

Everett Independent

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Wednesday, June 19, 2024

A Widening Stage

Keverian School Drama Club Holds Inaugural Production



The Keverian School Drama Club held its debut performance on Thursday, May 23, 2024, inside the Everett High School Center for the Performing Arts. Under the direction of teacher David Raposo, the students performed "James and the Giant Peach," a delightfully offbeat adaptation of the Roald Dahl classic. Congratulations to the students, Keverian staff, PTO, and parents and families who made this such a memorable moment for the district's growing theater program.

City to host annual Independence Day Celebration June 30

Special to the Independent

Mayor Carlo DeMaria is pleased to announce the City of Everett's annual Independence Day Celebration will be held on Sunday, June 30 at 6 p.m. at Glendale Park (50 Elm Street).

There will be many activities for everyone to partake in throughout the evening with a barbecue from 6 p.m. to 8 p.m., live entertainment, face painting, balloon creations, inflatable attractions and

prizes for all. To end the evening, the grand finale will be the spectacular fireworks show to light up the night sky with so many bright colors.

To kick off the event, the Everett City Council will once again host the Doll Carriage, Bicycle and Wagon Decorating Contest. This age-old Everett tradition will allow participants to use their imagination and decorate their choice of carriage, inflatable attractions and

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PHOTOS COURTESY OF CITY OF EVERETT

The fireworks show at Glendale Park during last year's Independence Day Celebration. Attendees participating in last year's Doll Carriage, Bicycle and Wagon Decorating contest, which will be happening again for this year's Independence Day Celebration. Elm Street was filled with arcade games, free food and activities for all at last year's Independence Day Celebration.

EHS spring sports teams honored at banquet

By Cary Shuman

Everett High School Athletic Director Tammy Turner spread the joy of accomplishment in her remarks at the Spring Sports Banquet at Anthony's in Malden.

From legendary coach Stacy Poste Schiavo's 18-2 softball team successfully defending its GBL softball title and qualifying once again for the MIAA Tournament to Mike Fineran (boys volleyball) and former Crimson Tide standout athlete Courtney Meninger (girls tennis) leading their teams into the postseason - to the resurgence of the crew program and track athletes advancing to state-level competitions - Turner had plenty to boast about in her athletic program.

"The crew teams from last year to this year is one of the highlights," said Turner as she began the awards ceremony. "We doubled or even tripled in size this year. COVID took a toll [on recruiting athletes], but this year we were finally able to get enough people for an eight-race novice team. And I felt like we were back. It was so exciting to go and cheer for this team. It was absolutely amazing."



The Everett High girls tennis team. Front row, from left, are Kirtsy Hall, captain Yasmine Laabadla, captain Rebecca Hickey, Simran Tamang, Alanna O'Brien, and Rosea Pun. Back row are Coach Courtney Meninger, Jessica Du, Tracy Pham, and Nga Ho.

'The 'Everett Energy'

In her comments about the girls tennis team qualifying for the playoffs, Turner talked about "The Everett Energy," describing it as "that extra belief in yourself."

"Your coach has taught you to get there and everything you need to know, but when you're there by yourself [on the court or

the diamond], you need to have that within. And our No. 1 singles player [Yasmine Laabadia] had lost the first two matches of her senior season, and after that when she started knowing that her coach believed in her and her team believed in her, she went on a six-game winning streak, and with her and the help of her team-

mates, this is the first year that girls tennis has made the playoffs."

Boys volleyball team makes school history

Boys volleyball coach Mike Fineran, whose father, former Pope John XXIII High School coach Richard Fineran, is an inductee in the Mass. State

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DiDomenico's team tours GBFB expansion project

Special to the Independent

Senator Sal DiDomenico's team recently toured the Greater Boston Food Bank (GBFB) facility and observed their new Cold Storage Expansion project, called Operation COLD. Senator DiDomenico has secured \$17 million for GBFB which is now being used for this essential infrastructure investment. This upgrade will empower GBFB to provide more fresh fruits and vegetables and will help them better

support the 600 local food distributions that rely on the Food Bank, including many throughout Senator DiDomenico's district.

"As a longtime advocate of fighting food insecurity, I was proud to support The Greater Boston Food Bank's efforts to improve their infrastructure and it is great to see how effectively that funding is being used," said Senator DiDomenico, Assistant Majority Leader of the

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COURTESY PHOTO

Senator DiDomenico's team learning about construction operations for Greater Boston Food Banks infrastructure upgrades.

Director Coleman says Veterans' Office will return to first floor at Connolly Center

By Cary Shuman

Everett Veterans Affairs Director Antoine Coleman appeared at the June 10 City Council meeting at the request of Ward 6 Councilor Peter Pietrantonio.

The primary motivation for the conference was that the issue of the Veterans Affairs office's location [the second floor of the Edward G. Connolly Senior Center] had been raised several times by a resident during the Council's public speaking portion of the meeting.

Pietrantonio began the congenial and professional exchange with Coleman by asking, "When you took the office [of Veterans Affairs Director] where was the office [located]?"

"It was on the second floor as long as my term has been," replied Coleman.

"Do we know why? They said it was on the

first floor. Was it on the first floor at one time?" asked Pietrantonio.

"Initially, it was on the first floor. I think during the COVID years, they moved it up to the second floor because they were getting a lot of walk-ins at the time," said Coleman.

"Is there any way that we can possibly move it back down on the first floor?" asked Pietrantonio in the form of a request.

"Actually, I had a conversation with the Mayor's Office [today]. We're looking to move ourselves back down. There are just some renovations that need to be done and as soon as they are done, we'll be moving back to the first floor," Coleman assured Pietrantonio.

The councilor also asked about the future dedication of memorial squares in Everett, notably whether there were plans for a ceremony for

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NEWS BRIEFS

DEDICATION CEREMONY AT FORMER PARK THEATRE POSTPONED TO JUNE 27 DUE TO FORECASTED WEATHER

The Everett Historical Commission has postponed the dedication ceremony that was originally planned to take place on Thursday, June 20, at 5:30 p.m. due to the forecasted excessive heat. The dedication ceremony will now take place on Thursday, June 27 at 5:30 p.m. at the former location of the Park Theatre and current location of the Park Plaza condominiums (30 Chelsea Street) to kick off the new City of Everett Walking Tour.

The dedication of the Park Theatre, which was a local favorite for residents to gather and be entertained by community events and the newest films since its inception as the Crown Theatre in 1914, will kick off the Everett Historical Commission's City of Everett Walking Tour. The event will include local and state elected officials, as well as the Chairperson of the Everett Historical Commission to offer their remarks. Refreshments will also be provided to all in attendance.

The walking tour seeks to highlight the importance of Everett's history and allows participants to learn through informational signs that will be located throughout the City. The sign, which is placed at the historical site, will inform participants about the location's historical significance to the City's history.

Initiated by former City Clerk Michael Matarazzo, current City Clerk Sergio Cornelio and the members of the Everett Historical Commission, the ongoing project will eventually have nearly 100 locations dedicated to a person, historic event or location of a building that is considered part of the more than 150 years of Everett's history.

All are welcome to attend the ceremony. To learn more about the event or the walking tour, please

contact the Office of the City Clerk at 617-394-2225.

EVERETT CHARTER REVIEW COMMITTEE HOLDS FIRST MEETING

The Everett Charter Review Committee held its first of several meetings on June 6th in the Peter J. McCarren Memorial Chamber at City Hall. As required by the City Charter, the Committee will conduct a 10-year review of the Charter and recommend any suggested Charter amendments to the City Council for its future consideration. Any such recommendations are required to be sent to the City Council no later than May 1st of 2025. The Committee's June 6th meeting resulted in the election of City Council President Robert Van Campen as Chair; Fred Capone as Vice Chair; and David Flood as Recording Secretary. The other appointed members of the Committee are Councilor-at-Large Guerline Alcy Jabouin, Darren Costa, Rosa DiFlorio, James Mastrocola, Kathleen Parker, David Pretti, and David Senatillaka.

During the June 6th meeting, the Committee requested a presentation from KP Law and the City Clerk at its next meeting to discuss the review process, as well as any initial proposed Charter revisions. That meeting has not yet been scheduled.

The Committee anticipates conducting at least one Public Hearing either late Summer or early Fall of this year to allow residents the opportunity to address their suggestions about any potential changes to the Charter. The Committee will conclude its review during the first few months of 2025 and will send its recommendations to the City Clerk for presentation to the City Council no later than the Spring of 2025.

Any resident wishing to communicate with the Charter Committee may do so via email at Chartercommittee@ci.everett.ma.us.

