



Anthony DiPierro
City Council - Ward Three
LEADERSHIP THAT LISTENS

Tuesday November 7

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Wednesday, October 25, 2023



Hollis Graham, Assistant Vice President, Strategy, Innovation & Transformation, EBNHC; Veronica Robles, Co-Founder and Executive Director, Cultural Center; and Dr. Jackie Fantes, Chief Medical Officer, EBNHC; with Las Estrellitas dancers.

EBNHC hosts Fall Family Health Fair

East Boston Neighborhood Health Center hosted a Fall Family Health Fair in East Boston on Friday,

October 13th to promote health and wellness among the East Boston and surrounding communities.

The event attracted hundreds of local residents, providing access to health resources from more than

a dozen community organizations as well as free

See EBNHC Page 5



Dr. Jackie Fantes; Katina Smith of 261 Fearless; Tori Yee of 261 Fearless; and Laura Piscopo, Assistant Director of Development, EBNHC.



Youth attending the fair enjoyed pumpkin painting, face painting, yard games and DJ music.

Early voting begins this Saturday

Staff Report

Director of Elections Danielle Pietrantonio has announced that the Early Voting Schedule for the Everett Municipal Elec-

tion will begin on Saturday, Oct. 28, (8 a.m. to 5 p.m.) in the Keverian Room located on the third floor of Everett City Hall.

Pietrantonio said the last day to register to vote for

the November 7 Municipal Election is also Saturday, October 28 and the Election Office will be open 8 a.m.-5 p.m. to accommodate any last-minute new voters.

The last day to turn in a Vote by Mail Application is Tuesday, October 31. All ballots to date have been mailed out and continue to be mailed out.

See ELECTION Page 6

City Council focuses in on curb extensions at meeting

By Cary Shuman

Some motorists call them “bump-outs.” Others simply call them curb extensions.

Whatever the nomenclature, some of the bump-outs have been a source of concern for drivers,

including members of the Everett City Council.

The bump-outs have become more prominent in the city as the state continues its major street and sidewalk project. The Council discussed the issue at its meeting Monday night.

Councilor-at-Large Stephanie Smith said she experienced the “bump-out” problem firsthand while driving her vehicle on Elm Street.

“I actually hit it and got a flat tire on the back tire, and I couldn’t figure out where I got it, and I

tracked this to right here,” Smith told her colleagues. “I’d like to somehow figure out how we can make the bump-outs much smaller, because it cost me \$500 to get a new tire last week, and it was the back

See CITY COUNCIL Page 2

Owner of Everett contracting company sentenced for tax evasion and filing false loan applications

Staff Report

The owner of an Everett excavation and plowing company was sentenced last week in connection with a multi-year scheme to underreport income on his tax returns and to obtain loans based on false loan applications.

Peter Tufts, 55, of Medford, was sentenced by U.S. District Court Judge Allison D. Burroughs to two years of supervised release and 240 hours of community service. Tufts

was also ordered to pay a \$50,000 fine, forfeiture of \$450,000 and restitution of \$551,941. On July 13, Tufts pleaded guilty to one count of tax evasion and two counts of submitting false loan applications.

Tufts is the owner of Tufts Construction, Inc., a construction company in Everett. For tax years 2015 through 2021, Tufts cashed check payments from customers and did not report the income from those checks in his tax filings, resulting in an

income tax loss of more than \$465,000, according to the U.S. Attorney’s office in Boston. Instead, Tufts used the proceeds of his income tax evasion scheme to fund an off-the-books, under-the-table cash payroll that he used to avoid employment taxes, causing a payroll tax loss of more than \$539,000.

Additionally, while perpetrating his tax evasion scheme, Tufts obtained loans from a local community bank and from the Small Business Admin-

istration (SBA) based on false loan applications. In his loan applications, and associated loan documents, Tufts falsely told the bank and the SBA that he had never declared bankruptcy, owed no back taxes, and was not involved in litigation. In fact, the U.S. Attorney’s office stated Tufts was involved in ongoing bankruptcy proceedings when he obtained his loans and was engaging in a multi-year income and employment tax evasion scheme.

ON THE CAMPAIGN TRAIL

Almeida-Barros announces his candidacy for re-election School Committee Ward 5

Marcony Almeida-Barros has announced his run for re-election for School Committee representing Ward 5. The following is his statement:

“I’m Marcony Almeida-Barros asking for your support to continue my hard work on the Everett School Committee, representing Ward 5.

I’m currently a Deputy Chief of Staff for Governor Maura Healey, under whom I worked previously in the Attorney General’s office. I’ve also taught at Northeastern University



Marcony Almeida-Barros.

ty and years ago was an Acting Director of a state agency.

During my time on the See ALMEIDA-BARROS Page 2

Garcia announces her candidacy for City Council Ward 4

Holly Garcia has announced her candidacy for City Council Ward 4. The following is her statement:

“My name is Holly Garcia and I am once again running for City Council Ward 4 for our great city that has always meant so much to me. My grandparents were lifelong residents of Everett. I moved here when I was 12 years old and I quickly became involved in all of the opportunities available to me. I graduated from Everett High School in 2009 having 14 years



Holly Garcia.

of perfect attendance. I continued my studies and graduated from Southern New Hampshire University

See GARCIA Page 2

Nguyen announces her candidacy for re-election for City Council Ward 5

Vivian Nguyen has announced her candidacy for re-election for City Council Ward 5. The following is her statement:

“My name is Vivian Nguyen, and for the past year, it has been an honor serving my first term as your Ward 5 City Councilor. You might have noticed fewer signs and mailers this year (and don’t worry, I have more information coming your way), but it’s because I firmly believe that the strength of my campaign this year is reflected in the way I’ve served Everett over the past year as your Ward 5



Vivian Nguyen.

City Councilor.

My first term was a year of listening and learning, but it was also a year of action and progress. I am

See NGUYEN Page 2

Senatillaka announces his candidacy for City Council At-Large

David LaRosa Senatillaka has announced his run for City Council At-Large. The following is his statement:

“I am a first time, grassroots candidate running for Everett City Council At-Large. My brother and I lost both my parents at a young age, we lived apart with different family members, and later I became my brother’s guardian while he was still in school. We grew up struggling like so many families do, but that experience shaped who I became, and enabled me to understand the many struggles that families in our city face.



David LaRosa Senatillaka.

My late parents instilled upon me the importance of service to the community and giving back to

See SENATILLAKA Page 7

ON THE CAMPAIGN TRAIL

Former Chairman of Everett's School Committee, Frank Parker endorses Anthony DiPierro for City Council

Anthony DiPierro is pleased to announce the endorsement of Former School Committee and Common Council member Frank Parker in his candidacy for Ward Three's City Councilor. During their tenure together, DiPierro and Parker worked closely to bridge the communication gap between Everett's City Council and School Committee while they both represented Ward Three.



Shown (left to right) arte Councilor at Large Richard Dell Isola, Former School Committee and Common Council member Frank Parker and candidate for City Council Ward 3 Anthony DiPierro.

ett Public Schools. Some talk... Anthony takes action and gets results," said Parker. "As a former Ward 3 Common Councilor and former Ward 3 School

Committee member, with almost 30 years of public service representing Ward 3, I fully support Anthony DiPierro for Everett City Council", Parker added.

New date for City of Everett's Second Annual Community Bowl

Mayor Carlo DeMaria is pleased to announce the City of Everett's second annual Community Bowl will now take place on Saturday, Oct. 28, from 1 p.m. to 4 p.m., at Everett Veterans Memorial Stadium, Cabot Street. The originally scheduled date was postponed due to the weather.



The Community Bowl championship trophy.

As part of Mayor DeMaria's Everett for Everyone initiative, all are welcome to watch Everett High School alums battle each other in a fun and competitive game of flag football. The goal is to bring the Everett community together to enjoy some flag football and catch up with old friends while making new ones.

The event will have free admission for all who plan to attend. Families are invited to arrive early for a chance for kids to partic-

ipate in a skills and drills session with professional women's football team the Boston Renegades from the Women's Football Alliance (WFA).

The two competing teams will be comprised

of Everett High School (EHS) graduates from different graduation years split into an "Odd Years" team and an "Even Years" team. Some participants will include players who played in the championship seasons 2001, 2002 and 2003, which are known as the "three-peat" years. This is the time period when EHS football won the championship three years in a row.

"Sports are a great way to bring members of the community together, and that's what our goal is with the Community Bowl," said Mayor DeMaria. "We're inviting EHS alums from any graduating year to participate in this event that is a great opportunity for old friends to reunite as well as make new ones while playing flag football. All are welcome to attend."

OUT CAMPAIGNING



Out on the campaign trail are (Right to left) City Council-At-Large Candidate David LaRosa Senatillaka, Reynaldo Torres, Tony Luongo, and Anna Trinidad.

Almeida-Barros / CONTINUED FROM PAGE 1

School Committee, I've been an active voice for parents, students, and educators while concentrating on the future of our school system. I've brought my professional background, passion, and expertise to accomplish several important goals, including significant funding for our students and schools.

One of my proudest achievements was obtaining over \$100,000 to address our students and their families who are in a housing crisis. Sadly, too many students find themselves in situations without houses or facing eviction. The program at Everett High School was a one-of-a-

kind program in the state, which according to the Mass Housing and Shelter Alliance, has been a model for programs in other communities - improving attendance, school grades, and graduation rates.

During the Covid pandemic, I facilitated a donation of thousands of N-95 and disposable masks to our schools, secured 1,000 sanitizer stands, and brought a vaccination bus to Everett High to vaccinate students and families.

I've also arranged for charitable donations to the Devens School, such as funding for Chromebook computers as well as funding for school field trips

and other projects.

Additionally, I remain open and accessible to all parents, students, and staff. I try to visit our school buildings whenever possible, and support our students who perform in the band, sports, and other activities outside of the classroom.

I'm working hard to earn your vote. Please allow me to continue to deliver results for you. Together, we can ensure the brightest possible future for our school age children. I would be honored to have your support to continue to serve on the School Committee representing Ward Five."

Garcia / CONTINUED FROM PAGE 1

sity in 2013 with a Bachelor's Degree in Justice Studies and again in 2015 with a Masters in Psychology.

Since I first ran for the City Council Ward 4 seat in 2021, I graduated from law school. During my time at Massachusetts School of Law I was the president of the Student Bar Association and the Diversity Alliance. I also participated in the warm meals program where we would deliver food to residents living in the local YMCA. I was honored to receive the deans award at my commencement ceremony for all of my involvements in extracurricular activities.

