain economic environment, according to a recent Consumer Sentiment Tracker study by Lincoln Financial Group. With ongoing inflation and market volatility, 56% of respondents cited protection from risk as being most important to them. When it comes to thinking about their finances, people said they have the greatest interest in protecting their family (39%) followed by their income (26%).

"Our research reinforced the importance of financial solutions that can help consumers navigate through market cycles and protect their loved ones," said David Berkowitz, president, Lincoln Financial Network, Lincoln Financial's wealth management business. "People are not only concerned about having enough to pay their bills, but also saving for retirement and preparing for the unexpected."



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ed. It's important to have a well-rounded financial plan that can address those risks, protect assets and create positive outcomes for today's families."

To achieve a stronger financial future, don't neglect your finances — instead, add a little TLC (Talk, Learn, Commit). Create a robust financial plan using these three tips from Lincoln Financial:

1. Talk about it. Financial conversations play a crucial role. Be transparent with your loved ones about financial priorities so you can set expectations and work toward your shared financial goals. Initiate ongoing discussions to stay on track with everything from saving for retirement to paying for a long-term healthcare event, which can happen suddenly and be very costly. Also, consider talking to a financial professional who can help identify solutions that best meet your individual needs, as well as drive better outcomes. Lincoln's research found those who work with financial professionals are more likely to prioritize retirement savings (26% vs. 10%).
2. Learn more about tax-deferred investments. Life insurance can be more than just a death benefit, with some types of policies offering income replacement for unforeseen events. It can also protect your financial security from the impact of taxes, market volatility and longevity. It's not just for individuals and families either, but businesses too. Also, consider diversifying your portfolio with an annuity, which can provide protected growth and monthly lifetime income to help cover expenses in retirement and ensure you have a stream of income.
3. Commit to maximizing your workplace benefits. Look into supplemental coverages like disability, accident and life insurance that may be available through your employer. Solutions like these protect against unexpected events that can disrupt your

ability to provide for your family or drive you into additional debt. If you have an employer-sponsored retirement plan, make sure you are contributing and getting a match, if offered. Tap into any financial wellness tools offered at work to help provide you with an

accurate picture of your holistic financial situation and lower stress.

Visit www.lfg.com for more tools and resources.

With a robust plan, you can help ensure a solid financial future for you and your family.

Our Senior Life

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Almost all my middle aged & elderly acquaintances, including me, feel about 25 – unless we haven't had our coffee, in which case we feel 107

– Martha Beck

CITY OF EVERETT CELEBRATES BLACK HISTORY MONTH WITH YOUTH AND YOUNG ADULTS

The City of Everett, alongside elected officials and members of the community, continued its celebration of Black History Month with “History in the Making: Celebrating Everett’s Youth and Young Adults at the Everett Recreation Center over the weekend.

The Rec Center was transformed into a gallery for our residents to learn about Black athletes who not only impacted the sport they played in, but also made contributions and gave back to their community. The displays included a bio, the athlete’s impact on and off the field and facts most people may not have known. The athletes on display spanned across many sports and included familiar names like Serena Williams, Jackie Robinson, Pele, Bill Russel, Willie O’Ree and even

our very own Veterans Service Officer Antoine Coleman.

Those who attended were able to hear from guest speakers who are youth or grew up in our community. They spoke about what Black history means to them and how growing up in Everett has shaped them in many different ways. The event also celebrated our youth’s artistic side through listening to poetry and viewing artwork representing what Black History Month means to them.

“I’m happy we were able to celebrate Black History Month with the youth in our community,” said Mayor Carlo DeMaria. “It was a chance for all of us to celebrate the importance of this month through the expressions of our City’s young adults.”



Joshua Alsaindor read his poem at the podium.



Christian Zamor spoke at the podium.



Amourah Durrant read her poem at the podium.



Antoine Coleman spoke at the podium.



Mike DiPietro spoke at the podium and kicked off the event.



Cathy Draine spoke at the podium.




Attendees viewing one of the displays.




Amourah Durrant and Abby Medilme alongside their art piece representing what Black History Month means to them.



Those in attendance were treated to guest speakers and performances.



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Attendees enjoyed food and refreshments during the event.

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Malden Catholic’s Brother Daniel Cremin to be honored on Mar. 2

In recognition of Malden Catholic’s longest serving Xaverian Brother, MC has dedicated its athletic hall of fame to Brother Daniel Cremin, C.F.X. who spent 23 years at the school coaching and teaching physical education instruction and 23 years at the school as a counselor. The school’s hall of fame was originally established in 1989 and it celebrated the institution’s strong athletic history and outstanding individual athlete, team, coach and volunteer accomplishments with a formal induction into the MC Hall of Fame for sixteen years.