EVERETT'S GARCIA HONORED BY GIRL SCOUTS

Girl Scouts of Eastern Massachusetts (GSEMA), the largest girl serving organization in Massachusetts, is proud to recognize Holly Garcia of Everett with the GSUSA Honor Pin.

GSEMA recently celebrated the dedication and skills of its 4,000 active volunteers at its annual Volunteer and Donor Recognition Celebration, which took place on Sunday, May 19, 2024. The 2024 class of GSEMA Volunteer Recognition Honorees included over 130 volunteers.

Holly was awarded with the GSUSA Honor Pin. The GSUSA Honor Pin recognizes an individual's exemplary service in support of delivering the Girl Scout Leadership Experience; this support has had a measurable impact on two or more geographic areas of service to reach and surpass the mission-delivery goals of the council.

GSUSA and GSEMA recognitions are awarded based on an individual or group's exemplary service in support of delivery of the Girl Scout Leadership Experience through nominations that are reviewed by GSEMA's Volunteer Recognition Committee and approved by the Board of Directors.

Girl Scouts of Eastern Massachusetts (GSEMA) is 30,000 strong, with 20,000 girls and 10,000 volunteers in 178 communities in eastern Massachusetts, building girl scouts of courage, confidence, and character, who make the world a better place. GSEMA is the largest girl serving organization in Massachusetts and the 10th largest Girl Scout council in the United States. Girl Scouts is the preeminent leadership development organization for girls.

COUNCIL ON AGING NOW OFFERING TRANSLATION SERVICES

Mayor Carlo DeMaria is pleased to announce the City of Everett's Council on Aging (COA) will begin offering translation services to Everett's older adults at the Connolly Center (90 Chelsea Street).

Beginning on Monday, July 8, the COA will be offering translation service for older adult residents who speak Spanish, Portuguese and Haitian Creole. The services will be available from 9 a.m. to 1 p.m. on Mondays through Thursdays.

For more information, please call 617-394-2270 to be connected to the Connolly Center.

ARTS FESTIVAL EVERETT



The Bedlam Circus will perform their amazing circus arts during Arts Fest Everett.

Arts Fest Everett '24 will be held at Swan St Park on Saturday June 22 [rain date June 29]

The family fun event will feature a wide variety of activities and entertainment for all!

From 3-6 p.m. the Bedlam Circus will perform their amazing circus arts, art projects for ages 5 and up, refreshments available

From 6-7 Open mic and delicious food!

Hosted by Arts For Everett, this event is made possible with generous support from The Mass Cultural Council, Everett Cultural Council, Eastern Bank and the City of Everett. Arts Fest Everett is looking for paid translators during the event.

Contact for more infor-

mation - a4e@artlabeverett.org.

If you would like to be a volunteer and help make this festival great - please email a4e@artlabeverett.org.

Rain Date information - if there is a postponement due to weather it will be posted on social media - Facebook and Instagram @ArtLabEverett.

Legislature passes bill to prevent abuse and exploitation

Special to the Independent

The Massachusetts Legislature enacted comprehensive legislation that criminalizes the non-consensual sharing of explicit images known as "revenge porn," creates a diversion program for teens who share explicit images, statutorily defines coercive control as an element of domestic abuse, and extends the statute of limitations to pursue criminal charges for certain domestic violence offenses from six years to 15 years.

"This legislation is a significant step forward in addressing violence at all levels, now including digital platforms, by preventing abuse and exploitation, providing essential protections for survivors, and creating a safer community for everyone in this digital era," said Representative Judith Garcia (D-Chelsea). "Together, we are sending a powerful message that abuse and exploitation online have no place in our society. An abuser can easily upload humiliating videos or images on social media platforms, which can cause serious emotional distress, alienation, and loss of income."

"This legislation strikes the important balance of modernizing our criminal laws to ensure that those who share explicit imag-

es of others without their consent face punishment, with the need to educate minors on the dangers of sharing explicit images of themselves, rather than imposing upon them some of the criminal justice system's most severe consequences," said House Speaker Ronald J. Mariano (D-Quincy). "I'm also incredibly proud of this legislation's bolstered protections for survivors, including the added consideration of nonphysical forms of abuse for those seeking restraining orders from their abusers."

To address the non-consensual distribution of explicit images by adults, the bill establishes a penalty in the existing criminal harassment statute which includes up to two and a half years of prison time and/or a monetary fine of up to \$10,000. The bill increases the upper limit of the fine for criminal harassment from \$1,000 to \$5,000. If signed into law, the bill would also empower victims to petition the court for a harassment prevention order against a person who has violated the new statute.

The legislation also responds to the growing trend of individuals utilizing artificial intelligence and other digital imaging software to produce "deep fakes" of unsuspecting

victims, a practice currently not prohibited under state law. These images, which are equally traumatizing to victims, often realistically depict a person's face edited onto an unclothed body, making it challenging or impossible for viewers to determine what is reality.

Under current law, minors who possess, purchase, or share explicit photos of themselves or other minors are charged with violating child pornography laws and are required to register as sex offenders. The legislation passed directs the Attorney General to establish an educational program to teach minors about the dire consequences and life-altering impacts caused by engaging in this behavior. The bill also allows the Commonwealth's courts to divert minors to an educational program in lieu of sentencing to criminal punishment while providing district attorneys with the authority to petition the court to bring criminal charges in extreme cases. The educational diversion program would provide teenagers with information about the legal and nonlegal consequences of sexting, which would be made available to school districts.

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Everett Arts & Culture Events

Call to Youth artists for

CITY HALL SUMMER Art Show

During July & August

SUMMER FRESH!

Up next at City Hall Art by ages 18 & under Use QR code or email:

EverettArtEntry@gmail.com

for more information.

Deadline to enter June 30

ALL Artists under 18 welcome!

JOIN the

EVERETT CULTURAL COUNCIL!

For more info, email: ECC Chairperson Martha Chason-Sokol martha@mchason-sokol.com.

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Banquet // CONTINUED FROM PAGE 1

High School Volleyball Coaches Hall of Fame, said his programs grew (expanding to one varsity and two JV teams) in its third year of existence.

"This is a special group and it was a special year," said Fineran. "We had as our slogan this year: 'Take Nothing For Granted.' Last year we missed the tournament because we didn't beat some teams we should have beaten – and we wanted to make sure we didn't make those same mistakes again. I want you to appreciate this moment. It [qualifying for the MIAA Tournament] isn't something that everybody gets to do. All of that [success this season] has to do with the commitment that the players showed not only during the season but in the off-season. When we clinched the tournament berth last Wednesday, it felt really good."

Softball team rises to the top - again

Coach Poste-Schiavo took the podium to the Tammy Turner-inspired introduction of "saving the best for last" – the GBL champions!

Poste-Schiavo began her remarks by thanking Supt. of Schools Bill Hart for the "extra specialness" of attending the team's games, and lauding AD Tammy Turner for "everything that you do."

Poste-Schiavo noted her long-time association with Coach Jen Nigro. "We played softball together in high school, and here we are coaching again," related Poste-Schiavo, who also thanked the parents of the players for their support.

Poste-Schiavo spoke of "the special bond" of her 2024 team that finished the regular season at 18-2 and shared the GBL championship with Medford, continuing a streak of three straight league titles for the senior class.

"Our softball team has left a mark on the field this year," said Poste-Schiavo. "We conquered challenges and celebrated triumphs together with our 18-2 record. Through every pitch, catch, and slide, they have epitomized teamwork, unity, and determination. They had one goal in mind and that was to win the Greater Boston League title, which we do have to share with Medford."

"The one thing that Jen and I appreciate more than anything about this team is that they had this special bond. It extends beyond the field. They go out for breakfast together. They go golfing together. They hang out with each other. The first thing we say to them at the beginning of every season is, 'We don't care if you're fighting off the field – on the field you're one team. You win as a team, and you lose as a team.' That's the one thing that we can say that they do well. Their friendship is what contributes to their success, not just their athleticism."

Coaches express gratitude to AD Tammy Turner

Everett High coaches thanked Tammy Turner for her exemplary leadership of the program and the wholehearted support she gave to teams with her presence at games and Senior Night ceremonies.