Community service is and always will be my passion and I have continued to pour hours of my free time into many great organizations here

in Everett. I've been the chairperson for the Everett Citizens Foundation since its formation in 2019 and I am now also the chairperson for the Everett Youth Commission and the third Vice President for the E Club. I'm a lifetime member with Girl Scouts, a Cadette troop leader for the Everett Service Unit and I was chosen to be a national council delegate for Girl Scouts of Eastern Massachusetts. I'm also the faith formation director for Immaculate Conception and the head coach of the Everett High School Varsity Hockey Cheerleading team.

I'm pursuing my goal to be a city councilor now to bring back representation to our neighborhood. For more than a year, Ward 4 has had no representation on the Everett City Council because the incumbent

city councilor has been barred from attending meetings due to serious charges before him. It's time for us to move past this ugly episode and bring back our neighborhood's voice to the City Council.

I will vote in favor to lower taxes, make affordable housing truly affordable, creating a solution for parking and resolve the overcrowding issues that our schools are faced with. I'm also an advocate for overcoming addiction and as a city we do need to improve the availability of resources for those in recovery.

I strive when it comes to communication, honesty and transparency. I am the best candidate to act as a representative to make informed and responsible decisions for the interests of our entire ward. Pride, positivity and professionalism are three words that best describe me and I'm eager to contribute my skills and ideas to the entire council if elected to this position.

I respectfully ask that you all please consider electing me, Holly Garcia for Everett City Council Ward 4 on Tuesday September 19th.

Thank you!" E-mail: holly4everett@gmail.com

Facebook: Holly Garcia for Everett City Council Ward 4

Nguyen / CONTINUED FROM PAGE 1

proud to share that I have delivered on and made progress toward a majority of my 2021 campaign priorities, in addition to the numerous initiatives I've championed on behalf of my Ward 5 residents. I am running for re-election for Ward 5 City Council to continue the progress we've made in building a better Everett for all.

In 2021, my priorities encompassed community investments in infrastructure and youth programs, affordable housing, and initiatives promoting DEI along with transportation improvements. In my first term, I led and contributed to important legislation, addressing key issues in Ward 5 and the city:

Community Infrastructure: I championed initiatives on public health, safety, and accessibility. This included addressing the rat infestation, litter from nips, animal control, traffic safety, access to higher education, and public transportation. I also introduced ordinances to address the nips issue and animal breeding regulations, in addition to advo-

cating for the allocation of \$1 million in ARPA funds for youth-led initiatives by the Youth Council.

Affordable Housing: I advocated for policies to support lower-income residents, including co-sponsoring an ordinance amending Section 32B1 of the Zoning Ordinance that require a portion of any new development to be allocated for affordable housing. I also assisted residents in need, both through housing authorities and with letters of recommendation, and initiated efforts to combat homelessness.

Accessibility and Engagement: I co-authored a resolution condemning racism and promoting diversity, equity, and inclusion. I championed initiatives to enhance accessibility for residents with disabilities, conducted outreach through translated materials and mailers, and collaborated for over a year on a public micro-transit initiative with local and state entities to improve transportation and reduce traffic congestion.

When I'm not in the

chambers, I'm juggling between providing constituent services, meetings with city officials and community leaders, and planning upcoming initiatives. Outside of my council duties, I have stay involved in our community through organizations like the Everett Haitian Community Center and the Greater Malden Asian American Coalition.

Prior to serving as your Ward 5 City Councilor, I had a strong background in volunteer work within our community, and I'm grateful for the opportunity to further amplify the impact of my efforts in this role. As we approach Election Day on November 7, I ask for your vote so that we can continue the progress we've started.

For questions and concerns, you can easily reach me at 617-410-8901 or via email at vivian.for.everett@gmail.com. For more information or to support the campaign, please visit my Facebook page at @viv4ward5 and my Instagram account at @n5uyen."

City Council / CONTINUED FROM PAGE 1

tire because of this bump-out."

Ward 2 Councilor Stephanie Martins said some of her constituents have been complaining about the bump-out located at the Corner of Elm Street and Woodlawn Street. Martins also expressed concern about the "detour" signs in the city "which are sending you in different directions and they're not communicating, so we need to fix that."

Lattanzi said he smashed the right rear tire on his vehicle at a bump-out on Air Force Road "because it was dark at night, and you didn't realize the bump-out was that far out."

"So that cost me a few bucks. I think getting rid of bump-outs is a great idea, and if there's a petition, I'm for it," said Lattanzi.

Ward 3 Councilor Darren Costa would like the

city to hold a community forum so residents across the city can give their feedback on the bump-out situation. "It would be nice for the administration to consider that forum, because this is affecting multiple wards," said Costa. "I'd like a representative from the state [MassDOT] to be able to hear from residents and give us an update on the project and address issues such as the cracked sidewalks [on Elm Street]."

Advertisement for All of Us Research Program featuring a woman's portrait and text: "Everybody's health tells a story. What's yours?"

Advertisement for Mammograms Save Lives with QR code and text: "All women over 40 should have a mammogram once a year."

Ward 6 Councilor Al

CAMPAIGN RECEPTION FOR WARD 3 COUNCIL CANDIDATE ANTHONY DIPIERRO

Ward 3 Councilor candidate Anthony DiPierro hosted a campaign reception fundraiser last Wednesday at Sabatino Insurance Agency.

A large crowd of family and friends attended the event in support of DiPierro, who is running for the Ward 3 seat in the Nov. 7 municipal election.

In his remarks, DiPierro said he was overwhelmed and grateful for the tremendous turnout of supporters at the reception.



Anthony DiPierro, with his mother, Tinamarie Saldutti, at his campaign reception.



Ward 4 Councilor candidate Holly Garcia and Ward 3 Councilor candidate Anthony DiPierro.



Anthony DiPierro and Elm Street Market proprietor Rajesh Keshar.



Rep. Joseph McGonagle, Anthony DiPierro, and Paul Dobbins.



Ward 6 Councilor Al Lattanzi and Ward 3 Councilor candidate Anthony DiPierro.



Ward 3 Councilor candidate Anthony DiPierro, with Ward 4 School Committee candidate James Mastrocola.



Anthony DiPierro, with cousins, Caroline DeMaria, Mikayla Fosco, Chloe DeMaria, and Carlo DeMaria.



Anthony DiPierro, Nick Restuccia, Joe Ciampa, and Joanne O'Hara.



Mikayla Fosco, School Committee member Millie Cardello, Ward 2 Councilor Stephanie Martins, and Ward 3 Councilor candidate Anthony DiPierro.



Ward 3 Councilor candidate Anthony DiPierro, School Committee member Jason Marcus, and Claire Laidlaw.



Bobby Onessimo, former School Committee Chair Frank Parker, and Ward 3 Councilor candidate Anthony DiPierro.



Francis O'Hara, Joan O'Hara, Ward 3 Councilor candidate Anthony DiPierro, and Rep. Joseph McGonagle.



Ward 3 Councilor candidate Anthony DiPierro, with his father, Jerry DiPierro and his girlfriend, Krista Fiorentino, his mother, Tinamarie Saldutti, and his brother, Salvatore DiPierro.



School Committee member Millie Cardello, Anthony DiPierro, Mark Mayo, Tiffany Leahy, and David Pretti.



Councilor Richard Dell Isola, Attorney Andrew Delory, Anthony DiPierro, Chris Telson, Ansley Valbrun, and former Councilor Nicholas Saia.



Kevin O'Donnell, Keith Slattery, Colleen Mejia, Ward 3 Councilor candidate Anthony DiPierro, Steven Rocco, Gerri Miranda, and Antoine Coleman.

Anthony DiPierro
WARD 3 CITY COUNCILOR
LEADERSHIP THAT LISTENS

“Thank you to my family, friends, and neighbors for the overwhelming show of support. A special thank you to Rocco Longo for hosting a spectacular event! I humbly ask for your vote on Tuesday, November 7th so I can get back to work for the people of Ward 3 and all of Everett.”

Everett Independent

President: Stephen Quigley

Editor in Chief: Cary Shuman

WE MUST CONFRONT THE NEW AXIS OF EVIL

When former President George W. Bush coined the term "Axis of Evil" to refer to the nations of Iran, North Korea, and Iraq in his 2002 State of the Union speech, his comments were largely derided. Even in the aftermath of the terrorist attack on the World Trade Center just a few months previously, Bush's juvenile comments were seen as jingoistic hyperbole about three countries that posed no real threat to the United States.

At the time of Bush's speech, Russia was a vastly-diminished power. China was viewed as an emerging economic powerhouse with no military ambitions. As for Iran, it was causing problems on a small scale in its realm of influence, but it was al-Qaeda and Osama bin Laden who had planned the 9/11 attacks.

But times have changed. Twenty years later, there has been a substantial realignment in the world order. Russia has re-emerged from the ashes of the former Soviet Union to pose a military threat in Eastern Europe (though Vladimir Putin's army has been shown to be a paper tiger). China has expanded its military presence and capabilities dramatically under Xi Jinping. The Iranians under Ayatollah Ali Khamenei have undertaken the development of a nuclear weapon and are the sponsors of various terrorist groups, including Hamas, Hezbollah, and the Houthis (who are in Yemen), who are causing chaos throughout the Middle East.

What all three of these nations have in common is that they are run by unyielding tyrants: Putin, Xi, and Khamenei are brutal rulers who essentially have become dictators for life. There is not even a pretense of democracy in their countries and dissent of any kind is met with arrests, beatings, torture, sham trials, long jail sentences, and even death -- and that's just for expressing an opinion critical of their government's policies.

Ukraine and Israel presently are bearing the brunt of the assaults by these dictatorial regimes, with Taiwan poised to be next in line.

Understandably, Americans do not want to become involved in these conflicts, especially after we only just ended our own long war in Afghanistan. But the simple reality is that freedom isn't free and this unholy trinity have been supporting each other, financially, militarily, and in other ways, to undermine America and our allies.

Fortunately, President Joe Biden and the vast majority of members of Congress, Republicans and Democrats, recognize that we must do whatever we can to thwart this new Axis of Evil. The inconvenient truth is that only America can lead the free world against the forces of oppression. Burying our head in the sand is not an option.

THE DOMINOES ARE FALLING TOWARD TRUMP

With the crisis in the Middle East and the dysfunction among Congressional Republicans garnering all of the headlines these days, the many trials and tribulations of former President Donald Trump have been relegated in recent weeks to what we in the newspaper business refer to as "below the fold" news stories.

But the recent plea bargain agreements with the Fulton County District Attorney of two of Trump's lawyers, Sidney Powell and Kenneth Chesebro, who helped him concoct various schemes to steal the election in Georgia, portend the inevitable march in the case against Trump himself for his role in masterminding the attempted swindle which was highlighted by that now-infamous phone call with the Georgia Secretary of State that captured Trump's own words in an audio recording.