The Hall of Fame event will be held on Thursday, March 2 at Anthony’s of Malden. Mayor Gary Christenson will be in attendance along with 350 guests to honor several former great Lancer athletes, legendary coaches and two MC teams. A social hour will be held starting at 5:30 PM before the Hall of Fame ceremony begins at 6 PM. Tickets are sold out for the event.

Those who will be honored and inducted into the MC Hall of Fame are:

Brian Parow ’04 – MC Wrestling (Chelmsford, MA)



Brother Daniel Cremin, C.F.X.

Brian Parow ’04 participated in the MC Wrestling team for all 4 years in high school, culminating in his senior year as team Captain, and weighing in at 135 lbs. Throughout his four years, he had multiple accomplishments and records under his belt—most notably, he won the 2004 Sectional and State Championship and was ranked 3rd in New England that year. He also had the greatest number of wins ever at Malden Catholic (110).

Dario Pizzano ’09 – MC Baseball (Hoboken, NJ)

Dario Pizzano ’09 lettered all four years as a member of the MC Baseball team. A two-time captain, two-time Catholic Conference All-Star, and a

two-time Catholic Conference Batting Champion, he has the most career hits in MC’s history. During his senior year, he was the Catholic Conference MVP, an EMass All-Star and a first team Massachusetts All-Star and MVP. He was also named a Boston Herald All-Scholastic, Boston Globe Division 1 Player of the Year and an Honorable Mention All-American. His team won the Catholic Conference Championship and reached the EMass Final in 2008. In 2009, he was a part of the Boston Herald Preseason Number One Ranked team in the state.

David Caputo ’85 – MC Football and Baseball (Rowley, MA) David Caputo ’85 played MC varsity Baseball and Football. In Football, he started on both the offensive and defensive lines and was named a Catholic Conference All-Star in 1984, one of only two defensive tackles for the entire Catholic Conference to be recognized. In his senior season, he was named a Boston Herald Division II All-Star. As a senior David started as an offensive guard and defensive tackle for the Catholic Conference Co-Champion Lancers and he was

a key contributor for a Lancer team that defeated St John’s Prep and BC High in the same incredible season. David went to play college football for the Michigan Wolverines and earned 2 Big Ten Title rings, a Rose Bowl Championship Ring and an M Ring and a Varsity Letter from the legendary college program.

Domenic “Junior” Vincenzo Jr. ’94 – MC Soccer (North Reading, MA)

Domenic “Junior” Vincenzo Jr. ’94 was a four-year starter for the MC Boys Soccer team. He was the leading goal-scorer as a freshman, a three-time 1st Team Catholic Conference All-Star, two-time Captain, two-time Daily News Mercury All-Scholastic, the 1993-94 Daily News Mercury Player of the Year, and the 1993-94 Eastern Mass Soccer Coaches Association All-Star.

Jack Leavitt ’02 – MC Swimming (Silver Spring, MD)

Jack Leavitt ’02 was a member of the Malden Catholic swim team from 1998 - 2002. Jack was team Captain and school record holder in the 100 Freestyle and 100 Backstroke. Leavitt was team MVP all four years and in



his senior year, was MIAA State Champion in the 100-yard Backstroke.

Richard “Rick” Mazzei ’74 – MC Lacrosse Coach and Athletic Director (Notre Dame, IN)

Richard Mazzei ’74 returned to MC to become the Athletic Director. As the AD, he created a varsity Lacrosse team in 1996 and became the Boys Lacrosse coach. He is the first coach in state history with 400 wins, with over 200 wins as a Lancer. He has earned six Catholic Conference Championships, his team was the D1 runner-up in 2004 and was also the Boston Globe Coach of the Year in 2004. He was a MC faculty member for 30 years teaching US History, and was has been inducted into the Beverly High School and New England Lacrosse Hall of Fames.

Ryan Layton ’02 – MC Football, Hockey and Lacrosse (Wilmington, MA)

Ryan Layton ’02 was a three-sport stand-out in Football, Hockey and

Lacrosse. He played four years of varsity Hockey and three years of varsity Football and Lacrosse. In his junior and senior year, he earned Catholic Conference All-Star in all three sports. In his senior year, he was earned the Most Valuable Player Award by his coaches in Football and Hockey. That year, he also was elected Captain in all three sports and earned the Extraordinary Achievement in Athletics Award. In his sophomore year he was also awarded Sophomore of the Year Award.