"I would like to thank



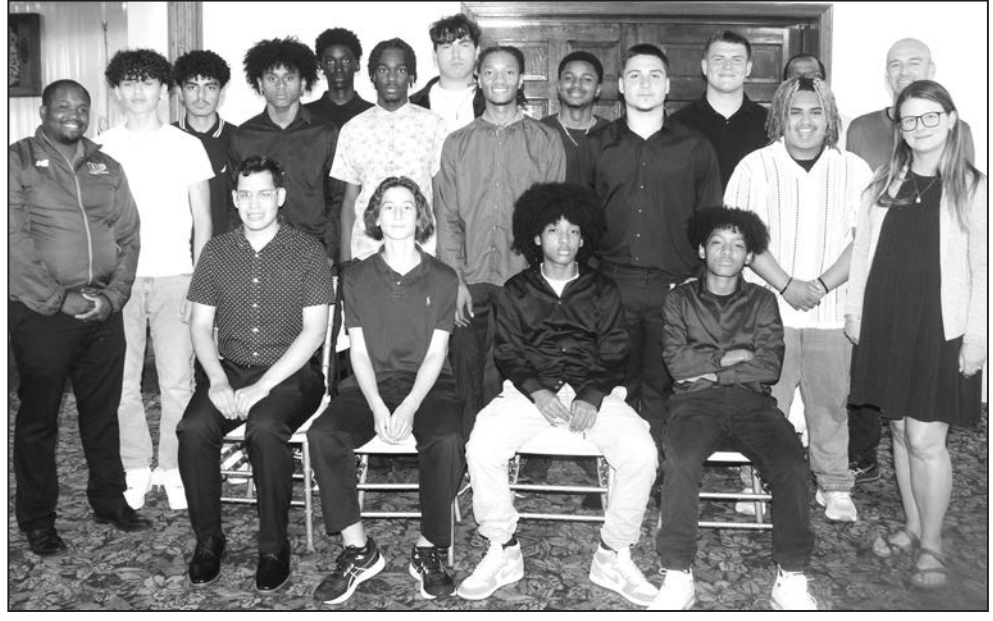
Supt. of Everett Schools Bill Hart joins the Everett High School spring season sports coaches and Athletic Director Tammy Turner for a photo during the banquet at Anthony's in Malden.



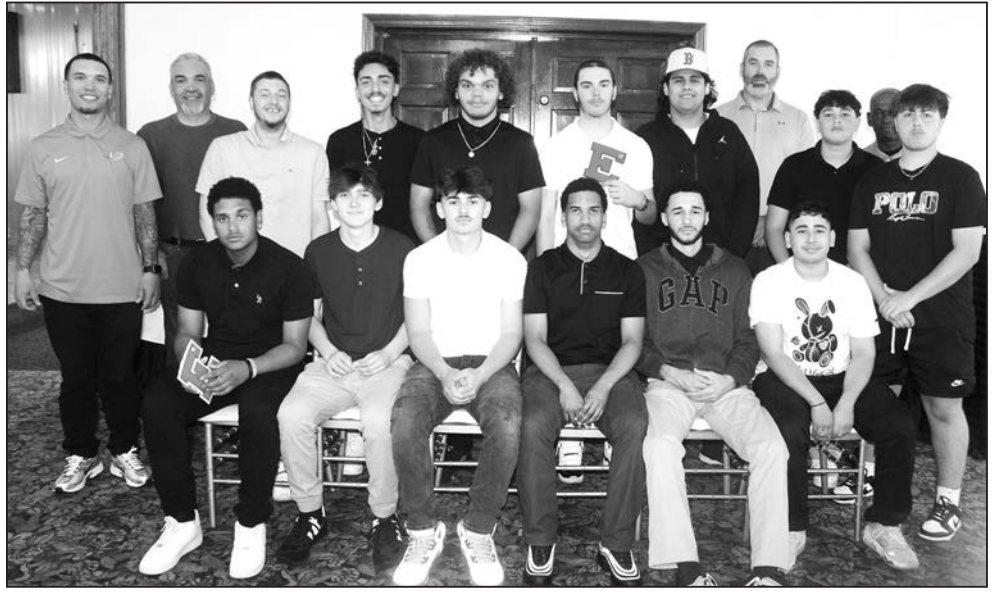
The Everett High School girls track team, front row, from left, Distance Coach Katherine Kukova, Tiana Allen, Milena Antoino, Sonia Flores, Gleidy Tejada, Casey Martinez, Isabella Pimenta, captain Darrynn Desreameaux, and captain Nicole Brandao. Back row, from left, are Head Coach Jehu Cimea, captain Suzanne Maharjan, Fahema Couto, Yelsa Garcia, captain Malaica Guillaume, Kaesta Sandy, Captain Layla Betancur-Cardona, Throwing Coach Claudy St. Juste, and Distance Coach Brendan Haahesy.

Tammy Turner for everything that she has done for Everett athletics," said head track coach Jehu Cimea.

"She has shown what we have seen so far with softball, volleyball, and girls tennis - that's the impact she has had on Everett athletics and where it's aiming to go."



The Everett High School boys track team. Front row, from left, are David Huezo-Eraza, Domenico Delle Rose, Jeremy Whitlow, and Anthony Whitlow. Middle row, from left, are Head Coach Jehu Cimea, Lucas Nunez, Adrien Reyes, captain Dawens Germain, captain Jalen Jones, Matthew LaMonica, Jonathan Goes, and Distance Coach Katherine Kukova. Back row, from left, are Carlos Pagan Landeo, Tyre Lule, Gaotano Foster, Sterley Hall, captain Shane MacKenzie, Throwing Coach Claudy St. Juste, and Distance Coach Brendan Haahesy.



The Everett High School baseball team is pictured at the Spring Sports Banquet at Anthony's in Malden.



The Everett High School boys volleyball team, under the direction of Head Coach Mike Fineran, qualified for the MIAA Tournament for the first time in 2024.



The Everett High School crew team, from left, Leyna Nguyen, Gabe Cunha, Michelle Germain, captain Gurkiran Kaur, Lexi Chen, Marielle Sseguijja, Coach Kate Mayes and Naiya Mayes.



The Everett High girls lacrosse team. Front row, from left are seniors Christine Laforest, Natalia Ruiz, Jackie Sampaio, Yasmin Linhares, and Khadija Ailane. Middle row, from left, are Assistant Coach Andrea Kendrick, Isabela Bicalho, Trinh Dang, Victoria Rodrigues, Amanda Verteiro, Victoria Bicalho, Aura Linhares, Brigitte Reyes Cortez, and Alexa Hall. Back row, from left, are Leyla Ros-Morales, Nicole Damaceno, Lily Ros-Morales, Tanessa Duvilaire, Lindsey Paul, Emily Acacio, Lais Antonio, and Head Coach Chelsea McNiff.



The Everett High School boys tennis team. Front row, from left, are Emerson Pineda, Gabriel Ponce Lemus, captain Nilahbro Pal, Sushant Shrestha, and Erik Vo. Back row, from left, are Coach Greg Bluestein, Randy Cruz, Eduardo Guevara, Romy Ortiz, Christian Pereira, Henry Chen, Anthony Fontes, Marcos Castro, Pablo Jimenez, Lucas Liberato, captain Bryant Jimenez, and Ricardo Contreras.

Everett Independent

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Editor in Chief: Cary Shuman

GET READY FOR THE HEAT

With the weatherman forecasting the first heat wave of the season for our region this week, all of us should take precautions to ensure that we do not fall victim to heat stroke or other heat-related stress to our bodies.

A heat wave officially comprises three straight days of 90+ temperatures and forecasters are telling us that we could have four 90+ days with little relief at night. Our readers may be surprised to learn that more than 1200 Americans die every year from extreme heat, making heat the deadliest kind of extreme weather. By contrast, flooding, though more sensational when viewed on our TV screens, kills fewer than 100 Americans each year. In addition, it is widely believed that those 1200 deaths are a significant undercount because persons with health issues who succumb to heat may not have been deemed to have died from heat.

Although senior citizens and those with underlying health conditions are the most susceptible to the dangers of excessive heat, even young and healthy individuals can succumb to heat stroke if they do not take it easy. With our region plunging from typically cool, spring weather right into the heat, those who work outside (or who work out on a daily basis) have not had time to adjust, both mentally and physically, to the onset of the extreme heat.

However, we are not the only ones facing extreme heat these days. Extreme heat is a world-wide phenomenon thanks to the effects of climate change. Heat records have been set in recent days across the globe, from Greece to India to the Philippines. Every month for the past 12 months has set a world record for that month (in other words, May was the hottest-ever May, April the hottest-ever April, etc.) and June is on track to make it 13 months in a row (which means that this June will break last June's record for the hottest-ever June).

The National Weather Service is providing a new way to gauge the risk from extreme heat. In collaboration with the Centers for Disease Control and Prevention, it has launched a tool called HeatRisk which allows users to search a map of the United States to figure out their level of threat, ranging between one (little to no risk) and four (extreme risk).