Trump will try to delay his own trial for as long as possible. But as his co-conspirators realize that jeopardizing their careers -- not to mention facing the prospect of a lengthy sentence in a Georgia state prison -- are not worth it for a man who does not have their backs, they one-by-one will decide to come clean and tell the truth.

And as they do so, Donald Trump himself will move closer-and-closer to being held accountable for his efforts to undermine our democracy.

Your opinions, please

The Everett Independent welcomes letters to the editor. Our address is 385 Broadway, Revere, MA 02151.

Letters may also be e-mailed to editor@everettindependent.com.

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

Independent Forum



LETTER to the Editor

CARDINAL PUBLISHES LETTER TO THE ARCHDIOCESE OF BOSTON ON MAJOR HUMANITARIAN AND SOCIETAL CRISIS

Dear Editor:

Cardinal Seán O'Malley has written to pastors and the parishes of the Archdiocese regarding a growing humanitarian and societal crisis that is building in the Commonwealth and Archdiocese of Boston. The issue involves the fate of immigrants arriving daily in Massachusetts, and in need of basic shelter and compassionate care.

The Cardinal highlights the immediate challenges and growing crisis and offers guidance to parishes how they can assist in meeting essential needs of a rising immigrant population. The following is the text of the letter:

I write to you today to speak about a major humanitarian and societal crisis that is building in the State of Massachusetts and within our Archdiocese. Please take the time to review this letter with your parish staff and prepare your parishioners to be ready and willing to assist. The challenge is the fate of immigrants arriving daily in Massachusetts, and in need of basic shelter and compassionate care and welcome.

First, allow me to give a brief explanation of the crisis that we are currently facing, but which is sure to become much larger. Next, I will outline what we have done and what we are doing. Finally, I will ask for specific help, so that we can act now before the need becomes overwhelming.

I. The Situation: Presently there are 7000 families being cared for in state sponsored shelters (approximately 20,000 individuals); by October 31st the expectation is that 7500 families will be with us.

Gov. Healey and Lt. Gov. Driscoll have been deeply committed and determined to care for a rising immigration population, but they have also

been honest in saying that the Commonwealth faces a mounting crisis beyond its capacity to respond effectively.

II. What we have done: The Archdiocese, through Catholic Charities, St. Mary's Center for Women and Children and the Archdiocesan Planning Office for Urban Affairs has worked closely with the Healey-Driscoll Administration and with other non-profit agencies even as the flow of immigrants has increased geometrically in the last few months. All three of those agencies have expanded capacity to address both the short and long-term needs for housing and supportive services. Over these past months, we have offered the State the use of 8 of our buildings, which we hope it will be able to authorize and use. In addition, some of our parishes have already received new shelters and people into their communities as the Commonwealth has greatly expanded its shelter capacity. The Archdiocese has offered assistance to those parishes, and we will continue to offer help to any parishes and communities we are not yet aware of needing assistance. As noted above, our three Archdiocesan affiliated agencies are deeply engaged in this crisis. Our relationship with the Healey-Driscoll administration has been constant and consistent. Recently, we have partnered with our very effective Saint Vincent de Paul Society to plan for how we can prepare for the cold weather coming; most of the recently arrived families are from warmer climates.

III. How can each and every parish help: The challenge is a local one in the sense that only some of the neighborhoods and parish communities will deal with shelters in their areas; however, the challenge is for all of us as an Archdiocese. The Saint Vincent de Paul Society has the appropriate storage and ability to collect and distribute items directly to those in need. Therefore, my request is that you work with them in your parishes/collaboratives for a drive this

November prior to the cold weather.

Accordingly, I am asking parishes to consider the following:

1. If you do not have a St. Vincent de Paul bin in your parish, I urge you to please contact their vendor directly, CMRK, which delivers their bins to parishes. Simply call (508) 351-9000 and ask for Patrick to schedule a delivery.

2. Announce this invitation and the reason for it to your parishioners and invite them to donate winter coats, boots, socks which will be picked up on November 18 just prior to Thanksgiving.

3. The St. Vincent de Paul Society will pick up the clothing, store it at its facility in Stoughton, and then distribution will be made to those in shelters throughout the Archdiocese.

4. In addition to winter clothing, other resources which can be donated at the same time and in the same bins include the following items: diapers, toothbrushes (adult and child size), toothpaste, soap, deodorant, mouthwash, combs, lotion, shampoo, washcloth, and Kleenex tissues.

5. Beyond these immediate actions, there

may arise a time when all shelters are filled to capacity and weather conditions require immediate assistance for families in the New England winter. If this occurs offering short-term critical care and shelter in the biblical sense of "welcoming the stranger" will be the appropriate response from the Archdiocese as a whole. If you have buildings for this short-term purpose, please contact Fr. Bryan Hehir's office at (617) 746-5738 or (617) 746-5733.

I stress that this is a crisis but is only going to expand. I offer this invitation in the spirit of Pope Francis who has asked us as Catholics to watch the "peripheries" of society where suffering is located. In our time, migrants and refugees are among the most vulnerable individuals and families in the United States. It is my hope and desire that as a Church we respond generously and effectively.

With the assurance of my prayers and gratitude for your service to the Church,

Devotedly yours in Christ,

Cardinal Sean O'Malley

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McGonagle testifies on PTSD related disability in first responders

Last week, Rep. Joe McGonagle testified before the Joint Committee on Public Service in favor of his bill, H2594 - An Act relative to the disability or death caused by post-traumatic stress disorder (PTSD). H2594 would grant disability to first responders who are unable to work due to PTSD presumed to have been obtained in the line of duty by a medical professional certified to diagnose mental conditions. This is the second session Rep. McGonagle has filed this bill.

“Our first responders are increasingly being faced with more and more disturbing and violent situations,” said McGonagle. “They put their lives on the line to protect all of us and our communities and we need to take a step to protect them. We live in an age where we better understand mental health and the intricacies of our brains. We also know PTSD is a real and devastating disease. We as a Commonwealth already support first responders with cancers and lung dis-

eases presumed to be from the line of duty. This is no different and we are doing our brothers and sisters a great disservice if we do not pass this legislation.” H2594 is heavily supported by the Professional Firefighters of Massachusetts (PFFM) though the bill covers an array of first responders aside from firefighters. The bill remains in the Joint Committee on Public Service as it awaits a report from the Committee.



Rep. Joe McGonagle is shown testifying before the Joint Committee on Public Service.

EBNHC / CONTINUED FROM PAGE 1

flu shots. Attendees enjoyed delicious local food and beverages, as well as fun activities such as pumpkin decorating, face painting, a photo booth, and yard games. Festive youth dance performances also took place in honor of Hispanic Heritage Month. East Boston Neighborhood Health Center (EBNHC) is one of the nation’s largest Federally Qualified Health Centers (FQHCs) and the largest community-based prima-

ry care health system 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 sustain-

ing healthy communities, families, and individuals by providing accessible, person-centered, compassionate, and high-quality health care services, including primary care, 24/7 emergency care, behavioral health care, specialty care, and various other health and wellness programs, to all who live and work in our service area. For more information, please visit www.ebnhc.org.



Dancers from Veronica Robles Cultural Center entertain the attendees of EBNHC’s Fall Family Health Fair. EBNHC is proud to partner with VROCC to support arts and culture enrichment for local youth.



Local community members were happy to receive their free flu shot from EBNHC nurses.



EBNHC nurses Marian Damian-Cruz RN on the left and Sarah Grainger RN on the right prepare flu shots for the more than 100 community members were vaccinated against seasonal flu.

ELECT Peter “Pet” Pietrantonio Your next City Councilor of Ward Six

As a lifelong Everett Ward 6 resident I’ve had the privilege of watching this great city overcome obstacles, evolve throughout the years and become a beacon for diversity and inclusion. My time served in my professional roles tested my efficiency as a leader and earned me the reputation of being an independent voice. I feel as if that ability to personally understand, the vested interest I have in this city succeeding and true independence, is exactly what this current Council is lacking.



I vow to do everything in my power as your City Councilor to combat the overcrowding in our schools. Politics has no place in casting votes when it comes to the education of our children. As a parent of children who have worked or currently do work in the Everett Public School system, a grandparent of three young Everett residents and an uncle of nieces and nephews currently in our schools, I not only have a vested interest in ensuring the best for our students and educators I also have been able to see this issue unfold from all angles. I have sat back and watched this problem be pushed off time and time again by our current Council and I promise you I am not afraid to use my voice and demand a solution NOW, not 10 years from now.

As a homeowner and tax payer the over building in our community is another one of my top priorities. Again, politics needs to be kept out of decision making. The best interest of our residents needs to be the thought at the forefront of every vote cast by our City Council. The traffic, lack of parking, overcrowding of our schools and lack of new commercial businesses coming into our city in lieu of high rise apartment buildings in areas not equipped to house them has become not only a nuisance to our residents but has over stretched resources and spiked housing and tax rates. No one, including myself, is against the expansion of our city but we need to take a deep breath, pass a building moratorium so we have enough time to make sure these decisions are made in a way where every angle has been well thought out and accounted for. We cannot continue to build without addressing our infrastructure and taking into account traffic, parking spaces and our school overcrowding crisis.

In a highly politicized time we need a change. We need City Councilors who understand the plight of the average Everett resident, who aren’t beholden to the administration and who aren’t afraid to truly be an independent voice. I feel as if my life’s experiences thus far have prepared and led me to this moment. I genuinely believe, if elected, I can do some good for the city I love and have always called home. I want to help be the change I’ve been waiting to see for quite a few years now. The time is now, Everett. I humbly request your vote on Tuesday, November 7th as your next Ward 6 City Councilor. We can do this together and I promise to always be available to listen and to act as your voice on the Council.

For a ride to the polls on Election Day please call 617-590-8886.

VOTE NOV. 7 PeterPet4everett@gmail.com



CITY OF EVERETT

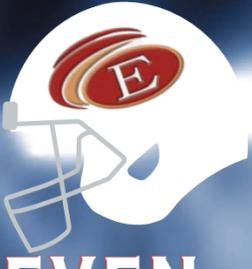


Carlo DeMaria
Mayor



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SCAN ME

NEWS IN BRIEF

BE THE CHANGE SCULPTURE EXHIBITION COMES TO GLENDALE PARK

Arts for Everett, Inc. also known as Art Lab Everett with support from Everett Public School and Everett City Hall Planning Department is hosting a sculpture exhibition on October 26 - December 15, at Glendale Park.

A series of artist sculptures is coming to Everett on October 26. The exhibit is called Be the Change and the exhibition is designed to spark conversations around social justice themes. It's thanks to local artist Martha Chason-Sokol and her nonprofit community artspace, Art Lab Everett.