Sean Layton ’03 – MC Football, Hockey and Lacrosse (Medford, MA)

Sean Layton ’03 was a three-sport stand-out athlete which included MC Football, Hockey and Lacrosse. He played four years of varsity Hockey and three years of varsity Football and Lacrosse. In both his junior and senior years, he earned Catholic Conference All-Star in all three sports. In his senior year, he was Captain of all three teams and was named a Boston Globe and Boston Herald All-Scholastic in both Football and Lacrosse. He was also named an

See HALL OF FAME Page 9

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EVERETT RECREATION DEPARTMENT THANKS
COUNCILOR LATTANZI FOR DONATING PADLOCKS



City Councilor Al Lattanzi donated 24 padlocks to the Everett Recreation Department before the City’s Black History Month event “History in the Making: Celebrating Everett’s Youth and Young Adults.”

The Everett Recreation Department would like to thank City Councilor Al Lattanzi for his generous donation of 24 padlocks to the Recreation Center. The padlocks will allow the youth who are part of the Recreation Department’s boy’s and girl’s travel basketball teams and many other programs to be able to safely store their personal belongings in the locker room’s lockers.



Some of the lockers in the locker rooms of the Recreation Center.

EHS Roundup

EHS GIRLS BARREL
INTO TOURNEY
WITH WIN OVER
LAWRENCE

The Everett High girls basketball team achieved the Holy Grail that every high school program seeks at the start of the season when coach Riley Dunn and her crew defeated Lawrence last Monday, 55-46, to guarantee the .500 record that is required to punch a ticket for a Journey to the Tourney.

The Lady Crimson Tide were paced by the duo of Malaica Guillaume (13 points, 11 rebounds) and Nehemie Lucien (10 points, 10 rebounds), both of whom achieved powerful double-doubles.

“Malaica and Nehemie were all over the boards,” noted Dunn.

Captain Kaylee.Rossi led Everett in the scoring department with 17 points and also dished out four assists.

“This was a team win,” said Dunn. “I’m very proud of these girls for stepping up, playing with confidence, and refusing to lose. Here we come, playoffs!”

Although the Tide dropped their final regular season contest of the year

to Lowell two nights later, Dunn saw some positives.

“It was a tough loss against a solid Lowell team and only made us better-prepared for the playoffs,” said Dunn.

Guillaume had 10 points in the loss.

Dunn and her squad, who finished with a 10-10 record, were ranked 40th in the Division 1 playoff bracket. They were scheduled to travel to 25th-ranked Weymouth (11-9) last night (Tuesday) for a preliminary round game. The winner will move onto the round of 32 and travel to eighth-ranked No. Andover (14-6) Friday evening at 5:30.

CRIMSON
TIDE FALL TO
ATTLEBORO
IN TOURNEY

The Everett High boys basketball team dropped a 67-55 decision at Attleboro in a preliminary round contest of the MIAA’s Division 1 state basketball tournament Monday evening.

The Crimson Tide had entered the tourney with a 10-10 record and were seeded 47th in the MIAA’s Division 1 power ratings, while Attleboro (13-9) was seeded 18th.

FRESH AND LOCAL

Nacho World Tour

By Penny & Ed Cherubino

Often, a food adventure begins when leftovers become second acts. Our non-traditional nacho world tour started with a container of roasted root vegetables, leftover braised beef, and some black beans.

Penny spread tortilla chips on a sheet pan; added pieces of roasted carrot, onion, potato, rutabaga, and squash; sprinkled a layer of grated cheese; dotted it

with black beans; and topped that with shredded braised beef. After a few minutes under a hot broiler, she added cherry tomatoes and scallions. She served it with sour cream and lime wedges on the side.

Recipe Development
Research

The following day, we began tossing ideas around for recipes. We discussed everything from Chinese nachos with char siu (bbq pork) and hoisin sauce to Polish nachos with kielbasa and horseradish.

Now in research mode, we borrowed a copy of Dan Whalen’s “Nachos for Dinner” from the library. We soon learned to enjoy his system for taking foods you love and turning those flavors into nachos. Whalen starts with a chapter on building blocks. You’ll find recipes for nacho-friendly sauces, salsas, guacamos, beans, vegetables, and proteins. For most of these, he adds a few



Our non-traditional nacho world tour started with a container of roasted root vegetables, braised beef, and some black beans.

ways to use that ingredient in nachos.

He follows with chapters for turning popular soups, salads, appetizers, sandwiches, tacos, comfort foods, brunch, and snack items into trays of nachos. We’ve bookmarked his recipes for Chicken Larb, Banh Mi, Chicken Parm, and Italian Sub Nachos. Whalen even invented an array of dessert nachos. We can’t wait to try the S’mores, Apple Pie, and Straw-

berry Shortcake nacho recipes.

Your Nachos

From what we learned, the dish was named for Ignacio Anaya, the inventor, whose nickname was “Nacho.” The snack he created for a favorite customer in 1940 was fried tortilla triangles with shredded Colby cheese, heated and topped with pickled ja-

See NACHOS Page 9

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Hall of Fame / CONTINUED FROM PAGE 7

All-American in lacrosse. His freshman year he was the recipient of Freshman of the Year in 2000 along with the Brother Kevin Kenny C.F.X., Award and earned the Extra Achievement in Athletics Award his senior year.