For those of us lucky enough to live near the coastline, a dip in the ocean will offer a respite from the heat wave. But those of us who have sampled the ocean in the past few weeks have noticed another ominous sign of climate change -- the water temperature already has been far above normal. Instead of the extremity-chilling temps that are typical for May and early June, the water temp at the beaches around Boston Harbor actually has been pleasant. So the good news is that it's been warm enough to go for a swim -- but the bad news is that the record high ocean temps are a threat to all marine life and a major contributor to rising sea levels.

Finally, the combination of the hot atmosphere and the hot ocean increases the chances of extreme weather events such as hurricanes and inundating rainfall, which is occurring in southern Florida right now.

We urge all of our readers not to underestimate the effects of extreme heat and to take it easy over the next few days.

BANNER NO. 18!

The Celtics' convincing victory in Game 5 on Monday that clinched the Celts' 18th NBA championship was great fun for fans old and young alike.

For those of us who cherish our "Havlicek Stole the Ball" album and who recall watching the Bill Russell-led Celts clinch their 1969 NBA title in Game 7 at Los Angeles in dramatic fashion (we had to stay up late on a school night because the game was played on the West Coast), the chance to surpass the hated-Lakers for the most NBA titles was one of the most-satisfying aspects of the 2024 title.

In addition, this edition of the Celtics laid to rest whether they had that special quality that separates champions from the rest of the pack. After the disappointment of being knocked out in the first round last year, and the collapse against Golden State in the finals two years ago, even the most-ardent Celtic fans had to wonder whether JT, JB, & Co. had what it takes to be the best -- and they answered that question in commanding fashion.

Still, when we consider that this was the Celtics' first title in 16 years and only the second in almost 40 years, it makes us realize how special these championship moments are in the world of sports today. By contrast, the Celtics won 16 NBA titles over a 30-year span from 1957 to 1986. That's more than half of the NBA crowns spanning two generations of Boston sports fans.

But those days when Bill, Dave, and Larry ruled the NBA are long gone. The NBA is big business now -- and extended playoffs literally are a second season -- and attracts the best players from all over the world. The post-game commentators noted that there are more excellent teams who will be shooting to knock off the Celtics than at any time in the history of the NBA. As good as this talented young group may be, we cannot expect that they can create the sort of dynasties that marked the Celtics' teams of the '50s, '60s, '70s, and '80s.

So let's savor the moment -- and get ready for a joyous victory parade!

Independent Forum

UPCOMING EVENTS AT EVERETT PUBLIC LIBRARIES

Parlin Adult and Teens

Parlin Book Group, Parlin Meeting Room, and Zoom. Monday, June 24th at 6:00 pm. We will read Pip Williams' The Dictionary of Lost Words. Motherless Esme spends her childhood in the Scriptorium where her father and a team of lexicographers collect words for the very first Oxford English Dictionary. Esme realizes that words and meanings relating to women's and common folks' experiences often go unrecorded. 18+. Call Kathleen at (617) 394 2300, or send an email to slipp@noblenet.org, for the Zoom link, or join us in person!

Pin Your Pride On! Parlin Fireplace Room. Tuesday, June 25th at 3pm. Share your Pride this month by making a pride pin! From pronouns to pride flags, choose one of our pre-made button templates or create your own. All are welcome to participate!

Yarn Club Parlin Fireplace Room. Tuesday, June 25th at 7pm. Come 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!

Resume Writing, Parlin Adult Department. Book a one-on-one resume assistance appointment at the Parlin Library and let a librarian help you craft a resume tailored to your strengths and aspirations. Sign up for a thirty minute session, Tuesdays at the Parlin by appointment only.

Computer Basics 101, Parlin Adult Department. Tech Newbie? No Problem! Learn to power up, click around, type like a pro, explore the digital world, and even send your first email. Sign up for a thirty minute session, Tuesdays at the Parlin by appointment only.

Murder/Mystery Book Group, Connolly Center Meeting Room. Thursday, June 27th at 12pm. In Julie Clark's The Lies I Tell, Meg Williams or Maggie Littleton or Melody Wilde, is a con artist who erases herself to become whoever you need her to be a college student. A life coach. A real estate agent. Nothing about her is real. She

tells you exactly what you need to hear, and by the time she's done, you've likely lost everything. See Kathleen for copies on her twice monthly visits, or call the Parlin (617) 394 2300 or Shute (617) 394 2308 libraries.

Thursday Night Movie: Pride Edition Parlin Meeting Room. Thursday, June 27th at 7pm. Break out the popcorn! Close out your pride month celebrations with a screening of Love, Simon (PG-13) with your friends.

Dungeons & Dragons at the Library. Parlin Meeting Room. Saturday, June 29th at 11:30am. Ready for the adventure of the summer? Whether you're new to D&D or a roleplaying pro, join our campaign and embark on epic quests with other adventurers. Space is limited to 5 players per session. You do not need to attend the previous session to play! Character sheets will be provided. Registration is required. Limited to ages 13 and up.

Parlin Childrens Butterfly Exhibit Stop by the Children's Room this month to observe our Butterfly Life Cycle Display behind the circulation desk. Observe our caterpillars metamorphosis as they form their chrysalises and hatch into butterflies right in our own children's room. Release date to be determined.

Lego Club. Parlin Children's Room. Monday, June 24th 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 Sing-along with Karen, Parlin Children's Room. Wednesday, June 26th 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, June 26th 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.

Crafternoon Parlin

Everett Public Libraries to welcome Dr. Zebulon Vance Miletsky for Juneteenth talk

On Wednesday, June 26, in celebration of Juneteenth, the Everett Public Libraries will welcome a guest speaker to discuss the holiday. Dr. Zebulon Vance Miletsky, an Associate Professor of Africana Studies at Stony Brook University, and author of the book Before Busing: A History of Boston's Long Black Freedom Movement will discuss the history of Juneteenth and the reasons why it has become a national holiday—and how it has been celebrated in Texas since 1865—first becoming a state holiday in Texas as early as 1980.

Dr. Miletsky will discuss the arrival of Union troops in Galveston, Texas under the command of Major General Gordon Grainger on June 19th, 1865 that slavery ended in America—well after the Emancipation Proclamation as well as the passage of the 13th Amendment in January of that year, which was still in the process of being ratified. He will talk about the fact that the enslaved persons still being held in bondage in Texas had to be liberated at bayonet point by General Granger and his troops, who issued an order asserting the Union Army's authority over the state of Texas based on the authority of the Emancipation Proclamation written a full two and a half years earlier—even though its author, President Lincoln had already been assassinated and the Civil War had officially ended.

Juneteenth is also the



PHOTO COURTESY OF DR. MILETSKY

Dr. Zebulon Vance Miletsky.

key to understanding "the new Jim Crow"—forcing us to rethink the periodization of the end slavery—and the fact that there has never been a clear date for the ending of slavery. This suggests something about the ongoing nature of abolition, de-enslavement and reconstruction, which continues to this day.

Miletsky will also discuss the history of other, longer celebrations of emancipation in the Northeast and New England which were celebrating emancipation well before 1863—namely in Massachusetts and the greater Boston-area. African Americans in Boston had their own emancipation celebrations including "watch night" traditions which are still observed in many Black Churches today, including newer local celebrations of the ending of slavery.

The presentation will take place at 7:00 PM on Wednesday, June 26th in the Parlin Memorial Library Meeting Room. Please call 617-394-2300 with any questions.

Craft Room. Join us for a fun, patriotic 4th of July craft on Thursday, June 27th at 3pm.

Shute Adult and Teens Resume Writing, Shute Adult Department. Book a one-on-one resume assistance appointment at the Shute Library and let a librarian help you craft a resume tailored to your strengths and aspirations. Sign up for a thirty minute session at both the Shute Library. Fridays by ap-

pointment only.

Computer Basics 101, Shute Adult Department. Tech Newbie? No Problem! Learn to power up, click around, type like a pro, explore the digital world, and even send your first email. Book your Friday adventure with technology today! By appointment only on Fridays. Please call the Shute Library to register for an appointment.

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.

The Everett Independent reserves the right to edit letters for space, accuracy and clarity. We regret that we cannot publish unsigned letters. Please include your street and telephone number with your submission. The Everett Independent publishes columns, viewpoints and letters to the editor as a forum for readers to express their opinions and to encourage debate. Please note that the opinions expressed are not necessarily those of The Everett Independent. Text or attachments emailed to editor@everettindependent.com are preferred.

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A LOOK AT EXCELLENCE IN THE EVERETT PUBLIC SCHOOLS

Connections Program Field Trip
Students Display Teamwork — and Fearlessness!



The Everett High School Connections Program recently took 30 of its students to the La Vida high ropes course at Gordon College. Students spent the morning working on team-building activities and the afternoon on the high ropes course.