Thanks also to superintendent of schools Priya Tahiliani and Everett City Hall Planning Department for supporting and helping to facilitate this exhibit.

You'll find the sculptures at Glendale Park from October 26 until December 15. They sculptures are an excellent opportunity for a walking field trip for many of Everett's students, organizations in Everett and groups of friends. We are in the

planning stages of organized tours with knowledgeable guides.

The exhibition was created by the Jewish Arts Collaborative and funded by Combined Jewish Philanthropies. It was the brainchild of Newton artist Caron Tabb. Each of the artworks was created by a local Boston artist. Of special note is a piece by Brazilian/American artist, Julia Czeko.

NINTH ANNUAL J. BARRY DWYER 5K TURKEY TROT IS SET FOR CHELSEA STADIUM NOV. 18

The ninth annual J. Barry Dwyer Turkey Trot is set for Saturday, November 18, at 10 AM at Chelsea Stadium.

The trot promises to be a fun event for all persons of all ages and abilities, featuring a 5K road race, a 3K walk, and a 400 meter fun run for youngsters 10-and-under. The running course is a USATF-certified 5K with chip timing provided by Yankee Timing. The course is mostly flat with a mild hill on the way out and back. The start and finish is on the track

at the Chelsea Memorial Stadium at Chelsea High School.

The entry fee is \$25 until November 3 (\$30 after Nov. 3). Entrants who register before November 3 will receive a race T-shirt. There also will be prizes, food, games, and music with a post-race party at Chelsea Station.

Proceeds will benefit the J. Barry Dwyer Scholarship Fund and the Chelsea High cross country and track teams. J. Barry Dwyer was a hugely successful and popular cross country coach at Chelsea High, whose teams put together a string of Greater Boston League championships and compiled a winning streak of 35 meets over five seasons in the 1970s.

Among the athletes he coached at Chelsea High were the legendary Bobby Goss (who set the national freshman high school record in the one-mile with a time of 4:23), Eddie Richard and his brothers Jim, Bobby, and Jack, Greg Benson, Richie Bradley, Tony and Paul Roasti, and many others during that era.

For more information and to sign up on-line, go to chelseahightrack.com.

As Halloween creeps closer, NFPA reminds the public to celebrate with fire safety in mind

As Halloween creeps closer, the National Fire Protection Association® (NFPA®) is reminding the public that fire safety hazards often lurk among spooky decorations and festivities. With these potential risks in mind, the association encourages everyone to take simple precautions that can help ensure a festively fun, safe holiday.

"From decorating with jack-o-lanterns and other seasonal items to costume parties and trick-or-treating, many hallmarks of Halloween can present potential fire hazards," said Lorraine Carli, vice president of Outreach and Advocacy at NFPA. "Fortunately, the vast majority of these risks can be prevented with a little added awareness and caution."

According to NFPA data, candles accounted for an annual average of 7,400 home fires, resulting in 90 deaths, 670 injuries and \$291 million in direct property damage between 2015 and 2019. In addition, an annual average of 790 home structure fires began with decorations, causing one civilian fire death, 26 civilian fire injuries, and \$13 million in direct property damage; more than two of every five (44 percent) of these fires occurred when decorations were placed too close to a heat source, such as a candle or hot equipment.

NFPA offers these tips



and guidelines for enjoying a boo-tiful and fire-safe Halloween:

- **Decorations:** Many common decorations like cornstalks, crepe paper, and dried flowers are very flammable. Keep these and similar decorations far away from any open flames or heat sources, like candles, heaters, and light bulbs.

- **Candles:** Using candles as decoration can be risky if not done correctly. Keep them in a well-attended area out of the path of potential trick-or-treaters. Remind children of the dangers of open flames, and make sure they are always supervised when candles are lit. Always extinguish candles before leaving an area.

- **Jack-o-lanterns:** Glow sticks or electric candles are the safest choice when it comes to lighting up your jack-o-lantern, but if you choose to use a real candle, do so with extreme caution. Light a candle inside a jack-o-lantern using long fireplace matches or a utility lighter and keep it away from other deco-

rations.

- **Costumes:** Avoid fabric that billows or trails behind you, as these can easily ignite. If you are making your own costume, avoid loosely woven fabrics like linen and cotton, which can be very flammable.

- **Visibility:** Give children flashlights or glowsticks for lighting, these can even be incorporated into the costume. If your child has a mask, ensure the eye holes are large enough for them to see clearly.

- **Smoke Alarms:** This is a great time to make sure your smoke alarms are in working order.

- **Exits:** Exits are NOT an appropriate place for decorations. When decorating, ensure that nothing is blocking escape routes, including doors and windows.

Visit the NFPA Halloween safety page for more resources of how to stay safe. For more Halloween fire safety for kids and families, visit www.sparkyschoolhouse.org and www.sparky.org.

October is Breast Cancer Awareness Month

According to the Center for Disease Control (CDC), breast cancer is one of the most common cancers among women in the United States. Each year in the U.S., about 240,000 cases of breast cancer are diagnosed in women and about 2,100 in men. Although deaths from breast cancer have declined over time, breast cancer is still the second leading cause of cancer death among women overall. In addition, breast cancer is the leading cause of cancer death among Hispanic women and Black women die from breast cancer at a higher rate than white women. About 1 in every 100 breast cancer diagnoses are found in men in the U.S.

The month of October is recognized as Breast Cancer Awareness Month, a health observance that reminds us to be aware of the symptoms and risk factors for breast cancer as well as steps we can take to improve our health and possibly help lower the risk of getting breast cancer or finding it early when it may be easier to treat. Mammograms, x-rays of the breast, are especially important because they may detect breast cancer when there are no apparent symptoms. When symptoms of breast cancer develop they may include:

- New lump in breast or underarm (armpit)
- Changes in size or shape of breast

- Thickening or swelling in parts of the breast

- Pulling in of the nipple or pain in the nipple area

- Pain in any area of the breast

- Nipple discharge other than breast milk, including blood

- Irritation or dimpling of breast skin

- Redness or flakiness in nipple or breast

Screening recommendations vary between experts including age to start screening and frequency of screening, but for women at average risk for breast cancer the United States Preventive Services Task Force (USPSTF) recommends biennial screening mammography from age 50 to 74 years. The decision to start screenings for women who are 40 to 49 years of age should be an individual one. Women with certain risk factors for breast cancer may need to start screening at an earlier age and may need more frequent screening.

Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. It is a good idea to talk with a doctor about potential benefits and risk factors that come with various types of screenings.

There are two types of mammograms: a standard two-dimensional (2-D) image where each breast is compressed from two different angles (top to

bottom and side to side), and a three-dimensional (3-D) image, also known as breast tomosynthesis, where each breast is compressed from two different angles as with a 2-D mammogram but in which the machine takes several low-dose x-rays, moving in an arc direction around the breast. While 3-D mammograms are increasing in popularity, it may not be available in all areas.

The CDC provides several steps to prepare for a mammogram, such as avoiding deodorants, perfume, or powders on exam day. Some of these products can show up as white spots on the x-rays.

Find a Health Center is a helpful tool for finding local mammography centers. Check to see that the imaging facility you choose is certified and accepts your insurance. Many organizations offer free mammograms and breast screenings.

The health and medical professionals at UnitedHealthcare advise talking with your doctor to discuss health history, any symptoms you may be experiencing, or preventive screenings. Let Breast Cancer Awareness Month be a reminder to follow the suggestions here for your health and wellbeing.

Dr. Ana Stankovic, chief medical officer, UnitedHealthcare of New England

it off directly to Room 10 of City Hall or utilizing the Election Commission Ballot Drop Box found at the parking lot entrance of City Hall which is available to voters 24 hours a

day. Vote by Mail ballots can be returned up until the close of polls (8 p.m.) on Election Day, November 7.

Following is the Early Voting Schedule:

MUNICIPAL ELECTION EARLY VOTING

DATE	TIME
Saturday, October 28 th	8AM-5PM
Monday, October 30 th	8AM-7:30PM
Tuesday, October 31 st	8AM-5PM
Wednesday, November 1 st	8AM-5PM
Thursday, November 2 nd	8AM-7:30PM
Friday, November 3 rd	8AM-5PM

Fifth human case of West Nile virus announced

The Massachusetts Department of Public Health (DPH) announced the fifth human case of West Nile virus (WNV) in a Massachusetts resident this year. The individual is a male in his 70s who was likely exposed in Hampden County.

The risk of human infection with WNV is moderate in the Greater Boston area (Middlesex, Norfolk and Suffolk counties), and in parts of Berkshire, Bristol, Hampden, Hampshire, Plymouth, and Worcester counties. No risk level changes are associated with this recent case.

"Although mosquito activity is decreasing with the cooler weather, some risk from mosquito-borne disease will continue until the first hard frost," said Dr. Catherine M. Brown, State Epidemiologist. "People should continue to take steps to protect themselves from mosquito bites anytime they are outdoors."

In 2022, there were eight human cases of WNV infection identified in Massachusetts. WNV is usually transmitted to humans through the bite of an infected mosquito. While WNV can infect people of all ages, people over the age of 50 are at higher risk for severe disease. Most people infected with WNV will have no symptoms. When present, WNV symptoms tend to include fever and flu-like illness. In rare cases, more severe illness can occur.

People have an important role to play in protect-

ing themselves and their loved ones from illnesses caused by mosquitoes.

Avoid Mosquito Bites
Apply Insect Repellent when Outdoors. Use a repellent with an EPA-registered ingredient (DEET (N,N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), oil of lemon eucalyptus [p-Menthane-3,8-diol (PMD)] or IR3535) according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30 percent or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age.

Be Aware of Peak Mosquito Hours. The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning in areas of high risk.

Clothing Can Help Reduce Mosquito Bites. Wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.

Mosquito-Proof Your Home

Drain Standing Water. Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by draining or discarding items that hold water. Check rain gutters and drains. Empty unused flowerpots and wading

pools and change the water in birdbaths frequently.

Install or Repair Screens. Keep mosquitoes outside by having tightly fitting screens on all windows and doors.

Protect Your Animals

Animal owners should reduce potential mosquito breeding sites on their property by eliminating standing water from containers such as buckets, tires, and wading pools – especially after heavy rains. Water troughs provide excellent mosquito breeding habitats and should be flushed out at least once a week to reduce mosquitoes near paddock areas. Horse owners should keep horses in indoor stalls at night to reduce their risk of exposure to mosquitoes. Owners should also speak with their veterinarian about mosquito repellents approved for use in animals and vaccinations to prevent WNV and EEE. If an animal is suspected of having WNV or EEE, owners are required to report to the Department of Agricultural Resources, Division of Animal Health by calling 617-626-1795, and to the Department of Public Health by calling 617-983-6800.