Stephen Joseph Harris '68 – MC Football, Hockey, Baseball and Track (Tewksbury, MA)

Stephen Joseph Harris '68 participated in multiple sports at MC including Football, Hockey, Baseball and Track programs. During his freshman year with the hockey team, the team made the state tournament. In his sophomore year, the MC Football team went undefeated and became State Champions. In his senior year, he was ranked #1 in Offense in the Catholic Conference.

Steve Freker – MC Baseball Coach 2000 – 2012 (Malden, MA)

Steve Freker was an exemplary Baseball coach at MC for 13 seasons, from 2000 - 2012. In those 13 seasons, he finished with a record of 182-93, including 11 trips to the MIAA Division 1 State Tournament, with a post-season record of 27-10. This included two North Sectional Championships, five trips to the North Finals and one Eastern Mass Championship. In 2003, MC Baseball won the MIAA Division 1 State Championship. Freker also assisted in coaching football for seven seasons and basketball for two seasons.

Stephen Wishoski '68 – Football, Baseball (Malden, MA)

Stephen Wishoski '68 is a four-year member of the MC Football and Baseball teams. He was Captain of the 1967 Football team and selected to the Catholic Conference All Star team. He was a two-way player and starter for the undefeated MC Massachusetts Class B Championship football team in 1965. He is the son of Walter Wishoski, a graduate of MC's first graduating class of 1936 and an inaugural member of MC's Hall of Fame. He was also in the last graduating class from the "old MC" on Highland Avenue.

1960 - 1961 MC Boys Basketball Team

The 1960-61 MC Boys Basketball Team had a slow start to the season but finished with a 16-4 record after winning 10 straight games. The team won the New England Catholic Conference tournament and are the first basketball team in MC History to win the Catholic Conference

title. Captain Tom Horne was recognized as a Catholic Conference All-Conference 1st Team, and Tom Mamos was awarded the New England Catholic Tournament MVP.

Coaches: Head Coach Leonard Dempsey '53 (Italy) and Assistant Coach Joe Mulkerrin '55 (Virginia Beach, VA)

Players: Gerald Driscoll '62 (Beverly, MA), Ed Feeley '61 (Bluffton, SC), Robert Creeden '62 (Dennis, MA), James Russell '61 (Needham, MA), Charles Dineen '63 (South Weymouth, MA), John Healey '61 (Sun City, AZ), Tom Horne '61 (Westwood, MA), Robert Kelley '61 (Tuftonboro, NH), James Carroll '62 (Topsfield, MA), Tom Mamos '62 (Westford, MA), William Johnson '62, Hugh Murphy '62 (Jamestown, RI).

2010 - 2011 MC Boys Hockey Team

A preseason number 1 pick by hockey guru Jim Clark of the Boston Herald, the 2010 - 2011 team lived up to their billing and won the first State Championship hockey title for MC since 1974. An outstanding team led by legendary Coach Chris Serino P'07, '09, this team firmly re-established MC as a powerful New England hockey presence by winning a Catholic Conference Championship and the first of 5 Super Eight titles spanning a period of 6 years. The Lancers beat St. Johns Prep 4-3 in overtime for the State Championship in front of 8,000 fans at Boston Garden and brought home the trophy. The 2010-2011 team finished with an impressive 21-2-2 record.

Coaches: Head Coach Chris Serino P'07, '09 (Saugus, MA), Assistant Coach Phil Antonelli '92 (Everett, MA), Assistant Coach John McLean P'15 (Wakefield, MA), Assistant Coach Patrick Driscoll (Reading, MA) and Team Manager Robert Reppucci '75 (Everett, MA).

Players: John Egan '11 (Everett, MA), Ryan Fitzgerald '13 North (Reading, MA), Ben Rosa '12 (Billerica, MA), Michael Iovanna '13 (Boston, MA), Brian Cameron '14 (Wakefield, MA), Brendan White '11 (Wakefield, MA), Garrett White '11 (Osterville, MA), Patrick Wrenn '14 (Charlestown, MA), Paul Wrenn '11 (Charlestown, MA), Brendan Collier '12 (Charlestown, MA), Paul Myers-O'Connell '12 (Charlestown, MA), Colin MacGillivray '13 (Pea-

body, MA), Jackson Petri '11 (Wenham, MA), Andrew Travers '13 (Lynn, MA), Nicholas Robert '12 (Wakefield, MA), Richard Keogh '11 (North Reading, MA), Robert Keogh '12 (North Reading, MA), Paul Limone '11 (Medford, MA), Patrick Young '11 (Methuen, MA), Cam Ferry '13 (Georgetown, MA), Tyler Sifferlen '14 (North Andover, MA), Matthew Hamill '11 (Peabody, MA), Andrew Cross '14 (Reading, MA), Michael Vecchionne '11 (Saugus, MA), Nolan Carrier '12 (Somerville, MA), Connor Evangelista '12 (Stoneham, MA), Nicholas Rolli '14 (Stoneham, MA), Timothy Lynch '11 (Lynnfield, MA), Nicholas Masiello '12 (Wilmington, MA), Jake Porrazzo '13 (Medford, MA), Michael Clancy '11 (Lynn, MA), Joe Sullivan '11 (Saugus, MA).