Health Science Pathway Luncheon
Seniors Recognized for Completing Internships

Everett High School recognized seniors in the Health Science Pathway who completed internships during the 2023-2024 school year during a luncheon celebration inside the Crimson Café on May 10.

- Locations: Cambridge Health Alliance Everett Hospital, Leonard Florence Center in Chelsea, Cataldo Ambulance, The Keverian, Lafayette, and Parlin schools

- SENIOR INTERNS: Suhey Aragon Munguia, Jessica Benitez Escobar, Isabella Barbosa, Camille Camilo, Andrea Cortez, Victoria DoCarmo, Eduarda Fiuza, Aviana Giron, Ava Goodwin, Katerin Guevara Chacon, Gurkiran Kaur, Yasmine Laabadla, Sophia Machado, Vitoria Machado, Anthony Masucci, Valeria Matias Calmo, Maria Luiza Medeiros, Abitchaelle Medilme, Thong Phan, Ricardo Osorio Umama, Aliyana Owens

- Marisela Portillo, Makenzie Powers, Jayden Prophete, Katherine Ramirez Quintanilla, Daimeliz Rivera, Maria Rocha Moraes, Achena Sanon, Simran Tamang, Linh Tran, Ashley Vasquez Fuentes, Enrico Vega, EMT INTERNS: Arabela Cvitkusic, Justin Du, Alessandra Foster, Malaica Guillaume, Salina Pun, Brigitte Reyes-Cortez, Gleidy Tejada Sanchez, Aidan Volquez, Katherine Perez Privado

Industry Standards
EHS Students Pass Certification Exams



Congratulations to Everett High School students Nicholas Amorim and Mateus Barbalho for passing three different information technology certification exams offered by the industry leader, Certiport: Java, HTML and CSS, and JavaScript.

The Scientific Method
Everett High Announces new Anatomy and Physiology Curricula

After a lengthy and deliberative process, the Everett High School (EHS) Science Department has selected a new Anatomy and Physiology curriculum resource for the 2024-2025 school year.

Hoehn, Marieb Human Anatomy & Physiology (12th Edition) was selected by a Vetting and Selecting Team that met bi-weekly beginning in November of 2023 to make the most informed decision possible.

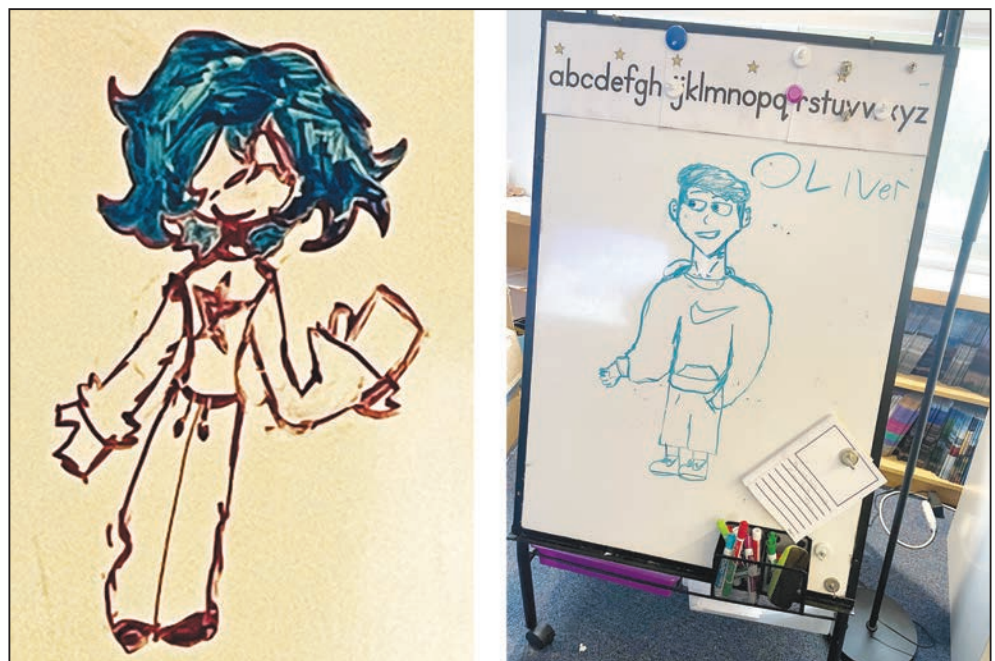
son Ryan Rowlinson, the work began with the creation of a mission and vision statement that aligns with district priorities and the values of the EHS community.

Beginning in March, the team carefully reviewed the options to identify a curriculum that incorporates engaging and meaningful laboratory investigations that promote student-centered learning.

Hoehn, Marieb Human Anatomy & Physiology offers standards-based units and lessons that engage students in real-world human body case studies and scenarios.

With the curriculum selected, the EHS Science Department is beginning the work of internalizing, adapting, and implementing the curriculum for the start of the upcoming school year.

Author Visits the Lafayette School
Costa Bates Leads Illustration Lesson for Third Graders



Author Janet Costa Bates visited the third-grade class at the Lafayette School on Thursday, May 23, 2024. Ms. Bates is an award-winning author of children's stories and picture books and a popular guest at schools across Massachusetts.

From the ELA Department:
Read and Reacts
StudySync Selected After a Lengthy Vetting Process

A committee led by Department Chair Ryan McGowan and comprised of Everett High School teachers and two student representatives has unanimously selected a new high-quality curriculum for Grade 11 and 12 English Language Arts (ELA) classes and ELA Honors courses.

StudySync by McGraw Hill was chosen after a year-long vetting process and will be rolled out in time for the 2024-2025 school year.

"In the end, StudySync's robust common assessments as well as the strong and direct scaffolds for diverse learners were the deciding factors for the committee in the unanimous vote in favor," said Mr. McGowan.

This work was completed as part of a larger cycle of curriculum review overseen by Everett Public Schools (EPS) Director of Instruction Anne Auger. The ELA Vetting and Selecting Team convened in the summer of 2023 and commenced a data-driven review of the Savvas curriculum.

Mr. McGowan worked alongside ELA teachers Michael Clifford, Stephenie Devino, Emily Gould, Sarah Simmons, and Christopher Wright to develop an updated Literacy Vision for the ELA Department.

tee used the TNT report, "The Opportunity Myth," to help frame the instructional needs of students in diverse, urban communities.

When the review was complete, the Vetting Team selected two products as finalists: StudySync and Odell High School Literacy. The members did a deep dive into both products, including meeting with representatives from both platforms and consulting with curriculum leaders from comparable districts such as Salem and New Bedford.

The next step in the process is training and setting pacing guidelines and curriculum expectations for next school year when students get their first exposure to everything StudySync has to offer.

Supt. of Schools Hart invited to speak at Council meeting

In response to a resolution offered by Councilors-at-Large Guerline Alcy Jabouin and Katy Rogers, Supt. of Schools Bill Hart will appear at the Monday, June 24 Council meeting at City Hall.

Hart has been asked by the Council "to present and discuss existing and foreseeable space needs throughout the entire district at all grade levels including the potential use of Pope John XXXII High School and the former

Everett High School."

Hart's appearance follows the Council's vote in April to not fund an \$11.4 appropriation for repairs to the roof of the old EHS school building on Broadway.

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YOUTH ART SHOW AT ART LAB EVERETT

On June 15, Art Lab Everett hosted a Youth Art Show in The Garage Door Gallery with additional art and activities at Art Lab.

Work in a variety of mediums from student members at Art Lab was on display and there was a chance for visitors to try their hand at arts activities as well. Art Lab and the

Garage Door Gallery are located at 32 Bucknam St. in Everett, operated by Arts For Everett, Inc, a 501-c-3 organization. Learn all about Art Lab at www.artsforeverett.org.

COURTESY PHOTOS



Work by art lab youth members.



Hanging art in preparation for the show.



Visitors and members viewing the art projects.

Same neighbors. New name.



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Members and visitors are trying hands on art projects.

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Inspired by art at the Garage Door Gallery.

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SCAN ME



Work by art lab youth members.

PIONEER CHARTER SCHOOL OF SCIENCE CELEBRATES 2024 GRADUATES

COURTESY PHOTOS



PCSS I Valedictorian Moses Gebrezgiaber of Everett.



PCSS I Salutatorian Victoria Boguslavskaya from Revere.