More information, including all WNV and EEE positive results, can be found on the Arbovirus Surveillance Information web page at www.mass.gov, which is updated daily, or by calling the DPH Division of Epidemiology at 617-983-6800.

For Advertising Rates, Call 617-884-2416

PCSS NEWS AND NOTES

PCSS celebrates Hispanic Heritage Month

September 15 through October 15 was Hispanic Heritage Month for the Pioneer Charter School of Science (PCSS) campuses in Everett (PCSS I), Beverly, and Saugus (PCSS II). Celebrations included decorations, morning announcements, educational art, and a fiesta to unite the PCSS community. All students were encouraged to participate.

"It's super positive to see people taking ownership of their heritage," said PCSS Teacher Robert O'Leary. "This is one of the first times I've seen everyone, Hispanic background or not, going out of their way to promote Hispanic Heritage Month."

At PCSS I Upper School in Everett, students joined morning announcements to teach their peers a Spanish Word of the Day, followed by a "Fun Fact." Everett Pioneer Lower School held special assemblies with videos and slide shows on alternating Mondays. Teachers also created educational bulletin boards.

PCSS II in Saugus celebrated with Fiesta Hispania, a night of games, food, and celebration. Eight Hispanic countries were represented by students and



PCSS I in Everett (photos above and below) celebrated with educational bulletin boards.

staff, calling back to their heritages. The night began with a Hispanic Parade, with students in traditional garments representing their respective countries. The school also welcomed a Zumba instructor from Venezuela, which opened the floor for dancing. A talent show, a "Hispanic Tour" of the eight stands, and educational, Hispanic-themed games rounded out the evening.

Pioneer Charter School's Hispanic student body makes up close to 26 percent of its district's student population.

The mission of PCSS is

to prepare educationally under-resourced students for today's competitive world. PCSS will help students develop the academic and social skills necessary to become successful professionals and exemplary community members through a rigorous academic curriculum emphasizing math and science. Balanced by a foundation in the humanities, a character education program, career-oriented college preparation, and strong student-teacher-parent collaboration, PCSS will meet its mission.

PCSS named to AP School Honor Roll

The Pioneer Charter School of Science Upper School (PCSS I) and Pioneer Charter School of Science Upper School II (PCSS II) was recently named to the Advanced Placement® Program (AP®) School Honor Roll, earning Platinum distinction for the 2022-2023 school year.

The AP® School Honor Roll recognizes schools whose AP programs are delivering results for students while broadening access. Schools can earn this recognition annually based on criteria that reflect a commitment to increasing college-going culture, providing opportunities for students to earn college credit, and maximizing college readiness.

Of all seniors at PCSS I, 80 percent took at least one AP exam, with 62 percent scoring a three or higher on at least one exam. Five or more AP exams were taken by 16 percent of students throughout their high school careers, with

at least one taken during ninth or tenth grade.

There are 15 AP courses offered at PCSS I, with as many sections taught. Ten teachers cover the AP courses throughout the year. Research shows that students who take AP courses and subsequent exams are more likely to attend college and graduate on time.

Of all seniors at PCSS II, 85 percent took at least one AP exam, with 73 percent scoring a three or higher on at least one exam. Five or more AP exams were taken by 31 percent of students, with at least one taken during ninth or tenth grade.

There are 16 AP courses offered at PCSS II, with as many sections taught. Eleven teachers cover the AP courses throughout the year. Research shows that students who take AP courses and subsequent exams are more likely to attend college and graduate on time.

"PCSS I and PCSS II are very proud to have

been recognized by the prestigious AP Program," said Barish Icin, Pioneer Charter School of Science's Chief Executive Officer. "Participating in AP courses allows our students to earn college credit, boost their grade point average, and attract top colleges. Earning Platinum AP status sets us apart, and we are proud of our students' commitment to their futures."

The mission of PCSS is to prepare educationally under-resourced students for today's competitive world. PCSS will help students develop the academic and social skills necessary to become successful professionals and exemplary community members through a rigorous academic curriculum emphasizing math and science. Balanced by a foundation in the humanities, a character education program, career-oriented college preparation, and solid student-teacher-parent collaboration, PCSS will meet its mission.

Senatillaka / CONTINUED FROM PAGE 1

others. I have volunteered supporting numerous local community organizations & non-profits working to support our community.

I am a proud product of local public schools and public colleges. I am a post-911 Veteran who served our nation in the U.S. Marine Corps stationed both at home and overseas and I currently serve professionally in Public Safety. My passion is improving the community and I hope to have the opportunity to serve as your voice in Ev-

erett City Hall as your next City Councillor.

I humbly ask for your Vote for City Council At-Large.

- Marine Corps Veteran
- Public Safety Officer
- Union Member
- Animal rights supporter
- Environmentalist
- Former small restaurant manager
- Addiction Recovery Coach
- Advocate for Veterans, Seniors and people living with Disabilities

Please reach out to me

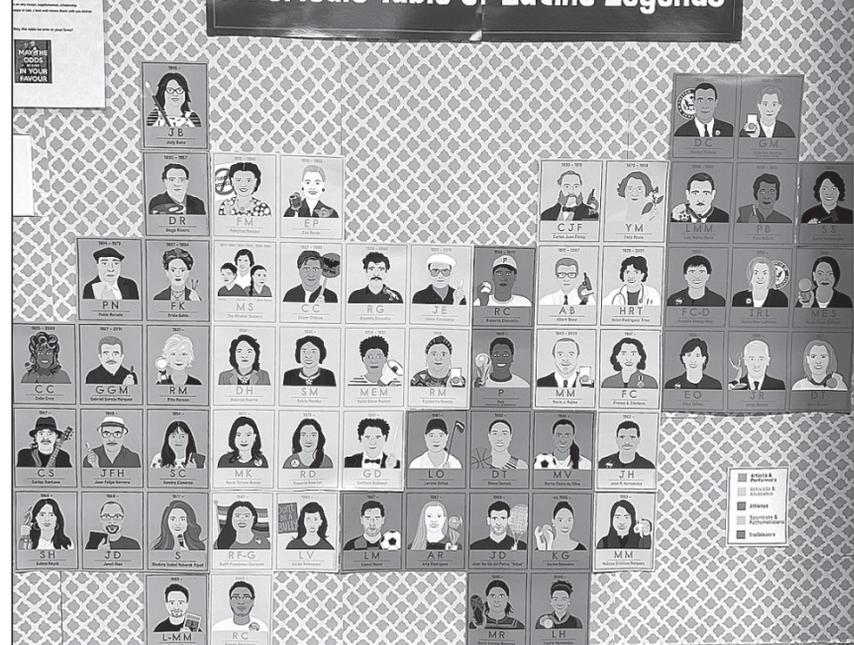
with any questions or concerns you have. I would love the opportunity to hear from you!"

1-857-869-8558 (phone or What's App)
Dave4Everett@gmail.com

If you would like to support David LaRosa Senatillaka's people powered campaign please mail the address below.

Respectfully,
The Committee to Elect David LaRosa Senatillaka
P.O. Box 490155
Everett, MA 02149

A Periodic Table of Latino Legends



Real Estate Transfers

BUYER 1	SELLER 1	ADDRESS	PRICE
Montano, Carlos S	Damota, Mario C	22 Irving St #14	\$309,000
Mei, Xingtang	Ferland, Erik A	59 Swan St	\$850,000

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Everett Arts & Culture Events

Sculpture Exhibit opens at Glendale Park



BE THE CHANGE!

Sculpture exhibit at Glendale Park Oct 25-Dec 15

The sculpture exhibition "Be The Change" is designed to spark conversations around social justice themes, and was made possible in Everett thanks to local artist Martha Chason-Sokol, founder of Art Lab Everett, along with the help of Everett superintendent of schools Priya Tahiliani and Everett City Hall Planning Department. Don't miss it!

Just over the bridge...Call to Artists

Small Works at the StoveFactory Gallery. Juried show accepting pieces no larger than 12" on any side. Celebrating small artworks with an exhibition and sale.
Artistsgroupofcharlestown.com for more info.



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EVERETT HIGH CRIMSON TIDE VARSITY FIELD HOCKEY RECOGNIZES THEIR SENIORS



Senior Emma Longmore with her parents, Alanna and Mike, and brothers Tyler and Justin.



Head Coach Sabrina Wright and asst. Coaches Nicola Jones and Taylor Woodbury with the 2023 Everett High Crimson Tide Varsity Field Hockey Team.



Senior Yasmin Linhares with her parents, Natalia and William and her brothers.



Senior Rosena Pun with her dad, Dev, brother Rojan and friend.



Senior Captain Stephaney DeSouza with Keila Emilson.



Senior Laury Darius with her dad, Desir.



Senior Taisha Alexandre with her parents, Wech and Gaby.



Senior Isabella Barbosawith her parents, Maria and Wac-son, brother Fernando and Lilly.



Senior Malaica Guillaume with her parents, Nadine and Arold, and family and friends.

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Rodriguez throws five touchdown passes in Everett High's victory over Malden

By Cary Shuman

Everett High quarterback Carlos Rodriguez threw five touchdown passes in the Crimson Tide's 56-0 rout of Malden last Thursday at MacDonald Stadium.

The win sets up a showdown with Lynn Classical for the Greater Boston League Championship on Senior Night (Friday) at Everett Veterans Memorial Stadium.

Jayden Prophete, playing in the slot receiver position, caught six of Rodriguez's passes for 152 yards and two touchdowns (36 and 42 yards) Christian Zamora had a touchdown reception of 46 yards and a touchdown run of 43 yards. Jaysaun Coggins also caught two

touchdown passes.

Damien Lackland and Manny Santiago each rushed for touchdowns. Adonis Santos booted six PATs in the game and had a successful onside kick.

Everett was in complete control of the proceedings, building a 42-0 lead at the half.

Everett head coach Justin Flores said that Rodriguez's continuing improvement at quarterback has helped fuel the team's explosive offensive attack.

"Carlos had a very good day. He's getting better as the weeks go, which is nice to see," credited Flores.

Jayden Prophete named Herald Star of the Week

Prophete was named a Boston Herald 'Star of the

Week' in Division 1 for his performance against Malden. It was Prophete's second time earning the weekly recognition.

Classical will test Everett's defense

Classical (5-2) will bring a high-scoring offense to Everett for the GBL title matchup. The Rams are averaging 31 points per game and are led by quarterback Brian Vaughan Jr. and receiver John Nasky.

Vaughan is the son of Classical head coach Brian Vaughan Sr., who was an assistant coach at Everett High School and played college football at Northeastern.