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 renowned universities including Harvard, Princeton, Dartmouth, University of Chicago, Georgetown, Cornell, Brown, Tufts, Carnegie Mellon, Notre Dame, Northeastern, Boston College and College of the Holy Cross. 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 curricula is designed to improve individual growth mindset, leadership principles and success outcomes along with integrating the Xaverian values of trust, humility, compassion, simplicity and zeal. <https://www.maldencatholic.org/>

Nachos // CONTINUED FROM PAGE 8

lapeños. He was working with what he had– something crispy, cheesy, and spicy. We honor his creativity by using his formula with any ingredients that fit the role.

You can replace tortilla chips with any base layer that will work with your theme and be easy to pick up. We like toasted naan for Indian nachos. Whalen uses pie crust triangles for his Apple Pie nachos.

Nacho Tips

We suggest following the best tip we took from "Nachos for Dinner." Whalen wrote, "... sometimes it is better to reserve the toppings on the side for dipping. This keeps the chips crispy and the nachos themselves less messy, and it lets the eaters decide how much salsa, sour cream, or other cold topping they want."

Enjoy the fact that Nachos are casual food. Go ahead and serve them

right on the baking sheet. This can be a perfect time to use smaller ¼ or ⅓ size sheet pans for individual servings. And line your pan with parchment paper or foil for fast cleanup.

Another favorite tip from the book was, "Spread them out so that every chip has at least 50 percent of its surface area exposed to the pan's surface."

Finally, many of us first tasted Nachos in a favorite pub. These were

likely to be a big pile of "loaded nachos" that became soggy long before the plate was empty. Try for a more straightforward array of ingredients with cold toppings on the side. You may find that you prefer your clean and crispy homemade nachos better than the pile from the pub.

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NEWS FROM AROUND THE REGION

INPUT FROM RESIDENTS SOUGHT

CHELSEA - Chelsea City Councilors have stressed the importance of community input when it comes to hiring a new City Manager.

The council has two current initiatives to gather public input for the search process.

On Tuesday, Feb. 28, Chelsea residents went to a council subcommittee meeting beginnin at City Hall to provide input on the search for a new City Manager. Residents will have two minutes to speak to the council.

For residents who are unable to attend the meeting, there is an online form available on the city’s website at www.chelseama.gov. The deadline to complete that form is Friday, March 3.

The form includes questions about challenges facing the city and that will face the new city manager, as well as the characteristics, training, and experience residents would like to see in a new manager. The form is in English and Spanish.

Earlier this month, the City Council officially voted to make Deputy City Manager Ned Keefe the interim manager as the search process gets underway.

District 8 Councilor Calvin Brown has said that Keefe’s experience in the city will allow him to focus on a lot of projects over the next six months that are already underway, and that having the deputy city manager in place will help make the transition to a new city manager easier when the time comes.

Earlier this year, the council also approved hiring the Edward J. Collins, Jr. Center for Public Man-

agement to consult and assist with the City Manager search process.

The Collins Center is based out of UMass-Boston, and helps municipalities with a number of local government efforts, including recruiting.

Late last year, former City Manager Thomas Ambrosino left his position after more than seven years to take a new position as the Court Administrator of the Trial Court for Massachusetts.

OVER 1,000 FAMILIES RECEIVE ASSISTANCE

EAST BOSTON - The Residential Assistance for Families in Transition (RAFT) program, a homelessness prevention program funded by the Department of Housing and Community Development (DHCD), provided a lifeline for 18,317 families in the region, providing more than \$162 million in assistance during FY22.

By comparison, FY21 saw 10,251 households receive a total of \$63 million in assistance.

In East Boston, 1,062 households received more than \$11.2 million in emergency housing assistance, accounting for 15.4 percent of all households that received assistance in Boston. In comparison, 650 East Boston households received \$4.7 million in emergency rental assistance in FY21.

Metro Housing|Boston has documented the effectiveness of RAFT since 2013. This year’s report continues this examination of the impact of the pandemic through the infusion of state and federal funds, the expansion of eligibility to access those funds, the streamlining of the application process,

and quicker release of dollars. These changes resulted in a complete shift in Metro Housing’s housing payment assistance programs, requiring greater flexibility and increased staff capacity.