PCSS I ALL GRADUATES, (from back row, left to right): Boulanouar Bouchenafa, Sebastian Pino, Nathaniel Tesfamicael, Fadi Teisir, Richard Nguyen, Zakariyya Malki, Joao Lacerda, Nizar Kaddoum, Alexander Petkov, Joseph Williams, Zackaria Ben-lail, Liana Bennett, Linah Lasri, Dainah Larose, Victoria Boguslavskaya, Rahil Kistas, Sayf Jellouli, Jorge Bonilla Xopanatla, Diego Rodriguez Merino, Cynthis Vejar Galvez, Isaiah Lafortune, Adam Lkorch, James Villa Gomes, Nathan Benetta, Valentina Funez Mejia, Abir Nidam, Moses Gebrezgiaber, Maria Machado, Ichraq Marbough, Alexandra Lopez Panameno, Halima Minyaoui, Willar Torres Ortiz, Sophia Toumi, and Rosa Mendez Mejia. Front row, (left to right): Matthew Santos, Sarah Toumi, Courtney Ly, Vitoria Braga, Victoria Penha, Yulisa Restrepo, and Aseel Younes.



PCSS II Valedictorian Leila Elhaisouni accept honors from PCSS CEO Barish Icin.



Salutatorian Jonathan Corbin accept honors from PCSS CEO Barish Icin.

On Friday, May 31, students from PCSS I in Everett and PCSS II in Saugus graduated in a united ceremony at Everett's Rivergreen Park. PCSS's 2024 graduates spent their formative high school years studying amid a global pandemic, a testament to their determination and adaptability as they begin new chapters of their academic careers.

Pioneer Charter School of Science, which enrolls students from communities North of Boston and the North Shore, is known for its collegiate successes. PCSS college acceptance rates are commendable. In 2024, 93 percent of PCSS upper school students plan to attend a four-year university, five percent a two-year college, and two percent vocational training. Of PCSS II Upper School students, 90 percent will attend a four-year college, five percent a two-year college, and five percent vocational training. Both schools have a 100 percent acceptance rate.

"Our Class of 2024 graduates are an exceptional group of students," said Pioneer Charter School of Science CEO Barish Icin. "We are incredibly proud of their accomplishments. These students have not only weathered their studies during the pandemic, but they have excelled. We believe that they have bright futures ahead of them."

PCSS I and PCSS II's

Class of 2024 were awarded more than \$11 million in scholarships.

Students from both campuses have been accepted to nationally renowned schools, including Harvard, Tufts, MIT, Cornell, Boston College, Columbia, Dartmouth, Brown, and Wellesley.

PCSS I's Moses Gebrezgiaber of Everett, who was named Valedictorian of the Everett campus's class. This fall, he will attend MIT and major in Engineering. Salutatorian Victoria Boguslavskaya of Revere is off to Boston University, where she will also major in Engineering.

PCSS II Valedictorian Leila Elhaisouni of Melrose will attend MIT, majoring in Biomedical Engineering. PCSS II Salutatorian Jonathan Corbin of Peabody plans to attend Brown University, majoring in Mechanical Engineering.

PCSS is a rigorous college preparatory charter school that aims to prepare educationally under-resourced students for today's competitive world.

PCSS I, located in Everett, serves students in Grades K through 12 from several communities North of Boston, including Everett, Chelsea, and Revere.

PCSS II, located in Saugus, serves students in Grades K through 12 from Saugus, Salem, Peabody, Lynn, and Danvers.



PCSS II ALL GRADUATES, (from back row, left to right): Johen Mimy, Jovanni Dorcely, Caio Rodrigues, Vinicius Da Cunha, Shreshth Gaur, Adam Nouri, Adrian Baybay, Oluwatosin Edebiri, Oladimeji Oladaiye, Joshua Clamens, Lhawinnie Dumond, Courtney Olivier, Ambika Badwal, Leila Elhaisouni, Salma Ngokila, Edward Chatterton, Angelo Triantafyllou, Anthony Roche, Abraham Chomba, Jose Garcia, Ashley Jean-Louis, Kyle Rodrigues, Zuhair Khan, Oluebube Abajue, Rohita Maddi, Caitlin Calvelo, Sofia Marmoucha, Dylan Repucci, Emily Martinez, Fatima Saab, Dea Bilal, and Genesis Ruiz Lopez. Front Row (Left to Right): Jay Ruiz Ramos, Lester Ileh, Tyler Reade, Dylan Bauer, Devlin Nguyen, Kaelyn Perez, Jonathan Corbin, and Gianna Lamarca.



EVERETT graduates above, (back row, left to right): Nathaniel Tesfamicael, Liana Bennett, Dainah Larose, Joao Lacerda, Jorge Bonilla Xopanatla, Diego Rodriguez Merino, Alexander Petkov, Richard Nguyen, and Nathan Bennetta. Front row, (left to right): Genesis Ruiz Lopez, Halima Minyaoui, Linah Lasri, Rosa Mejia Mendez, Matthew Santos, and Moses Gebrezgiaber.

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EVERETT HISTORICAL COMMISSION TO HOST DEDICATION CEREMONY AT FORMER PARK THEATRE TO KICK OFF WALKING TOUR

The Everett Historical Commission will be hosting a dedication ceremony on Thursday, June 20, at 5:30 p.m. at the former location of the Park Theatre and current location of the Park Plaza condominiums (30 Chelsea Street) to kick off the new City of Everett Walking Tour.

The dedication of the Park Theatre, which was a local favorite for residents to gather and be entertained by community events and the newest films since its opening as the Crown Theater in 1914, will kick off the Everett Historical Commission's City of Everett Walking Tour. The event will include local and state elected officials, as well as the Chairperson of the Everett Historical Commission to offer their remarks. Refreshments will also be provided to all in attendance.

The tour seeks to highlight the importance of Everett's history and allows participants to learn through informational



PHOTO COURTESY OF CITY OF EVERETT

The historical sign for the Park Theatre located in front of the Park Plaza condominiums.

signs that will be located throughout the City. The sign, which is placed at the historical site, will inform participants about the location's historical significance to the City's history. Initiated by former City Clerk Michael Matarazzo, current City Clerk Sergio Cornelio and the members of the Everett Historical Commission, the ongoing

project will eventually have nearly 100 locations dedicated to a person, historic event or location of a building that is considered part of the more than 150 years of Everett's history.

All are welcome to attend the ceremony. To learn more about the event or the walking tour, please contact the Office of the City Clerk at 617-394-2225.



PHOTO COURTESY OF EVERETT PUBLIC LIBRARIES

The Park Theatre circa 1980.



PHOTO COURTESY OF CITY OF EVERETT

The Park Plaza condominiums where the Park Theatre used to be located.

COUNCIL ON AGING OFFERS NEW PROGRAMMING FOR PORTUGUESE SPEAKERS



The City of Everett's Council on Aging (COA) recently kicked off the new programming that is inclusive to those who speak Portuguese at the Connolly Center.

Mayor Carlo DeMaria is pleased to announce the City of Everett's Council on Aging (COA) has partnered with Cambridge Health Alliance (CHA) to offer programming that is inclusive to those who

speak Portuguese every Wednesday at 1 p.m. at the Connolly Center (90 Chelsea Street).

The program will feature various activities for adults over the age of 60 including exercise classes,

music, games and much more. Participants are not required to speak Portuguese to join in the fun. For more information, please call Olimpio at 617-608-8778.

NSMT presents 'Disney's Frozen: The Broadway Musical'

This summer, Bill Hanney's award-winning North Shore Music Theatre (NSMT) will produce the New England Regional Theatre Premiere of Disney's FROZEN. The four-time Tony®-Nominated musical based on the smash hit 2013 Oscar®-winning animated film will mesmerize audiences for an extend-

ed run from Tuesday, July 9 through Sunday, July 28, 2024.

"We are thrilled to have been chosen as one of the first theatres in the country allowed to create an all-new stage production of Disney's Frozen, The Broadway Musical. The team here at North Shore Music Theatre has been hard at work creating our own vision of the world of Disney's Frozen, one of the most popular animated films of all time," said NSMT owner and producer Bill Hanney. "As you can imagine, one of the biggest challenges for me and Kevin P. Hill, the show's director and choreographer, was finding the perfect performers to bring the iconic characters from the film to life on our stage. We are so fortunate to have assembled such a talented cast led by two powerhouse performers, Broadway's Alyssa Fox as Elsa and Celeste Rose as Anna. Audiences of all ages will be enchanted by this magical one-of-a-kind immersive production that can only be enjoyed here at North Shore Music Theatre."

Disney's FROZEN The Broadway Musical is based on the smash hit 2013 Academy Award-winning animated film that tells the story of Anna, the princess of Arendelle, who sets off on a journey with the iceman Kristoff, his reindeer Sven, and the snowman Olaf to find her estranged sister Elsa, whose icy powers have trapped their kingdom in eternal winter. This thrilling spectacle has won the hearts of audiences around the world and includes all of the well-known songs from the film including "Let It Go" and "Do You Want To Build A Snowman" and many new songs written by the film's award-winning original composers, Kristen Anderson-Lopez and Robert Lopez. Disney's FROZEN also features a book by Jennifer Lee, the writer of the original film.