"They have a high-pow-

See FOOTBALL Page 13



EVERETT HIGH SCHOOL VARSITY SOCCER SENIOR NIGHT

Head Coach Pedro Vlas with his seniors, front row: Bryan Martinez-Portillo, Kauan Moreira, Ednilson Lerois, Wilbur Romero, Bonhomme Dieff, and Erick Posadas. Back row: Christopher Figueroa, Kaic Coutinho Da Silva, Emerson Hercules, Carlos Coelho, Christopher Loaiza.

EVERETT HIGH SCHOOL CRIMSON TIDE SENIOR NIGHT FOR VARSITY CROSS COUNTRY TEAM



Head Coach Brendan Haheisy with the 2023 EHS Varsity Cross Country Track Team.



Head Coach Brendan Haheisy with seniors, Harry Jaikaranguera, Suzanne Mahatjan, Camille Camilo, Nischal Tamang, Dawens Germain.

GIRLS VOLLEYBALL RECORDS 10TH WIN

The Everett High girls volleyball team capped off one of its most successful seasons in the past decade and celebrated Senior Night in appropriate fashion by posting its 10th victory of the 2023 campaign with a convincing 3-0 win over Greater Boston League (GBL) rival Medford last Monday.

The 10 wins equal the total earned by the last Lady Crimson Tide squad to make the post-season state tournament, the 2017 team that was led by Arielle da Cunha, Sabrina Moreta, and Nathanny Balbino.

"I see a lot of similarities between these two teams," said veteran EHS head coach Michael Fineran. "They both had deep benches, two strong middle hitters, and tough servers. They were also led by seniors determined to erase the memories of losing seasons in their first couple of years with the program.

"This year's senior captains, Nicole Brandao and Yasmine Laabadla, joined the team during the winless, pandemic-shortened season," Fineran continued. "Fellow seniors Darryn Desrameaux and Kaesta Sandy were part of last year's team that fell just two wins short of the tournament. They all know how a slow start or a midseason flop can derail a season, and they have been focused from the first day of tryouts on playing in November.

"Having clinched our spot in the tournament the previous Saturday, I was worried about a letdown

two days later, but actually, without needing the win, we could relax and play loose, which led to our most dominant win of the year," Fineran added.

After a pre-game ceremony honoring the team's four seniors, Desrameaux ignited the crowd with four service points and two aces to put Everett up 5-0. She and Sandy combined for five kills in the set. Junior libero Sonia Flores broke open the set with seven service points that pushed the lead to 19-9. Desrameaux closed the set with an ace, giving Everett the 25-13 win.

The Tide's defense stepped up in the second set, with Desrameaux, Brandao, and Flores earning digs, as did sophomore Amanda Verteiro and junior Emily Nogueira. Sandy had two blocks. Brandao had two aces in eight serves. Laabadla aced the final point of the set, 25-16.

In the third set, it was junior Murielle Campo's turn to shine on defense, earning three digs in quick succession. Verteiro earned her first block of the season, and junior setter Victoria Rodrigues led the offense, adding four aces in 10 serves as Everett corralled the Lady Mustangs, 25-17, for the three-set sweep.

"It was a great way to honor our seniors, but it's also a great event for everyone involved with the program," noted Fineran. "Our younger players stepped up and really made it special. The win was just a nice bonus."

Everett lost two, five-set, non-league matches with New Mission last Tuesday and Saugus last Friday to finish the regular

season at 10-8. Among the statistical leaders for the Tide were Sandy, who finished with 128 kills and 32 blocks. Brandao was second in kills with 104 and led the team with 50 aces. Nicole served 88% of her 204 serves in-bounds, trailing only Rodrigues, who delivered 95% of her team-high 246 serves in-bounds, including 41 aces. Laabadla finished the year serving 90% in.

Desrameaux was third on the team with 60 kills.

Fineran and his crew now await word of their seeding and first-round opponent in the upcoming MIAA Division 1 state tournament.

EHS GIRLS SOCCER POSTS TWO VICTORIES

The Everett High girls soccer team turned in the

most successful week of its season with a pair of shutout victories over Greater Boston League (GBL) rivals Lynn English and Lynn Classical last week.

The Lady Crimson Tide gave head coach Dom Persuitte his best-possible birthday present with a 6-0 win over the English Lady Bulldogs last Tuesday. "The girls wanted to win and came out on fire, con-

tinuously moving the ball around the entire field," said Persuitte. Kathleen DeSouza netted two goals after returning from an injury. On the first goal, Yelsa Garica passed the ball to Kathleen and, after a bit of a scramble, DeSouza slotted the ball past the English keeper. Her second goal came with an

See ROUNDUP Page 13

EHS Roundup

ANTHONY DIPIERRO: A LEADER WHO LISTENS...

What Anthony has heard - and what he plans to address



Safe Streets - Work to Keep our Streets Safe for People, Bikes, and Cars.



Work to Ensure Enough Parking for Residents.



Ensure our Neighborhood and City are not Overcrowded.



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PAID FOR BY THE COMMITTEE TO ELECT ANTHONY DIPIERRO



Vote ANTHONY DIPIERRO by Tuesday, November 7

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NORTH SUFFOLK COMMUNITY SERVICES 64TH ANNIVERSARY

PHOTOS BY MARIANNE SALZA

North Suffolk Community Services (NSCS), a non-profit organization that provides behavior health, substance use disorder, and developmental disability services for all ages, held a 64th Anniversary Connection Celebration to highlight mental health in the workplace on October 19 at the Hyatt Regency Boston Harbor. Three advocates were honored for their efforts in dismantling behavioral

health stigma and creating welcoming workplace atmospheres: Rosalin Acosta, former Massachusetts Secretary of Labor and Workforce Development, and Managing Director of Ernst & Young; author and educator, Doctor Donna Hicks, Weatherhead Center for International Affairs, Harvard University; and Michael Weekes, outgoing President and CEO, Providers' Council.



Carl Mills, Managing Partner, and Tom Walter, Senior Development Analyst.

EVERETT PUBLIC LIBRARY CALENDAR OF EVENTS

Parlin Adult and Teens

Yarn Club Parlin Fireplace Room. Tuesday, October 31st 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!

Parlin Book Group, Parlin Meeting Room, and Zoom. Monday, October 30th at 6:00 pm. Fall is the time for Cozy Mysteries. We will read Mother of the Bride Murder, by Leslie Meier. A mother's fears of a wedding gone wrong are confirmed when a body is pulled out of a centuries old moat. 18+. Call Kathleen at (617) 394 2300, or send an email to slipp@noblenet.org, for the Zoom link, or join us in person!

Welcome to the Graveyard! Parlin Meeting Room. Wednesday, November 1st at 7pm. From colonial New England burial grounds of the 16 & 1700s, through the nation-wide rural cemetery movement of the 19th century and into 21st century locations, the program examines why we have cemeteries and gravestones, why they look like they do and how styles and art have evolved over almost 400 years. The presentation is robust with photographs of original gravestones and burial grounds from cemeteries visited by Gravestone Girls over many years.

Origami Club. Parlin Fireplace Room. Saturday, November 4th at 12pm. Come and practice the ancient art of paper folding. All ages and skill levels are welcome!

Parlin Childrens

Lego Club. Parlin Children's Room. Monday, October 30th from 3-5pm. Come to the Children's Room after school on Mondays for some free-building lego fun. Open to all ages. Children under 6 years old must be accompanied by an adult. No registration required.

Storytime and Singalong with Karen, Parlin Children's Room. Wednesday, November 1st at 11am. Join us for

a fun-filled morning of singing and storytelling with Karen! Suggested ages 0-6.

Drama Class. Parlin Children's Room. Wednesday, November 1st at 3pm. Do you have a drama queen or king at home? Drama Class in the Parlin Children's Department is the perfect opportunity for your child to put those acting skills to use with our drama coach! Suggested ages 6-14.

Friday Family Movie Night! Parlin Meeting Room. Friday, November 3rd at 3 pm. Break out the popcorn! Come and watch The Nightmare Before Christmas with your friends and family.

Shute Adult and Teens

Teen Book Group, Shute Meeting Room. Monday, October 30th at 3PM. This month, we will be reading The Ballad of Songbirds and Snakes by Suzanne Collins in anticipation of the movie release in November. Come check out a copy of the book at the Shute Library during the month of October and read it before the 30th to discuss the book with your local librarian and your peers! Limited copies are available for checkout. Open to ages 14-18 only.

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.



Nadia Moumine, Polly Gomes, Executive Assistant, Mike Asfwawa, Katie Berlin, Director of Communications & Marketing, and Allison Gamble, AVP of Advancement. See page 11 for more photos.



Damien Cabezas, President & CEO, North Suffolk Community Services, Dr. Donna Hicks, recipient of the Humanitarian Award, Rosalin Acosta, recipient of the Public Service Award, and Michael Weekes, recipient of the Lifetime Achievement Award, and Dr. Deb Wayne, Board Chair.



Peter Schindler, Director, Adult Community Clinical Services, Charlotte Nuñez, Board of Directors, Raluca Honciuc, Assistant Program Director, ACCS Washington Ave., Virginia Todd, Board Member, Damien Cabezas, President & CEO, NSCS, and Judi Lemoine, Chief of Operations.



Emily LoPiccolo, Samantha Green-Atchley, Susan Zhou Kelley, Audrey Clairmont, and Alex Opidee.

NORTH SUFFOLK COMMUNITY SERVICES 64TH ANNIVERSARY

PHOTOS BY MARIANNE SALZA



Honoree Michael Weekes with his mother, Doris Weekes, sister, Wanda Weekes-Davis, wife, Rod Weekes, sister, Yvonne Weekes-Sturges, and daughter, Reyiel Weekes.



Tom Ambrosino, Board Member, and Katie O'Leary, Director of Recovery.



Emily Porto, Senior Manager, Child Youth and Family Services, Kim Joyce, Senior Vice President and CFO, Judi Lemoine, Chief of Operations, Kim Hanton, Chief of Staff, Department of Conservation and Recreation, and sponsors, Jim Cassetta, and Michael McShane, Cleary Insurance.

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Representative Adrian Madaro, Jamie Dalton, Recovery Coach Manager, Loretta Leverett, Director of STEPProx Recovery Support Center, Kim Hanton, Chief of Staff, Department of Conservation and Recreation, and Joe LaFratta, Recovery Works.



Guests gathering for the North Suffolk Community Services 64th Anniversary Connection Celebration at the Hyatt Regency Boston Harbor on October 19.

CITY OF EVERETT Carlo DeMaria
Mayor

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TUESDAY, OCTOBER 31, 2023

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NEWS FROM AROUND THE REGION

COUNCIL APPROVES NEW CONTRACT FOR CITY MANAGER

CHelsea - Fidel Maltez will officially take over as Chelsea's new city manager on Jan. 1.