Partnerships with community-based organizations provided another valuable way to assist more families in Metro Housing’s region in FY22. Partnerships with the Action for Boston Community Development, Asian Community Development Corporation,

East Boston Neighborhood Health Center, The Neighborhood Developers (TND)/CONNECT, WATCH, and Vietnamese American Initiative for Development (VietAID) provided not only venues for getting the word out about available assistance, but also provided places for people to complete applications and get assistance with language barrier issues.

“The pandemic hit TND’s communities of Chelsea and Revere hard,” says Rafael Mares, Executive Director of TND (The Neighborhood Developers). “Our close, pre-existing partnership with Metro Housing became the bedrock of our response.

With their support, our team took on the responsibility to assist tenants in filling out rental assistance applications, Metro Housing staff trained our team, and jointly we developed systems for working together.”

Key Findings from RAFT/EHPA in Review FY2022:

Rental arrears remained the largest category for assistance. In FY22, \$80 million was awarded for arrears, the largest amount ever.

Total rental stipend assistance increased to 42

percent of all EHPA assistance, totaling more than \$67 million. In FY21, it represented only 22 percent of assistance.

The average housing assistance benefit increased from \$6,167 in FY21 to \$8,870 in FY22.

Mortgage assistance in FY22 totaled \$1.8 million, a decrease from the \$2.5 million in FY21.

The total number of Black/African American households helped in FY22 jumped to almost 8,000, a seven-fold increase over FY20.

In FY22, 1,121 Asian households, or 6% of the total – received assistance. In FY20, 21 Asian households, or 1% of the total – were assisted.

The number of Hispanic/Latino households receiving assistance continues to see a sharp increase. In FY22, 6,548 households received assistance, compared to 3,289 in FY21 and 554 in FY20.

“COVID-19 has impacted all of us in so many ways, but none as severe as families with low incomes not being able to pay your rent or mortgage while facing eviction or foreclosure,” said Chris Norris, Executive Director of Metro Housing-Boston. “RAFT has been a lifeline for thousands of households over the years, and its importance during the pandemic cannot be overstated. However, until more permanent, viable solutions are identified and implemented, a safety net for those most at risk of homelessness needs to be dependably and heavily funded.

The data in this report shows the need for a more sustainable solution, from additional rental assistance vouchers and the production of below-market-rate housing to the critical shortage of afford-

able housing in the metro Boston area.

WONDERLAND OWNERS FILE SUIT OVER EMINENT DOMAIN TAKING

REVERE - The owners of the Wonderland property have filed a lawsuit against the city over the taking of the 33-plus acre property by eminent domain.

CBW Lending, LLC vs. City of Revere was filed in Suffolk Superior Court on Friday, Feb. 17.

CBW Lending, a group that includes local businessman Joe O’Donnell and Vornado Realty Trust, is being represented by attorneys Peter Flynn and Jason Scopa of the Sausgus-based Law Offices of Peter Flynn, which specializes in eminent domain cases.

Last November, the City Council approved a \$29.5 million bond to purchase the property, which consists of 12 individual lots, for use as the home of the new Revere High School.

Flynn said the current landowners are not contesting the validity of the taking itself, but the price that was approved to pay for the property.

“Our complaint against the city of Revere so far is just a complaint seeking additional damages over the original award,” said Flynn. “We feel that we have been grossly underpaid.”

The official date listed for damages in the case is Nov. 18, which Flynn said is the date for which everyone involved in the case has to value the property.

“That’s the date the city recorded the order of taking, because they voted it on (Nov.) 17,” said Flynn.

While Flynn’s firm has handled a number of high-profile eminent domain cases in the region and throughout the state, Flynn said the Wonderland case could be the biggest one yet.

“This case represents potentially the largest eminent domain case in the history of the state,” said Flynn.

The taking price is well below what other market indicators have indicated the property could be worth, Flynn said.

“If you were to say to me, what’s the low, what’s the high?, it would run anywhere from \$50, \$60 (million) to \$120 million,” said Flynn.

The potential for a lawsuit and for the city’s cost of the land taking going past the initial \$29.5 million that was approved for bonding has been a concern raised by several city councillors.

In the recent debate over the price tag of the project itself, several councillors have requested that the city look at the costs for building on the current high school site.

Councilors Anthony Zambuto and Dan Rizzo have been among those who have cautioned on taking the property off the table for future private development, while Mayor Brian Arrigo has noted that the land has sat empty with no viable development offers for the land.

At a ways and means subcommittee meeting on Feb. 13, Brian Dakin of project manager LeftField estimated that going back to the current site would have a price tag of \$525 million.