This show will be an immersive production of Disney's FROZEN like audiences have never experienced before! North Shore Music Theatre's production of Disney's FROZEN features all of the film's unforgettable characters, newly re-imagined staging and production numbers, along with all-new sets and costumes being designed and created just for North Shore Music Theatre Audiences.

The cast of Disney's FROZEN will star Alyssa Fox as Elsa and Celeste Rose as Anna. Alyssa Fox, who was most recently Wicked on Broadway's 20th Anniversary Elphaba was also a member of the Original Broadway Cast of Disney's Frozen. Celeste Rose, who has appeared in the Off-Broadway production of We Are The Tigers and Unexpected Joy along with appearances in regional productions of The Prom, Passing Through, and Sister Act.

Tickets for Disney's FROZEN start at \$75. Performances are July 9 - July 28, the first two weeks feature evenings on Tue - Thurs at 7:30 pm, Fri & Sat at 8 pm, matinees Wed, Sat and Sun at 2 pm. The final week of performances feature evening performances on Wed & Sat at 7:30pm and Thurs & Friday at 7pm, matinees on Tue, Wed, Sat and Sun at 2pm. Kids 4 - 18 save 50% at all evening performances. \$25 Student Rush tickets are available. For tickets and information call (978) 232-7200, visit www.nsmt.org, or visit the box office in person at 54 Dunham Rd., Beverly, MA.

North Shore Music Theatre's 2024 musical season will feature Tootsie (August 15 - 25), Million Dollar Quartet (September 24 - October 6), Titanic The Musical (October 29 - November 10), and the 35th Anniversary Production of A Christmas Carol starring David Coffee (December 5 - 22).

CITY OF EVERETT

Carlo DeMaria
Mayor

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Sunday, June 30, 2024
6:00 p.m.
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Live Music and Entertainment!
Fireworks Begin at 9:30 p.m.

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FRESH AND LOCAL

Budget balancers

By Penny & Ed Cherubino

As with so many things that impact our physical health and mental well-being, feeding yourself and your household is a question of balance. The chief cook and supply sergeant has to fit shopping and preparing meals into their daily schedule.

A healthy approach to this work is to consider all the budgets impacted by the tasks and decide which is most important to balance on a given day. Yes, this balance is more than dollars and cents. We also have time budgets, energy budgets, and even what we call a happiness budget.

There are days when our energy levels are low, and cooking seems daunting. In such instances, ordering take-out can be a flexible solution that fits our overall budget balancing. Dining out might not align with our time or spending budget, but

it can be a valid option to consider, adding to our happiness budget.

On the other hand, Penny finds cooking meditative and relaxing. She enjoys the creativity of adapting recipes, practicing her knife skills, and presenting a nice meal. It is a happy choice if she has the time to enjoy making food.

Tips for Time Balance

You may already have some tricks for achieving the right amount of time for food preparation on a busy week. For example, you may have a week-end tradition of cooking a larger meal to have leftovers for the week ahead. You can also do extra food prep on days off and fill your freezer with items like stocks, sauces, or meal starters to give you a head start on busy days.

A quick stop to shop on the way home to switch your dinner plans could save time if you grab just

what you need to make a meal. In addition, you can stock your freezer and pantry with healthy, minimally processed meals you can microwave when everything is running late.

Tips for Energy Balance

Flexibility is the key to balancing your energy budget. Yes, there may be days when you know that your physical activity or stress levels will drain your energy bank. Then, you can pick up a favorite takeout that will boost your happiness while saving time and energy.

However, you may often feel exhausted because you didn't get enough sleep, or unexpected stress and anxiety have taken their toll, so you must be kind to yourself and change your meal plan.

Happiness Counts, too!

We love dining out and try to schedule at least one meal a week at a favorite restaurant.



This quick and healthy pantry meal used frozen brown rice and peas, a pouch of coconut chickpea curry, and sous-vided chicken thighs from Trader Joe's.

With our food writing experience, we can splurge on this treat by making budget-friendly meals at home. We love soups, curries, stir-fries, and salads, which are inexpensive and often make great leftovers.

Balancing your various budgets is very much a matter of trade-offs; you are the only one who can decide what is worth it

and what isn't. You may wish you could dine out every night. Doing that can cause stress over money worries or health issues since we all know that too much restaurant food can harm our health.

Try to use the old 80/20 rule as you make these budget decisions. Most of the time, you should do what is best for each of these budgets 80% of the

time and give yourself a break 20% of the time. It is all a matter of balancing good sense with the moment's most essential needs.

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

Malden Catholic celebrates 89th Commencement

On Saturday, May 18, Malden Catholic celebrated the 89th Commencement ceremony with 188 graduates from the Boys and Girls Divisions. The Class of 2024 commencement was held in the Doherty Gymnasium with more than 1,000 family members, faculty and staff in attendance.

The ceremony started with an invocation by Malden Catholic Principal Jeffrey P. Smith '95, P'24, '26 and was followed with the MC Girls Division's Valedictory Address by Grace Ryan '24 of Medford. Ryan encouraged fellow graduates to embrace the journey with

courage, learn from each misstep, and craft a future that resonates with your true self. She stated how each choice and experience is a step towards becoming the person you are meant to be.

The presentation of candidates by Malden Catholic Principal Jeffrey P. Smith '95, P'24, '26, Boys Division Leader Robert Gregory, Girls Division Leader Jeanne Lynch-Galvin P'16, Dean of Students Gary M. Moela and Dean of Community, Culture and Equity Erga Pierrette '21,'23,'27 was followed by the con-

ferral of diplomas by MC President John K. Thornburg. Rocco Carbone '24 of Medford then delivered the MC Boys Division's Valedictory Address where he commented on how each moment is a chance to learn, grow, and make a positive impact. He encouraged his classmates to step forward with confidence, knowing that the journey ahead is full of possibilities.

Malden Catholic 2024 graduates will attend some of the country's most prestigious colleges and universities including Harvard, American University, University of

Washington, Wellesley College, University of Notre Dame, Northeastern University, Boston College, Boston University, College of the Holy Cross, Morehouse College, Purdue University, Johns Hopkins University and Ohio State University, just to list a few.

Since 1932, Malden Catholic High School has shaped emerging leaders in our community, claiming a Nobel Laureate, a Senator, two ambassadors and countless community and business heads among its alumni. Annually, graduates attend some of the nation's most re-

nown universities including Harvard, Princeton, Dartmouth, University of Chicago, Georgetown, Cornell, Brown, Tufts, Carnegie Mellon, Duke, Notre Dame, Northeastern, Boston College and College of the Holy Cross. Foundational to student success is Malden Catholic's codivisional model which offers the best of both worlds, single-gender academics during the day and integrated social and extracurricular opportunities after school. Malden Catholic is known in the community for its rigorous academics, SFX

Scholars Program and award-winning STEM program. Malden Catholic curricula is designed to improve individual growth mindset, leadership principles and success outcomes along with integrating the Xaverian values of trust, humility, compassion, simplicity and zeal. <https://www.maldencatholic.org>.

- Everett Graduates are:
- Lexy Dornevil Florez
 - Ava Green
 - Jianyui Guo
 - Ortello Hamilton
 - Sophia Ingrand
 - Kristen Marchant
 - Joseph Valcin

BC High School holds 160th commencement ceremony

Recently, Boston College High School welcomed 249 young men into its alumni network during the school's 160th commencement ceremony. The Class of 2024 included one student from Beacon Hill, four students from Charlestown, four students from East Boston, four students from Everett, one student from Jamaica Plain, four students from Revere, and six students from Winthrop.

Everett: Christopher Affonso, Ritchny Blaise,

Lorenzo Possamai, Cristian Salvador.

Affonso was honored with the following awards:

- Stephen J. Collins Modern Language Award
- Stephen J. Collins' enthusiasm for language learning inspired students to experience the joy of a language "coming alive." This award is given to a graduating senior who has brought language to life.
- Marci Kearney English Award

The Marci Kearney English Award honors the

student in each section of senior English whose passion for life, letters, and the blessing of good company enlivens the classroom in the spirit of Ms. Kearney.

Blaise was honored with the following awards:

- Kevin O'Neil '90 Memorial Award

This scholarship is awarded to a graduating senior who has overcome adversity to achieve success while at BC High. Kevin was recognized by his classmates in his se-

nior yearbook, "for his valor in facing adversity and triumphing."