Monday night, the City Council unanimously approved a four-year contract between Maltez and the city. The current Reading Town Manager and former Chelsea public works superintendent will earn \$247,500 in his first year, with a 3 percent increase in salary each year.

Councillor-at-Large Damali Vidot noted that former City Manager Tom Ambrosino left his position in January. She praised Ned Keefe, who served as Deputy City Manager under Ambrosino, for stepping in while the city sought a new chief administrator.

"But it is a lot, and we need to get back to business with the Maltez administration," said Vidot.

Vidot also took time to thank all the councilors, residents, and committee members who dedicated their time to help select a new city manager.

"I'm looking forward to the changes that are coming and wish you nothing but success," Vidot told Maltez.

Maltez will be stepping into the City Manager's role on the first day of Chelsea's 400th anniversary.

Council President Leo Robinson said the first event of Chelsea 400 will be the swearing in of Maltez in the beginning of January, along with the newly elected City Councilors and School Committee members.

Maltez is currently the town manager in Reading and previously worked as the public works commissioner in Chelsea. In the private sector, Maltez has worked as an engineering manager and field engineer. He has a senior executive in state and local government certificate from Harvard University's School of Government, a master's degree in public policy from Tufts University, and a bachelor's degree in civil and environmental engineering from Lafayette College.

At the end of 2022, Ambrosino was selected as the next Court Administrator of the Trial Court in Massachusetts by the justices of the Supreme Judicial Court.

The council appointed Keefe as the interim city manager soon after.

In other business, Robinson announced that City Council Administrative Assistant Jessica Carmenatty will be stepping down from her position in November.

Robinson said Carmenatty and Council Clerk Cliff Cunningham updated the job description for the position, and that a search committee composed of Robinson, Cunningham, and Councilor Norieliz DeJesus will help select a new administrative assistant for the council.

RESIDENTS OPPOSE PLAN: EAST BOSTON

EAST BOSTON - In what John Casamassima of the Orient Heights Neighborhood Council (OHNC) thought was a first in many years, leaders of five neighborhood groups, the OHNC, Eagle Hill Civ-

ic Association (EHCA), Gove Street Citizens Association (GSCA), Harbor View Neighborhood Association (HVNA), and Jeffries Point Neighborhood Association (JPNA) have come together as one to make their voices heard on PLAN: East Boston.

The group of five, coined the East Boston Board of Boards, gathered to discuss the Boston Planning and Development Agency's (BPDA) neighborhood planning initiative — PLAN: East Boston — which would bring changes to zoning, parking, roadways, and more.

Through discussions and assessments of the plan's complete draft, released at the beginning of September, the East Boston Board of Boards has penned a 10-page letter with comments, suggestions, and questions, which was agreed upon by the leadership of all five associations.

The letter, addressed to Arthur Jemison, the BPDA's Chief of Planning and Director, begins with overall comments on the plan.

The letter begins outlining the desire for a neighborhood needs analysis to better gauge the current and future needs of the community.

"The plan promises to fulfill the goal to preserve, enhance, and grow East Boston through zoning changes. However, preservation is missing entirely from the plan, and the plan was drafted

without a needs analysis to consider current and future needs," reads the letter.

"East Boston should be afforded the same opportunity as Charlestown and Mattapan, who each received a needs analysis to help guide future zoning, allowing for appropriate consideration for services and infrastructure that benefits existing residents and allows for future growth," the letter continues.

Another significant comment at the beginning of the letter concerns the Zoning Board of Appeal (ZBA) and its ability to enforce the zoning code.

"Our expectation is that your agency and our elected officials will offer clear direction to the ZBA around the importance of not setting future precedent in the variance dispensation process and putting the community back in the same position we are in today."

Further, the letter also requests that the BPDA meet with the plan's advisory group and the community at intervals no less than every six months for the first year and a half to review and correct aspects if necessary.

After the overall comments in the letter, it lists 13 different topics ranging from structural massing to data requests with specific suggestions and feedback for the plan.

The first topic was structural massing and the proposed consolidation of residential subdistricts into three — East Boston Residential (EBR)- one, two, and three.

In this section of the letter, the group proposes actions for each EBR subdistrict. For example, in EBR-1 subdistricts, the East Boston Board of Boards wants the plan to clearly state that the gross floor area per floor is capped at 1,800 square feet.

THE RHS CLASS OF 1955 CELEBRATES THEIR 68TH REUNION AT DEMAINO'S RESTAURANT

Last Saturday afternoon a small but enthusiastic group of the Revere High School Class of 1955 gathered at Demaino's for their 68th reunion since graduating.



Shown above, the RHS Class of 1955 and spouses: front row: Barry and Myrna Davis, Joseph and Cammy Polidoro, Marilyn DiSalvo, Betty Di Liegro, and Christine Turnbull. Back row: Joseph Cincotta, Gerry Finklestein, Charlie Goldstein, Myrna Ann Saltman, Peggy Dembro, JoAnne DiCarlo, Ed Paladino, Bill Indresano, and Patti Rago. Not pictured are reunion guests, Ray Mercuri and John Wagner.

Shown right, Class Officers, President Gerry Finklestein and Treasurer, Patti Rago.



Currently, in EBR-2 subdistricts, the plan would allow six units for lots greater than or equal to 50 feet in width, but the group would like that changed to 55 feet.

Moreover, in EBR-3 subdistricts, the Board of Boards would like to see the gross floor area decreased from 8,000 sq feet to 5,000 sq feet per floor.

It should be noted that these examples only scratch the surface of the numerous proposed actions from the Board of Boards regarding structural massing.

The next topic discussed was transitional zoning out of fear that how certain areas are zoned could lead to "jarring, out of place and large buildings next to historic housing stock."

The letter uses the example of Faywood Avenue in that portions of that street are zoned as EBR-3, which allows buildings up to four stories but abuts an EBR-1 zone that only allows two and a half stories.

To combat this, the Board suggests implementing gradual transition zones, a transition zone on Bennington Street, and reducing zoning on the left side of Faywood Avenue.

In terms of Planned Development Areas and squares, the Board of Boards would like to see the reconsideration of how squares are being developed, an analysis of neighborhood amenities needed to be able to take in more density, and ground floors of buildings to have those amenities.

Parking was a big topic in the letter, with several proposed actions, such as giving clear parking requirements in the plan for buildings over three units, contemplating a spot where a municipal parking garage could ease parking shortages, and more.

"The BPDA is overlooking the reality that a car free environment in certain parts of the neighborhood is just not feasible due to the lack of amenities, infrastructure, demographics or topography," reads the letter.

Additional Dwelling Units (ADUs) were also covered in the letter, requesting that the imple-

mentation be outlined in the plan as it is in PLAN: Mattapan. Moreover, the group would like ADUs implemented into the existing recommendations, among other suggestions.

The letter then moves to the protection of family affordable housing. "The plan fails to address how we deepen affordability and avoid the displacement of many of the middle to low-income residents and families in East Boston, other than a build, build mindset."

An example of a proposed action for this topic, of which there were a few, is to "require an overall percentage of square footage in addition to unit counts" when determining affordability and using Area Median Income (AMI) levels that reflect the community.

As the letter continues, several other topics were covered with proposals, such as protecting single-family homes, adding Orient Heights and Harbor View to the travel section of the plan, adding a community needs and services enhancement section, data requests in terms of population, and much more.

In addition to the 13 topics covered in the letter, it also lays out key prioritized concerns not touched on in the plan, such as protecting the greenway, pedestrian walkway enhancements, the airport, and more.

Moreover, the letter also lays out specific concerns for different associations and some overall clarification requests.

As previously noted, descriptions of these proposed actions merely scratch the surface of the 10-page letter. If you want to see the full version of the letter, visit <https://tinyurl.com/planeastboston>.

"The current draft of the PLAN is a good start; however, it fails to strike a balance of benefit to existing residents vs developers. We hope this letter and recommendations will help to swing the pendulum allowing existing residents to benefit from future zoning and the city to continue to grow," reads the letter.

Later, concluding, "We look forward to a robust conversation with the

BPDA and elected officials around these concerns and how we can make PLAN: East Boston something that we can all proudly support."

AHTF APPROVES CONTRIBUTION TO PROJECT TO INCREASE AFFORDABLE UNITS

REVERE - The board of the Revere Affordable Housing Trust Fund (AHTF) held its regular meeting last Wednesday, October 11, in Revere City Hall. On hand for the session were chair Joe Gravelle and fellow members Jan Dumas, Laila Pietri, Anayo Osueke, Claire Inzerillo, Deb Frank, and Dean Harris.

The meeting began with Osueke, the board's treasurer, presenting his monthly update. He said the board has a balance in its account of \$860,125.

The members heard of an opportunity to support additional affordable housing stock in North Revere from Mikael Vienneau of Broadway Capital Inc., which is developing the former, 140-bed Revere Nursing Home at 133 Salem St. into a condominium project consisting of 71 one- and two-bedroom units with a commercial space in the basement.

Vienneau told the board members that Broadway Capital, which has done three development projects in Chelsea and presently is doing one in Swampscott, originally had planned to designate seven of the units as affordable, with two earmarked for military service members and two for seniors. However, Vienneau said that there now is an opportunity to increase the number of affordable units from seven to 18 pursuant to MassHousing's Commonwealth Builder Grant program, the purpose of which is to spur the construction of single-family homes and condominiums that are affordable to households with moderate incomes, particularly in communities of color.

However, in order for

a development to qualify for the grant, the local municipality must make a contribution to the project. Vienneau further said that there is an urgency to taking action because the project is nearing completion and the application for a grant from the state is time-sensitive. Vienneau asked that the city's contribution to the project come in the form of a 50% waiver of the Community Improvement Trust Fund Fee.

In response to questions from the AHTF members, Vienneau said that six of the 18 units will be sold to buyers with incomes of 70% of the area's average median income (AMI) and 12 will be sold to buyers at 80% of AMI. He further stated that there will be deed restrictions for the first 15 years of ownership. The units cannot be rented and AMI buyers today will have to sell to AMI buyers unless they own the condo for more than 15 years, after which time they can sell at market rates. Prices for the units are expected to range from \$219,000 for one-bedroom units for 80% AMI buyers and \$190,000 for one-bedroom units for 70% buyers, to \$265,000 for two-bedroom units for 80% AMI buyers. He said the market rate units are expected to range in price from \$320,000 to \$500,000 for two-bedroom units of 1000 sq. ft.

He said that the income level for a single person at 80 percent of AMI is in the range of \$60-\$70,000. In addition, those buyers must have good credit scores in order to qualify for a mortgage.