On Monday, Feb. 27, the council is being asked to forward a schematic plan to the Massachusetts

See REGION Page 11

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CHURCH News

Mystic Side Congregational Church

News and Notes

Mystic Side Congregational Church is located in Everett, on Malden-Everett border, at 422 Main Street. We offer a warm, inviting atmosphere, and all are welcome. Our Sunday Church service starts at 10:30 a.m. and Communion is offered on the first Sunday of each month. A very pleasant coffee hour

and socializing follow our services. Parking is available in our lot next to the church on Wyllis Ave. (one way off Main Street). We look forward to welcoming you this Sunday.

**Mystic Side
Congregational Church
422 Main Street
Everett, MA**

Zion Church - Everett

News and Notes

Bishop Robert G. Brown and Zion Church Ministries invites you to join us every Sunday at our 10:00 a.m. Worship Service for a time of worship, praise and preaching, at 757 Broadway, Everett, MA. You can also join

Zion Church Ministries via livestream on Facebook and You Tube.

For more information, they can be reached online at zionchurchministries.com or via email at office@zionchurchministries.com.

Glendale United Methodist Church

News and Notes

Glendale United Methodist Church is open to all and we welcome people of all faiths, race, nationalities and sexual preference. No one is ever turned away. If you are looking for a new home church, we would like you to check us out and let us know what we can do to make church a better fit in your life.

Bible Study: Consider joining us for Bible study on Sunday. We meet in the Church Parlor off the Chapel from 9:30 to 10:00 a.m.

Sponsor the bulletin! For a \$5 donation, you can dedicate the Sunday bulletin to recognize family, friends, or special occasions. There is a sign-up sheet in the Pastor's study. Feel free to choose your particular week and leave a copy of your dedication in the mail in that is on the Pastor's door. Please contact the Pastor if you have any questions.

Boy Scout Troop 814: Meet in Cooper Hall on Tues. evenings from 6-9 p.m. Cub Pack 11 meets on Saturday mornings.

NA Meetings – Mon.

Bring Your Own Book 7:30 – 9:30 p.m.; Thurs. I Can't But We Can, 8:00 7:30 – 9:30 p.m.

AA Meeting – Saturday evenings from 6:30 to 8:30 p.m.

Pastor's Office Hours: Saturdays 10 a.m. to 2 p.m. Other times by appointment.

Bread of Life Donations – This outreach is being done to honor the United Methodist Women's Group, who for so many years were our outreach source. Please bring any food item(s) to church and place in the box located on the altar.

We are on the Internet
<http://www.glen-daleumc-everett.org>
Glendale United Methodist Church
Pastor David Jackson
392 Ferry Street (across from Glendale Towers)
Please enter the church by the driveway on Walnut Street
617-387-2916
PastorDavidJackson58@gmail.com
Pastor's Office Hours:
Saturdays 10 a.m. to 2 p.m. Other times by appointment.

Glendale Christian Lighthouse Church

News and Notes

Sunday 10:30 a.m. Worship service.

Weds. hour of Power, worship, prayer and Bible Study, via Zoom.

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Church at the Well Everett

News and Notes

Church at the Well Everett is a new church for Everett. Check us out on Facebook at www.facebook.com/churchforeverett to view weekly devotions and updates, visit us at www.foreverett.church

to sign up for our newsletter and see how we can help you, or connect with the Everett Community Aid Network at www.ev-erettcan.com to request any additional help.

Grace Anglican Episcopal Church

News and Notes

Grace Anglican Episcopal Church is open & welcoming to all.

There are 2 services on Sundays: 10am English, 1pm South Sudanese Dinka

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Region / CONTINUED FROM PAGE 10

School Building Authority with an estimated cost of \$470 million, with a cost to the city of \$290 million after the MSBA loan. That estimate does not include the acquisition costs for the Wonderland site.

“I think we were all prepared for some form of legal posturing during this land taking,” said Council President Patrick Keefe. “It’s not uncommon (and) not unexpected.”

Flynn said he has a good relationship with the legal counsel representing the city, and said everyone will be wondering if there is some imaginative way the city and the landowners can resolve the issue.

COUNCIL CONSIDERS NEW TRASH ORDINANCE

WINTHROP - The Town Council will continue its public hearing on a proposed new trash ordinance at its next meeting on Tuesday, March 7.

The council opened the public hearing at its most recent meeting on Tuesday night. Highlights of the proposed new policy include requiring residents to purchase town-approved trash bags for pick up of any trash that goes above the one allowed trash barrel per household. It is expected the large trash bags will cost \$3 each and will be available at a number of locations throughout town.

Winthrop is about halfway into its current five-year trash and recycling contract with Capital Waste Services.

“We’ve been working on this for a little while, and this will allow us to be in compliance with what I believe was promised years ago that we once we get to the trash barrels, where there will be allowed one barrel per

household for trash and one barrel for recycling, anything over that will require the purchase of bags,” said Town Manager Tony Marino.