Salvador was honored with the following award:

- Marci Kearney English Award

The Marci Kearney English Award honors the student in each section of senior English whose passion for life, letters, and the blessing of good company enlivens the classroom in the spirit of Ms. Kearney.

LEGAL NOTICE

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City of Everett, Massachusetts PURCHASING DEPARTMENT

484 Broadway - Room 14 Everett, MA 02149 Career Technical Education (CTE) - Project Consultant

reer Technical Education Programs and make recommendations on new program offerings or current program adjustments. Proposals will be received at Everett City Hall, Purchasing Office - Room 14, 484 Broadway, Everett, MA 02149 by JULY 3, 2024 at 1:00 PM., local time, on and will be opened in accordance with MGL Ch. 30B. The RFP can be found on the city's website Purchasing - Everett, MA (cityofeverett.com). Using the rating system prescribed in Chapter 30B of the Massachusetts General Laws (the Uniform Procurement Act), the committee shall assign a rating system to each criterion and base their award decision on the most advantageous proposal taking into consideration the qual-

ifications of the vendor along with the submitted pricing. The best overall proposal is not necessarily the proposal receiving the highest rating for the "Competitive Evaluation Criteria" nor the proposal with the most inexpensive contract terms. Addenda and Interpretation All questions by prospective proposer as to the interpretation of the information for Proposers, form of proposal, form of contract, specifications, or bond must be submitted in writing to Allison Jenkins via email at allison.jenkins@ci.everett.ma.us at least five (5) days before the date herein set for the opening of proposals.

6/19/24 EV

GBFB // CONTINUED FROM PAGE 1

Massachusetts Senate. "Operation COLD will go a long way towards expanding access to nu-

tritious foods for people in need across Massachusetts and I am honored to support the Food Bank

in this mission. I want to thank Catherine D'Amato and the GBFB team for inviting us to see their

new projects and for their tireless work to eradicate hunger in the Commonwealth."



COURTESY PHOTO

Senator Sal DiDomenico's team at the Greater Boston Food Bank with their team and other State House offices.

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DIDOMENICO CELEBRATES PRIDE MONTH WITH GOVERNOR AND COLLEAGUES

Senator Sal DiDomenico celebrated Pride Month at the State House alongside Governor Maura Healey and elected officials in the LGBTQ+ Legislative Caucus. The event featured remarks from LGBTQ+ Senators and Representatives about their experiences and perspectives, followed by the raising of the Pride Flag in front of the State House.

“I am proud to join our state’s elected leaders to unequivocally support, celebrate, and protect every person in our Commonwealth, regardless of their identity or who they love,” said Senator Sal DiDomenico. “It is all of our responsibility to ensure Massachusetts continues to be a welcoming and loving place for everyone.”



Senator DiDomenico with his team on the Senate Balcony after the event (left to right): Yoshki Wurtz, Senator DiDomenico, Christie Getto Young, Ayla Thornton, and Eli Fenichel.



The Massachusetts state flag and the pride flag flying in front of the State House.



Senator DiDomenico on the State House steps with colleagues and advocates during remarks.



Senator DiDomenico with Governor Maura Healey in front of the State House.



Senator DiDomenico with Senator Will Brownsberger on the State House steps.

Council // CONTINUED FROM PAGE 1

U.S. Army veteran George Desiderio, who served his country with distinction during World War II. Coleman said he and Mayor Carlo DeMaria have discussed a schedule for memorial square dedication ceremonies and he will be reaching out to

families soon to finalize the dates of the ceremonies. Pietrantonio pledged the future cooperation of the Council with the Veterans Affairs Office. “I just want you to know if there’s anything that this Council can do to

help you with the office, to help with these plaques, let us know. Whatever we can do for the veterans, we’re here for you,” said Pietrantonio. Interestingly, Coleman was a teammate of Councilor Pietrantonio’s son, Ross Pietrantonio, on Su-

per Bowl-winning Everett High football teams. Coleman and Veterans Agent Gerri Miranda were commended by Mayor DeMaria and other city leaders for their outstanding execution of the city’s Memorial Day ceremonies at Glenwood Cemetery.

Celebration // CONTINUED FROM PAGE 1

bicycle, stroller or wagon in whichever manner they choose and have their entry paraded in front of the stage at the event. It is recommended that participants arrive with their entry between 5:30 p.m. and 5:55 p.m. in order to be included. Please note contestants must be age 13

or younger to participate. Families, friends and neighbors are encouraged to come together to enjoy a fun-filled evening. While attendees are encouraged to participate in all this event has to offer, the fireworks show will begin at 9:30 p.m. for those who are just interested in the

show. Independence Day is a federal holiday in the United States commemorating the Declaration of Independence, which was ratified by the Second Continental Congress on July 4, 1776. America declared its independence from Great Britain to of-

ficially become an independent nation. The City will be joining in celebrations across the nation to commemorate America’s 248th anniversary. For more information, please visit cityofeverett.com/events/independence-day-2024.

Bill // CONTINUED FROM PAGE 2

The bill passed adds coercive control to the definition of abuse. Coercive control is a nonphysical form of abuse that includes a pattern of behavior intended to threaten, intimidate, harass, isolate, control, coerce or compel compliance of a family or household member in a manner that causes the

targeted individual to fear physical harm or to have a reduced sense of physical safety or autonomy. Examples of coercive control include threatening to share explicit images, regulating or monitoring a family or household member’s communications and access to services, and isolating a family or house-

hold member from friends or relatives. The legislation passed also extends the statute of limitations for assault and battery on a family or household member or against someone with an active protective order from six years to 15 years. This change brings the statute of limitations for

these domestic violence offenses in line with the statute of limitations for the crimes of rape, assault with intent to commit rape and sex trafficking. The same version of the bill having been passed by both chambers, the legislation now goes to the Governor’s desk for her signature.

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Help with phones, food and housing

How Commonwealth Care Alliance Massachusetts's Community Health Workers help members stay healthy and live well in their homes.



For many of us, a home is more than shelter—it’s a safe haven where family memories are made. Commonwealth Care Alliance Massachusetts (CCA) Community Health Worker Angelmina understood that when she first met Bonnie*, a CCA member in her 70s. Struggling to replace her oil tank, Bonnie would soon be left without heat or hot water.

Since the home had been in Bonnie’s family for many years, belongings had accumulated in the basement, blocking access to the tank, and the fire department would not approve a new tank until the old one was removed. With no family or friends nearby to help, Bonnie was losing hope. To help, Angelmina contacted local vendors to clear the basement. She also helped Bonnie apply for financial support for a new oil tank.

Housing issues such as these can have a significant impact on someone’s health and wellbeing. That’s why in recent years, CCA helped members receive more than 77,000 home modifications and supports, including helping members get air conditioners, homemaker services, ramp installations, and more.

CCA Community Health Worker Janette has seen the impact these issues can have on the members she supports, too. “Many people who struggle with issues at home also struggle with stress, high blood pressure, and high cholesterol,” she said. “When you’re anxious about paying your bills, keeping warm, or staying safe, you can’t focus on your health.”

Both Janette and Angelmina help members live safely at home, connecting people to food resources, transportation, or phones. It might also mean connecting them to a lawyer if they are facing eviction or helping them apply for housing.

“Community Health Workers provide the kind of support that a friend or family member would offer,” Angelmina added. Recently, she helped a member apply for a phone and assisted him with getting a social security card, which was required for the phone application. “He had to have a lot of trust in me to give me his ID and get this done for him,” she said.

While keeping members in their homes is an important goal for CCA, finding a new home is sometimes a better option. “I recently worked with a member who was living in a terrible environment,” Janette said. “His home was infested. He thought that his living situation was the best that he could do. We collaborated as a team and with our community partners and we helped him move to a safer home.”

CCA’s Community Health Workers live in the communities they serve and understand the conditions that impact the health and wellness of their neighbors. With this knowledge, they help members close gaps to get access to the programs they need. Janette’s number one goal is to be an advocate for her members, a role that requires trust and understanding. “I need to listen before I can talk. While housing might be their primary need, helping them fill out that application isn’t always step one.”



When asked what she loves most about her job, Angelmina said she was passionate about helping people. “I’m willing to go the extra mile to help support our members’ needs,” she said.

Janette agreed. “CCA’s mission is to help people with the most significant needs stay healthy and live well. That’s a mission I strongly believe in, and I’m proud to support it every day.”

*To protect the privacy of our member, this name is a pseudonym. Commonwealth Care Alliance is a mission-driven healthcare services organization that supports older adults and individuals with the most significant needs. Visit: ccama.org/health.