However, AHTF member Deb Frank pointed out that because of the recent increase in mortgage interest rates, the necessary income level to qualify for "affordable housing" would be in the range of at least \$80,000 in order to purchase one of the "affordable" condo units.

Although all of the members agreed that the term "affordable housing" may be an oxymoron in the context of this project, Inzerillo, noting that Revere has not constructed any form of affordable

FRESH AND LOCAL

Season to your taste

By Penny & Ed Cherubino

Seasoning food to your taste is more than a matter of salt and pepper on the table. It's also a matter of health, genetics, and regional and cultural background.

The selection of seasonings that a family or restaurant offers for individuals to adapt a dish to their taste varies from culture to culture. We also differ in how we, as individuals, season our food.

Since Penny cooks, you might think she seasons our food to her taste. Penny prefers less salt and more pepper than Ed. However, we can add these adjustments to the plate of food, so our meals have less of both.

Cultural Seasonings

Think of the "seasonings" you'll find on the table or on-the-side when you enjoy a meal at a Vietnamese, Chinese, Indian, Japanese, Thai, Italian, or

Middle Eastern restaurant. These offerings might include fish sauce, soy sauce, wasabi, shichimi togarashi, sriracha, red pepper flakes, olive oil, grated cheese, plates of herbs, yogurt, raitas, or chutneys. At an American-style diner, you'll find catsup, mustard, and salt and pepper shakers.

Regional Adaptations

Growing up in Rhode Island with Canadian and Irish influence, Penny always asks for malt vinegar for fries or fish and chips. If she's somewhere that offers brown gravy on their menu, she'll request that on the side. In RI, even pizza places would ask if you wanted catsup, vinegar, or brown gravy with your fries. Today, we know that was a nod to French Canadian poutine.

Various regional spice blends are used in cooking in different parts of this country. Louisiana is

famous for its cajun, gumbo filé, and great Tabasco sauce. Puerto Rico's favorite blend is sazón, while Bell's seasoning is a New England favorite. Old Bay is from Maryland. Jamaicans introduced us to jerk seasoning,

Salt, Fat, Acid, Heat!

Samin Nosrat's famous four categories are one way to begin thinking about changing your meals: by choosing a different salt, fat, acid, or heat to cook and serve your food.

Your salt may come from a shaker or a highly salted product like fish sauce or anchovies. Acids worldwide include dozens of vinegars, each with their own flavor profiles. A simple switch to Spanish sherry vinegar or Italy's balsamic will offer a new style of brightness to the food. This is especially true in vinaigrettes.

Choosing olive oil,



In a Vietnamese restaurant, your bowl of pho should have a selection of herbs, sauces, and spices to season your meal to your specific taste. (Photo by Lightscape)

butter, lard, or coconut oil will take your meal in a new direction. Toasted sesame oil makes a great drizzle on Asian food.

Even something as simple as choosing a lemon or lime wedge to serve on a dinner plate can be a cultural choice. In France and Italy, it will be lemon, and in Southeast Asia, lime.

Heat and how much you add to your dish is a mat-

ter of personal preference and cultural norms. When friends from Thailand wrote down what to order on the Thai-style menu at a local restaurant, they quickly warned us to ask that the chef cut back on the heat. We have learned that Vindaloo on an Indian menu means very spicy, and we genuinely appreciate the little chili peppers that alert us to the spice level on so many menus.

We enjoy trying what works for other foodways and think the cooler months are a great time to experiment with the food we make at home. Here's to everyone seasoning more food to their taste in the months ahead!

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

TOPPING OFF CELEBRATION AT ANTHEM EVERETT

Recently, Greystar celebrated the topping off of Anthem Everett, a 450-unit apartment community in Everett's Commercial Triangle District. Anthem Everett will be delivered as part of Greystar's investment in Everett, which also includes Maxwell (384 units), 1690 Revere Beach Parkway (741 units in two phases), and the recently opened Mason (330 units).



An aerial view of Anthem Everett, located at 35 Garvey Street in Everett's Commercial Triangle District, with Boston's skyline in the background. The building, which will rise six stories and include ground floor retail space, recently celebrated its topping out and is scheduled to deliver in mid-2024.



An exterior view of Anthem Everett, a 450-unit residential building in Everett's Commercial Triangle District. Anthem Everett will be delivered as part of Greystar's \$730 million investment in the city, which will bring 1,900 new housing units, including more than 100 affordable, to Everett.

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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**

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.glendaleumc-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.**

Grace Anglican Episcopal Church

News and Notes

Grace Anglican Episcopal Church is open and welcoming to all.

There are two services on Sundays: 10 a.m. English, 1 p.m. South Sudanese Dinka

Come all and let us walk together in this sea-

son of hope, renewal and new beginnings.

**Grace Anglican Episcopal Church
67 Norwood Street,
Everett, MA
Church Phone
617-387-7526 or
617-389-5765**

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 YouTube.

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

Immaculate Conception Parish

News and Notes

Our Parish Staff: Rev. Joseph Chacha Marwa, S.M.A. Administrator, Rev. Gustavo Buccilli S.M.A Parochial Vicar, Barbara Canon Secretary, Parish Secretary.

Weekly Mass Schedule at the Immaculate Conception Parish is as follows:

1: Monday-Saturday at 7:00a.m. in the Chapel.

2: Saturday at 4:00p.m. (Sunday Vigil) and at 7:30p.m. Vietnamese Mass Upper Church.

3: Sunday at 7:00a.m. and 10:00a.m. English Masses. At 12:00p.m. Spanish Mass and 4:00p.m. Haitian Creole Mass.

4: Confessions are on Saturdays from 3:00-3:45

at the Confession Boots in the Chapel, and at 11:15 a.m. 12:00p.m. in Spanish.

5: Adoration of the Blessed Sacrament at the Chapel on Thursday from 7:30 a.m.-6:00 p.m.

Bring a Book buy a Book a new Fundraiser Program at the back of the Church. All books are a dollar. Any money collected goes to our Stain Glass Fund. You are most invited to make a donation for this course. Most welcome to worship with us on Sunday and weekdays. Thank You.

**Immaculate Conception Parish
489, Broadway,
Everett MA 02149 Phone
Call 6173895660**

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.

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,” Colossians 3:23

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MASSACHUSETTS
02149
617-387-7458
Rev. Larry Russi, Sr.
Pastor
pastorlarry@
thelighthousechurch701.net**

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.

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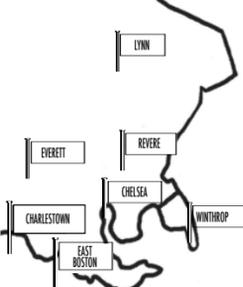
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The Everett Housing Authority (EHA) seeks qualified applicants with a minimum of three (3) years experience in all areas of building maintenance. Must have a strong mechanical ability; knowledge of heating, HVAC and electrical systems; a Massachusetts Electrician's License; and a MA. Driver's License and access to reliable transportation. The wage rate is \$38.05/hr. with an excellent benefits package. Send resume and cover letter to SKergo.eha@comcast.net. Everett Housing Authority is an Affirmative Action/Equal Opportunity Employer.

GROUNDKEEPER/CUSTODIAN

The Everett Housing Authority seeks qualified applicants with a minimum of two (2) years of custodian and grounds keeping experience for full-time employment with benefits. The wage rate is \$31.08/hr. with an excellent benefits package. The selected candidate must pass a physical and criminal records check. Resumes with cover letters may be submitted to Stephen Kergo Executive Director, Everett Housing Authority, 393 Ferry St., Everett, Ma 02149 or SKergo.eha@comcast.net. Position is open until filled. EHA is an Affirmative Action/Equal Opportunity Employer.

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CAR FOR SALE 0 1992 Toyota CamryLE 4Door sedan Low miles, new radiator, struts front/rear. \$2795 -Where is/as is. Call for more info. 781-417-9018, 781-289-2843

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ANNUAL KIWANIS EVERETT-MALDEN FOOTBALL LUNCHEON

The annual Kiwanis Everett-Malden Football luncheon was recently held at Anthony's in Malden. This tradition has been co-sponsored by the Everett and Malden Kiwanis Clubs for over 50 years. At the event, members of the respective senior classes representing their football teams and cheer squads are recognized. Coaching staff for both teams, members of the Everett school department, Malden school department, Everett Kiwanis President Fred Capone, Malden Kiwanis co-president Danielle Hender and members from both Kiwanis Clubs were on hand to celebrate the students. Congratulations to all!



The annual Kiwanis Everett-Malden Football luncheon was recently held at Anthony's in Malden.



Members of the Everett High School Football and cheer teams attended the annual Kiwanis Everett-Malden Football luncheon.

AL LATTANZI RECEIVES ENDORSEMENTS FOR RE-ELECTION



Everett Police Supervisors Union E-Board endorses Ward 6 Councilor Al Lattanzi for re-election. Shown are Lt. Jim Gabriel, Lt. Sabatino Rozza, Ward 6 Councilor Al Lattanzi, Sgt. David Butler, and Lt. Steve Panzini.

Holly Garcia competes in the Ms. American Coed pageant

Holly Garcia competed in the Ms. American Coed pageant on Labor Day weekend in Orlando Florida. She represented the state of Massachusetts while she competed in introduction, interview and evening wear which were the required phases of competition.

She also competed for the national speech award and volunteer service award. These were optional competitions and Holly placed first in both. Her speech was titled Stop the Stigma of Addiction and she wrote, memorized and

presented a two minute speech on stage. The volunteer service award was based on hours of community involvement over the past two years and Holly averaged a total of 500 hours.

Her goal in competing is to use her crown as a hard hat while she makes a difference in the world to prove that pageantry is so much more than glitz and glam. Her overall placement in the pageant was second runner up. She will continue to reign as Ms. Massachusetts until June 2024.



Holly Garcia at the Ms. American Coed pageant.



Carlo DeMaria
Mayor

PHOTOS OF EVERETT VETERANS WANTED!

The City of Everett's Veterans Services Department is seeking photos of Everett residents who served in any branch of our U.S. military to be honored on the "Wall of Heroes" at the Connolly Center.

FILL THIS WALL WITH ANY OF YOUR PHOTOS!



For more information and to submit photos, please email Director of Veterans Services Antoine Coleman at: Antoine.Coleman@ci.everett.ma.us

POPULAR CROSSING GUARD HONORED FOR 30 YEARS OF SERVICE



Theresa Crawford has been carefully and safely escorting children, parents, teachers and residents across busy Broadway at the former Everett High School and Parlin Junior High School for over 30 years. Ward 1 Councilman Wayne Matewsky presented a proclamation and roses to Theresa on behalf of the entire City Council, and thanked her for her professionalism and kindness to all residents.

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