The trash ordinance will also outline fees, when bills are sent out, and enforcement of the ordinance, said Marino.

In 2022, the curbside pickup fee from Capital Waste was just over \$938,000.

Marino said Capital picked up 5,006 tons of waste in the town in 2022, at a total cost of \$440,540 to the town to be disposed of.

“That average per ton cost varies a little bit, but it averages \$85 to \$88 per ton,” said Marino.

The proposed additional trash bags would fit about two standard kitchen-sized bags of trash, and would have to be placed in a container to be picked up by Capital Waste. The hauler will not collect bags that are placed on the side of the road.

Marino and Council President James Letterie said the goal is to implement the new trash program on July 1, with an educational program for residents at the rollout. Letterie said he wanted to keep the public hearing open until the next meeting in case there was more feedback from residents.

In other business Tuesday night, Marino said that as a result of a Standard and Poor's rate call last week, the town's bond rating improved to a double A-plus, allowing the town to better rates on municipal bonds.

Marino also noted that the repairs to the town ferry are continuing on schedule, and that there are also discussions about possibly adding a ferry stop during the next season near the Logan Airport hotels.



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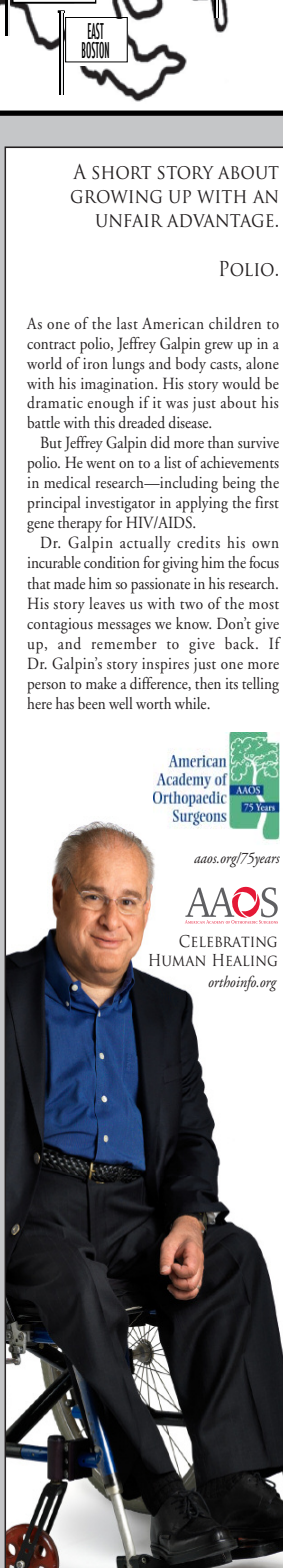
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Dr. Galpin actually credits his own incurable condition for giving him the focus that made him so passionate in his research. His story leaves us with two of the most contagious messages we know. Don't give up, and remember to give back. If Dr. Galpin's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


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CITY OF EVERETT CELEBRATES BLACK HISTORY MONTH WITH ZION CHURCH MINISTRIES

Mayor Carlo DeMaria and the City of Everett, in partnership with Zion Church Ministries, continued the City’s celebration of Black History Month with a wonderful event at Zion Church, titled: “Joy Down in My Soul: A Gospel Tribute to Black History Month.”

The event began with a delicious community luncheon followed by a celebration in the church, presided over by Bishop Robert G. Brown and Bishop Regina Shearer.

The entire congregation participated with clapping and singing along to inspirational gospel songs and enjoyed watching and listening to outstanding solo performances of singing, interpretive movement and poetry, with a live band playing throughout. The energy in the room

was amazing and uplifting and was brought to its peak when Bishop Brown concluded the day with an energetic, spiritual and truly inspirational sermon of unity and forgiveness. “To say the Bishop’s sermon was energetic is an understatement,” said Mayor DeMaria. “He truly poured his heart and soul into his words and song performances. Stacy and I, and I’m sure the entire congregation, were truly moved by his preaching.”

This event was a collaboration between the Zion Church Ministries and the City’s Department of Diversity, Equity and Inclusion, and Mayor DeMaria would like to thank all involved for their efforts in making it such a wonderful day for all who attended.



Shown (left to right) are Mayor Carlo DeMaria alongside Chelsea City Councilor Calvin Brown, Everett City Councilor Al Lattanzi and Simone Holyfield.



Mayor Carlo and First Lady Stacy DeMaria enjoying the performances at the service.



Simone Holyfield performed one of her poems.



Those who attended were treated to an interpretative dance performance.



Cathy Draine sang for those who attended.



Bishop Robert Brown speaking to attendees.



Zion Church vocalists gave a spectacular performance.

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